

# AKS University, Satna (M.P.) National Service Scheme Unit (Boys and Girls)

## Report on Regular Activities

### Session 2021-2022

#### NSS Day Celebration

NSS Day is celebrated to honour the National Service Scheme (NSS) and its contributions to community service and development. The celebration usually includes various activities and programs such as:

**Inaugural Ceremony:** The event often starts with an inaugural ceremony where dignitaries and NSS volunteers gather to kick off the celebrations.

**Speeches and Talks:** Inspirational speeches by guest speakers, NSS coordinators, and volunteers highlighting the importance of community service and the achievements of NSS.

**Cultural Programs:** Performances by students and volunteers, including dances, songs, skits, and other cultural activities that reflect the spirit of NSS.





## One Day camp in Shergunj Village

### Nutrition Camp Report

**Date:** 04/11/2021

**Venue:** Aganbadipateri

**Organized by:** NSS Unit, AKS University

**Introduction:** The Nutrition Camp was organized at the Anganwadi centre to address the nutritional needs of children and mothers in the community. The camp aimed to provide essential nutritional support, educate participants about balanced diets, and promote healthy eating habits.

### Event Highlights:

- 1. Inaugural Ceremony:** The event began with an inaugural ceremony attended by Dr. Madhu Gupta. They emphasized the importance of nutrition for overall health and well-being.
- 2. Health Check-Up:** A medical team conducted health check-ups for children and mothers to assess their nutritional status. The checks included measuring height, weight, and haemoglobin levels.
- 3. Nutritional Supplements:** Nutritional supplements such as vitamins, iron, and protein powders were distributed to children and mothers identified as nutritionally deficient.
- 4. Educational Sessions:** Expert nutritionists conducted informative sessions on topics such as:
  - Importance of a balanced diet.
  - Nutritional needs of children and mothers.
  - Common nutritional deficiencies and their prevention.
  - Healthy eating habits and meal planning.

5. **Interactive Workshops:** Participants engaged in interactive workshops that included cooking demonstrations, meal planning exercises, and Q&A sessions to address their queries and concerns.
6. **Awareness Campaigns:** Volunteers distributed pamphlets, posters, and informational materials to spread awareness about nutrition and healthy eating.



### NSS Day Celebration Program

**Date:** 24/09/2021

**Venue:** Central hall, AKS University

**Organized by:** NSS Unit, AKS University

**Facilitated by:** Dr. Kanti Mishra, Dr. Mahendra Kumar Tiwari, Dr. Deepak Mishra, Dr. Rama Shukla

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### One day camp in Sohawal

**Date:**04/11/2021

**Venue:**Govt. higher secondary School,Sohawal

**Organized by:**NSS unit, AKS University

**Facilitated by:**Shri Virendra Kushwaha

**Introduction:** The Ceiling Fan Repairing Workshop was organized to equip participants with the skills and knowledge required to repair and maintain ceiling fans. The workshop aimed to empower individuals with practical skills that could be used for self-employment or community service.

### Event Highlights:

1. **Inaugural Ceremony:** The workshop began with an inaugural ceremony attended by Govt High School ,Sohawal. They emphasized the importance of technical skills and encouraged participants to make the most of the training.
2. **Technical Sessions:** Expert facilitators conducted technical sessions on the following topics:
  - Introduction to Ceiling Fan Components: Understanding the parts and their functions.
  - Common Problems and Diagnoses: Identifying and troubleshooting common issues such as motor problems, wiring faults, and blade imbalance.
3. **Repair Techniques:** Practical demonstration of repair techniques including motor rewinding, capacitor replacement, and balancing blades.
4. **Maintenance Tips:** Tips for regular maintenance to ensure the longevity of ceiling fans.
5. **Hands-On Practice:** Participants engaged in hands-on practice sessions where they worked on real ceiling fan models under the guidance of facilitators. They practiced diagnosing issues, disassembling and reassembling fans, and performing repairs.

6. **Q&A Sessions:** Interactive Q&A sessions allowed participants to ask questions and clarify doubts about ceiling fan repair and maintenance.

**Achievements:**

- Increased technical knowledge and skills among participants.
- 15 participants successfully repaired ceiling fans during the workshop.
- Positive feedback from participants on the practical and informative nature of the workshop.

**Conclusion:** The Ceiling Fan Repairing Workshop was a successful event that provided valuable technical skills to the participants. The hands-on practice sessions and expert guidance helped participants gain confidence in repairing ceiling fans. The organizers extend their gratitude to all facilitators, participants, and volunteers for their support and contributions.



One Day camp-Swachchata Abhiyan

**Date:**19/02/2022

**Venue:**Mahadeva,Satna

**Organized by:**AKS university,

**Introduction:** The Swachhata Abhiyan was organized to promote cleanliness and hygiene in the community. The one-day drive aimed to create awareness about the importance of a clean environment and encourage active participation from community members in maintaining cleanliness.

### Event Highlights:

1. **Inaugural Ceremony:** The event began with an inaugural ceremony attended by [Insert Dignitaries/Guests]. They emphasized the significance of cleanliness and encouraged participants to actively contribute to the drive.
2. **Clean-Up Activities:** Volunteers divided into teams and undertook clean-up activities in various public areas, including streets, parks, and community spaces. They collected litter, removed waste, and cleaned surfaces.
3. **Waste Segregation:** Volunteers practiced waste segregation by separating biodegradable and non-biodegradable waste. This helped in promoting sustainable waste management practices.
4. **Awareness Campaigns:** Informational materials such as pamphlets, posters, and banners were distributed to educate the community about the importance of cleanliness and proper waste disposal.

**Interactive Sessions:** Workshops and interactive sessions were conducted to discuss topics such as:

- The impact of cleanliness on health and the environment.
- Effective waste management and recycling practices.
- The role of individuals and communities in maintaining cleanliness.

