



NSS ACTIVITIES 2017-23

SESSION 2017-18

TREE PLANTATION CAMPAIGN

On August 18, 2017, the N.S.S (National Service Scheme) Unit of St. Bede's College Shimla, in collaboration with the Forest Department of Himachal Pradesh, organized a Tree Plantation Campaign at Five Benches, Jakhu Hills in Shimla.

Objective: The main objective of the Tree Plantation Campaign was to create awareness among the volunteers about the importance of tree planting in mitigating climate change, conserving biodiversity, and preserving the natural beauty of the surroundings. It aimed to instill a sense of responsibility and commitment towards environmental sustainability among the participants.

The event was inaugurated by the honourable Principal of St. Bede's College, Dr. Sr. Beena John. She emphasized the significance of tree plantation in maintaining ecological balance and highlighted the role of each individual in protecting the environment. Around 100 NSS volunteers actively took part in the campaign. The selected location, Five Benches in Jakhu Hills, was identified as an area requiring reforestation.

The volunteers planted more than 100 saplings of Deodar and Baan trees, which are native to the region and known for their environmental benefits. The participants were allocated specific saplings to take care of, ensuring their individual responsibility towards the growth and well-being of the planted trees. The planting process was carried out with utmost care and adherence to proper techniques, ensuring the saplings were appropriately placed and supported.

Outcome: The campaign fostered a sense of environmental responsibility and ownership among the volunteers. Each participant took a pledge to protect and nurture the tree allocated to them, committing to revisit the planting site after 6 months to monitor the growth and progress of the saplings.

The collaboration between the N.S.S Unit and the Forest Department helped strengthen the bond between the college and the local authorities, promoting future collaborations in environmental initiatives.



INTERNATIONAL YOUTH DAY

On August 28, 2017, the Himachal Pradesh State AIDS Control Society organized a campaign against HIV/AIDS on the occasion of International Youth Day at Gaiety Theatre, The Mall in Shimla. The event was graced by the presence of the Honorable Health Minister, Thakur Kaul Singh. As part of the campaign, around 60 NSS (National Service Scheme) volunteers from St. Bede's College actively participated in the program.

The NSS volunteers presented an informative and entertaining skit titled "Hum Hein Bahubali" (We Are Strong). Through the skit, they effectively conveyed the message that HIV/AIDS can be prevented, cared for, and treated. They emphasized the importance of staying away from drugs and engaging in protected sexual relationships, as these are the primary causes of AIDS.

Objective: The skit aimed to raise awareness among the audience about the risks associated with HIV/AIDS and the preventive measures that can be taken to combat the disease. It served as a medium to educate and engage the youth in understanding the importance of safe practices and responsible behaviour.

By actively participating in this campaign, the NSS volunteers of St. Bede's College contributed to spreading awareness about HIV/AIDS and promoting a healthier lifestyle. Their efforts aligned with the mission of the Himachal Pradesh State AIDS Control Society to prevent the spread of HIV/AIDS and provide support and care for those affected by the disease.

Outcome: The skit successfully conveyed its message to the audience, highlighting the significance of making informed choices and adopting preventive measures. The participation of St. Bede's College in this campaign demonstrated the commitment of the institution and its students to address social issues and contribute to the well-being of the community.



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BLOOD DONATION CAMP

The NSS unit of St. Bede's College organized a Blood Donation Camp in collaboration with NGO Almighty Blessings on September 15, 2017, in the college auditorium.

Objective: The event was aimed at promoting the noble cause of blood donation and creating awareness about its importance.

Dr. Ranjana Rao, Senior Medical Superintendent of Deen Dayal Upadhyay Zonal Hospital (Rippon), graced the occasion as the Chief Guest.

The event began with a power point presentation by Tanvi Thakur and Pratibha Sharma, who



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provided an overview of the National Service Scheme (NSS) and highlighted the significance of blood donation. They also addressed various myths and facts related to blood donation, clarifying misconceptions and encouraging students to actively participate.

Dr. Ranjana Rao, in her address, expressed her appreciation for the enthusiasm shown by the blood donors and emphasized the crucial role of blood donation in saving lives. She lauded the efforts of St. Bede's College and the NSS unit for organizing such a meaningful event that aimed to contribute to the welfare of society.

During the camp, a total of 85 units of blood were collected from the enthusiastic donors. The event witnessed active participation from students, faculty, and staff, all of whom recognized the importance of donating blood and its potential to make a positive impact on the lives of those in need.

Outcome: The Blood Donation Camp organized by the NSS unit of St. Bede's College and Almighty Blessings NGO successfully created awareness about the significance of blood donation among the students and faculty. It provided an opportunity for individuals to contribute towards the welfare of society by selflessly donating blood, which can be a lifeline for those in critical need.



ONE DAY CAMP

The NSS unit of St. Bede's College organized a one-day camp in collaboration with NGO Almighty Blessings on September 20, 2017, in the college auditorium.

Objective: The camp aimed to provide students with an opportunity to understand the concept of real happiness and the importance of serving the underprivileged and destitute people in society.

Mr. Sarabjit Singh, President of Almighty Blessings, delivered a thought-provoking talk on the topic "What is real Happiness." He emphasized that true happiness lies in serving others, particularly those in need. He highlighted the various activities undertaken by his NGO, such as



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feeding the needy, organizing blood donation camps, and performing the last rites for the departed. Mr. Sarabjit Singh emphasized that serving the less fortunate is equivalent to serving God and brings genuine happiness.

During his talk, Mr. Sarabjit Singh also expressed his gratitude to the students of St. Bede's College for their active participation in his NGO's project called "Roti Bank." He acknowledged the efforts of the students in bringing rotis (Indian bread) for cancer patients and their attendants every Tuesday. This initiative demonstrated the compassionate nature of the students and their commitment to making a positive impact in the lives of those facing challenging circumstances.

Outcome: The collaboration between the NSS unit of St. Bede's College and NGO Almighty Blessings served as a platform for students to learn about social responsibility and the importance of empathetic action. It encouraged them to participate in meaningful activities that contribute to the well-being of society and bring happiness not only to themselves but also to those in need.



SESSION 2018-19

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.

Objective: The primary objective of the Tree Plantation Campaign was to promote a sense of responsibility towards the environment among the NSS volunteers and inspire them to take concrete actions to protect and nurture nature. By planting saplings of Horse Chestnut and Oak, the campaign aimed to contribute to the restoration and enhancement of the local ecosystem.

Under the guidance of the NSS Unit and the Forest Department, the event commenced with an



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inauguration ceremony conducted by the Principal of St. Bede's College, Dr. Sr. Beena John. The ceremony emphasized the significance of tree planting in combating climate change and preserving biodiversity.

Approximately 150 NSS volunteers enthusiastically participated in the campaign. Equipped with shovels and saplings, they planted more than 140 Horse Chestnut and Oak saplings in the designated area of Five Benches, Jakhu Hills.

During the plantation, the volunteers took a pledge to protect and nurture the environment. They were encouraged to adopt sustainable practices in their daily lives and spread awareness among their peers and local communities about the importance of preserving nature.

Outcome: The Tree Plantation Campaign provided them with firsthand experience in tree planting and educated them about the crucial role of trees in maintaining ecological balance.



BLOOD DONATION CAMP

On September 15, 2018, the NSS Unit of St. Bede's College organized a Blood Donation Camp in collaboration with the NGO Almighty Blessings.

Objective: The primary objective of the Blood Donation Camp was to create awareness among the students about the significance of blood donation and encourage them to actively participate in this noble cause.

The event commenced with a warm welcome to the Chief Guest, Mr. Sarabjit Singh, who graced



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the occasion with his presence. A Power point presentation was conducted by Ritika Soni and Pratibha Sharma, providing valuable insights into the working of the National Service Scheme (NSS), emphasizing the importance of blood donation, and debunking myths and misconceptions related to it.

Following the presentation, the Chief Guest addressed the gathering and expressed his appreciation for the enthusiasm of the blood donors. He emphasized the significance of serving society, particularly those in need, and encouraged the students to continue their noble endeavours in the future.

The Blood Donation Camp saw an overwhelming response from the students. The NSS unit efficiently managed the registration and screening process to ensure the safety and eligibility of the donors. More than 100 units of blood were collected during the camp, marking a small yet phenomenal change in serving society.

Outcome: The collaboration between the NSS Unit and the NGO Almighty Blessings highlighted the power of partnerships in achieving common goals. This event fostered a sense of unity and community engagement, setting an example for future endeavours.



YOUTH PARLIAMENT

NSS volunteers Saisha Verma, Vrinda Sharma, Aayushi Verma, Ritika Soni, Ikshita, and Bhavna enthusiastically took part in the district level Youth Parliament held at Government College Sanjauli, Shimla. This event provided them with a valuable platform to showcase their knowledge, public speaking skills, and actively engage in thought-provoking discussions on various socio-political topics.



SESSION 2019-20

CLEANLINESS DRIVE

On the 3rd and 4th of July, 2019, the NSS volunteers from the 2nd and 3rd year of St. Bede's College took part in a cleanliness drive. Their efforts were directed towards cleaning the college campus and its surroundings, aiming to create a clean and hygienic environment for all.

Objective: The primary objective of the cleanliness drive was to instill a sense of responsibility and promote cleanliness among the NSS volunteers.

The NSS volunteers worked diligently in teams, equipped with necessary cleaning tools such as brooms, dustpans, and garbage bags. They focused on cleaning various areas within the college campus, including classrooms, corridors, common areas, and outdoor spaces. Additionally, they extended their efforts to clean the surroundings adjacent to the college premises.

During the drive, the volunteers collaborated and coordinated their efforts to ensure a thorough cleaning process. They actively engaged in sweeping, collecting litter, and properly disposing of waste materials. By paying attention to detail, they aimed to create a clean and pleasant environment for everyone within the college community.

Outcome: The cleanliness drive promoted a culture of cleanliness and personal responsibility among the volunteers, inspiring them to continue contributing to the betterment of their environment.





VAN MAHOTSAV

On July 22, 2019, a group of approximately 20 NSS volunteers joined hands with the Forest Department of Himachal Pradesh to celebrate Van Mahotsav by planting tree saplings in the Chamyana area of Shimla.

Objective: The primary objective of the tree planting event was to commemorate Van Mahotsav, an annual festival in India dedicated to tree plantation and forest conservation. The collaboration between the NSS volunteers and the Forest Department sought to instill a sense of environmental responsibility and promote the significance of trees in maintaining a healthy ecosystem.

The NSS volunteers actively participated in the tree planting activity, carrying out their roles with enthusiasm. In collaboration with the Forest Department, they received native tree saplings carefully selected to suit the local environment. With the guidance of the Forest Department officials, the volunteers dug pits, prepared the soil, and planted the saplings in the Chamyana area of Shimla.

Outcome: The tree planting initiative served as an educational platform for the NSS volunteers. They gained firsthand experience in the process of afforestation, including the selection of appropriate saplings and the techniques involved in ensuring their proper growth. This knowledge will enable them to become ambassadors of environmental conservation and inspire others to follow suit.





INTERACTIVE SESSION

On July 26, 2019, the NSS volunteers were invited to Govt. Senior Secondary School in Chotta Shimla for an interactive session with Ms. Upma Chaudhary, an esteemed IAS officer serving as the Secretary of the Ministry of Youth Affairs and Sports, Government of India.

Objective: The session aimed to discuss and acknowledge the commendable work done by NSS units across different institutions.

During the interactive session, Ms. Upma Chaudhary engaged with the NSS volunteers, recognizing their efforts and contributions to various social causes. The session provided a platform for the volunteers to share their experiences, success stories, and challenges faced while carrying out their NSS activities.

This interactive session served as a valuable opportunity for the NSS volunteers to gain recognition for their hard work and dedication. It also provided them with a platform to interact with a high-ranking government official and receive guidance and motivation to further excel in their service-oriented endeavours.

SWACHTA PAKHWADA

From August 1st to August 15th, 2019, the college observed Swachta Pakhwada, a fortnight-long cleanliness campaign. The NSS volunteers actively participated in various activities to promote cleanliness and raise awareness about a clean and green environment.

Objective: The objective of the Swachta Pakhwada was to instill a sense of responsibility and promote cleanliness among the NSS volunteers and the broader community.

During the Swachta Pakhwada, the NSS volunteers took the Swachta Shapath, a pledge to uphold cleanliness and hygiene. They conducted a comprehensive cleanliness drive within the college campus and the surrounding areas, ensuring a clean and hygienic environment for all.

A rally was organized, starting from the college and covering the entire Navbahar area. The purpose of the rally was to raise awareness about the significance of a clean and green environment in society. It provided an opportunity to engage the community and inspire them to participate actively in cleanliness initiatives.

As part of the Swachta Pakhwada, the students had the opportunity to showcase their talents through plays and nukkad nataks (street plays) held at the Ridge, a prominent location in Shimla. These performances aimed to spread awareness about cleanliness, environmental conservation, and the importance of individual contributions to maintaining a clean society.



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Outcome: The Swachta Pakhwada observed by the college from August 1st to August 15th, 2019, created awareness about the importance of a clean and green environment in society. It inspired the community to actively engage in cleanliness initiatives and take responsibility for maintaining a cleaner society.





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TREE PLANTATION DRIVE

On August 23, 2019, a tree plantation drive was organized by NSS volunteers in the college campus, where they planted 100 tree saplings.

Objective: The primary objective of the tree plantation drive was to create a greener and more sustainable campus environment.

The NSS volunteers actively participated in the tree plantation drive, displaying their dedication to preserving nature. They carefully selected appropriate tree saplings suitable for the local climate and ecosystem. With the necessary tools and guidance, the volunteers dug pits, prepared the soil, and planted the saplings at designated locations within the college campus.

Outcome: The tree plantation drive helped raise awareness about the importance of trees in mitigating climate change, conserving water resources, and supporting biodiversity.



THE FIT INDIA CAMPAIGN

On August 29, 2019, a significant event took place at our college auditorium where 300 NSS volunteers gathered to witness the live telecast of the inauguration of "The Fit India Campaign" by our Honourable Prime Minister, Sh. Narendra Modi.

The NSS volunteers eagerly watched the live telecast, which marked the official launch of the Fit India Campaign. This campaign aimed to promote physical fitness and encourage people to adopt a healthy lifestyle. It aimed to inspire individuals to incorporate regular physical activity into their daily routines, emphasizing the importance of physical and mental well-being.



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Following the live telecast, the NSS volunteers took part in the Fitness Pledge. They solemnly pledged to prioritize their fitness and commit to leading an active and healthy lifestyle. The Fitness Pledge reinforced their dedication to maintaining physical fitness and encouraged them to inspire others to do the same.





KUPOSHAN MUKT BHARAT

In support of the Kuposhan Mukh Bharat campaign, the NSS Unit of St. Bede's College actively participated in various activities on 1st September 2019. The college celebrated the 50th Anniversary of the National Service Scheme (NSS) and organized lectures, presentations, and a Nukkad Natak to raise awareness about nutrition, obesity, drug abuse, and the importance of a balanced diet.

Objectives: The primary objectives of these activities were to support the Kuposhan Mukh Bharat campaign, promote a healthier and safer environment, raise awareness about nutrition and obesity, and highlight the harmful effects of drug abuse. The NSS Unit aimed to educate the college community and the wider public about these issues and encourage positive lifestyle choices.

As part of the activities, a lecture on obesity was delivered by Ms. Jaivanti Chauhan, an Assistant Professor from the Department of Nutrition at St. Bede's College. The lecture provided valuable insights into the causes and consequences of obesity, as well as strategies for prevention and management.

Additionally, a Nukkad Natak (street play) was staged by NSS volunteers, focusing on the importance of a balanced diet and raising awareness about the harmful effects of drug abuse. This interactive and engaging performance aimed to educate and sensitize the audience about the benefits of a healthy lifestyle and the consequences of substance abuse.





OATH FOR THE ENVIRONMENT AND AGAINST PLASTIC

On 1st October 2019, the Principal, Ms. Nandini Pathania, administered an oath to the entire college community, emphasizing the importance of shunning the use of plastics and adopting eco-friendly measures. This collective commitment aimed to create a sustainable and environmentally conscious college campus.

The oath-taking ceremony served as a powerful symbol of unity and shared responsibility towards the environment. By taking this pledge, the college community made a commitment to reduce the use of plastics and actively seek alternatives that are more eco-friendly.

The oath highlighted the adverse effects of plastic on the environment, including pollution, wildlife harm, and the depletion of natural resources. It emphasized the need for individual and collective action to combat this issue and promote sustainable practices.

By pledging to shun the use of plastics, the college community demonstrated their dedication to preserving the environment and their willingness to embrace eco-friendly alternatives. This oath not only raised awareness about the harmful effects of plastics but also inspired individuals to make conscious choices that prioritize environmental well-being.



TRADITIONAL FOODS OF HIMACHAL PRADESH

On 24th September, 2019, the NSS volunteers visited Govt. Senior Secondary School in Chotta Shimla, where they actively engaged with the students through a Nukkad Natak (street play) and a PowerPoint presentation on Traditional Foods of Himachal Pradesh. These activities aimed to promote cultural awareness and educate the students about the rich culinary heritage of Himachal Pradesh.



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Following the Nukkad Natak, the NSS unit conducted a PowerPoint presentation that focused on Traditional Foods of Himachal Pradesh. The presentation aimed to highlight the diverse range of culinary delights unique to the region and shed light on their nutritional value and cultural significance. The students had the opportunity to learn about traditional recipes, ingredients, and the historical and cultural context behind these dishes.



NSS volunteers at GSS Kasmpati



Nukkad Natak at Govt. Sr. Sec. School, Kasumpati



NATIONAL UNITY DAY

On November 4, 2019, National Unity Day was celebrated to commemorate the 144th birth anniversary of Sardar Vallabhbhai Patel, an eminent leader and advocate of national unity. The event witnessed various activities to promote unity and solidarity among the students.

During the celebration, the students took the Unity Oath, affirming their commitment to fostering unity, harmony, and national integration. The Unity Oath served as a reminder of the values and ideals upheld by Sardar Vallabhbhai Patel and encouraged the students to contribute to the collective strength and progress of the nation.

In addition to the Unity Oath, a poster-making competition was organized as part of the event. The posters served as visual representations of the students' perspectives and aspirations for a united and harmonious nation.



AIDS AWARENESS RALLY

On December 1, 2019, approximately 70 NSS volunteers actively participated in an AIDS Awareness Rally. The rally commenced from Hotel Peterhoff and followed a route that passed through significant locations including Chaura Maidan, Vidhansabha, CTO, Mall Road, and Scandal Point, concluding at Hotel Marina.



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Objective: The main objective of the rally was to raise awareness about HIV/AIDS and promote preventive measures within the community.

The NSS volunteers, equipped with banners, placards, and informative pamphlets, marched together to grab the attention of the public and disseminate crucial information about HIV/AIDS.

By participating in the AIDS Awareness Rally, the NSS volunteers actively contributed to breaking the stigma surrounding HIV/AIDS and promoting a more informed and empathetic society. The rally served as a platform to reach out to a larger audience, creating awareness and fostering a sense of responsibility among the community.



ANNUAL CAMP

The week-long annual NSS camp at St. Bede's College, Shimla took place from December 11th to December 17th, 2019. The camp aimed to provide NSS students with practical knowledge, training, and awareness on various important topics such as blood donation, disaster preparedness, breast cancer, cleanliness, yoga, women's safety, and drug abuse. The camp included guest speakers, training sessions, interactive activities, and performances.

Objectives:

1. To raise awareness about the importance of blood donation and encourage students to participate in the blood donation drive.
2. To provide practical training on disaster preparedness to equip students with knowledge and skills to effectively respond to calamities.
3. To create awareness about breast cancer, emphasizing lifestyle modifications and early screening as preventive measures.
4. To promote cleanliness and hygiene through a cleanliness drive.



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5. To provide a learning session on the Malayalam language and showcase a documentary on Kerala to enhance cultural awareness.
6. To conduct a yoga session for the students, promoting physical and mental well-being.
7. To facilitate an interactive session on women's safety, women's rights, and government initiatives for women's empowerment.
8. To raise awareness about drug abuse and its consequences through an awareness session.
9. To perform a play highlighting the importance of environmental conservation.

The NSS camp commenced on December 11th with the ceremonial lighting of the lamp and a presentation on blood donation and various activities conducted by the NSS throughout the year. A classical dance performance and a Nukkad Natak on the importance of blood donation were also presented. The Blood Donation Drive started with the assistance of the members of the Blood Bank, IGMC Hospital, Shimla. Many students and teachers participated in the drive and received certificates for their contributions.

On December 12th, the students participated in a Disaster Preparedness and Training Session conducted by Home-guard and Civil Defence Central Training Institution. The session provided practical knowledge and training on how to effectively handle various calamities.

Throughout the camp, NSS volunteers engaged in stock verification activities at the college library. On December 13th, Dr. Manish Gupta, a renowned expert from the Department of Radiation and Oncology, Cancer Hospital, Shimla, delivered a presentation on breast cancer, emphasizing lifestyle modifications and early screening. In the afternoon, a Zumba session conducted by an alumna of the college, Ms. Vasundhara Sharma, took place, followed by further assistance in library activities.

On December 14th, a learning session on the Malayalam language was delivered by Ms. Merin Josey from Kerala, along with a short documentary on Kerala. NSS volunteers continued their stock verification activities in the college library and conducted a cleanliness drive.

December 15th began with a yoga session led by Dr. Satyaprakash Pathak, followed by an interactive session on women's safety, women's rights, and government initiatives conducted by Advocate Sheetal Vyas, also an alumna of the college.

The NSS camp concluded on December 17th with an awareness session on drug abuse by Mr. O.P. Sharma, an experienced professional from the Narcotics Control Bureau. A play depicting ways to conserve the environment was also performed.

Outcome: The NSS camp provided valuable knowledge, practical training, and awareness on various important topics. It successfully raised awareness about blood donation, disaster preparedness, breast cancer, cleanliness, yoga, women's safety, and drug abuse. The camp fostered a sense of responsibility and empowerment among the NSS students, inspiring them to actively contribute to society and adopt healthier and more sustainable lifestyles.



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INTERNATIONAL WOMEN'S DAY

On March 8, 2020, NSS students collaborated with The Women Cell of the college to celebrate International Women's Day. As part of the Women's Day Celebration, they organized an activity to highlight the viewpoint of the present generation regarding gender equality.

The NSS students came together to form the symbol showing "I AM GENERATION EQUALITY." This symbolic representation aimed to convey the message that the current generation believes in and supports gender equality in all aspects of life.

By forming the symbol, the NSS students visually expressed their solidarity and commitment to promoting equal rights, opportunities, and respect for women. The activity served as a powerful statement against gender discrimination and emphasized the importance of creating a society where gender equality is valued and practiced.





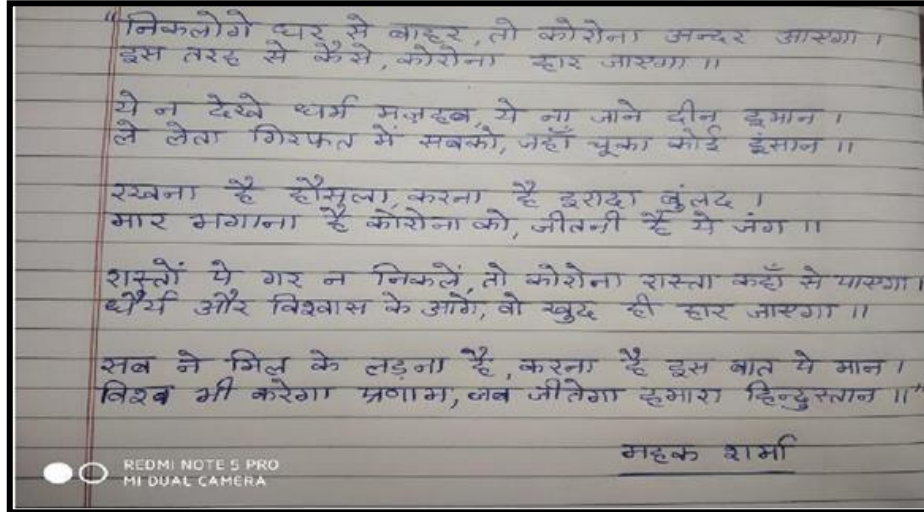
SESSION 2020-21

COVID AWARENESS CAMPAIGN

On April 19, 2020, the NSS unit of our college initiated a COVID awareness campaign in response to the ongoing pandemic and the subsequent lockdown. The NSS volunteers and faculty members played a crucial role in spreading awareness and taking necessary precautions against the virus. Here are some of the activities performed during the campaign:

1. Registration in Arogya Setu and iGOT app: All the NSS volunteers and faculty members registered themselves in the Arogya Setu and iGOT app, which provided important information and updates related to COVID-19.
2. Creation of awareness materials: NSS volunteers took the initiative to prepare charts, posters, and videos that highlighted the causes and precautions for COVID-19. These materials were aimed at disseminating vital information to the community and promoting safety measures.
3. Creation of informative content: The volunteers also created videos and wrote poems on COVID-19 awareness. These creative expressions helped in engaging the audience and spreading awareness through various platforms.
4. Mask preparation and distribution: Recognizing the importance of wearing masks, the NSS volunteers actively participated in the preparation of masks. They distributed these masks in their surroundings, ensuring that individuals had access to protective gear.
5. Active participation in campaigns: The NSS volunteers enthusiastically participated in different campaigns such as Mera Gaon, Atmnirbhar Gaon, Vocal for Local, and Each One Care Aged One scheme. These campaigns aimed to support local communities, promote self-reliance, and provide assistance to the elderly.
6. Contribution to Chief Minister's Fund: Under the Each One, One Hundred One scheme, the NSS volunteers made contributions to the Chief Minister's Fund from April 2020 to June 2020. This initiative showcased their commitment to supporting the government's efforts in addressing the challenges posed by the pandemic.

The collective efforts of the NSS volunteers and faculty members during the COVID awareness campaign played a crucial role in spreading knowledge, promoting safety measures, and supporting the community during a challenging time.





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INTERNATIONAL YOGA DAY

On June 21, International Yoga Day was celebrated worldwide to promote the practice of yoga and its benefits for physical, mental, and spiritual well-being. Despite the challenges posed by the pandemic and the need for social distancing, the NSS volunteers found innovative ways to observe this significant day. Here is how the NSS volunteers celebrated International Yoga Day:

Performing yoga asanas at home: The NSS volunteers actively participated in performing various yoga asanas at their respective homes. They followed online yoga tutorials or practiced asanas that they were familiar with. This allowed them to experience the physical and mental benefits of yoga.

Uploading pictures: To showcase their participation and encourage others, the NSS volunteers captured pictures of themselves performing yoga asanas. These pictures were then uploaded and shared on social media platforms or within the NSS community. This not only highlighted their dedication to yoga but also inspired others to incorporate yoga into their daily routines.

By practicing yoga at home and sharing their experiences, the NSS volunteers demonstrated their commitment to maintaining their well-being during the challenging times of the pandemic. Additionally, their participation in International Yoga Day contributed to spreading awareness about the importance of yoga in promoting a healthy and balanced lifestyle.



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INDEPENDENCE DAY AND TREE PLANTATION DRIVE

On August 15, the NSS unit of the college celebrated Independence Day with a dual purpose. Alongside commemorating the nation's independence, they also focused on promoting environmental sustainability. Here are the highlights of the celebration:

Flag hoisting ceremony: The event began with the flag hoisting ceremony, a symbolic gesture to honor the country's independence. Ms. Nandini Pathania, a respected member associated with the NSS unit, had the privilege of hoisting the national flag. The ceremony instilled a sense of patriotism and unity among the participants.

Tree plantation drive: In alignment with the NSS unit's commitment to environmental conservation, a tree plantation drive was organized on the same day. The volunteers planted tree saplings in the college premises, emphasizing the importance of green initiatives. Additionally, those volunteers who could not physically participate in the event planted saplings in their respective surroundings and shared pictures to contribute to the noble cause.

By combining the celebration of Independence Day with a tree plantation drive, the NSS unit showcased their dedication towards both national pride and environmental sustainability. This dual approach demonstrated their commitment to creating a greener and more sustainable future for our nation.





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GANDHI JAYANTI CELEBRATION

On the occasion of Mahatma Gandhi's birth anniversary, the NSS unit organized a range of activities to pay homage to the great leader and promote his values and principles. Here are the highlights of the activities:



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Poem, essay writing, and painting competitions: The NSS unit conducted competitions in poetry, essay writing, and painting, providing a platform for the volunteers to express their thoughts and creativity. The topics of these competitions were likely related to the life, teachings, and philosophy of Mahatma Gandhi. These activities encouraged the participants to delve deeper into Gandhi's principles of truth, non-violence, peace, and social harmony.

Active participation of NSS volunteers: The NSS volunteers showed great enthusiasm and actively participated in all the activities organized by the unit. Their engagement and involvement in these events reflected their appreciation for the values and teachings of Mahatma Gandhi.

Online evaluation: Due to the ongoing COVID-19 pandemic, the evaluations of the competitions were conducted online. This allowed the participants to submit their entries digitally, ensuring the safety and well-being of everyone involved. The online evaluation process provided a fair and transparent platform for assessing the submissions and selecting the winners.

By organizing these activities and encouraging active participation, the NSS unit aimed to inspire the volunteers to embrace and practice the ideals of Mahatma Gandhi in their own lives. These activities not only celebrated the birth anniversary of the Mahatma but also served as a means to spread his message of peace, harmony, and social change among the volunteers and the wider community.

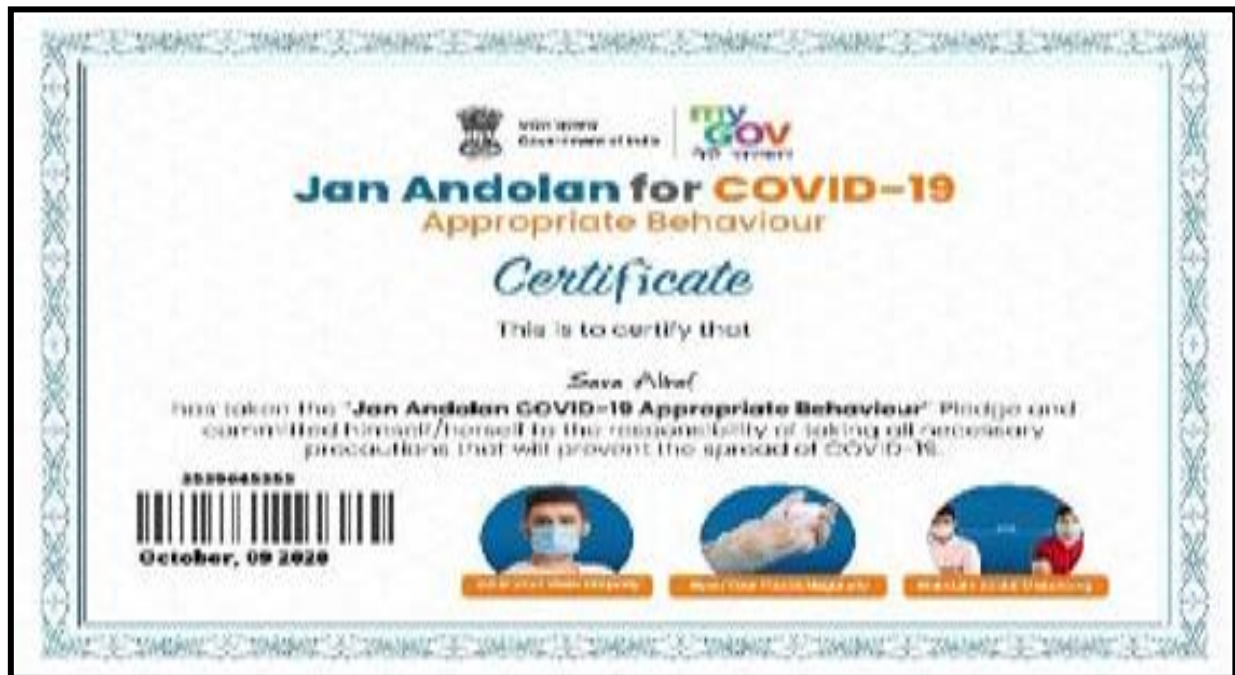




COVID APPROPRIATE BEHAVIOUR PLEDGE

On October 8, 2020, the Government of India initiated a Jan Andolan (People's Movement) to promote COVID-19 appropriate behavior and raise awareness about the importance of following preventive measures to curb the spread of the virus. As part of this initiative, NSS volunteers of the unit actively participated by taking an online pledge on the official MyGov website.

The online pledge aimed to ensure that individuals understand the significance of adhering to COVID-19 protocols such as wearing masks, practicing physical distancing, maintaining hand hygiene, and following other guidelines issued by health authorities. By taking the pledge, the NSS volunteers demonstrated their commitment to promoting and practicing COVID-19 appropriate behavior in their daily lives.



PRE-REPUBLIC DAY CAMP

Two NSS volunteers, Himani Sharma from B.Sc. and Naina from B.Com, attended the Pre-Republic Day camp held at Government College of Excellence, Sanjauli, Shimla on November 9th. The Pre-Republic Day camp is an important event organized to prepare and train NSS volunteers for the upcoming Republic Day celebrations.

During the camp, the volunteers engaged in various activities and sessions aimed at enhancing their understanding of national importance, patriotism, and the significance of Republic Day.



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ANNUAL NSS CAMP

The Annual NSS Camp held from March 16th to March 22nd, 2021 at St. Bede's College was filled with various activities and insightful sessions. With the participation of 60 NSS volunteers, the camp aimed to engage and motivate the students towards social welfare and personal development.

The camp started with the presence of officiating Principal Ms. Nandini Pathania and Sister Magdalene. It commenced with a prayer dance performed by Samriti Rohal, followed by a PowerPoint presentation on NSS and its activities in 2020 by the Vice President, Srishti Pandit, and Secretary, Tanvi Sharma. Prof. Arvind Bhatt, Dean Planning at HPU, joined the camp through an online session and encouraged the volunteers to pursue startup opportunities supported by the biotechnology incubator of the university.

On March 17th, Dr. Manish Gupta, a Professor and Head of the Department at the Cancer Hospital in Shimla, delivered a talk on the coronavirus and its effects. The following day, Mr. Rohan Preet gave an online presentation on "Future Business Leaders." The volunteers also engaged in cleaning the college campus and sorting books and magazines in the library.

Yoga asanas were performed by the NSS volunteers on the next day, and Miss Neelam Bali, a behavioural counselor, provided valuable insights and tips on problem-solving, decision-making, and skill improvement.

The fifth day started with a vibrant Zumba dance session, followed by a talk by Dr. Ravi Bhatia,



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a manager at the Biotechnology Incubation Centre. He discussed the Aatmanirbhar Bharat Scheme and various government policies related to startups. In the afternoon, the volunteers had an interactive session with the officiating Principal, Ms. Nandini Pathania, on life skills.

On March 21st, Mrs. Neelanshi Bhatnagar, a counselor at the Himachal Pradesh Women State Commission, conducted a session on women empowerment and domestic violence.

The camp concluded with the participation of NSS volunteers in the inaugural function of the college pavement under the Smart City Project. A cultural program showcasing performances by NSS volunteers added a touch of creativity and talent to the event, reflecting the dedication and effort put in by the volunteers throughout the camp.

The Annual NSS Camp provided a platform for personal growth, social awareness, and skill development for the participating volunteers. The various sessions, talks, and activities helped in fostering a sense of responsibility and empowerment among the NSS volunteers at St. Bede's College.





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SESSION 2021-22

YOUNG WARRIORS' MOVEMENT

On June 18, 2021, a thought-provoking session on the "Constitution of Committee for Psychological Support Service Cell" was organized in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) and the Department of Higher Education, Government of India.

Objective: The session aimed to address the importance of psychological support for individuals affected by the COVID-19 pandemic and discussed strategies for establishing committees to provide such support.

The speaker for the session, Samarth Sharma from MGNCRE, Ministry of Education, Government of India, shared valuable insights and information on the topic. The session highlighted the significance of psychological well-being and the need to create support structures for those facing challenges during the pandemic, particularly corona patients.

The students who attended the session were encouraged to disseminate the knowledge and information they gained to the people in their vicinity. By sharing this information, the students played a vital role in creating awareness and extending support to individuals in their communities who may be experiencing psychological distress due to the pandemic.

Outcome: The session served as a platform for students to understand the importance of psychological support services and the role they can play in assisting those in need. By spreading the information and strategies discussed during the session, the students actively



contributed to the well-being of their communities and fostered a sense of empathy and support during these challenging times.



INTERNATIONAL YOGA DAY

On June 21, 2021, the volunteers of the NSS Unit of the College celebrated International Yoga Day through an online mode on the MS Teams platform. The event was held under the theme "Be with Yoga, Be at Home," acknowledging the unique circumstances of the COVID-19 pandemic and encouraging individuals to embrace yoga within the confines of their homes.

During the event, the NSS volunteers actively participated in various activities to promote and showcase the significance of yoga. They performed different yoga asanas and engaged in guided meditation, led by Ms. Parul Chauhan, a trained Yoga instructor. This allowed the volunteers to experience the physical and mental benefits of yoga and enhance their well-being.

In addition to the practical aspects, the volunteers also prepared charts, posters, presentations, and videos to illustrate the importance of yoga. These creative representations served as educational resources, highlighting the various aspects of yoga, such as its positive impact on physical fitness, mental health, and overall holistic well-being.

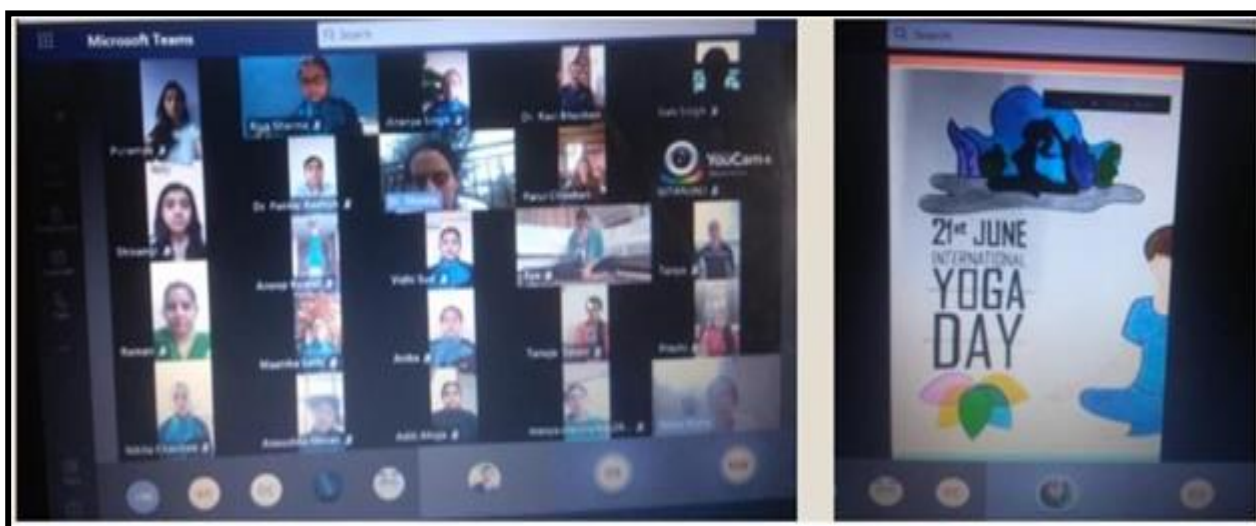
The college observed Swachhta Pakhwada from August 1-15, 2021, with the aim of creating awareness about maintaining a clean and green environment. The NSS volunteers actively participated in various activities during this period to promote cleanliness and hygiene.



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One of the key initiatives undertaken by the volunteers was a cleanliness drive within the college campus. They enthusiastically cleaned the classrooms, corridors, and common areas, ensuring that the college premises were free from litter and waste. Additionally, the volunteers extended their efforts beyond the campus boundaries and conducted a cleanliness drive in the surrounding areas, contributing to the overall cleanliness of the community.

The campaign culminated with a strong promise and commitment from the volunteers that environmental cleanliness would remain a prime priority. This pledge signifies their determination to continue promoting cleanliness and adopting sustainable practices in their daily lives. By making this promise, the NSS volunteers demonstrated their dedication to creating a cleaner and healthier environment for themselves and future generations.



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SESSION ON “UNsung WARRIOR HEROES”

On August 14, 2021, the NCC unit of St. Bede's College organized a virtual thought-provoking session titled "Unsung War Heroes" to commemorate 75 years of India's Independence.

Objective: The session was conducted under the theme "Azaadi ka Amrit Mahotsava" and aimed to shed light on the true meaning of independence and honour the unsung heroes who contributed to India's freedom struggle.

The session featured Lt. Col Abhilov Sharma (SM) as the resource person, who shared valuable insights and measures to lead a meaningful life. His talk inspired all the attendees, emphasizing the importance of courage, sacrifice, and dedication in serving the nation and society. The session highlighted the contributions and sacrifices made by individuals who often go unrecognized, emphasizing the need to appreciate and honour their efforts.

Videos were presented during the session, further enriching the participants' understanding of India's independence struggle and the role played by unsung heroes. These videos served as a medium to connect with the past, instilling a sense of pride and gratitude towards those who fought for the nation's freedom.





WEBINAR ON NATIONAL EDUCATION POLICY

On August 4, 2021, in commemoration of the completion of one year of the National Education Policy (NEP) 2020, the Ministry of Education organized theme-based webinars in collaboration with the Ministry of Youth Affairs & Sports. The webinar focused on the theme "Effect of NEP 2020 on Youth Empowerment and Sports Development."

The NSS volunteers actively participated in the webinar, joining other students and stakeholders in gaining insights into the impact of the NEP 2020 on youth empowerment and sports development. The webinar provided a platform for discussing the various provisions and initiatives of the NEP 2020 aimed at empowering youth and promoting sports.

Following their participation in the webinar, the NSS volunteers took the initiative to share the knowledge and information they gained with students from the adopted schools. By doing so, they played a crucial role in spreading awareness about the NEP 2020 and its significance, particularly regarding youth empowerment and sports development.



INDEPENDENCE DAY CELEBRATIONS

On August 15, 2021, the NSS Unit of St. Bede's College celebrated the 75th Independence Day with great enthusiasm and patriotism. The day commenced with a flag hoisting ceremony held in the college premises, where the national flag was hoisted by the honourable Principal, Prof. (Sr.) Molly Abraham. The flag hoisting symbolized the pride and unity of the nation on this significant day.

Following the flag hoisting ceremony, a cultural event took place, showcasing the active participation of NSS volunteers. The volunteers wholeheartedly embraced the opportunity to express their love for the country and showcase their talents. Through various performances, such as singing, dancing, and dramatic presentations, the NSS volunteers portrayed their dedication and commitment to the spirit of independence.



TREE PLANTATION DRIVE

On August 9, 2021, the NSS Unit of St. Bede's College took a significant step towards promoting environmental consciousness and sustainability. The unit organized a tree plantation initiative within the college campus, with the aim of enhancing the green cover and contributing to a healthier ecosystem.

A total of approximately 50 trees were planted during the event. The honourable Principal, Prof. (Sr.) Molly Abraham, graced the occasion and inaugurated the event by planting a sapling. Other teachers and members of the NSS Unit also actively participated in the tree plantation drive, showcasing their commitment to environmental conservation.

Recognizing the importance of individual responsibility, the NSS Unit encouraged students who were unable to attend the event to participate in the initiative by planting saplings in their surroundings. They were directed to capture photographs of their tree planting activities and upload them to the NSS Unit's WhatsApp group. This inclusive approach aimed to involve as many students as possible, ensuring a widespread impact and creating a sense of collective ownership towards environmental sustainability.

Through the tree plantation drive, the NSS Unit instilled a sense of responsibility and encouraged students to actively contribute to environmental conservation in their own capacity. The event served as a catalyst for fostering a culture of environmental consciousness within the college community, inspiring individuals to adopt eco-friendly practices and become agents of positive change.



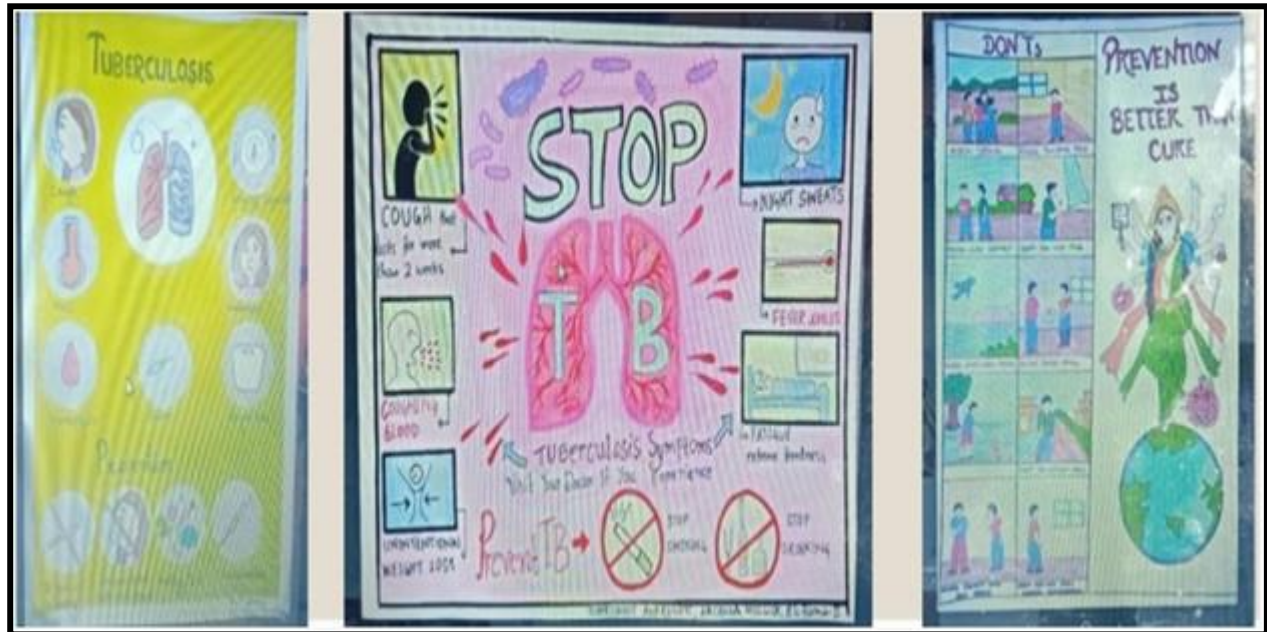
AWARENESS ON TUBERCULOSIS AND IMPORTANCE OF PERSONAL HYGIENE

On August 18, 2021, the NSS Unit of St. Bede's College organized a poster making competition with the aim of raising awareness about tuberculosis and the importance of personal hygiene during the COVID-19 pandemic. The competition provided a platform for students to express their creativity while spreading important messages related to public health.

The participants of the competition showcased their artistic skills and knowledge on the topics of tuberculosis awareness and personal hygiene. The posters highlighted key information about tuberculosis, its causes, symptoms, and prevention measures. Additionally, the posters emphasized the significance of personal hygiene practices, such as handwashing, wearing masks, and maintaining cleanliness, to prevent the spread of COVID-19.

Archana Mullick, a student from the B.Sc. Biotech Honours 2nd year, secured the first position in the competition, while Aishna Rahi, a student from the B.A English Honours 2nd year, stood second. Their efforts in creating impactful and informative posters were recognized and appreciated.

Moreover, the NSS volunteers extended their initiative beyond the college campus by virtually sharing the posters on personal hygiene with students from the adopted schools. This virtual display allowed for wider dissemination of important information, reaching a larger audience and promoting awareness about the significance of personal hygiene practices to prevent the spread of COVID-19.



POTION MAH CELEBRATION

During the POTION MAH celebration in the month of September, the NSS unit of St. Bede's College organized several activities to promote health, fitness, and awareness regarding lifestyle management. These activities aimed to empower individuals with knowledge and encourage positive lifestyle changes.

To spread awareness about health and nutrition, a week-long yoga session was conducted within the college campus. The sessions provided an opportunity for the NSS volunteers to learn and practice various yoga asanas and techniques, promoting physical and mental well-being. Additionally, a general survey on fitness and health was conducted, which included calculating the Body Mass Index (BMI) to assess the volunteers' overall health status.

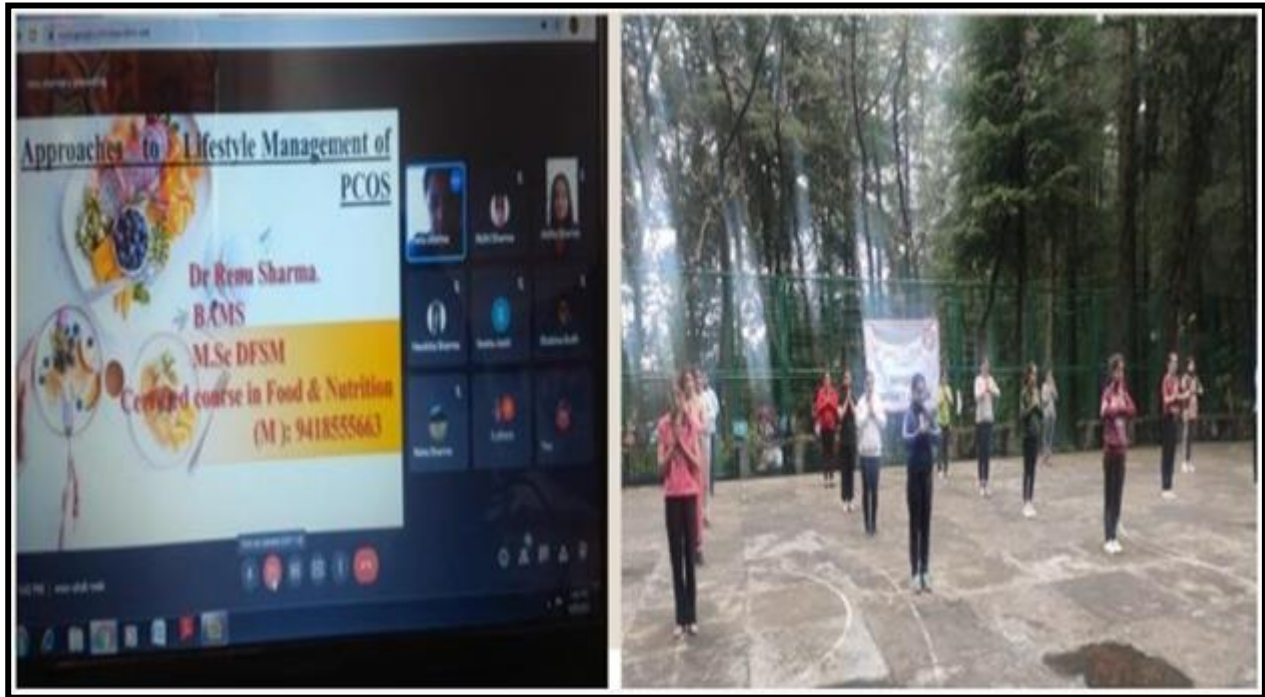
On September 25, 2021, a talk session was organized on the topic "Approaches to Lifestyle Management of PCOS." The session was conducted by Dr. Renu Sharma, who enlightened the volunteers about the importance of nutrition in managing Polycystic Ovary Syndrome (PCOS). The session focused on highlighting the significance of lifestyle changes in improving weight and body composition, reproductive health, metabolic factors, and overall quality of life for individuals with PCOS. The knowledge gained through this session was shared with girl students from adopted schools and the village, creating awareness and empowering them to make informed decisions regarding their health.

By organizing these activities, the NSS unit aimed to promote health awareness, encourage healthy lifestyle choices, and empower individuals with the knowledge to manage their health effectively. The integration of yoga sessions, fitness surveys, and informative talks facilitated a holistic approach to health promotion and disease prevention.



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Furthermore, the dissemination of knowledge to girl students from adopted schools and the village expanded the impact of the activities beyond the college campus. It helped create awareness and foster a sense of empowerment among young women regarding their health and well-being.



CLEAN INDIA CAMPAIGN

1st October to 30th October 2021

The NSS Unit of St. Bede's College initiated the second phase of the "Swachh Bharat Mission" by conducting the Swachhta Shapath (Oath) ceremony, administered by the esteemed Principal Prof. (Sr) Molly Abraham, in the presence of all NSS volunteers.

Objective: The program aimed to address various issues related to personal hygiene, lack of awareness, and the general public's attitude towards cleanliness.

Recognizing the significance of personal hygiene and cleanliness, the NSS volunteers actively participated in a month-long cleanliness drive. They dedicated their time and effort to thoroughly clean the college campus and its surrounding areas. This intensive cleaning campaign aimed to create a cleaner and healthier environment for everyone.

At the end of the month, the accumulated garbage and waste were properly collected and handed over to the Municipal Corporation of Shimla. This demonstrated the NSS volunteers' commitment to responsible waste management and their efforts to ensure a cleaner and more sustainable community.



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Outcome: The collective efforts of the NSS volunteers, along with the support of the college administration, resulted in a significant improvement in the cleanliness of the college campus and its surrounding areas. The Swachh Bharat Mission's second phase not only created a cleaner environment but also instilled a sense of responsibility and awareness among the volunteers and the wider community.



VILLAGE ADOPTION



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On October 30, 2021, the NSS volunteers of St. Bede's College visited their adopted village in Mashobra with a noble objective of providing assistance to the underprivileged. The volunteers distributed free ration packets to families belonging to the Below Poverty Line (BPL) category. These ration packets were purchased using the funds donated by the NSS volunteers themselves, showcasing their commitment to serving the community.

During their visit, the NSS volunteers not only distributed essential food items but also engaged with the villagers, sharing suggestions and ways to improve their living conditions. They offered guidance and discussed various means to uplift the community, promoting self-sufficiency and sustainable development. Through these interactions, the volunteers aimed to empower the villagers and enhance their overall well-being.



BLOOD DONATION CAMP

On November 25, 2021, the NSS unit of St. Bede's College organized a commendable Blood Donation Camp, with the aim of saving lives and promoting the noble cause of blood donation. The camp was coordinated by a dedicated team led by Dr. Payal Vij from Indira Gandhi Medical College Shimla.

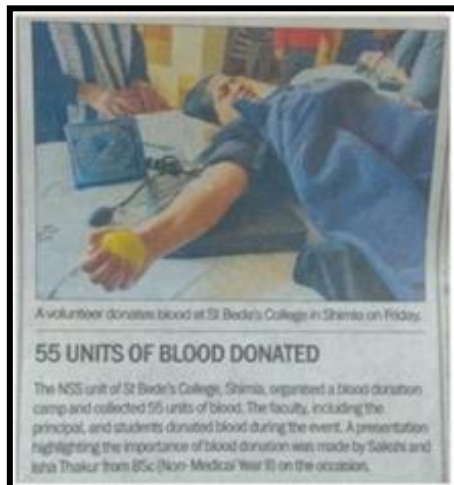


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The event was inaugurated by the esteemed Principal, Prof. (Sr) Molly Abraham, who set an exemplary example by donating blood herself. Her act of generosity and leadership encouraged others to come forward and contribute to this life-saving cause.

During the camp, a total of 55 units of blood were collected. The NSS volunteers actively participated in the event, assisting the medical team and ensuring a smooth and organized process. They worked tirelessly to create awareness and encourage students and staff members to donate blood.

The Blood Donation Camp not only provided an opportunity for individuals to contribute to society but also emphasized the importance of this selfless act. By donating blood, the participants showcased their commitment to saving lives and making a positive impact on the well-being of others.





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NATIONAL INTEGRATION CAMP

During the seven-day National Integration Camp (NIC) held at Kurukshetra University in Haryana from November 18 to 24, the Vice President of NSS, Sajal Kalta, had the opportunity to participate alongside approximately 200 volunteers and 15 program officers from 12 different states. Representing Himachal Pradesh, a team of 10 volunteers from various colleges formed "Team Himachal Pradesh" and actively took part in the camp's activities and competitions.

The camp provided a platform for cultural exchange, learning, and fostering unity among the participants. Each day started with invigorating yoga sessions, setting a positive and energized tone for the day. The volunteers engaged in a wide range of activities, including poster making, folk dance, essay writing, and skit competitions. The enthusiasm and active participation of Team Himachal Pradesh were evident in their performances.

The dedication and talent of Team Himachal Pradesh were duly recognized and rewarded during the camp. They secured notable achievements in several competitions. In the essay writing competition, they clinched the first prize, showcasing their excellent writing skills and knowledge. In the poster making competition, they secured the fourth prize, highlighting their creativity and artistic abilities. The team's theatrical skills shone through in the skit competition, where they secured the third prize. Additionally, their vibrant and captivating folk-dance performance earned them the third prize.



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CORONA VACCINATION DRIVE (SECOND DOSE)

On December 3, 2021, St. Bede's College took an important step towards ensuring the health and well-being of its students by organizing a corona vaccination drive. This drive was held in collaboration with SDM (URBAN) Shimla (H.P) and aimed to provide the second dose of the COVID-19 vaccine to students who had not yet received it.

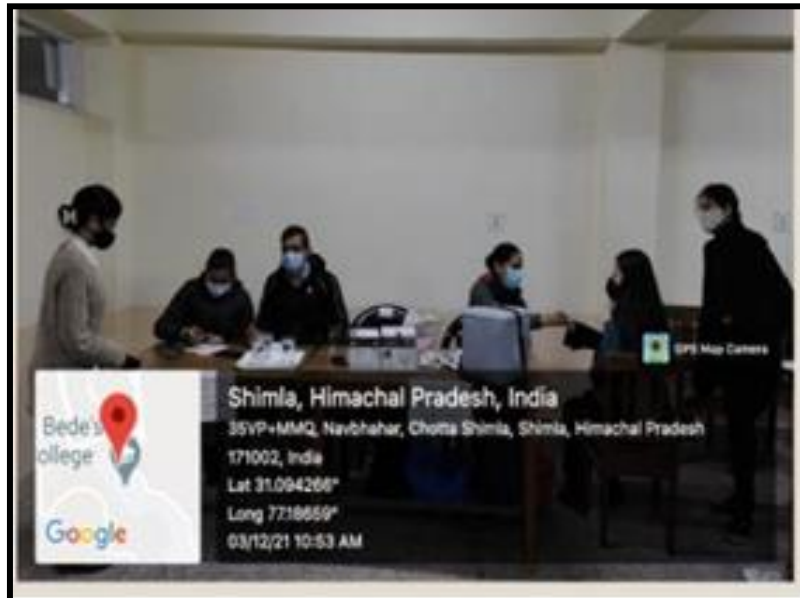
The college facilitated the vaccination process by coordinating with a medical team from Rippon Hospital, Shimla, who administered the vaccines. A total of 27 students were able to receive their second dose of the COVID-19 vaccine on this day.

The vaccination drive played a crucial role in safeguarding the health and safety of the students, as well as contributing to the larger goal of controlling the spread of the COVID-19 virus. By ensuring that students received their second dose, the college demonstrated its commitment to the well-being of its community and the wider society.

The collaboration between St. Bede's College, SDM (URBAN) Shimla, and Rippon Hospital in organizing this vaccination drive showcased the collective efforts of various stakeholders in the fight against the COVID-19 pandemic. The successful execution of the drive not only provided essential protection to the students but also served as an example of the importance of vaccination in mitigating the impact of the virus.



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CHRISTMAS CELEBRATION IN THE ADOPTED VILLAGE

On December 22, 2021, the NSS Unit of St. Bede's College celebrated Christmas with great joy and compassion at the adopted village Dhanan of Dhalli Panchayat. The volunteers organized a special event to spread the message of love, hope, and peace during the festive season.

As part of the celebration, the volunteers performed a skit that beautifully portrayed the essence of Christmas and conveyed the values of kindness, unity, and compassion. The skit aimed to inspire and uplift the spirits of the villagers, spreading a message of positivity and harmony.

In the spirit of giving, the college also extended its support to the village community by



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distributing blankets and ration packets to 23 families. This act of generosity aimed to provide warmth and sustenance during the winter season, ensuring that the families would have essential resources to meet their basic needs.

By reaching out to the families in the adopted village, the NSS Unit of St. Bede's College demonstrated their commitment to making a positive impact and promoting social welfare.



NATIONAL YOUTH DAY CELEBRATION

On January 12, 2022, the NSS unit of St. Bede's College actively participated in the 25th National Youth Festival, which was inaugurated by the honourable Prime Minister Narendra Modi in Puducherry. The theme of the festival was "It's all in the mind," focusing on the power of the youth in shaping the nation's future.

As part of the celebrations, the NSS unit organized online contests on National Youth Day. The contests included essay writing and poster making competitions, with the theme "Role of youth in nation building." The objective was to encourage the NSS volunteers to reflect on their role and responsibilities in contributing to the development and progress of the nation.

Additionally, a video competition was held to promote Himachali culture, with the theme "Apna Himachal." The aim was to showcase the rich cultural heritage of Himachal Pradesh and celebrate its unique traditions and customs.

The NSS volunteers actively participated in these competitions, showcasing their talent, creativity, and passion for youth empowerment and nation-building. Their active involvement demonstrated their commitment to making a positive impact and contributing to the development of their community and country.

Among the participants, Aishna Rahi, a student of B.A English Honours 2nd year, secured the



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first position in the poster making competition. Her artwork effectively portrayed the theme and conveyed a powerful message. Ruby Verma, a student of B.Com 2nd year, stood second in the competition, showcasing her artistic skills and creativity.



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

On February 25, 2022, the NSS unit of St. Bede's College, in collaboration with the Department of Physical Education, organized a webinar on the topic "Academic Excellence through Physical Activity: Journey or Destination."

Objective: The purpose of the webinar was to highlight the significance of regular physical activity in achieving academic excellence and overall well-being.



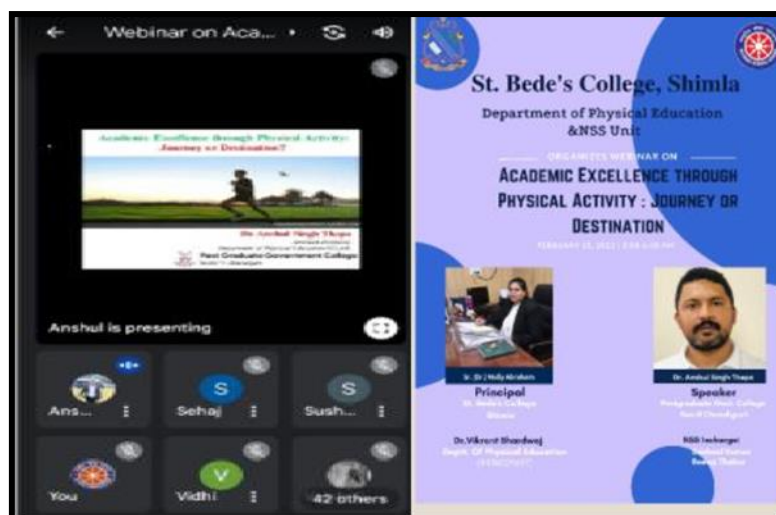
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Dr. Anshul Singh Thapa, the esteemed resource person, delivered a comprehensive session on the importance of incorporating physical activity into daily routines. He emphasized that engaging in regular physical activity is not only beneficial for physical health but also plays a crucial role in preventing and managing non-communicable diseases such as heart diseases, stroke, diabetes, and various types of cancers.

During the webinar, Dr. Thapa discussed various forms of physical activity and their positive impact on mental health, cognitive function, and academic performance. He provided insights into the ways in which physical activity enhances concentration, memory, and problem-solving abilities, ultimately contributing to better academic outcomes.

The volunteers of the NSS unit actively participated in the webinar and gained valuable knowledge and insights from Dr. Thapa's expertise. They understood the importance of promoting physical activity among themselves and others, including the students of the adopted village and school.

To further disseminate the information and create awareness, the NSS volunteers shared the key learnings from the webinar with the students of the adopted village and school. By doing so, they aimed to inspire and motivate others to prioritize physical activity as an integral part of their daily lives, fostering a healthier and more productive lifestyle.



SHAHEEDI DIWAS CELEBRATION

On March 23, 2021, the NSS unit of St. Bede's College organized a special event to commemorate Shaheedi Diwas (Martyr's Day) in honour of the three legendary freedom fighters of India, Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar.

Objective: The event aimed to remember and pay homage to these extraordinary individuals who sacrificed their lives for the independence of India.

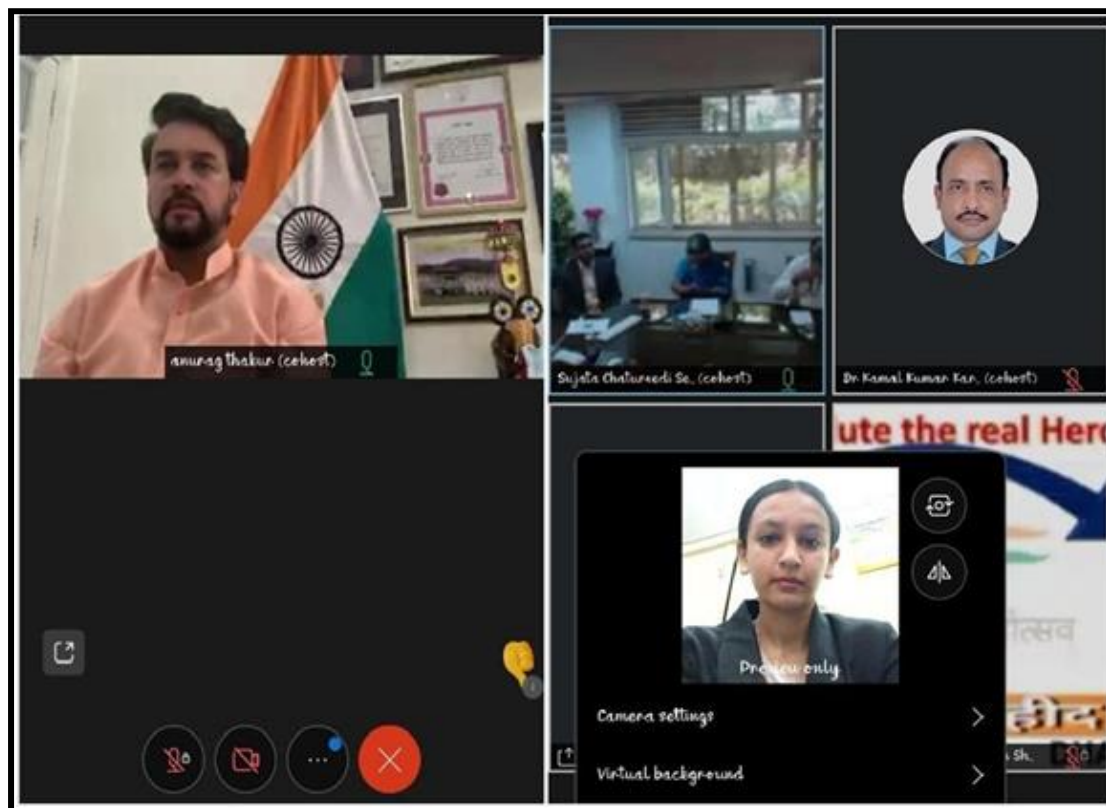


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The event began with a presentation on Shaheedi Diwas, which provided insights into the lives and contributions of Bhagat Singh, Rajguru, and Sukhdev. The presentation highlighted their fearless spirit, revolutionary ideas, and unwavering commitment to the cause of India's freedom. It served as a reminder of their immense sacrifice and the impact they had on the freedom struggle.

Additionally, a short documentary on the life of Shaheed Bhagat Singh was screened during the event. The documentary shed light on the personal journey, ideologies, and heroic actions of Bhagat Singh, further inspiring the audience with his courage and determination.

To engage the participants and spread awareness about Shaheedi Diwas, the NSS volunteers also created posters and slogans highlighting the significance of this important day. These creative displays captured the spirit of patriotism and served as a visual tribute to the freedom fighters.





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SPECIAL ANNUAL CAMP

The Special Annual Camp of the NSS Unit of St. Bede's College took place from March 3 to March 9, 2022, with the theme "Educated Youth and Self-Reliant India." The camp was inaugurated by the honourable Chief Guest, Dr. B.R Thakur, NSS State Coordinator (HP) and Chairman, Department of Geography, HPU. The event began with a prayer dance performance by NSS volunteers Hemanjali and Anchal, followed by a presentation by Sajal Kalta, highlighting the activities performed by the NSS unit throughout the year.

Dr. B.R Thakur addressed the volunteers and emphasized the importance of becoming self-reliant citizens. He commended the volunteers for being a part of the NSS organization and encouraged them to make a difference in society.

The second day of the camp started with meditation, yoga, and fun activities conducted by instructors from the Art of Living Society. The volunteers also attended a lecture on breast cancer, its detection, and preventive measures, delivered by Dr. Manish Gupta, a leading Radiation Oncologist and Consultant at IGMC, Shimla. In the afternoon, the volunteers visited the college's paper recycling unit.

On the third day, the volunteers engaged in various activities instructed by the Art of Living Society, including fun games, Suryanamaskar, and breathing exercises called Pranayama. They also learned about the importance of living in the present. Later, Ms. Shalvi Sharma, a Laser Cosmetologist and Nutritionist, delivered a presentation on "Mindful Eating." The volunteers then enjoyed a Zumba session conducted by Ms. Vasundhra Sharma, a Computer Engineer and licensed Zumba instructor. They also shared the importance of mindful eating with students in their respective places.

The fourth day started with Suryanamaskar and the learning of Sudarshan Kriya, emphasizing the importance of breathing during these exercises. Advocate Sheetal Vyas, a social activist and Criminal Lawyer and Practitioner at Shimla High Court, delivered a lecture on the Constitution of India and Fundamental Rights. The volunteers participated in an inter-group Rangoli Competition on the theme of "Women Empowerment." They also enlightened others about their fundamental rights and responsibilities towards the country.

On the fifth day, the NSS camp began with an assembly, followed by a session on the importance of yoga and meditation. In the afternoon, the volunteers were divided into groups to clean the chemistry laboratory, auditorium, and library, involving sorting question papers and books.

The sixth day was filled with excitement and bliss as the volunteers learned about the power of the word "OM" from instructors of the Art of Living Society. They also had the opportunity to interact with Mr. O.P Sharma, convener of Himachal Pradesh Nasha Nivaran Board and former NCB officer, who gave a powerful presentation on the misuse of drugs and illegal activities. Dr. Ravi Bhushan, a retired professor from the Department of Psychology, St. Bede's College, addressed the volunteers about the importance of mental health. The consequences of drug abuse



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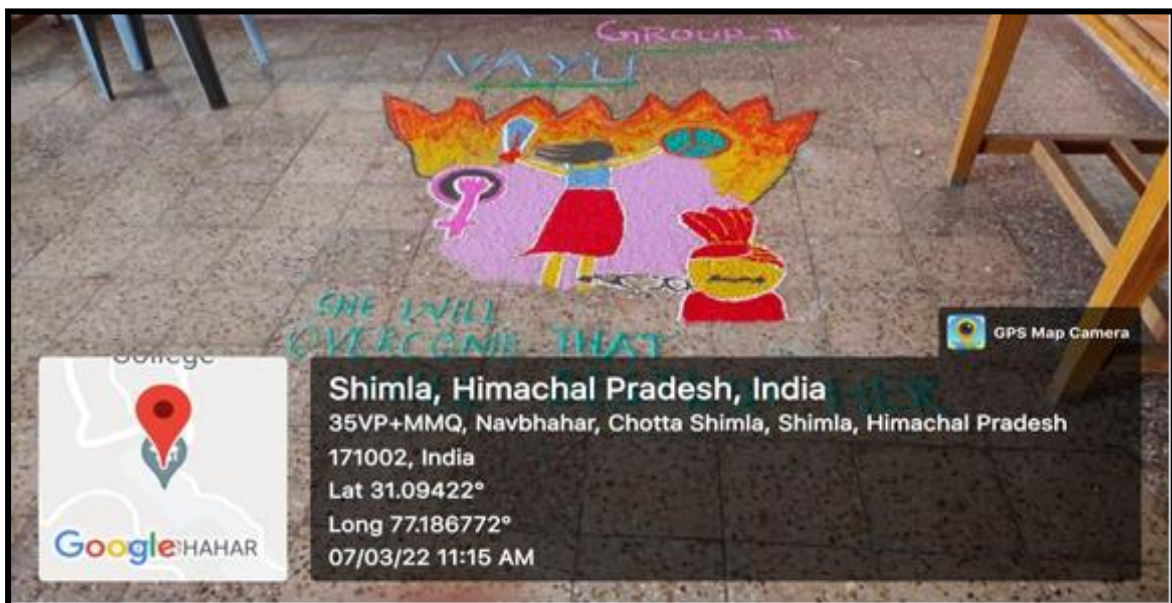
were shared with students from nearby schools. The volunteers also attended an online webinar on the "Role of NSS in Women Empowerment" with Dr. Mahima Verma, Assistant Professor, Department of Sociology, Jesus and Mary College, Delhi, as the resource person.

On the last day of the camp, the lighting of the panchdeep and a prayer dance marked the beginning of the day. A summarized report of the NSS annual camp 2022 was presented through a PowerPoint presentation and a video by volunteer Chavi Teewari. The NSS Vice President, Sajal Kalta, presented an annual report of the NSS unit. The volunteers showcased their talents through energetic performances, including poetry recitation, Punjabi and Pahadi dance called "Nati," and fusion dances. Prof. (Sr.) Molly Abraham, the Chief Guest for the event, appreciated the efforts of the NSS unit throughout the year. The event concluded with a vote of thanks and the NSS Anthem.





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GANDHI JAYANTI

On October 2, 2021, the NSS unit of St. Bede's College celebrated Gandhi Jayanti, the birth anniversary of Mahatma Gandhi, who is revered as the "Father of the Nation." In remembrance of this great leader on his 152nd birth anniversary, the NSS unit organized a PowerPoint presentation to shed light on Mahatma Gandhi's life, achievements, and his significant role in the struggle for Indian independence.

The presentation aimed to educate and inspire the students about the principles and values advocated by Mahatma Gandhi, such as non-violence, truth, simplicity, and self-discipline. It highlighted his contributions to the freedom movement and showcased his ideology of peace, harmony, and social justice.





NATIONAL UNITY DAY

On October 31, 2021, the NSS unit of St. Bede's College observed "Rashtriya Ekta Diwas" or National Unity Day, which marks the birth anniversary of Sardar Vallabhbhai Patel, a prominent leader and one of the key architects of India's independence. The NSS volunteers gathered in the auditorium to commemorate the 146th birth anniversary of this great leader.

To honour Sardar Vallabhbhai Patel's contributions and to raise awareness about his role in post-independence India, a presentation on his life and achievements was delivered by Mohini. The volunteers were enlightened about his significant role in uniting India after the country's liberation and his notable accomplishments in various spheres of governance.

Through the presentation and the celebration of National Unity Day, the NSS unit sought to instill a sense of pride and patriotism in the volunteers, encouraging them to contribute towards the unity and progress of our nation.



CONTRIBUTIONS OF THE FREEDOM FIGHTERS IN INDIA

On November 11, 2021, the NSS unit of St. Bede's College organized an event to honor the contributions of martyrs, particularly focusing on the freedom fighters from Himachal Pradesh. As part of the event, Sehaj and Sanjana delivered a presentation on the topic "Freedom Fighters of Himachal Pradesh." They highlighted the achievements and sacrifices of the brave martyrs from the region, shedding light on their significant roles before and after India's independence.

The presentation aimed to educate and inspire the NSS volunteers about the rich history of



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freedom fighters from Himachal Pradesh, emphasizing their dedication and contributions towards the nation's struggle for independence.

In addition to the presentation, a poster-making competition was organized on the theme "Contributions of Freedom Fighters of India." The NSS volunteers enthusiastically participated in the competition, showcasing their creativity and artistic skills. The posters created by the volunteers depicted the significant contributions and sacrifices made by various freedom fighters in the Indian independence movement.

The event aimed to foster a deeper understanding and appreciation for the sacrifices and struggles of our freedom fighters, both at the national level and specifically from Himachal Pradesh.





SESSION 2022-23

INTERNATIONAL YOGA WEEK

The NSS Unit of St. Bede's College, in collaboration with the Physical Education Department, celebrated International Yoga Week from June 15th in a hybrid mode.

Objective: The primary objective of celebrating International Yoga Week was to encourage NSS volunteers to embrace Yoga as a means to achieve physical, mental, and spiritual well-being. The event aimed to educate the participants about the importance of Yoga and its positive impact on overall health.

The celebration of International Yoga Week began with active participation from NSS volunteers in a poster making and slogan writing competition. These activities allowed the volunteers to express their creativity and showcase their understanding of the significance of Yoga.

On International Yoga Day, a special presentation highlighting the importance of Yoga was shown to the participants. The presentation provided insights into the history, philosophy, and various aspects of Yoga practice. It emphasized the physical, mental, and spiritual benefits of incorporating Yoga into daily life.

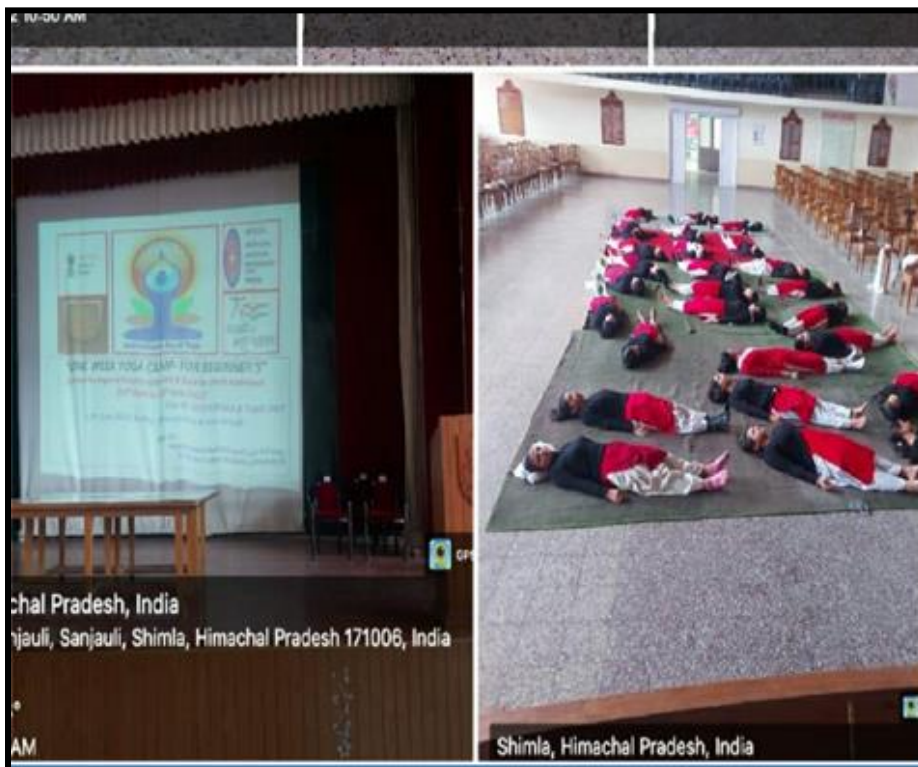
Following the presentation, an enthusiastic Yoga session was conducted. NSS volunteers actively participated in the session, engaging in various asanas (postures), pranayama (breathing exercises), and meditation under the guidance of trained instructors. The Yoga session aimed to familiarize the volunteers with different practices and techniques, allowing them to experience the rejuvenating effects of Yoga firsthand.

Additionally, Dr. Ashwini, delivered a lecture on the significance of Yoga and its impact on holistic well-being. The lecture provided deeper insights into the philosophy and science behind Yoga, encouraging the participants to continue their Yoga journey beyond the event.

Outcome: The celebration of International Yoga Week not only educated the participants about Yoga but also inspired them to incorporate Yoga into their daily lives.



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TREE PLANTATION DRIVE

On July 23, 2022, the NSS Unit of St. Bede's College organized a remarkable event focused on promoting environmental awareness.

Objective: The event aimed to contribute to a greener environment and a sustainable future by planting approximately 100 plants in the college campus.

The event commenced with the presence of esteemed guests, including Dr. Nitin Vyas, an Assistant Professor in the Department of Tourism and President of SFD, who served as the chief guest. The principal of the college, Prof. (Sr) Molly Abraham, along with other teachers, actively participated in the event by planting saplings, setting an example for the students and the wider college community.

The initiative undertaken by the NSS Unit to plant 100 plants in the college campus reflected their commitment to creating a greener and more sustainable environment. Planting saplings not only helps in enhancing the aesthetics of the campus but also contributes to mitigating climate change, improving air quality, and fostering biodiversity.



The NSS volunteers conducted a Tree Plantation Drive in their adopted village, and both the volunteers and the villagers actively participated with great enthusiasm.

Objective: The Tree Plantation Drive aimed to promote environmental conservation, enhance green cover, and create a sustainable and eco-friendly environment in the adopted village.

The participation of the villagers in the Tree Plantation Drive showcased their awareness and commitment to environmental preservation. The volunteers and villagers worked together to plant a significant number of trees, contributing to the beautification and improvement of the village's surroundings.



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The Tree Plantation Drive served as an educational opportunity, raising awareness among the villagers about the importance of trees, their role in mitigating climate change, and the significance of preserving natural resources. It also encouraged the villagers to actively engage in sustainable practices and take responsibility for the well-being of their surroundings.





INDEPENDENCE DAY CELEBRATION

The NSS Unit of St. Bede's College organized a rally on August 12, 2022, to celebrate 75 years of Indian Independence as part of the "Azadi ka Amrit Mahotsav" theme.

Objective: The rally aimed to commemorate the significant milestone of 75 years of Indian independence and instill a sense of patriotism and pride among the participants.

The rally began at Navbahar Chowk and proceeded towards the Horticulture Department in Navbahar. The participants, comprising NSS volunteers and other members of the college community, marched together with enthusiasm and energy, carrying banners, flags, and placards showcasing patriotic messages.

The rally served as a platform to express gratitude towards the freedom fighters and leaders who played pivotal roles in India's independence struggle. It aimed to promote a sense of unity, national pride, and appreciation for the achievements and progress made by India in the past 75 years.

Through the rally, the NSS Unit sought to raise awareness about the significance of Indian independence and the continued efforts needed to build a prosperous and inclusive nation. The theme of "Azadi ka Amrit Mahotsav" symbolized the celebration of the essence of freedom and the collective responsibility to uphold the values of democracy, diversity, and unity.





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HAR GHAR TIRANGA

The NSS Unit of St. Bede's College organized a series of activities to commemorate the 76th year of Indian Independence, aiming to foster a sense of nationalistic fervor and ignite the spirit of patriotism among the students and staff. These activities included a poster making and slogan writing competition, a presentation on the topic of "Glory and Struggle of India," a dance performance, and a play.

The poster making and slogan writing competition provided a platform for students to express their creativity and showcase their understanding of the significance of Indian Independence. Through their artistic creations and impactful slogans, the participants conveyed messages of patriotism, unity, and the rich cultural heritage of India.



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 foster a sense of patriotism among the students. The program included a skit, poems, and patriotic songs, which were enthusiastically presented in the village.

The cultural program aimed to evoke a spirit of pride and love for the nation among the students and the villagers. The skit showcased significant events and stories from India's freedom struggle, highlighting the sacrifices made by the freedom fighters and their unwavering



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determination for independence. Through the skit, the participants brought these stories to life, creating an emotional connection with the audience and inspiring admiration for the heroes of the past.

The recitation of patriotic poems added another dimension to the cultural program. The poems touched upon themes of patriotism, unity, and sacrifice, resonating with the audience and stirring feelings of national pride. The powerful and evocative words of the poems instilled a sense of belonging and reinforced the significance of India's journey towards independence.

In addition to the cultural program, the NSS volunteers took the initiative to spread awareness about "Har Ghar Tiranga" (Every Home a Flag) by visiting their neighborhoods. This campaign aimed to encourage every household to proudly display the national flag, symbolizing their love and respect for the nation. Through their efforts, the NSS volunteers sought to deepen the sense of patriotism within the local community.

On August 15, 2022, a flag hoisting ceremony was held in the college premises to celebrate Independence Day. This ceremony served as a reminder of the significance of the day and provided an opportunity for the college community to come together and pay tribute to the freedom fighters who fought for India's independence. The flag hoisting ceremony created a sense of unity and reverence for the nation among the participants.

The combined efforts of the cultural program, the "Har Ghar Tiranga" awareness campaign, and the flag hoisting ceremony resulted in the instillation of a strong sense of patriotism among the students, NSS volunteers, and the wider community. These activities served as reminders of India's rich history, the sacrifices made by the freedom fighters, and the importance of preserving and cherishing the hard-earned freedom.





POSHAN MAAH

The NSS Unit celebrated Poshan-Maah (Nutrition Month) during the entire month of September, focusing on promoting healthy eating habits and overall fitness. The volunteers actively participated in a series of activities aimed at raising awareness about nutrition and its importance.

To kickstart the month-long celebration, the volunteers took a Poshan Pledge, committing to eat right and maintain a healthy lifestyle. This pledge served as a reminder of the significance of nutrition in maintaining overall well-being.

Throughout the month, various competitions were organized to engage and educate the participants. Poster making, slogan writing, and essay writing competitions were conducted, allowing the volunteers to showcase their creativity and express their understanding of nutrition-related topics. These activities aimed to raise awareness and encourage the participants to think critically about the importance of proper nutrition.

A presentation on "Obesity Management" was also organized to provide valuable insights into the causes, effects, and preventive measures of obesity. This presentation served as an educational tool, empowering the volunteers with knowledge on managing weight and making informed choices for a healthier lifestyle.

To test the participants' general awareness regarding nutrition, a quiz competition was organized. This interactive activity allowed the volunteers to assess their knowledge about



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nutrition-related topics and learn new information in an engaging manner.

Additionally, a survey was conducted to calculate the Body Mass Index (BMI) of the participants. This assessment served as a practical tool to understand the participants' overall health status and promote awareness about maintaining a healthy weight.

The celebration of Poshan-Maah helped in creating a culture of health and wellness within the NSS Unit. The competitions, presentations, and surveys fostered a sense of personal responsibility towards one's own nutrition and motivated the volunteers to become advocates for healthy living.





N.S.S DAY CELEBRATION

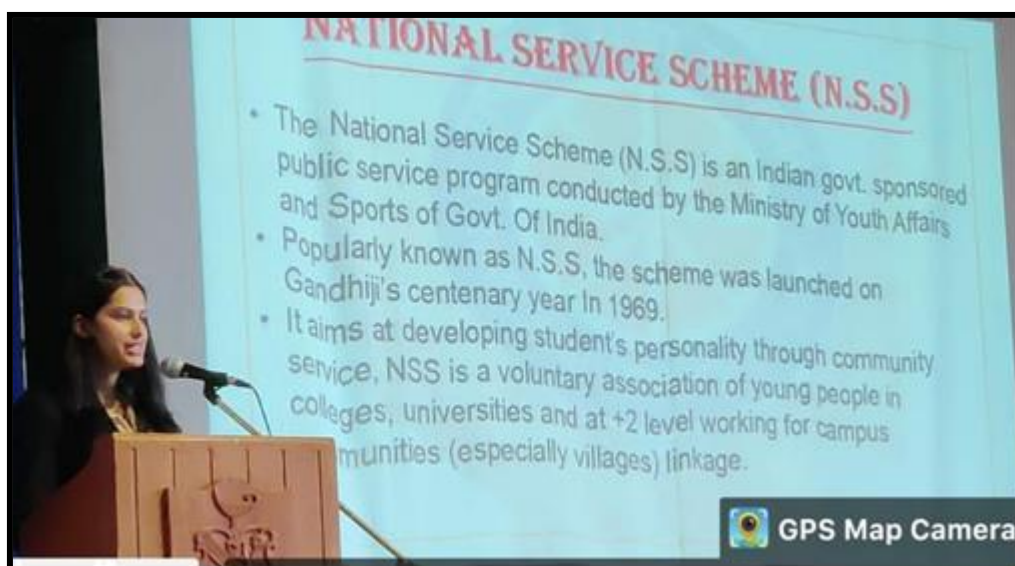
St. Bede's College, Shimla celebrated NSS Day on September 24, 2022, with immense enthusiasm and zeal. The event commenced with the symbolic lighting of the panchdeep, signifying the essence of enlightenment and service. This sacred ritual set the tone for the day's celebrations, emphasizing the importance of selfless service in our daily lives.

A presentation on the fundamental concept of NSS (National Service Scheme) was delivered, highlighting the core principles and objectives of the organization. The presentation aimed to create awareness among the attendees about the role of NSS in promoting social welfare and community development.

The volunteers of NSS showcased their talents and cultural diversity through various performances. Bhangra, Nati (a traditional dance form of Himachal Pradesh), and Gidda (a folk dance of Punjab) were among the captivating cultural performances that captivated the audience. These performances not only entertained but also celebrated the rich cultural heritage of the region.

A Nukkad Natak (street play) was presented to highlight the significance of "Food and Nutrition" in our lives. The play aimed to create awareness about the importance of a balanced diet, healthy eating habits, and the impact of nutrition on overall well-being. It conveyed a powerful message, urging the audience to prioritize their health and make informed choices regarding food.

The event concluded with a vote of thanks, expressing gratitude to all the participants, organizers, and volunteers who contributed to the success of the event. The NSS anthem, representing the spirit and unity of the NSS community, was played through a video, leaving a lasting impression on the attendees.





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CLEAN INDIA CAMPAIGN

During the entire month of October, St. Bede's College actively participated in the Clean India Campaign, a nationwide initiative to promote cleanliness and environmental awareness. The college's NSS volunteers took the lead in organizing various activities to spread awareness about maintaining a clean and green environment.

One of the key initiatives undertaken by the NSS volunteers was a cleanliness drive conducted in and around the college campus. The volunteers actively engaged in picking up litter, cleaning common areas, and promoting proper waste management.

Through various activities and interactions, the volunteers emphasized the need for personal hygiene, proper waste disposal, and the significance of a clean and green environment for a better future.

The campaign also encouraged individuals to make a promise to prioritize environmental cleanliness in their daily lives. The NSS volunteers engaged with the college community and encouraged them to take a pledge to keep their surroundings clean, reduce waste generation, and actively participate in environmental conservation efforts.



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GANDHI JAYANTI CELEBRATION IN ADOPTED VILLAGE

On Gandhi Jayanti, a group of NSS Volunteers from St. Bede's College visited their adopted village in Dhalli to serve the community and commemorate the birth anniversary of Mahatma Gandhi. Guided by the NSS motto, "Not Me But You," the volunteers organized a small yet significant event that aimed to honor the ideals and teachings of Mahatma Gandhi.

The event commenced with a brief introduction about Gandhi's life, highlighting his remarkable achievements and his significant contribution to India's struggle for Independence. This introduction served as a reminder of Gandhi's principles of non-violence, truth, and service to humanity, inspiring the volunteers and the villagers alike.

To engage and entertain the audience, a Nukkad Natak (street play) was performed, focusing on the values and teachings of Mahatma Gandhi. The play conveyed important messages of peace, harmony, and social justice, emphasizing the relevance of Gandhi's ideals in today's world. The Nukkad Natak aimed to create awareness and inspire positive change within the community.

A dance performance was also presented, showcasing the cultural heritage and diversity of India. The dance performance added a touch of vibrancy to the event, capturing the attention of the audience and spreading joy and enthusiasm.

Finally, everyone, including the NSS volunteers and the villagers, actively participated in a cleanliness drive. The cleanliness drive demonstrated the collective responsibility and commitment towards maintaining a clean and hygienic environment. Through this activity, the volunteers and the community members worked together to clean the surroundings, promoting cleanliness and a sense of ownership within the village.



NATIONAL UNITY DAY

The NSS Unit of St. Bede's College organized a Unity Run on the occasion of Sardar Patel's birth anniversary to commemorate his contributions to the freedom struggle and his efforts



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towards the integration of the country. The Unity Run, covering a distance of 1 km, started from Navbahar Chowk and aimed to create awareness among the public about the significance of Sardar Patel's legacy.

Along with the Unity Run, a presentation on the life and achievements of Sardar Vallabhbhai Patel was delivered. The presentation shed light on the immense contribution of Sardar Patel in the freedom struggle and his instrumental role in the integration of princely states, forming the foundation of modern India.

During the event, the participants made a pledge to uphold the unity and integrity of the nation, reaffirming their commitment to the values espoused by Sardar Patel. This pledge served as a reminder of the responsibility each individual holds towards preserving the unity and diversity of the country.



NUKKAD NATAK ON IMPORTANCE OF ELECTIONS

On November 2, 2022, the NSS volunteers organized a Nukkad Natak (street play) to raise awareness about the significance of elections and educate people about their rights and responsibilities. The Nukkad Natak aimed to engage and inform the audience about the democratic process and the importance of active participation in elections.

Through the medium of street theater, the NSS volunteers creatively conveyed important messages about the electoral system, highlighting the power of each individual's vote and the impact it has on shaping the nation's future. The Nukkad Natak addressed various aspects of the electoral process, such as voter registration, exercising the right to vote, and the responsibilities of citizens towards building a strong and inclusive democracy.

The performance focused on creating awareness about the electoral system, aiming to dispel



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misconceptions, inspire civic engagement, and encourage responsible voting.





BLOOD DONATION CAMP

On November 17, 2022, a group of NSS volunteers from St. Bede's College performed a Nukkad Natak (street play) to highlight the importance of blood donation. The aim of the Nukkad Natak was to raise awareness among students about the significance of donating blood and to encourage them to actively participate in this life-saving act.

The Nukkad Natak creatively conveyed the message of the importance of blood donation, emphasizing how a single act of donating blood can save lives and make a positive impact on society. Through engaging performances, the volunteers aimed to dispel misconceptions, address fears, and promote a positive attitude towards blood donation.

Following the Nukkad Natak, the NSS unit of St. Bede's College 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. The objective of the camp was to provide a platform for students and members of the college community to contribute to society by donating blood.

The team led by Dr. Apoorva Mehta and other medical professionals guided and supervised the blood donation procedure, ensuring the well-being and safety of the donors.

The outcome of the Nukkad Natak and the subsequent Blood Donation Camp was a significant increase in awareness about the importance of blood donation among the students and members of the college community.





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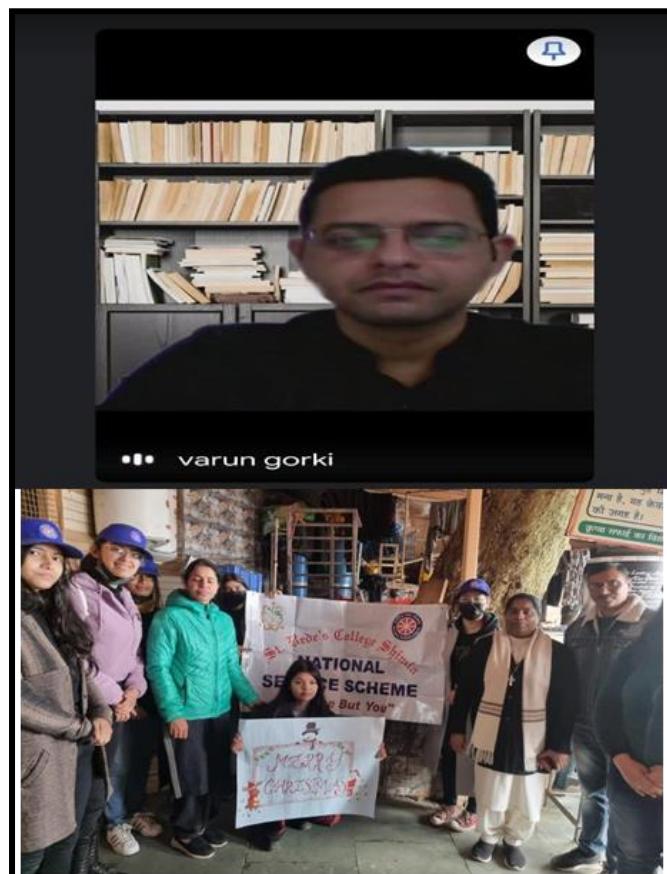
A VIRTUAL SESSION ON ANTIMICROBIAL RESISTANCE AWARENESS

On November 24, 2022, the NSS Unit actively participated in an online webinar as part of the Antimicrobial Resistance Awareness week. This webinar served as a platform to educate and raise awareness about the challenges and concerns related to antimicrobial resistance, a global health issue. The event brought together students from India and Nigeria, fostering international collaboration and knowledge exchange.

The webinar featured esteemed speakers from both countries who shared their expertise and insights on the topic of antimicrobial resistance. These experts provided valuable information about the causes, consequences, and preventive measures related to antimicrobial resistance, emphasizing the importance of responsible antibiotic use and the need for global action.

The session proved to be informative and interesting for all the participants, as they gained a deeper understanding of the magnitude of the problem and its implications for public health. The speakers shed light on the alarming rise in antimicrobial resistance, the impact on healthcare systems, and the potential consequences if appropriate measures are not taken.

The international collaboration facilitated a broader perspective on the issue, as students from different countries shared their experiences and approaches to tackling antimicrobial resistance.





CHRISTMAS CELEBRATION AT LANGER HALL NEAR IGMC SHIMLA

On December 24, 2022, the NSS Unit of St. Bede's College celebrated Christmas at Langer Hall near IGMC Shimla. The celebration included a heartfelt act of charity and selfless service to spread joy and happiness during the festive season.

As part of the Christmas celebration, the college donated food grains to the ALMIGHTY BLESSINGS NGO, a charitable organization. This donation aimed to support those in need and bring some relief to the less fortunate during the holiday season.

During the event, the NSS volunteers had the opportunity to interact with the founder of the NGO, Mr. Sarbjeet Singh Bobby, as well as patients and their attendees. These interactions fostered a sense of connection and empathy, allowing the volunteers to understand the challenges faced by individuals in difficult circumstances.

The teachers and volunteers enthusiastically participated in serving food to the people present at the event. Their selfless service exemplified the true spirit of Christmas, spreading warmth, love, and care to those who needed it the most.

The outcome of the Christmas celebration was a sense of joy, gratitude, and solidarity among the volunteers and the individuals who received the food grains. The act of charity and selfless service not only provided essential support to the beneficiaries but also touched the hearts of everyone involved, reminding them of the importance of compassion and kindness.





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NATIONAL YOUTH DAY

On January 12, 2023, the NSS unit organized an online Photography and Video Making Competition in commemoration of National Youth Day. The competition focused on the theme "The Place I Call Home," inviting NSS volunteers to showcase their creativity and express their perspectives on what home means to them.

The competition provided a platform for the volunteers to display their photography and videography skills while also encouraging them to think deeply about the concept of home and its significance in their lives. Participants were given the opportunity to capture the essence of their personal interpretation of home through visual storytelling.

The volunteers enthusiastically participated in the competition, employing their artistic talents and innovative ideas to create compelling photographs and videos. They explored various aspects of their surroundings, be it their family, community, or natural environment, to capture the essence of what makes a place feel like home.

Through their visual creations, the participants showcased their unique perspectives, emotions, and connections to the places they call home. The photographs and videos not only reflected the volunteers' creativity but also conveyed powerful narratives about their personal experiences and the sense of belonging they feel in their respective environments.





NATIONAL VOTER'S DAY

On January 25, the NSS unit of St. Bede's College organized a virtual meeting to commemorate National Voters Day, an important occasion that emphasizes the significance of democratic participation. The 13th National Voters Day carried the theme "Nothing like voting, I vote for sure," highlighting the importance of exercising one's voting rights.

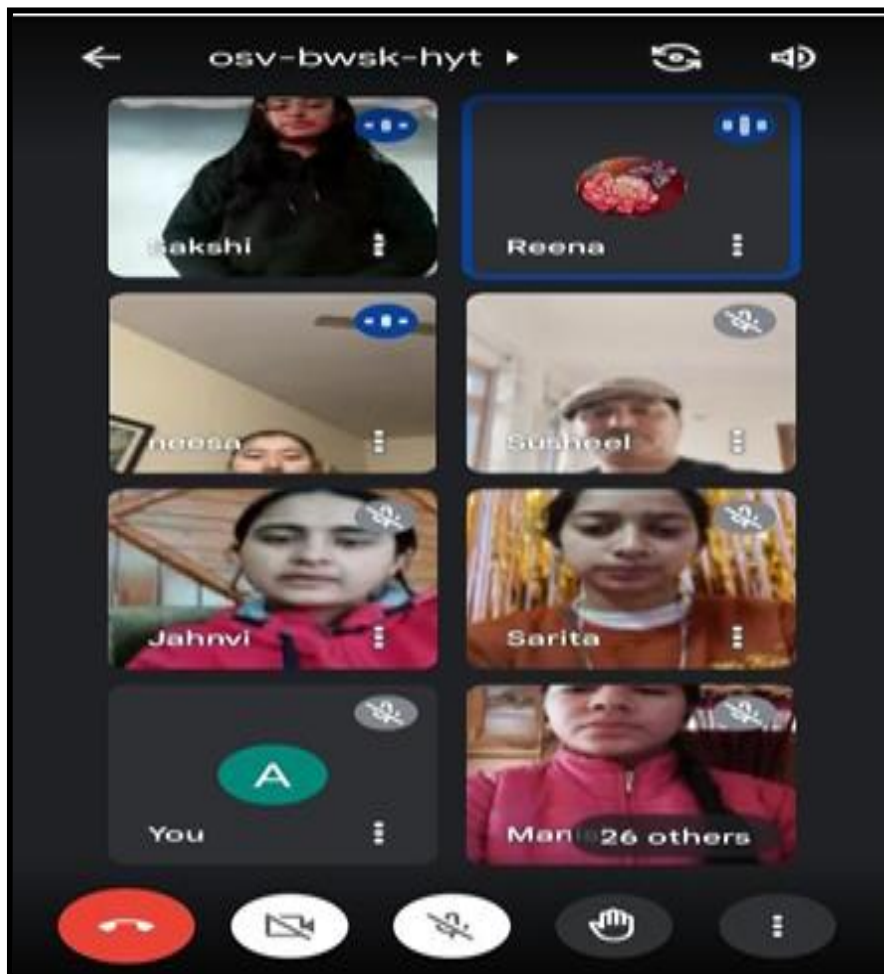
During the meeting, NSS Secretary Neesa Negi provided a brief introduction to the historical and democratic importance of National Voters Day. The gathering served as an opportunity to raise awareness among NSS volunteers about the value of voting and its impact on the nation's democratic process.

The meeting concluded with the NSS volunteers taking a pledge, reaffirming their commitment to exercise their voting rights and encouraging others to do the same. The pledge symbolized their dedication to democratic values and active citizenship.

Additionally, a virtual poster making, and essay writing competition were conducted as part of the National Voters Day celebration. The volunteers actively participated in these creative activities, showcasing their enthusiasm and talent. The competitions provided a platform for the volunteers to express their thoughts and insights on the significance of voting and its role in shaping the future of the country.



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SPECIAL ANNUAL CAMP

The NSS Unit of St. Bede's College organized a Special Annual Camp from February 21 to 27, 2023, engaging 55 final-year students in a series of activities aimed at personal development, community service, and awareness creation.

DAY-1: The camp commenced with a welcome dance performance, followed by an annual activities report presented by NSS President Sakshi. Dr. Hari Singh, the coordinator of NSS and director, graced the event as the chief guest. Mr. Sanjeev Harnot conducted an Art of Living session on Youth Empowerment and Skills Development. The volunteers concluded the day by cleaning and maintaining the college library and computer lab.

DAY-2: The day began with a morning assembly, followed by another Art of Living session facilitated by Mr. Sanjeev Harnot. The volunteers then actively participated in a campus cleaning drive, ensuring the proper disposal of waste materials. Additionally, they engaged in cleaning the college library once again, promoting cleanliness and organization.

DAY-3: The day commenced with a prayer and an Art of Living session. Dr. Manish Gupta, Professor and Head of the Department of Radiotherapy at IGMC Shimla, delivered a presentation on breast cancer to raise awareness among the volunteers. Subsequently, the volunteers embarked on a cleanliness drive in the adopted village of Dhanan, promoting hygiene and cleanliness in the community.

DAY-4: The day began with an assembly and a session on "How to Manage Stress and Anxiety" conducted by guest speaker Ms. Namratta Kaushal. Later, the volunteers joined teachers from the Department of Botany for a Nature Walk, where they learned about various flora and their importance in human life. Some NSS volunteers also participated in an Inter-College Singing Competition, showcasing their talents.

DAY-5: The day started with a declamation and rangoli competition centered around the theme "Goals of a Developed India," followed by a morning assembly. Dr. Satya Prakash Pathak conducted an interactive session on the significance of yoga and guided the volunteers through various exercises. Afterwards, the volunteers divided their efforts, with some serving food to people at Langer Hall near IGMC Shimla and others cleaning the premises.

DAY-6: The day commenced with a morning assembly, followed by an interactive session on domestic violence and related acts conducted by Mrs. Sheetal Vyas, a criminal lawyer and an alumna of St. Bede's College. Later, Mr. Sarbjeet Singh Bobby, the founder of NGO Almighty Blessings and a dedicated social worker, conducted another enlightening session.

DAY-7: The final day of the camp began with the lighting of Panchdeep and a captivating welcome dance performance. NSS President Sakshi delivered a summarized report on the camp's activities 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 camp concluded with a vote of thanks and the NSS Anthem, encapsulating the spirit



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of unity, service, and personal growth.

The Special Annual Camp provided NSS volunteers with a platform to engage in diverse activities, including self-improvement, community service, and creative expression. Through these activities, the volunteers gained valuable knowledge, skills, and experiences, fostering personal growth and a sense of social responsibility. The camp also facilitated interactions with experts and professionals from various fields, enabling the volunteers to expand their horizons and develop a broader perspective.



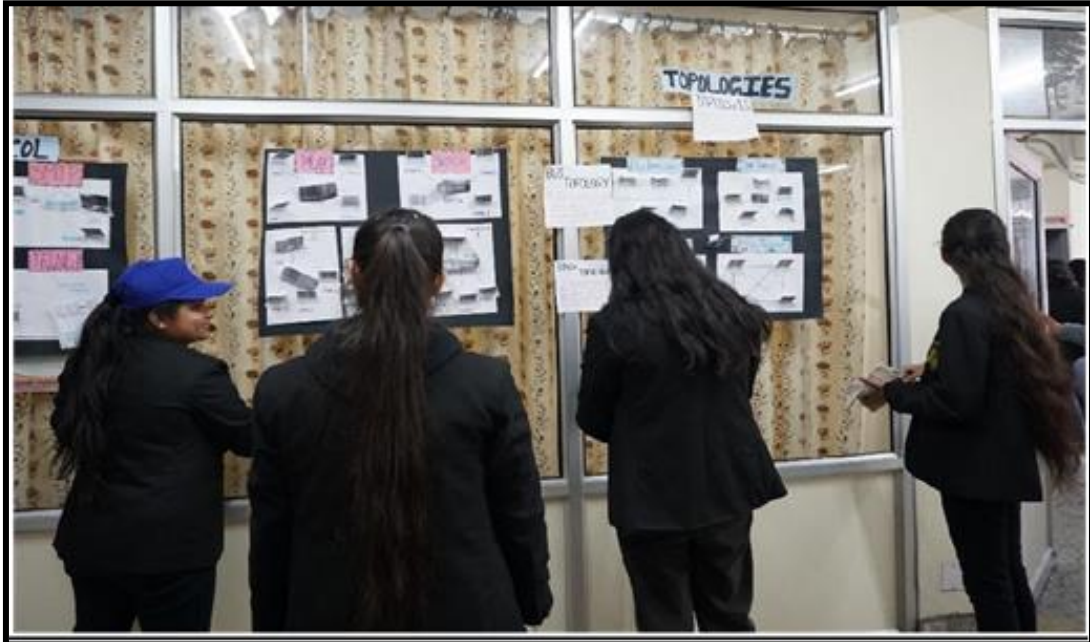


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NATIONAL WOMEN'S DAY

On the occasion of National Women's Day, a rally was organized by the NSS unit and the Debates and Dramatics Society of St. Bede's College. The rally began from Sher-e-Punjab restaurant and proceeded towards the Ridge, with enthusiastic participation from NSS volunteers and members of the Debates and Dramatics Society. The participants raised slogans advocating for women empowerment, aiming to raise awareness and promote gender equality.

The rally served as a platform for the volunteers to express their support for women's rights and the importance of gender equality in society. By actively participating in the rally, they showcased their commitment to the cause and their determination to create a more inclusive and equitable society.

Following the rally, a Nukkad Natak (street play) was presented by the members of the Debates and Dramatics Society at the Amphitheatre in Ridge. The Nukkad Natak aimed to convey powerful messages related to women's empowerment, highlighting the challenges faced by women in society and the need for gender equality. The performance captivated the audience, who appreciated the efforts of the performers in delivering their message effectively through this engaging medium.





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