

NATIONAL SERVICE SCHEME

Activities-2019-20

“The best way to find yourself is to lose yourself in the service of others.”

–*Mahatma Gandhi*

The main objective of the National Service Scheme is education of young minds through community service and developing in them a sense of national integration and social harmony. The college NSS Unit enthusiastically tries to inculcate feelings of social and civic responsibility by trying to find practical solutions to community problems at the ground level.. This academic year, the NSS Unit conducted many engaging activities ranging from tree plantations to organizing rallies, nukkad nataks and informative lectures with various eminent personalities who excel in their various fields.

June 2019

It all began on 21 June, 2019, when the International Yoga Day was commemorated and the students participated in a yoga session led by Mr. Neja Ram, DPI.





July 2019

- The NSS volunteers of 2nd and 3rd year actively participated in a cleanliness drive on 3rd and 4th July, 2019 and cleaned the college campus and surroundings.



- In the same month, on 22 July, 2019, about 20 NSS volunteers planted tree saplings in collaboration with the Forest Department Himachal Pradesh, in the Chamyana area of Shimla to commemorate *Van Mahotsav*.





- On 26 July, 2019, NSS volunteers were invited to Govt. Senior Secondary School, Chotta Shimla to participate in an interactive session with Ms. Upma Chaudhary, IAS, Secretary of Ministry of Youth Affairs and Sports, Government of India. In this various reports regarding the work done by NSS units were discussed.

August 2019

- The college observed the *Swachta Pakhwada* from 1 August to 15 August, 2019. NSS volunteers took the *Swachta Shapath*, conducted a cleanliness drive in the college campus and surrounding areas and held a rally which was flagged off from the college and covered the entire Navbahar area. The purpose of this rally was to create an awareness about a clean and green environment in our society. The students also got an opportunity to perform plays and *nukkadnataks* at the Ridge, which were presided over by the Honourable Chief Minister of Himachal Pradesh.





- For the tree plantation drive that was held on 23 August, 2019, NSS volunteers planted 100 tree saplings in the college campus.



- On 29th August, 2019, a total of 300 NSS volunteers witnessed the live telecast of the inauguration of “The Fit India Campaign” by our Honourable Prime Minister Sh. Narendra Modi, in our college auditorium. This was followed by the volunteers taking the Fitness Pledge.



September 2019

- In response to the month of September being declared as the *Rashtriya Poshan Maah* by the Government of India, the NSS Unit of St. Bede's College participated in the various activities with full fervor in support of the *Kuposhan Mukta Bharat* campaign.
- A lecture on obesity was delivered by Ms. Jaivanti Chauhan, Assistant Professor, Department of Nutrition, St. Bede's College.
- The college celebrated the 50th Anniversary of National Service Scheme on 24th September 2019, where the NSS Secretary of our college gave a PowerPoint presentation about the origin, goals and initiatives taken by NSS Unit to create a safer and healthier environment for us all.

- A Nukkad Natak, highlighting the importance of balanced diet and the harmful effects of drugs, was also staged by NSS volunteers.



- The entire college took an oath administered by the Principal, Ms. Nandini Pathania for shunning the use of plastics and resorting to eco-friendly measures.



- The NSS volunteers also went to Govt. Senior Secondary School, Chotta Shimla, where the NSS unit presented a nukkad natak and gave a PowerPoint presentation on Traditional Foods of Himachal Pradesh.



November 2019

- To commemorate the 144th birth anniversary of Sardar Vallabhai Patel, National Unity Day was celebrated on 4 November, 2019. During the event, the Unity Oath was taken by the students. A poster-making competition was also organized.



December 2019

- Around 70 NSS volunteers participated in an AIDS Awareness Rally, which started from Hotel Peterhoff to Hotel Marina, traversing Chaura Maidan, Vidhan sabha, CTO, Mall Road , Scandal Point etc. on 1 December, 2019.



- 11-17 December, 2019: NSS Camp

On 11 December NSS students and teachers gathered to take part in the week long annual NSS camp. Prof. Raj Kumar Jishthu, President, Lions Club, Shimla, and Mr. Madan Kaushal, Prof. and Head MBBS, MD, Microbiology, PGDMCH and Member of HP Blood Transfusion Council were also present. The function began with the ceremonial lighting of the Panchdeep. A presentation was given on blood donation and on the various activities conducted by NSS throughout the year. A classical dance was performed, followed by a Nukkad Natak to spread awareness on the importance of blood donation. Subsequently the Blood Donation Drive began with the assistance of members of Blood Bank, IGMC Hospital, Shimla. Many students and teachers donated their blood and were given refreshments and certificates.



On 12th December, 2019, the second day of the NSS Camp witnessed a collaboration with the Disaster Management Cell of the College. The Disaster Management Cell President Mrs. Anupama Tandon Tomar and other members organized Disaster Preparedness and Training Session. Sr. Platoon Commander Nishant Negi,

Platoon Hawaldar Dev Anand and Hawaldar Training Sansar Chand from Home-guard and Civil Defence Central Training Institution, Sargin trained the students for various calamities by giving them practical knowledge to face a disaster effectively, which was an experience worth remembering.



- In the afternoon NSS volunteers were engaged in helping with the stock verification of the College Library.
- Then, on the 13th December, 2019 the NSS camp began with a presentation on Breast cancer by Dr. Manish Gupta, Prof. and Head, Department of Radiation and Oncology, Cancer Hospital, Shimla. He gave extremely useful insights into facts and preventive measures against cancer including modifications in lifestyle and early screening.
- NSS volunteers participated in a Zumba session in the afternoon, conducted by Zumba Instructor Ms. Vasundhara Sharma, who is also an alumna of the College. Later, the NSS students continued with their collective effort on the Stock Verification of the entire College Library which involved counting and arranging of all the books



- On 14 December, 2019, as part of the collaboration of NSS Himachal Pradesh with Kerala, the assembly was followed by a learning session of Malayalam language by Ms. Merin Josey. A short documentary on Kerala was also screened. The stock verification activity in the college library also continued. In the afternoon session, the NSS Volunteers conducted a cleanliness drive and finally ended the day.

- On 15 December, 2019, there was a Yoga session was organized for all the NSS Volunteers. This was led by Dr. Satyaprakash Pathak, Assistant Professor in the Department of Yoga, and Faculty of Social Sciences, Himachal Pradesh University, and Shimla. The Yoga session was followed by a very interactive, eye opening and informative session conducted by Advocate Sheetal Vyas, who is also an alumna of our College. She enlightened us with her views on women safety, women rights and different initiatives made by government to safeguard women rights.

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- On 16th December, Christmas was celebrated. Sr. Marina spoke about Christ and the joy of giving and celebrating Christmas. In the afternoon, an Interactive session was conducted by Ms. Nandini Pathania where students were encouraged to learn about each other among various other activities.



- 17th December, the last day of the NSS camp concluded with an awareness session regarding Drug Abuse which was conducted by Mr. O.P. Sharma, Ex-Superintendent, Narcotics Control Bureau, Chandigarh Zone and Member, INSA, New Delhi. He gave examples which reflected his in depth practical knowledge about people succumbing to Drug abuse. A play depicting ways to conserve our environment was also performed.
- NSS students collaborated with The Women Cell of the college on 8th March, 2020, as part of Women's Day Celebration. They highlighted the viewpoint of the present generation by forming the symbol showing "I AM GENERATION EQUALITY"



Women's Day