



**Session 2025-26**

**Activity: Celebrating International Yoga Day**

**Date: June 20-21, 2025**

**Objective:**

To promote physical, mental, and emotional well-being among students through the practice of yoga and to create awareness about the importance of a healthy lifestyle. The activity aimed to encourage students to adopt yoga as a daily habit for stress management, fitness, and overall wellness.

**Description:**

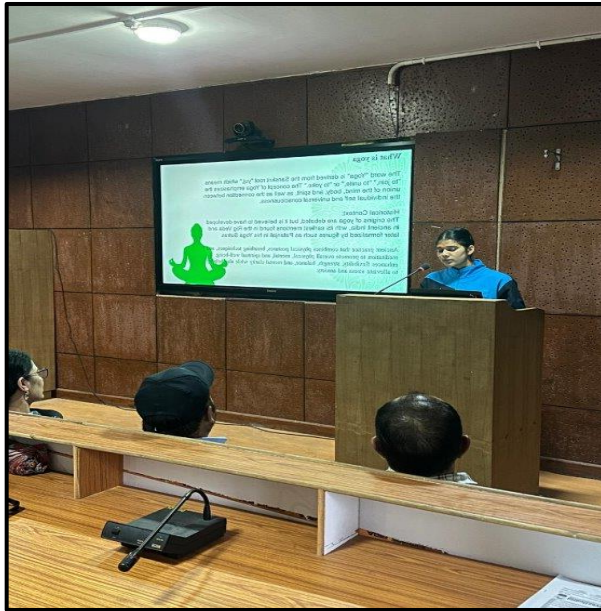
The NSS unit of St Bede's College celebrated International Yoga Day on 20th and 21st June 2025 with great enthusiasm and active participation from students. The programme began with a yoga session where students performed various yoga asanas and breathing exercises under proper guidance. The sessions focused on improving flexibility, concentration, and mindfulness. Along with the practical demonstration, students also delivered presentations highlighting the significance of yoga, its benefits for physical and mental health, and its role in maintaining a balanced lifestyle. The activity created a positive and energetic atmosphere, encouraging participants to understand the value of yoga in everyday life.

**Outcome:**

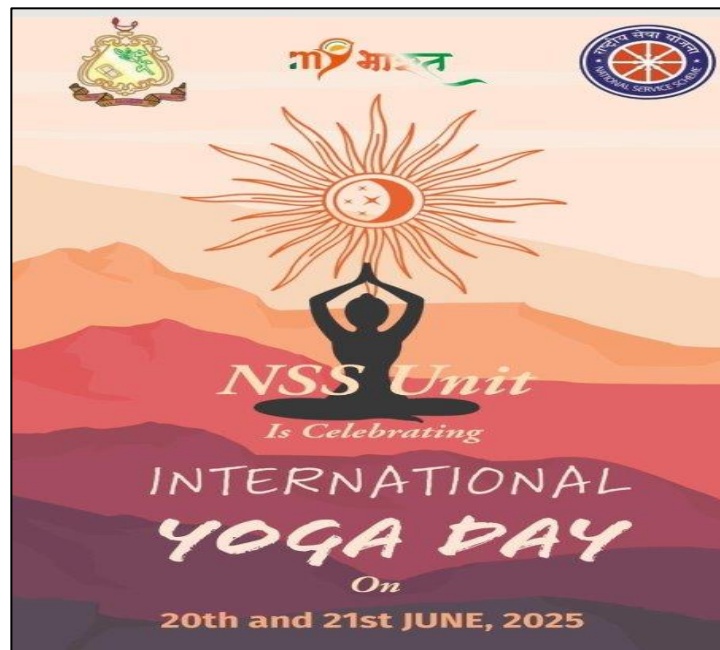
The celebration successfully enhanced awareness among students about the importance of yoga for maintaining a healthy body and mind. Participants experienced relaxation, improved focus, and a sense of well-being through the yoga practices. The presentations helped deepen their understanding of yoga's benefits, inspiring many students to incorporate yoga into their daily routine and promote wellness within the community.



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**Yoga Day**



**Brochure**



**Activity: International Youth Day Celebration**

**Date: August 12th, 2025**

**Objective:** To empower young people and encourage their active participation in social, cultural, and community development.

**Description:** The volunteers of NSS Unit of St. Bede's College participated in the International Youth Day celebrations organised at Peterhoff, Shimla. The programme was conducted by H.P. State AIDS Control Society (HPSACS) and was graced by the presence of the honourable Chief Minister of Himachal Pradesh, Sukhvinder Singh Sukhu, who addressed the gathering on the significance of youth in shaping the nation's future. NSS volunteers participated in interactive sessions, awareness activities, and social responsibility.

**Outcome:** The celebration helped students develop confidence, leadership skills, and a deeper sense of social awareness. NSS volunteers gained insights into the challenges and opportunities faced by today's youth and felt motivated to contribute positively to their communities. The event successfully strengthened their commitment towards responsible citizenship and community development.



**International Youth Day Celebration**



### **International Youth Day Celebration**

**Activity: Independence Day Celebration (Har Ghar Tiranga Campaign)**

**Date: August 14, 2025**

**Objective:** To encourage citizens to proudly hoist the national flag and foster a sense of patriotism and unity among the community and our volunteers.

**Description:** The NSS unit of St Bede's College organised "Har Ghar Tiranga" campaign on 14th August, 2025. NSS volunteers actively participated in the rally while waving patriotic posters and shouting slogans related to Independence Day. It was organized to inspire people to display the national flag at their homes as a symbol of national pride and collective identity. NSS volunteers actively participated by spreading awareness about the importance of the Tricolour, distributing flags, and motivating families to join the initiative.

**Outcome:** The NSS unit of St Bede's College organised "Har Ghar Tiranga" campaign on 14<sup>th</sup> August, 2025. NSS volunteers developed a deeper sense of national pride, responsibility, and social engagement through their outreach efforts. The initiative successfully strengthened community unity and encouraged greater respect and awareness of India's national heritage.



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**Independence Day Celebration**



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Brochure



Newspaper cuttings



**Activity: Ek Ped Maa Ke Naam 2.0(TREE PLANTATION DRIVE)**

**Date: September 10, 2025**

**Objective:** To increase green cover and promote environmental sustainability and environmental responsibility in our NSS volunteers.

**Description:** The NSS Unit of St. Bede's College, Shimla, organised a plantation drive on 10th September 2025 at Sanjay Van, Bhatakufer, Dhalli, under the theme "Ek Ped Maa Ke Naam 2.0". It encouraged environmental sustainability and enhanced the green cover on campus. Volunteers actively participated in preparing the soil, planting saplings, and ensuring proper watering and care. The activity aimed to create awareness about ecological conservation while engaging students in environmental service.

**Outcome:** The NSS Unit of St. Bede's College, Shimla, organised a plantation drive on 10th September 2025 at Sanjay Van, Bhatakufer, Dhalli, under the theme "Ek Ped Maa Ke Naam 2.0". The drive resulted in the successful planting of numerous saplings, contributing to a greener and cleaner environment. NSS volunteers developed a stronger sense of environmental responsibility, teamwork, and community service. The activity strengthened the volunteer's commitment towards sustainable practices.



**Ek Ped Maa Ke Naam Campaign**



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**Ek Ped Maa Ke Naam Campaign**



**Brochure**



### **Newspaper Cuttings**

#### **Activity: Blood Donation Drive**

**Date: September 19th, 2025**

**Objective:** To promote voluntary blood donation and encourage students to contribute toward saving lives while fostering compassion and social responsibility among NSS volunteers.

**Description:** The NSS Unit of St. Bede's College, Shimla, organised blood donation drive on 19th September, 2025 in the college auditorium. The event witnessed enthusiastic participation from both college students and members of the public, who came forward wholeheartedly to donate blood for a noble cause. Approximately 100 donors generously donated their blood during the drive. The blood donation drive was organized in collaboration with a certified medical team to collect blood for patients in need.

**Outcome:** The NSS Unit of St. Bede's College, Shimla, organised blood donation drive on 19<sup>th</sup> September, 2025 in the college auditorium. NSS volunteers gained awareness about the significance of voluntary blood donation and developed a stronger sense of empathy, responsibility, and community service. The initiative supported healthcare institutions and emphasized the impact of youth's involvement in humanitarian efforts.



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**Blood Donation Drive**



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Brochure



Newspaper Cuttings

**Activity: Swachhata Hi Seva Campaign**

**Dated: September 19, 2025**

**Objective:** To promote cleanliness, hygiene, and environmental responsibility while motivating NSS volunteers and the community to actively participate in maintaining clean surroundings.

**Description:** The NSS Unit of St. Bede's College, Shimla, organized Swachhata Hi Seva campaign which was conducted to raise awareness about the importance of cleanliness and to encourage collective action toward a cleaner environment. NSS volunteers engaged in activities such as campus cleaning, waste segregation, poster creation, and awareness drives. They motivated students and local residents to adopt clean habits, reduce waste and contribute towards



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maintaining hygienic public spaces. The campaign emphasized the role of individuals in supporting national cleanliness initiatives.

**Outcome:** The NSS Unit of St. Bede's College, Shimla, organized Swachhata Hi Seva campaign which was conducted to raise awareness about the importance of cleanliness and to encourage collective action toward a cleaner environment. The campaign led to visibly cleaner surroundings and increased awareness about proper waste management. NSS volunteers developed a stronger sense of discipline, civic responsibility, and teamwork. The initiative successfully inspired participants to adopt cleanliness as a daily habit and encouraged long-term community engagement in environmental upkeep.



**Swachhata Hi Seva Campaign**



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#### Brochure

**Activity: Segregation of Biodegradable and Non-Biodegradable Waste**

**Date: September 20, 2025**

**Objective:** To promote proper waste segregation and encourage NSS volunteers and students to adopt environmentally responsible waste management practices.

**Description:** The NSS unit of St Bede's College organised segregation of biodegradable and non-biodegradable waste which was conducted to spread awareness about separating biodegradable, non-biodegradable waste for effective disposal and recycling. NSS volunteers demonstrated the correct method of sorting waste into designated bins and educated students and staff about the environmental benefits of proper segregation.

**Outcomes:** The NSS unit of St Bede's College organised segregation of biodegradable and non-biodegradable waste which was conducted to spread awareness about separating biodegradable, non-biodegradable waste for effective disposal and recycling. The activity resulted in improved waste segregation practices on campus and increased awareness among the students about responsible waste disposal. NSS volunteers developed a stronger understanding of environmental sustainability and the importance of reducing, reusing and recycling. The



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initiative contributed to a cleaner campus environment and encouraged long-term eco-friendly habits among the college community.



**Segregation of Biodegradable and Non-Biodegradable Waste**



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**Brochure**

**Activity: NSS Day Celebration**

**Date: September 24, 2025**

**Objective:** The objective of NSS day is to celebrate the spirit of community service and encourage volunteers to reaffirm their commitment to social responsibility, leadership, and nation building.

**Description:** The NSS unit of St Bede's College organised NSS Day on 24 September 2025 to honor the values and mission of the national service scheme. The programme included activities



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such as presentation on NSS achievements, dances, drama, educational skit, etc. NSS volunteers participated actively, gaining a deeper understanding of the importance of service, unity, and involvement of youth in social development.

**Outcome:** The NSS unit of St Bede's College organised NSS Day on 24 September 2025 to honour the values and mission of the national service scheme. The programme included activities such as presentation on NSS achievements, dances, drama, educational skit, etc. The celebrations strengthened the volunteer's dedication to NSS values and enhanced their sense of responsibility towards the community. Students developed greater awareness about impact of social service and felt motivated to take part in future outreach activities. NSS day successfully fostered team spirit, leadership qualities, and a renewed enthusiasm for serving society.



**NSS Day**



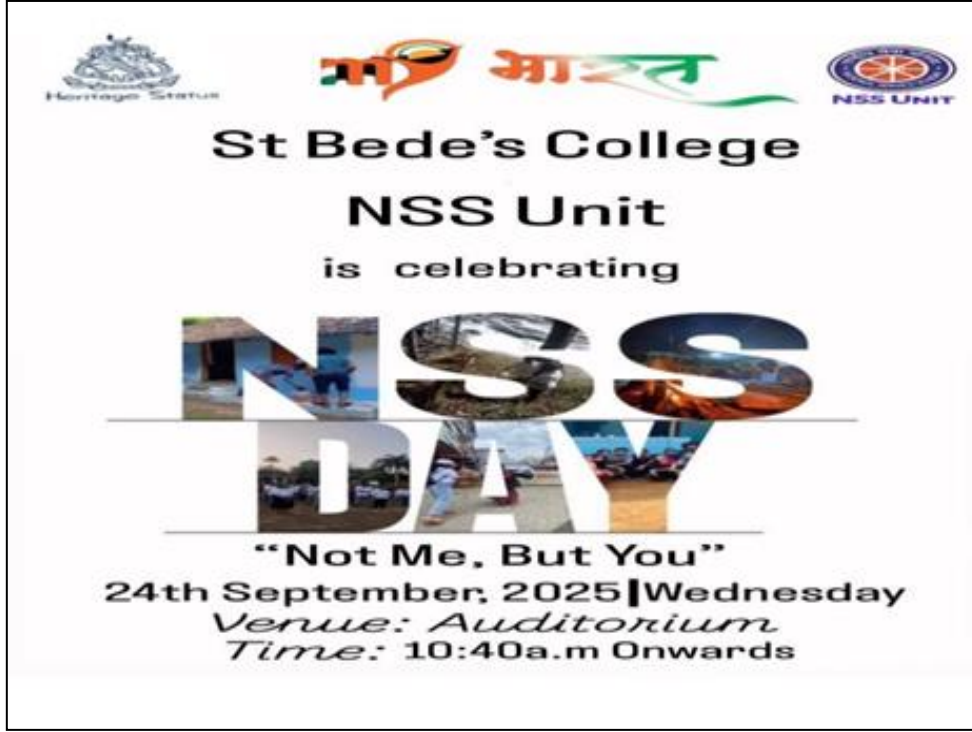
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**NSS Day**



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Brochure



Newspaper Cuttings



**Activity: Cleanliness Drive**

**Date: September 25, 2025**

**Objective:** The Objective of cleanliness Drive is to promote hygiene, create awareness about the importance of clean surroundings, and encourage NSS volunteers to take active responsibility in maintaining a healthy environment.

**Description:** The NSS unit of St Bede's College organised cleanliness Drive in Navbhar Chowk to improve the sanitation and overall cleanliness of the campus and nearby areas. NSS volunteers engaged in activities such as sweeping, collecting litter, removing waste from public spaces and educating students about the importance of maintaining clean surroundings. They also emphasised proper waste disposal practices and encouraged others to adopt responsible habits in daily life.

**Outcome:** The NSS unit of St Bede's College organised cleanliness Drive in Navbhar Chowk to improve the sanitation and overall cleanliness of the campus and nearby areas. The drive resulted in visibly cleaner areas and celebrated an even stronger awareness amongst students about the significance of cleanliness and hygiene. NSS volunteers developed a sense of discipline, teamwork, and civic responsibilities. The initiative successfully motivated the college community to maintain cleanliness and contributed to building a healthier and more conscious environment.



**Cleanliness Drive**



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**Cleanliness Drive**



**Brochure**



**Activity: Donation Drive**

**Date: September 26, 2025 onwards**

**Objective:**

To encourage the spirit of sharing, compassion, and social responsibility among students by collecting essential items for the underprivileged. The drive aimed to promote community service and support individuals and families in need through voluntary contributions.

**Description:**

The NSS Unit of St Bede's College organized a Donation Drive with the objective of collecting useful items for distribution among the needy. Collection boxes were placed outside the D Block of the college campus, where students and staff actively contributed items such as books, clothes, utensils, footwear, toys, and other essential household materials. The initiative received enthusiastic participation, reflecting a strong sense of empathy and cooperation among the college community. Volunteers managed the collection process, sorted the donated materials, and ensured proper organization of the items for further distribution.

**Outcome:**

The donation drive successfully fostered a sense of social awareness and humanitarian values among students. A significant quantity of useful items was collected, which contributed towards supporting underprivileged communities. The activity strengthened the values of generosity, teamwork, and community engagement, inspiring students to actively participate in social welfare initiatives and contribute towards building a caring and inclusive society.



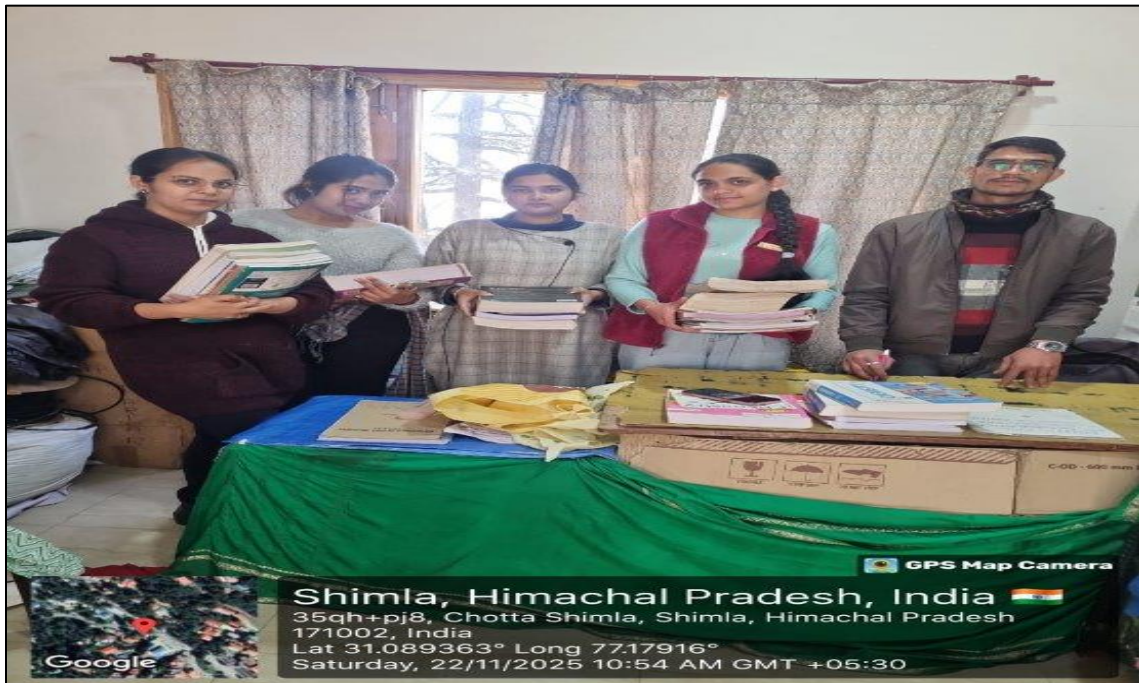
**Donation Box**



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**Clothes Donation**



**Books Donation**



**Brochure**

**Activity: Waste Management Drive in the Composting Unit**

**Date: September 30, 2025**

**Objective:** The objective of the cleanliness drive in the composting unit is to maintain hygiene within the facility, ensuring smooth composting operations, and encouraging NSS volunteers to understand and support sustainable waste management practices.

**Description:** The NSS unit of St Bede's College organised cleanliness drive in the composting unit to enhance the functioning and sanitation of the composting area. NSS volunteers, cleaned the surroundings, removed, accumulated waste, organised organic materials, and ensured that the compost pits were functioning properly. Volunteers also learnt about the composting process, the importance of maintaining a clean unit and how proper handling of biodegradable waste supports environmental sustainability. The activity aimed to promote responsible waste management and hands on learning among the students.

**Outcome:** The NSS unit of St Bede's College organised cleanliness drive in the composting unit to enhance the functioning and sanitation of the composting area. The drive resulted in a cleaner,



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well organised, composting unit and improved efficiency of the composting process. NSS volunteers gained practical knowledge about waste segregation, composting techniques, and the importance of maintaining hygiene in such facilities. The initiative strengthened their commitment towards sustainable practices and fostered more environmentally conscious attitude among the campus community.



**Waste Management Drive**

**St. Bede's College  
NSS Unit  
is organising  
Waste management drive  
in the  
COMPOSTING UNIT**

**on  
30th September, 2025  
at  
2:00 p.m**



**Brochure**



**Activity: Cleanliness Drive & Nukkad Natak at village Tilla**

**Date: October 1, 2025**

**Objective:** The objective of cleanliness drive and nukkad natak in village Tilla was to promote hygiene awareness, encourage community participation in maintaining clean surroundings, and help NSS volunteers develop effective social communication skills.

**Description:** The NSS unit of St Bede's College organised cleanliness drive and Nukkad Natak at village Tilla, Dhalli Panchayat to spread awareness about sanitation, waste management, and the importance of a clean environment. NSS volunteers actively cleaned common areas, removed litter, and demonstrated proper waste disposable methods to the villagers. After the drive, volunteers performed Nukkad Natak, highlighting the significance of cleanliness, public responsibility, and healthy living practices. The street play served as an interactive and engaging medium to connect with villagers and reinforce the message.

**Outcome:** The NSS unit of St Bede's College organised cleanliness drive and Nukkad Natak at village Tilla, Dhalli Panchayat to spread awareness about sanitation, waste management, and the importance of a clean environment. The initiative resulted in cleaner surroundings in village Tilla and increased awareness about hygiene. The Nukkad Natak effectively communicated the importance of cleanliness to the villagers. NSS volunteers gained confidence and improved their community outreach skills.



**Nukkad Natak at Village Tilla**



### Cleanliness Drive at Village Tilla



### Brochure

**Activity:** Langar seva in IGMC

**Date:** October 6, 2025

**Objective:** The objective of the Langar Seva at IGMC is to serve nutritious meals to patients and attendants while fostering compassion, social responsibility, and a spirit of community service among NSS volunteers.

**Description:** The NSS unit of St Bede's College organised Langar Seva in IGMC to support



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patients and their families by providing freshly prepared meals. The food served during the seva was made from ration donated by students and staff during a college donation drive. NSS volunteers helped in collecting the ration, preparing the meals, organising the distribution, and interacting with the beneficiaries. The activity aimed to promote kindness and empathy.

**Outcome:** The NSS unit of St Bede's College organised Langar Seva in IGMC to support patients and their families by providing freshly prepared meals. The Langar Seva provided wholesome meals to many patients and attendants at IGMC. Using ration donated from the college, they created a meaningful link between campus contributions and community support. NSS volunteers developed empathy, teamwork, and a deeper understanding of social service.



**Langar Seva**



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### Brochure

**Activity: Diwali Celebration**

**Date: October 16, 2025**

**Objective:** The objective of the Diwali celebration is to spread joy among underprivileged children and families by donating clothes and chocolates, while nurturing empathy and social responsibility among NSS volunteers.

**Description:** The Diwali celebration was organised by NSS Unit of St. Bede's College as a community outreach activity where NSS volunteers collected clothes and chocolates to distribute among poor children and needy families. Volunteers interacted with the beneficiaries, shared festive moments, and helped brighten their Diwali with small but meaningful gestures. The activity aimed to promote kindness, inclusivity, and the spirit of giving during the festival.

**Outcome:** The Diwali celebration was organised by NSS Unit of St. Bede's College as a



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community outreach activity where NSS volunteers collected clothes and chocolates to distribute among poor children and needy families. The celebration brought happiness to underprivileged children and families through the distribution of clothes and chocolates. NSS volunteers experienced the joy of giving and developed stronger empathy and community sensitivity. The initiative helped spread festive cheer and encouraged students to participate in impactful social service.



**Diwali Celebration**



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*St. Bede's College, Shimla*



**Brochure**

**एनएसएस इकाई ने बांटी मिठाई**  
शिमला। सेंट बीड्स कॉलेज शिमला की एनएसएस इकाई ने बंगाणा कॉलोनी संजौली में दिवाली उत्सव और दान अभियान का आयोजन कर वंचित परिवारों को मिठाइयां बांटीं। प्राचार्य डॉ. रोजली टीएल, एनएसएस कार्यक्रम अधिकारी डॉ. कनु मेहता और अनूप दिल्टा ने कहा कि छात्रों को निस्वार्थ सेवा और सामाजिक प्रतिबद्धता की भावना से जोड़ने में यह कार्यक्रम अहम भूमिका निभाते हैं। कार्यक्रम में एनएसएस अध्यक्ष मनसिमरीन, सचिव अविशी सिंह ने शिरकत की। संवाद

**Newspaper Cutting**

**Activity: Sardar Vallabhbhai Patel 150<sup>th</sup> Birth anniversary celebration (Essay Writing Competition)**

**Date: October 30, 2025**

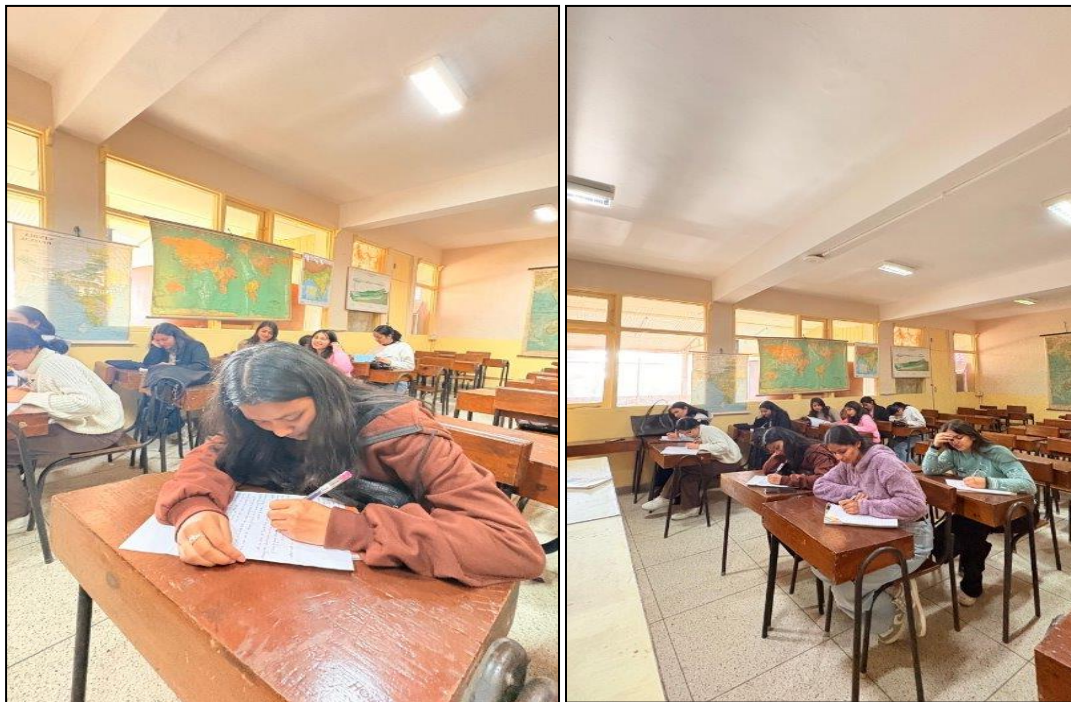
**Objective:** The objective of the essay writing competition is to inspire students to learn about Sardar Vallabhbhai Patel's life, leadership, and role in national integration while enhancing their writing, research, and critical thinking skills.



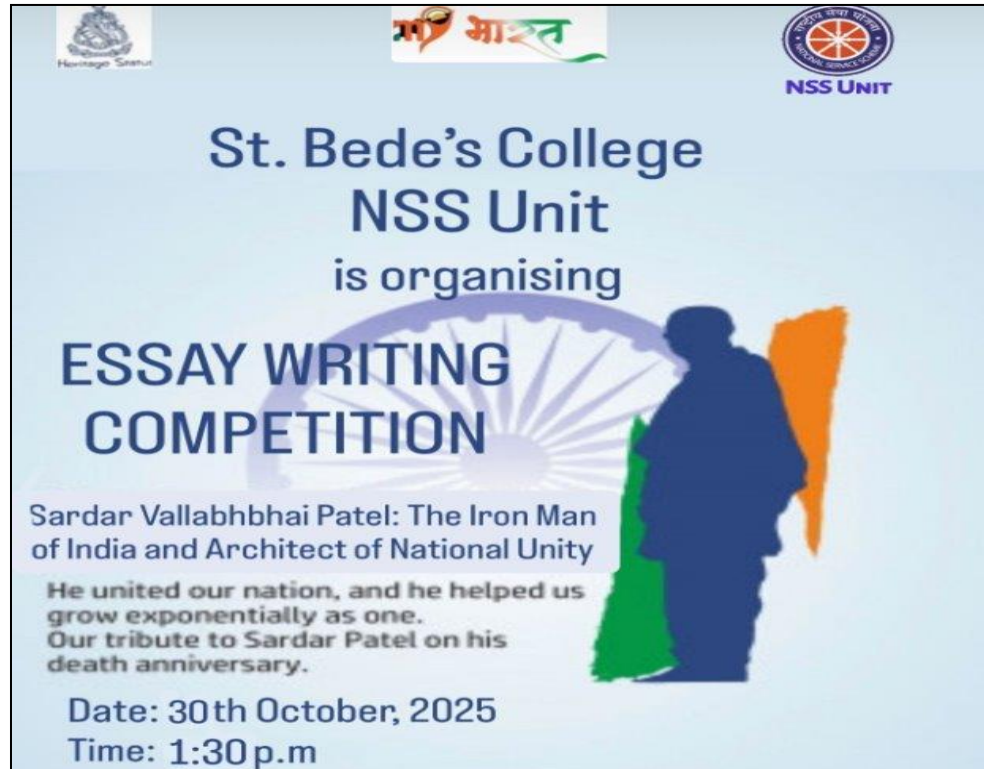
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**Description:** An essay writing competition was organized by the NSS Unit of St. Bede's College on the theme "Sardar Vallabhbhai Patel: The Iron Man of India and Architect of National Unity." NSS volunteers and students participated by expressing their understanding of Patel's contributions, leadership qualities, and vision for a united India. The activity encouraged participants to explore his legacy, reflect on national unity, and develop their creative and analytical abilities.

**Outcome:** An essay writing competition was organized by the NSS Unit of St. Bede's College on the theme "Sardar Vallabhbhai Patel: The Iron Man of India and Architect of National Unity." The competition deepened student's understanding of Sardar Patel's role in India's unity and nation-building. Participants improved their writing skills and confidence in expressing ideas. The activity fostered patriotism and inspired students to appreciate the values of unity, leadership, and national service.



**Sardar Vallabhbhai Patel 150<sup>th</sup> Birth Anniversary celebration**



### **Brochure**

**Activity: Pledge of Unity, Speech Competition and Documentary**

**Date: October 31, 2025**

**Objective:** The objective of unity march, speech competition and documentary screening is to educate students about Sardar Vallabhbhai Patel's contributions to national unity while enhancing their public speaking skills and historical awareness.

**Description:** Unity march, speech competition and documentary screening were organized by the NSS Unit of St. Bede's College on the theme "Sardar Vallabhbhai Patel: The Iron Man of India and Architect of National Unity." Students delivered speeches highlighting his leadership, achievements, and role in unifying the nation. A documentary was also shown to provide deeper insight into his life, struggles, and vision for a strong, united India. The activity aimed to engage students through both creative expression and visual learning.

**Outcome:** A speech competition and documentary screening were organized by the NSS Unit of St. Bede's College on the theme "Sardar Vallabhbhai Patel: The Iron Man of India and Architect of National Unity." Students gained a stronger understanding of Sardar Patel's legacy and his contribution to India's unity. The speech competition improved participants' confidence, oratory



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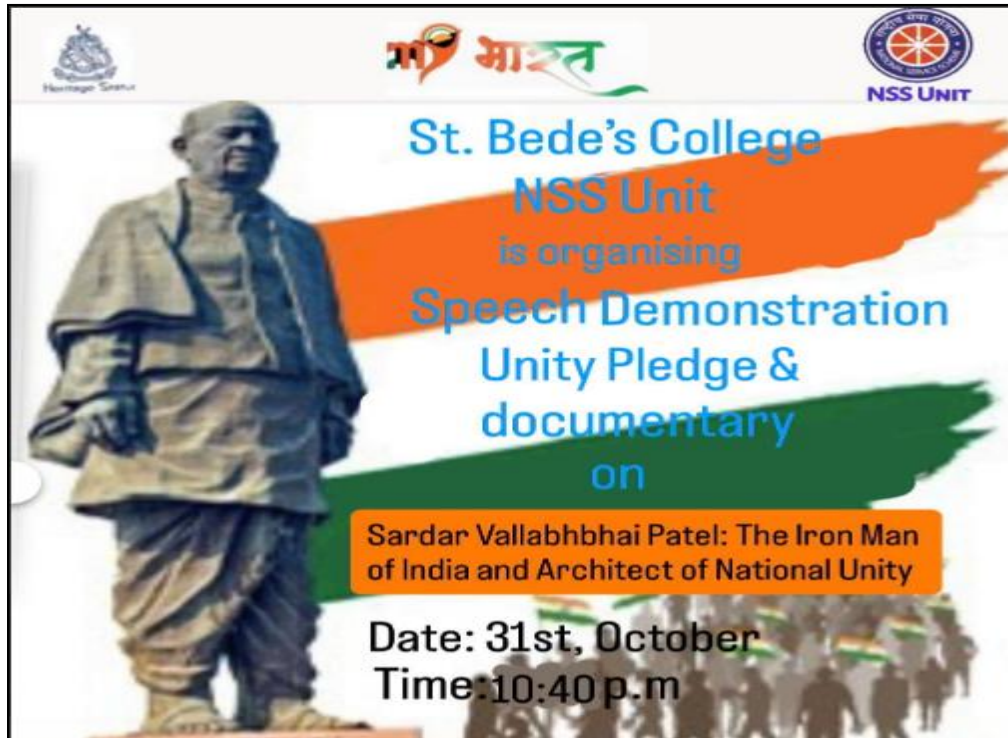
skills, and ability to articulate ideas. The documentary enriched their historical perspective and made the learning experience more impactful.



**Pledge of Unity, Speech Competition and Documentary**



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### **Brochures**

#### **Activity: Aids Day**

**Date: December 1, 2025**

**Objective:** The objective of observing AIDS Day is to raise awareness about HIV/AIDS, promote safe and healthy practices, and encourage NSS volunteers to help reduce stigma through education and informed discussions.

**Description:** AIDS Day was celebrated by the NSS Unit of St. Bede's College by inviting a resource person to deliver an informative session on HIV/AIDS, its prevention, transmission, and available treatments. The resource person addressed common myths, highlighted the importance of early testing, and encouraged supportive attitudes toward affected individuals. NSS volunteers also distributed awareness material and facilitated discussions to spread accurate knowledge about the issue.

**Outcome:** AIDS Day was celebrated by the NSS Unit of St. Bede's College by inviting a resource person to deliver an informative session on HIV/AIDS, its prevention, transmission, and available treatments. The session enhanced students' understanding of HIV/AIDS and clarified misconceptions through expert guidance. It encouraged empathy and reduced stigma by promoting accurate, science-based knowledge. NSS volunteers strengthened their communication skills and commitment towards health awareness initiatives.



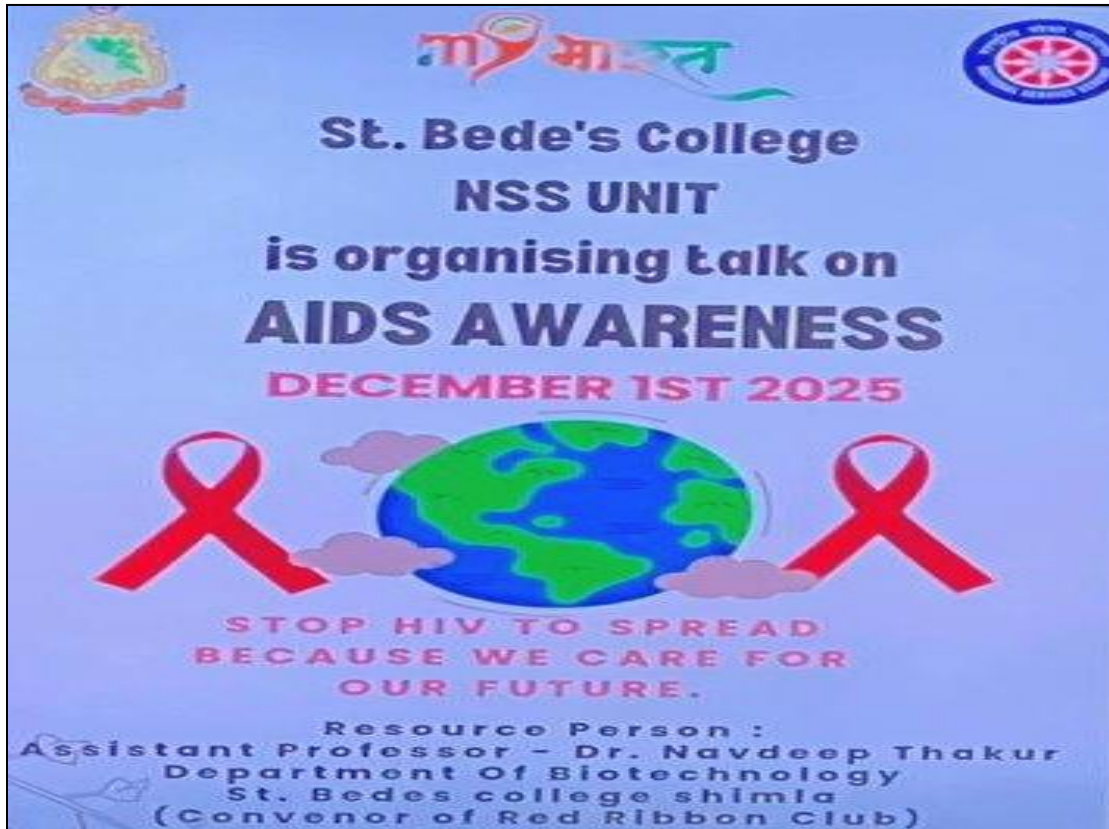
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**Aids Day**



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Brochure

Activity: Annual Special NSS 7-Day Camp

Date: December 9-15, 2025



Brochure



## Day-1

**Date: December 9, 2025**

**Objective:** The objective of day 1 of NSS Camp is to formally inaugurate the camp, introduce volunteers to NSS activities, and promote physical fitness, cleanliness, and environmental responsibility.

**Description:** NSS Unit of St. Bede's College had its Day 1 of NSS Camp which began with an inauguration ceremony followed by a PPT presentation highlighting the various activities and initiatives undertaken by the NSS Unit. Volunteers actively participated in paper recycling activity to promote sustainable practices. A cleanliness drive was conducted in the college library to emphasize the importance of maintaining clean learning spaces. The day also included an energetic aerobics session to encourage physical fitness and active participation among volunteers.

**Outcome:** The inaugural day successfully set a positive and disciplined tone for the NSS camp. Volunteers gained awareness about NSS objectives, cleanliness, and environmental sustainability. The activities promoted teamwork, physical well-being, and a sense of responsibility among participants.



**NSS Camp Day 1**



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### NSS Camp Day 1

**ST. BEDE'S COLLEGE**  
**NSS UNIT**  
is organising  
**SPECIAL CAMP 2025-26**  
(9th December 2025-15th December 2025)

**Day-1 Highlights**

- Inaugural Ceremony
- Talk on Digital India
- Cleanliness Drive
- Paper Waste Recycling
- Aerobics, Yoga, Meditation & Mental Well-being

**THEME - DIGITAL INDIA AND ENVIRONMENTAL SUSTAINABILITY**  
**EMPOWERING YOUTH, SUSTAINING OUR PLANET, CONNECTING INDIA DIGITALLY**

Brochure



### Newspaper cutting

Day-2

Date: December 10, 2025

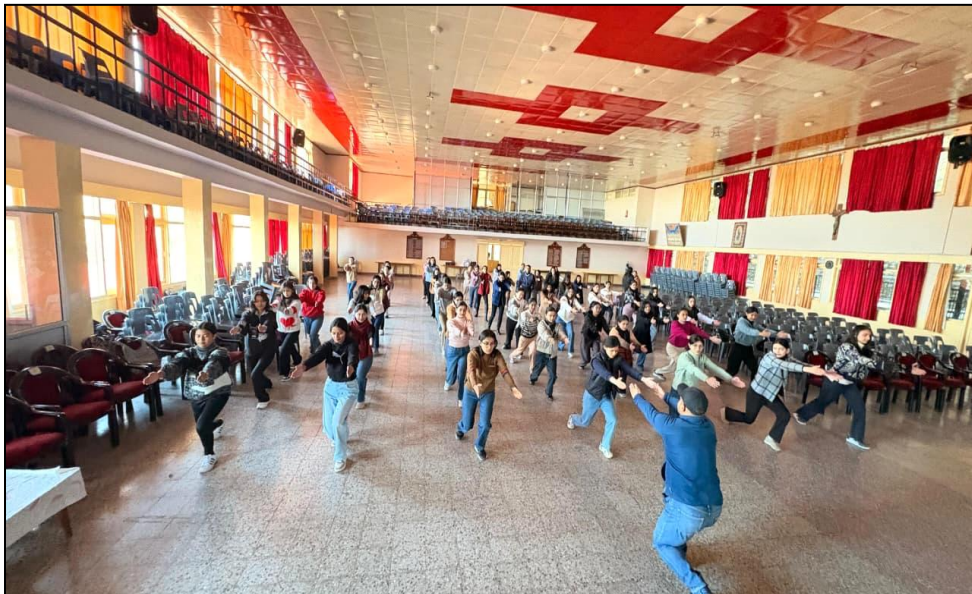
**Objective:** The objective of day 2 of NSS Camp is to promote physical and mental well-being through yoga and Zumba sessions and to create awareness about environmental sustainability and waste management. It also encourages social responsibility through campus cleanliness activities.



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**Description:** The day began with yoga asanas followed by a talk on environmental sustainability. A zumba session energised the volunteers. Students then participated in cleaning the library and infirmary, along with a waste-paper recycling activity.

**Outcome:** Students gained awareness of sustainable practices and the importance of recycling. Physical activities improved their fitness and enthusiasm. The cleaning activities enhanced hygiene and instilled a sense of responsibility and teamwork among the volunteers.



**NSS Camp Day 2**



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*St. Bede's College, Shimla*



**NSS Camp Day 2**



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**ST. BEDE'S COLLEGE**  
**NSS UNIT**  
is organising  
**SPECIAL CAMP 2025-26**  
(9th December 2025-15th December 2025)

**Day-2 Highlights**

- Light Yoga Asanas
- Talk on Environmental Sustainability
- Cleanliness Drive
- Paper Waste Recycling
- Zumba Sessions

**THEME – DIGITAL INDIA AND ENVIRONMENTAL SUSTAINABILITY**  
**EMPOWERING YOUTH, SUSTAINING OUR**  
**PLANET, CONNECTING INDIA DIGITALLY**

Brochure





**Day-3**

**Date: December 11, 2025**

**Objective:** The objective of Day 3 of the Annual Special Camp was to instill a sense of compassion, social responsibility, and humanitarian values among the volunteers. The activities aimed to provide emotional support to patients at IGMC Hospital while encouraging selfless service through Langar Seva and promoting physical well-being through a nature walk.

**Description:** On Day 3, the volunteers began the day with a nature walk to IGMC Hospital. After reaching the hospital, they visited the cancer wards and interacted with patients in a compassionate and empathetic manner. The volunteers also actively participated in Langar Seva, serving food to patients and their attendants with dedication and care.

**Outcome:** The day's activities helped volunteers develop empathy, patience, and a deeper understanding of community service. The interactions brought comfort and positivity to the patients, while the Langar Seva ensured nourishment and a sense of dignity. Overall, the experience strengthened teamwork and reinforced the core values of NSS.



**NSS Camp Day 3**



### Brochure

#### Day-4

**Date: December 12, 2025**

**Objective:** The objective of Day 4 of the Annual Special NSS Camp was to promote cleanliness and environmental awareness in the village and to educate the local community about responsible use of digital media and environmental sustainability through direct interaction and outreach activities.

**Description:** On the fourth day of the NSS camp, volunteers visited a nearby village and carried out a cleanliness drive by collecting litter and waste from the roads. After completing the drive, the volunteers explored the village and observed the apple orchards, which provided insight into rural life and the local environment. Later, the team gathered at the community pool area, where they interacted with villagers and presented a Nukkad Natak focusing on digital media awareness and environmental sustainability.

**Outcome:** The activities helped create awareness about cleanliness, digital responsibility, and environmental conservation among the villagers. The interactions strengthened community participation, while the volunteers gained valuable experience, social awareness, and a deeper sense of responsibility towards society and the environment.



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



**NSS Camp Day 4**



**ST. BEDE'S COLLEGE**  
**NSS UNIT**  
is organising  
**SPECIAL CAMP 2025-26**  
**(9th December 2025-15th December 2025)**

**Day-4 Highlights**

- Visit to Adopted NSS Village, Dhanain (Dhali Panchayat, Mashobra)
- Cleanliness Drive & Awareness Rally
- Nukad Natak at Government Primary School, Dhanain

**THEME - DIGITAL INDIA AND ENVIRONMENTAL SUSTAINABILITY**

**EMPOWERING YOUTH, SUSTAINING OUR PLANET, CONNECTING INDIA DIGITALLY**

### Brochure

#### Day-5

**Date: December 13, 2025**

**Objective:** To spread awareness among NSS volunteers about critical health issues, social inequalities, legal frameworks, and institutional support systems through expert-led and interactive sessions.

**Description:** On 13th December 2025, Day 5 of the Annual Special NSS Camp at St. Bede's College featured a series of awareness-oriented talks. The day began with a session on breast cancer awareness by Mrs. Naina Negi, focusing on early detection and prevention. This was followed by a talk on the intersectionality of caste and gender discrimination and its legal implications by Advocate Yogita Dutt Sharma, Member, HP State Consumer Commission. The sessions were organized by the Equal Opportunity Cell, Internal Complaint Cell, SC/ST Cell, and NSS Unit, and was highly interactive with active student participation.

**Outcome:** The sessions enhanced awareness among volunteers regarding health, social justice, and legal rights, while encouraging critical thinking and informed engagement. Volunteers gained valuable knowledge and a deeper understanding of inclusivity, responsibility, and available institutional support mechanisms.



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



**NSS Camp Day 5**



### Brochure

#### Day-6

**Date:** December 14, 2025

**Objectives:** The objectives of the Day 6 activities were to promote physical fitness and mental well-being among NSS volunteers and to create awareness about environmental management act.

**Description:** Body fitness and exercise session was organised for the volunteers. The best out of waste activity was conducted for making useful items from waste products. Segregation of Plastic Waste was conducted to understand the importance of proper waste management. The Best out of Waste fine artwork activity allowed students to creatively transform waste materials into meaningful and artistic creations, with active participation from all volunteers.

**Outcomes:** The activities helped volunteers understand the importance of physical fitness and healthy living while increasing their awareness of recycling and plastic waste management. Students developed creativity, teamwork, and innovation through hands-on participation. Overall, the day strengthened environmental consciousness and a sense of social responsibility among the NSS volunteers.



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*St. Bede's College, Shimla*



**NSS Camp Day 6**



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

**ST. BEDE'S COLLEGE**  
**NSS UNIT**  
is organising  
**SPECIAL CAMP 2025-26**  
(9th December 2025-15th December 2025)  
Day-6 Highlights

- Light Physical Exercises for Body Fitness
- Making Stuff from Recycled Paper
- Segregation of Plastic Waste
- Fine Art Work

**THEME - DIGITAL INDIA AND ENVIRONMENTAL SUSTAINABILITY**  
**EMPOWERING YOUTH, SUSTAINING OUR**  
**PLANET, CONNECTING INDIA DIGITALLY**

### Brochure

**छात्राओं ने दिया पर्यावरण संरक्षण का संदेश**

सेंट बीडेस कॉलेज में एनएसएस शिविर के दौरान छात्राएं। संवाद

शिमला। सेंट बीडेस कॉलेज की एनएसएस इकाई की ओर से आयोजित वार्षिक विशेष एनएसएस शिविर के छठे दिन स्वयंसेवकों के दिन की शुरुआत व्यायाम के साथ हुई। छात्रों ने कागज से उपयोगी वस्तुएं बनाने की गतिविधि में भाग लेकर पर्यावरण संरक्षण का संदेश दिया। शिविर के दौरान प्लास्टिक कचरे को लेकर एक जागरूकता गतिविधि भी आयोजित की गई जिसके माध्यम से स्वयंसेवकों को अपशिष्ट प्रबंधन के महत्व से अवगत कराया गया। शिविर की प्रमुख आकर्षण गतिविधि बेस्ट आउट ऑफ बेस्ट ललित कला आयोजन रही जिसमें स्वयंसेवकों ने अपशिष्ट सामग्री से आकर्षक और उपयोगी वस्तुएं तैयार कर अपनी रचनात्मकता और नवाचार का परिचय दिया। शिविर सेंट बीडेस कॉलेज की प्रधानाचार्य डॉ. सिस्टर रोजिली टीएल के मार्गदर्शन में आयोजित किया गया। एनएसएस कार्यक्रम अधिकारी डॉ. कानू मेहता और अनुप दिलटा ने गतिविधियों का सफल संचालन सुनिश्चित किया। एनएसएस अध्यक्ष मनसिमरीन कौर और सचिव अविशी सिंह ने स्वयंसेवकों का उत्साहवर्धन करते हुए पूरे कार्यक्रम को सफल बनाया। संवाद

### Newspaper Cutting



## Day-7

**Date: December 15,2025**

**Objectives:** The objective of Day 7 of the Annual Special NSS Camp was to provide a meaningful conclusion to the seven-day programme by encouraging self-reflection, cultural expression, and awareness among volunteers. The day aimed to promote mental well-being through meditation, create awareness about national initiatives like Digital India, showcase the cultural talents of the participants, and reflect on the learning and experiences gained throughout the camp.

**Description:** The seventh and concluding day of the Annual Special NSS Camp began with a calm and rejuvenating meditation session conducted by Jyotika Ma'am, which helped the volunteers relax and reflect on their journey during the camp. This was followed by a vibrant cultural programme in which the volunteers actively participated. An educational skit on Digital India was presented, highlighting the importance of technology and digital awareness in today's society. The programme also included energetic Bollywood dance and a traditional Naati dance, adding color and enthusiasm to the event. A PowerPoint presentation was later shown, giving a brief glimpse of the various activities conducted during the seven-day camp and revisiting the memorable moments shared by the participants.

**Outcomes:** The concluding day successfully reinforced a sense of fulfillment, unity, and accomplishment among the volunteers. The meditation session enhanced mental clarity and self-reflection, while the cultural activities boosted confidence, creativity, and teamwork. The skit on Digital India increased awareness about digital literacy and responsible use of technology. Overall, the day provided a meaningful closure to the Annual Special NSS Camp, leaving the volunteers with lasting memories, strengthened social values, and a deeper understanding of community service.



**NSS Camp Day 7**



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



**NSS Camp Day 7**

**ST. BEDE'S COLLEGE**  
**NSS UNIT**  
is organising  
**SPECIAL CAMP 2025-26**  
**(9th December 2025-15th December 2025)**

**Day-7 Highlights**

- Meditation And Physical exercises
- Nukkad Natak on Environmental sustainability
- Best out of Waste Exhibition
- Cultural Event

**THEME - DIGITAL INDIA AND ENVIRONMENTAL SUSTAINABILITY**

**EMPOWERING YOUTH , SUSTAINING OUR PLANET, CONNECTING INDIA DIGITALLY**

**Brochure**



**Activity: International Women's Day**

**Date: March 7, 2026**

**Objectives:** The programme aimed to celebrate and recognize the achievements and contributions of women in various fields while promoting awareness about gender equality and women's rights among students. It also sought to inspire young women to pursue education, leadership, and scientific careers. Additionally, the event encouraged students to express their thoughts and creativity on the theme of women's empowerment and sensitized them to the importance of building an inclusive and equitable society.

**Description:** The NSS Unit in collaboration with The Women Cell and Gender Champion Club, and the Department of Botany of St. Bede's College, Shimla, organized a meaningful programme to celebrate International Women's Day on 7 March 2026 on theme "Give to Gain." The event aimed to highlight the importance of women's empowerment, recognize the achievements of women in different fields, and create awareness about gender equality among students. The programme commenced with a semi-classical dance performance presented by students, beautifully depicting the theme of women's empowerment and the strength of womanhood. The performance set a reflective and inspiring tone for the event.

This was followed by a PowerPoint presentation that explained the historical significance of International Women's Day and highlighted the progress made by women across various fields such as science, education, leadership, and social service. The presentation helped students understand the importance of recognizing women's contributions in society.

Students also actively participated in a poetry recitation session, where they expressed their thoughts and emotions about women's strength, resilience, courage, and the importance of equality. The poems celebrated the spirit of womanhood and encouraged respect and appreciation for women's roles in society.

One of the most engaging segments of the programme was a role play based on the life and achievements of Kamala Sohanie, the first Indian woman to receive a Ph.D. in science. Through this presentation, students highlighted the challenges she faced and her determination to succeed in the field of scientific research. The role play served as an inspiration to the audience, especially young women aspiring to pursue careers in science.

The programme also featured an insightful guest lecture by Swaran Lata, Scientist at the Himalayan Forest Research Institute, Panthaghathi. She spoke about women achievers, women's rights, and the importance of empowerment in today's society. She motivated students to pursue



their dreams with confidence, determination, and resilience, emphasizing the need for women to actively participate in all spheres of life.

The celebration concluded with an inspiring address by the Principal, Sr. Rosily T. L., who encouraged students to recognize their potential, support one another, and work towards achieving gender equality. Her message emphasized the importance of education and self-belief in empowering women to shape a better future. The programme was informative and inspiring, creating awareness about gender issues and highlighting the importance of women's empowerment in society.

**Outcomes:** The programme helped students gain a deeper understanding of the significance of International Women's Day and the importance of gender equality. The various activities encouraged creative expression and active participation among students. The role play and guest lecture inspired students, especially young women, to pursue their ambitions with confidence and determination. The event also raised awareness about the contributions and struggles of women in science and other fields.



**Semi-Classical Dance Performance Depicting the Theme of Women's Empowerment**



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



**Guest lecture by Swaran Lata, Scientist at the HFRI Panthaghathi.**



**Role play based on the life and achievements of Kamala Sohoni,**



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**News paper clipping**



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*St. Bede's College, Shimla*

 **ST. BEDE'S COLLEGE,  
SHIMLA**  
NAAC RE-ACCREDITED A GRADE  
*Women Cell and Gender Champion Club*  
in collaboration with  
*NSS and Botany Department*  
is celebrating  
**International  
Women's  
Day**  
SATURDAY | **07** | AT  
at 10:00 am | MARCH | College  
2026 | Auditorium  
*Theme: Give to Gain*

**Brochure**