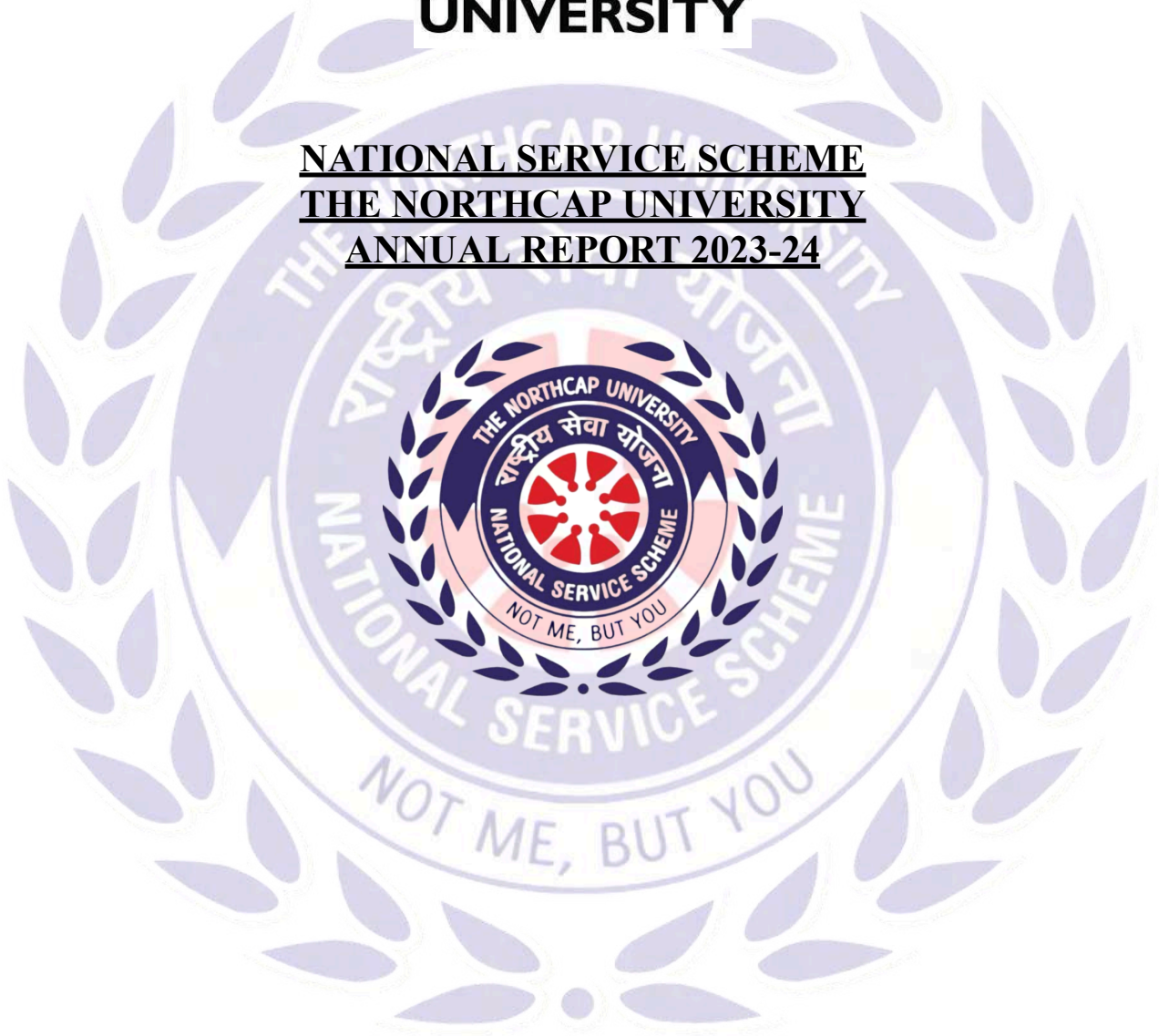




NATIONAL SERVICE SCHEME
THE NORTHCAP UNIVERSITY
ANNUAL REPORT 2023-24



Program Coordinators:
Mr. Himangshu Rathee and Ms. Akanksha Kaushik

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MESSAGE BY FACULTY COORDINATOR



MR. HIMANGSHU RATHEE

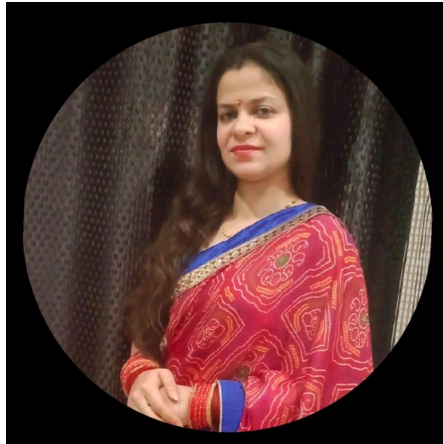
“To do more for the world than the world does for you – that is success.”

~ Henry Ford

I have been associated with NSS-NCU for the past three years. It has been a joyous adventure in working with the young cohort of NSS. Each year, and with every activity I am delighted with the lateral, and novel bent of the fruition. NSS touches everyday lives of the underprivileged, and comrades in every inch of its efforts. As a faculty guide one is left choiceless but to be equally vigorous. The past three years have been nothing short of spells of dire straits. That granted, the NSS volunteers worked painstakingly for Covid-19 relief work in the form of donation drives, physiological, and mental health webinars, expert talk series etc. The volunteers with their ingenious brains come up with new initiatives to connect the traditionally stigmatized communities. Project Pehchan, a recent new addition to the other ongoing NSS initiatives aims to bring about a gender just society by contributing its minimal humble share. Another project, Noor was introduced to bring to the forth and mainstream mental health issues. Every day at NSS has been, is and counting on the team we have, will be a new learning experience. NSS-NCU essays the role of “Not Me But You” dutifully.

I wish the team all the very best for the future endeavors.

MESSAGE BY FACULTY COORDINATOR



MS. AKANKSHA KAUSHIK

"Alone we can do so little; together we can do so much."

— Helen Keller

Being a part of this remarkable organization has been a deeply fulfilling experience, allowing me to witness firsthand the passion and dedication of our student volunteers as they work tirelessly to bring positive change to society.

My role has been to guide, support, and facilitate the efforts of these young changemakers. From planning impactful events to addressing challenges along the way, it has been a privilege to contribute to their journey. Each initiative, whether big or small, was a testament to the spirit of selflessness and community that defines NSS.

What has truly inspired me is the energy and creativity our students bring to every endeavor. Their willingness to step out of their comfort zones and their commitment to making a difference reflect the true essence of leadership and service. It has been my honor to mentor and encourage them as they navigate their paths of learning and growth.

To the volunteers and future leaders of NSS, remember that your efforts, no matter how small, have the power to create ripples of change. Continue to serve with empathy, lead with courage, and inspire with your actions.

Wishing the NSS Chapter at NCU continued success and an enduring legacy of service and compassion. May you continue to inspire and empower through your remarkable efforts.

MESSAGE BY PRESIDENT

Arnav Saini



"The best way to find yourself is to lose yourself in the service of others."

— Mahatma Gandhi

My tenure as President was a transformative journey, one marked by growth, challenges, and countless moments of inspiration. It was a privilege to work alongside a passionate team, driven by the shared goal of fostering positive change in our community. Through various initiatives—be it blood donation drives, environmental campaigns, educational outreach, or disaster relief efforts—we aimed to uphold the spirit of selfless service. These endeavors were not merely activities; they were opportunities to connect with people, understand their struggles, and contribute to their well-being.

The experiences I gained as part of NSS have shaped my perspective on leadership and service. They taught me that even the smallest acts of kindness can ripple into meaningful change. I am deeply grateful to the faculty advisors, my peers, and every volunteer who made these initiatives successful with their dedication and enthusiasm.

As I look back, I see not just the milestones we achieved but also the lasting impact NSS continues to have on its members and the society it serves. To the current team, I encourage you to carry forward this legacy with vigor and innovation, for the world needs compassionate leaders more than ever.

Wishing the NSS Chapter at NCU continued success in all its endeavors. May you inspire many more to join hands and hearts for the greater good.

MESSAGE BY VICE PRESIDENT

Anirudh Naswa



"Leadership is not about being in charge. It is about taking care of those in your charge."

— Simon Sinek

“The journey with NSS has been one of the most transformative phases of my college life. Starting as a volunteer, I admired the passion and dedication everyone brought to the table, and little did I know that this organization would become like a second family to me.

As I progressed from being the Cultural Head to the Vice President, each role brought its own set of challenges and learnings. I’ve had the privilege to organise and lead impactful events like cleanliness drives, plantation campaigns, and cultural initiatives that strengthened the sense of community both within and outside the university. These events didn’t just teach me leadership and teamwork; they built my confidence in managing situations under pressure.

The day I was appointed Vice President was a milestone I’ll always cherish. It opened doors to collaborations with prestigious institutions like IIT Roorkee, expanding our network and impact. The sense of fulfillment that comes from working on social causes has been truly rewarding.

Now, as part of the advisory, I am eager to see how you all will continue this legacy. Remember, what we do for others defines our lasting impact. Let’s keep striving to make a difference, together!"

MESSAGE BY EXECUTIVE SECRETARY

Riya Batra



"Service to others is the rent you pay for your room here on earth."

— Muhammad Ali

As I reflect on my time with the NSS Chapter at NCU, I am filled with immense pride and gratitude for being part of such a transformative journey. Serving as the Executive Secretary was a role that not only tested my organizational and leadership skills but also deepened my understanding of the true essence of selfless service.

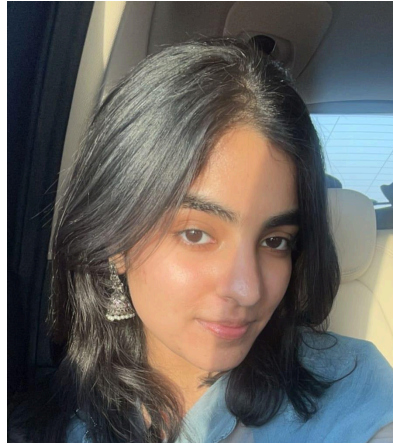
During my tenure, I had the privilege of working with a vibrant and dedicated team that constantly strived to create a meaningful impact through various initiatives. Whether it was organizing community drives, awareness campaigns, or volunteering for social causes, every effort was a step toward making a difference in the lives of those around us.

This experience taught me that leadership is not about authority but about responsibility, collaboration, and inspiring others to work toward a common goal. I am deeply grateful to my fellow members and faculty advisors for their unwavering support and commitment, which made every project a success.

To the current and future members of NSS, I encourage you to embrace this platform with passion and purpose. Let it be a medium for you to grow, learn, and make a difference. Remember, the most rewarding journeys are those that contribute to the greater good.

MESSAGE BY GENERAL SECRETARY

Sareesha Chawla



**"The best way to predict the future is to create it."
— Peter Drucker**

It is with great joy and nostalgia that I reflect on my journey as the General Secretary of the NSS Chapter at NCU. This role was an incredible opportunity to contribute to meaningful causes, work with a dedicated team, and grow both personally and professionally.

As Executive Secretary, I had the privilege of ensuring the smooth execution of our initiatives while collaborating with a passionate group of individuals who inspired me daily. From organizing impactful events to managing operations behind the scenes, every moment was a learning experience that deepened my appreciation for the power of service and teamwork.

Being part of NSS taught me the importance of empathy, responsibility, and perseverance. Each campaign was a reminder of how collective efforts can lead to profound change, no matter how small the step might seem.

To the current and future members of NSS, I encourage you to carry forward the legacy of selfless service. This platform is not just about giving back to society; it's also about discovering your potential and understanding the difference you can make in the world.

Wishing the NSS Chapter at NCU continued success in all its endeavors. May you keep spreading hope and positivity through your remarkable efforts.

MESSAGE BY PROJECT HEAD

Arshi Sharma



"Act as if what you do makes a difference. It does."

— William James

As the Project Head overseeing some of NSS NCU's most impactful initiatives—Project Noor (Mental Health Awareness), Project Naari (Women Empowerment), Project Pehchaan (Support for the LGBTQ+ Community), and Project Prakriti (Environmental Conservation)—I am honored to have been a part of such a community.

Each of these projects represents a cornerstone of our commitment to addressing diverse societal needs.

Through *Project Noor*, we sought to break the stigma surrounding mental health, conducting workshops, campaigns, and outreach programs to encourage open conversations and provide support to those in need. With *Project Naari*, we worked towards empowering women, facilitating skill development, and raising awareness about gender equality.

Project Pehchaan holds a special place as we strived to promote inclusivity, support, and understanding for the LGBTQ+ community, creating safe spaces and advocating for acceptance. Meanwhile, *Project Prakriti* reinforced our responsibility to the environment through activities such as plantation drives, clean-ups, and awareness programs on sustainable living.

Leading these projects has been a journey of learning, collaboration, and profound impact. It was deeply inspiring to see the passion and dedication of our volunteers, who gave their all to ensure the success of each initiative. These projects were not just campaigns; they were movements aimed at creating a better, more compassionate world.

To the volunteers and future leaders, I encourage you to continue driving these projects forward with the same zeal. Remember, the work you do today lays the foundation for a brighter, more equitable tomorrow.

ABOUT NATIONAL SERVICE SCHEME

The National Service Scheme (NSS) is an Indian government-sponsored public service program conducted by the Department of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year, 1969. Aimed at developing a student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at the +2 level in working for a better and improved campus-community linkage.

NSS HISTORY

National Service Scheme (NSS), was launched by the Ministry of Education and Culture, Govt. of India, in Mahatma Gandhi's Birth Centenary Year 1969, in collaboration with 37 Universities involving 40,000 students with a primary focus on the development of personality of students through community services. Mahatma Gandhi always insisted on the idea that students as youths should be involved in the nation-building process and service of the nation. He suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level." Gandhiji insisted that the first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Therefore, fostering social responsibility, inculcating dedication, commitment to solving social problems and developing a personality through community service are the main aims of NSS. Today NSS has grown as one of the most prominent social service institutions and youth movements in the world with more than 38 lakhs of dedicated volunteers all over the country.

NSS AIMS AND OBJECTIVES

The broad objectives of NSS are to

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in the problem solving process
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding a practical solution to individual and community problems
- Develop the competence required for group living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and a democratic attitude
- Develop the capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony.

In short, NSS aims to inculcate social service in the student for the welfare of the humanity, sharing their services to society without bias and enhancing their standard of living while leading a life of dignity.

ABOUT NSS NCU CHAPTER

The National Service Scheme (NSS) has been in operation in The NorthCap University since October 2015. Ministry of Youth Affairs and Sports Government of India has vide their letter no. F.No P/14/NSS/RCD/112 dated 20 Feb 2015 accorded sanction to open Self Financing University (1 unit consist of 50-100 volunteers). National Service Scheme (NSS) is a platform where students get the opportunity to directly interact with society. NSS NCU Chapter facilitates a space for the student to pursue real issues in our country. Students should have some duties towards society or the nation from where they harmonize. It is also an exercise of learning when students visit ground zero or serve personally. So, NSS NCU Chapter is that platform which facilitates opportunities to do for society, and at the time they acquire diverse knowledge. There is a great role of the youth, particularly young-educated person to society and nation-building. NorthCap University contributes to diverse fields, especially by its academic excellence. Besides these, NCU contributes to the field of upliftment of society. NSS NCU Chapter, consisting of a group of passionate students those who sincerely want to work for society, especially for the needy people of the society. They have been working within the campus and outside campus. Students of NCU are well known for their unique and innovative ideas, and NSS unit of the university is a gestation field of plurality. Students from different parts of the nation, different upbringings and different disciplines came on such a platform where they can savvy the issue of underprivileged people. Their life lessons, management skills can be utilized in the field of social services. The fundamental objective of the NSS is to arouse and enrich the social consciousness of students. The scheme is intended to provide an opportunity to students to engage in constructive social action, programs, develop co-operative team spirit and gain skills in democratic leadership quality. The Unit has been organizing activities related to social problems widely.

NSS NCU CHAPTER is in the process of extending hands in various projects such as:

- Viksit Bharat Abhiyan
- Swachh Bharat Abhiyan
- Developing and assisting teaching/learning infrastructure in all the adopted Government Schools
- Educating and raising awareness of the students of our adopted govt. school
- Muskaan 4.0
- Donation Drives
- Project Noor
- Project Prakriti
- Project Pehchaan
- Project Naari

NSS NCU CHAPTER PROJECTS

1. PROJECT NOOR

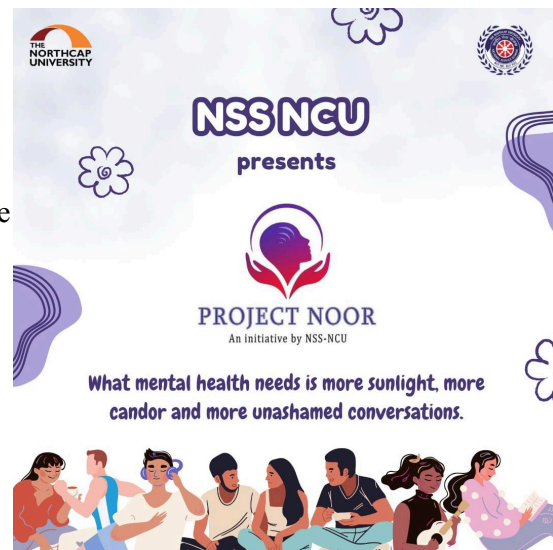
“If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it.”
- Russell Wilson

Mission: The idea is to create a group/ club/ society where people who feel like they have been alienated by their peers or who face a feeling of seclusion are welcomed. They can share their problems in an effort to make themselves feel good, connected and comfortable to not only secure a better mental state overall but to also boost their confidence.

Future plans involve creating chat groups and online sessions where people may share their problems (anonymously, if they prefer). Here, our members would talk to them at their own pace and make them feel connected to the world.

This will also be a good way for hands-on practice for those who plan a future in an around the field of psychology.

Vision: As we know, all humans crave the feeling of being loved and cared for and hope that they are able to trust their friends and peers. Our club's foundation is trust and comfort, and to build that we intend to nurture a friendly relationship with them where they steadily start trusting us by providing them with the 3Cs - comfort, confidentiality and confidence. Being well aware of the amount of time and efforts the club demands of us, we look forward to making our society a better place for everyone.



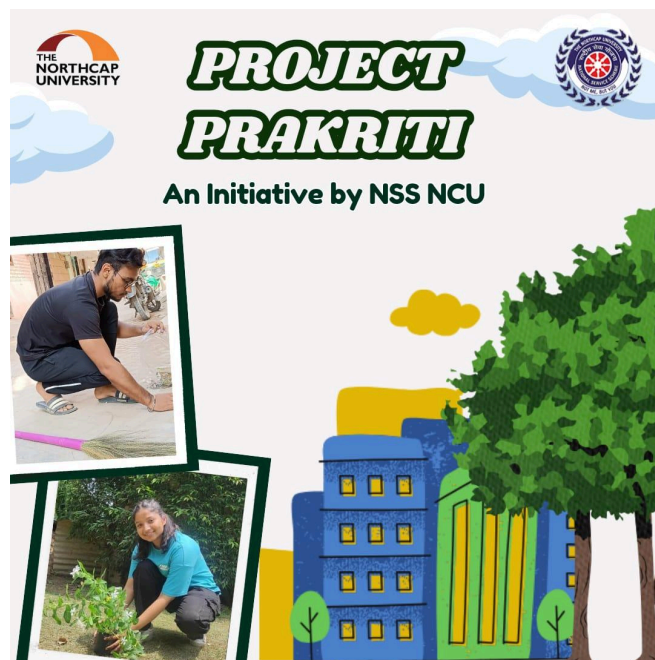
2. PROJECT PRAKRITI

“One of the first conditions of happiness is that the link between man and nature shall not be broken.” ~ Leo Tolstoy

Project Prakriti is an environment conservation initiative by NSS NCU Chapter.

Mission: be dedicated to environmental improvements that foster a sustainable future and lead to social and economic improvements in the community we nurture.

Vision: To maximize the wider positive impact through outstanding environmental sustainability performance in local areas by enhancing resource and waste management.



3. PROJECT PEHCHAAN

“Equality means more than passing laws. The struggle is really won in the hearts and minds of the community, where it really counts.” ~ Barbara Gittings

Project Pehchan is an initiative by NSS-NCU to celebrate the uniqueness of every person and break the stigma around the LGBTQ Community to help them feel welcomed and a respected member of the society.

Mission: to make a consistent effort to ensure that our society is inclusive for everyone and remove the taboos surrounding LGBTQ community.

Vision: we aim to combat discrimination against the LGBTQ Community and promote an environment where their decisions are respected and they are able to love and live freely. This project is initiated with a hope that it will shed some light on the struggles of these communities in minority and bring a smile on their faces by supporting those who fear coming out of the closet.

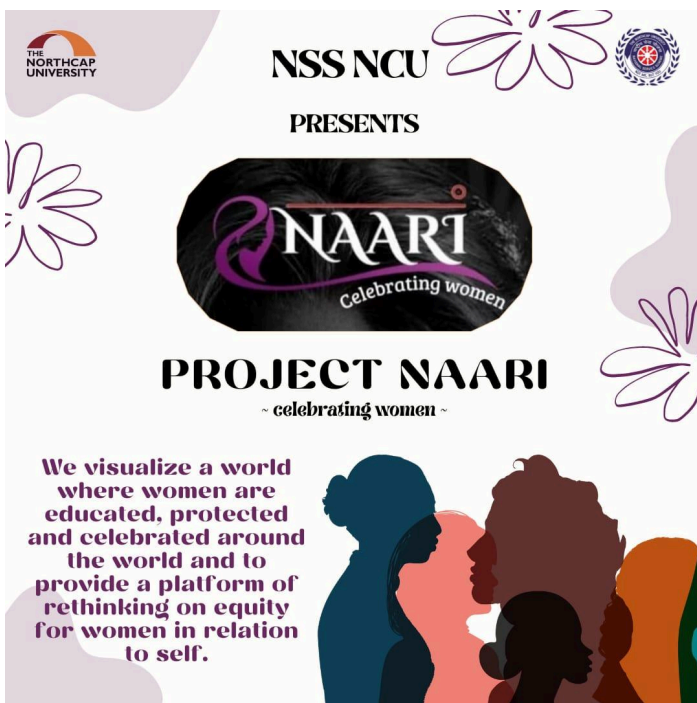


4. PROJECT NAARI

"Empowered women empower the world."

Project Naari, an initiative by NSS NCU, is dedicated to empowering women and uplifting those in need. Through this project, we strive to create a society where women are provided with the resources, skills, and opportunities to thrive. Project Naari organizes a series of events, workshops, and awareness campaigns aimed at addressing the challenges faced by women, promoting gender equality, and providing a platform for their voices to be heard. From skill development programs to advocacy for women's rights, Project Naari is committed to nurturing confidence, independence, and leadership among women in our community.

Mission : The mission of Project Naari is to empower women by providing them with the tools, knowledge, and opportunities they need to lead fulfilling lives. By conducting workshops, skill-building activities, and awareness programs, we aim to uplift women in need, promote self-sufficiency, and advocate for gender equality. Through these efforts, we seek to create a supportive environment where women can break barriers, realize their potential, and contribute meaningfully to society.



Vision: Project Naari envisions a world where every woman is empowered to make informed decisions, access opportunities, and lead a life of dignity and respect. We aspire to build a society where women are free from discrimination, have equal access to education and employment, and are valued for their contributions. Through our initiatives, we aim to inspire a shift in societal attitudes and foster a culture of equality, self-confidence, and respect for women.

5. DONATION DRIVES

Mission : At NSS, NCU, our mission is to foster a spirit of compassion, social responsibility, and service by organizing donation drives aimed at addressing the basic needs of underprivileged communities. Through initiatives such as the Stationery Pad Drive, Food Donation Drive, and Toys and Craft Donation Drive, we strive to provide essential resources, promote education, alleviate hunger, and spread joy among the less fortunate around the university. These drives serve as a platform to bring together volunteers and communities, making a tangible difference in the lives of those in need.

Vision : We envision an inclusive society where every individual has access to fundamental necessities, opportunities for personal growth, and moments of happiness. Through our ongoing efforts, NSS, NCU aspires to create lasting positive change, empowering communities and inspiring others to join in making the world a more compassionate and equitable place. By continuing to drive meaningful initiatives, we aim to build a future where kindness and service to others are at the heart of every community.

NSS NCU CHAPTER EVENTS 2023-24

1. ENVIRONMENT DAY PLEDGE

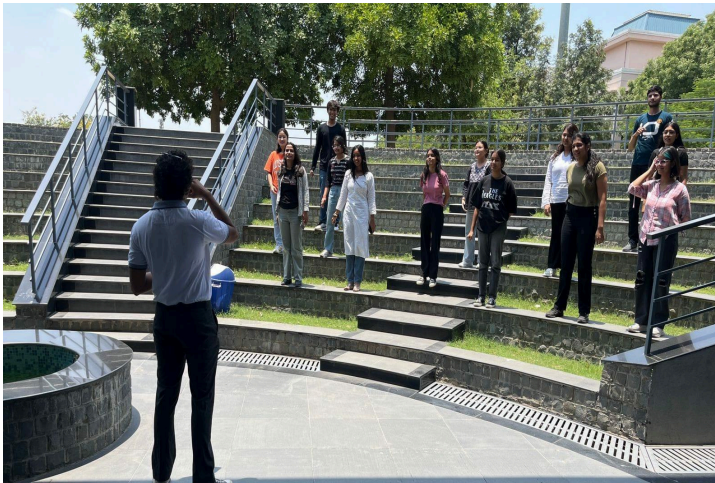
DATE: 5th June 2023

MODE: Offline

AIM: The aim of the event was to promote sustainable actions for a greener future, fostering environmental consciousness and creating a greener future of all.

EVENT: On the auspicious occasion of World Environment Day that is celebrated on 5th June every year, 20 volunteers of NSS NCU took a pledge to protect the environment. Objectives of Mission LiFE, an initiative of the Government of India were also fulfilled. All volunteers were enthusiastic and ecstatic to take concrete actions towards a sustainable and greener future and promote initiatives that restore ecosystems and preserve our planet's resources.

IMPACT: World Environment Day aligns with several SDGs, such as clean water and sanitation, affordable and clean energy, responsible consumption and production, and climate action. By promoting sustainable actions, the event contributed to achieving these goals.



2. PLANTATION DRIVE

DATE: 11th-17th August 2023

MODE: ONLINE

AIM: To honor our 'Motherland' and the brave souls who fought for India's independence through a plantation drive, as part of the "Meri Maati Mera Desh" campaign aligned with the "Azadi Ka Amrit Mahotsav" initiative.

EVENT: In commemoration of Independence Day, NSS NCU organized an online Plantation Drive inviting all NCU students to participate. As part of the "**Meri Maati Mera Desh**" campaign, students were encouraged to plant saplings in tribute to the sacrifices made by freedom fighters. Participants were required to share photographs of themselves planting a sapling, which were submitted through a designated Google Drive link.

IMPACT: The event garnered 5+ entries, successfully inspiring students to pay homage to those who laid down their lives for the nation's freedom. As recognition for their participation, students were awarded 2 community service hours. The initiative not only honored the past but also contributed to environmental conservation, embodying the spirit of the campaign.



3. VILLAGE VISIT TO GAWAL PAHADI

DATE: 21 August 2023

MODE: OFFLINE

AIM: To engage with the community of Gawal Pahadi Village, creating awareness on hygiene, sanitation, literacy, and legal knowledge while promoting overall rural development through active student participation.

EVENT: The NSS unit of NCU organized a community service visit to Gawal Pahadi Village on 21st August 2023. Over 200 students participated in activities like:

- Performing a Nukkad Natak to emphasize hygiene and sanitation.
- Cleaning village streets and public spaces.
- Imparting Legal and Digital Literacy to villagers.
- Conducting surveys to gather data on healthcare, education, and socio-economic conditions.

The event also served as an induction for new students, who actively contributed and earned credits for their participation.

IMPACT: The initiative fostered awareness on critical issues, improved cleanliness in the village, and enhanced the understanding of villagers regarding digital and legal literacy. Additionally, the comprehensive survey provided insights into the community's needs, supporting future development efforts. Students gained practical exposure to social work, strengthening their commitment to community service.



4. VILLAGE VISIT TO DAULATABAD

DATE: 22 August 2023

MODE: OFFLINE

AIM: To engage with the rural community of Daulatabad, Pataudi, fostering awareness on sanitation, hygiene, literacy, and legal issues while actively contributing to the community's development through practical initiatives.

EVENT DESCRIPTION: NSS NCU organized a community service visit to Daulatabad as part of its rural development initiatives. Over 100 university students participated in activities such as cleaning communal areas, conducting surveys, and teaching villagers about legal and digital literacy. A compelling Nukkad Natak by NSS volunteers emphasized the importance of sanitation and hygiene, followed by an interactive session encouraging open dialogue. Surveys were conducted to understand local challenges related to infrastructure, health, and education, while a home survey identified specific family needs. This visit also provided freshers an immersive experience in community service.

IMPACT: The event fostered increased awareness among villagers about hygiene, sanitation, and literacy. Students gained hands-on experience in community service, promoting empathy and social responsibility, while meaningful data was collected for targeted development efforts. The initiative strengthened NSS NCU's role in driving societal change.





5. VILLAGE VISIT TO SARHAUL

DATE: 25TH AUGUST, 2023

MODE: OFFLINE

AIM: To enhance societal awareness and make a positive contribution to the community.

EVENT: The NSS chapter at NCU organized a village visit program in Sarhaul as a part of the three-day village visit. This event was designed to effectively connect with the local villagers, raise awareness about important subjects, and engage in initiatives like sanitation, cleanliness, education, and legal awareness. The initiative included visits to both the boy's and girl's schools and was focused on achieving specific goals. Each group was assigned certain targets, which included executing a cleanliness drive, imparting legal literacy, and conducting a village survey.

IMPACT: The impact of this initiative was evident as it not only facilitated meaningful interactions between participants and local children but also created a deeper understanding of their daily lives. In conclusion, this village visit organized by NSS NCU became a catalyst for positive change, fostering awareness, empathy, and a spirit of collaboration among the participants and the underprivileged children.



6. NSS NCU ORIENTATION

DATE: 29th September 2023

MODE: OFFLINE

AIM: To introduce new volunteers to the core and board members of NSS for the year 2023-24 and provide an opportunity for interaction with the ex-board members.

EVENT: The NSS Orientation for 2023-24 began with an inspiring speech by the faculty coordinators, motivating the new members to actively engage in the upcoming events and maintain the spirit and essence that NSS-NCU has fostered over the years. As a gesture of appreciation, mementos were presented to the faculty coordinators and the ex-board members.

IMPACT: The event succeeded in welcoming new volunteers into the NSS family, giving them a deeper understanding of its vision and opportunities for personal growth and social contribution. It fostered a sense of belonging and excitement among the volunteers, encouraging active participation in future activities.



7. MENTAL HEALTH PANEL – PEER PRESSURE OR FEAR PRESSURE

DATE: 4th October, 2023

MODE: OFFLINE

AIM: To address the critical issue of mental health among students and its impact on their holistic development, while providing insights and strategies to promote mental well-being.

EVENT: The National Service Scheme (NSS) at The NorthCap University organized a panel discussion on mental health, focusing on the theme "Peer Pressure or Fear Pressure." A distinguished panel of experts from the mental health field engaged in insightful discussions, providing practical advice and strategies to help students manage stress and maintain mental well-being.

The panel featured three renowned experts:

- Dr. Shilpa Gupta – Founder and Trainer of the EmoAid program and Associate Director of the Centre for Child and Adolescent Wellbeing (CCAW).
- Dr. Samiksha Jain – Assistant Professor of Psychology at NCU, with expertise in Cognitive Behavioral Therapy, SPSS, Number Analysis, Signature Analysis, and Career Counselling.
- Ms. Chetna Arora – Co-founder and CEO of That Desi Psychologist, an organization promoting mental wellness on various issues, including sex education, parenting, and relationships.
- The panelists explored topics such as self-introspection, emotional acceptance, the impact of social media on mental health, academic pressure, and the importance of maintaining realistic expectations. Students were also provided with practical tips, including journaling, reading biographies, and focusing on learning rather than comparing themselves to others. Dr. Shilpa Gupta shared valuable stress management strategies, including mindfulness exercises, maintaining a balanced lifestyle, and the "box technique" for relaxation.

IMPACT: The event successfully raised awareness about mental health and provided students with realistic tools and strategies to manage stress and peer pressure. It encouraged them to take proactive steps towards mental well-being and seek help when necessary, fostering a healthier student community.



8. AMRIT KALASH YATRA

DATE: 26th October, 2023

MODE: OFFLINE

AIM: To pay tribute to the Veers and Veeranganas who dedicated and sacrificed their lives for the nation.

EVENT: This event was organised to encourage people to pay tribute to the Veers and Veeranganas who dedicated and sacrificed their lives for the nation. The event was attended by the faculty of The Northcap University and more than 65 students. Participants brought either rice or soil from their homes, which were then placed in two different pots. The participants rallied around the campus chanting slogans: “MERI MAATI MERA DESH” and “NSS NCU, NOT ME BUT YOU”. A plantation drive was also conducted, with 75 saplings planted around the campus.

IMPACT: The Amrit Kalash Yatra serves as a tribute to national heroes who devoted their lives to the nation. The 'Meri Maati Mera Desh' program aims to emotionally connect every individual, family, and citizen with the idea of creating a great India. Soil is being collected from each household as a mark of respect to the earth and those who sacrificed for the country. This soil will be used in the Amrit Vatika being created in the national capital. The Amrit Vatika and Azaadi Ka Amrit Mahotsav memorials will commemorate the spirit of valor and sacrifice of our heroes. This campaign provides an opportunity to pay respects and express gratitude to the brave men and women who secured our freedom and heritage. It aims to engage every Indian in nation-building, instilling pride and patriotism among citizens and boosting India's confidence. These activities highlight NSS NCU's commitment to social causes, environmental sustainability, and community welfare, showcasing the dedication and hard work of its volunteers.



9. UNITY RUN & OATH

DATE: 31st October, 2023

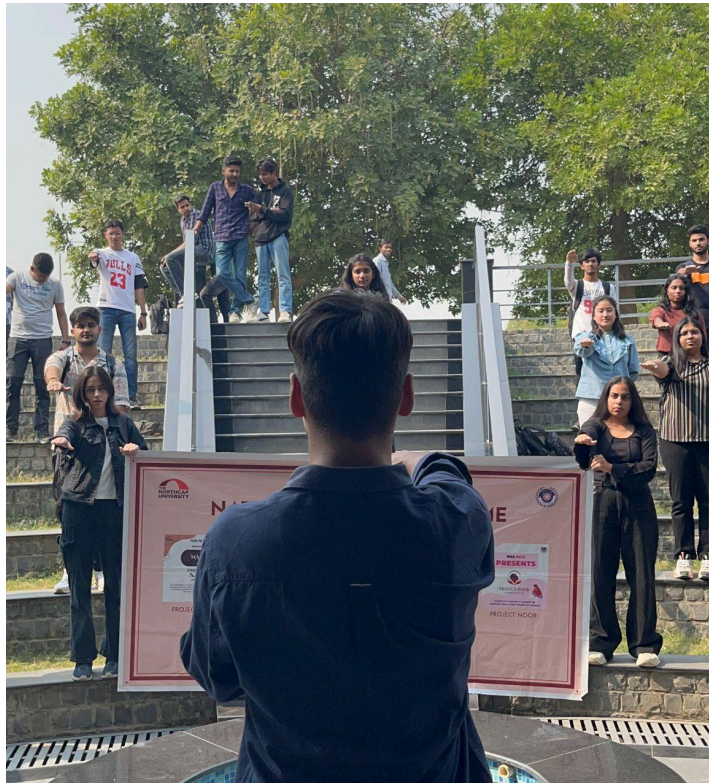
MODE: OFFLINE

AIM: The Unity Run aimed to promote the importance of mental and physical well-being while fostering a sense of unity and togetherness among participants through collective action.

EVENT: On October 31, 2023, NSS NCU organized the Unity Run at The Northcap University to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. A total of 78 enthusiastic volunteers participated in a fast-paced run that symbolized the power of unity and collaboration. Throughout the run, participants experienced the strength and support that togetherness brings, overcoming challenges as a cohesive group. The event concluded with a pledge to uphold Sardar Patel's principles of harmony and unity, embracing his motto, "Togetherness leads to harmony, harmony leads to peace."

IMPACT: The event instilled values of cooperation, resilience, and mutual support in participants, enhancing their awareness of unity's significance in achieving collective goals while paying homage to Sardar Patel's legacy.





10. SANITARY PAD & FOOD DONATION

DATE: 6th-7th November, 2023

MODE: Offline

Aim: The Sanitary Pad and Food Donation Drive aimed to raise awareness among women from economically weaker sections about the importance and benefits of menstrual hygiene, while also addressing food insecurity by providing essential items.

Event: The drive was part of NSS NCU's Project Naari. Donation boxes placed in university cafes encouraged contributions of sanitary napkins and non-perishable food items from students. The initiative received an overwhelming response, with donations from 120 students. Volunteers distributed the collected items to underprivileged individuals near Jharsa Chowk, fostering a spirit of empathy and support within the community.

Impact: The drive not only provided essential resources to those in need but also promoted dignity, health, and awareness around menstrual hygiene and food security, creating a meaningful impact on marginalized communities.



11. TOY & CRAFT FOR CAUSE DONATION

DATE: 8-10th November, 2023

MODE: OFFLINE

AIM: To bring joy and creative expression to children in need.

EVENT: This drive aimed to bring joy and creative expression to children in need. NSS volunteers placed donation boxes in university cafes for students to donate toys, handmade crafts, craft supplies, and other items. Around 60 students participated in the drive. The collected items were distributed to children of different age groups at Jharsa Chowk.

IMPACT: The drive brought smiles to the faces of children and fostered creativity and play. It provided tangible resources and emphasized the importance of play in childhood development and the positive impact of creative expression.





12. INTERNATIONAL MEN'S DAY

DATE: 17th November, 2023

MODE: Offline

AIM: To recognize and appreciate the contributions of male faculty and staff members, while promoting an understanding of International Men's Day and advocating for men's mental well-being.

EVENT: The volunteers of NSS NCU celebrated International Men's Day as a tribute to the achievements and contributions of male faculty and staff members at the university. The initiative focused on recognizing the vital roles male staff members, including the security team, guards, café workers, and cleaning department, as well as faculty members from various departments, play in the smooth functioning of the university. The volunteers approached the male staff and faculty members and presented them with badges as a token of appreciation. Alongside this gesture, meaningful conversations were held, discussing the importance of promoting equality, gratitude, and mental well-being for men.

IMPACT: This initiative fostered feelings of happiness and appreciation among the male members of the university, achieving its objective of promoting inclusivity and recognition within the university environment. By advocating for men's mental health and equality, the event created a positive and supportive atmosphere for all.



13. CLEANLINESS DRIVE

DATE: 23rd November 2023

MODE: OFFLINE

AIM: To promote cleanliness and environmental responsibility in the university's surrounding areas.

EVENT: A cleanliness drive was organized by NSS NCU where all its volunteers participated enthusiastically. The focus areas included the university's surrounding neighborhoods, OTS café stalls, nearby parks, the university road, and the road connecting Palam Vihar to the university. The drive was concluded within 2 hours with over 33 NSS volunteers participating, making it a huge success. Volunteers practiced good hygiene by wearing face masks and gloves. They gathered trash and placed it in large poly bags, using dustpans and brooms. The majority of the trash consisted of thermocol, polythene, and wrappers from cookies, chocolates, and other items. At the start and finish of the drive, all volunteers chanted the NSS NCU motto, "NOT ME, BUT YOU," and recited the following Hindi poetry:

हर नागरिक का एक ही सपना, स्वच्छ बने भारत अपना

स्वच्छता का रखना हमेशा ध्यान,

तभी तो बनेगा हमारा भारत महान!

सभी रोगों की एक दवाई, घर में रखो साफ सफाई।

IMPACT: The drive promoted cleanliness and environmental responsibility, encouraging volunteers and the community to maintain hygiene and a clean environment.





14. WEBINAR ON CHILD SEXUAL ABUSE POCSO ACT 2012

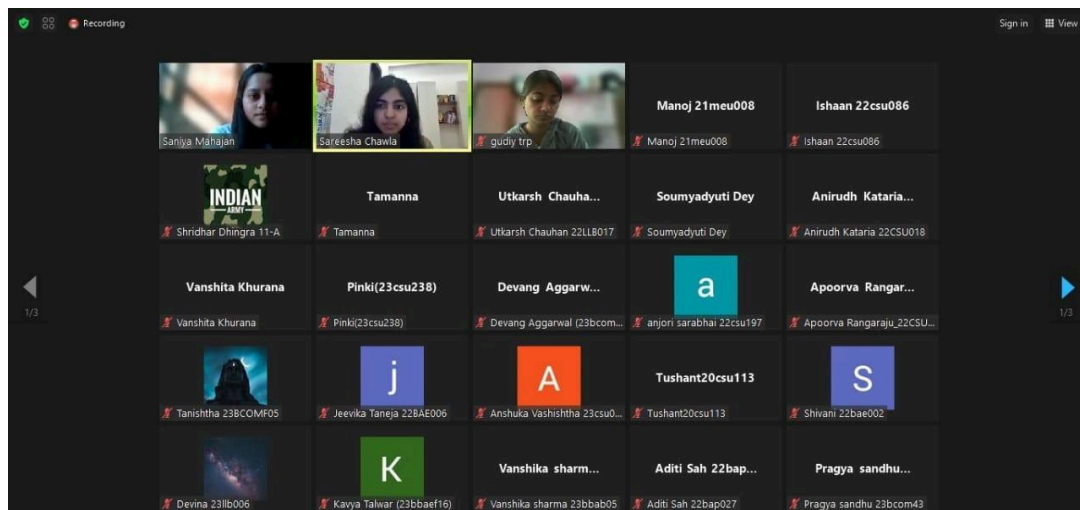
DATE: 26th November, 2023

MODE: ONLINE

AIM: To raise awareness about the Protection of Children from Sexual Offences Act 2012 (POCSO) and educate individuals on preventing child sexual abuse.

EVENT: NSS NCU, in partnership with Sakshi (a gender-equality-focused NGO), hosted a webinar under The Rakshin Project titled "Stopping Child Sexual Abuse." The session, led by Ms. Saniya Mahajan, Assistant Manager at TRP, highlighted the importance of community involvement, education, and preventive measures to combat child sexual abuse. The webinar provided an overview of the Rakshin Project's role in protecting children from sexual offences.

IMPACT: The webinar engaged over 50 attendees, fostering awareness and encouraging active participation in addressing child sexual abuse. The collaboration underscored the importance of collective action in tackling critical societal issues.



15. NATIONAL SOCIAL SUMMIT- IIT ROORKEE

DATE: 9-11th February 2024

MODE: Offline

Aim: To participate in the National Social Summit 2024, spreading awareness on sustainability and empowerment, and connecting with like-minded individuals.

Event: NSS NCU's team attended the summit, performed a Nukkad Natak on sustainability, attended webinars, and participated in Esports.

Impact: The summit provided a platform for students and volunteers to connect with like-minded individuals, exchange ideas, and hold meaningful discussions. This promoted the ideals of NSS NCU and expanded the scope for change and growth. Notably, Saresha Chawla secured the first position in the Policy Case Competition, reflecting the high caliber of talent nurtured within our institution.





16. SEMINAR: MEN'S MENTAL HEALTH

DATE: 5TH APRIL, 2024

MODE: OFFLINE

Aim: To raise awareness about the challenges men face in expressing emotions and addressing mental health, and to promote understanding and kindness in creating supportive environments.

Event Description: On April 5, 2024, NSS organized a seminar titled "*Men's Mental Health: Importance and Challenges*" under Project Noor at the university. The session featured Mr. Arjun Gupta, a counseling psychologist and writer, who shared his personal experiences with clinical depression and suicidality. He addressed the societal and biological factors contributing to men's reluctance to express emotions, emphasizing psycho-social conditioning and its long-term effects. Through an engaging analysis, Mr. Gupta discussed the unintended consequences of emotional repression, such as increased frustration and mental health crises, including suicide. The seminar underscored the importance of empathy and creating a safe space for men to share their feelings, fostering a deeper understanding among attendees.

IMPACT: The seminar raised awareness about the stigma surrounding men's mental health and the need for open communication. It provided valuable insights into the psycho-social conditioning that affects men's emotional expression. Attendees gained an understanding of the importance of creating supportive and empathetic environment. The event highlighted the alarming statistics of male suicides, prompting action and awareness. Participants left motivated to treat men with greater kindness and encourage them to share their thoughts and emotions openly.



17. CLUB FIESTA (T-SHIRT PAINTING & SLAM POETRY)

DATE: 10TH APRIL 2024

MODE: OFFLINE

AIM: The Club Fiesta aimed to promote awareness and dialogue on key societal issues through creative outlets, fostering a sense of inclusivity, empowerment, and sustainability among participants.

EVENT: On April 10, 2024, The NorthCap University's National Service Scheme (NSS) participated in the university's annual Club Fiesta. The event featured two activities: a t-shirt painting session and a slam poetry contest. Both revolved around themes of NSS initiatives: Project Noor (mental health), Project Naari (women empowerment), Project Pehchaan (LGBTQIA+ inclusivity), and Project Prakriti (environmental sustainability). Participants showcased their creativity by designing t-shirts and reciting poems that highlighted these causes. The engaging discussions and artistic expressions created a platform for thoughtful reflection and collective learning.

IMPACT: The events successfully facilitated meaningful conversations, inspired awareness, and empowered participants to contribute towards inclusivity, gender equality, mental health, and environmental conservation through creative expression.



18. PEER EDUCATION WEEK

DATE: 19TH, 23RD & 24TH APRIL, 2024

MODE: OFFLINE

AIM: To foster social engagement and awareness among 5th-grade students by addressing important topics such as hygiene, nutrition, emotional expression, respect, and more, promoting holistic development and social responsibility.

EVENT: The National Service Scheme (NSS) at NCU organized a dynamic three-day event at the Government Primary School, Carterpuri, aimed at engaging and educating school students on various essential life skills and values. Over the course of three days, 20 dedicated volunteers formed 8 groups, each responsible for facilitating interactive sessions with a total of approximately 200 5th-grade students. The event kicked off with ice-breaking activities to help participants bond and set a tone of inclusivity and engagement. Through creative and interactive activities, the volunteers introduced a wide range of topics designed to promote personal development, social awareness, and positive behavior. Topics Covered: Road Safety, Food and Fitness, Controlling Anger Through Meditation, Importance of Activeness, Respect Towards Everyone and Everything, Animal Care, Expressing Gratitude to Parents, Emotional Expressions, Hygiene, Gratitude Towards Everything.

IMPACT: The event successfully created a platform for students to reflect on various personal development topics not typically covered in their textbooks. Participants demonstrated increased awareness and openness toward the discussed themes, showing a positive shift in attitudes and behaviours. The sessions sparked ongoing dialogue and promoted actionable change within the school community.



