

NATIONAL SERVICE SCHEME

History

The National Service Scheme (NSS) is Central Government sponsored programme falls under the jurisdiction of Ministry of Youth Affairs and Sports. Jawaharlal Nehru as first Prime Minister of post-independent India played a very important role in introducing NSS in academic institutions. NSS was launched in Mahatma Gandhi's Birth Centenary Year 1969, in 37 Universities involving 40,000 students. Mahatma Gandhi always insisted the idea that students and youth should be involved in the nation building process and service to the nation. He suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level". Gandhiji insisted that the first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Therefore, fostering social responsibility, inculcating dedication, commitment to solving social problems and developing personality through community service are the main aims of NSS. Today NSS has grown as one of the biggest social service institution and youth movement in the world with more than 33 lakhs of dedicated volunteers all over the country.

Objectives

The broad objectives of NSS are to:

1. Understand the community in which they work
2. Understand themselves in relation to their community;
3. Identify the needs and problems of the community and involve them in problem Solving process;
4. Develop among them a sense of social and civic responsibility;
5. Utilize their knowledge in finding practical solution to individual and community Problems;
6. Develop competence required for group living and sharing of responsibilities;
7. Gain skills in mobilizing community participation;
8. Acquire leadership qualities and democratic attitude;
9. Develop capacity to meet emergencies and natural disasters and
10. Practice national integration and social harmony.

The Motto

The motto or watchword of the National Service Scheme is: „**NOT ME BUT YOU**“. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

NSS Symbol

The symbol of the National Service Scheme is based on the "Rath" wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the movement in life across time and space. The design of the symbol, a simplified form of the Sun-chariot wheel primarily depicts movement. The wheel signifies the progressive cycle of life. It stands for continuity as well as change and implies the continuous striving of NSS for social transformation and upliftment.

NSS Badge

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. Hence, the badge reminds the wearer to be in readiness for service of the nation round the clock i.e. for 24 hours. The red color in the badge indicates that the NSS volunteers are full of blood i.e. lively, active, energetic and full of high spirit. The navy blue color indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the humankind.

NSS Day

NSS was formally launched on 24th September, 1969, the birth centenary year of Mahatma Gandhi, the Father of the Nation. Therefore, 24th September is celebrated every year as NSS Day with appropriate programs and activities.

NSS Song

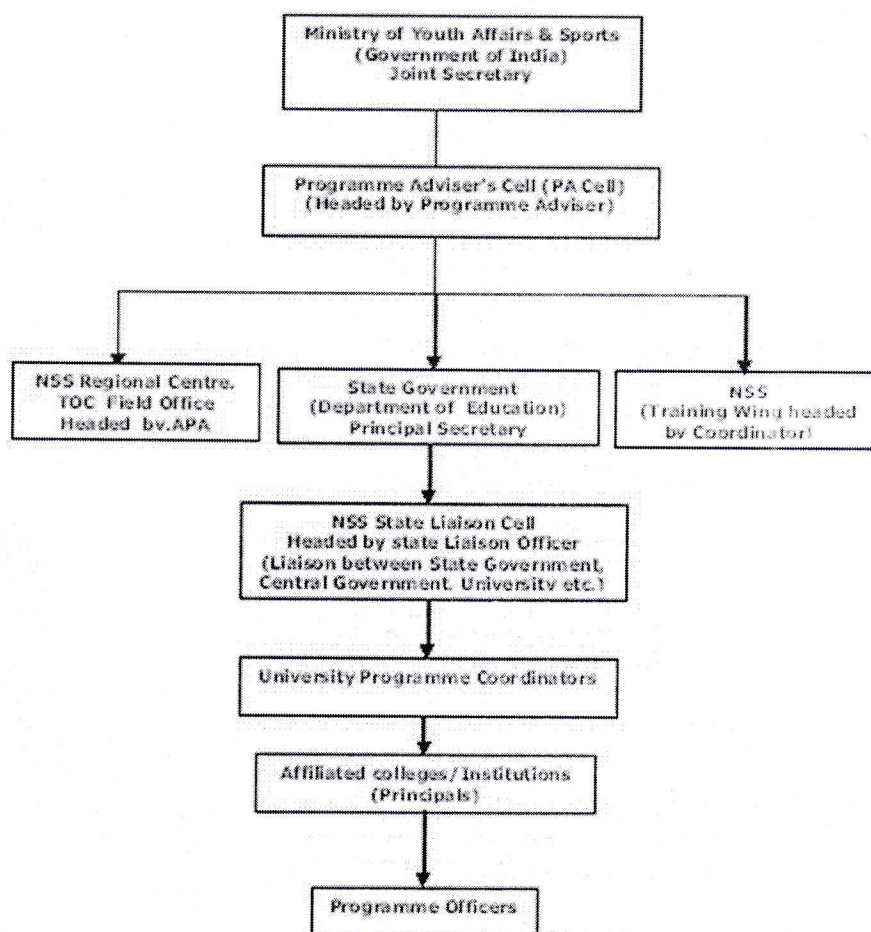
During Silver Jubilee Year 1994 the NSS theme song has been composed. All NSS volunteers are expected to learn the theme song, which is given to them and sing the song during NSS programme and celebrations.

Special Emphasis by UGC for Expanding NSS at Post-graduate Level

In 2013 UGC sent letter to all the universities strictly instructing to expand the activities of NSS, one of the flagship programme of Department of Youth Affairs, to post graduate level. The UGC letter pointed out that NSS, a programme aimed at "education through social service", in the review of Department of Youth Affairs revealed that the scheme has enormous potential to strengthen knowledge, develop capacity and skill of students in a

should be adequately rewarded for the selfless service rendered by them. UGC requested the universities "to recognize the NSS as a co-curricular activity under the credit based semester scheme for both undergraduate and postgraduate programme and consider giving grace marks for admission to graduate and postgraduate levels." UGC also instructed the Universities to include a course on NSS in the curriculum. The sample syllabus for the same also distributed to universities as guidelines.

ADMINISTRATIVE STRUCTURE OF NSS



University Level Advisory Committee

The NSS Advisory Committee at University Level will be an apex body as far as implementation of NSS at University Level is concerned. The Programme Coordinator will approach the University Advisory Committee for approval of NSS budget, covering NSS activities and establishment expenditure on NSS cell and also programme activities to be undertaken during the year.

Programme Coordinator

The Programme Coordinator is the key functionary as far as NSS is concerned. Therefore, a dedicated and devoted Programme Coordinator can plan, execute and evaluate the NSS activities in a proper perspective. The Programme Coordinator, who is a senior teaching faculty, will execute all administrative and policy directives of the government, decisions of the State Advisory Committee and University Advisory Committee. The NSS programme will be prepared in the light of the guidelines issued by the Government of India.

Programme Officer

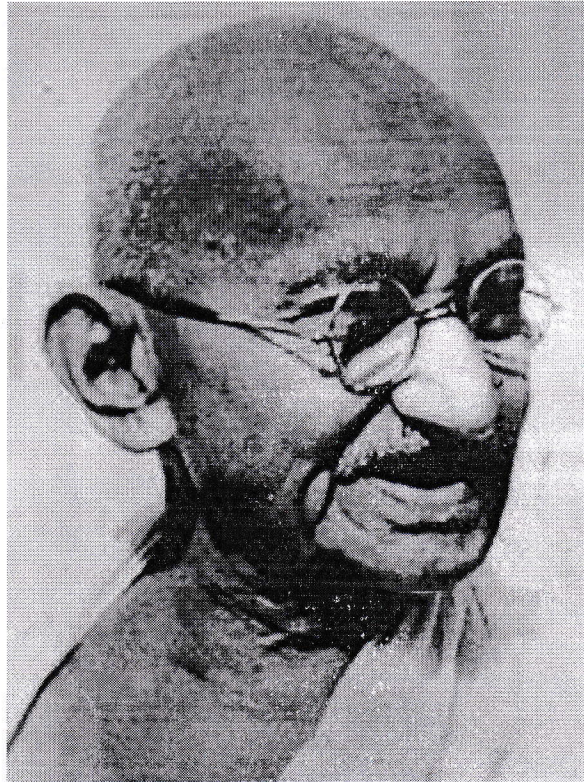
The Programme Officer, who is a member of the teaching faculty, provides necessary leadership to the youth/NSS students. The teacher/NSS programme officer has the professional knowledge and skills. He/she is expected to be a role model of the values and the norms of the institution and the society as a whole. He/she is expected to provide necessary guidance to the students in developing their personality through community service. In fact the Programme Officer is a friend, philosopher and guide to the students in achieving this goal.

NSS Volunteer

The NSS volunteer, student enrolled in the university is the main beneficiary of the programme by way of development of his/her perception about the community, his/her skill to perform certain jobs, and develop quality of a leader, organizer, and an administrator and development of his/her personality as a whole. Through NSS, he/she gets opportunities to see the community closely and thus gets an experience of human nature in relation to his/her environment. This is how the NSS programme aims to make NSS student youth better citizens through "Development of their personality through Community Service".

Community

The community provides NSS volunteer the first-hand knowledge of living conditions of masses to the NSS volunteers and thus, the process of mutual learning starts. The interaction of community with students and teachers while on one hand enrich the personality of student volunteers and on the other hand help the community to improve its living conditions.

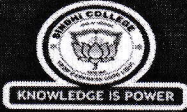


“Live as if you were to die tomorrow. Learn as if you were to live forever.”

**“Seven Deadly Sins Wealth without work Pleasure without conscience
Science without humanity Knowledge without character Politics without
principle Commerce without morality Worship without sacrifice.”**

**“Earth provides enough to satisfy every man's needs, but not every man's
greed.”**

-Mahatma Gandhi



SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

NATIONAL SERVICE SCHEME {2018-2019}

ANTI DRUG AWARENESS PROGRAMME

Date of the event:20-9-2018

OBJECTIVE:-

To create antidrug awareness within the students of the institution, to improve outcome for young people affected with drug addiction. To eliminate accessibility of drug supply inside and around colleges. To eradicate drug abuse by young people and boost normative consciousness to deny drug, young people from drug abuse, through awareness-raising campaigns, The campaign focused on primary prevention. Although preventing and treating drug abuse are both critically important in ensuring the health and well-being of our Nation and its people. The purpose of the Anti-Drug awareness programme is to promote preventing the drug abuse before it starts. The campaign focuses on primary prevention for three key reasons.

First, primary prevention targets the underlying causes of drug use, and, therefore, has the greatest potential to reduce the scope of the problem over the long term.

Second, over time a primary prevention campaign will lessen the need for drug treatment services, which are in critically short supply.

N.S.S. Programme Officer

Third, a campaign has greater potential to affirm and reinforce the anti-drug attitudes of youth who are not involved in drug use than to persuade experienced drug users to change their behavior.

ABSTRACT:-

Drug addiction is a major preventable cause of morbidity and mortality worldwide. The students society is not an exception to this abuse and a large population of youth is lured by drugs due to their easy availability. Most adult drug/smokers start drug/smoking regularly some time before 18 years of age. The aim of this programme was to provide the awareness of drug addiction among College students studying in the institution. The results of this study may help to develop more effective drug/smoking prevention programs.

On 20-9-2018, the event was held in the auditorium, sindhi college, with as the guest of honor, also Dr.B.S.Srikanta, principal, sindhi college and Prof.Asha, Vice Principal, Sindhi College had joined the gathering with prof.M.A.Vaidyesh,NSS programme officer. The NSS volunteers took part actively in the programme . The programme was further continued by a motivational and influential speech by the respective guest. Later the guests were honored by the principal and the event was wrapped on a good note.

The programme influenced nearly 1200 students, and also helped the students to overcome drug addiction, many students had a positive feedback for the programme.

NSS programme officer and other committee members helped the volunteers to accomplish the programme successfully

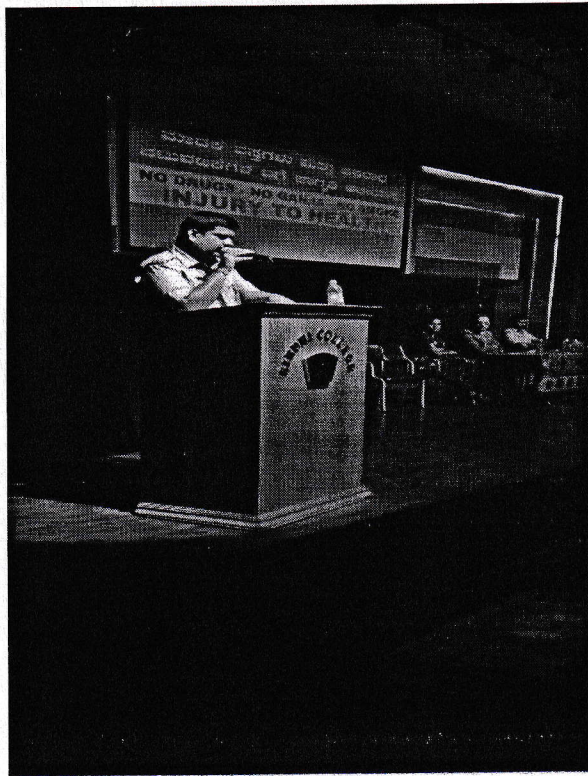
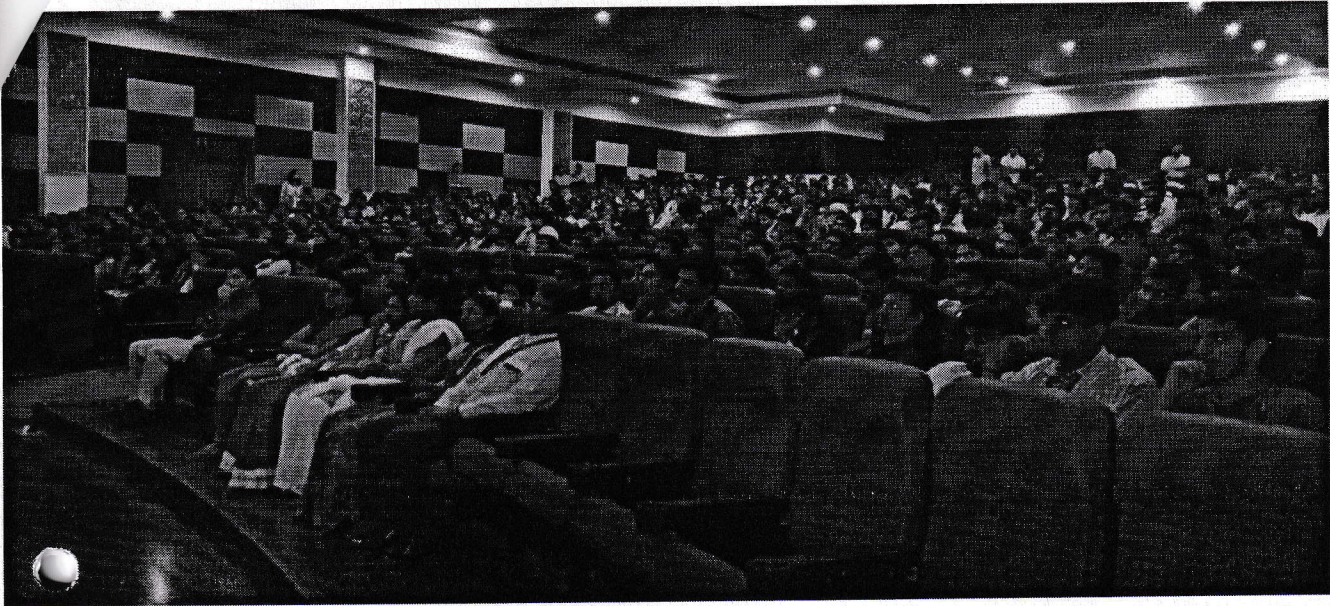
Photographs of the programme for 20/09/2018 are also enclosed.

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NO DRUGS - NO GANJA - NO SMOKE
INJURY TO HEALTH



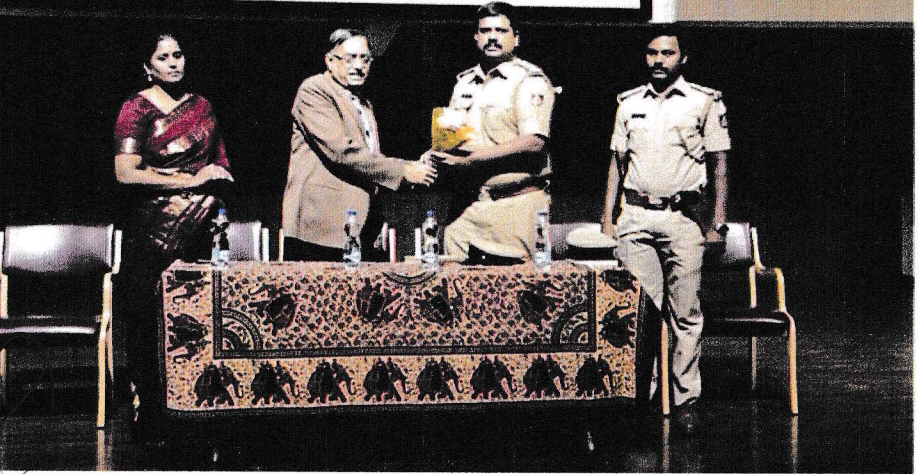
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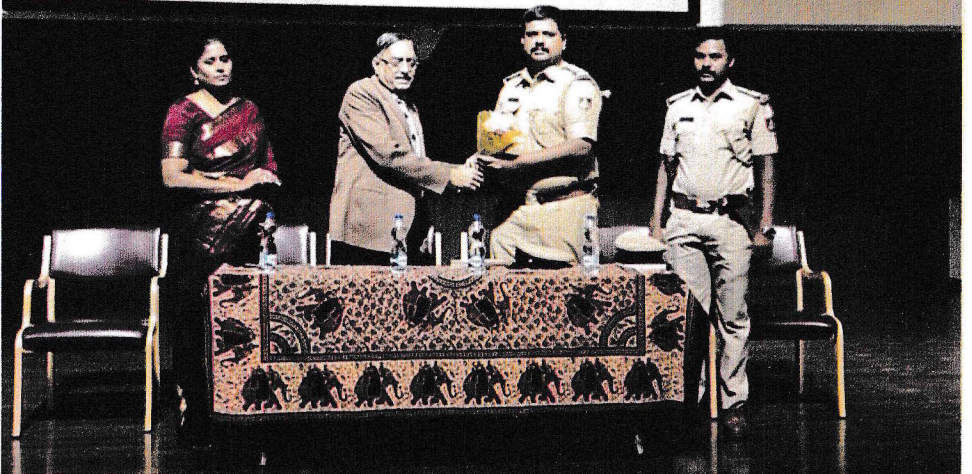


Prepared by
M.A. Vaidyesh
Program Officer

NO DRUGS - NO GANJA - NO SMOKE
INJURY TO HEALTH



NO DRUGS - NO GANJA - NO SMOKE
INJURY TO HEALTH



SINDHI COLLEGE OF COMMERCE

BANGALORE

N.S.S. UNIT

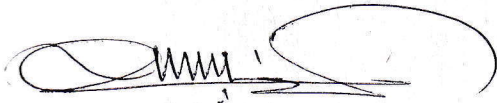
Report On Blood donation camp

College NSS unit in association with Lion's Club, Bangalore organized Blood Donation camp on 29/09/2016. There was an overwhelming response from the students & College faculty members. Even the students from other Colleges also voluntarily donated blood. Altogether 100 units of blood were collected. More than 140 willing to donate registered their names, due to medical reasons only 100 units were drawn. All the blood donors were served with refreshments and juice. NSS Programme Officer Prof. M A Vaidyesh distributed certificates at the end of the camp to all the blood donors as a token of appreciation. Our Principal Dr B S Srikanta, Dr S Anil Kumar, Vice Principal & Prof N Asha, Additional vice Principal were present in the programme.

Lion's club office bearers gave the certificates for the good service rendered by the college N.S.S. Unit. Every unit of blood

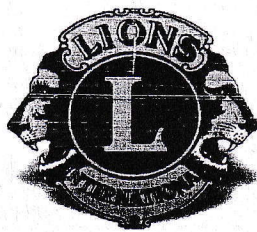
approximately valued @ rs. 375 per unit. College NSS unit donated 100 units worth of rs.37500.

Prepared By:



Prof. M.A. Vaidyesh

Prof. M.A. Vaidyesh
N.S.S. Programme Officer
Sindhi College Of Commerce
Bangalore - 560 024



LIONS BLOOD BANK

BLST - Bhagawan Mahaveer Jain Hospital, Millers Road, Vasanthnagar, Bangalore - 560052.

Ph : 080-22266807, 080-22208148, 080-22200050 Fax : 080-22207767

E-mail : lionsbloodbank1983@gmail.com



Certificate of Appreciation

National Service Scheme

Sindhi College

Bestowed on ..

Hebbal Kempapura

in appreciation of service rendered by organising a

Voluntary Blood Donation Camp

held on 29-09-2016 . Venue : .. College Premises

wherein 100 units have been mobilised

P.S. RANGANATHAN

Chairman

Past International Director



Spoken English
Business Communication
TOEFL - IELTS - Target 7
APTECH
ENGLISH ACADEMY
BANGALURU
233362880

Cafe
Coffee
Dess

FIAT
ESTRADA

MMU

NSS Programme Officer
Sindhi College of Commerce,
33/2B, Kempapura, Hebbal
Bangalore - 560 024.

JULY-2017

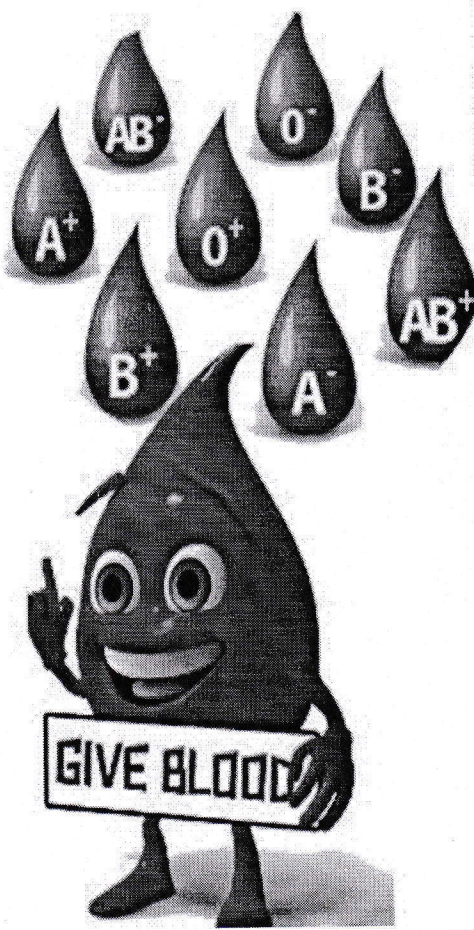
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ORIENTATION FOR BLOOD DONATION

OBJECTIVE


To create awareness about benefits of Blood Donation to the donor, to the recipient and to the society.

On Wednesday of 26th **Dr. Deepak** from lions club had come to our college to give some required information to the students regarding the **benefits, responsibilities, awareness related to blood donation** in the college. Where he addressed class by class to render information regarding eligibility for blood donation and required precautions while donating blood.



Benefits of Donating Blood

- * Reduce Cancer Risk
- * Helps in Weight Loss
- * Replenishes Blood
- * Lower Cholestrol Level
- * Boosts the Production of RBC (Red Blood Cells)
- * Makes the Donor Psychologically Reiuvenated


Prof. Ma. Vaidyesh
N.S.S. Programme Officer
Sindhi College Of Commerce



Dr. Deepak of Lion's Blood Bank addressing the students a day before blood donation



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Sindhi College of Education
33/2B, Kempapura, Hebbal
Bangalore - 560 024.

Date:-27/07/17

BLOOD DONATION CAMP

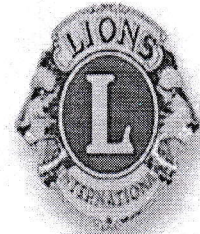
OBJECTIVE

To serve society by Donating Blood to Save Life.

On Thursday of 27th blood donation camp was held in the college GJ hall in association with **Lion's club of Bangalore** with the assistance of **NSS & NCC** volunteers. Where many students along with volunteers took initiative and many from outside the college visited the college for donating blood after the session they had collected **132 Units** of blood were collected from more than **150** willing donors its donors. The Vice Principal Prof.N Asha set an example for others by donating Blood for the first time.

President of Lion's club Bangalore **Mrs. Neha M Bathija** gave certificate to the college as a token of gratitude.

Lions Clubs International History & Structure



LIONS CLUBS OBJECTIVES

- To create and foster a spirit of understanding among the nations of the world.
- To promote the principles of good government and good citizenship
- To take an active interest in the civic, cultural, social and moral welfare of the community

On the day of Blood donation principal receiving certificate of appreciation from the Lion's club officers



NSS Programme Officer
Sindhi College of Commerce
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Bangalore - 560 024.

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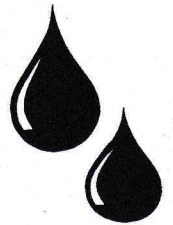


LIONS BLOOD BANK

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Certificate of Appreciation

Principal

Sindhi College

Bestowed on **Hebbal Kempapura**

in appreciation of service rendered by organising a

Voluntary Blood Donation Camp

held on **29-09-2016** . *Venue* : ... **College Premises**

wherein **100** *units have been mobilised*

P.S. RANGANATHAN

Chairman

Past International Director



SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

N.S.S. UNIT

REPORT ON BLOOD DONATION CAMP

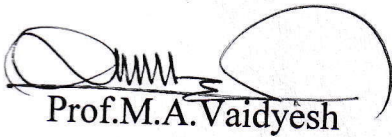
College NSS unit in association with lion's club Bangalore organised blood donation camp on 3-08-2018. There was an overwhelming response from the student & college faculty members. Even the students from other college also voluntarily donated blood all together 110 units of blood were collected more than 150 willing to donate registered their names, due to medical reasons only 110 units were drawn. *by*

All the blood donars were *served* ~~searvevd~~ with refreshments and juice NSS programme officer prof.M.A.Vaidyesh distributed certificate at the end of the camp to all the blood donars as a token of appreciation. *Our* principal Dr.B.S.srikanta, vice principal Prof.N.Asha were present in programme. *college*

Lion's club office bearer gave the certificates for the good service rendered by the college NSS unit. Around 25 volunteers rendered their service to complete the event successfully. Every unit of the blood approximately valued rs.375 per unit. College NSS unit donated 110 units worth of rs.41,250.

Rs. *Rs*

Prepared By:


Prof.M.A.Vaidyesh

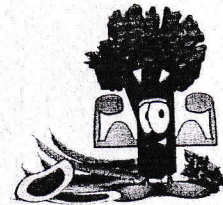
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WVVVV
NSS Programme Officer
Sindhi College
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MICARE
The healthcare division of
HLL Lifecare Limited

BEFORE DONATION



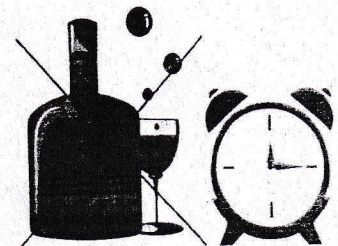
Have a sumptuous healthy meal. Avoid fatty foods



Get a good night's sleep



Drink a lot of water



Avoid Alcohol

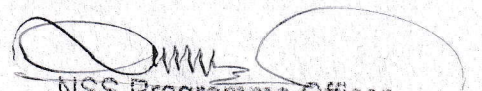


Every tomorrow needs a blood donor today

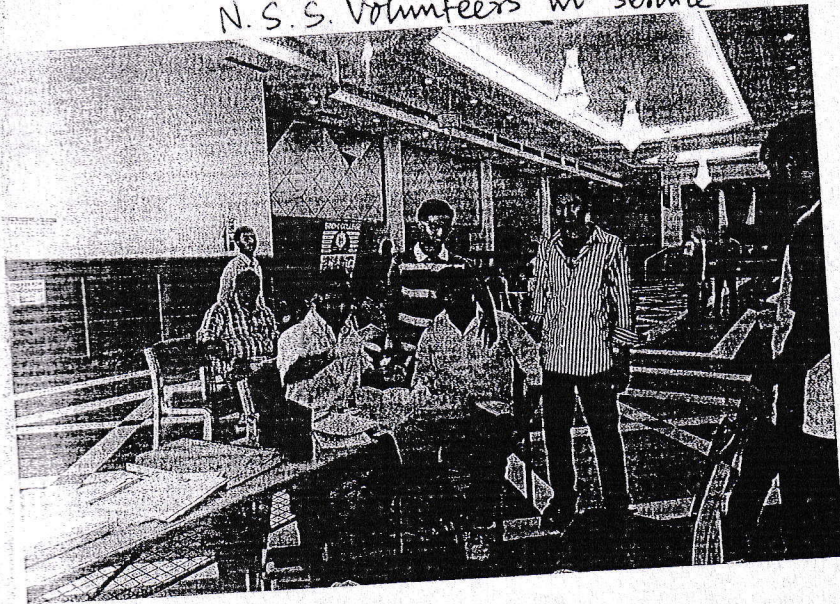


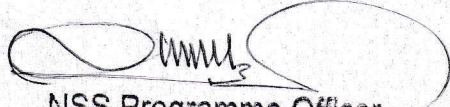
Donate™

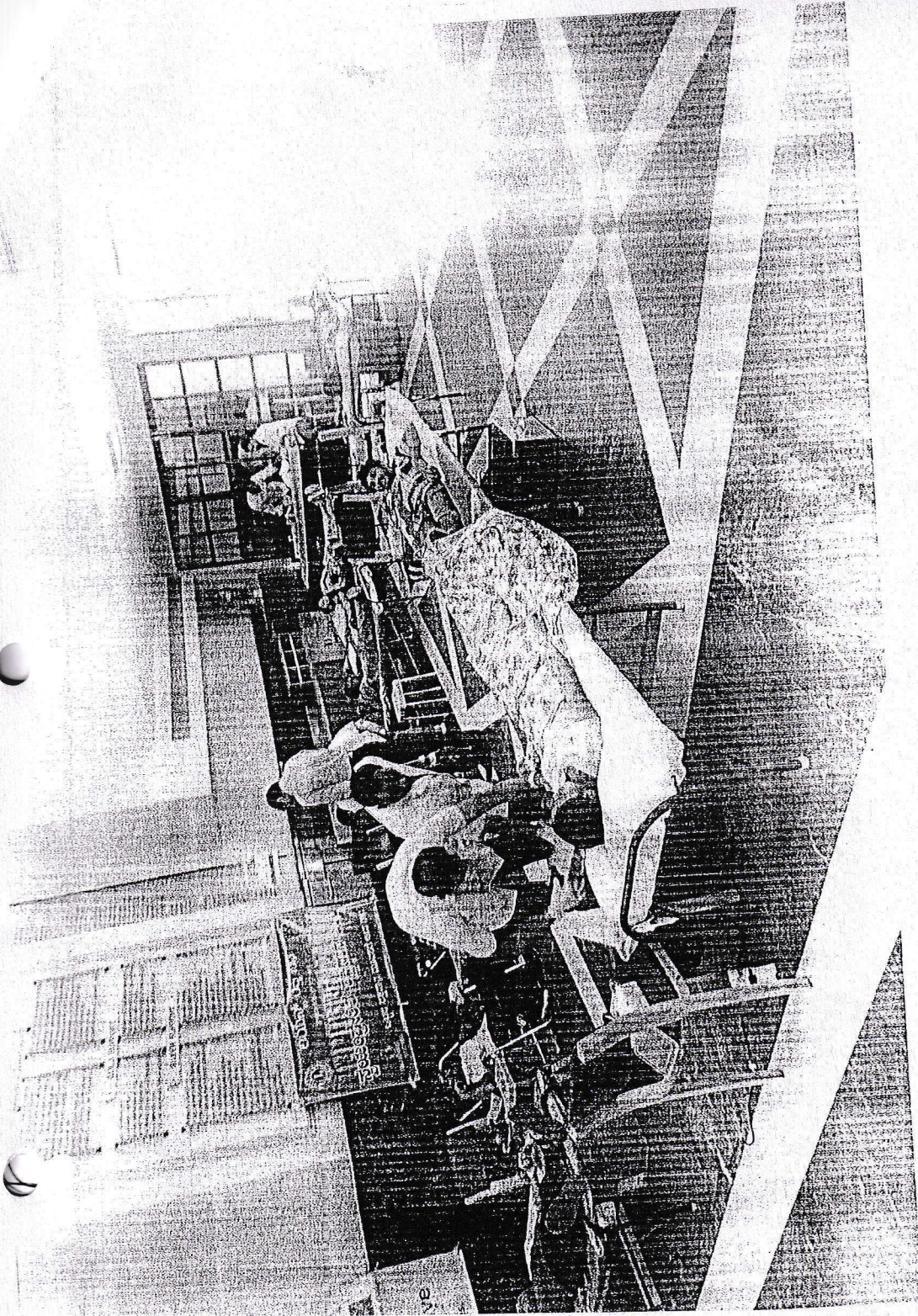



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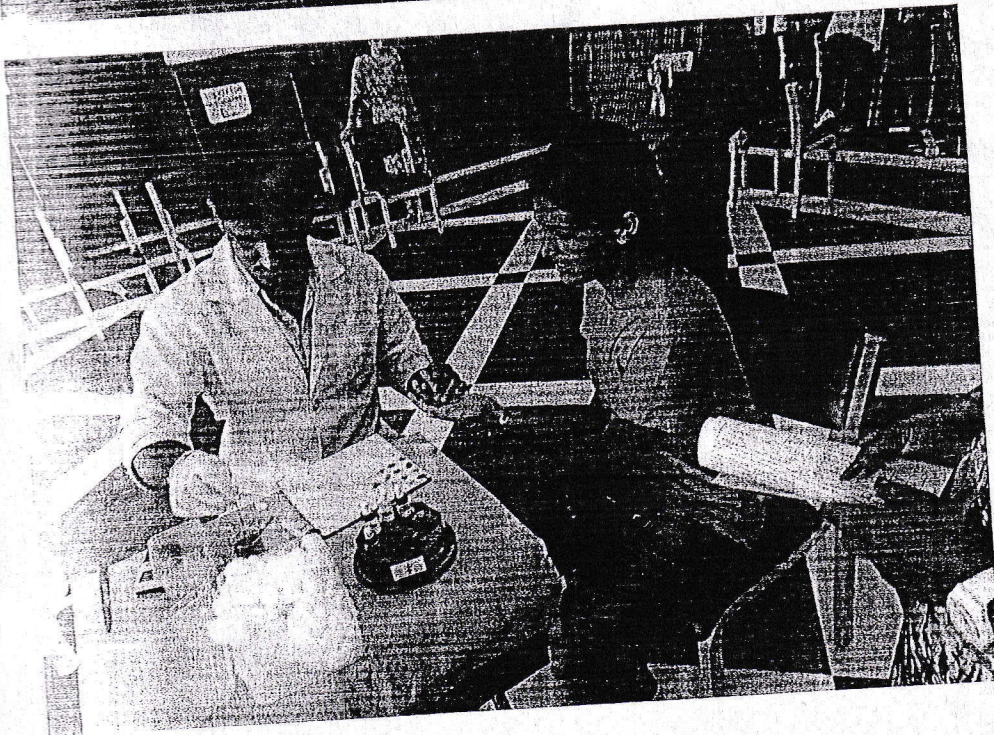
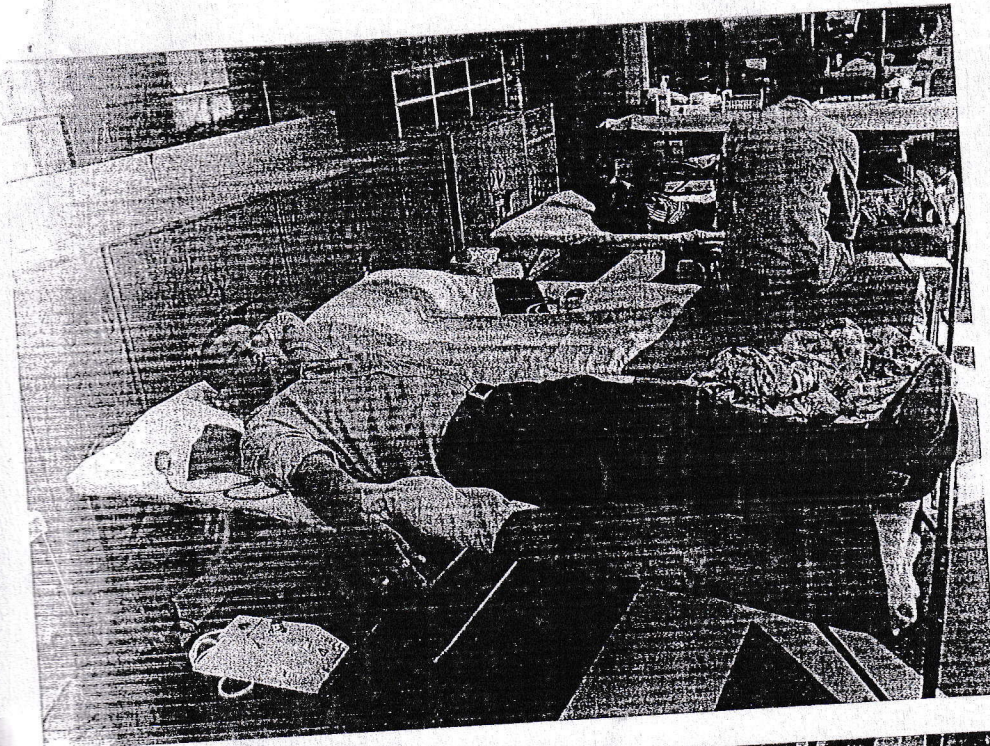
N. S. S. Volunteers in service.

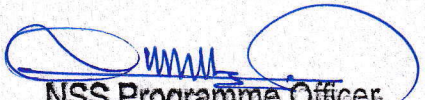


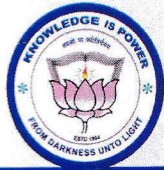

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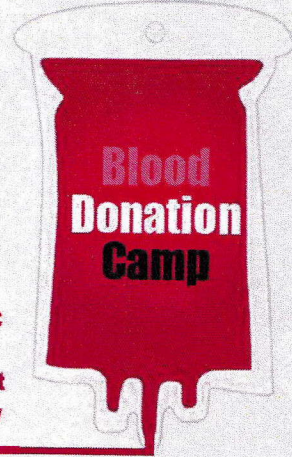

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SINDHI COLLEGE

SINDHI COLLEGE

Permanently affiliated to Bengaluru Central University & Accredited by NAAC
Recognised by UGC under 2(f) & 12(B), ISO 9001:2015 Certified Institution
Best Emerging Private College in Karnataka Awarded by GTF & Image Planet
Listed among the top twenty promising colleges in Bengaluru by HE review



NSS Unit

**Organised Blood Donation Camp
in Association with
Lions Club Bengaluru Host**

Chief Guest

Mr. Mahesh Kukkreja

President, Lions Club Bengaluru Host, Bengaluru.

Date : 21/08/19

Venue : GJ Hall

Time : 10:00 AM

All are Welcome Donate Blood Save Life

33/2B, Kempapura, Hebbal, Bangalore - 24
Ph: 23637543/44, 41178288
www.sindhicollege.com Email : mail@sindhicollege.com



N.S.S Unit Report on

BLOOD DONATION CAMP

Date: 21 August 2019

No of Participants:134.

Objective of the Event:

- The objective of this event is to create a sense of social responsibility among volunteers by donating the blood to save lives.
- To develop the organising abilities.
- To develop Motivational Skills.

The College NSS Unit, organised blood donation camp in association with LION'S CLUB, Bangalore. The event was held on 21-08-19. There was an overwhelming response from the students and college faculty members. Even the students from other colleges also voluntarily donated blood. Sri . Mahesh Kukkreja, President of Lion's Club Bangalore Host and other office bearers of the club were present through the camp. Sri. Deepak Suman another lion's club member visited each and every class along with NSS volunteers to motivate first time donors and provided necessary information and precautions required to be taken.

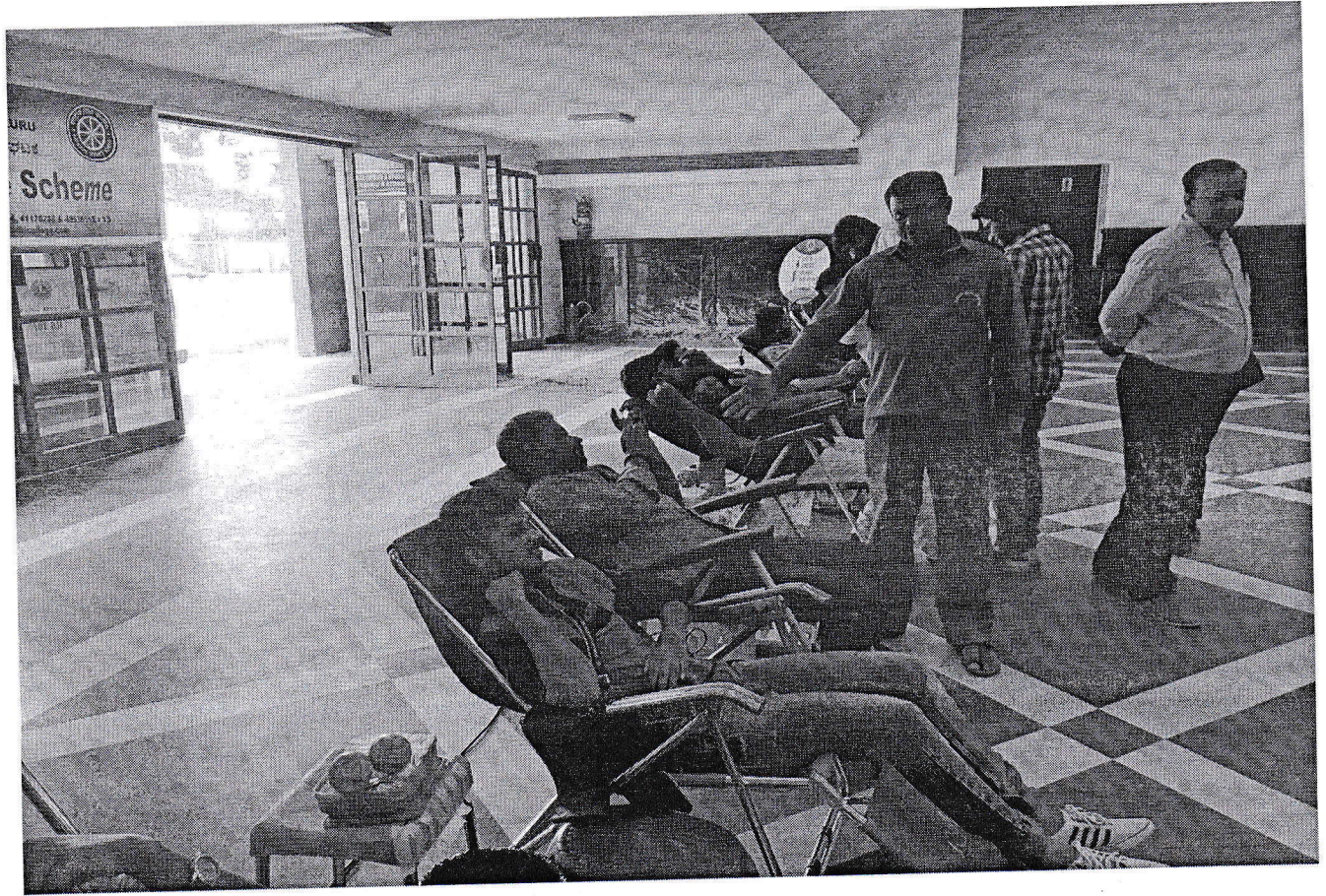
134 students came forward to donate, out of which **116 units** of blood were drawn and donated to **Bhagwan Mahaveer Jain Hospital Blood Bank**. Organisers appreciated the efforts of the college principal, Programme officer, Volunteers of NSS and most

importantly the donors. Donors were served biscuits, bananas and fruit juice. Certificates were also distributed to the donors. **At Rs. 400 per unit**, total value of blood donated was **Rs. 45,600** to the society.

Programme officer Prof **M.A.Vaidyesh** distributed certificate at the end of the camp to all the blood donors as a token of appreciation. College principal **Dr.B.S.Srikanta** received the certificate from the president of Lion's club Ln. Mahesh Kukkreja.

Principal Dr. B.S. Srikanta receiving the certificate issued in the name of the college





Donors donating the life saving blood

SINDHI COLLEGE OF COMMERCE,

KEMPAPURA, HEBBAL,

BANGALORE.

A Report on SwachBharathAbhiyanAndolan

Mahatma Gandhi Jayanthi was observed on the lines of the Prime Minister's initiative Swachch Bharath Abhiyan. The college N.S.S. Unit was invited to be a part of mega rally organised by VijayaVani- a leading kannada daily.

College N.S.S. Programme Officer and volunteer assembled in Sir.PuttanaChetty Town Hall. The Programme started with invocation song followed by pushpanjali to the photo of MahathmaGandhiji.

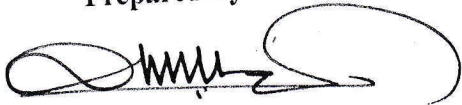
Close to 5000 students of which a sizable number of N.S.S. volunteers and Programme Officers took part in the event. Youth ICON and Kannada Movie Golden star Ganesh started the rally by flagging.

Students walked from the Town hall through important lanesof heart of old Bangalore city. Placard carrying the important messages were displayed. Banners, Hand bills were other materials used extensively in this walkathon.

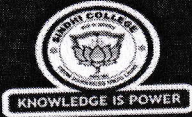
"Let the noble thoughts come from all directions" is the Message of MahathmaGandhiji. N.S.S. across the nation will walk the talk of this great son the land. College N.S.S. unit see no personal agenda in joining their hand to strengthen the hands of any one in the society who is striving to serve the mankind.

Mild drizzling could not deter the grit of the volunteers involved in the walkathon. Light refreshments and sweets were distributed by the organisers.

Prepared By:



M.A. Vaidyesh
N.S.S. Programme Officer
Sindhi College Of Commerce
Bangalore - 560 024



SINDHI COLLEGE

33/2B, KEMPAPURA HEBBAL BANGALORE-560024

N. S. S. Unit

Dental check-up

Date of the event: 3-11-2018

**Dental check-up camp in association with Rajiv Gandhi
Dental College**

A dental check- up camp was organized by the college NSS Unit in association with Rajiv Gandhi Dental College, Department of Public Health. A team of 6 dental doctors visited the college along with para medics to conduct this event. Students of PG studies and faculty members benefit from this programme.

Principal Dr. B.S. Srikanta thanked the young doctors and issued an appreciation certificate in recognition of their service.

225 students

Prepared by:

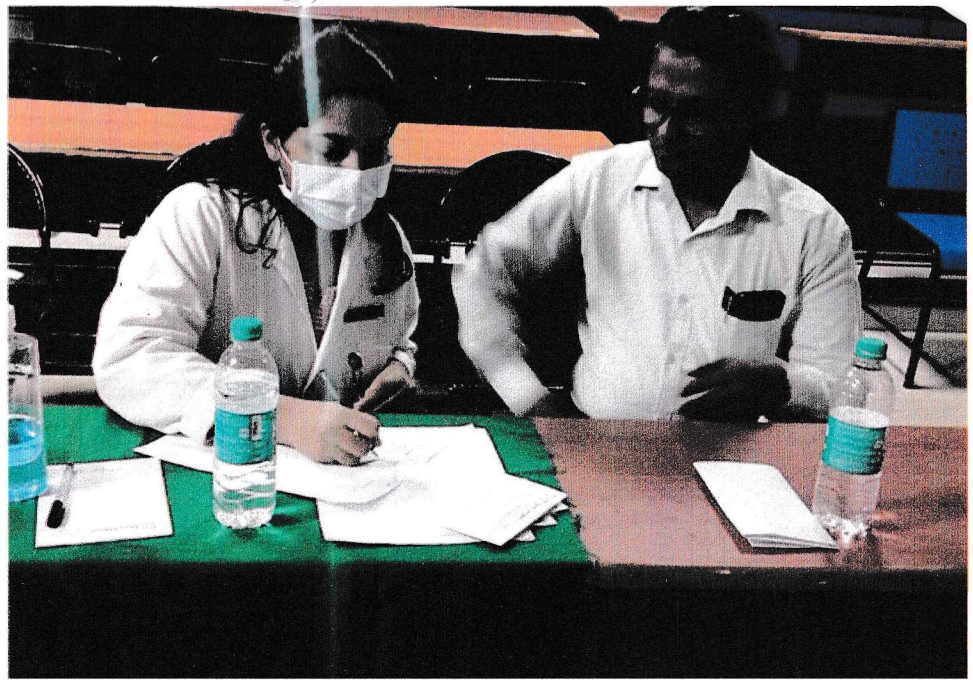
Prof.M.A.Vaidyesh

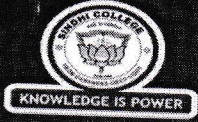
NSS Programme Officer

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SINDHI COLLEGE

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N.S.S. UNIT

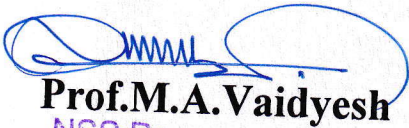
Report on Distribution of De-worming Tabs

No. Of tables received and distributed -1100

On 3/08/18 College received an invitation to depute the NSS programme officer Prof.M.A.Vaidyesh to join hands in making the event success. On 04/08/18 afternoon from 1 pm to 4 pm 3hrs orientation was given to the representatives of various educational Institutions by the in-charge doctor. 6th to 11th August is observed as de-worming week. The ill effects caused by hook worm, ring worm and tape worm like, fever , loss of appetite, itchy rash, Etc... were narrated by the doctor and urged the participants to distribute the medicines.

The Objective of this programme is to ensure that the society in general and children aged 1 to 18 years in particular do not suffer nutrition deficiency due to parasites mentioned above. On 06/08/18 college students were sensitized to maintain hygiene and stay away from the possibilities of becoming a victim of worms by periodically consuming oral medicines, as a precaution 1100 tabs were distributed to all students through class CRs. Each tablet would cost Rs. 10 totalling Rs. 11,000.

Prepared by:


Prof.M.A.Vaidyesh

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