

# **NSS PDEU Activity Report 2021-2022**

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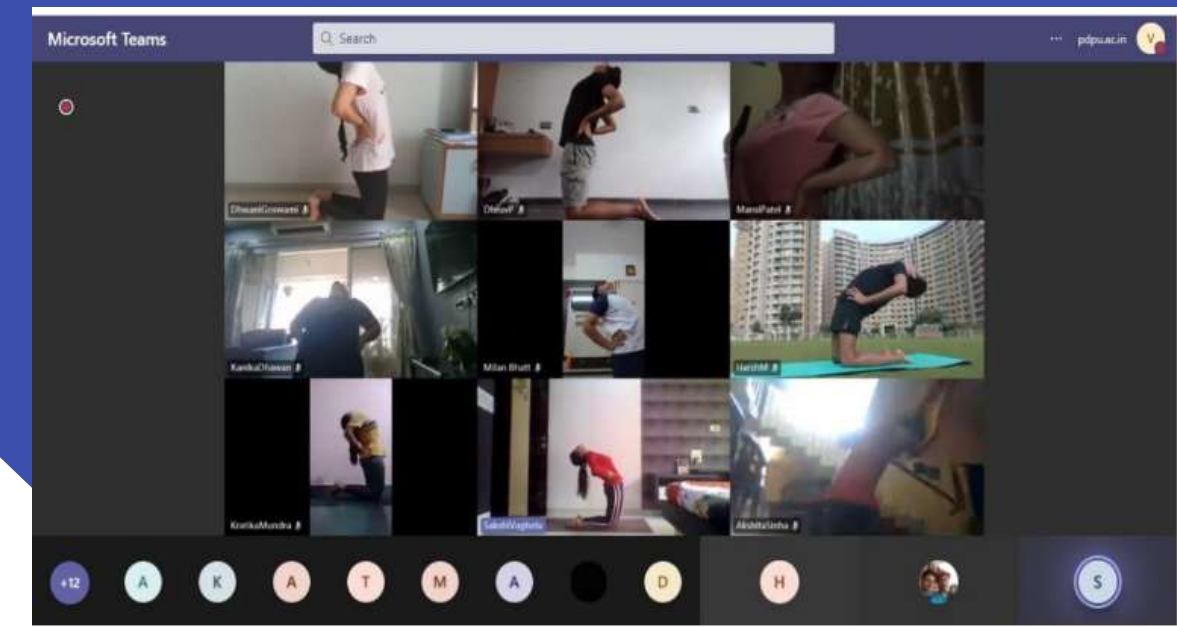
# Live Yoga Session



Punnerva- a club that celebrates and preaches the importance of Yoga in everyday life and its positive effects on our mental and physical health-wanted to commemorate International Yoga Day by conducting a Live Yoga Session for our people. The session was conducted by Sakshi Vaghela and our respected faculty, Dr. Milankumar Bhatt.

National Service Scheme (NSS)  
and Punnerva, PDEU

12<sup>th</sup> and 21<sup>st</sup> June, 2021



# Fit India Freedom Run

National Service Scheme (NSS)

13<sup>th</sup> August, 2021



- FIT India Mission has conceptualized FIT INDIA FREEDOM RUN 2.0 to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign will be on the concept of "Physical/Virtual Run" in continuum from 13th August to 2nd October 2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc.



# Prakriti Vandana- a Tree Planting Event



The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth.

Unnat Bharat Abhiyaan (UBA), PDEU

21<sup>st</sup> -28<sup>th</sup> August, 2021





# Clean India campaign

National Service Scheme (NSS)

1<sup>st</sup>-31<sup>st</sup> October, 2021



we tried to communicate with different police station in Surat, Ahmedabad and Bharuch. We successfully convinced Surat's Khatodara police station officer to join with PDEU in this clean India campaign. Nilesh Bhaskarao Bhure has done the cleanliness work around his streets.



# Volleyball Competition

National Service Scheme (NSS)

5<sup>th</sup> December, 2021



With our collaborators, Children's University, Gandhinagar Vidyaniketan Department, we formed a joint venture for a Volleyball Competition.

The first place went to Pandit Deendayal University, Raisan.





# Covid-19 Vaccination Drive

National Service Scheme (NSS)

14<sup>th</sup> December, 2021



NSS, through the support and help of Pandit Deendayal Energy University conducted a Vaccination Drive for all the staff and students of PDEU. The Vaccination Drive took place on the 14<sup>th</sup> of December. The eligibility criteria for the vaccination were- everyone above the age of 18.

# Blood Donation Camp



National Service Scheme (NSS)  
Rotaract Club and RED CROSS

13<sup>th</sup> April, 2022

The motto of the event was to promote awareness regarding blood donation criteria( who all are eligible to donate blood) and to collect blood from the donors in order to help the people who require blood.





# Power Yoga Workshop



we began with stretching the body and eye exercises and then went on performing various asanas like surya namaskar, padmasana and meditation using different sound frequencies, towards the end there was also a question answer session if students had any doubts regarding a particular asana or anything related to yoga.

National Service Scheme (NSS) and  
Punnerva, PDEU

29<sup>th</sup> April, 2022





THANK YOU

