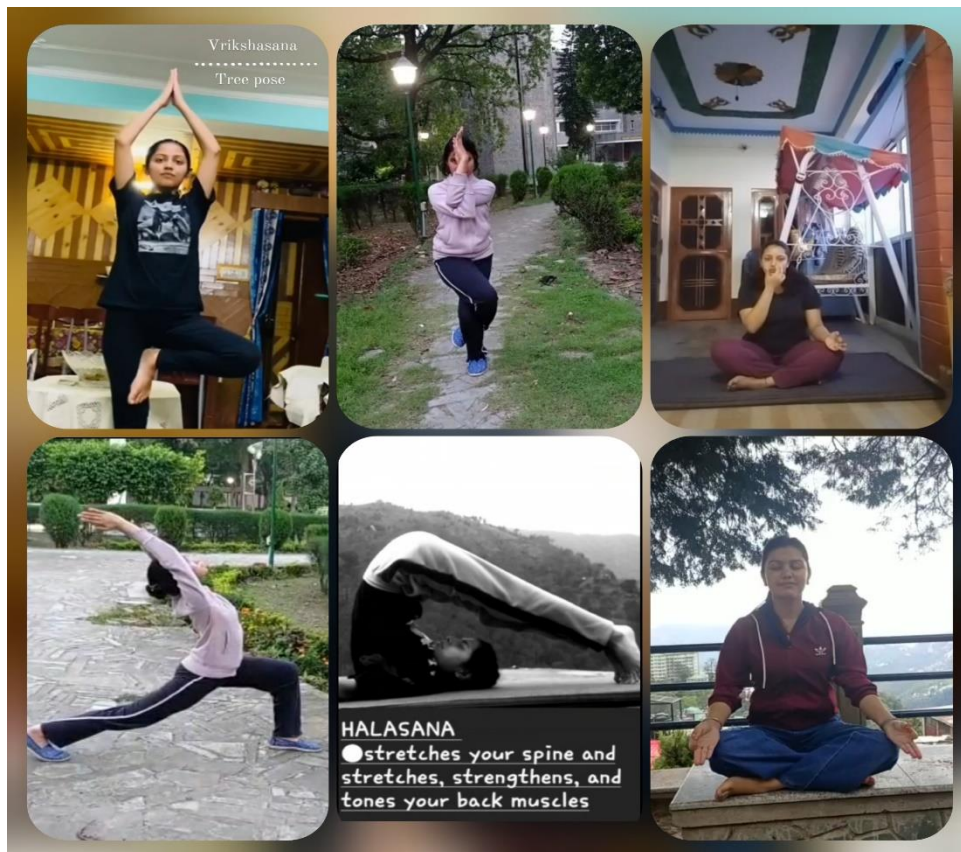




## Session- 2022-2023

### INTERNATIONAL YOGA WEEK

The volunteers of the NSS Unit, in collaboration with the Physical Education Department of St. Bede's College, celebrated International Yoga Week through a hybrid mode from 15th June. The volunteers participated actively in the poster making and slogan writing competition. On International Yoga Day, a presentation highlighting the importance of Yoga was shown to the volunteers, followed by an enthusiastic Yoga session. Dr. Ashwini also gave a lecture on the significance of Yoga. The event was a great success, and the participants gained valuable insights into the benefits of practicing Yoga.





### **TREE PLANTATION DRIVE**

On July 23, 2022, the NSS Unit of St. Bede's College organized an event to promote environmental awareness. Around 100 plants were planted in the college campus, and the event was inaugurated by the chief guest, Dr. Nitin Vyas, who is an Assistant Professor in the Department of Tourism and President of SFD. The principal of the college, Prof. (Sr) Molly Abraham, and other teachers also participated in the event by planting saplings. The initiative was aimed at promoting a greener environment and a sustainable future.





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The volunteers conducted a Tree Plantation Drive in the adopted village, where the villagers participated enthusiastically along with the volunteers.





## INDEPENDENCE DAY CELEBRATION

The NSS Unit of St. Bede's College organized a rally on 12th August 2022 from Navbahar Chowk to Horticulture Dept. Navbahar. The rally was organized to celebrate 75 years of Indian Independence under the theme "Azadi ka Amrit Mahotsav".





## HAR GHAR TIRANGA

The NSS Unit of St. Bede's College organized various activities to commemorate the 76th year of Indian Independence. A poster making and slogan writing competition was held in the college to promote nationalistic fervor. Additionally, a presentation on the topic of "Glory and Struggle of India" was delivered, accompanied by a dance performance and a play, that aimed to ignite the spirit of patriotism among the students and staff.





## **INDEPENDENCE DAY CELEBRATION IN ADOPTED VILLAGE**

On August 13, 2022, the NSS Unit organized a cultural program in their adopted village, Dhanan, to celebrate Azadi Ka Amrit Mohotsav and instil a sense of patriotism among the students. The program featured a skit, poems, and patriotic songs that were enthusiastically presented in the village.





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The NSS volunteers also took the initiative to spread awareness about "Har Ghar Tiranga" by visiting their neighborhoods. On 15th August 2022, a flag hoisting ceremony was held in the college premises to celebrate Independence Day.



### **POSHAN MAAH**

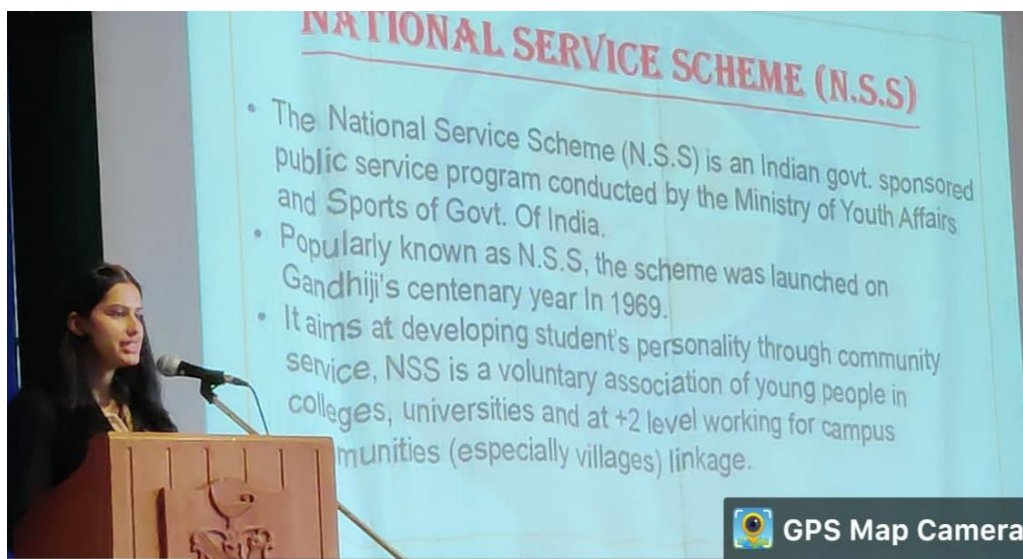
The NSS Unit celebrated Poshan-Maah during the entire month of September. The volunteers took a Poshan Pledge to eat right and stay fit. Various activities were conducted throughout the month, including poster making, slogan writing, and essay writing competitions, as well as a presentation on "Obesity Management." A quiz competition was organized to test general awareness regarding Nutrition Awareness, and a survey was conducted to calculate the Body Mass Index (BMI).





### **N.S.S DAY CELEBRATION**

St Bede's College, Shimla celebrated NSS Day on 24th September 2022 with great enthusiasm. The event commenced with the lighting of panchdeep, followed by a presentation on the fundamental concept of NSS, emphasizing the importance of service in our daily lives. The volunteers showcased their talents through various cultural performances, including Bhangra, Nati, and Gidda. A Nukkad Natak was also presented to highlight the significance of 'Food and Nutrition' in our lives. The event concluded with a vote of thanks and the NSS anthem, which was displayed through a video.







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### **CLEAN INDIA CAMPAIGN**



During the entire month of October, the college actively participated in the Clean India Campaign to spread awareness about maintaining a clean and green environment. The NSS volunteers conducted a cleanliness drive in and around the college campus to encourage everyone to keep their surroundings clean. The campaign aimed to instil a



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sense of responsibility and make a promise to prioritize environmental cleanliness for a better future.





### **GANDHI JAYANTI CELEBRATION IN ADOPTED VILLAGE**

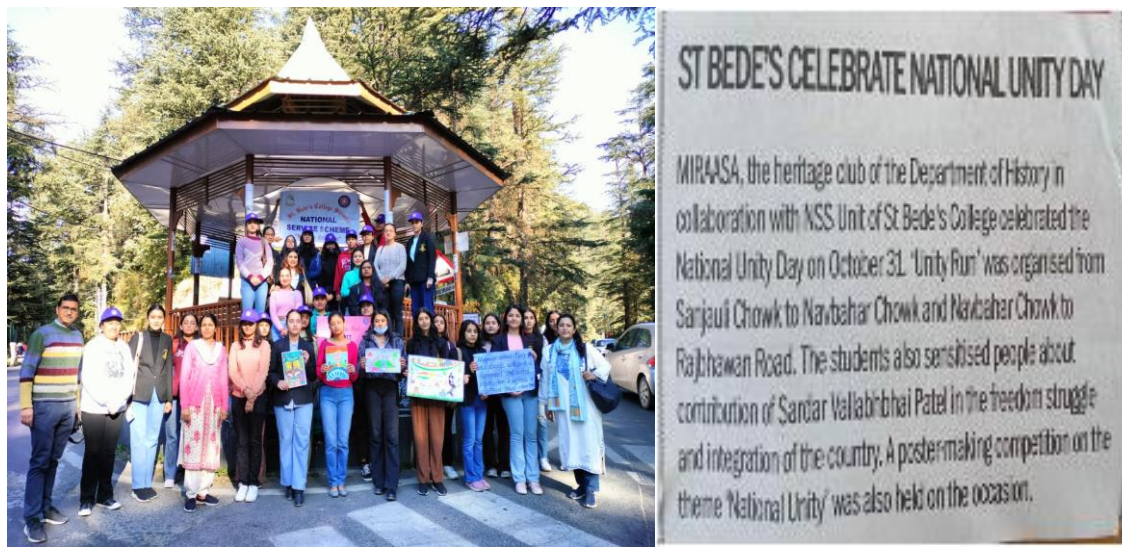
On Gandhi Jayanti, a group of NSS Volunteers visited the adopted village in Dhalli to serve the community. Following the NSS motto, "Not Me But You," the volunteers organized a small yet significant event. They provided a brief introduction about Gandhi's life, his achievements, and his contribution to India's struggle for Independence. A Nukkad Natak and dance performance were also presented. Finally, everyone, including the villagers, came together for a cleanliness drive.





## **NATIONAL UNITY DAY**

The NSS Unit organized a Unity Run on the occasion of Sardar Patel's birth anniversary. The 1 km long run was conducted from Navbahar Chowk to create awareness among the public about the contribution of Sardar Patel in the freedom struggle and his efforts towards the integration of the country. A presentation on the life and achievements of Sardar Vallabhbhai Patel was delivered, and the participants took a pledge to uphold the unity and integrity of the nation.



## **NUKKAD NATAK ON IMPORTANCE OF ELECTIONS**

The NSS volunteers performed a Nukkad Natak on 2nd November 2022 to raise awareness about the significance of elections and to educate people about their rights and responsibilities.





### **BLOOD DONATION CAMP**

A Nukkad Natak highlighting the importance of blood donation was performed by some NSS volunteers on November 17, 2022 to encourage students to donate blood. The NSS unit of St. Bede's College then organized a Blood Donation Camp on November 18th, 2022. The camp was coordinated by a team led by Dr. Apoorva Mehta from Indira Gandhi Medical College.





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## **A VIRTUAL SESSION ON ANTIMICROBIAL RESISTANCE AWARENESS**

The NSS Unit participated in an online webinar on the last day of Antimicrobial Resistance Awareness week, which was held on 24th November 2022. The webinar was attended by students from India and Nigeria, and featured speakers from both countries who provided valuable insights on the topic. The session proved to be informative and interesting for all those who participated.







## **CHRISTMAS CELEBRATION AT LANGER HALL NEAR IGMC SHIMLA**

The NSS Unit celebrated Christmas on 24th December 2022 at Langer Hall near IGMC Shimla. As a Christmas gift, the college donated food grains to ALMIGHTY BLESSINGS NGO. The volunteers interacted with the founder of the NGO, Mr. Sarbjeet Singh Bobby, patients, and their attendees. The teachers and volunteers selflessly served food to the people.





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## **NATIONAL YOUTH DAY**

On the occasion of National Youth Day on 12th January 2023, the NSS unit organized an online Photography and Video Making Competition on the topic "The Place I Call Home". The volunteers displayed their creativity and came up with innovative ideas.



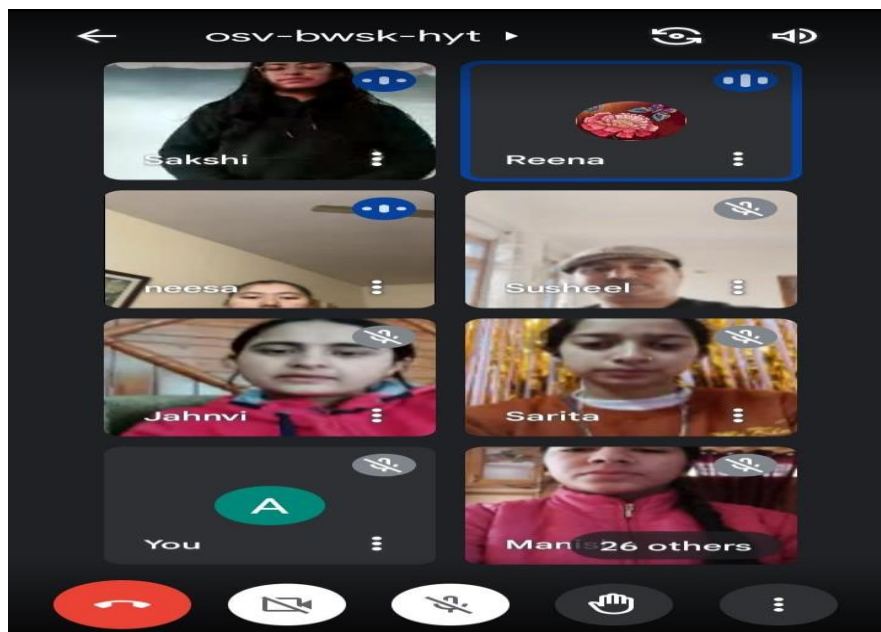


### **NATIONAL VOTER'S DAY**

The NSS unit of St. Bede's College organized a virtual meeting on 25th January, which marks National Voters Day. The theme for the 13th National Voters Day was "Nothing like voting, I vote for sure." During the meeting, NSS Secretary Neesa Negi provided a brief introduction to this significant day, and the celebration ended with the pledge taken by NSS volunteers. Furthermore, a virtual poster making and essay writing competition was conducted, and the volunteers participated in it with great enthusiasm.



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**SPECIAL ANNUAL CAMP (FEBRUARY 21-27, 2023)**

**DAY-1:**

The NSS Unit of St. Bede's College kicked off its NSS Camp on February 21, 2023, with 55 final-year students participating in full force. The event started with a welcome dance performance, followed by the presentation of an annual activities report by NSS



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President Sakshi. Dr. Hari Singh, the coordinator of NSS and director, was the chief guest for the day. Mr. Sanjeev Harnot conducted an Art of Living session on Youth Empowerment and Skills Development. At the end of the day, volunteers cleaned and maintained the College's library and computer lab.





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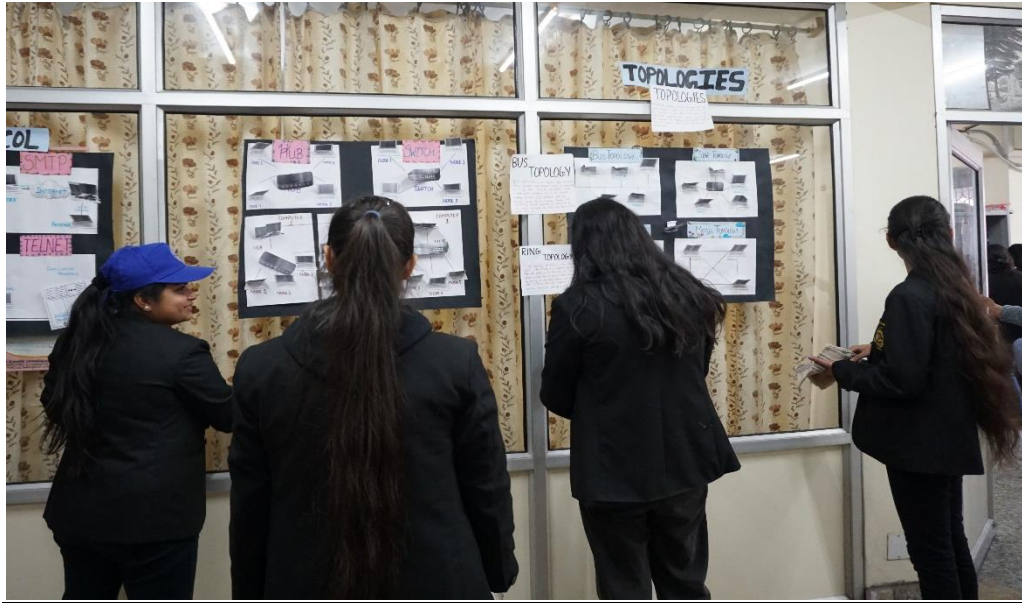
### DAY-2:

On the second day of the NSS Camp, the volunteers at St. Bede's College started their day with a morning assembly. This was followed by another Art of Living session conducted by Mr. Sanjeev Harnot. Afterwards, the volunteers participated in a cleaning drive within the college campus. They collected various waste materials and discarded them properly. The volunteers also went to clean the college library once again.





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**DAY-3:**

The day began with a prayer followed by the Art of Living session. Dr. Manish Gupta, who is a Professor and the Head of the Department of Radiotherapy at IGMC Shimla, was the speaker for the day. He delivered a presentation on breast cancer to raise awareness among the volunteers. Once the session ended, all the volunteers went to the adopted village Dhanan for a cleanliness drive.





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### DAY-4:

On the fourth day of the camp, the morning started with an assembly followed by a session on "How to Manage Stress and Anxiety" conducted by the guest speaker of the day, Ms. Namratta Kaushal. Later, the volunteers joined the teachers from the Department of Botany for a Nature Walk where they learned about various types of flora and their significance in the treatment of human life. Additionally, a group of NSS Volunteers participated in an Inter-College Singing Competition.





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**DAY-5:**

The day began with a declamation and rangoli competition on the theme of "Goals of a Developed India," followed by a morning assembly. Dr. Satya Prakash Pathak conducted an interactive session on the importance of yoga and taught some exercises to the volunteers. After the session, the volunteers went to Langer Hall near IGMC Shimla, where some served food to the people, while others cleaned the premises.





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### **DAY-6:**

On this day, the NSS camp started with a morning assembly, after which Mrs. Sheetal Vyas, a criminal lawyer and Ex-Bedeian, conducted an interactive session on domestic violence and related acts. Later, Mr. Sarbjeet Singh Bobby, who runs the NGO Almighty Blessings and works for the society, conducted another session.



### **DAY-7:**

On the last day of the camp, the Panchdeep was lit and a captivating welcome dance performance was presented. NSS President Sakshi gave a summarized report on the different activities conducted during the camp through a presentation. The event continued with various dance performances, including Bollywood Retro, Western K-pop, Nati, singing, and a dance drama on Save Girl Child. The event concluded with a vote of thanks and the NSS Anthem.





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## NATIONAL WOMEN'S DAY

A rally was organized from Sher-e-Punjab restaurant to Ridge on the occasion of National Women's Day. NSS volunteers and members of the Debates and Dramatics Society participated in the rally and raised slogans on women empowerment. Following the rally, a Nukkad Natak was presented by the Debates and Dramatics society at the Amphitheatre, Ridge. The performance was well-received by the audience gathered at the Ridge.





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