



NSS ACTIVITIES 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.



*National Service Scheme
St. Bede's College, Shimla*





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.

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



*National Service Scheme
St. Bede's College, Shimla*

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.





*National Service Scheme
St. Bede's College, Shimla*





HAR GHAR TIRANGA

On 5th August 2022, 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 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.



*National Service Scheme
St. Bede's College, Shimla*

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 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



*National Service Scheme
St. Bede's College, Shimla*

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.



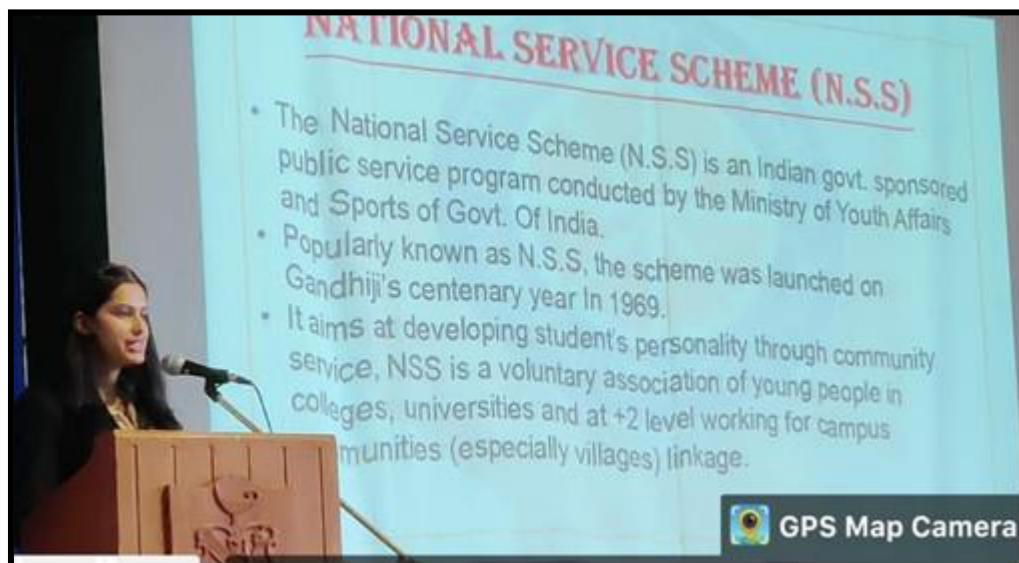
National Service Scheme St. Bede's College, Shimla

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.





*National Service Scheme
St. Bede's College, Shimla*





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.



*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





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 on 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 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

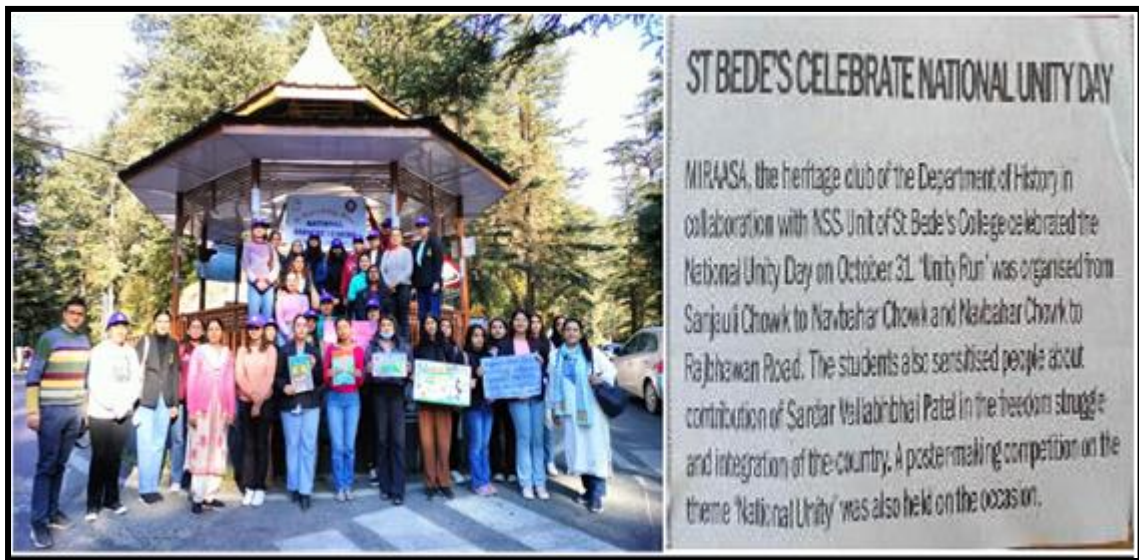
The NSS Unit of St. Bede's College organized a Unity Run on the occasion of Sardar Patel's birth anniversary to commemorate his contributions to the freedom struggle and his efforts towards the integration of the country. The Unity Run, covering a distance of 1 km, started from Navbahar Chowk and aimed to create awareness among the public about the significance of Sardar Patel's legacy.



National Service Scheme St. Bede's College, Shimla

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 misconceptions, inspire civic engagement, and encourage responsible voting.



*National Service Scheme
St. Bede's College, Shimla*





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.





*National Service Scheme
St. Bede's College, Shimla*





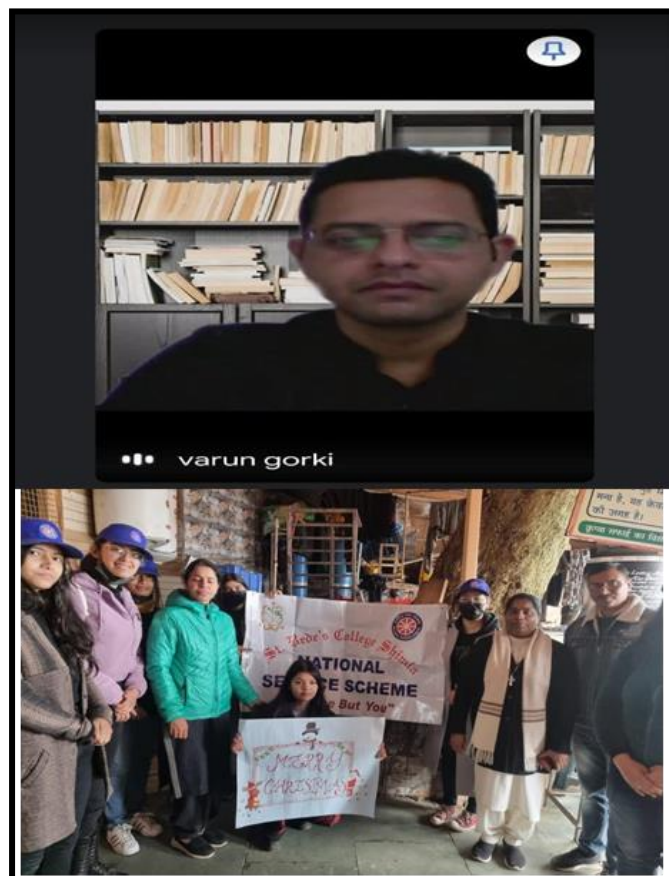
A VIRTUAL SESSION ON ANTIMICROBIAL RESISTANCE AWARENESS

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 on 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.





*National Service Scheme
St. Bede's College, Shimla*

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.

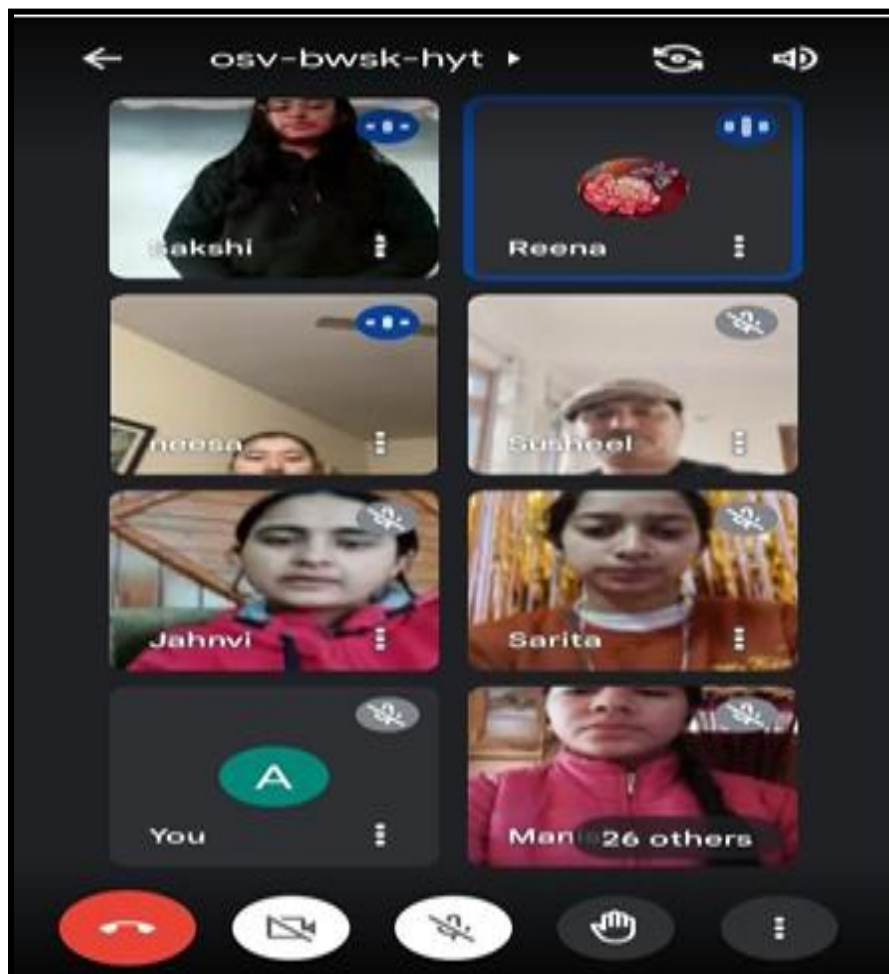
During the meeting, NSS Secretary Neesa Negi provided a brief introduction to the historical and democratic importance of National Voters Day. The gathering served as an opportunity to raise awareness among NSS volunteers about the value of voting and its impact on the nation's democratic process.

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.



*National Service Scheme
St. Bede's College, Shimla*





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 of unity, service, and personal growth.

The Special Annual Camp provided NSS volunteers with a platform to engage in diverse activities,



*National Service Scheme
St. Bede's College, Shimla*

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.





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*





*National Service Scheme
St. Bede's College, Shimla*

NATIONAL WOMEN'S DAY

On 7th March 2023, to celebrate 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.





*National Service Scheme
St. Bede's College, Shimla*

