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# FAIRFIELD

## INSTITUTE OF MANAGEMENT & TECHNOLOGY

# NATIONAL SERVICE SCHEME Handbook



*HELPING SOCIETY, WITH THE MOTTO*

# “NOT ME, BUT YOU”

## शाश्वतम्

*Eternal*  
FIMT-NSS UNIT



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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 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** serves as the Chairman of Fairfield Institute of Management and Technology (FIMT). With a distinguished career spanning decades, he brings profound leadership and strategic expertise to FIMT. His dedication as a social worker is evident in his commitment to the betterment of society, and his values greatly influence FIMT's ethos. Under his guidance, FIMT has continually evolved as a premier institution, fostering innovation, academic excellence, and industry relevance. His mentorship and support towards the NSS Unit of FIMT has been commendable, providing new opportunities to the volunteers and supporting them at every stage. Encouraging the volunteers with his compassionate leadership, he instills in them the importance of service and community engagement. His visionary leadership has been pivotal in shaping FIMT's mission to nurture future leaders and contribute meaningfully to society.

**Dr. Saroj Vyas** is the esteemed Director of FIMT. With a distinguished background in academic and leadership, Dr. Vyas brings a wealth of experience to her role, guiding FIMT towards academic excellence and holistic student development. She inspires and supports all NSS volunteers and her guidance makes a significant impact on the NSS Unit of FIMT. Dr. Vyas is deeply involved in social work and encourages the volunteers to work for the society, with her strong will and dedication to making society a better place through her hard work is commendable. Her visionary approach and commitment to provide quality education has played a pivotal role in shaping the institution's success.



Dr. Saroj Vyas  
DIRECTOR, FIMT





# OUR PROGRAMME OFFICERS

Among the numerous educators who endeavor to inspire and guide young minds, our Programme Officers distinguishes themselves as a symbol of unwavering dedication to community service and youth empowerment.

## PROGRAMME OFFICER, UNIT-I

**Ms. Ipsa Saxena**, a revered Programme Officer of the National Service Scheme (NSS) and esteemed educator, is dedicated to fostering selflessness and social consciousness among her students. Her impactful contributions to education are widely lauded. Ms. Saxena's innovative community engagement initiatives, including awareness campaigns and collaborations with NGOs, have earned great recognition. Under her leadership, the NSS Unit of FIMT has flourished, serving as a beacon of inspiring activities. Her commitment to NSS reflects her belief in youth's capacity to shape a brighter tomorrow. Ms. Saxena is more than a teacher, she's an inspiration to her volunteers, nurturing intellectual curiosity and social responsibility in all.



Ms. Ipsa Saxena

## PROGRAMME OFFICER, UNIT-II

**Mr. Vikash Singh** isn't just a teacher, he's a catalyst for social change. As a Programme Officer, he dedicates himself to instilling the values of community service and social responsibility in young minds. His passion for his NSS Unit shines through in his commitment to his students. He always creates opportunities for them to address real-world issues. Whether organizing cleanliness drives, promoting environmental awareness, or supporting underprivileged communities, he guides his students to become active participants in making a difference. The dedication and passion that he brings to his NSS Unit is truly remarkable. His efforts have laid a strong foundation for a future where young people are empowered to serve their communities with selflessness and dedication.



Mr. Vikash Singh



# BASIC CONCEPTS OF NSS

## HOW NSS WORKS ?

- NSS is a government-sponsored program aimed at engaging youth in community service and nation-building activities.
- Youth volunteers typically enroll in NSS during their college or university years, voluntarily dedicating their time and effort to social service.
- NSS operates within educational institutions, with designated NSS units or cells overseeing its activities.
- Volunteers undergo orientation and training sessions to familiarize themselves with NSS objectives, policies, and community service protocols.
- Based on community needs assessments, volunteers and NSS coordinators collaborate to plan and execute projects addressing identified issues.
- Volunteers actively participate in implementing various projects, which may include environmental conservation, health awareness campaigns, literacy programs, and more.
- Volunteers engage with community members to foster relationships, gain insights, and ensure the relevance and effectiveness of their projects.
- NSS promotes social values such as empathy, compassion, teamwork, and civic responsibility among volunteers through their engagement in community service.



# Major Activities and Camps

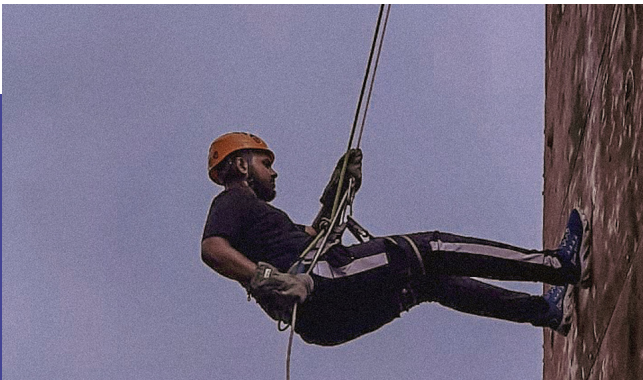
## National Integration Camp (NIC)

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.





## 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.





# REGULAR ACTIVITIES



## 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.



# NSS EVENTS & ACTIVITIES



## DONATION DRIVE

On March 20, 2023, 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 March 21 to April 5, 2023, aimed to boost confidence and prioritize women's safety, inspiring numerous participants.



## CONSTITUTION DAY

FIMT commemorated Constitution Day on November 26, 2023, 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

On February 2nd, 2024, 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

On September 26, 2023, 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 on February 26, 2024. 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

On March 22, 2023, 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

On May 3rd, 2023, 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.

**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.



## RAMAN MISHRA

### HEAD BOY UNIT II

## DAKSHITA RAZDAN

### HEAD GIRL UNIT II





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# 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**

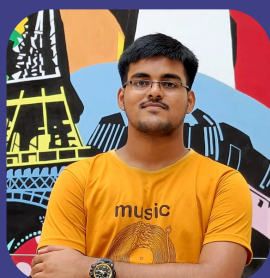
*"Joining NSS was a wonderful experience for me. It offered me the chance to make a real difference in my community, develop new skills, learn new things, meet amazing people, and make countless new friends. It also helped me grow personally in ways I never imagined."*

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

*"As a NSS volunteer, I've engaged with diverse backgrounds, fostering cultural appreciation and community betterment through various projects. Volunteering provided enjoyable experiences and new friendships, while also enhancing teamwork, leadership, and problem-solving skills valuable for future career endeavors."*

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

*"As a NSS volunteer I inculcate a behavior of patience, social work with discipline and I am very great full for the opportunities which I get being a part of this prestigious society, NSS plays the important and vital role for social values and make realization that social service is the duty of human being."*

**AKASH SINGH****BCA**

*"As an NSS volunteer for two years, I've engaged in impactful community service, from cleanliness drives to college event volunteering. This experience fostered teamwork, leadership skills, and a sense of camaraderie. NSS has been rewarding, and I'm eager to continue growing and serving within this supportive platform."*

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

*"Being in NSS has taught me so much about our society and how we can improve it. It has helped me develop my social skills and how I can apply them to both my personal and professional life. I believe volunteering through NSS has improved my patience as well as my confidence in life."*

# OUR VOLUNTEER'S TESTIMONIALS

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

*"Through National Service Scheme I visited the villages adopted by my college, got to know the problem they face and making them understand things. Being a NSS Volunteer I got more exposure to the external world and as I like to help people through this i experienced inner peace."*

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

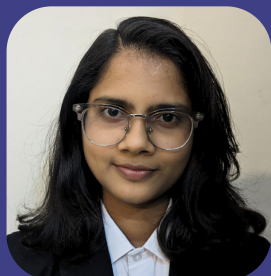
*"Being a part of NSS events is a proud achievement for me. I've learned new qualities and earned merits, developing skills that were previously unfamiliar. Helping others and working both in groups and individually have taught me valuable lessons, enriching my personal growth and experience."*

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

*"During my tenure in NSS, I've engaged in diverse community service projects, from cleanliness campaigns to college event support. This experience developed my teamwork, leadership, and camaraderie. Being part of NSS 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 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 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. 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.

# FAQs

## HOW CAN I PARTICIPATE IN REPUBLIC DAY PARADE CAMP AT RAJ PATH IN 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.

## 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.

## DOES NSS HOLD ANY SORT OF COLLEGE/STATE/NATIONAL LEVEL COMPETITIONS REGULARLY ON VARIOUS SUBJECTS?

Yes, such as slogan, quiz, painting, essay writing competition etc.

## WHAT IS NSS DIARY?

Volunteers day-to-day regular work report and special camping report are recorded in a note book

## 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.



## Gallery



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