



Session 2024-25

Activity: Celebrating International Yoga Day

Date: June 21, 2024

Objective: To encourage Yoga practice for well-being among students, staff and their families, and to extend this awareness to the local community.

Description: The NSS unit of St. Bede's college organised "International Day of Yoga" on June 21, 2024. The activity for the same was "Yoga at home with the family". The students as well as staff of St. Bede's College along their family members, practiced the Yoga Asanas at their respective places and posted their photos in social media. One of the teachers of St Bede's College, Mr. Anoop Kumar (PO NSS) organised the Yoga session at his village wherein he guided the locals to practice various Yoga poses and informed about their benefits.

Outcomes: This event raised awareness about the importance of Yoga for physical and mental well-being among students, staff, and their families.



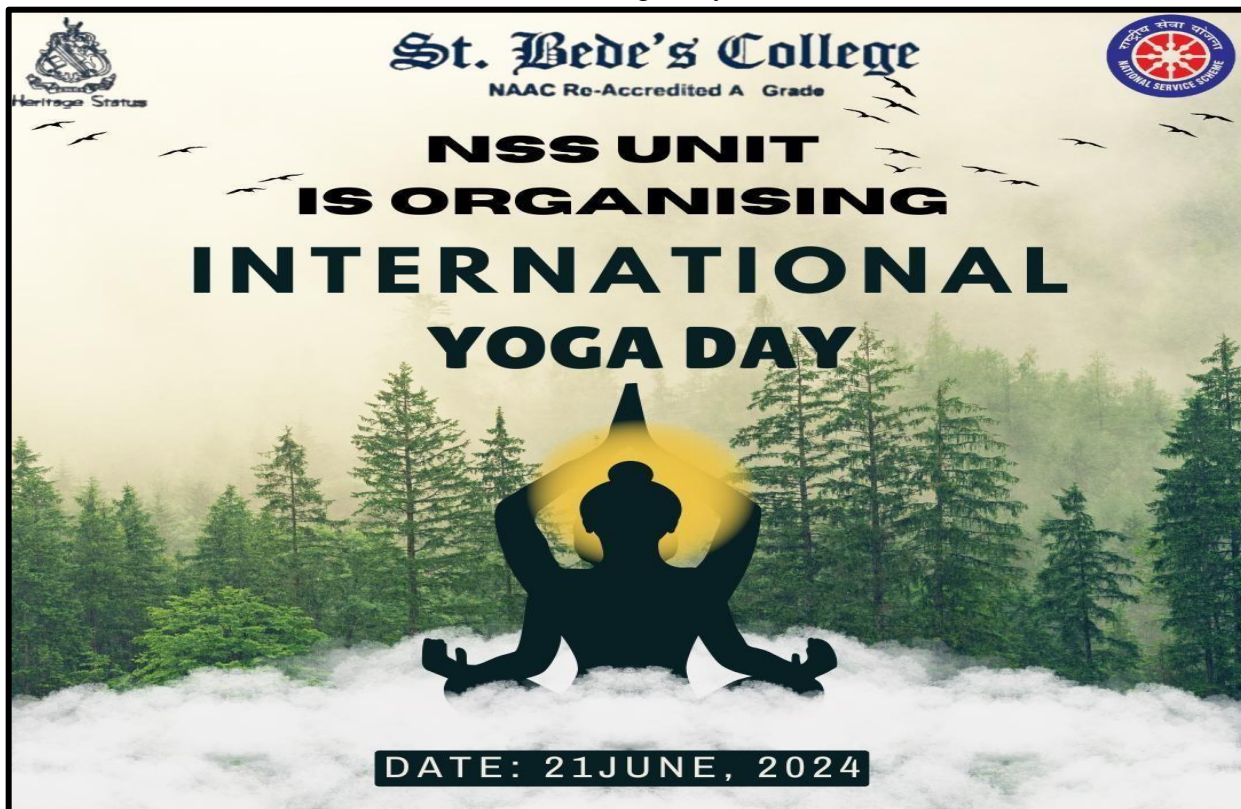
International Yoga Day



NSS Unit
St. Bede's College, Shimla



International Yoga Day



Brochure



Activity: Tree Plantation Drive

Date: August 3, 2024

Objective: To contribute significantly towards environmental sustainability and community wellbeing by fostering a sense of responsibility among our volunteers.

Description: The NSS unit of St. Bede's college organized a tree plantation drive under the 'Ek Ped, Maa Ke Naam' on August 3, 2024. The NSS volunteers participated enthusiastically in this drive. Around 100 saplings were planted in the Bhattakufer area. The event was inaugurated by the chief guest, Prof. (Sr.) Molly Abraham, the principal of the college. Along with the principal, the teachers in charge of NSS unit and some officers of forest department also participated in this event by planting the saplings. Refreshments were given to the volunteers.

Outcome: The outcomes of an NSS tree plantation drive extend beyond the physical act of planting trees, influencing the community, raising environmental awareness, and contributing to the broader goals of sustainability and ecological well-being.



Tree Plantation Drive



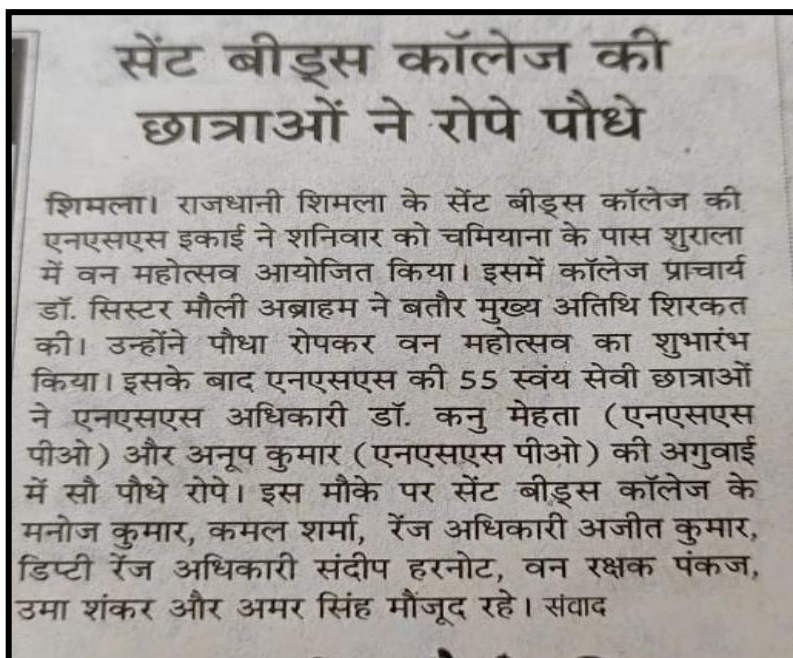
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Tree Plantation Drive



Brochure



Newspaper cutting

Activity: Talk on Union Budget

Date: August 14, 2024

Objective: To educate the NSS volunteers of St. Bede's College about the Union Budget, focusing on the Green Budget and youth-centric issues.

Description: The NSS Unit of St. Bede's College organized a talk on August 14, 2024, in the Seminar Room. The speaker for the session was Dr. Khyal Chand, an assistant professor of Department of Geography in Centre of Excellence Government Degree College, Sanjauli. He delivered a detailed presentation on various aspects of the budget allocation. The event was attended by approximately 60 NSS volunteers, along with the Programme Officers Dr. Kanu Mehta and Anoop Dila.



Outcome: The talk provided a comprehensive understanding of the budget, emphasizing youth-centric issues and enhancing the volunteers' knowledge of the Union Budget.



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Talk on Union Budget



St. Bede's College
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NSS UNIT
of
St. Bede's College
is organising
Talk
on
UNION BUDGET
2024-2025

Speaker:
Dr. Khyal Chand
Assistant Professor
COE Govt. College
Sanjauli



Venue: Seminar Room
Date: 14th August, 2024
Time: 2:00pm

Brochure



Activity: “Har Ghar Tiranga” Campaign

Date: August 13-15, 2024

Objective: The “Har Ghar Tiranga” campaign aimed to foster national pride and unity among students by encouraging their active participation in celebrating India’s 77th Independence Day.

Description: The NSS volunteers of St. Bede’s College enthusiastically participated in the “Har Ghar Tiranga” campaign from August 13th to 15th, 2024,. Students unfurled and displayed the National Flag at their homes, captured their images, and uploaded them to the official campaign website. They also shared videos of patriotic dances, singing and posters with inspiring slogans, showcasing their creativity and patriotic spirit. As part of their participation, students pledged their commitment to the campaign and received the Har Ghar Tiranga Certificate, recognizing their involvement and dedication.

Outcome: The campaign significantly enhanced the students’ sense of patriotism and unity. Their commitment, recognized through the Har Ghar Tiranga Certificate, strengthened their connection to the nation while celebrating its 77th Independence Day.





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“Har Ghar Tiranga” Campaign



Certificate of Appreciation



Brochure

Activity: Iron-rich Food cooking Competition

Date: September 16, 2024

Objective: To raise awareness about the importance of iron-rich diets in preventing health issues like anemia, under the theme "Poshan Maah."

Description: The NSS Unit of St. Bede's College, in collaboration with the Department of Nutrition and Health Education, organized an iron-rich food cooking competition. The event was judged by Dr. Sapna and Sr. Susaiammal Arokiasamy, with students showcasing creative iron rich dishes. The competition evaluated the dishes based on taste, nutritional value, and presentation.

Outcome: The Event successfully promoted healthy eating habits, highlighting the importance of iron-rich diets among students.



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Iron-rich Food cooking Competition



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Iron-rich Food cooking Competition



Brochure



Activity: Swachhata Hi Seva Campaign

Date: September 17 to October 2, 2024

Objective: The objective of Swachhata Hi Seva Campaign **is** to promote cleanliness and community service among NSS volunteers. It aims to educate students on recycling and environmental benefits to promote environmental conservation, enhance campus aesthetics, encourage sustainable practices and promote eco-friendly practices within the college and community. The Campaign under the theme “Swabhav Swachhata Sanskaar Swachhata” Aims to encourage NSS volunteers to take responsibility for maintaining clean spaces to promote sustainable practices by educating students on composting and encouraging active participation in waste management.

Description: The NSS unit of St. Bede's College organized various activities under the Swachhata Hi Seva campaign from September 17th to October 2nd 2024, with the theme “Swabhav Swachhata Sanskaar Swachhata”. Volunteers participated in cleanliness drives across the campus and nearby areas, waste segregation, tree plantation, and awareness programs on sustainable waste management. Creative competitions like slogan writing and poster making were also held to promote cleanliness. The campaign concluded with a Swachhata rally, Nukkad Natak on Swachhata and Skit on Waste management, contributing to the national mission of Swachh Bharat.

Outcome: The event successfully fostered a sense of responsibility and teamwork among the volunteers. It reinforced the values of community service and environmental cleanliness, aligning with the program's theme.





St. Bede's College
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NSS Unit
Is Celebrating

Swachhata Hi Seva Campaign
From 17th September - 2nd October, 2024
Under the theme:
**Swabhav Swachhata Sanskaar
Swachhata**

Day 1: Pledge and Cleanliness Drive	Day 9: Cleanliness Drive
Day 2: Library Cleaning	Day 10: Tree Plantation Drive
Day 3: Poster Making Competition	Day 11: Cleaning of water bodies
Day 4: Cleanliness Drive	Day 12: Cleanliness Drive and Nukkad Natak
Day 5: Recycling Awareness Program	Day 13: Mega Cleanliness Drive
Day 6: Cleanliness Drive	Day 14: Presentation on Waste Management
Day 7: Waste Management Drive	Day 15: Cleanliness Drive
Day 8: Recycling Awareness Program	

Brochure

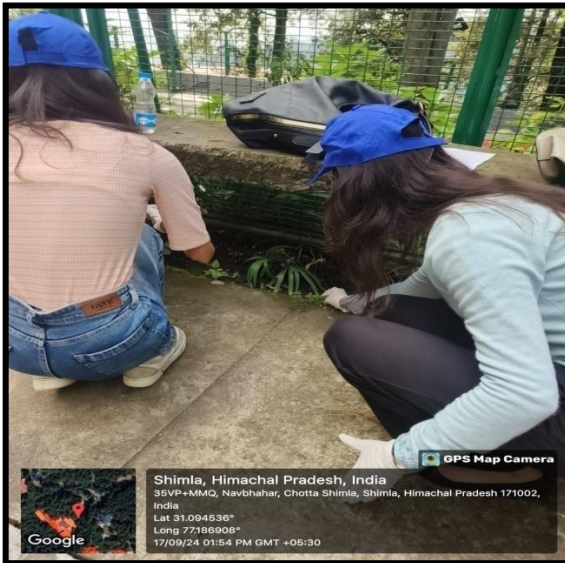
(Day 1) September 17, 2024

Pledge and Cleanliness Drive

Description: NSS volunteers of St. Bede's College, along with Principal Sr. (Prof.) Molly Abraham and the Program Officers, took the Swachhata pledge. In her address, Sister Molly emphasized the importance of selfless service and commitment to the community. After the pledge, the volunteers, along with the Principal, actively participated in a cleanliness drive, contributing by picking up garbage around the campus.



NSS Unit St. Bede's College, Shimla



Pledge and Cleanliness Drive



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(Day 2) September 18, 2024

Library Cleaning

Description: NSS volunteers gathered in the college library to undertake a comprehensive cleaning and organizing drive. The activities included dusting shelves, cleaning tables and chairs, and arranging books in an orderly manner. Volunteers were provided with cleaning tools, and proper safety measures were ensured, including the use of masks and gloves. The entire drive was supervised by faculty members to ensure that the books were handled carefully and that the task was executed efficiently. The initiative was part of the broader Swachh Bharat campaign, aligning with the college's commitment to cleanliness and community service.



Library Cleaning



NSS Unit
St. Bede's College, Shimla

(Day 3) September 19, 2024

Poster Making Competition

Description: The NSS unit of St. Bede's College organized the competition, inviting students to create posters and slogans that reflected the theme of cleanliness and hygiene. Participants were provided with materials such as paper, colors, and markers to bring their ideas to life. The event encouraged collaboration and innovation, allowing students to express their thoughts creatively.



Poster Making Competition

(Day 4) September 20, 2024

Description: The NSS unit of St. Bede's College organized a cleanliness drive from Navbahar to the nearby petrol pump. The volunteers, who cleaned litter and debris while educating local residents on the importance of hygiene.



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Cleanliness Drive



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(Day 5) September 21, 2024

Recycling Awareness Program

Description: The NSS unit of St. Bede's College, Shimla, organized a recycling awareness program guided by Mr. Anoop Dilt. Mr. Dilt led the session, presenting the paper recycling process in detail. He explained how used paper is collected, cleaned, and transformed into new sheets, emphasizing the environmental advantages of recycling, such as reducing waste and conserving natural resources.

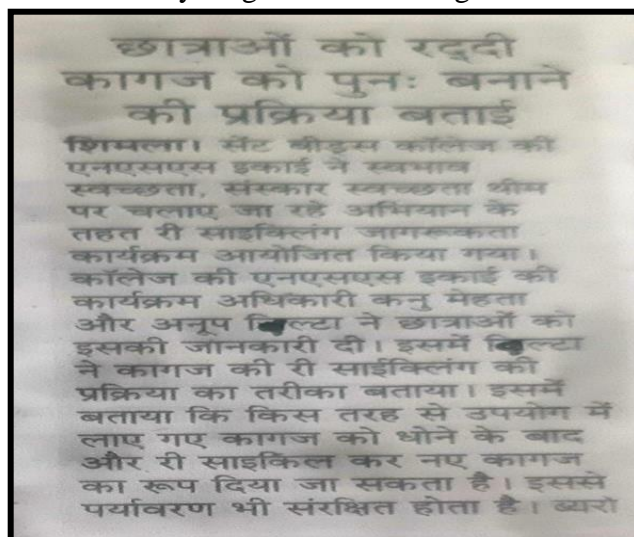
The session was interactive, featuring a Q&A segment where students could ask questions about recycling. NSS volunteers also distributed pamphlets that provided practical tips on recycling, encouraging students to adopt more eco-friendly habits in their daily lives.



NSS Unit St. Bede's College, Shimla



Recycling Awareness Program



Newspaper cutting



(Day 6) September 22, 2024

Cleanliness Drive

Description: The NSS unit of St. Bede's College organized a cleanliness drive around the campus. Volunteers actively participated in cleaning various areas, collecting and segregating waste for proper disposal. The drive focused on improving the overall campus environment and spreading awareness about cleanliness.



Cleanliness Drive



NSS Unit
St. Bede's College, Shimla

(Day 7) September 23, 2024

Waste Management Drive

Description: On 23 September 2024, the NSS unit of St. Bede's College organized a waste management drive focused on composting. Volunteers, collected dry leaves and kitchen waste from the college for composting. Dr. Shruti Gupta from the Department of Biotechnology educated students on the composting process, explaining how organic waste is converted into compost and its various environmental uses.



Waste Management Drive



(Day 8) September 24, 2024

Recycling Awareness Program

Description: The NSS unit of St. Bede's College organized a recycling awareness program. During the session, Mr. Dilta presented the paper recycling process in detail, explaining how used paper is collected, cleaned, and transformed into new sheets. He emphasized the environmental benefits of recycling, including waste reduction and conservation of resources. The importance of recycling, the event promoted environmental responsibility among students.



Recycling Awareness Program

(Day 9) September 25, 2024

Cleanliness Drive

Description: The NSS unit of St. Bede's College organized a cleanliness drive in the college campus and nearby areas, focusing on collecting and segregating waste to ensure proper



NSS Unit
St. Bede's College, Shimla

disposal. The drive fostered a sense of responsibility among students regarding their environment.



Cleanliness Drive

(Day 10) September 26, 2024

Tree Plantation Drive

Description: The NSS unit of St. Bede's College organized a tree plantation drive. During the event, volunteers planted native trees around the college campus to promote environmental conservation and support biodiversity. The initiative aimed to beautify the campus and instill a sense of responsibility towards nature among the students.



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Tree Plantation Drive



NSS Unit
St. Bede's College, Shimla

(Day 11) September 27, 2024

Cleaning of Water Bodies

Description: The NSS unit of St. Bede's College organized a cleaning strike at Sanjauli, focusing on cleaning the water bodies. Volunteers actively participated in removing waste and debris from the area. The initiative aimed to contribute to the environmental improvement of the local community while emphasizing the importance of keeping water resources clean and safe.



Cleaning of Water Bodies



(Day 12) September 28, 2024

Cleanliness Drive and Nukkad Natak

Description: The NSS unit of St. Bede's College, organized a cleanliness drive and Nukkad Natak (street play) in China-Tilla Village, under Panchayat Dhalli. Volunteers performed the Nukkad Natak to highlight the importance of a clean environment to an audience of villagers and gram panchayat members. Additionally, they collected waste, including plastics and wrappers, during their journey to and from the village, further contributing to the cleanliness initiative.



Cleanliness Drive and Nukkad Natak



Cleanliness Drive and Nukkad Natak

छात्राओं ने किया नुक्कड़ नाटक का मंचन

शिमला। सेंट बीड्स कॉलेज में स्वभाव स्वच्छता, संस्कार स्वच्छता के तहत एनएसएस के चलाए जा रहे कार्यक्रम में छात्राओं ने शनिवार को ढली पंचायत के तहत चाईना टिला में सफाई अभियान चलाया। इस दौरान नुक्कड़ नाटक से स्वच्छता का महत्व भी बताया। कार्यक्रम में एनएसएस अधिकारी डॉ. कनु मेहता, अनूप दिल्ला के अलावा पंचायत उपप्रधान किशोर ठाकुर, वार्ड सदस्य सुरेंद्र ठाकुर, निशा ठाकुर और अन्य ग्रामीणों ने भी सहयोग किया। इस दौरान छात्राओं ने रास्ते में सफाई अभियान चलाकर जंगलों में फैले कूड़े, प्लास्टिक को एकत्र करने का कार्य किया। हेलीपोर्ट रोड से टिल्ला गांव तक सफाई की। ब्यूरो

Newspaper cutting

(Day 13) September 30, 2024

Mega Cleanliness Drive

As per guidelines from Regional Directorate of NSS, Chandigarh and Ministry of Youth and Sports, Govt. of India, NSS unit of the college was directed to conduct Swachhata hi Seva Campaign 2024 with the financial support of Rs. 25,000/- .



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The NSS unit of St. Bede's College organised the Mega Cleanliness Drive on September 30, 2024 under the theme "Swabhav Swachhata Sanskaar Swachhata". The following activities were performed as part of the event:

1. Cleanliness Drive around Navbahar Ward and Waste Segregation

The NSS volunteers went on a cleanliness drive around the Navbahar area and also segregated the plastic and biodegradable waste collected by them.



Brochure



Cleanliness Drive around Navbahar Ward



Cleanliness Drive around Navbahar ward and waste Segregation

2. Awareness through Nukkad Natak at Ridge and Skit on Waste Management at Govt. School, Sanjauli.

The NSS volunteers performed a Nukkad Natak at Mall to raise awareness about cleanliness and also a skit was performed in Govt. School, Sanjauli on waste management.





Awareness through Nukkad Natak and Skit

3. Swachhata Rally from St. Bede's College Gate to Directorate of Horticulture via Project Deepak

A Swachhata Rally was organized from the St. Bede's College Gate to the Directorate of Horticulture, passing through Project Deepak, with participation from NSS volunteers



Brochure



NSS Unit
St. Bede's College, Shimla



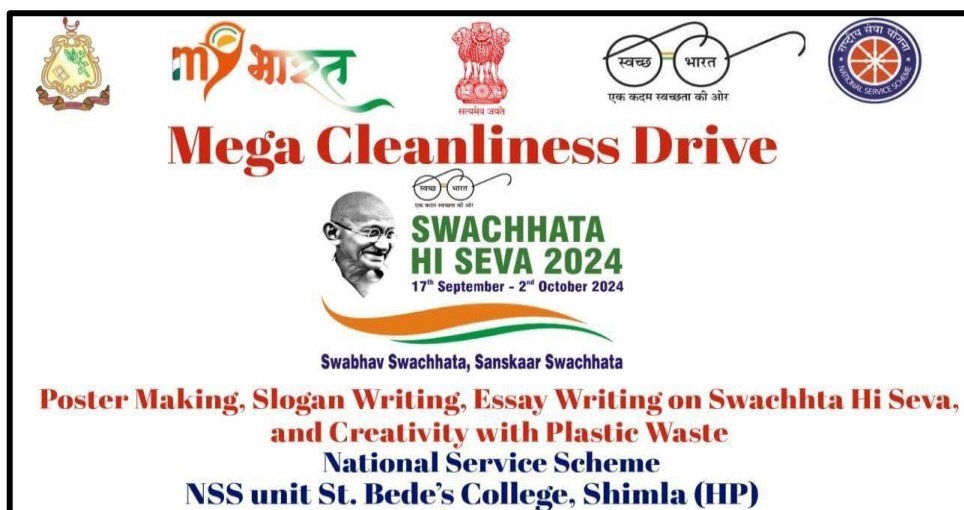
Swachhata Rally



Newspaper Cutting

4. Poster Making, Slogan Writing, Essay Writing on Swachhata Hi Seva, and Creativity with Plastic Waste.

The volunteers enthusiastically took part in activities such as slogan writing, poster making, essay writing on "Swachhata Hi Seva," and demonstrated creativity by repurposing plastic waste.



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NSS Unit
St. Bede's College, Shimla



Poster Making, Slogan Writing, Essay Writing and Creativity with Plastic Waste

(Day 14) October 1, 2024

Presentation on Waste Management

Description: The NSS unit of St. Bede's College organized a presentation on waste management. Dr. Shruti Gupta, Assistant Professor and Head of the Department of Biotechnology, delivered valuable insights on waste segregation, recycling, and composting, highlighting their importance in achieving a cleaner environment. The event encouraged active participation from students and staff, fostering a collaborative approach to sustainability.



Presentation on Waste Management

(Day 15) October 2nd, 2024

Cleanliness and Community service

Description: NSS volunteers of St. Bede's College, emphasized the importance of selfless service and commitment to the community. The volunteers actively participated in a cleanliness drive, contributing by picking up garbage around their surroundings.



Cleanliness and Community service



NSS Unit
St. Bede's College, Shimla

Garbage Collection by MC Vehicle

Description: On October 10, 2024, the Municipal Corporation (MC) vehicle arrived at St. Bede's College to collect the waste that had been gathered by the NSS volunteers over the previous days from September 15-october 2nd, 2024. The collected waste, which included paper waste, plastic waste, plastic bottles etc., was handed over to the MC personnel for appropriate disposal. The event was well coordinated, with the volunteers ensuring smooth operations.



Garbage Collection by MC Vehicle



Activity: Cyber Security Awareness Talk

Date: September 18, 2024

Objective: To raise awareness about cyber security and educate students on data protection and how to respond to cybercrime.

Description: The NSS unit of St. Bede's College organized a cyber security talk featuring LC Manu Sharma and Constable Kamlesh. The speakers shared practical tips on data protection, such as using strong passwords and two-factor authentication, and outlined steps to take in case of cybercrime, including reporting incidents and preserving evidence.

Outcome: The session enhanced students' understanding of cyber security and provided actionable advice on protecting their digital presence and responding to cybercrime.



Cyber Security Awareness Talk



NSS Unit
St. Bede's College, Shimla



Cyber Security Awareness Talk



Newspaper cutting



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Activity: NSS Day Celebration

Date: September 24, 2024

Objective: The objective of the NSS Day celebration was to emphasize leadership, social awareness, and civic responsibility among students while promoting the NSS motto, “Not Me, But You.”

Description: The NSS Unit of St. Bede's College celebrated NSS Day with enthusiasm on



NSS Unit

St. Bede's College, Shimla

September 24, 2024. The event showcased a variety of cultural performances, including classical, Punjabi, and Bollywood dances, along with a play focused on the importance of blood donation. A vibrant Pahari Nati performance celebrated the local culture, adding to the festive atmosphere. Principal Professor Sister Molly Abraham acknowledged the dedication and efforts of Program Officers Dr. Kanu Mehta and Mr. Anoop Ditta, as well as the contributions of the President and Secretary of the NSS unit.

Outcome: The event culminated in a heartfelt vote of thanks that recognized everyone's contributions, inspiring all participants with the NSS motto, "Not Me, But You." The celebration successfully promoted a spirit of service and responsibility among students.



NSS Day Celebration



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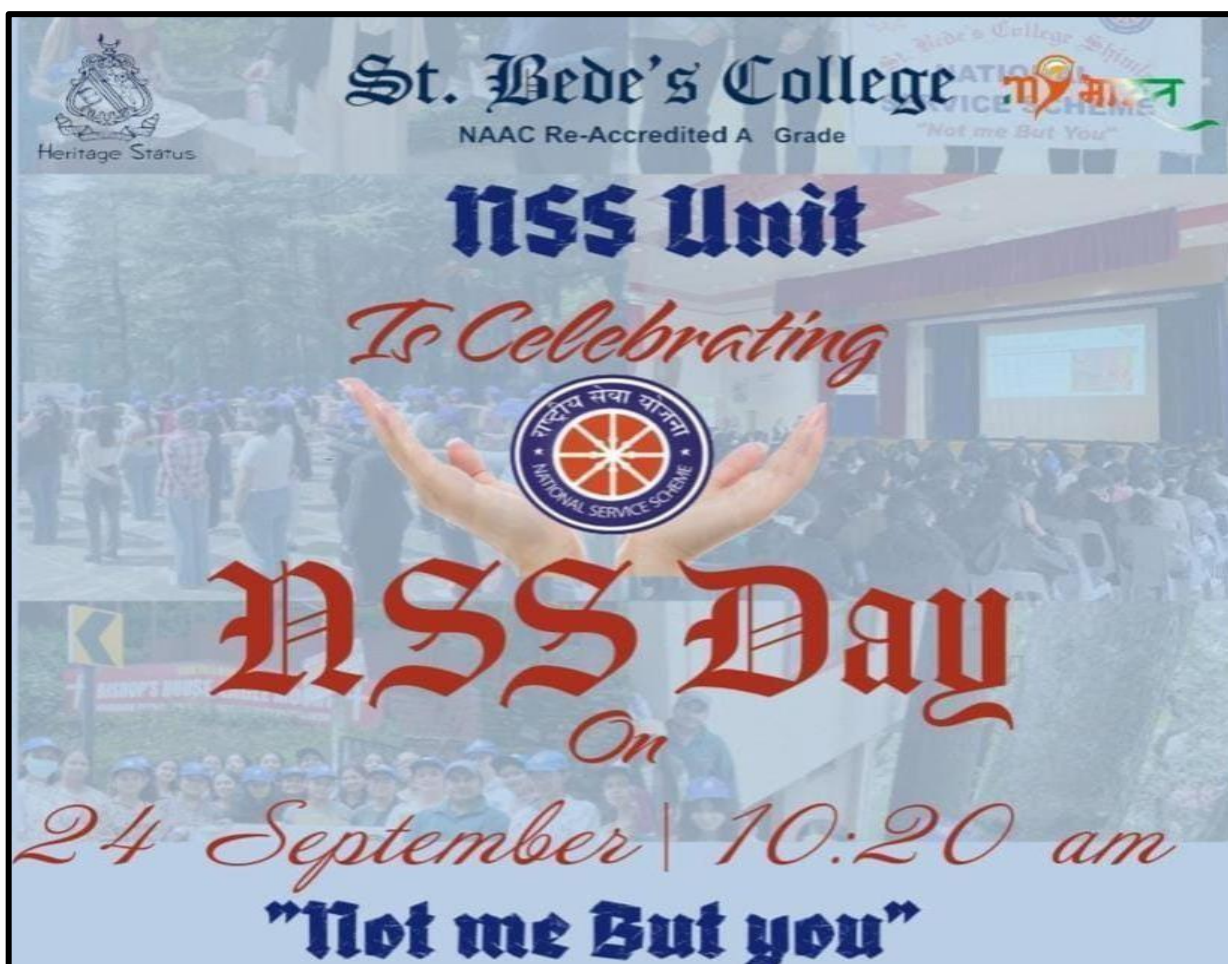
NSS Day Celebration



NSS Day Celebration



NSS Unit
St. Bede's College, Shimla



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Activity: Donation Drive

Date: September 25- October 3, 2024

Objective: The NSS unit of St. Bede's College organized a donation drive to collect and distribute clothes to support underprivileged communities and promote social responsibility among students.

Description: Clothes were collected from students and staff within the college. A significant portion of the clothes was donated to the NGO Goonj through a drop-off at DAV New Shimla, their partnering organization. Additionally, some clothes were distributed to the college workers as a token of appreciation. The event was efficiently managed by NSS volunteers with the support of program officers.

Outcome: The drive successfully provided clothes to those in need, benefiting both the NGO Goonj and college workers. It also fostered a sense of community service and empathy among participants, aligning with the NSS's mission of social upliftment.



NSS Unit
St. Bede's College, Shimla



Donation Drive



Donation Drive



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Activity: Blood Donation Drive

Date: October 4, 2024

Objective: To promote awareness about the importance of blood donation and encourage community service.

Description: The NSS unit of St. Bede's College organized a Blood Donation Drive under the guidance of Principal Professor Sister Molly Abraham and Program Officers Dr. Kanu Mehta and Mr. Anoop Dila. Supported by Dr. Siddharth's team from IGMC, the event successfully collected over 60 units of blood from students, faculty, and staff. The principal felicitated Dr. Siddharth for his contribution, and NSS volunteers coordinated the drive efficiently. Donors received refreshments and certificates as tokens of appreciation.

Outcome: The drive successfully raised awareness about the significance of blood donation and reinforced the spirit of community service within the college.



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St. Bede's College, Shimla



Blood Donation Drive



Blood Donation Drive



NSS Unit
St. Bede's College, Shimla



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Activity: Diwali Celebration

Date: October 24, 2024

Objective: To spread joy and light to the underprivileged residents of the Bangala Colony slum area in Sanjauli by distributing toys, candles, diyas, chocolates, and clothes, while promoting social responsibility among students.

Description: The NSS Unit of St. Bede's College, under the guidance of Principal Professor Sister Molly Ibrahim, Programme Officers Dr. Kanu Mehta and Mr. Anoop Ditta, and led by the NSS President and Secretary, collected donations from NSS students. These included diyas, candles, toys, chocolates, and clothes, which were distributed to the residents of Bangala Colony. Volunteers also spent time with the families, lighting diyas and candles, and sharing the festive spirit of Diwali.

Outcome: The event brought smiles to the residents of the slum area, particularly the children, and encouraged a deeper sense of empathy and community service among the NSS volunteers, making it a meaningful and impactful Diwali.



NSS Unit
St. Bede's College, Shimla



Diwali Celebration



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Diwali Celebration

Activity: Special Session for Janjatiya Gaurav Diwas

Date: November 26, 2024

Objective: To honour the legacy of Bhagwan Birsa Munda and promote awareness about the rich cultural heritage, languages, and lifestyles of India's tribal communities.

Description: The NSS Unit of St. Bede's College, organized a session as part of the Janjatiya Gaurav Diwas celebrations. Two students delivered insightful presentations on tribal lifestyles and languages, highlighting their cultural significance. NSS volunteers played a key role in ensuring smooth coordination and active participation.


Outcome: The session enhanced awareness of tribal heritage and fostered respect for the contributions of tribal communities, successfully aligning with the objectives of Janjatiya Gaurav Diwas.





NSS Unit
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Special Session for Janjatiya Gaurav Diwas

 **St. Bede's College**
NAAC Re-Accredited A Grade

NSS UNIT

**is organizing session on tribal languages
and lifestyles as part of the Janjatiya
Gaurav Diwas celebration**



Date: 26 November 2024
Time: 10:30am onwards
venue: Seminar Room

Brochure



Activity: Poster-Making Competition: “Bhartiya Bhasha Divas”

Date: December 11, 2024

Objective: To celebrate India’s linguistic diversity and promote awareness about the 16 scheduled constitutional languages.

Description: Students enthusiastically participated in creating posters, showcasing the cultural richness and significance of Indian languages. The event highlighted the beauty of linguistic diversity and its role in fostering national unity. Participants shared unique perspectives through their art, connecting their creativity to the spirit of the event.

Outcome: The competition successfully celebrated India’s multilingual heritage, instilling a sense of pride and cultural awareness among the participants. It also inspired students to value and preserve the diversity of Indian languages.



NSS Unit
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Poster-Making Competition: "Bhartiya Bhasha Divas"



Brochure

Activity: Documentary Screening on Birsa Munda

Date: December 16, 2024

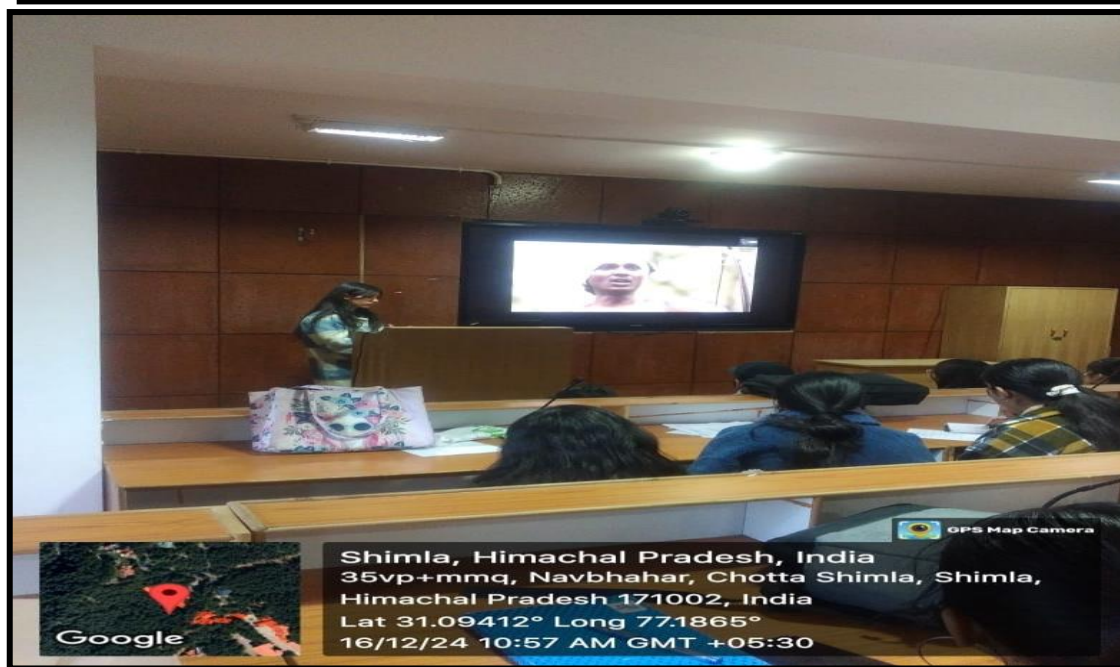
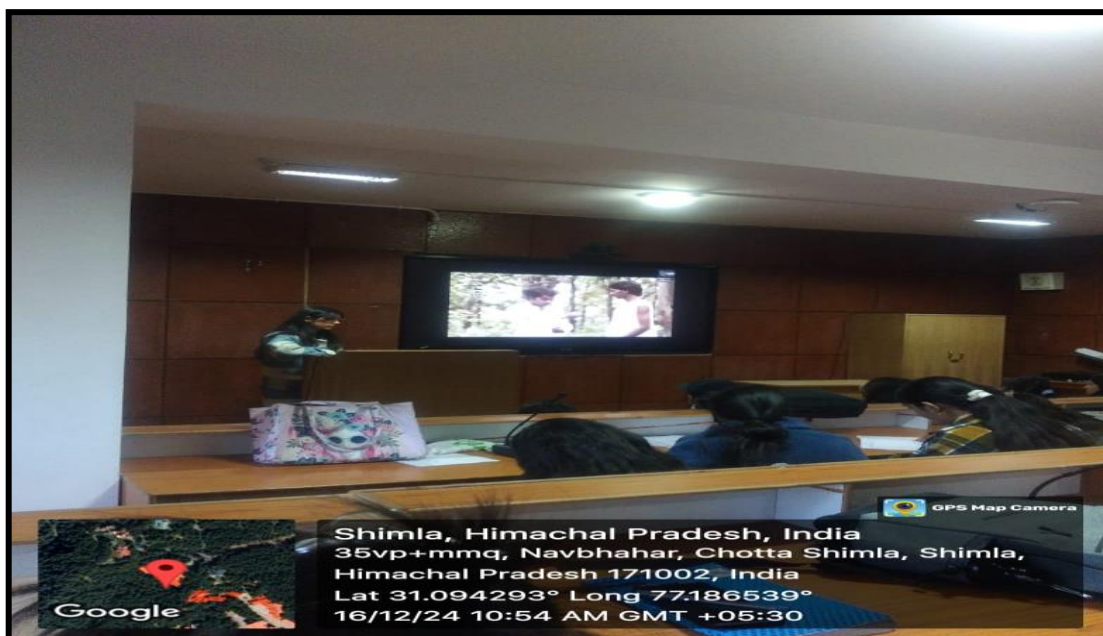
Objective: The objective of the event was to educate students and faculty about the life and contributions of Birsa Munda, a tribal leader and freedom fighter, focusing on his role in the Ulgulan and his efforts to protect tribal rights during British rule.

Description: The documentary screening began at 10:40 a.m. and provided a comprehensive look into Birsa Munda's life, his leadership in the fight for tribal rights, and his lasting impact on Indian history. A brief discussion followed the screening, encouraging reflection on his legacy.

Outcome: The event successfully raised awareness about Birsa Munda's contributions, inspiring the audience to appreciate the importance of preserving tribal rights and culture. The attendees left with a deeper understanding of his role in India's freedom struggle.



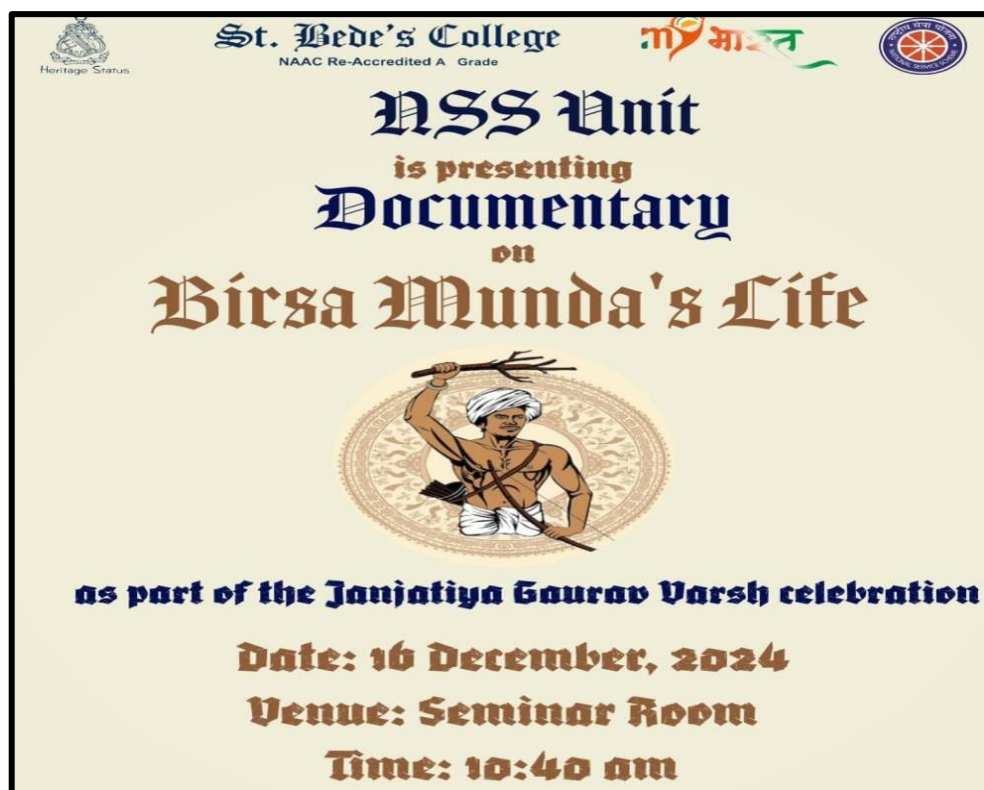
NSS Unit
St. Bede's College, Shimla



Documentary Screening on Birsa Munda



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Activity: Floral Tribute to the Sahibzadas

Date: December 26, 2024

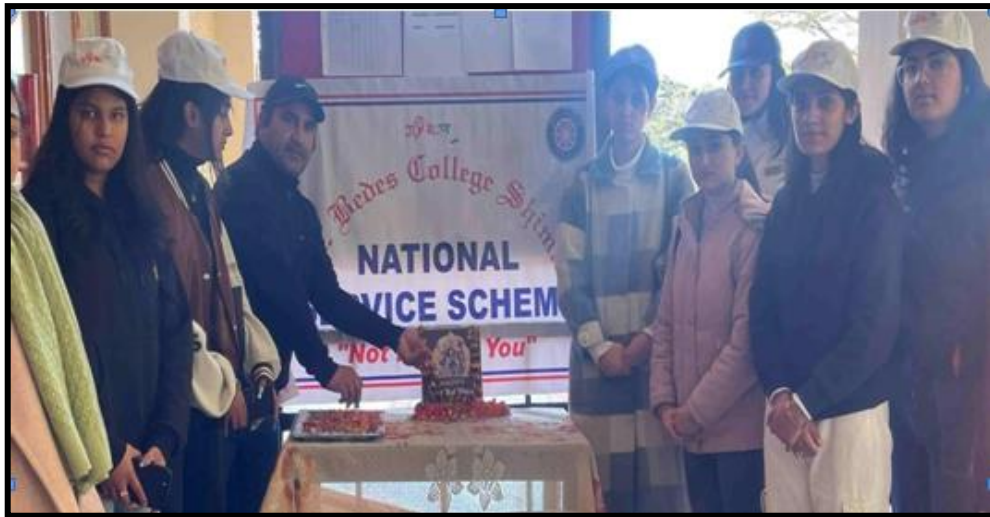
Objective: To honour the sacrifices and legacy of the Sahibzadas, the sons of Guru Gobind Singh Ji, and inspire participants with their values of courage and devotion.

Description: The event commenced with Principal Professor Sister Molly Abraham, accompanied by Program Officers Dr. Kanu Mehta and Mr. Anoop Dila, leading the floral tribute by placing flowers to honour the Sahibzadas. Students and staff followed, offering their respects in a solemn and respectful manner. The tribute concluded with a collective moment of reflection on the Sahibzadas' unparalleled courage and dedication.

Outcome: The tribute brought the college community together in a spirit of respect and remembrance. Participants gained insights into the Sahibzadas' valor and expressed appreciation for the event's cultural and moral impact.



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Floral Tribute to the Sahibzadas



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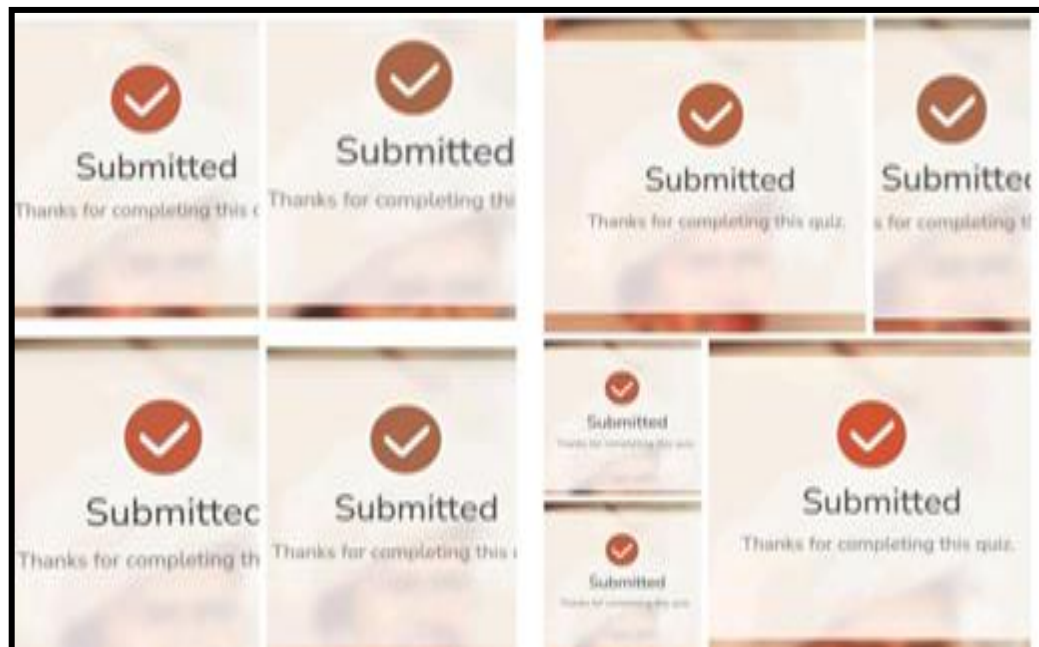
Activity: Online Quiz to Commemorate Bhagwan Birsa Munda's Birth Anniversary

Date: January 17, 2025

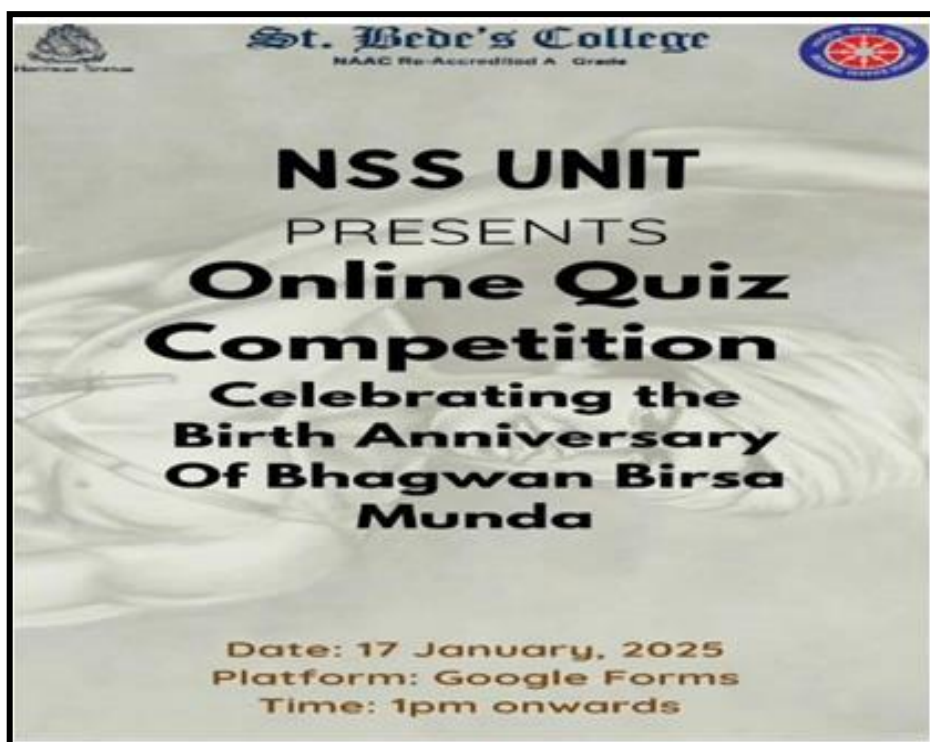
Objective: The objective of this event was to honour the birth anniversary of Bhagwan Birsa Munda, raise awareness about his contributions to India's freedom struggle, and educate participants about tribal culture and history.

Description: The NSS Unit organized an Online Quiz Competition on 17 January 2025, starting at 1 PM via Google Forms. The quiz covered topics such as Birsa Munda's life, tribal culture, and India's freedom movement. Students actively participated, demonstrating great enthusiasm and knowledge.

Outcome: The event witnessed excellent participation, fostering a deeper understanding of Birsa Munda's legacy and the importance of tribal contributions to India's history. The quiz successfully achieved its goal of educating students while honoring a national hero. Winners were recognized and appreciated for their performance.



Online Quiz



Brochure

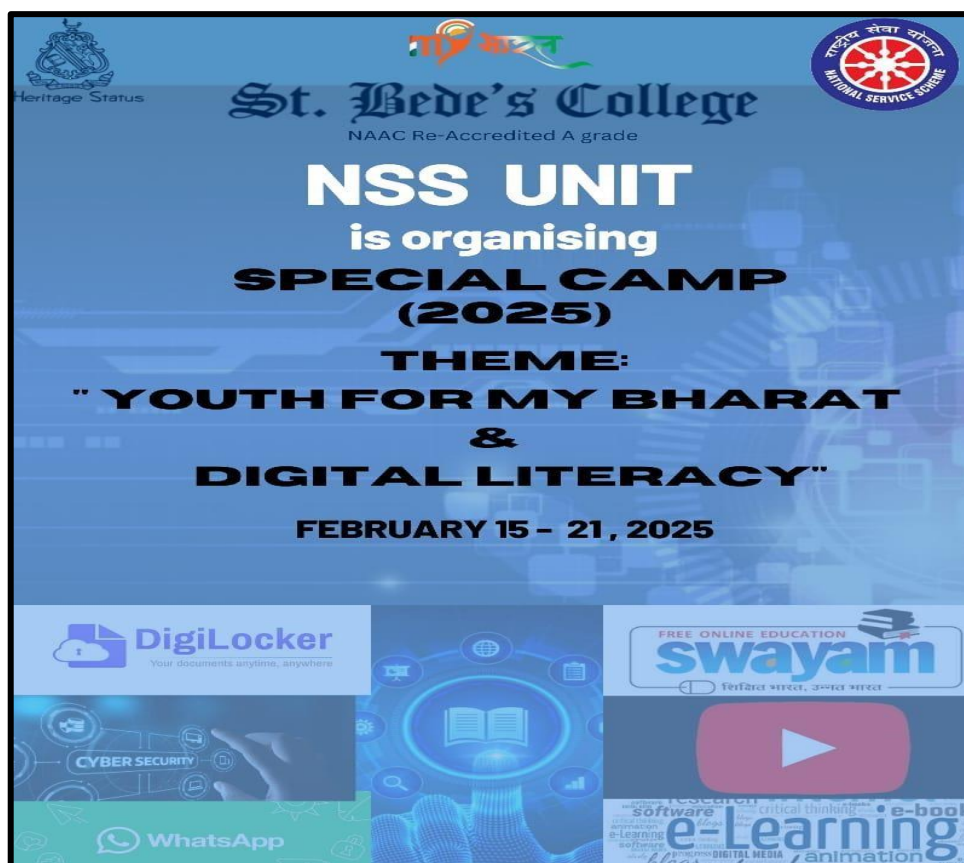
Activity: NSS ANNUAL CAMP (2024-2025)

Date: February 15-February 21,2025

Objective: The objective of NSS annual camp is to provide students with an opportunity to engage in community service and social welfare activities. The camp is designed to foster a sense of responsibility, social awareness, personality development, skill development and national integration among the students. The camp objective is to instill values such as discipline and team work among the students.

Description: The NSS Annual Camp (2024-2025) was organized from February 15-February 21, 2025 on the theme “Youth for my Bharat and Digital Literacy”. The camp focused on health education, discipline, environmental conservation, and social responsibility, aligning with the NSS motto, “Not Me, But You.” Each day featured different activities, including awareness programs, cleanliness drives, fitness sessions, disaster preparedness training, and community visits, ensuring a well-rounded learning experience for the volunteers.

Outcomes: The outcomes of the NSS annual camp contribute to creating well-rounded individuals who are not only aware of the issues facing society but are also equipped to bring about positive changes. Camp also plays a crucial role in nurturing future leaders and responsible citizens.



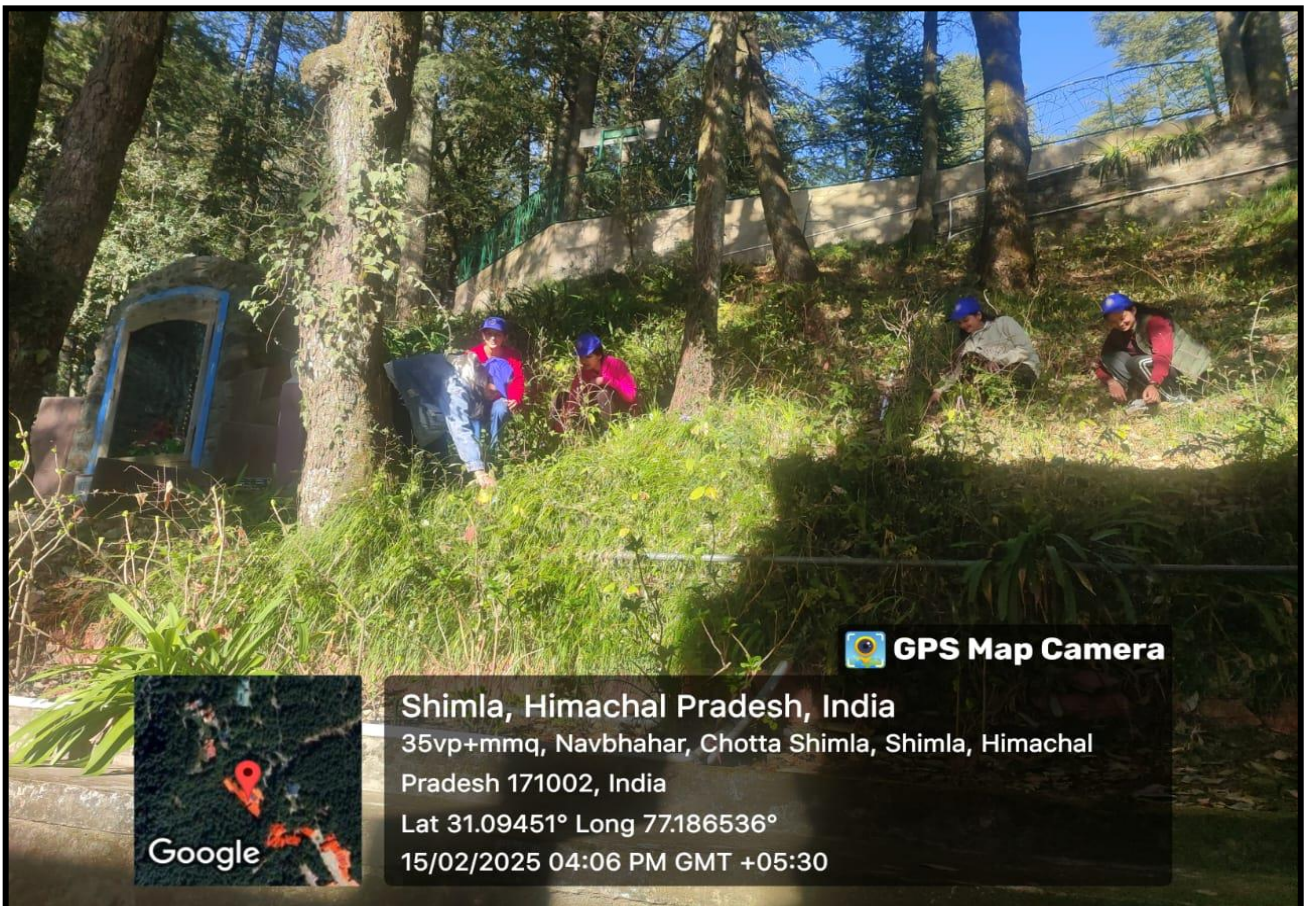
Brochure

February 15, 2025 (Day 1)

Description: The camp began with an inauguration ceremony led by Professor Sister Molly Abraham, followed by a presentation on the year's NSS activities. A session on Digital Literacy by Dr. Balveer Singh Thakur provided insights into the importance of safe digital practices. Later, a Zumba fitness session by Ms. Bindu Khanna energized the volunteers. The day concluded with cleanliness drive, reinforcing the importance of hygiene and service.



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 1



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 1

February 16, 2025 (Day 2)

The day started with a morning assembly, boosting enthusiasm. Volunteers travelled to Dhanain, adopted village of NSS where they conducted a Cleanliness Drive, ensuring a cleaner environment. A Nukkad Natak on Nasha Mukta Bharat and Swachh Bharat was performed to educate the community about addiction free living and hygiene. An interactive session on Digital Literacy and Cybercrime at the village school helped students and locals understand cyber safety and responsible internet use.



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 2



February 17, 2025 (Day 3)

Description: The day commenced with an invigorating yoga session by Dr. Ashwini Kumar, emphasizing the benefits of yoga in daily life and mental well-being. This was followed by a disaster preparedness session conducted by Mr. Surendra Chandel and his team from the Home Guard Department, where volunteers learned essential emergency response techniques. The day concluded with a library arrangement activity, where volunteers organized books and maintained study spaces.



NSS Annual camp Day 3



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 3

February 18, 2025 (Day 4)

Description: The day started with warm-up exercises by Mr. Anoop Diltia, followed by a parade and March past session conducted by NCC cadets, focusing on coordination and discipline. A motivational session by Professor Sister Molly Abraham provided valuable life lessons and moral guidance. Later, volunteers engaged in library maintenance, ensuring a well-organized and clean learning space.



NSS Unit
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NSS Annual camp Day 4



NSS Unit *St. Bede's College, Shimla*



NSS Annual camp Day 4

February 19, 2025 (Day 5)

Description: Volunteers visited IGMC Cancer Hospital, Shimla, for Langar Sewa, where they actively participated in serving food to patients and their attendants. Also volunteers interacted with the patients in the cancer hospital and learned the values of humanity. Mr. Sarabjeet Singh Bobby, who runs a free langar sewa at the hospital, shared his experiences and motivated volunteers to engage in blood donation and social work. Additionally, Dr. Manish Gupta from IGMC spoke about cancer treatment and patient care, educating volunteers on health challenges and the need for empathy.



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 5

February 20, 2025 (Day 6)

Description: The day began with exercise and stretching led by Mr. Anoop Diltia, ensuring volunteers remained active. A session on stress relief through art therapy by Ms. Jagriti introduced Mandala art and Zen techniques, highlighting their impact on mental wellness. Later, volunteers continued their library maintenance work, ensuring proper book organization. The day ended with an informative session on cervical cancer by Dr. Purnima Chauhan, educating volunteers and female staff on prevention and early detection.



NSS Unit
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NSS Annual camp Day 6



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 6

February 21, 2025 (Day 7)

Description: The last day started with an insightful session by Dr. Ashwini Kumar on Dimensions of Personality, helping volunteers understand self-development and character building. Later, Jawanti Ma'am conducted a session on Body Mass Index (BMI) and its significance in maintaining a healthy lifestyle. The camp concluded with a cultural program, where volunteers showcased their talents through music, dance, and creative performances, celebrating the spirit of NSS.



NSS Unit
St. Bede's College, Shimla



NSS Annual camp Day 7



Print Media coverage of NSS Special Annual 7 Day Camp



Newspaper cuttings



सेंट बीड्स कॉलेज में स्वयंसेवकों को दी सर्वाइकल कैंसर की जानकारी

शिमला, 20 फरवरी (ब्यूरो): सेंट बीड्स कॉलेज में एन.एस.एस. के वार्षिक शिविर में अनूप दिल्ठा के नेतृत्व में व्यायाम और स्ट्रेचिंग की गई, जिससे छात्रों को सक्रिय और ऊर्जावान बने रहने में मदद मिली। इसके बाद मनोविज्ञान विभाग की सहायक प्रो. जागृति ने कला चिकित्सा के माध्यम से तनाव से राहत पर एक सत्र आयोजित किया।

उन्होंने समझाया कि कला मानसिक कल्याण में कैसे योगदान देती है और विश्राम के लिए मंडला कला और जेन तकनीकों जैसी अवधारणाओं को पेश किया। इसके बाद एन.एस.एस. स्वयंसेवकों ने पुस्तकालय के रखरखाव, पुस्तकों की व्यवस्था और स्थान को व्यवस्थित करने का काम जारी रखा। दिन का समापन आई.जी.एम.सी. की रेडियो ऑन्कोलॉजिस्ट डा. पूर्णिमा चौहान द्वारा सर्वाइकल कैंसर पर एक जानकारीपूर्ण सत्र के साथ हुआ।

एनएसएस स्वयंसेवकों ने दी लंगर सेवा



आईजीएमसी में मरीजों की सेवा के लिए पहुंची सेंट बीड्स कॉलेज की एनएसएस इकाई की स्वयंसेविका। अना इजला

शिमला। एनएसएस के सेंट बीड्स कॉलेज में शिविर के पांचवें दिन स्वयंसेवकों को आईजीएमसी परिसर में स्थित कैंसर अस्पताल से जाकर जरूरतमंद लोगों की मदद करने के लिए प्रेरित किया। एनएसएस कार्यक्रम अधिकारी डॉ. कनु मेहता और अनूप दिल्ठा के मार्गदर्शन में अध्यक्ष खुशी बरागटा तथा सचिव शिवानी वर्मा के साथ स्वयंसेवकों ने लंगर सेवा में योगदान दिया। कैंसर अस्पताल के विभागाध्यक्ष डॉ. मनोष गुप्ता ने छात्रों को कैंसर रोगियों को अस्पताल में दिए जाने वाले उपचार के बारे में जानकारी दी। इस मौके पर सामाजिक कार्यकर्ता सरबजीत सिंह बाबी भी मौजूद रहे। संवाद



शिमला। सेंट बीड्स कॉलेज के एनएसएस स्वयंसेवकों के वार्षिक शिविर का शुक्रवार को अंतिम दिन रहा। इस दौरान डाक्टर अश्विनी कुमार ने व्यक्तित्व के आयामों के बारे में बताया। शरीर के वजन प्रबंधन पर सहायक प्रोफेसर जयवंती चौहान ने जानकारी दी। छात्रों ने ऊंचाई और वजन माप के माध्यम से अपने बीएमआई की गणना कर सक्रिय रूप से भाग लिया। कार्यक्रम का समापन प्रिंसिपल प्रोफेसर सिस्टर मौली अब्राहम की उपस्थिति में हुआ। इस दौरान बच्चों ने सांस्कृतिक कार्यक्रम प्रस्तुत किए। कार्यक्रम के समापन पर, प्रो. सिस्टर मौली अब्राहम ने छात्रों के साथ एक प्रेरक कहानी साझा की। एनएसएस कार्यक्रम अधिकारी डाक्टर कनु मेहता, अनूप दिल्ठा, एनएसएस अध्यक्ष खुशी बरागटा और सचिव शिवानी ने बच्चों को सराहना की।



सेंट बीड्स में डाली नाटी

शिमला। राजधानी के सेंट बीड्स कॉलेज में चल रहे एनएसएस शिविर के समापन समारोह में स्वयंसेवी छात्राओं ने रंगारंग प्रस्तुतियां देकर खूब रंग जमाया। कॉलेज प्राचार्य डॉ. सिस्टम मौली अब्राहम ने शिविर के सफल आयोजन पर बधाई दी। छात्राओं ने बॉलीवुड नृत्य, स्वास्थ्य और स्वच्छता का संदेश देने वाले नाटक का मंचन किया। इसके अलावा पंजाबी नृत्य और और पहाड़ी नाटी की प्रस्तुतियां भी दी गईं। शिविर के अंतिम दिन डॉ. अश्विनी कुमार ने व्यक्तित्व विकास बारे बताया। इसके अलावा स्वास्थ्य विभाग की सहायक प्रोफेसर जयवंती चौहान, कार्यक्रम अधिकारी डॉ. कनु मेहता और अनूप दिल्टा, एनएसएस अध्यक्ष खुशी बरागटा और एनएसएस सचिव शिवानी ने स्वयंसेवियों का मार्गदर्शन किया। ब्यूरो

Newspaper cuttings