

## NSS activities for the year 2018-19

1<sup>st</sup> July 2018 to 30<sup>th</sup> June 2019

**Principal** : **Dr.Veena M.D'Almeida**

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

**NSS Student Volunteer** :

### NSS Activities

#### Rashtriya Ekta Diwas/National Unity Day

**Activity Name** : - Rashtriya Ekta Diwas

**Date** : - 31/10/2018

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

**Teachers Participation:**Dr Veena MD Almedia, Prof. Alfred Maria Delcasse, Prof Annie Mathew, Mr. Charles Joseph, Sr Anjali, Prof Jeyanthi, Mrs Chandrakala, Mr Satish, Mrs Rashmi, Mr Puneeth

**Place** :- Assembly Hall

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

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



## Swamy Vivekananda Brithday/ National Youth Day

**Activity Name** : - National Youth Day

**National Youth Day** is celebrated on 12 January being the birthday of [Swami Vivekananda](#). In 1984 the Government of India declared this day as National Youth Day and since from 1985 the event is celebrated in India every year.

It is expected that by celebrating the National Youth Day the youth of India could be inspired sufficiently to set sail on a journey that would ultimately lead them to succeed in life. The philosophy, ideas, and teachings of Swami Vivekananda can justifiably be called national assets from traditional and cultural points of view. At the same time, the youth are the future of our country. It is them who are supposed to take our country forward in the days to come. This is the reason why they have to be inspired to act and think in a positive manner and perhaps the best way to do that is through the teachings of Swami Vivekananda.

**Date** : - 14/01/2019

**No of Students Participated** : - All NSS Volunteers including Student President, Secretary

**Teachers Participation:** Dr Sr Sajitha, Dr Veena MD Almedia, Dr Sudha Rao, Prof Kouchbaby, Prof Saly Abraham, Mrs Prabha Kumari, Mr Merwin Pinto, Ms Sonia M V, Mrs Chandrakala, Mrs Vijayashreelatha, Mrs Anitha Etc.,

**Place** :- Assembly Hall

**Objective:-** The main objective behind the celebration is to propagate the philosophy and the ideals of Swami Vivekananda for which he lived and worked.

**Outcome :-** National Youth Day creates awareness and provides knowledge about the rights of people in India. It is a day to educate people to behave properly in the country. .



### Extension Activities

## Medical Camp

**Activity Name** : Medical Camp

Free **medical health camps** and vaccination campaign is one such major program of NWHO to provide healthcare facilities and vaccination to meet the immediate **health care** needs of the College Students, Staff, and others

**Date** : - 03/07/2018

**No of Students Participated** : - 500 Students Including PG, UG and NSS Volunteers  
Teachers participated: Sr Anjali, Dr Veena MD Almedia, Ms Sonia and all other staff

**Place** :- AV Room

**Hospital:** JSS Ayurveda Hospital Mysuru

**Objective:-** To Provide medical care facilities through the traditional Ayurvedic system of Medicine

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

**Outcome :-** Students came to know diet is an eating plan that provides guidelines for when you eat, what you eat, and how you eat to boost health, prevent and manage disease and maintain wellness.



## 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** : - 28/09/2018



**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.,



## **Medical Camp**

### **A General Check up in Lalithadripura 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** : - 11/03/2019

**No of Students Participated** : - 48 NSS Volunteers and Village of Lalithadripura

**Place** :- Lalithadripura, Mysuru

**Hospital:** Cauvery 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.

