

# Brief Report

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



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 13<sup>th</sup> February, 2019.

The Ministry of Youth Affairs and Sports, Government of India had sanctioned seven one-week training programs to the Empanelled Training Institute (ETI), Program Coordinator, National Service Scheme (NSS), University of Kashmir vide sanction letter F. No. L – 13022/3 (ii)/2019-NSS, dated 30/09/2021, for the financial year 2021-22. Out of the total sanctioned grant of Rs. 18, 06,000 (Rs. 258, 000 for each) for the seven programs, an

amount of Rs. 1354,500 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. Due to intermittent Covid-19 lockdowns in the UT during the period, the office was able to conduct only 05 training programs successfully.

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 NSS program officers (35 for each) from various colleges and higher secondary schools of UT and accordingly the SNO deputed 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 dates and number of participants in the 05 programs were as below:

<b>S.No</b>	<b>Date</b>	<b>Number of Participants</b>
1.	8 -14 November 2021	30
2.	22 – 28 November, 2021	33
3.	10 – 16 January, 2022	30
4.	14 - 20 March, 2022	30
5.	15 - 21 March, 2022	32



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 (8<sup>th</sup> to 14<sup>th</sup> of November, 2021)**

For the inaugural session of the training program held at conference room of Directorate of Distance Education of the University on 8<sup>th</sup> of November, Dr. Nisar Ahmad Mir, Registrar University of Kashmir was invited as Chief Guest, and Professor Tariq Chisti, Director, Directorate of Distance Education, 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.

Professor Chisti in his special remarks highlighted the responsibility of University of Kashmir as a premier Institution of the UT in extending training and skills necessary for development of academic and outreach activities among colleges and higher secondary schools of the UT.

Dr. Nisar Ahmad Mir, Registrar University of Kashmir in his presidential remarks dwelled in detail on NSS activities and voluntarism and how the mandate of NSS has been growing in the face of ever more challenges the country is facing. Dr. Wakar Amin, Program officer, NSS, University of Kashmir conducted the proceedings and Dr Shazia Malik presented the vote of thanks



The program had a total of 19 technical sessions, one field visit besides an inaugural and a valedictory cum certificate distribution session. Major issues which were focused during the training program included Structure and Functioning of NSS, Role of an NSS Program Officer, Role of an NSS Volunteer, Climate Change, Media Literacy, 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 and Social Justice. 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.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Professor ZaffarAReshi, University of Kashmir, Srinagar	Youth and Climate Change: What an NSS volunteer can do
5.	Professor SyedaAfshana, University of Kashmir, Srinagar	Creating Media Literacy
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
9.	Dr. FazleRoub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder

10.	Dr. Nasir Geelani	Basic Counseling skills in Addiction
11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
12.	Mr. Tariq Ahmad Wani (SP Traffic City), J&K Police Department	Vigilant Society and Volunteerism
13.	Dr. Syed Karrar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah	Suicides in Teens
15.	Mr. Muzaffar Ahmad Ganai	Stress Management among School going Children
16.	Mr. Haseeb ur Rahman (IPS) Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts during Disasters; Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
17.	Mr. Haseeb ur Rahman (IPS) with Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
20.	Field Visit	Dal Lake Interiors

On Saturday, the 13<sup>th</sup> of November, a valedictory cum distribution session was held at 3PM in conference room of Directorate of Distance Education of the University. The program was attended by Dr. Nisar Ahmad Mir, Registrar University of Kashmir as Chief Guest and Mr. Irhad Ahmad (KPS), Superintendent of Police, Hazratbal Zone as Guest of Honor.

Dr. Musavir Ahmed in his introductory remarks welcomed the guests and expressed his gratitude to Hon'ble Vice Chancellor and thanked him 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. He also thanked the Ministry of Youth Affairs and sports, Government of India, Directorate of NSS, New Delhi for sponsoring the ETI of University of Kashmir. Dr Musavir also briefly summarized the proceedings of the program.

Mr. Irshad Ahmad (KPS), Superintendent of Police, Hazratbal Zone congratulated the office of program coordinator for successfully conducting the program. He appreciated the choice of expert speakers who interacted with the participants during the program.

Dr. Nisar Ahmad Mir, Registrar 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. Towards the conclusion, the guests 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.

## **2<sup>nd</sup> Program (22<sup>nd</sup> to 28<sup>th</sup> of November 2021)**



For the inaugural session of the training program held at conference room of new administrative block of the University on 8<sup>th</sup> of November, Professor Farooq Masoodi, Dean Academic Affairs of the University was invited as 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. Nisar in his special remarks pledged all types of support for promotion of NSS activities in the University and Kashmir division.

Professor Masoodi in his presidential remarks expressed his satisfaction over the functioning of NSS and emphasized the need to make these training programs more inclusive by engaging different social actors from different walks of life to derive benefits from their experiences. He underscored the need to make these programs more practical and less academic and exhorted the participants to derive maximum benefits from these programs for onward dissemination among student/volunteer community. and how the mandate of NSS has been growing in the face of ever more challenges the country is facing.

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



# NSS programme, first of its kind for school teachers, concludes at KU

**SRINAGAR:** A week-long programme for NSS officers in colleges and higher secondary schools across Jammu and Kashmir concluded at the University of Kashmir.

This is for the first time that the varsity's office of National Service Scheme (NSS) had roped in teachers from higher secondary schools for hands-on training in key areas, including First Aid and Drug De-addiction. The office intends to take such programmes to grassroots in real sense for better outcomes on the ground.

KU Registrar Dr Nisar A Mir, who was the chief guest at the valedictory session, underlined the pioneering role of the University of Kashmir in organising such events for capacity-building of stakeholders in wide-ranging domains of NSS. He congratulated KU's NSS Coordinator Dr Musavir Ahmad and his team for leading in organising such events for college and school teachers.

Mr Irshad Ahmad, Superintendent of Police Hazratbal, who was



a guest of honour on the occasion, spoke about the social responsibilities of teachers. He said the police department has been keeping a strong vigil on drug peddling and people need to be vigilant and help the law enforcement agencies in eradicating the menace of drug abuse.

30 participants from colleges and higher secondary schools of

various J&K districts participated in the programme, including from Doda, Kishtwar, Ramban, Poonch and Srinagar. The teachers were deputed by Directors of School Education, (Jammu/Kashmir) through Director Colleges, the Nodal Officer for NSS, J&K.

The current programme, first in the series of seven programmes to be

conducted this year, was organised under the aegis of Empaneled Training Institute (ETI), Programme Coordinator, NSS, University of Kashmir. The ETI, the only one in J&K, is fully sponsored by Ministry of Youth Affairs and Sports, Government of India.

At the valedictory-cum certificates distribution ceremony, Dr Musavir presented the highlights of the programme, which featured expert sessions on First-Aid and Basic Life Support, Disaster Response, Drug De-addiction and Counselling, Responsible Use of Social Media, Volunteerism, Functioning of NSS, Citizen Science and Volunteerism and Responsible Social Work.

The experts included Prof Zaffar A Reshi, Dr Yasir Rathar and his team from IMHANS Kashmir, Tariq Ahmad Wani (KPS), Er Amir Ali and his team from SDRF, Dr Itinder Pal Singh Bali, Dr Syeda Afshana and Dr Wakar Amin.

Dr Wakar conducted proceedings of the event and Dr Henna delivered a vote of thanks.

The program had a total of 18 technical sessions besides, one field visit, an inaugural, and a valedictory cum certificate distribution session. Major issues which were focused during the training program included Structure and Functioning of NSS, Role of an NSS Program Officer, Role of an NSS Volunteer, Climate Change, Media Literacy, 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 and Social Justice. 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.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community

2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Professor ZaffarAReshi, University of Kashmir, Srinagar	Youth and Climate Change: What an NSS volunteer can do
5.	Professor SyedaAfshana, University of Kashmir, Srinagar	Responsible use of Social Media and Literate Users
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
9.	Dr. FazleRoub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder
10.	Dr. Nasir Geelani	Basic Counseling skills in Addiction
11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
12.	Mr. Arif Shah, SSPJ&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
13.	Dr. Syed Karrar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah	Suicides in Teens

15.	Mr. Muzaffar Ahmad Ganai	Stress Management among School going Children
16.	Mr. Haseeb ur Rahman (IPS) Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
17.	Mr. Haseeb ur Rahman (IPS) with Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
20.	Field Visit	Khushaal Sar Lake

On Saturday, the 13<sup>th</sup> of November, a valedictory cum distribution session was held at 3PM at Gandhi Bhawan of the University. The program was attended by Dr. Nisar Ahmad Mir, Registrar University of Kashmir as Chief Guest and Mr. Irhad Ahmad (KPS), Superintendent of Police, Hazratbal Zone as Guest of Honor.

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## KU's NSS living up to its core mandate: Registrar

BK News Service

Srinagar, Nov 9 A week-long training for programme officers of National Service Scheme (NSS) started at the University of Kashmir.

Registrar Dr Nisar A Mir inaugurated the training programme, organised by the varsity's office of NSS, for NSS programme officers of various higher secondary schools and colleges in Jammu and Kashmir.

Two key themes chosen for the training include drug de-addiction and first-aid. Dr Mir stressed on the importance of NSS initiatives at the community-level, especially in addressing a host of social problems including drug menace and mental health issues. "I am glad to observe that the KU's NSS is living up to its core mandate which is

evident from the quantum of events being held to train programme officers in line with the core objectives of



the NSS," he said. He said that the university administration's full support to NSS welfare initiatives in the university, colleges and higher secondary institutions. Coordinator NSS Dr Mussavir Ahmad highlighted aims and objectives of the training programme which, he said, has been specially designed for programme officers of higher

secondary institutions to take NSS endeavours to grassroots in real sense.

He thanked Director Colleges J&K (UT NSS Nodal Officer), Directors of School Education (Kashmir/Jammu) for facilitating teachers to join the training programme.

Dean School of Arts, Languages and Literature Prof Adil Amin Kak and Director, Directorate of Distance Education Prof Tariq A Chisti were special guests on the occasion

who threw light on the importance of NSS programmes, especially at the college and university level.

Provost (Boys Hostels) Prof Sheikh Mohammad Ajeer was also present on the occasion. Dr Wakar Amin and Dr Shazia Malik delivered a vote of thanks and conducted proceedings of the inaugural session, respectively.

Dr. Musavir Ahmed in his introductory remarks welcomed the guests and expressed his gratitude to Hon'ble Vice Chancellor and thanked him 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. He also thanked the Ministry of Youth Affairs and sports, Government of India, Directorate of NSS, New Delhi for sponsoring the ETI of University of Kashmir. Dr Musavir also briefly summarized the proceedings of the program.

Mr. Irshad Ahmad (KPS), Superintendent of Police, Hazratbal Zone congratulated the office of program coordinator for successfully conducting the program. He appreciated the choice of expert speakers who interacted with the participants during the course of the program.

Dr. Nisar Ahmad Mir, Registrar 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. Towards the conclusion, the guests gave away certificates to participants.

### 3<sup>rd</sup> Program (10<sup>th</sup> to 16<sup>th</sup> of January 2022)



The inaugural session of the training program was held at conference room of Directorate of Distance Education, University of Kashmir on 10<sup>th</sup> of January, at 10:30 AM. Dr. Nisar Ahmad Mir, Registrar University of Kashmir was invited as Chief Guest, and Professor Aejaz Mohammad Sheikh, Provost of Hostels and Head Department of Urdu 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.

Professor Aejaz Mohammad Sheikh in his special remarks congratulated the program coordinator, NSS for undertaking the training programs for NSS program officers on massive scale and hoped that the fruits of these will go a long way in the promotion of NSS activities where every student would love to be part of the NSS family.

Dr. Nisar in his presidential remarks expressed his satisfaction over the functioning of NSS in university of Kashmir and exhorted the participants to make best use of the time spent in these programs. He reiterated that the scope of NSS has grown over the years which was earlier restricted to plantation of trees and organization of blood donation camps. He exhorted the participants to develop effective ways to help the society in combating the menace of drug addiction. Dr. Yasir Hamid Bhat, Program officer, NSS, University of Kashmir conducted the proceedings and Dr Shazia Malik presented the vote of thanks.



The program had a total of 18 technical sessions besides an inaugural and a valedictory cum certificate distribution session. Major issues which were focused during the training program included Structure and Functioning of NSS, Role of an NSS Program Officer, Role of an NSS Volunteer, Climate Change, Media Literacy, 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 and Social Justice. The panel of experts included renowned academicians, bureaucrats, law enforcement officers, social workers and philanthropists and journalists.

# Training programme for NSS officers concludes at KU

**SRINAGAR:** A week-long training programme for NSS programme officers concluded at the University of Kashmir on Saturday.

The programme was organised by the University's Office of National Service Scheme (NSS) for teachers from higher secondary schools and colleges in Jammu and Kashmir.

19 participants were deputed for the programme from higher secondary schools while 16 teachers were deputed from colleges.

During the training sessions, hands-on and theoretical training were pro-



vided to the participants on first aid, disaster management and mental health, among other key social and environmental issues where NSS programme officers and volunteers can play a key role.

Experts discussed various mitigation strategies as well as importance of grassroots coordination during various endeavours of NSS, which is a public welfare scheme.

Coordinator NSS KU

Dr Mussavir Ahmad and Superintendent of Police Hazratbal Mashkooor Ahmad jointly distributed certificates of participation at the valedictory session.

Dr Mussavir thanked the Vice-Chancellor Prof Talat Ahmad and Registrar Dr Nisar Ahmad Mir for their constant support to NSS programmes being held in the University from time to time. He also expressed his gratitude to Director Colleges and Directors of School Education (Kashmir/Jammu) for allowing teachers to join the NSS training, thereby helping in achieving the objectives of NSS.

The expert speakers who conducted the sessions are as below:

S. No	Name	Topic
1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Dr. Bikram Singh Bali, University of Kashmir, Srinagar	Earthquake Studies: Precautions and Prevention
5.	Mr. Javed Ahmad Tak (Padmashree) Social Activist	Disability Rights and Educational Institutions: Role of NSS
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing

		Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
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11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
12.	Mr. Arif Shah, SSPJ&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
13.	Dr. Syed Karrar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah	Suicides in Teens
15.	Mr. Muzaffar Ahmad Ganai	Stress Management among School going Children
16.	Mr. Rashid Ahmad Khan (KPS) & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
17.	Mr. Rashid Ahmad Khan (KPS) with & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup>	Floating Aids and Improvised Techniques during floods



	Battalion Team, J&K Police	
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer

## TRAINING PROGRAMME FOR NSS OFFICERS FROM J&K SCHOOLS CONCLUDES AT KU

SO NEWS DESK

SRINAGAR - A week-long training programme for officers of National Service Scheme (NSS) from higher secondary schools in Jammu and Kashmir concluded at the University of Kashmir on Saturday.

Registrar Dr Nisar A Mir was the Chief Guest at the valedictory session of the programme, organised by the varsity's office of NSS under the aegis of Empanelled Training Institute (ETI) of the Ministry of Youth Affairs and Sports, Government of India.

36 teachers from higher secondary schools from Kashmir and Jammu regions participated in the programme where hands-on training was provided



on the mandate, objectives and activities of the National Service Scheme. Addressing the participants, Dr Mir reiterated the importance of inculcating

value-based education in youth to make them realise the importance of social service from a very young age.

He also urged the teachers to

inculcate in their students the spirit of social responsibility and utilise their services in spreading awareness at grassroots on different social and environmental problems.

Dr Mir said he was glad to note that teachers from different Jammu districts made it to the programme, which covered a range of topics including, among others, disaster management, climate change, mental health and first-aid. Arif Ahmad Shah (KPS), Superintendent of Police, who was a special guest on the occasion, said teachers have a great role to mould young minds into responsible and conscious citizens.

"Teachers, who are architects of young minds, can play a pivotal role in preventing youth from regressions, deviances and negative

traits by giving personal attention to their conduct and behavior," he said, adding that training programmes like these can offer teachers a great insight into activities and objectives of NSS.

Programme Coordinator NSS Dr Mussavir Ahmad gave an overview of different theoretical and practical sessions held in the past seven days. He reiterated his gratitude to Director Colleges (Nodal Officer NSS J&K UT) and Directors of School Education (Jammu/Kashmir) for permitting teachers to join NSS programmes and help in realizing the mission and vision of the scheme in real sense.

Several participants gave their feedback and appreciated the university's arrangements and programme planning.

Dr Wakar Amin presented a

On Saturday, the 15<sup>th</sup> of January, a valedictory cum distribution session was held at 3PM at Gandhi Bhawan of the University. The program was attended by Dr. Nisar Ahmad Mir, Registrar University of Kashmir as Chief Guest and Mr. Mashkooor Ahmad (KPS) Superintendent of Police, Hazratbal Zone as guest of honor.

Dr. Musavir Ahmed in his introductory remarks welcomed the guests and expressed his gratitude to Hon'ble Vice Chancellor and thanked him 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. He also thanked the Ministry of Youth Affairs and sports, Government of India, Directorate of NSS, New Delhi for sponsoring the ETI of University of Kashmir. Dr Musavir also briefly summarized the proceedings of the program.

Mr. Mashkooor (KPS) in his address emphasized the need to develop a effective interface between security agencies, police and student community and appreciated University of Kashmir in undertaking these social outreach programs.

Dr. Nisar Ahmad Mir, Registrar 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. Towards the conclusion, he 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.

#### **4th Program (14<sup>th</sup> to 20<sup>th</sup> March, 2022) and 5th Program (15<sup>th</sup> to 21<sup>st</sup> March, 2022)**



An inaugural session of the 4<sup>th</sup> training program was held at conference room of Directorate of Distance Education, University of Kashmir on 14<sup>th</sup> of March, at 10:30 AM. Dr. Nisar Ahmad Mir, Registrar University of Kashmir was invited as Chief Guest, Professor Aadil Amin Kak, Dean, Faculty of Arts, University of Kashmir was the Guest of Honor, and Professor Aejaz Mohammad Sheikh as Special guest.

The inaugural session of 5<sup>th</sup> training program was held in the conference hall of Staff Academic college, University of Kashmir on 15<sup>th</sup> of March, 2022. Dr. Nisar Ahmad Mir,

Registrar University of Kashmir was invited as Chief Guest. Professor Ruby Zutshi, Principal Institute of Music and Fine Arts was the guest of honor.

In both the inaugural sessions, 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.



Professor Aejaz Mohammad Sheikh in his special remarks congratulated the program coordinator, NSS for undertaking the training programs for NSS program officers on massive scale and hoped that the fruits of these will go a long way in the promotion of NSS activities where every student would love to be part of the NSS family.

Professor Aadil Amin Kakin his remarks embarked on the history of NSS over the decades and emphasized the need to incorporate aspects of community health, like breast cancer, diabetes, tuberculosis etc. in the training programs, so that students get to know about these issues.

Professor Ruby Zutshi underscored the need to include Music and Arts as part of the training programs for NSS program officers as art and music could be excellent means of expression for NSS volunteers to give vent to their frustrations and problems.

Dr. Nisar in his presidential remarks expressed his satisfaction over the functioning of NSS in university of Kashmir and exhorted the participants to make best use of the time spent in these programs. He reiterated that the scope of NSS has grown over the years which was earlier restricted to plantation of trees and organization of blood donation camps. He exhorted the participants to develop effective ways to help the society in combating the menace of drug addiction. Dr. Yasir Hamid Bhat, Program officer, NSS, University of Kashmir conducted the proceedings and Dr Shazia Malik presented the vote of thanks.



The twin program had a total of 16 technical sessions each, besides joint sessions taken by Professor Zaffar Ahmad Reshi, Mr. Aziz Ahmad Rathar (KAS), Professor Bikram Singh Bali, a joint inaugural and a valedictory cum certificate distribution session. Major issues which were focused during the training program included Structure and Functioning of NSS, Role of an NSS Program Officer, Role of an NSS Volunteer, Climate Change, Media Literacy, 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 and Social Justice. The panel of experts included

renowned academicians, bureaucrats, law enforcement officers, social workers and philanthropists and journalists.

The expert speakers who conducted the sessions are as below:

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1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope, and Challenges
3.	Professor Zaffar Ahmad Reshi, Dean, School of Biological Sciences, University of Kashmir	Role of NSS in Pandemic
4.	Mr. Aziz Ahmad Rathar (KAS), Assistant Commissioner, Revenue, J&K Government	Mobilization of Society by NSS volunteers for Sustainable Development (Soft Schemes)
5.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
6.	Dr. Muzaffar Ahmad Khan, Director, Youth Development and Rehabilitation Centre (YDRC), J&K Police	Drug Abuse in Young Adults of J&K
7.	Dr. Bikram Singh Bali, University of Kashmir, Srinagar	Earthquake Studies: Precautions and Prevention
8.	Dr. Shazia Manzoor, Head Department of Social Work University of Kashmir	Disaster Management and Children: Social Work Response
9.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
10.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing,

		Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
11.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
12.	Dr. FazleRoub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder
13.	Dr. Nasir Geelani	Basic Counseling skills in Addiction
14.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
15.	Mr. Arif Shah, SSPJ&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
16.	Dr. Syed Karrar	A Developmental Perspective of Adolescence
17.	Dr. Iqra Shah	Suicides in Teens
18.	Mr. Muzaffar Ahmad Ganai	Stress Management among School going Children
19.	Mr. Rashid Ahmad Khan (KPS) & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
20.	Mr. Rashid Ahmad Khan (KPS) with & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
21.	Mr. Haseeb ur Rahman (IPS) & Instructor Aejaz Ahmad State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
22.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
23.	Field Work	Dal Lake Interiors

## 2 NSS training programmes for college teachers conclude at KU

SO NEWS DESK

SRINAGAR - Two training programmes organised by the Office of National Service Scheme (NSS) University of Kashmir concluded on Saturday.

Registrar Dr Nisar A Mir was the chief guest at the valedictory function, where Controller of Examinations Dr Majid Zaman was the guest of honour.

Addressing the participants, Dr Nisar expressed his satisfaction at the functioning of the varsity's NSS Office which, he said, has been making its impact felt in the university and colleges with its regular activities.

He said the university has been actively supporting all the endeavours of the NSS in view of their significance for the well-



being of society at large.

"Such training programmes must develop in our faculty and students a sense of passion for community service," Dr Mir said, complimenting 78 programme officers from colleges for participating in the 4th and 5th week-long training programmes.

In his special address, Dr Majid Zaman underscored the need for capac-

ity building of various stakeholders to translate the objectives of the NSS into the reality at grassroots.

He suggested that the NSS can widen its ambit of activities to facilitate officers from other departments in its activities for a holistic response to various social and environmental issues.

Programme Coordinator NSS KU Dr Mussavir

Ahmad said the training programmes were held under the aegis of the Empanelled Training Institute (ETI) granted to the varsity's NSS office by the Ministry of Youth Affairs and Sports, Government of India.

He thanked the Vice-Chancellor Prof Talat Ahmad and Dr Nisar for their full support to activities being carried out by the NSS.

Dr Rumaisa, Dr Zahid A Wani and Dr Asiya shared their feedback about the two programmes and expressed their satisfaction at the arrangements being made for them as well as the topics and experts selected by the NSS for the technical sessions.

Dr Wakar Amin conducted proceedings of the session while Dr Hina Basharat delivered a vote of thanks.

On Saturday, the 19<sup>th</sup> of March, a joint valedictory cum distribution session was held at 3PM at conference hall of Directorate of Distance Education, University of Kashmir. The program was attended by Dr. Nisar Ahmad Mir, Registrar University of Kashmir as Chief Guest and Dr. Majid Zaman Baba, Controller Examinations, 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 thanked him 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. He also thanked the Ministry of Youth Affairs and sports, Government of India, Directorate of NSS, New Delhi for sponsoring the ETI of University of Kashmir. Dr Musavir also briefly summarized the proceedings of the program.

Dr. Majid in his address underscored the need to for capacity building of various stakeholders to translate the objectives of NSS into reality at grassroots level. He suggested that NSS can widen its ambit of activities to facilitate officers from other departments in its activities for a holistic response to various social and environmental issues.

Dr. Nisar Ahmad Mir, Registrar of the University in his presidential remarks expressed his satisfaction over the functioning of the varsity's NSS office, which he said has been making its impact felt in the university and colleges with its regular activities. Dr. Mir said such training programs must develop in our faculty and students a sense of passion for community service.

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