



Activities for the session 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 natak and informative lectures by various eminent personalities.

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.





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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*.





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- 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 where the work done by NSS units were discussed.

August 2019

- The college observed the *Swachta Pakhwada* from 1st August to 15th 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 *nukkad nataks* at the Ridge, and the Honourable Chief Minister of Himachal Pradesh presided over the function.





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- In a tree plantation drive, NSS volunteers planted 100 tree saplings in the college campus on 23 August, 2019.



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On 29th August, 2019, 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 Fitness Pledge.





September 2019

- 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 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 gave a PowerPoint presentation on the origin, goals and initiatives by NSS Unit to create a safer and healthier environment.
- A Nukkad Natak, highlighting the importance of balanced diet and the harmful effects of drugs, was also staged by NSS volunteers.



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- 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 Power point presentation on Traditional Foods of Himachal Pradesh.



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November 2019

- To commemorate the 144th birth anniversary of Sardar Vallabhai Patel, National Unity Day was celebrated on 4th 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, Vidhansabha, CTO, Mall Road and Scandal Point on 1 December, 2019.





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On 11th 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 lamp. Presentation on blood donation and various activities conducted by NSS throughout the year was followed by a classical dance and a Nukkad Natak on the importance of blood donation. Subsequently the Blood Donation Drive began with the assistance of the members of Blood Bank, IGMC Hospital, Shimla. Many students and teachers donated blood followed by the distribution of certificates.



On 12th December, 2019, the second day of the NSS students participated in the Disaster Preparedness and Training Session in which 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.



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- In the afternoon NSS volunteers helping in the stock verification of the College Library.
- On 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 stressed on modifications in lifestyle and early screening as a preventive measure.
- 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 again helped the college librarian in counting and arranging the books.





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- On 14th December, 2019, our student Ms. Merin Josey from Kerala gave a learning session of Malayalam language followed by a short documentary on Kerala. The stock verification activity in the college library also continued. In the afternoon session, the NSS Volunteers conducted a cleanliness drive and finally the day ended.
- On 15th December, 2019, a Yoga session was organized for 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, Shimla. The Yoga session was followed by an interactive, and informative session conducted by Advocate Sheetal Vyas, who is also an alumna of our College. She expressed her views on women safety, women rights and different initiatives taken by the government to safeguard the rights of women.



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 the Principal where the students were encouraged to know each other.



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- The NSS camp concluded on 17th December with an awareness session on 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



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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"

