

## **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 nataks 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.



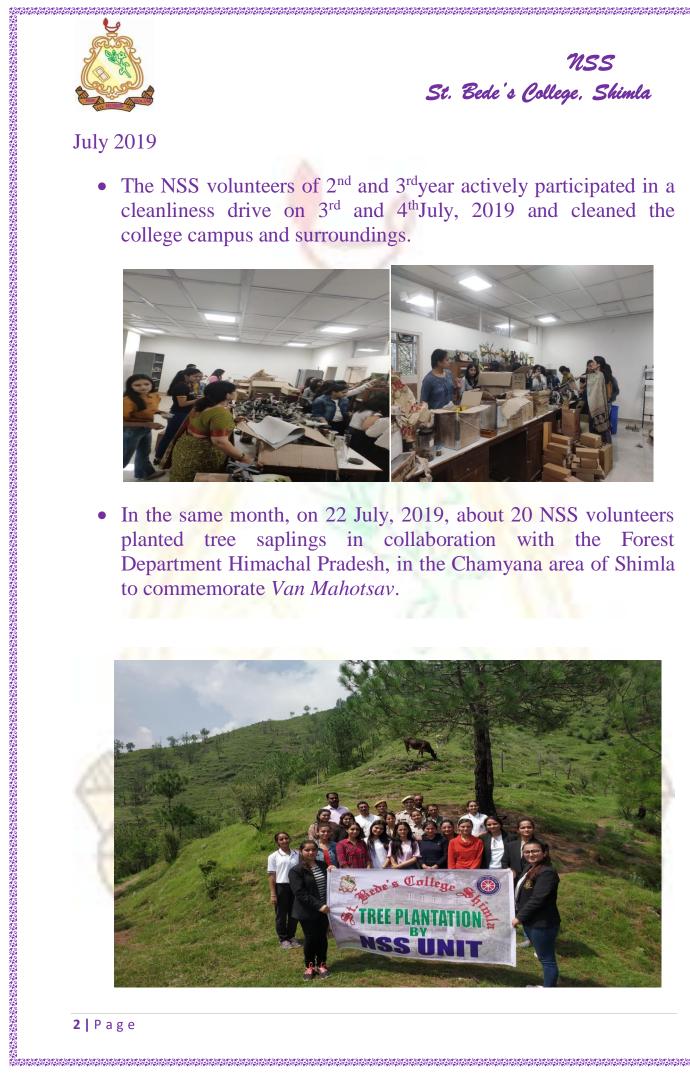


# St. Bede's College, Shimla

The NSS volunteers of 2<sup>nd</sup> and 3<sup>rd</sup>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.





# St. Bede's College, Shimla

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 1<sup>st</sup> August to 15<sup>th</sup> 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.







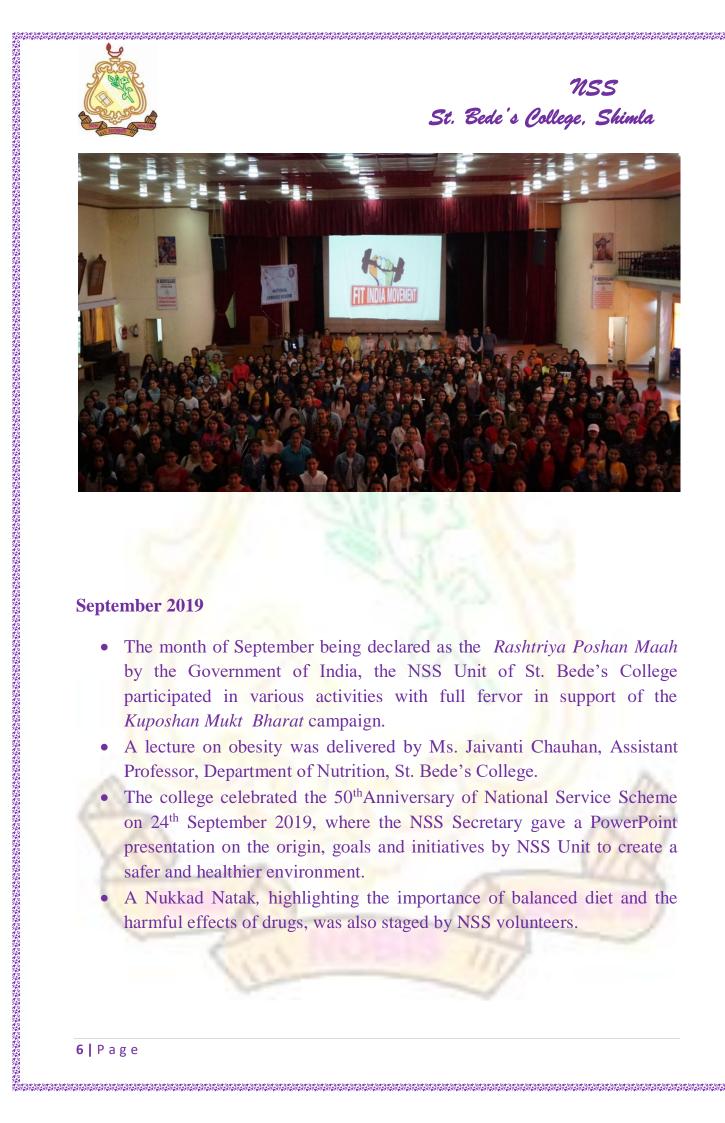
































## NSS St. Bede's College, Shimla

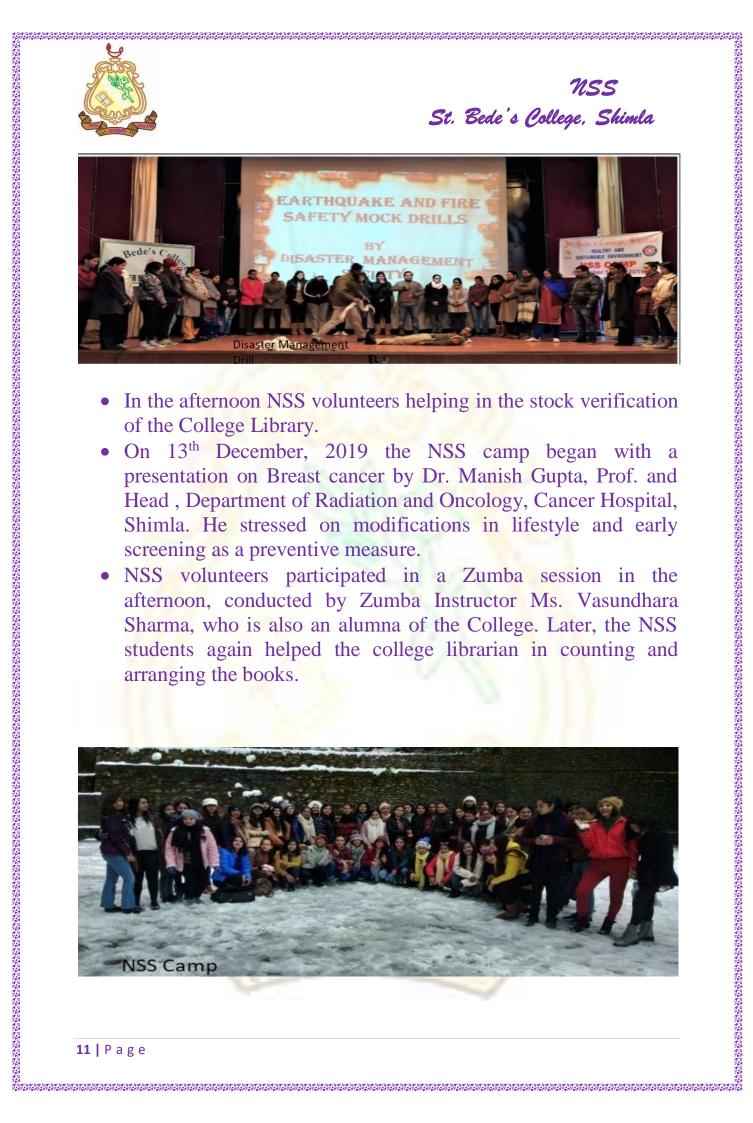
On 11<sup>th</sup> December, NSS students and teachers gathered to take part in the week long annual NSS camp. Prof. Raj Kumar Jishthu, President, Lions Club, Shimla, and Mr. Madan Kaushal, Prof. and Head MBBS, MD, Microbiology, PGDMCH and Member of HP Blood Transfusion Council were also present. The function began with the ceremonial lighting of the lamp. Presentation on blood donation and 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 12<sup>th</sup> 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.









# NSS St. Bede's College, Shimla

- On 14<sup>th</sup> 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 15<sup>th</sup> 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 16<sup>th</sup> 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.











