

Sindhi College

NSS ACTIVITIES 2021-22

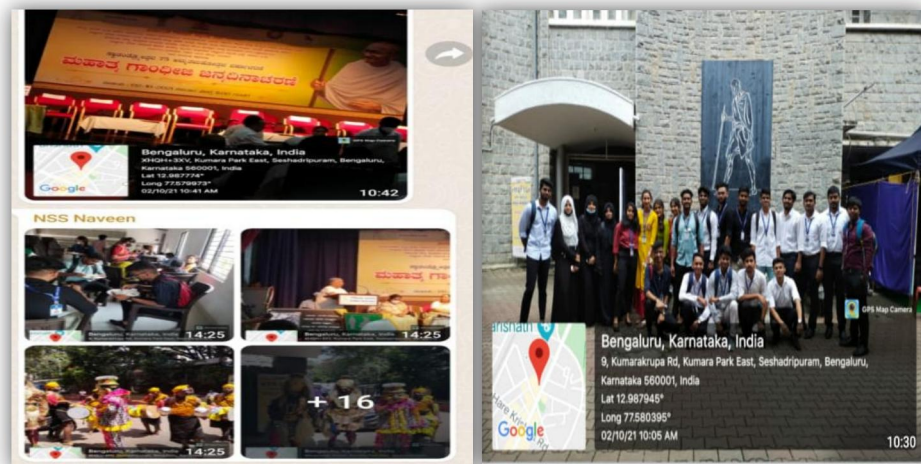
Sl. No	Events	Date
1	Gandhi Jayanthi Celebrations, Bengaluru	2/10/2021
2	Blood Donation	7/10/2021
3	Swacha Bharath Abhiyan Programme	22/10/2021
4	N.A.A.C Office Visit	10/11/2021
5	Paying Homage to Gen. Bipin Rawat	11/12/2021
6	SSSAK Survey Camp	26/12/2022
7	National Youth festival – Online Programme	12/01/2022
8	Republic Day Celebrations	26/01/2022
9	PFMS Workshop	15/02/2022
10	NSS Orientation Programme	24/02/2022
11	Nehru Yuva Kendra Programme	26/02/2022
12	BCU Convocation Volunteering	11/04/2022
13	SSSAK Medical Survey Camp	08/05/2022
14	Felicitation of Covid Frontline Warriors and Vaccination drive	05/05/2022
15	Shramadaan	06/06/2022 to 08/06/2022
16	Traffic Awareness Programme in association with Bengaluru City Traffic Police	09/16/2022 & 14/06/2022
17	SSSAK Survey Camp	19/06/2022
18	International Day for Yoga in Association with Decathlon	20/06/2022
19	Leo Orientation Programme	22/06/2022
20	Drug Awareness Programme Organised by the Govt. of Karnataka	26/06/2022
21	SSSAK Medical Camp	02/07/2022
22	College Annual Sports Meet	08/07/2022

23	Leo Club Nomination of Office Bearers	04/08/2022
24	Independence Day “Azaadi ka Amrith Mahotsav”	15/08/2022
25	Naming the Trees	19/08/2022
26	SSSAK Medical Camp	28/08/2022
27	Ekalavya Award Ceremony	29/08/2022
28	Adventure Camp, Himachal Pradesh	12/09/2022 to 21/09/2022

BRIEF REPORTS OF THE PROGRAMMES

Gandhi Jayanthi Celebrations

Sindhi College NSS unit organised Gandhi Jayanthi celebration on 02/10/2021 at Gandhi Bhavan with an objective to celebrate and learn more about Gandhiji & his contribution towards the Indian Freedom Struggle. The Celebrations of Gandhi Jayanthi was carried out with a galore of Enthusiasm and Patriotism as for his immense contribution in bringing Independence to our nation in a Non – Violent way. His teachings of life that inculcates precious values such as truth, non-violence, Sarvodaya, satyagraha, trusteeship, which were common point in all the speeches delivered on that day. The event began with the offering of flowers (Pushpanjali) by the Hon’ble Chief Minister, Shri Basavaraj Bommai and other ministers and dignitaries present on the occasion. All the invitees and speakers mentioned about Gandhian philosophies. The Hon’ble CM during in his speech mentioned the reason for establishing number of Gandhi Bhavans across the state. He said that through Gandhi Bhavans efforts are being made to spread teachings of Gandhiji and also to inculcate Human values amongst youngsters and the public. He also mentioned that these Bhavans stand as a point of inspiration for the current lot of youth in the state as well as the nation. All the participants were given the certificates of participation.



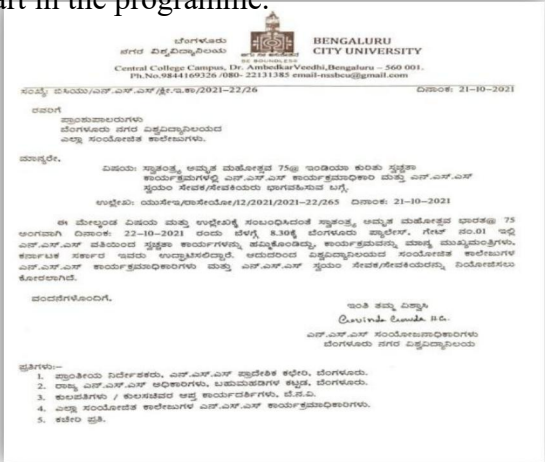
Blood Donation

Blood Donation camp was organised in our college by NCC Unit to donate blood specially to a poor girl undergoing a major operation at Jayadeva Institute of Cardiology. She was undergoing a major operation at Jayadeva Institute of Cardiology, and this blood donation helped her to recover. Two donors donated blood to save the life of young girl. Mohammed Yaseen and Raju both studying I year BCA agreed to donate blood. Each participant who donated blood, received a Blood Donation Certificate and was appreciated by the Institution.



Swacha Bharath Abhiyan Programme

On the occasion of 75th year of Independence - AZADI KA AMRIT MAHOTSAV, the NSS volunteers undertook the task of site cleaning at Palace grounds, Bengaluru, to spread the awareness about Hygiene and Cleanliness amongst the public. The program had guests and speakers including the area Corporator and the MLA of the Constituency. The programme helped in executing and carrying out the process of site cleaning at Palace grounds as for spreading awareness about Cleanliness and Hygiene. By the end of this session, volunteers got to understand various advantages of keeping one's surrounding clean & understood the extended importance of a clean nation which helps in keeping the society healthy. A total of 47 students took part in the programme.



NAAC Office Visit

On 10th November 2021, 30 NSS Volunteers visited NAAC Office located at Nagarbhavi to learn about the New Education Policy 2020. The advisors at NAAC gave a detailed presentation on some of the highlights of the policy. There was also a briefing about the same topic by the former Chief Minister of Karnataka, Shri. B. S. Yediyurappa. The participants were enlightened about the policy. By the end of this session, all the participants were more aware about the changes in education field and were able to interpret the message of the speakers.

Paying Homage to Gen. Bipin Rawat

On 11th Dec 2021, 20 NSS volunteers & other students of the college in the remembrance of India's first ever Chief of Defense Staff, Gen. Bipin Rawat - PVSM, AVSM, UVSM, PSM, VSM, YSM, SM, the entire college observed mourning, including the Hon. Management Members of Sindhi College, who paid tributes to the late Defense Personnel by offering flowers. The CDS and a few other army men succumbed to an unfortunate Helicopter accident near the regions of Coimbatore and Willington of Tamil Nadu. Several candles were lit by the Dignitaries, NSS volunteers and others in front of the late General's garlanded Photo. The event concluded after all the Teaching & Non Teaching staff too paid their homage, filled with a deep sense of patriotism and respect in everyone present at the venue.



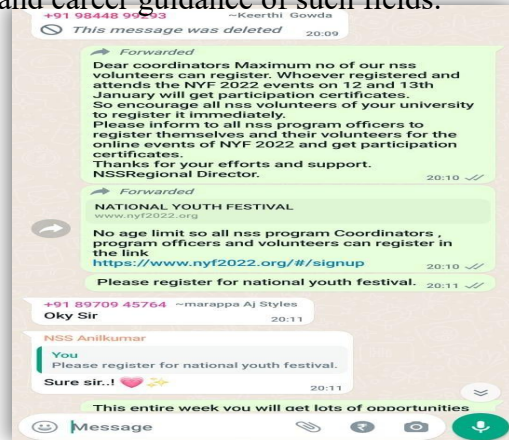
SSSAK Survey Camp

The NSS unit along with 5 staff members of Sindhi College organised SSSAK Survey camp to carry out a survey to assess the no. of SSSAK-health card holders in the village of Bhumenahalli on 26th Dec 2021. The volunteers were guided and instructed concerning the procedure of data collection from the villagers. The volunteers were also instructed to make a brief note in the data sheets given to them, regarding the health conditions, financial status and a few more aspects of the village families. The volunteers were expected to make sure that every house belonging to the village would get an SSSAK health card as for being able to access the cheap/free medical services assisted by SSSAK. The volunteers successfully completed the targeted number of houses on that day's survey and in addition to this; the volunteers also got to experience and know about the consequences of living in remote villages. They also had exposure to many of the health problems faced by the villagers due to the lack of modern medical facilities and accessible connectivity. This survey done by SSSAK, in collaboration with the NSS wing of Sindhi College has helped the villagers to access medical services at a very minimal or for free of cost.



National Youth festival – Online Program

All the enrolled NSS volunteers took active part in the National Youth Festival through online medium organised by the NSS Unit of Sindhi College. This program aimed at providing necessary information regarding Government jobs and other skill training activities that are accessible to the youth of the nation through various workshops. This online festival had its unveiling done by the Hon'ble. Prime Minister, Shri. Narendra Modi virtually. This online workshop offered information which benefited the students of different departments like – Arts, Science, Sports and Commerce. The programme offered much more than what students can explore and find out about many job opportunities and career guidance of such fields.



Republic Day Celebrations

NSS unit of the college celebrated 73rd Republic Day. Because of the Pandemic situation, there was no involvement of the student fraternity and the entire teaching staff. The hoisting of National flag was carried out by the College Staff which included the NSS & the NCC officers of college, along with Physical Education Directors and Facility Manager. Hoisting of National flag was done & this important event concluded with the singing of National Anthem.



PFMS Workshop

On 15th February 2022, NSS Programme officers of various Institutions underwent one-day training programme for the NSS Program officers in Public Finance Management System (PFMS) organised by the NSS Cell of BCU. The training programme was organized at the BCU premises with several Programme Officers of various NSS college units affiliated to BCU. The training programme benefited the NSS Programme Officers in maintaining the accounts of NSS and its funding in an organized way. The initiative of holding the training programme was to ensure transparency in financial matters which is of paramount importance for people handling public money. The session also highlighted the procedure and the ways to handle the funds released for NSS units, for each institution. There was deliberation on the importance and features of PFMS through a PPT presentation. After that, a thorough demonstration of the system was given through the PFMS portal.



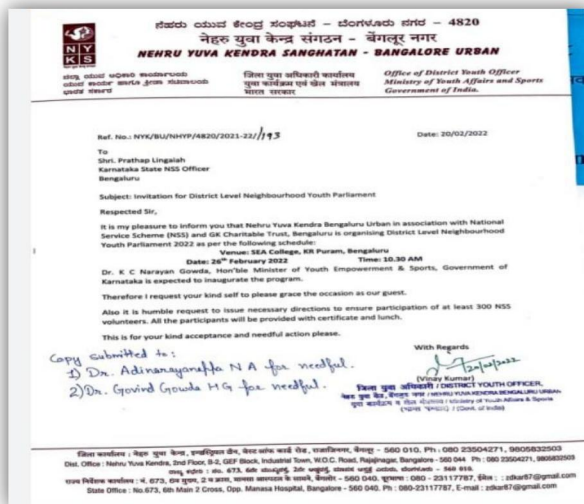
NSS Orientation Programme

NSS unit of Sindhi College organized orientation programme for all the newly enrolled volunteers', batch of 2021-22. On 24th Feb 2022, to inform the students about the overall functioning and tasks undertaken by NSS which included each volunteers' duties, responsibilities & their roles in the activities carried out by NSS. The NSS Program Officer of the college, Prof. M. A. Vaidyesh gave an insightful brief about how a volunteer's journey must be throughout his tenure as an NSS volunteer and other information about various activities that are undertaken by NSS. Dr. B.S. Srikanta, Director of the college motivated the students through his personal experience of being a volunteer of National College during early 70s. Prof. N. Asha, Principal of the institute too, shared her valuable inputs on the functioning of NSS and its importance to the society. NSS Badges were distributed to all the newly enrolled volunteers.



Nehru Yuva Kendra Programme

The NSS Unit of the College participated in the Nehru Yuva Kendra Programme organized at S E A College, K R Puram on 26/02/2022, by the University. The objective of the programme was to create awareness among the youth about their roles and responsibilities as the budding citizen of the new age India. A total of 12 participants took part in the programme. The Members of National Skill Development Training gave a brief insight on the responsibilities of the youth of this nation. They elaborated on the time wasted by the youth on social media and internet. The speakers also highlighted that the youth of a nation play pivotal role in the national development and can bring in lot of changes in the society by collective efforts. The event concluded with the Ceremony of Award Distribution to the young achievers in various fields such as Education, Sports, Literature, Performing Arts & Entertainment Etc. while the NSS volunteers rendered services for administrative and organizational purposes.

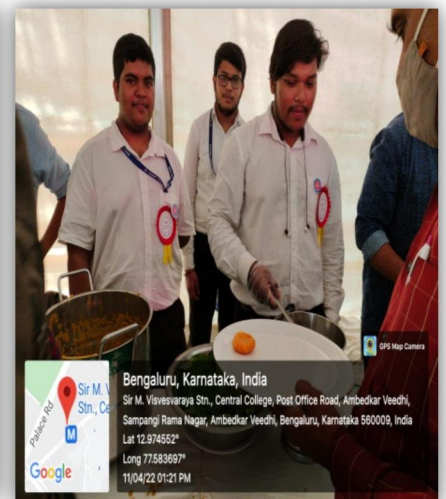


BCU Convocation Volunteering

On 11th April 2022, 9 NSS volunteers were deployed by the NSS Cell, Sindhi College to Bengaluru City University to help in the smooth conduction of the 1st Convocation ceremony at BCU, Bengaluru. The NSS volunteers rendered service as per the instructions of NSS Coordinator, BCU.

They got an opportunity to witness the ceremonial procedure of University Convocation. Sri Thavar Chand Gehlot, Hon'ble Governor of the state who is also was the Chancellor of the University issued the convocation certificates. Dr. Lingaraja Gandhi, Vice Chancellor was accompanied by Dr. Ramesh. B, Registrar (Evaluation) and Sri. Sridhar C.N. (Academics) were present along with the members of the Academic Council and the Syndicate. The Convocation

Ceremony proceeded while the NSS volunteers were used for its organization which resulted in the development of event management skills.



SSSAK Medical Survey Camp

To carry out a survey to assess the number of SSSAK-health card holders in the village of Balakuntahalli, all the volunteers of NSS Unit along with 6 trust members of Sindhi College organised a camp at Balakuntahalli, Chikkaballapur Dist on 08th May 2022. The volunteers were guided and instructed about the procedure of data collection. The volunteers were instructed to make a brief note in the data sheets given to them, regarding the health conditions, financial status and a few more relevant information. The volunteers successfully completed the targeted number of that day's survey and in addition to this; the volunteers also got to experience village life. They also had exposure to many of the health problems faced by the villagers. This survey done by SSSAK in collaboration with the NSS wing of Sindhi College has helped the villagers' access to medical services at a very minimal or for free of cost.



Felicitation of Covid Frontline Warriors and Vaccination drive

On 5th May 2022, the NSS unit of Sindhi college organised a felicitation programme to recognize & felicitate the Covid frontline warriors and also carried out a free vaccination drive in the college premises. Doctors, Nurses from the UPHC Primary Healthcare Centre, Amruthahalli Ward, Bengaluru and many more Health workers were recognized and felicitated for their immense and selfless service towards humanity. This event also included the felicitation of ASHA workers, SWAB Collectors, BBMP Link Workers, DEOs and the Helping Staff of the UPHC Amruthahalli branch healthcare centres, ward No. 07. The Director and the Principal too shared their appreciation about Frontline warriors. After the Felicitation, there was a free VACCINATION DRIVE that was set up in GJ HALL in the ground floor.



Shramadaan

To create awareness about the cleanliness and hygiene, shramadaan programme was carried out at BBMP Park in Coffee board layout. 21 NSS volunteers were deployed by NSS Unit, Sindhi College at the Coffee Board Layout Park for shramadaan. Several plastic and inorganic wastes were handpicked and cleaned across the park, thus eliminating almost all the wastes visible in the park. This task of cleaning the park was done to create awareness amongst the public about keeping our environment clean for sustainable urban greenery and also to avoid the health hazards resulting out of poor hygiene.



Traffic Awareness Programme in association with Bengaluru City Traffic Police

The NSS Unit in association with Bengaluru City Traffic Police organized a traffic awareness programme on 9th and 14th June 2022 at the college auditorium. 27 NSS volunteers & students of the college participated in the programme. The objective of the programme was to create awareness on traffic rules among the students and youth who generally take pleasure in breaking the rules. Officers highlighted the importance of adherence to traffic rules and also shared information about mandatory and cautionary signals. Mr. Vasantha Kumar, Police Inspector, Bengaluru City Traffic Police also had a few important points that were educative of the session's topic. He concluded the session leaving the floor open for a question-and-answer session with the Audience.



SSSAK Survey Camp

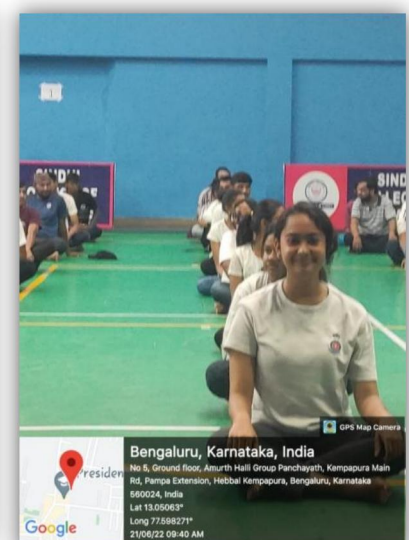
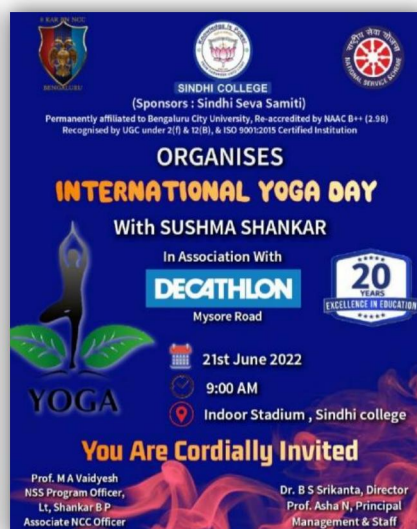
NSS Unit of Sindhi College joined hands with SSSAK to carry out a survey to assess the no. of SSSAK-health card holders in the village of Balakuntahalli on 19th June 2022. All the volunteers along with 7 trust members of SSSAK was present in the camp. The volunteers were guided and

instructed concerning the procedure of data collection from the villagers. The volunteers were instructed to make a brief note in the data sheets given to them, regarding the health conditions and financial status. Every house belonging to the village would get an SSSAK health card to avail cheap/free medical services assisted by SSSAK.



International Day for Yoga in Association with Decathlon

In collaboration with decathlon, a sports and fitness line-up, Yoga Day was exquisitely organized in the indoor Stadium of Sindhi College, where the Yoga session was guided and led by Ms. Sushma Shankar, a noted Yoga instructor in the country. The objective of this session was to promote Yoga by performing it and spreading the message of health benefits of doing yoga on regular basis and not just on International Yoga Day. The event then proceeded with the Yoga instructor teaching various asanas and pranayama techniques to all the participants. All the staff members also participated enthusiastically in the programme. All enrolled NSS Volunteers and other students of the college had taken part in the International Yoga Day programme. The event successfully concluded after the volunteers, teachers & participants learnt about many aasanas in Yoga and performed them to the best of their abilities.



Leo Orientation Programme

On 22nd June 2022, the NSS Unit of Sindhi College had organised a Leo Orientation Programme at the college auditorium. All the enrolled NSS volunteers & Leo club members actively took part in the programme. The objective of the programme was to motivate the participants to join LEO CLUB and make them understand and bring awareness about the different philanthropic ventures and activities undertaken by the Lion's club and its overall functioning. The participants were first informed about the formation, purpose and the history of the Lions' Club which played a key role in the students' enrolment for the club. Then the audience was informed about different social activities that have been taken up by the club for noble causes around the world. The Hon'ble President, Sindhi Seva Samiti, Lion Shri Madan Doulatram, shared valuable points in his speech about the Lion's Club and the benefits one can get from serving in such platforms. Management Committee, Sindhi College/ Sindhi Seva Samiti members too shared their experience of being a Lion and the way one can develop leadership qualities from such services to the society. Many students got inspired to join the LEO Club.



Drug Awareness Programme Organised by the Govt. of Karnataka

The objective of the programme was to develop the sense of awareness about the Hard Drugs usage and its negative influence on humanity. 30 NSS Volunteers of Sindhi College had participated in the Drug Awareness programme organised by the Govt. Of Karnataka on 26th June 2022 at Shri Kanteerava Stadium, Bengaluru. This event was an initiative of the Excise Department, National Service Scheme and the Sports & Youth Affairs Department of the Govt. of Karnataka.

The event began with the unfurling of the Theme Poster by the Hon'ble Chief Minister, Govt. of Karnataka – Shri. Basavaraj Bommai along with the officials of Excise Department. An awareness Rally which conveyed the harmful and ill effects of Substance Abuse were carried out. Later the sports minister and few other Excise Department officials delivered speech to urge the students to abstain from tobacco, alcohol and drugs. They emphasised on maintaining ethical code of conduct to build a strong nation. It was also mentioned that the role of youth in this process is very significant. A pledge was administered to stay away from narcotic drugs.



SSSAK Medical Camp

The colleges NSS Volunteers were invited by SSSAK to volunteer the medical camp at Tapasipura village, Kolar District on 2nd July 2022. 20 NSS volunteers of Sindhi College along with 9 staff members of SSSAK organised the Camp. The volunteers were instructed to obtain information concerning the health status. The volunteers were successful in assisting the SSSAK Staff and doctors. This survey done by SSSAK, in collaboration with the NSS wing of Sindhi College has helped the villagers' access medical services at a very minimal or for free of cost.



College Annual Sports Meet

The NSS Unit of the College joined hands with the Department of Sports in organising Annual Sports Meet held on 08th July 2022. The objective was to make sure of the smooth conduction of Annual Sports Day. The Annual Sports Meet commenced after the Cauldron Flame Torch was lit preceded by a relay, holding the Cauldron torch. This symbolizes the commencement of the Grand Sport Event which is a usual ritual at every Annual Sports Meet. Competitions consisting of 12 different sporting events were held. Field events for teachers were also conducted. The Individual Overall Championship for Men and Women was won by Badal Singh for 2nd year B.Com and Shrusti of 1st year BBA respectively. The overall house championship was won by the Red Storms House. The Annual Sports Day was carried out in an organized manner with the help of NSS Volunteers and concluded after the prize distribution ceremony.



Leo Club Nomination of Office Bearers

The NSS Unit of the College Organised Leo club event for appointing Newly Nominated Office Bearers. The event commenced with the introduction of all the aspects that every office bearer of the club must be aware of. The contestants were educated about the different roles and responsibilities of each post present in the LEO Cabinet, by the Lion's Club Coordinator, Ln. Neha Bhathija. The event concluded after nominating and selecting individuals for different posts in the LEO Cabinet through general voting system carried out by other students and Leo members in presence of the Committee Member of Sindhi Seva Samiti- Ln Dr. Mahesh Kukreja and College Coordinator - LEO Club, Prof. Subrahmanya Bhat (HOD, Dept. of Sanskrit).



Independence Day “Azaadi ka Amrith Mahotsav”

On 15th Aug 2022, NSS Unit of Sindhi College celebrated Independence Day programme on the occasion of “Azaadi ka Amrith Mahotsav”. The event commenced with arrival of the Chief Guest, Lt. Col Amitab, A.O – 8 KAR BN NCC. The Guard of Honour was given to the Chief guest, followed by hoisting of the National Flag and the march-past by NSS and the NCC contingent of the college. The event was also graced by the Chairman and other Management Members, Sindhi College. In his address, the Chief Guest urged the youth of the nation in general and the students’ of the college in particular to develop patriotism. He remembered the sacrifice made by millions of people before independence and thereafter fighting battles to maintain liberty and sovereignty. A few cultural performances based on theme of patriotism doubled the glut and gaiety of the occasion. The event’s proceedings were very well looked after by the NSS Volunteers. The program concluded with the vote of thanks.



Naming the Trees

On 19th Aug 2021, the NSS Unit of Sindhi College organised a unique programme of naming the trees in the Coffee Board Layout BBMP Park. The objective of the programme was to create awareness amongst the public about the importance of trees in protecting environment and their medicinal uses. The name boards depicting the common name, botanical name and medicinal uses were nailed on the trees. The volunteers were accompanied by the Director of the college Dr. B.S. Srikanta and the Principal Prof. N. Asha along with NSS Program Officer, Prof. M. A. Vaidesh and the Facility Manager. The programme aimed at maintaining continuity as far as providing information about the medicinal uses of the trees in the park. Due to withering, some of the boards nailed to the trees were worn out and the information was not visible. It is for this reason periodically nailing the name plates with botanical name, local name and the medicinal properties of the trees were provided to the users of the park.



SSSAK Medical Camp

The NSS Unit of the college joined hands with SSSAK in organising a medical camp on 28th Aug 2022 at Tapasipura Village, Kolar Dist. 08 NSS Volunteers had participated in the camp. The volunteers were guided and instructed concerning the procedure assisting the villagers in their Health Check-up. The volunteers learned the art of interacting with villagers. They also acquired qualities like empathising, organising, problem solving, planning etc.



Ekalavya Award Ceremony

On 29th Aug 2022, the Sports & Youth Affairs Dept – Govt. of Karnataka, had organized a ceremony for honoring the achievers in the field of sports from the state. 17 NSS Volunteers from Sindhi College volunteered in organising the function.

This Award Ceremony had the presence of Dignitaries like the Hon'ble Chief minister, the state sports /youth affairs minister and other officials of sports department of the state. The Hon'ble CM, in his speech, mentioned the rapid development and growth of Athletics and other sports in Karnataka and also highlighted the Government aids which are provided to the budding sportspersons. The event concluded after the distribution of the prestigious “EKALAVYA AWARD” to the nominated achievers in various fields of sports like Athletics, Hockey, Table Tennis, Cricket, Badminton, Etc. by the Hon'ble CM of Karnataka and other Dignitaries present in the Ceremony. Through this, the volunteers learnt about the recognition given to the achievers in the field of sports. Some of the volunteers who are also in to different sports got motivated to achieve similar fete in their chosen sporting event.



Adventure Camp, Himachal Pradesh

A 10 days adventure camp was organised at High Altitude Trekking and Skiing Centre, Narkanda from 12th to 21st Sept 2022. 1 female NSS Volunteer, Sindhi College NSS Cell had took part in the Camp. Chandana K from 2nd year BCA 'A' section from our college along with 39 other volunteers got selected to go for an adventure camp from the NSS cell -Bengaluru City University. This 10 day-camp included several adventurous activities like Rock Climbing, Rappelling, Valley Crossing, Trekking & Jumaring that also included the Casual Evacuation and stretcher making (Long & Short distance) trainings. Each event comprised a lecture workshop, equipment training and execution planning sessions. One of the interesting activities that the NSS volunteers of this camp learnt is the process of KNOT TIEING and its various kinds, which is an essential element for all the above adventure activities.

