

Performance Report

**Two one-week Training cum Orientation Programs for NSS Program Officers of J&K,
conducted under the aegis of
Empaneled Training Institute (ETI), National Service Scheme (NSS),
University of Kashmir, Srinagar**

The Ministry of Youth Affairs and Sports, Government of India sanctioned two one-week training programs to the Empaneled Training Institute (ETI), Program Coordinator, National Service Scheme (NSS), University of Kashmir vide sanction letter F. No. L – 13022/3 (i)/2019/NSS, dated 2/3/2021 for the financial year 2020-21. Out of the total sanctioned grant of Rs. 516,000 (Rs. 258, 000 for each) for the two programs, an amount of Rs. 312,309 was released as first installment. The remaining 25% and Rs. 46,053 (under ST category) shall be released after the submission of Utilization Certificate (UT) for the funds. The Office of Program Coordinator, NSS, University of Kashmir was designated as an ETI by an MOU signed between University of Kashmir and Ministry of Youth Affairs and Sports vide No.P-19/NSS/RDD/2018-2019/914-916, dated 13th February, 2019.

A communication vide No.F/NSS/ETI/KU/21/ 328, dated 17/02/2021 was sent to Director Colleges, J&K who is also the State Nodal Officer (SNO) for NSS for deputation of 70 NSS program officers (35 for each) from various colleges of UT and accordingly the SNO forwarded names of an equal number of program officers from colleges of Jammu and Kashmir divisions. To facilitate the participation of out-station program officers, a provision for accommodation was made for them at Sheikh Hamzah Guest house of the University. The first one-week program was held from 1st to 7th of March, 2021 and the 2nd program was held from 22nd to 28th of March at Gandhi Bhawan of the University of Kashmir.

The training programs are essentially aimed at capacity building of NSS program officers for undertaking social responsibility of community service, which include understanding of the communities as well as understanding of themselves in relation to these communities, identifying needs and problems of the communities and getting involved in problem solving

processes, developing competencies and skills required for group living, sharing of responsibilities and mobilization of community participation; acquiring leadership qualities and democratic attitude; developing capacities to meet emergencies and natural disasters and practice national integration and social harmony.

First Program (1st to 7th of March)

For the inaugural session of the training program held at conference room of Gandhi Bhawan of the University on 1st of March, Professor Mohiudin Sangmi, Dean, College Development Council University of Kashmir was invited as Chief Guest, Professor Aadil Amin Kak, Dean School of Arts, Languages and Literature was the Guest of Honor. Dr. Musavir Ahmed, Program Coordinator, NSS, University of Kashmir after formally welcoming the guests and participants, read the keynote address and outlined the objectives of the program within the broader aims underlying National Service Scheme of Government of India. Dr. Musavir thanked the Ministry of Youth Affairs and Sports, government of India for recognizing University of Kashmir as an ETI and sponsoring the program. Professor Aadil in his remarks stressed the need to engage more and more volunteers in diversified social activities in the University and affiliated colleges. He underscored the need to include health awareness and medical camps on issues like cancer, diabetes, hypertension etc. Professor Mohiudin Sangmi in his presidential remarks dwelled in detail on voluntarism and how teachers and students can undertake small acts of voluntarism to make a big difference. Citing his own experiences in community outreach programs, Professor Sangmi exhorted the participants to uphold the true spirit of voluntarism, regardless of personal affiliations and imbibe among student community the spirit of selfless social work. Dr. Shazia Malik, Program officer, NSS, University of Kashmir conducted the proceedings and Dr. Wakar Amin presented the vote of thanks.

The program had a total of 19 technical sessions besides an inaugural and a valedictory cum certificate distribution session. The training program focused on three major issues confronting J&K; Drug Addiction among youth of J&K, Disaster Management and Mental Health. Other issues dealt with during the program were Pollution of water bodies, Voluntarism, Gender disparity,

Juvenile delinquency and Juvenile justice, Entrepreneurship and Social, economic, and educational issues confronting J&K. The panel of experts included renowned academicians, bureaucracy, law enforcement agencies, justice system, social workers and philanthropists and journalists.

The expert speakers who conducted the sessions are as below:

S. No	Name	Topic
1	Professor ZaffarAReshi, University of Kashmir, Srinagar	Citizen Science and Invasion
2	Professor Shakil Ahmad Ramshoo, University of Kashmir, Srinagar	Environmental Degradation in J&K and Role of Youth
3	Professor Mohammad Sultan Bhat, University of Kashmir, Srinagar	Natural Disasters Scenario in J&K: Responsibilities of Communities
4	Professor (retired) Hamida Nayeem, University of Kashmir, Srinagar	Problematics of Gender Equality
5	Professor Shamim Ahmad, University of Kashmir, Srinagar	Role of NSS in Disaster Management
6	Professor Ghulam Jeelani, University of Kashmir, Srinagar	Status of Lakes in J&K with special reference to Dal Lake
7	Mr. Tahir Geelani (SSP), J&K Police Department	Prevalent Social Evils in J&K: A Moment of Concern
8	Professor Abdul Majid Ganai, Government Medical College, Baramulla	Substance Abuse: Control and Prevention
9	Dr. Mazaffar Ahmad, Youth Development and Rehabilitation Centre, Kashmir	Drug Abuse in Young Adults of J&K
10	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
11	Dr. FazleRoub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	-do-

12	Mohamad Samir Khan, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	-do-
13	Dr. Masood Maqbool, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Mental Health issues and Maintenance of Psychological Well Being
14	Dr. Rayees Ahmad Wani, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	-do-
15	Professor Khurshid ul Islam, Institute of Management, Public Administration and Rural Development (IMPA), J&K	Voluntarism in Difficult Situations: A case study of Covid-19 Pandemic in J&K
16	Mr. Masood Hussain, Senior Journalist	Education, Economic Carriers and Jammu and Kashmir
17	Ms. Tabassum Qadir Parray, Principal Magistrate, Juvenile Justice Board	Juvenile Justice System: An Overview
18	Mr. Abdul Hamid Bhat, Managing Director, Rahim Greens (NGO)	Social Responsibilities and Entrepreneurship
19	Er. Shahnawaz Ahmad, Lakes and Waterways Development Authority (LAWDA), Kashmir	Field Visit to STP Brari-Nambal, Srinagar

Professor Zaffar A Reshi from Department of Botany, University of Kashmir discussed the potential of NSS as a structured body of volunteers in doing Citizen Science and how routine social activities undertaken by NSS volunteers could lead to high achievements in Citizen Science. Professor Zaffar exhorted the participants to make use of social media to highlight their observations regarding environmental and social issues.

Professor Shakil Ahmad Ramshoo from Department of Earth Science, University of Kashmir in his presentation highlighted some of the anthropogenic causes for environmental degradation with reference to J&K. Referring to his own research on Himalayan Glaciers, Professor Ramshoo explained how community participation can help to find effective solutions to problems of environment. By engaging school children as stake holders at high altitude places Professor Ramshoo had been successfully getting regular data from monitoring stations at these places.

Professor Mohammad Sultan Bhat, from Department of Geography and Regional Development, University of Kashmir talked about natural disasters and prevention and mitigation strategies. Professor Sultan underscored the seriousness of vulnerability of the UT for floods and earthquakes and the common measures to be taken at household, school and other levels to minimize the impact.

Professor Hamida Nayeem in his lecture raised some pertinent questions regarding gender equivalence and emphasized that gender equivalence can't be achieved unless the society at large perceives the gender roles afresh. She exhorted the participants to keep a vigil at workplaces which often become spots of gender bias and gender violence.

Professor Shamim Ahmad from Department of Geography and Regional Development, University of Kashmir presented an overview of the activities and functioning of NSS units and how voluntary services offered by student community can be improved and made more effective.

Professor Ghulam Jeelani from Department of Earth Science, University of Kashmir elaborated on the nature of pollution of water bodies in Kashmir and how these fresh water bodies of Kashmir are turning into pollution hotspots. He cited several research studies undertaken on Dal Lake to highlight the causes of its pollution and what steps the community can take to minimize the impact.

Mr. Tahir Geelani from J&K Police Department presented an overview of the social evils like drug addiction, juvenile delinquency, gender-based violence and corruption prevalent in the society and how conscious members can support law enforcement agencies in eradication of such evils.

Dr. Yasir Hassan Rathar and Dr. Fazle Rob from Institute of Mental Health and Neuroscience (IMHANS) appraised the participants about the nature of substance abuse and how such abusers can be recognized at early stages among students. The twin doctors explained to the participants as to how careful vigil on the student in and around colleges can go a long way in fighting the menace of drug addiction.

Dr. Rayees and Dr Masood Maqbool talked about common psychiatric disorders and how rejection and stereotyping push these patients into abyss. They offered some basic techniques to the participants for developing understanding and empathy towards those suffering from such disorders.

Professor Abdul Majid Ganai, Head Department of Psychiatry, Government Medical College, Baramulla dwelled upon the concept of mental health and how teachings of rich Sufi traditions of Kashmir can help in attaining spiritual health rather than completely relying on medicines. He informed that it was actually the Sufi concept of spiritual health which was incorporated by WHO as mental health.

Dr. Mazaffar Ahmad, Director, Youth Development and Rehabilitation Centre, Kashmir presented a synopsis of drug abuse in youth of J&K and dwelled on a variety of causes which are pushing them to drug addiction. He explained how parents, teachers and other members of society can address these causes and prevent a major proportion of youth from falling to this abuse. He focused on absolute empathy which members can display early addicts and rescue them from become chronic addicts.

Professor Khurshidul Islam from IMPA presented a detailed account of social work of voluntary nature and voluntarism and elaborated on the strategies adopted by many social workers of Kashmir during 2014 flood and the Covid-19 pandemic.

Mr. Masood Hussain, a Senior Journalist of J&K presented an economic, social and educational profile of J&K highlighting the interventions required on the part of teaching community to make education meaningful for addressing social and economic issues. He cited examples of several countries in which meaningful education of youth lead them to become economic and social assets.

Ms. Tabbasum Qadir Parry from Legal Affairs Department in his presentation elaborated on child rights, juvenile delinquency and justice. He focused on a variety of factors underlying child delinquency and how abuse of rights of children in their formative years attracts them to crime.

Mr. Abdul Hamid Bhat, Managing Director of Rahim Greens (NGO) presented his own experience of voluntarism for addressing social causes especially deforestation. Mr. Bhat explained how small voluntary efforts can lead to big achievements without relying on governmental support. Selfless voluntarism in other countries have already raised the bar of commitment towards pressing social and environmental issues and voluntarism in India especially in J&K has to come a long way to meet such standards.

The program also featured a field visit to Lakes and Waterways Development Authority (LAWDA) which was conducted by Mr. Shahnawaz, a scientist of the department. Mr. Shahnawaz provided an on-field overview of the nature of pollution of Dal Lake and other water bodies of Kashmir. The visit was aimed at providing an understanding of small acts like prevention of littering, use of dustbins, banning of single use plastics, and segregation of waste at the source which can go a long way in preventing our water bodies from pollution and save lot of public resources.

On Saturday, the 6th of March, a valedictory cum distribution session was held at 3 PM at Gandhi Bhawan of the University. The program was attended by Hon'ble Vice Chancellor Professor Talat Ahmad as Chief Guest and Professor Shabir Ahmad Bhat, Dean Academic Affairs, University of Kashmir as Guest of Honor. Dr. Musavir Ahmed in his introductory remarks welcomed the guests and expressed his gratitude to Hon'ble Vice Chancellor and Dean Academic Affairs for gracing the occasion. Dr. Musavir thanked Hon'ble Vice Chancellor for delegating trust in the program coordinator and providing encouragement and all kinds of support to conduct a program of such a magnitude and sought his blessings and support for future endeavors. Dr Musavir also briefly summarized the proceedings of the program. Professor Shabir Ahmad Bhat congratulated the office of program coordinator for successfully conducting the program. Professor Shabir also appreciated the choice of expert speakers who interacted with the participants during the course of the program. Two participants, Dr. Mala Bhasin from PG College for women, Gandhi Nagar Jammu and Dr. Ishtiaq Ahmad from GDC, Ganderbal provided their feedback about the training program.

Professor Talat Ahmad, Hon'ble Vice Chancellor of the University in his presidential remarks highlighted the role of NSS, university of Kashmir in community outreach programs and pledged support to all its activities. Professor Talat noted that University of Kashmir has already been made plastic free campus and directions will be passed on to concerned quarters for banning of cigarettes in the periphery of the campus. Towards the conclusion, Professor Talat Ahmad and Professor Shabir Ahmad Bhat gave away certificates to participants.

Dr. Henna Basharat, program officer, university of Kashmir conducted the proceedings and Dr. Wakar Amin presented the vote of thanks.

Second Program (22nd to 28th of March)

For the inaugural session of the training program held at conference room of Gandhi Bhawan of the University on 22nd of March, Professor Shabir Ahmad Bhat, Dean, Academic Affairs, University of Kashmir was the Chief Guest and Dr. Nisar Ahmad Mir, Registrar, University of Kashmir was the Guest of Honor. Dr. Musavir Ahmed, Program Coordinator, NSS, University of Kashmir after formally welcoming the guests and participants, read the keynote address and outlined the objectives of the program within the broader aims underlying National Service Scheme of Government of India. Dr. Musavir thanked the Ministry of Youth Affairs and Sports, government of India for recognizing University of Kashmir as an ETI and sponsoring the program. Dr. Nisar Ahmad Mir while complementing NSS, university of Kashmir for its activities stressed upon the participants to timely utilize the funds released by the concerned Universities to its affiliated colleges for NSS activities, maintain proper documentation of the activities and prepare the necessary Utilization Certificates to qualify for subsequent funding. Professor Shabir Ahmad Bhat in his address dwelled in detail on all-round development of the student community so that they are able to compete at global level. He emphasized that even after having access to huge learning resources, educational institutions in India generally prepare students for routine kind of jobs without imparting to them the kind of critical skills required to make a mark at global levels and exhorted the participants to keep international standards as their bench marks. Dr.

Henna Basharat, Program officer, NSS, University of Kashmir conducted the proceedings and Dr. Wakar Amin presented the vote of thanks.

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1	Professor ZaffarAReshi, University of Kashmir, Srinagar	Citizen Science and NSS
2	Professor Neelofar Khan, University of Kashmir, Srinagar	Gender and Development
3	Professor Mohammad Sultan Bhat, University of Kashmir, Srinagar	Natural Disasters Scenario in J&K: Responsibilities of Communities
4	Professor Hamida Nayeem, University of Kashmir, Srinagar	Problematics of Gender Equality
5	Professor Musadiq Amin Sahaf, Central University of Kashmir, Ganderbal	Leadership Effectiveness in Outreach Programs
6	Dr. Bikram Singh Bali, University of Kashmir, Srinagar	Earthquake Studies: Precautions and Prevention
7	Mr. Aijaz-ul-Haque, EMMRC, University of Kashmir	Beyond Curriculum: Understanding Society at Large
8	Mr. Javaid Ahmad Tak, Chairman Humanity Welfare Organization Helpline	Social Inclusion of Persons with Disabilities
9	Dr. Muzaffar Ahmad, Youth Development and Rehabilitation Centre, Kashmir	Drug Abuse in Young Adults of J&K
10	Dr. Rouf Mohiuddin Malik, Director <i>Koshish</i>	Practicing Life Skills
11	Dr. FazleRoub, Institute of Mental Health and Neurosciences, Kashmir (IMHANS)	Substance Abuse Disorder: Approaches and Early Recognition
12	Professor Abdul Majid Ganai, Head, Department of Psychiatry, SKIMS Medical College, Srinagar	Psychological First Aid
13	Dr. Aejaz Ahmad Suhaf, Department of Psychiatry, SKIMS Medical College Srinagar	Psychological First Aid
14	Dr. Masood Maqbool, Institute of Mental Health	Mental Health issues and

	and Neuroscience (IMHANS), Kashmir	Maintenance of Psychological Well Being
15	Dr. Rayees Ahmad Wani, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Identification of Psychiatric Disorders
16	Mr. Bashir Ahmad Wani, Chairman Athrout (NGO)	Field Visit Voluntarism as a Human Duty
17	Mr. Tariq Abdullah, EMMRC, University of Kashmir, Srinagar	Field Visit Cancer Society of Kashmir

Professor Zaffar A Reshi from Department of Botany, University of Kashmir discussed the potential of NSS as a structured body of volunteers in doing Citizen Science and how routine social activities undertaken by NSS volunteers could lead to high achievements in Citizen Science. Professor Zaffar exhorted the participants to make use of social media to highlight their observations regarding environmental and social issues.

Professor Neelofar Khan, Director, Institute of Home Science, University of Kashmir discussed the constrained social opportunities available to women and the consequential developmental deficits. She presented examples of several successful women who have overcome the invisible glass ceiling when these were provided ample social opportunities. As teachers, she exhorted the participants to give equal chance of representation and leadership roles to girl volunteers in NSS activities.

Professor Mohammad Sultan Bhat, from Department of Geography and Regional Development, University of Kashmir talked about natural disasters and prevention and mitigation strategies. Professor Sultan underscored the seriousness of vulnerability of the UT for floods and earthquakes and the common measures to be taken at household, school and other levels to minimize the impact.

Professor Musadiq Amin Sahaf from Central University of Kashmir in his presentation discussed leadership in changing world in developed and developing countries. Commenting on the leadership roles of NSS program officers, Professor Sahaf exhorted the participants to follow a

step-by-step approach in examining the current functioning of NSS, identifying the changing nature and scope of the social environment, understanding their role in this changing administrative and social environment and evolve effective leadership models with a clear vision of the set goals of NSS.

Dr. Bikram Singh Bali from Department of Earth Science dwelled upon Earthquake Studies, infrastructure development and preventive and mitigation strategies. Dr. Bali presented a historical perspective on earthquakes in Kashmir and the kind of infrastructure that prevented loss of property and life in past. He also appraised the participants about the measures to be taken during earthquakes to minimize loss of life. Dr. Bali also talked about earthquake audit of the buildings, especially schools and colleges to make prepare these structures for any eventuality.

Mr. Javid Ahmad Tak, Chairman Humanity Welfare Organization, an alumnus of the University appraised the participants about the problems differently-abled people have to undergo in their daily lives, especially in educational institutions and work places. Mr. Tak urged the participants to treat these people at par with other children and provide them equal opportunities and social roles and responsibilities to realize their full potential. Rejection and stereotyping by society at large often turns these members of society into liabilities and acceptance and recognition turns them into resourceful members of the society.

Dr. RoufMohidin Malik, Director *Koshish*(NGO) and a Child Rights activist talked about the basic life skills for realization of full potentialof individuals and avoiding ofself-conflicts. Dr. Malik after discussing the categories of these skills like cognitive, social and interpersonal skills, identified certain self-imposed constraintswhich often become obstacles in the realization of one's goals and offered some handy tips to remove those constraints in the path of self-development.

Mr. Aijaz-ul-Haque emphasized the need to look beyond the school/ college curriculum and get involved in issues confronting all of us at a group. Unfolding the intricacies of strict institutional, community and regulatory networks which often kill the motivation to work beyond one's assigned roles, Mr. Haque impressed upon the participants to treat student volunteers as friends

for creating platforms of mutual self-respect, shared responsibilities, equal opportunities and where knowledge and experience flows in a reciprocal manner. Only such contexts can lead students on the path of social growth and imbibe the spirit of genuine voluntarism among them.

Dr. Mazaffar Ahmad, Director, Youth Development and Rehabilitation Centre, Kashmir presented a synopsis of drug abuse in youth of J&K and dwelled on a variety of causes which are pushing them to drug addiction. He explained how parents, teachers and other members of society can address these causes and prevent a major proportion of youth from falling to this abuse. He focused on absolute empathy which members can display early addicts and rescue them from becoming chronic addicts.

Dr. FazleRoub from Institute of Mental Health and Neuroscience (IMHANS) appraised the participants about the nature of substance abuse and how such abusers can be recognized at early stages among students. The twin doctors explained to the participants as to how careful vigil on the student in and around colleges can go a long way in fighting the menace of drug addiction.

Dr. Abdul Majid Head Department of Psychiatry, SKIMS Medical College and Dr. Aejaz Ahmad Sahaf from the same college introduced the concept of Psychological First Aid and the importance of getting acquainted with such aid in the stressful life of present era. The twin doctors presented a detailed account of stressors which can lead to adverse psychological responses. By developing certain basic skills of this aid, a major proportion of people suffering from common psychological issues can be helped.

Dr. Rayees and Dr Masood Maqbool talked about common psychiatric disorders, their likely causes and symptoms. The twin doctors explained as to how rejection and stereotyping push colleagues, family members and friends who are suffering from minor disorders into dark abysses of substance abuse or other kinds of severe disorders. They offered some basic techniques to the participants for developing understanding and empathy towards those suffering from such disorders.

The program also featured two field visits, one to Cancer Society of Kashmir, which was facilitated by Mr Tariq Abdullah from our EMMRC who happens to be a voluntary functionary of the society. The second visit was to *Athrou* a Srinagar based NGO. Both these visits were arranged with the aim to apprise the participants about the kinds of issues and problems faced by common man and how voluntarism can lead to development of institutions. At both these field work sessions, the presenters focused on voluntary service and voluntarism which may be a good idea, a feedback, a few hours of our time or a small amount of money.

On Saturday, the 27th of March, a valedictory cum distribution session was held at 3PM at Gandhi Bhawan of the University. The program was attended by Hon'ble Vice Chancellor, University of Kashmir, Professor Talat Ahmad, Mr. Pandurang K Pole (IAS), Divisional Commissioner Kashmir and Mr. Nisar Ahmad Mir, Registrar University of Kashmir. Dr. Musavir Ahmed in his introductory remarks welcomed the guests and expressed his gratitude to Hon'ble Vice Chancellor and Dean Academic Affairs for gracing the occasion. Dr. Musavir thanked Hon'ble Vice Chancellor for delegating trust in program coordinator and providing encouragement and all kinds of support to conduct a program of such a magnitude and sought his blessings and support for future endeavors. Dr Musavir also briefly summarized the proceedings of the program. Dr. Nisar Ahmad appreciated the office of NSS program coordinator for successfully conducting the training program and other regular activities.

Professor Talat Ahmad, Hon'ble Vice Chancellor, University of Kashmir in his brief remarks expressed hope that the program must have added to the knowledge base of the participants for undertaking NSS activities and onward transmission to the students. Professor Talat underscored that youth of J&K have to be aligned in the right direction, which is only possible when the teachers themselves possess the desired skills and knowledge. Mr. Pandurang K Pole highlighted the significance of NCC and NSS and their role in imbibing the spirit of patriotism and selfless social service among the student community respectively. Mr. Pandurnag also suggested to the audience that social work in the adopted villages by NSS units of colleges and universities mustn't stop after one year rather these need to be adopted for several consecutive years to make a sizable impact and turn these into model villages.

Two participants, Dr. RippyBawa from GDC Boys, Udhampur, Jammu and Dr. Shamim Ahmad from Gandhi Memorial College, Srinagar also spoke on the occasion and provided their feedback about the training program.

Towards the conclusion, Professor Talat Ahmad and Mr. Pandurang K Pole gave away certificates to the participants. Dr. Henna Basharat, Program officer, NSS, University of Kashmir conducted the proceedings and Dr. Wakar Amin presented the vote of thanks.

Sd/-

Dr. Musavir Ahmad
Programme Coordinator
National Service Scheme,
University of Kashmir, Srinagar.