



ACTIVITIES FOR THE SESSION 2021-22

YOUNG WARRIORS MOVEMENT (YOUTH- LED MOVEMENT TO COMBAT COVID-19)

On June 18, 2021 in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education Government of India organized a thought provoking session on “Constitution of Committee for Psychological Support Service Cell” where the speaker Samarth Sharma from (MGNCRE), Ministry of Education, Government of India discussed and shared about the strategies on providing psychological support and setting up different committees which can help corona patients. The students shared this information with the people in their vicinity.

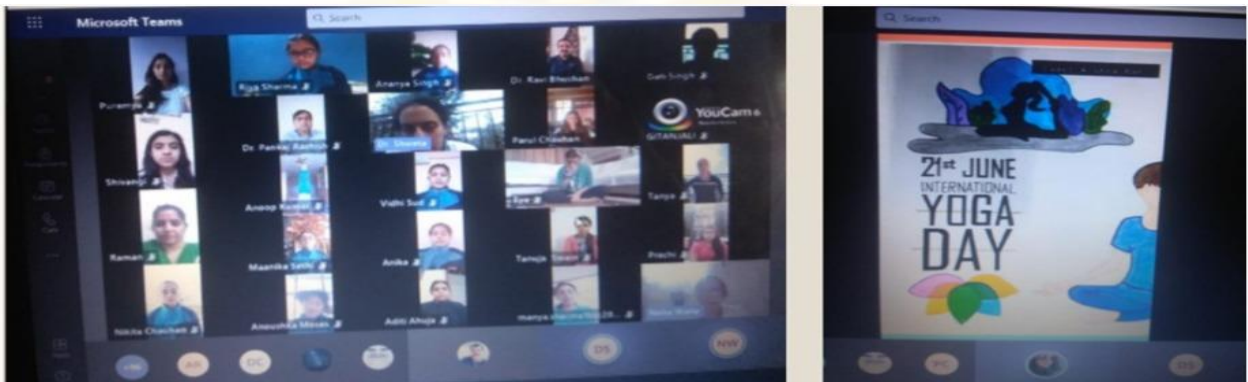




NSS Unit St. Bede's College, Shimla

INTERNATIONAL YOGA DAY CELEBRATION

On June 21, 2021 International Yoga Day was celebrated by the volunteers of NSS Unit of the College through an online mode on MS Teams platform under the theme “Be with Yoga, Be at Home”. The volunteers performed different yoga asanas and meditation which was guided by Ms. Parul Chauhan, trained Yoga instructor. The volunteers also prepared charts, posters, presentations and videos depicting the importance of Yoga.



Swachhta Pakhwada

The college observed Swachhta Pakhwada from August 1-15, 2021 to create awareness about clean and green environment. The volunteers conducted a cleanliness drive within the college campus as well in the surrounding areas. The campaign culminated with a strong promise that “Environment cleanliness is a prime priority”.

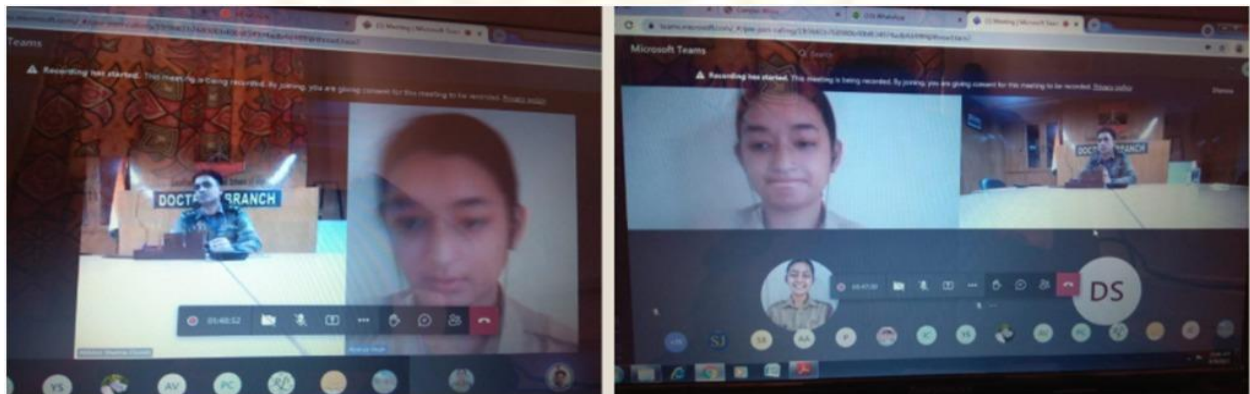




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A VIRTUAL THOUGHT-PROVOKING SESSION ON “UNsung WAR HEROES”

On August 14, 2021 a virtual thought provoking session on “Unsung War Heroes” was organized by the NCC unit of St. Bede’s College to celebrate 75 glorious years of India’s Independence. It was a stimulating session under the theme “Azaadi ka Amrit Mahotsava” wherein the true meaning of independence was highlighted. The resource person for the day was Lt. Col Abhilov Sharma (SM). He shared key measures to lead a meaningful life inspiring all attending the session. Videos were also presented to mark the celebration. NSS volunteers also attended the session virtually.



WEBINAR ON NATIONAL EDUCATION POLICY

On completion of one year of National Education Policy, 2020, the Ministry of Education organized theme based webinars with Ministry of Youth Affairs & Sports on the theme “Effect of NEP 2020 on Youth Empowerment and Sports Development” on August 4, 2021. The NSS volunteers also attended the webinar and later shared the same with the students of adopted schools.





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INDEPENDENCE DAY CELEBRATION

On August 15, 2021, on the occasion of 75th Independence Day a flag hoisting ceremony was held in the college premises. The flag was hoisted by our honourable Principal Prof. (Sr.) Molly Abraham followed by a cultural event in which the NSS volunteers showed their maximum participation.



TREE PLANTATION DRIVE

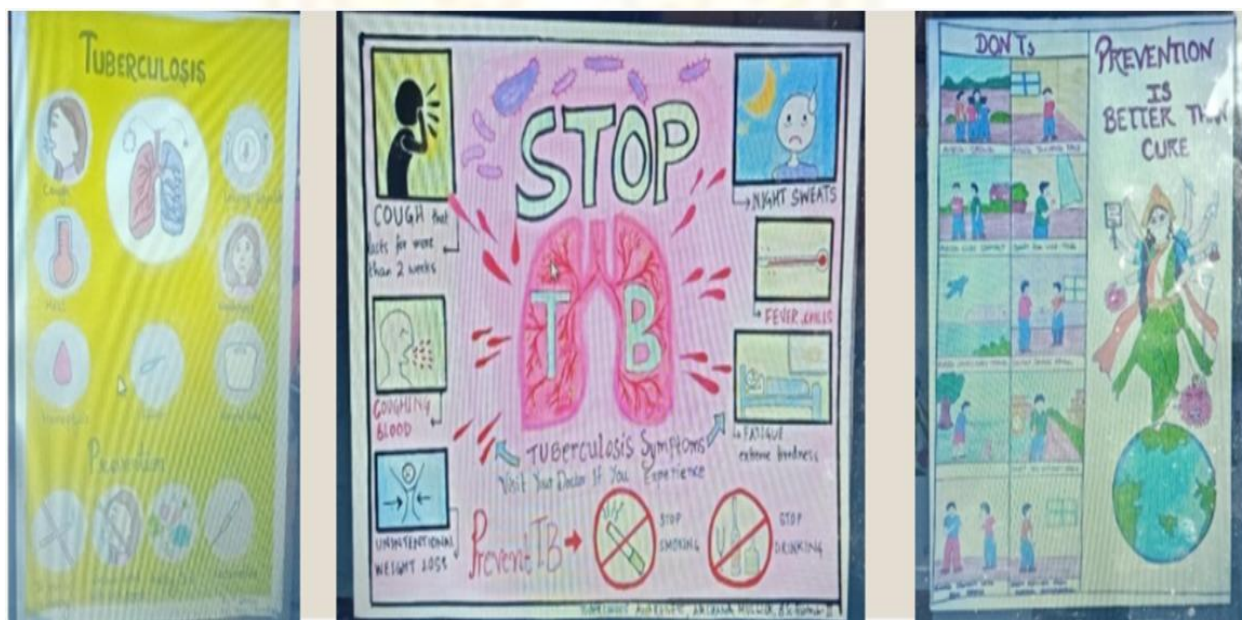
On August 9, 2021, the NSS Unit of St. Bede's College took an initiative towards environment consciousness. A total of about 50 trees were planted in the college campus. Principal Prof. (Sr.) Molly Abraham inaugurated the event by planting a sapling along with other teachers. The students who were not present in the event were also directed to plant saplings in their surrounding and upload their photographs in the Whatsapp group of the NSS Unit.





AWARENESS ON TUBERCULOSIS AND IMPORTANCE OF PERSONAL HYGIENE DURING COVID PANDEMIC

On August 18, 2021, poster making competition was organized on the topic “Awareness on Tuberculosis” and “Importance of personal hygiene during covid pandemic” to raise awareness about tuberculosis, what it is, and how to prevent its spread. In the competition, Archana Mullick (B.Sc. Biotech Honours 2nd year) stood first and Aishna Rahi (B.A English Honours 2nd year) stood second. The NSS volunteers also made posters on personal hygiene which were displayed to the students of adopted schools virtually.



POTION MAH CELEBRATION

Following activities were conducted under Potion Mah Celebration in the month of September -:

The NSS unit conducted a yoga session throughout the week within the college campus to spread awareness regarding health and nutrition. A general survey on fitness and health was also conducted in which the Body Mass Index (BMI) was calculated.

On September 25, 2021, a talk session was also organized on the topic “Approaches to Lifestyle Management of PCOS”. During the session, the



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resource person Dr. Renu Sharma made the volunteers aware about importance of nutrition in disease management. The main objective of this session was to highlight the importance of lifestyle changes in improving the weight and body composition, reproductive, metabolic and quality of life factors in controlling PCOS. The knowledge attained through this session was shared with girl students of adopted schools and village.



CLEAN INDIA CAMPAIGN

The NSS Unit started the second phase of “Swachh Bharat Mission” with the Swachhta Shapath (Oath) administered by our honourable Principal Prof. (Sr) Molly Abraham and all the NSS volunteers. The main purpose of this program was to address the issues of personal hygiene, lack of awareness and the general issue of public attitude that withholds the population in taking a proactive attitude towards the problem i.e. cleanliness. All the volunteers actively participated in the cleanliness drive and devoted full month for intensive cleaning of the college campus and adjoining areas. At the end of the month, the



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volunteers deposited the whole garbage which was collected by the Municipal Corporation of Shimla.





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VILLAGE ADOPTION

On October 30, 2021 the NSS volunteers visited an adopted village in Mashobra and distributed free ration packets to BPL families which were purchased through the money donated by the volunteers. The NSS volunteers suggested various ways and means to the people to improve their living conditions.





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BLOOD DONATION CAMP

On November 25, 2021 the NSS unit of St. Bede's College organized a Blood Donation Camp. A team was lead by Dr. Payal Vij from Indira Gandhi Medical College Shimla to coordinate the activities. The college Principal Prof. (Sr) Molly Abraham inaugurated the camp by donating blood. A total of 55 units of blood were collected during the camp.



A volunteer donates blood at St Bede's College in Shimla on Friday.

55 UNITS OF BLOOD DONATED

The NSS unit of St Bede's College, Shimla, organised a blood donation camp and collected 55 units of blood. The faculty, including the principal, and students donated blood during the event. A presentation highlighting the importance of blood donation was made by Sakshi and Isha Thakur from BSc (Non- Medical Year II) on the occasion.





NATIONAL INTEGRATION CAMP (NIC)

The Vice President of NSS Sajal Kalta attended a seven day NIC camp from November 18- 24 at Kurukshetra University, Haryana. Around 200 volunteers accompanied by 15 programme officers from 12 states participated in the camp. From Himachal Pradesh 10 volunteers from different colleges participated in the camp representing “Team Himachal Pradesh”.



Daily yoga sessions followed by various engaging activities and competitions such as poster making, folk dance and essay writing were held in which every team participated enthusiastically.



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Team Himachal Pradesh participated actively in the competitions and won –

1. First prize in essay writing competition
2. Fourth prize in poster making competition
3. Third prize in skit competition
4. Third prize in folk dance



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CORONA VACCINATION DRIVE (SECOND DOSE)

On December 3, 2021, St. Bede's College organized a corona vaccination drive in collaboration with SDM (URBAN) Shimla (H.P) for the students who were not able to get the second dose. A total of 27 students were vaccinated on this day by a medical team from Rippon Hospital, Shimla.



CHRISTMAS CELEBRATION IN ADOPTED VILLAGE

On December 22, 2021 the NSS Unit celebrated Christmas at the adopted village Dhanan of Dhalli Panchayat. The volunteers performed a skit to convey the message of love, hope and peace. The college distributed blankets and ration packets to 23 families of the village.





NATIONAL YOUTH DAY CELEBRATION

On January 12, 2022 the honourable Prime Minister Narendra Modi inaugurated 25th National Youth Festival in Puducherry and the theme of the festival was “It’s all in the mind”. The event was inaugurated at 10:30 am in digital mode via video conferencing. The NSS unit organized online contests on National Youth Day such as essay writing and poster making on the theme “Role of youth in nation building”. In addition to that videos promoting Himachali culture were also a part of the competition and the theme for this was “Apna Himachal”. The volunteers actively participated in the competitions.

Aishna Rahi (B. A English Honours 2nd year) secured first position in poster making and Ruby Verma (B. Com 2nd year) stood second.

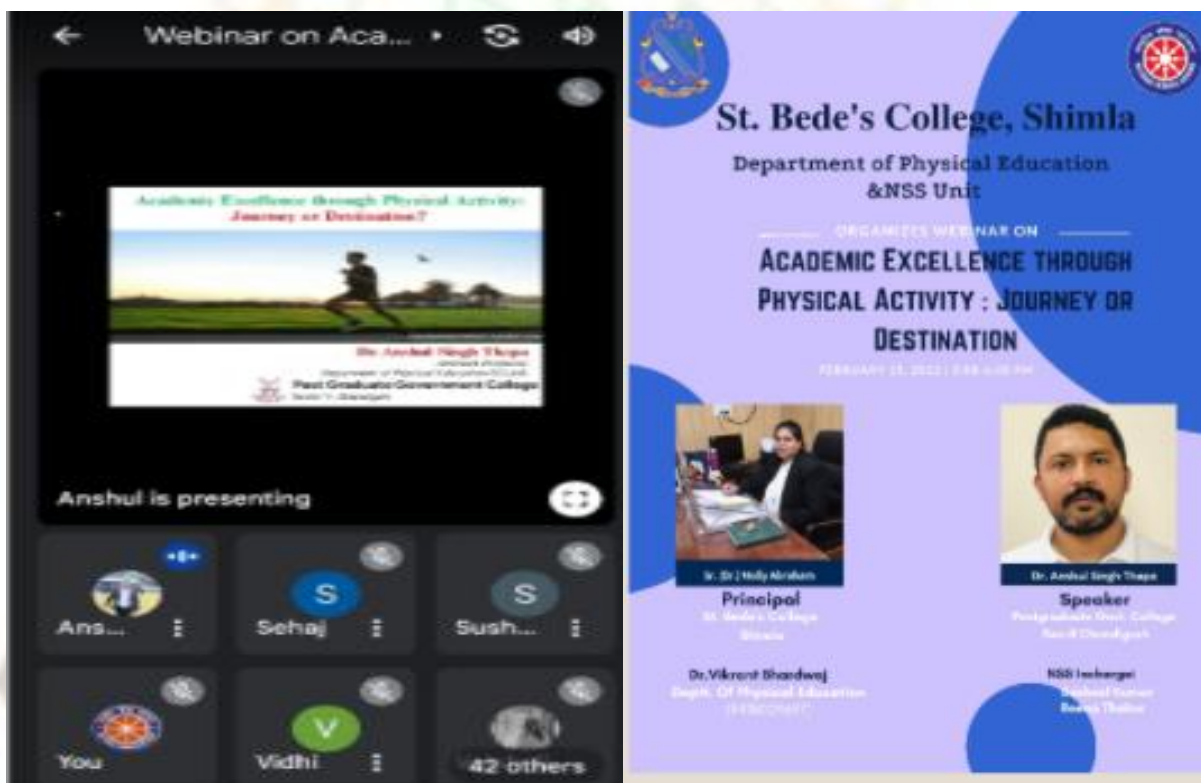




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WEBINAR ON “ACADEMIC EXCELLENCE THROUGH PHYSICAL ACTIVITY: JOURNEY OR DESTINATION”

On February 25, 2022 the NSS unit in collaboration with Department of Physical Education organized a webinar on “**Academic Excellence through Physical Activity: Journey or Destination**” where the resource person was Dr. Anshul Singh Thapa. The speaker emphasized on the importance of regular physical activity to prevent and manage non-communicable diseases such as heart diseases, stroke, diabetes and several cancers. The volunteers also shared this information with students of adopted village and school.



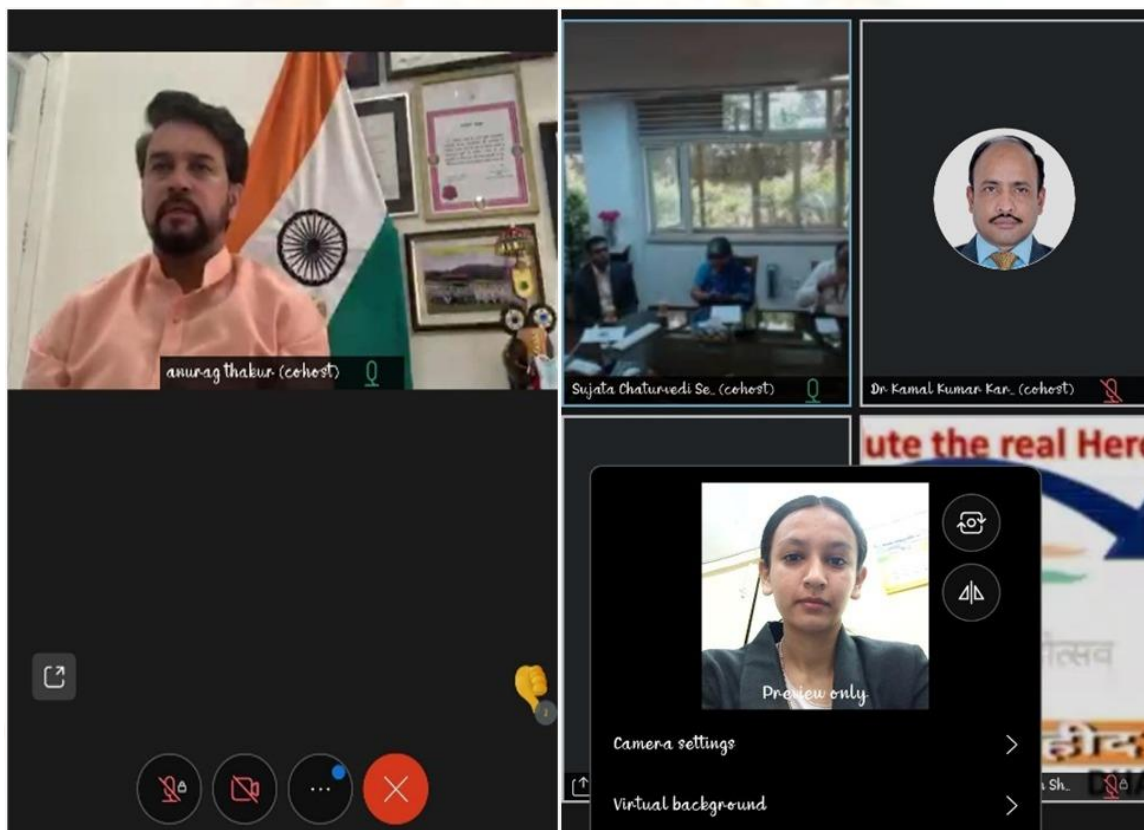


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SHAHEEDI DIWAS CELEBRATION

Following activities were conducted on Shaheedi Diwas:

On 23 March, 2021, a webinar was organised by Ministry of Youth Affairs and Sports, Government of India where Sh. Anurag Singh Thakur, Hon'ble Minister of Youth Affairs and Sports, interacted with NSS volunteers of Himachal Pradesh. Sh. Anurag Singh Thakur addressed the NSS volunteers and talked about Shaheed Bhagat Singh and brave martyrs of India who sacrificed their lives for India's independence. He added that they are the source of inspiration for the youth of India. He also encouraged the volunteers to contribute in nation building. His speech filled the volunteers with enthusiasm.



Later in the afternoon, the NSS unit of St. Bede's College Celebrated Shaheedi Diwas (Martyr's Day) to remember the sacrifice of three extraordinary freedom fighters of India namely Bhagat Singh, Shivaram Rajguru and Sukhdev Thapar. They payed homage to these three revolutionaries through a presentation on



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“Shaheedi Diwas” and a short documentary on the life of Shaheed Bhagat Singh
They also made posters and slogans on Shaheedi Diwas.





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SPECIAL ANNUAL CAMP (MARCH 3-9, 2022)

DAY – 1: The seven day camp on the theme was “Educated Youth and Self Reliant India” was inaugurated by the honorable Chief Guest Dr. B.R Thakur, NSS State Coordinator (HP) and Chairman, Department of Geography, HPU. A prayer dance by NSS volunteer Hemanjali and Anchal was followed by a presentation by Sajal Kalta on the activities performed throughout the year. Dr. B.R Thakur motivated the volunteers and encouraged them to become self reliant citizens. He also congratulated them for being fortunate enough to have become a part of this organization.





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DAY – 2

The second day started with some meditation, yoga and fun activities conducted by Sir Sukant Pal Chauhan, Sir Rajkumar and Sir Sanjeev Harnot, the instructors from the Art of Living Society under the Yes+ Programme. Next session was a lecture on “Breast Cancer”, its detection and preventions delivered by Dr. Manish Gupta, one of the leading Radiation Oncologist and Consultant at IGMC, Shimla. The volunteers also visited the paper recycling unit of the college in the afternoon.



DAY – 3

The day started with numerous activities performed by the volunteers under the instructions given by the instructors of the Art of living society wherein they conducted fun games along with the practice of Suryanamaskar and breathing exercises called Pranayama. Apart from this, they also taught the volunteers, the importance of living in the present. Then, a lecture was delivered by the speaker for the day, Ms. Shalvi Sharma, Laser Cosmologist and Nutritionist who enlightened the students by giving a presentation on the topic “Mindful Eating”. Later in the afternoon, the volunteers enjoyed a Zumba session which was conducted by Ms. Vasundhra Sharma, who is a Computer Engineer by profession and is also a licensed Zumba instructor. Later the volunteers also shared the importance of mindful eating with the students in their respective places.

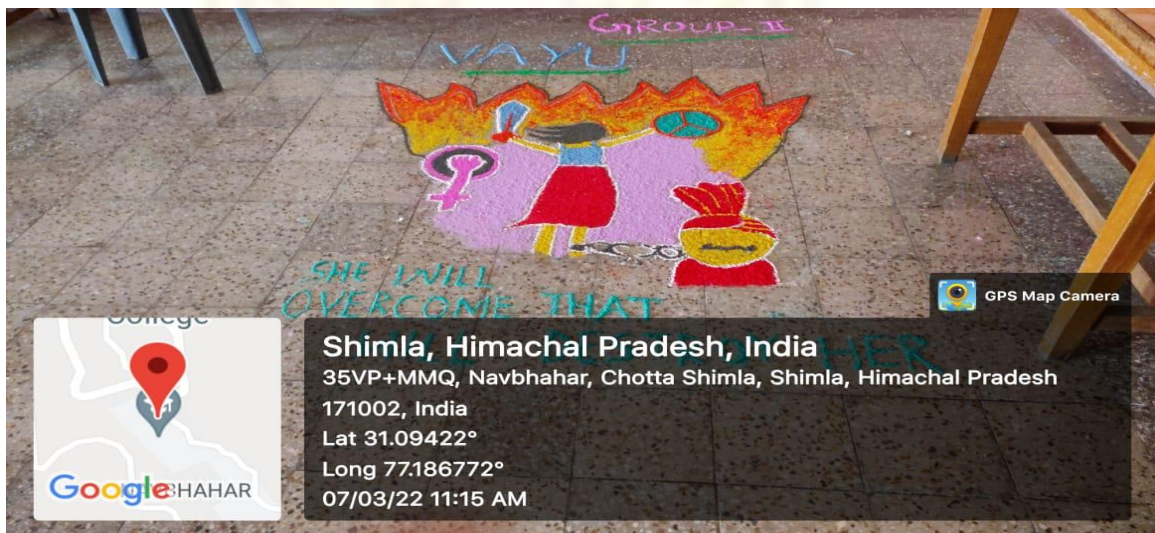




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DAY – 4

On the fourth day the volunteers performed Suryanamaskar and learnt Sudarshan Kriya. The volunteers also learnt the importance of breathing while performing these exercises. After this a lecture was delivered by the Advocate Sheetal Vyas, a social activist and a Criminal Lawyer and Practitioner Shimla High Court (H.P.) who gave interesting facts about Constitution of India and Fundamental Rights. Later the volunteers participated in an inter group Rangoli Competition on the theme “Women Empowerment” which was judged by Mr. Vijay Sanoria, Dr. Shramja Munjal and Dr. Anupama Tandon. The students also enlightened others about their fundamental rights and responsibilities towards the country in their surrounding.





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DAY – 5

On the fifth day the NSS special annual camp started with an assembly. The



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volunteers again attended a session on the importance of yoga and performed meditation that helped them relax their minds, releasing all the toxins from their bodies. In the afternoon, the volunteers were divided into groups for cleaning the chemistry laboratory, auditorium and for sorting question papers and books in the library.



DAY – 6

The volunteers were filled with excitement and bliss on the sixth day of the annual NSS camp.



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The instructors from the Art of Living Society enlightened them with the power of the word “OM”. The volunteers also got an opportunity to interact with Mr. O.P Sharma, convener of Himachal Pradesh Nasha Nivaran Board and former NCB officer from Tribal Belt Pangi. He gave a powerful presentation on the misuse of drugs and other illegal activities and motivated and encouraged the volunteers to join the armed forces and help the nation in eradicating corruption. The volunteers were later addressed by Dr Ravi Bhushan, a retired professor from the Department of Psychology, St. Bede's College who talked about the importance of mental health. The consequences of drug abuse were also shared by volunteers with the students of nearby schools.

Later in the afternoon, the volunteers attended an online webinar on the “Role of NSS in Women Empowerment” in which the resource person was Dr. Mahima Verma, Assistant Professor, Department of Sociology, Jesus and Mary College, Delhi.





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DAY – 7

The last day of NSS camp, started with the lighting of the panchdeep followed by a beautiful prayer dance. After this volunteer Chavi Teewari gave a summarized report of NSS annual camp 2022 through a power point presentation and a video. The volunteers then, presented a very energetic. The NSS Vice President Sajal Kalta presented an annual report of the NSS unit. The volunteers recited a poem and performed Punjabi, Pahadi dance called 'Nati' and fusion dances leaving the audience mesmerized. The Chief Guest for the event Prof. (Sr.) Molly Abraham appreciated the endless efforts of the NSS unit throughout the year. The event ended with a vote of thanks followed by NSS Anthem.





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ACTIVITIES ORGANIZED UNDER AZADI KA AMRUT MAHOTSAV

GANDHI JAYANTI CELEBRATION

Gandhi Jayanti is celebrated on October 2, 2021, every year to commemorate the birth anniversary of the “Father of the Nation” Sri Mohandas Karamchand Gandhi. Remembering Mahatma on his 152nd birth anniversary, the NSS unit of St. Bede's college celebrated the occasion through a power point presentation on “Mahatma Gandhi's life & achievements and his struggle for Indian Independence.





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NATIONAL UNITY DAY CELEBRATION

On October 31, 2021 the birth anniversary of Sardar Vallabhbhai Patel is being observed as “Rashtriya Ekta Diwas” or National Unity Day”. To commemorate the 146th birth anniversary of the great leader Sardar Vallabhbhai Patel, the NSS volunteers gathered in the auditorium for the celebrations where a presentation on “Sardar Vallabhbhai Patel” was given by Mohini in which volunteers were made aware about his role after liberating India and his achievements. The occasion provides us an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country.



POWERPOINT PRESENTATION ON CONTRIBUTION OF FREEDOM FIGHTERS

On November 11, 2021 to honour the contributions of martyrs a presentation was given by Sehaj and Sanjana on the topic “Freedom Fighters of Himachal Pradesh” where they highlighted the achievements of the brave martyrs from Himachal Pradesh and their role before and after independence. A poster



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making competition on “Contributions of freedom fighters of India” was also organized in which the volunteers participated with great enthusiasm.

