

Meerut Institute of Technology

NSS Activity – Cleanliness Drive

Notice

Date: 18/9/2024

The NSS Unit of MIT, Meerut is organizing a **Cleanliness Drive** on **20th September 2024** in and around the college campus as part of the *Swachh Bharat Abhiyan*. The objective of the drive is to create awareness among students about the importance of hygiene and to contribute towards maintaining a clean and healthy environment.

Details of the Event:

- **Date:** 20th September 2024
- **Time:** 9:30 AM onwards
- **Venue:** MIT Campus & Surroundings
- **Participants:** NSS Volunteers & Interested Students

All students are encouraged to actively participate in this initiative and contribute their efforts to make our surroundings clean and green.

Dr. Jay Prakash Kannujiya

Convener, NSS Unit

Meerut Institute of Technology, Meerut

Meerut Institute of Technology
Report on Cleanliness Drive
Organized by NSS Unit, MIT, Meerut

Date: 20th September 2024

The NSS Unit of MIT, Meerut successfully organized a **Cleanliness Drive** on **20th September 2024** in line with the *Swachh Bharat Abhiyan*. The event commenced at **9:30 AM** with an inaugural address by the NSS Coordinator, highlighting the significance of cleanliness for a healthy society.

More than **60 NSS volunteers and students** participated enthusiastically in the drive. The activities included:

- Cleaning of classrooms, corridors, and laboratories.
- Removal of litter and waste from the campus lawns and surrounding areas.
- Awareness activities through posters and slogans promoting hygiene and cleanliness.

The drive not only contributed to making the campus surroundings neat and clean but also instilled a sense of responsibility among students towards maintaining hygiene in their daily lives.

The event concluded with a vote of thanks to the volunteers and faculty members who contributed to the success of the drive.



Prepared by:
NSS Unit, MIT, Meerut

Dr. Jay Prakash Kannujiya
NSS Coordinator

Meerut Institute of Technology
NSS Activity Indian Constitution day

Notice

Date: 23th Nov 2024

The NSS Unit of MIT, Meerut will observe **Indian Constitution Day** on **26th November 2024**. A session on **Constitution Awareness** will be conducted to highlight the values enshrined in the Indian Constitution. All NSS volunteers and interested students are invited to participate.

Dr. Jay Prakash Kannujiya

Convener, NSS Unit

Meerut Institute of Technology, Meerut

Meerut Institute of Technology (NSS)

Indian Constitution Day

Concluding Remarks

Date: 26/11/2024

The NSS Unit of MIT, Meerut observed **Indian Constitution Day** on 26th November 2024 with a focus on spreading **Constitutional awareness** among students. The session highlighted the significance of the Preamble, Fundamental Rights, and Duties. Around **55 students** actively participated, reading out key excerpts and engaging in discussions. The event encouraged a deeper understanding of democratic values and responsibilities as citizens of India. Students expressed that the program helped them realize the importance of upholding justice, liberty, equality, and fraternity in daily life. The program concluded with a pledge to respect and follow the Constitution sincerely.



Dr. Jay Prakash Kannujiya

Convener, NSS Unit

Meerut Institute of Technology, Meerut

Meerut Institute of Technology (NSS)

NSS Activity – Farmers Day

Notice

Date: 22th Dec 2024

The NSS Unit of MIT, Meerut will commemorate **National Farmers' Day** on **23rd December 2024**, marking the birth anniversary of **Ch. Charan Singh**, former Prime Minister of India. The program will include discussions on the role of farmers in nation-building. All NSS volunteers must attend.

Sincerely,

Dr. Jay Prakash Kannaujiya

NSS Coordinator

MIT Meerut

Meerut Institute of Technology (NSS)

Conclusion: Empowering Farmers

The NSS Unit of MIT, Meerut celebrated **National Farmers' Day** on 23rd December 2024 to honor the birth anniversary of **Chaudhary Charan Singh Ji**. A special session was held on the contribution of farmers to the Indian economy and food security. Students expressed their gratitude towards the farming community and shared ideas to support rural development. Around **65 volunteers** participated enthusiastically in debates and poster-making activities. The session emphasized self-reliance in agriculture and the importance of sustainable farming. The event concluded with a tribute to Chaudhary Charan Singh's vision of farmer welfare and empowerment.



Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology (NSS)

NSS Activity – Dental Check up camp

Notice

Date: 3rd Feb 2025

The NSS Unit of MIT, Meerut is organizing a **Dental Check-up Camp** in collaboration with health professionals on **7th February 2025**. The camp will provide **free dental check-ups** and awareness about oral hygiene. Students are encouraged to participate.

Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology (NSS)

Concluding Remarks

The NSS Unit of MIT, Meerut conducted a Dental Check-up Camp on 7th February 2025 in association with dental health practitioners. The initiative aimed at creating awareness about oral hygiene and preventing dental problems. Free check-ups were provided to students, and guidance on proper brushing techniques, balanced diet, and regular dental visits was shared. A total of 100 students benefited from the camp. Volunteers actively managed the event by coordinating registrations and assisting doctors. The program created awareness about the importance of oral health in overall well-being. The camp concluded with positive feedback from both doctors and students.



Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology
NSS Activity – Poshan Pakhwada

Notice

Date: 20th April 2025

The NSS Unit of MIT, Meerut will observe **Nutrition Week (Poshan Pakhwara)** on **22nd April 2025**. The event will focus on healthy eating habits, balanced diet, and awareness about malnutrition. All students are invited to participate.

Activities Planned:

- **Awareness Session:** Importance of nutrition
- **Q&A Session:** Open Forum for Queries Related to proper nutritious food

All students and faculty members are encouraged to participate in this event to strengthen our commitment to a vibrant democracy. Let's take this opportunity to become more informed citizens and play a proactive role in shaping our nation's future.

For any queries, please contact below mentioned.

Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology (NSS)

Conclusion

The NSS Unit of MIT, Meerut observed **Nutrition Week (Poshan Pakhwara)** on 22nd April 2025 to spread awareness about healthy dietary practices. The event highlighted the importance of balanced nutrition in ensuring physical and mental well-being. Volunteers presented charts and posters on topics such as iron-rich foods, hydration, and preventive measures against malnutrition. Around **40 participants** engaged in discussions on nutritious diets for students and young adults. The session motivated students to adopt healthier eating patterns in daily life. The event concluded successfully with participants taking a pledge to spread awareness about nutrition among their peers and families.



Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology (NSS)

NOTICE

Subject: International Yoga Day Celebration

Date: June 19, 2025

This is to inform all students, faculty, and staff members that the NSS unit of MIT Meerut is organizing a special program to celebrate **International Yoga Day** on **June 21, 2025**.

Event Details:

- **Date:** 21st June 2025
- **Yoga Instructor:** Dr. Sanjay Mathur
- **Time:** 8:00 AM
- **Venue:** College Lawn

The event will include a yoga session conducted by a certified yoga instructor, followed by a brief talk on the benefits of incorporating yoga into daily life. This is a wonderful opportunity to learn and practice yoga for physical and mental well-being.

Participants are requested to:

- Wear comfortable attire suitable for yoga.
- Bring their own yoga mats.
- Arrive at the venue by 8:00 AM.

We encourage everyone to join and make this celebration a success by promoting health and wellness through yoga.

For further details, please contact the NSS Unit.

Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology (NSS)

Concluding Remarks

International Yoga Day Celebration at MIT Meerut (21 June 2025)

The NSS Unit of MIT, Meerut celebrated **World Yoga Day** on 21st June 2025 by organizing a collective yoga session for students and volunteers. A yoga instructor guided participants through asanas, pranayama, and meditation techniques. The session emphasized the benefits of yoga for stress management, concentration, and overall wellness. Around **90 participants** attended with enthusiasm and expressed satisfaction about the positive impact of yoga on lifestyle. The event concluded with a pledge to practice yoga daily and encourage others to adopt it for healthy living. The session created an atmosphere of positivity and unity among all participants.



Dr. Jay Prakash Kannaujiya

NSS Coordinator

Meerut Institute of Technology
NSS Activity - Ek Ped Maa ke Naam

Notice
MIT, Meerut – NSS Unit

Date: 7th July 2025

The NSS Unit of MIT, Meerut will participate in the AKTU Plantation Drive – Ek Ped Maa Ke Naam on 9th July 2025. Students and volunteers will plant saplings on campus to promote environmental awareness. All NSS members are requested to join.

NSS Unit, MIT, Meerut

Dr. Jay Prakash Kannujiya

NSS Coordinator

Meerut Institute of Technology

Organized by NSS Unit, MIT, Meerut

The NSS Unit of MIT, Meerut successfully conducted the **Plantation Drive – Ek Ped Maa Ke Naam** on 9th July 2025 as part of the AKTU initiative. Volunteers planted a variety of saplings, including neem, peepal, and flowering plants, within the campus to promote greenery and environmental protection. Around **50 NSS volunteers** participated enthusiastically, pledging to care for the plants regularly. The drive created awareness about the role of trees in combating pollution and climate change. The activity concluded with words of appreciation from faculty members and a commitment from students to sustain the initiative for a cleaner and greener environment.



Prepared by:

NSS Unit, MIT, Meerut

Dr. Jay Prakash Kannujiya

NSS Coordinator