

## NSS activities for the year 2016-17

1<sup>st</sup> July 2016 to 30<sup>th</sup> June 2017

**Principal** : **Prof V K Jose**

**NSS Programme Officer** : **Mrs. Rekha B**

**NSS Student Volunteer** : **Kruthika M**

### Orientation

The orientation programme NSS unit was conducted on 09<sup>th</sup> July 2016. This orientation programme was initiated to instill in the students to enroll as NSS volunteers. Service mindedness was stressed on this orientation programme. All I year and II year students of all streams attended the orientation programme at Ave Maria Golden jubilee Auditorium. The Speaker for this programme was Mrs PrabhaKumari I M (Former NSS Programme Officer) and Mrs Rekha B NSS Programme Officer

**Objective:-** Motivate students to join NSS and Serve Society

**Outcome :-** around 50 Students Joined NSS on Spot



### **Inauguration**

The inauguration of NSS Unit for the year was organized on 16<sup>th</sup> July 2016. This was the beginning of the programme for the students to start their activities and all the NSS volunteers (100 students) participated at AV Room. The speaker and the chief guest for this inauguration was Prof Dharmaraju Hiremaralli(PU Principal, Hardwick College). Dr.Sajitha , Director ,

Prof.V.K Jose Principal , Teresian College, Sr. Anjali manager and Sr. Genevieve administrator and other staff members also were present for the programme .

**Objective:-** Installation of NSS Unit in the College for the academic year

**Outcome :-** the students were enthusiast to render their service to the humanity .



### **Sharmadhan 1: Weed removal**

NSS Unit began their activities for the year by Sharmadhan within the campus by removing weeds from Teresian College Rose garden on 18<sup>th</sup> August 2016. Around 20 NSS volunteers participated in the programme .

**Objective:-** To develop a sense of cultivating habit of maintain garden and plant more trees

**Outcome :-** Gain knowledge of Maintenance of garden.Also learnt why weeds should be removed often and often



## Health and Nutrition

**Activity Name** : Talk on Health and Nutrition

Good **Nutrition** Improves Well-Being. Eating a poor diet reduces physical and mental **health** because eating **healthy** allows people to be more active. Two-thirds of people who eat fresh fruit and vegetables daily report no mental **health** issues, as reported by the Mental **Health** Foundation.

**Date** : - 19/08/2016

**No of Students Participated** : - All UG Students, Staff and Non Teaching Staff

**Place** :- PU Auditorium

**Hospital**:Mrs Srinidhi

**Objective**:- diet tips and healthy and nutritional drinks to be consumed.

The goal of **nutrition** education is to reinforce specific **nutrition**-related practices or behaviours to change habits that contribute to poor health; this is done by creating a motivation for change among people, to establish desirable food and **nutrition** behaviour for promotion and protection of good health.

**Outcome** :- Students came to know to Make half plate fruits and vegetables. Make half the grains you eat whole grains Switch to fat-free or low-fat (1%) milk. Drink water instead of sugary drinks.



**Sharmadhan 2: Campus Cleaning**

NSS volunteer continued their activities for the year by Sharmadhan within the campus by cleaning the campus on 1<sup>st</sup> October 2106. Around 50 NSS volunteers participated in the programme .

**Objective:-** to make youth aware of cleanliness, sanitation, etc

**outcome:-** Promotes hygiene and protecting college infrastructure



### **Janapadageethe Competition**

NSS volunteers participated in District level Janapadageethe Competition on 22<sup>nd</sup> October 2016. Two NSS volunteers Rashmi and Shivanni participated at ideal java rotary school

**Objective:-** To instill in the students to participate in the competitions and to showcase their talents .

**Outcome :-** On 22/10/2016 two students Ms. Rashmi and Ms. Shivanni participated in the competition. It was organized by Credit-I

### **Rashtriya Ekta Diwas/National Unity Day**

Rashtriya Ekta Diwas/National Unity Day was celebrated by the NSS unit in the college on 31<sup>st</sup> October 2016. All staff and Students participated at Assembly Hall. Dr Sr Genevieve, Sr Sajitha, Prof V K Jose, Mrs Rukminiamma, Ms. Megha Urs, Dr Venkatesh C C, Mr. Satish Kumar, Mr. Merwin Pinto, Sr Anjali, Mrs Chandrakala were also present for the function .

**Objective:-** To pay tribute to Sardar Vallabhbhai Patel who was instrumental in keeping India United.

**Outcome :-** a Collaborative pledge on peace and solidarity.



### **Debate Competition**

NSS volunteers participated in Debate Competition on 23<sup>rd</sup> December 2016, 10 NSS Volunteers participated in the Debate Competition and the Topic was Healthy youth for healthy Future at Maharani's College for Arts and Commerce Mysuru. Two students won the debate competition.

Winners of the competition were Ms. Nandini - II Place and a cash price of Rs 2000

Ms. Nandini was selected as a speaker for District Level Competition.



### **Awareness and precautions on Digital Payment**

**Date** : 30/12/2016

**No of Students Participated** : - 30

**Place** :- AV Room

**Speaker / chief guest:-** Mrs Mary Sangeetha

**Objective:-** to know more about safe & Secure practices while making digital payments

**outcome:-** reduce costs and risk of handling cash



**Sapling** Plantation

**Date** : - 14/01/2017

**No of Students Participated** : - 10

**Place** :- College Campus

**Objective:-** to Contributre to environment by providing oxygen, improving air quality, conserving water, preserving soil, deforestation, global warming

**outcome:-** Created importance of planting trees, safe guard tree for above purpose



## Vivekananda Sapthaha

**Activity Name** : - National Youth Day  
Swamy Vivekananda Birth day was celebrated by our Government

**Date** : - 18/01/2017

**No of Students Participated** : - 50 NSS Volunteers

**Teachers Participation**: Mrs Sangeetha, Mrs Rekha

**Place** :- Palace Ground, Bangalore

**Objective:-**

The Government of India wanted to motivate the youth in India to the ideals and philosophies of Swami Vivekananda. Vivekananda's birthday was chosen in order to lift the eternal energy levels of the youth and make the future of the country brighter as the youth in our nation will be responsible for making India a developed nation.

Distribution of Vivekananda's ideals and progressive philosophies will empower youth and make India a developed, versatile and a strong nation.

Swami Vivekananda was a powerful & great person who always has an immense belief in the power of youth. The youth can lead and do wonders to the nation if empowered with proper guidance and positive ways of living and this is one of the primary reasons of celebrating National Youth Day.

**Outcome :-** volunteers Participated the in youth day, different speakers including Chief minister gave a talk on importance of the day. Youth learned about the power of youth in constructing the future.

Sl. No.	Student Name	Class	Signature
1	Jayanna Lilly Raj	II B.A	[Signature]
2	Aravind	III B.A	[Signature]
3	Shambhali N.K	III B.A	[Signature]
4	Pallavi Poornacha	III B.A	[Signature]
5	B.Kavitha	III B.A	[Signature]
6	Narayanan MSS	III B.A	[Signature]
7	Pragna P	III B.A	[Signature]
8	Shikha D.C	III B.A	[Signature]
9	Shikha S	III B.A	[Signature]
10	Ranjitha M.L	III B.A	[Signature]
11	Kavitha E.M	III B.A	[Signature]
12	Shikha S	III B.A	[Signature]
13	Shikha S	III B.A	[Signature]
14	Shikha S	III B.A	[Signature]
15	Shikha S	III B.A	[Signature]
16	Shikha S	III B.A	[Signature]
17	Shikha S	III B.A	[Signature]
18	Shikha S	III B.A	[Signature]
19	Shikha S	III B.A	[Signature]
20	Shikha S	III B.A	[Signature]
21	Shikha S	III B.A	[Signature]
22	Shikha S	III B.A	[Signature]
23	Shikha S	III B.A	[Signature]
24	Shikha S	III B.A	[Signature]
25	Shikha S	III B.A	[Signature]

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10	Ranjitha M.L	III B.A	[Signature]
11	Kavitha E.M	III B.A	[Signature]
12	Shikha S	III B.A	[Signature]
13	Shikha S	III B.A	[Signature]
14	Shikha S	III B.A	[Signature]
15	Shikha S	III B.A	[Signature]
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23	Shikha S	III B.A	[Signature]
24	Shikha S	III B.A	[Signature]
25	Shikha S	III B.A	[Signature]

**Campus Cleaning for Republic Day**

**Activity Name** : -Sharmadhan for republic day

**Date** : - 24/01/2017

**No of Students Participated** : - 20

**Place** :- College Campus

**Speaker / chief guest:-**

**Objective:-** to make youth aware of cleanliness, sanitation, etc

**outcome:-** Promotes hygiene and protecting college infrastructure



**National Voters Day**

- On 25/01/2017 National Voters Day was conducted.
- All NSS Volunteers Participated in the activity
- Both Staff and Students took oath for voting right person and compulsory voting



**Blood Screening**

- On 11/02/2017 Blood Screening camp was conducted
- 50 NSS Volunteers took benefit from this camp





### Tribute to Prof Dilsad

- on 13/02/2017 Tribute to Prof Dilsad was done
- Sir was a NSS State Coordinator
- 50 NSS Volunteers parayed for our NSS Officer Prof. Dilsad
- Sir Has given many NSS Songs in Kannada and dedicated worker for NSS



### Water conservation/ save water

- on 22/03/2017 on eve of water day awareness was given on how to save water
- Our NSS Volunteers gave awareness by presentation.
- 50 NSS Volunteers took benefit from this Presentation.



### Waste Management

- On 27/03/2017 waste management was introduced in our college
- Students collected unused papers from used books .
- Bifurcated used papers and unused papers.
- They prepared note pad using unused paper
- 20 students did this activity.

### Extension Activities by the NSS

#### ***1. Special talk for Blind students***

NSS unit of Teresian college conducted a special talk for Blind students on 24<sup>th</sup> October 2016 at Ave Maria Gloden Jubilee Auditorium It was specially a class for blind students chapter theater. The speakers for the same were Mr. Charles Joseph Assistant Professor , Department of English , Post- Graduation , Teresian College and Sr. Sajitha Director , Teresian College respectively. 20 NSS volunteers helped blind students in the activity



## 2. AIDS Awareness Rally

NSS Unit of Teresian College, organized a Rally on AIDS Awareness on 31.12. 2016. The Rally was conducted in Allanhalli Village. Mrs Rani Shivanna vice president of Allanhalli gramapanchyath also participated in this rally. Around 35 NSS Volunteers took part in this rally.

**Objective:-** To voluntarily come forward for prevention and control of HIV/AIDS.

**Outcome:-** publicity campaign and awareness to achieve the objective of Zero HIV Deaths



## 3. Sharmadhan in Temple

NSS Unit of Teresian college conducted a Sharmadhan in Temple, to keep the temple and surrounding clean on 07.01. 2017. 30 NSS Volunteers did Sharmadhan by cleaning Sri Chowdeahwari temple which is located in Allanhalli Village.

**Objective:-** to make youth aware of cleanliness, sanitation, etc

**Outcome:-** Promotes hygiene



### Eye Checkup

NSS unit of Teresian College organized an eye checkup camp for the benefits of students and staff on 20.01.2017. Eye Checkup was done by Vasan eye care center. All NSS Volunteers participated in Eye Checkup. The students and staff from the college had come to avail the benefits of the free medical camp.



### Scribes for Blind students

NSS Volunteer helped the students as scribes for blinds. The NSS Volunteers helped the Blind students in writing their exams which ever exams they ask.



### **Blood donation Camp**

**Total No. of Donors: 35**

**Date: 16.02.2017**

**Outcome:** Awareness was created among students towards importance of blood donation and saving life. 35 students donated blood during this activity.

**Report:** The NSS unit organized a voluntary Blood Donation camp on 16.02.2017. The students of the college willingly participated in the camp and 35 students donated their blood.



### **Traffic Awareness Rally**

NSS unit of Teresian College organized traffic awareness Rally on 26.02. 2017 on Road safety. This Traffic awareness was organized by university for all colleges. 18 students took part in this rally. After the rally in Oval Ground Road safety awareness was given to youth of all colleges.



Planting trees in Allanahalli school

**Activity Name** :- Plantation

**Date** :- 30/01/2017

**No of Students Participated** :- 20

**Place** :- Govt School Allanahalli

**Objective:-** to Contribute to environment by providing oxygen, improving air quality, conserving water, preserving soil, deforestation, global warming

**outcome:-** Created importance of planting trees, safe guard tree for above purpose



## **Medical Camp**

### **A General Check up in Allanahalli Village**

**Activity Name** : Medical Camp

Medical Camp is very important specially in villages that to for old and needy people in the village. They lack money, caretakers, no much idea to meet which doctor for which disease They need help to know reason behind their sufferings, which doctor to consult and which hospital they have go for certain problems.

**Date** : - 31/01/2017

**No of Students Participated** : - 48 NSS Volunteers and people of Allanahalli

**Place** :- Allanahalli, Mysuru

**Hospital:** KR Hospital Mysuru

**Objective:-** To Provide medical care facilities.

to preserve the health of healthy students and to help them attain the aims of life

**Outcome :-** Students came to know what are the problems faced by villagers, they also learnt about taking care of their own family and friends.



Cleaning in Allanahalli Village

**Activity Name** : -Sharmadhan

**Date** : - 01/01/2017

**No of Students Participated** : - 50

**Place** :- Village Streets

**Speaker / chief guest:-**

**Objective:-** to make youth aware of cleanliness, sanitation, etc

**outcome:-** Promotes hygiene and protecting Villages



Cleaning pond

**Activity Name** : -Sharmadhan

**Date** : - 01/01/2017

**No of Students Participated** : - 50

**Place** :- Allanahalli

**Speaker / chief guest:-**

**Objective:-** to make youth aware of cleanliness, safe guard water resources, etc

**outcome:-**



## **Eye Check Up Camp in College**

**Activity Name** : Eye Check Up Camp

Eye Check Camp Jointly organized by NSS and Red Cross

**Date** : - 05/03/2017

**No of Students Participated** : - 100 NSS Volunteers

**Place** :- AV Room

**Hospital:** SnehaKiran Eye Hospital, Mysuru



**Objective:-**

- 1)To have genuine eye problems to get their eyes checked free of cost.
- 2) To get spectacles fitted with good quality lenses, if they require any, at a minimal cost.
- 3)To get operated for cataract at a feasible cost/free of cost.

**Outcome :-**



**Blood Donation Camp**

**Activity Name** : Blood Donation Camp

Donating Blood is a vital way to help, save lives. There are number of reasons whyn donating blood is important. A singly donation can save three lives. On blood donation provides different blood components that can help three different people

**Date** : - 14/03/2017,

**No of Students Participated** : - 35 donated blood and Blood screening by 300 Students

Including PG, UG and NSS Volunteers

Teachers participated: Mr. Merwin Pinto, Mr Mohan

**Place** :- AV Room

**Hospital:** Jeevan Dhara Blood Bank

**Objective:-** To raise awareness that individuals can save lives and improve the health of others by donating blood

To encourage people to donate blood voluntarily without compensation.

To support the operation of safe and reliable blood services.

**Outcome :-** Students came to know consequences of donating blood, who can donate blood, health benefits, rarest blood group, donating blood make you tired or not, does giving blood lower your immune system, do and don'ts after blood donation etc.,

