

Activities of NSS (2018-2019)

- **Tree Plantation Campaign**

On August 3, 2018, the NSS Unit of St. Bede's College, Shimla in collaboration with the Forest Department of Himachal Pradesh, Shimla organized a Tree Plantation Campaign at Five Benches, Jakhu Hills, Shimla. The Principal of the college Dr. Sr. Beena John inaugurated the event. Around 150 NSS volunteers planted more than 140 saplings of Horse Chestnut and Oak in the area. Volunteers took a pledge to protect the environment.



- **Blood Donation Camp**

The NSS unit of St. Bede's College organized a Blood Donation Camp in collaboration with the Almighty Blessings organizations, on September 15, 2018 in the college auditorium. Mr. Sarabjit Singh was the Chief Guest for the event. A PowerPoint presentation by Ritika Soni and Pratibha Sharma was then presented before the audience, in order to brief them about the working of National Service Scheme (NSS), importance of blood donation and also the myths and facts related to it. The Chief Guest in his address to the audience, appreciated the enthusiasm of the blood donors and encouraged them to serve their society,

especially the needy. The NSS unit collected more than 100 units of blood making a small but phenomenal change in the service to society.



- **Youth Parliament**

NSS volunteers Saisha Verma, Vrinda Sharma, Aayushi Verma, Ritika Soni, Ikshita and Bhavna participated in the District level Youth Parliament held at Government College Sanjauli, Shimla.

—**Dr. Sapna Sharma**
NSS Programme Officer

NSS Camp Report

The annual NSS camp on the theme “Empowering a Woman Empowers the Next Generation” was held from December 4-10, 2018 at St. Bede's College. The camp was inaugurated by Mr. Sarabjit Singh, the president of Almighty Blessings organization.

Day 1 (04.12.2018) Tuesday

Morning session of the first day of the camp started with a prayer. In the inaugural session NSS volunteers presented a dance, followed by a skit and a presentation highlighting the activities undertaken by NSS unit throughout the academic year. After that the chief guest, Mr. Sarabjit Singh, delivered the inaugural address. In his address he emphasized on the inner beauty of a person which can be enhanced by good deeds. He appreciated the students for being a part of NSS and encouraged them to always help the underprivileged section of the society.



In the afternoon session volunteers headed for the cleanliness drive and cleaned the college campus, adjoining areas, and the library.





Day 2 (05.12.2018) Wednesday

The morning session started with a prayer and a three day workshop on “Yoga cum Meditation”. Ms. Sherry Saraswati, a certified yoga trainer conducted the workshop and discussed the benefits of yoga and how it helps in reinforcing emotional strength and helps to manage various pressures of life. She demonstrated different yoga postures, pranayama and meditation techniques to release stress and rejuvenate both body and mind.

The afternoon session commenced with another three-day workshop on “First Aid”. Ms. Chanchal Sharma, Assistant Professor, Shivalik Institute of Nursing, Shimla, highlighted the importance of First Aid and the role one can play in saving someone's life.

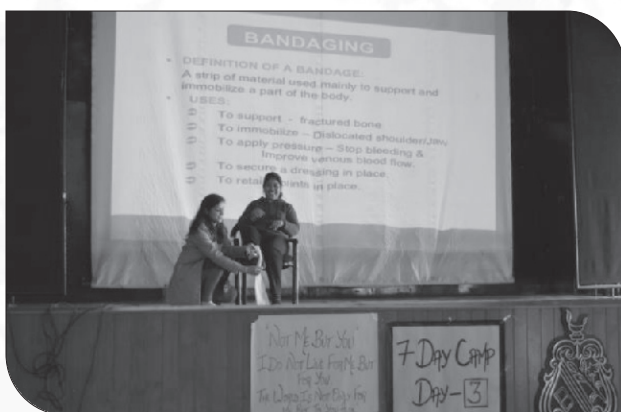


Day 3 (06.12.2018) Thursday

The morning session of third day continued with the workshop on “Yoga and Meditation” by Ms. Sherry Saraswati and her team. After that Dr. Suneela Sharma, Associate Professor, Government College Kandhaghat, delivered a talk on the topic entitled “From Roots to Fruits”. She encouraged the volunteers to understand the real meaning of empowerment and help others to get empowered. She presented the case studies showing how her NGO 'Prayas', helps women to live a dignified life. Her message was that one should have the courage to fight for oneself and the ones in need. Her motto "Success is one step ahead of giving up" was indeed quite motivational.



The afternoon session started with the second day of the workshop on “First Aid”. A presentation by Ms. Parul Sharma, Assistant Professor, Shivalik Institute of Nursing demonstrated what type of First Aid should be provided in cases of nose bleeding, electric shock, epilepsy, insect bite, head injuries, bandaging, fracture, etc.



Day 4 (07.12.2018) Friday

In the morning session the Armed Forces Flag Day was celebrated. After that Ms. Sherry Saraswati concluded the workshop on “Yoga and Meditation” with some more yoga postures and meditation techniques.

To make young women empowered and aware of their fundamental rights and duties Ms. Shilpa Sood, a leading lawyer delivered a talk on “Legal Rights of a Woman”.



In the afternoon the final informative session of the First Aid workshop was conducted by Ms Poonam Thakur, Assistant Professor, Shivalik Institute of Nursing.



Day 5 (08.12.2018) Saturday

To manage any type of interaction and understand others, one needs good communication skills. In the morning session Dr. Gitanjali Mahendra, Associate Professor, Department of English, St. Bede's College conducted a workshop on the topic “Communication skills and soft skills”. She emphasized that being able to communicate effectively has become the most essential skill of life. She also indulged the volunteers in brain storming sessions on communication skills through short stories, games and questionnaires.

In the afternoon session, Dr. Anjali Dewan, Associate Professor Department of Home Science, St. Bede's College delivered a talk on the topic “Importance of Nutrition and a Balanced Diet”. She emphasized on the fact that youth should eat well as nutrition plays a crucial role to grow well in life.



Day 6 (09.12.2018) Sunday

The NSS volunteers along with the programme officers visited the Cancer Hospital, Shimla and distributed food and snacks to the patients. They also interacted with the cancer patients and presented a short cultural programme before them to provide them a little relief from their agony.



Day 7 (10.12.2018) Monday

The valedictory session of the annual seven days NSS camp began with lighting of the panchdeep. A brief report of all the activities undertaken during the NSS camp was presented by NSS volunteers Aruza and Neevia. A skit on the topic 'Say No to Drugs' was also presented by the NSS volunteers. This was followed by a colourful cultural programme including Western Dance, Pahari Naati and a Lazy Dance prepared by the NSS volunteers.

In the end the Secretary NSS, Garima Sharma presented the vote of thanks to everyone for making the camp a great success.

77 volunteers of session 2017-2018 and 2018-2019 turned up and willingly participated with full zeal and enthusiasm during the Camp.



—Dr. Sapna Sharma
NSS Program Officer