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FAIRFIELD

INSTITUTE OF MANAGEMENT & TECHNOLOGY

NATIONAL SERVICE SCHEME Handbook

शाश्वतम्
Eternal
FIMT-NSS UNIT



HELPING SOCIETY, WITH THE MOTTO

“NOT ME, BUT YOU”





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INTRODUCTION

About the National Service Scheme (NSS)



The **National Service Scheme**, commonly known as **NSS**, is a student-centered program in India aimed at fostering social responsibility, community engagement, and personal development among young people. Established in 1969, NSS is one of the largest youth volunteer organizations globally, with millions of students participating across the country.





At its core, NSS seeks to instill in students the values of empathy, compassion, and service towards society. Through various community service activities, NSS aims to bridge the gap between the privileged and the underprivileged, promote sustainable development, and address pressing social issues.

The NSS program operates under the Ministry of Youth Affairs and Sports in India and is implemented by universities, colleges, and other educational institutions. Participation in NSS is voluntary, allowing students from diverse backgrounds and disciplines to come together for a common cause.

OBJECTIVES OF NSS

WHAT DO WE DO?

The objectives of NSS are multifaceted :

- 
Community Service : NSS encourages students to actively engage in community service projects aimed at uplifting marginalized communities, promoting health and hygiene, and improving the overall quality of life in rural and urban areas.
- 
Personality Development : NSS emphasizes the holistic development of students by providing opportunities for leadership, teamwork, and self-reflection. Through hands-on experiences and interactions with diverse communities, students enhance their communication skills, critical thinking abilities, and social awareness.
- 
Social Integration : NSS promotes inclusivity and social harmony by bringing together students from different socio-economic, cultural, and religious backgrounds. By working collaboratively towards common goals, students learn to appreciate diversity and develop mutual respect for others.
- 
Skill Enhancement : NSS provides a platform for students to acquire practical skills and knowledge outside the classroom. Whether it's conducting health camps, organizing cleanliness drives, or implementing environmental conservation initiatives, students gain valuable experience that complements their academic learning.
- 
Youth Empowerment : NSS empowers young people to become agents of positive change in their communities. By encouraging active citizenship and civic engagement, NSS cultivates a sense of responsibility and ownership among students towards the betterment of society.

UNDER THE GUIDANCE OF OUR LEADERS



Shri V.K.N. Bhardwaj - CHAIRMAN, FIMT

Shri V.K.N. Bhardwaj, Chairman of Fairfield Institute of Management and Technology (FIMT), possesses extensive leadership experience and strategic acumen. His dedication to social welfare shapes FIMT's ethos, fostering innovation and academic excellence. He offers commendable mentorship to FIMT's NSS Unit, guiding volunteers with compassionate leadership and emphasizing community engagement. Under his stewardship, FIMT evolves as a premier institution, nurturing future leaders and making meaningful contributions to society.

Dr. Saroj Vyas - DIRECTOR, FIMT

Dr. Saroj Vyas, Director of FIMT, boasts a rich academic and leadership background, driving FIMT towards excellence in education and holistic student development. Her guidance profoundly impacts the NSS Unit, inspiring and supporting volunteers to contribute meaningfully to society. Dr. Vyas's dedication to social welfare and visionary approach are evident, shaping FIMT's success and fostering a culture of community engagement and academic achievement.



OUR PROGRAMME OFFICERS



**MS. IPSA
SAXENA**

**PROGRAMME
OFFICER
UNIT - I**

Ms. Ipsa Saxena, revered Programme Officer of NSS and esteemed educator, fosters selflessness and social consciousness among students. Her impactful contributions to education and innovative community engagement initiatives garner wide acclaim. Under her leadership, the NSS Unit of FIMT flourishes as a beacon of inspiring activities, reflecting her belief in youth's capacity to shape a brighter tomorrow. Ms. Saxena inspires intellectual curiosity and social responsibility in her volunteers.

Dr. Vikash Kumar Singh, NSS Programme Officer, catalyzes social change by instilling community service values in students. He passionately guides them through real-world issues, organizing drives and aiding underprivileged communities. His dedication lays a strong foundation for youth empowerment in service, shaping a future where students serve their communities with selflessness and dedication.



**DR. VIKASH
KUMAR
SINGH**

**PROGRAMME
OFFICER
UNIT - II**

BASIC CONCEPTS OF NSS

HOW NSS WORKS ?

NSS, a government-sponsored initiative, recruits college students to volunteer for community service and nation-building. Operating within educational institutions, NSS offers orientation and training, fostering familiarity with its goals and protocols. Volunteers collaborate with coordinators, utilizing community needs assessments to plan and execute projects. These initiatives span environmental conservation, health awareness, and literacy. Engaging with community members, volunteers ensure project relevance and effectiveness while fostering relationships. NSS cultivates social values like empathy, teamwork, and civic responsibility through active participation, promoting holistic development among youth volunteers during their college or university years.

OUR COMMUNITY SERVICE TO SOCIETY



Adoption & Social Work in Villages/ Slums Areas

NSS plays a vital role in uplifting slum and village communities through various initiatives. From providing healthcare and education services to organizing skill development programs and awareness campaigns, NSS volunteers actively contribute to improving the lives of residents, fostering sustainable development and empowerment.



Health Camp Drives

NSS organizes vital health camps to provide accessible medical services to underserved communities. These camps offer free health check-ups, consultations, and medical treatments, addressing prevalent health issues. NSS volunteers collaborate with healthcare professionals to improve community well-being and ensure everyone has access to essential healthcare services.



Cleanliness Drives and Awareness Campaigns

NSS conducts impactful cleanliness drives and awareness campaigns to promote hygiene and sanitation. Volunteers organize community clean-up efforts, distribute educational materials, and engage in door-to-door campaigns to raise awareness about the importance of cleanliness, fostering a culture of health and well-being in society.

Major Activities and Camps

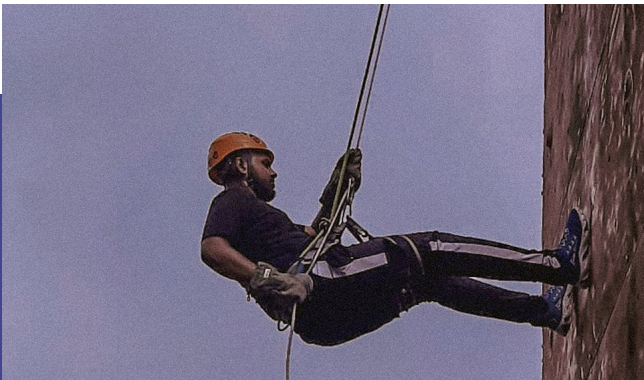
National Integration Camp (NIC)

The National Integration Camp (NIC) is organized every year and the duration of each camp is of 7 days with day-night boarding & lodging. These camps are held in different parts of the country. Each camp involves 200 NSS volunteers to undertake the scheduled activities with the purpose of cultural integration between different states.



National Adventure Camp

Adventure Camps are held every year which are attended by approximately 1500 NSS volunteers with at least 50% of the volunteers being girl students. These camps are conducted in Himalayan Region (Manali, Dharamshala, etc.) in the North and Arunachal Pradesh in North East region. The adventure activities undertaken in these camps includes trekking of mountains, rock climbing, camping, river crossing, water rafting, Para-sailing and basic skiing.



Major Activities and Camps

NSS Republic Day Parade Camp

The first Republic Day Camp of NSS Volunteers was held in 1988. The camp takes place in Delhi between 1st and 31st January every year with 200 NSS selected volunteers who are good in discipline, March-past and cultural activities. A Contingent of selected NSS volunteers participates in the Republic Day Parade at Rajpath, New Delhi on 26th of January every year in accordance with the guidelines and requisition of the Ministry of Defence.



National Youth Festivals

National Youth Festivals are organized every year from 12th to 16th January by the Government of India, Ministry of Youth Affairs & Sports in collaboration with the State Governments in different parts of the country. Eminent guests, speakers and youth icons are invited to address and interact with about 1500 participating NSS volunteers during the National Youth Festivals.



NSS EVENTS & ACTIVITIES



DONATION DRIVE

FIMT NSS volunteers orchestrated a donation drive in Salahpur Village, aiming to aid underprivileged families with essential items. The event exemplified unity and compassion as donors and volunteers collaborated to spread happiness and support. This initiative showcases NSS's dedication to community welfare and positive change.



SELF DEFENSE CLASS

FIMT conducted a successful self-defense class, empowering young girls with martial arts training and knowledge about Delhi Police's Special Unit for Women and Children (SPUWAC). The 20-hour session from, aimed to boost confidence and prioritize women's safety, inspiring numerous participants.



CONSTITUTION DAY

FIMT commemorated Constitution Day honoring those who crafted India's constitution. This day marks the adoption of the constitution by the constituent assembly in 1949, preceding its enactment on January 26, 1950, celebrated as Republic Day. NSS Volunteers led an awareness drive about our Indian Constitution and our basic fundamental rights in villages.



PLANTATION DRIVE

FIMT orchestrated a fruitful tree plantation drive, promoting environmental consciousness and a greener urban landscape. The initiative aimed to highlight trees' role in mitigating climate change and foster eco-friendly habits. Through such endeavors, FIMT motivates others toward sustainability, showcasing the impact of collective action.

NSS EVENTS & ACTIVITIES



CLEANLINESS DRIVE

FIMT led a commendable cleanliness drive in Jhatikra village, fostering a culture of cleanliness. The event saw active involvement from FIMT's NSS Volunteers, united in the pursuit of a cleaner, healthier environment. Their collective effort showcased community spirit and civic responsibility in action.



WORKSHOP ON POCSO ACT

FIMT NSS collaborated with Queen Bee: Gender Equality Club to host a lecture on the POCSO Act. The Act, enacted in 2012, safeguards children from sexual offenses like assault, harassment, and pornography. It also mandates the establishment of special courts for trials related to such offenses.



WATER AWARENESS CAMPAIGN

FIMT conducted a water awareness campaign in Daulatpur Village, led by NSS volunteers. They engaged with villagers, emphasizing the significance of water conservation due to its crucial role in preventing tensions arising from scarcity or pollution. Additionally, they inspected the 'Jal Board,' which serves water to multiple villages.



CYCLE RELAY RACE

FIMT organized a cycle relay race to commemorate India's presidency of the G20 forum. With a sub-theme centered on 'Environment' and 'Health', the event aimed to promote a healthy lifestyle and encourage citizens to incorporate cycling into their daily routines. Many individuals participated in the relay, making it an exciting initiative.

MEET THE TEAM

SAHIL CHAUHAN

HEAD BOY - UNIT I

Sahil Chauhan serves as the **Head Boy of NSS Unit-I** of FIMT. He exemplified outstanding leadership throughout his four years in BA-LLB. He has represented Delhi at the **NSS National Adventure Camp of 2022 at McLeod Ganj, Himachal Pradesh**, which is commendable. His dedication, commitment, and passion towards serving the community through NSS activities has been truly inspiring. Under his guidance, our NSS Unit has achieved remarkable milestones, making a positive impact.



HEAD GIRL - UNIT I

KUMARI BHAWANA

Kumari Bhawana is a 3rd Year BA (English) Hons. student who serves FIMT as the **Head Girl of NSS Unit-I**. Her proactive attitude and willingness to collaborate have not only elevated our NSS Unit's impact but also inspired fellow members to strive for excellence. Her compassion and empathy towards social welfare, spreading the values and spirit of NSS, makes her a hope of positive change in our group.



Raman Mishra is a 3rd Year student of BA-JMC whose dedication and performance has illuminated endeavours for his NSS Unit. He has attended the **NSS National Adventure Camp of 2023 held in Manali, Himachal Pradesh** and was Team Leader - Delhi for **National Tribal Festival 2024**.

Raman has consistently gone above and beyond, showcasing unwavering commitment to every task assigned.

RAMAN MISHRA HEAD BOY UNIT II



Dakshita Razdan is a 3rd Year student of BBA and since her joining she has demonstrated great enthusiasm in the growth and participation of her NSS Unit. All her contributions were significant for her Unit, inspiring her fellow volunteers. She has a keen attitude to explore every opportunity with utmost dedication and a positive approach.



DAKSHITA RAZDAN HEAD GIRL UNIT II

OUR NSS ALUMNI

Among the numerous volunteers who have been a part of our initiatives, there are some exceptional ones, whose significant contributions and unwavering support have inspired and motivated us all, leaving a lasting impact. Introducing our notable alumni who continue to make the society better through their daily contributions...



Vinayak Consul

Vinayak Consul, former **Head Boy** of NSS-FIMT, epitomizes exceptional character and leadership qualities. He spearheaded numerous social welfare activities within NSS, excelling at both college and university level. Vinayak's remarkable achievements include successfully representing Delhi at **National Integration Camp, Pre-Republic Day Camp, and Republic Day Camp** during his tenure. His dedication and impactful leadership have left a lasting impression on the NSS community, inspiring others to follow on his ideals and values.



K. Salini, former **Head Girl** of NSS-FIMT, is an inspiring and dedicated volunteer who has represented NSS in numerous social welfare endeavors. Her notable achievements include representing Delhi at both the **Pre-Republic Day Camp** and the **National Integration Camp**. Salini's passion for service and leadership qualities make her a valuable asset to the NSS community.

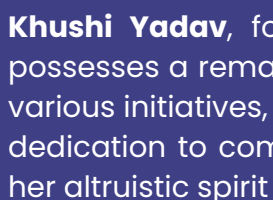


K. Salini



Anushka Juyal

Anushka Juyal, former Team Head of NSS-FIMT, is characterized by her exemplary dedication and strong moral fiber in social welfare activities. She has been associated with the Each One Feed One initiative, demonstrating her compassion and commitment to helping those in need. Anushka's exceptional leadership skills have guided her team with great excellence, leaving a positive impact on the community.



Khushi Yadav, former team head of NSS-FIMT, exudes a helping nature and possesses a remarkable passion for aiding others. She has actively participated in various initiatives, including donation drives and cleanliness drives, showcasing her dedication to community welfare. Khushi's commitment to serving others reflects her altruistic spirit and unwavering desire to make a positive impact in society.

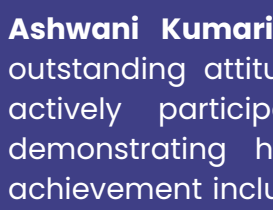


Khushi Yadav



Sarthak Singh

Sarthak Singh, a dedicated NSS Volunteer, has played a crucial role in various events such as donation drives, march past events, and facilitating the NAAC visit. His active involvement and commitment have significantly contributed to the success of these initiatives, demonstrating his passion for community service and his willingness to make a positive impact on society.



Ashwani Kumari, former Team Head of NSS-FIMT, is characterized by her outstanding attitude and unwavering dedication to all NSS activities. She has actively participated in cleanliness drives and awareness campaigns, demonstrating her commitment to community service. Ashwani's notable achievement includes representing Delhi at the **NSS National Adventure Camp of 2022**, showcasing her leadership and adventurous spirit on a national platform.



Ashwani Kumari

OUR VOLUNTEER'S TESTIMONIALS

**ASHUTOSH PANDEY****BA.ECO**

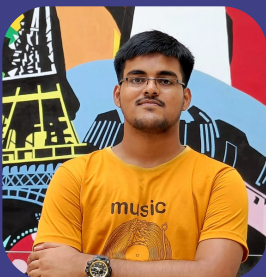
"Joining NSS at FIMT was a transformative experience for me. It provided me with the opportunity to make a tangible impact in my community, enhance my skill set, acquire new knowledge, forge meaningful connections, and build a network of lifelong friends. My time at FIMT has truly empowered me to grow personally and professionally, enabling me to become a more effective and dedicated volunteer."

**KUMAR ASHIRWAD****BA.LLB**

"As an NSS volunteer at FIMT, I've had the privilege of collaborating with individuals from diverse backgrounds, fostering cultural understanding, and contributing to community betterment through a range of impactful projects. Volunteering has not only brought me enjoyable experiences and lasting friendships but has also significantly enriched my abilities in teamwork, leadership, and problem-solving skills that I know will be invaluable in my future career pursuits."

**SAGAR PANDEY****BA.LLB**

"As an NSS volunteer at FIMT, I have cultivated patience, discipline, and a strong commitment to social work. I am immensely grateful for the opportunities afforded to me as a member of this esteemed society. NSS at FIMT plays a crucial role in promoting essential social values and instilling the understanding that serving our community is a fundamental duty of every individual."

**AKASH SINGH****BCA**

"As a dedicated NSS volunteer at FIMT for two years, I've actively participated in a variety of impactful community service initiatives, ranging from cleanliness drives to volunteering for college events. These experiences have not only allowed me to contribute meaningfully to my community but have also nurtured essential skills such as teamwork, leadership, and a strong sense of camaraderie. Being part of NSS has been immensely rewarding, and I look forward to further personal growth and continued service within this nurturing platform."

**BINITA CHHETRI****BA.LLB**

"Participating in NSS has been an enlightening journey, offering profound insights into our society and avenues for its enhancement. Through my involvement, I've honed crucial social skills that transcend into both my personal and professional realms. Volunteering with NSS has been instrumental in cultivating patience and bolstering my confidence, enriching my overall outlook on life."

OUR VOLUNTEER'S TESTIMONIALS

**GEETANSHI DUBEY****BBA(G)**

"Thanks to the National Service Scheme at FIMT, I've had the opportunity to visit the villages adopted by our college, understanding their challenges firsthand and making a positive impact. As an NSS Volunteer, I'm deeply grateful to FIMT for providing me with this platform to broaden my horizons, engage with the external world, and find profound inner peace through service."

**CHHAVI GOEL****BA.ENG**

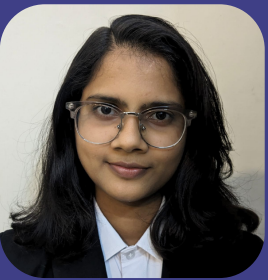
"Being a part of NSS events at FIMT fills me with gratitude and pride. Through these experiences, facilitated by FIMT, I've learned new qualities and earned merits, developing skills that were previously unfamiliar to me. The opportunities to help others and work within groups and individually, provided by FIMT, have been invaluable in shaping my personal growth and enriching my overall experience."

**ANANYA PANDEY****BBA.LLB**

"During my tenure in NSS at FIMT, I've engaged in diverse community service projects, from cleanliness campaigns to college event support. These initiatives, aided by our college, helped develop my teamwork, leadership, and camaraderie. Being part of NSS at FIMT has been immensely fulfilling, and I'm excited to continue growing and contributing in this supportive environment."

**GURBANI SHARMA****BBA.LLB**

"Being an NSS Volunteer at FIMT has been enriching, particularly through teamwork. I feel active participation is key, fostering confidence to share perspectives and learn from others. Connecting with our community at FIMT is deeply fulfilling. For me, it's a journey that empowers us to grow individually while making a meaningful impact collectively."

**MAYURI PATEL****BA.LLB**

"It has been an amazing journey since I've joined NSS at FIMT. Through engaging in diverse activities, I've had the privilege to explore various places, fostering a deeper understanding of humanity. It's a fulfilling journey that not only broadens your horizons but also instills a profound sense of empathy and compassion."

FAQs

WHAT IS THE OVERALL OBJECTIVE OF NSS ?

- ➡ Development of Student's personality through community service.

WHEN IS THE NSS DAY OBSERVED ?

- ➡ The NSS day is observed on 24th September every year.

WHAT ARE THE PRINCIPAL ELEMENTS OF NSS?

- ➡ There are four principal elements in the NSS programme process; they are Students, Teachers, Community and the programme.

HOW CAN ONE JOIN NSS?

- ➡ Simply by enrolling/registering yourself in NSS unit through the Programme Officer concerned. However, before joining you must be a bona fide student of the institution.

HOW MUCH TIME I WILL HAVE TO DEVOTE AS AN NSS VOLUNTEER?

- ➡ Total 240 hours social service in two years duration. Of which 20 hours for orientation course, 30 hour for campus work and remaining 70 hours for community services in a year. Further a seven-day special camp will be attended by the NSS Volunteer in the adopted village.

IF I COMPLETE ONLY 120 HOURS OF SOCIAL SERVICE IN NSS, WILL I GET ANY CERTIFICATE?

- ➡ You will get only certificate for completing one year social service under the aegis of NSS by your institution.

HOW CAN I PARTICIPATE IN REPUBLIC DAY PARADE CAMP AT RAJ PATH, NEW DELHI?

- ➡ You will have to get through the NSS Pre-Republic Day Parade Camp organized before Republic day at regional level. Also you must have to be a good physical health and measurements as prescribed by the Ministry of Youth affairs & Sports.

DOES JOINING NSS HAVE ANY ACADEMIC BENEFITS?

- ➡ Yes. Two credits will be assigned under NUES for all successful volunteers who complete 240 hours of regular activities and seven day special camp activities during their course of study.

WHAT IS MEANT BY NSS SPECIAL CAMPING PROGRAMME?

- ➡ NSS Camp of 7 days duration in the adopted village/slum area.

WHAT ARE THE PHYSICAL CRITERIA FOR PARTICIPATION IN NSS REPUBLIC DAY CAMP?

- ➡ Beside good physical health, height of 155-165 cm for female volunteers and 165-175 cm is required for male volunteers.

WHAT IS NSS DIARY?

- ➡ Volunteers day-to-day regular work report and camps report are recorded in a note book

Gallery

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CREDITS : NSS VOLUNTEERS : Pooja Ahuja, Chhavi Goel, Khushi Mishra, Rohini Sehrawat, Ambika, Pallavi, Anya Aggarwal, Binita Chhetri

DESIGNED BY : Sahil Chauhan & Kumari Bhawana