

JINDAL COLLEGE FOR WOMEN

(Managed by Pragun Jindal Philanthropic Organization)
Jindal Nagar, Tumkur Road, Bengaluru – 560073



NATIONAL SERVICE SCHEME (NSS)

ANNUAL REPORT

(2023-24)

The **National Service Scheme (NSS)** is an Indian government-sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year, 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community linkage. The overall objective of National Service is Educational. This objective is attained through the service to the community.

ACTIVITIES CONDUCTED

Regular Activities:

Orientation program:

In the month of September 2023 NSS Committee was organized orientation program for I Years NSS, NSS Programme Officer spoke concise about the importance and roll and responsibility of NSS Volunteers, activities in NSS, working for a campus-community linkage and selection procedure.

NSS Day Celebration and Seminar on Suicide Prevention:

In the month of 23rd September 2023 NSS Committee was organized NSS day celebration and Seminar on Suicide prevention for all UG and PU students, Guest was Prof. Sundar Raj Urs, Former NSS Coordinator, Bangalore University he spoke related to suicide and its causes and how to prevent. After seminar students interact with sir and asked so many question regarding preventing suicide.

Gandhi Jayanthi Celebration:

On 28/10/2023 our NSS unit in collaboration with Gandhi study Cell celebrated Gandhi Jayanthi and Awareness programme on Gandhi and moral values in our college Auditorium. Program started by lighting the lamp and pooja by Chief guest Dr. H S Suresh, Dr. U Ci. Doddaiha, and Dr. Gururaj P our principal Prof. Veena T. NSS volunteers started Bajana Program and staffs and volunteers presenting flowers to Gandhi Photo. NSS volunteer welcomed the principal and staff, after that Chief guest gave a speech about Gandhi's values to NSS volunteers and program end by vote of thanks and distributed the sweets.

Republic Day Celebration:

Republic day was celebrated on 26 January 2024. Behalf of Dr. Sitaram Jindal, ND, DSc, founder of Jindal Aluminium Limited, and Patron & Chief Architect of the Sitaram Jindal Foundation and its associate Trusts. And Mr. Pragun Jindal Khaitan serves as a Trustee of Sitaram Jindal Foundation. He is also Managing Director of Jindal Aluminium Limited. Prof. Veena T Was hosted the Flag. All NSS volunteers members presented in program and NSS volunteers performed Pyramid.

Mass Suraya namaskara Program:

Yoga is essentially a spiritual discipline based on an extremely subtle Science, which focuses on bringing harmony between mind and body. It is an art and science for healthy living. On the occasion of “**Ratha Saphami**” NSS Unit was conducted mass surya namaskara for all teaching and non teaching staffs on 16 February 2024.

International Yoga Day:

Yoga is essentially a spiritual discipline based on an extremely subtle Science, which focuses on bringing harmony between mind and body. It is an art and science for healthy living. On the occasion of **International Yoga Day** was celebrated virtual on 21 June 2024. On this day was organized the theme of 'Yoga for “**Yoga for Self and Society**” our Students of JCW and all staff of UG performed various asanas which marked the event by students.

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

On 21st June 2024 Jindal College celebrated 10th International Day of Yoga. It was attended by many prominent professors and students from the college with Great Spirit. The event began with a brief introduction on Yoga Day by students.

Warm up exercises were taken and all the students practiced and performed sitting and standing asanas, importance of these asanas were explained simultaneously. The celebration concluded with the speech of our Hon'ble Principal Prof. Veena T. She encouraged students to practice regular yoga to remain fit and improve concentration. The Yoga Day celebrations ended with a huge success under the supervision of the Physical Education Department. Students came to know how practice of regular yoga helps to remain fit and improve their concentration.

Independence Day:

On 15th Aug 2024, Independence Day celebration in our college ground started with the National Anthem followed by Flag Hoisting. Flag hoisting was done by Prof. Veena T, Principal, Staff and students of Jindal College for Women. NSS Volunteers, NCC cadets and JCW students participated in parade by March past with discipline and dignity. NSS Volunteers performed patriotic dance which exhibited their Nationality and dedication.

India celebrated Independence Day on August 15th annually with a lot of pride and favor. It is a day that is important to every Indian citizen. It marks the day when India became truly independent and embraced democracy. Indians celebrate August 15th each year with lots of enthusiasm and zeal. On this day, people forget their religion, caste, creed, sex, and more. It brings together the country as a whole. It truly shows the diversity of our country. All participants gained the knowledge about the importance of Independence Day and been motivated still more towards serving our nation and lives.

Swatchha Ta Hi Seva (Sharmadhan Regular Activities):

Swachha Ta Hi Seva and it also called as the Clean India Mission or Clean India drive or Swachh Bharat Campaign. It is a national level campaign run by the Indian Government to cover all the backward statutory towns to make them clean. Under this NSS Unit volunteers have done regular sharmadhan activities in our college campus, out of the college, road sides, college bus stops, park area and college surrounding slum area.

- On 22/09/2023, NSS Unit conducted Regular NSS activity at Jindal campus bus stops. (75 NSS Volunteers involved.)

- On 02/10/2023, NSS Unit conducted regular NSS activity at outside of the Jindal campus bus stop. (75 NSS Volunteers involved.)
- On 25/11/2023, NSS Unit conducted Regular NSS activity in Jindal campus. (80 NSS Volunteers involved.)
- An account of Republic day celebration NSS Unit conducted Regular NSS activity in Jindal campus on 25/01/2024. (60 NSS Volunteers involved.)
- On 10/02/2024 NSS Unit conducted Regular NSS activity at Jindal Parking area. (70 NSS Volunteers involved.)
- On 23/03/2024, NSS Unit conducted Regular NSS activity at Jindal premises. (85 NSS Volunteers involved.)
- On 13/04/2024, NSS Unit conducted Regular NSS activity at Jindal campus surrounding. (90 NSS Volunteers involved.)

Extension Activities:

Celebration Constitution Day:

Constitution Day (IAST: Samvidhāna Divasa), also known as "National Law Day", is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950. On 27/11/2023 NSS Unit celebrated Constitution Day and organized awareness programme on Law. Chief guest Dr. H S Suresh, President, Karnataka Sarvodaya mandala they gave an importance of law's to adaptation in our daily life.

Awareness rally and Street play on World Aids Day:

World AIDS Day, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. An account of "World AIDs Day" on 01/12/2023 NSS and YRC unit organized awareness about AIDS through rally and street play to aware about HIV to public by NSS & YRC volunteers. Rally start from Jindal to Anchepalya through NH-4 road side and Jindal Surrounding. All NSS & YRC volunteers gave street play about AIDS.

National Voters Day Celebration and Pledge taking:

On 25/01/2024 our NSS unit in association with Electro Litaracy club celebrated National Voters Day in college auditorium all the students took pledge on this occasion and Electro Litaracy club secretary Prof . Anusha spoke about importance of individual voting.

Conducted General Health Check up Camp for staff Blood Donation Camp:

From 18/10/2023 & 19/10/2023 College NSS, YRC unit initiative with IQAC and collaboration with BSK Jeevashraya Blood Center and Lion Club organized General Health Check Up camp for Staffs and Blood Donation camp for students and staffs. 66 staffs were benefitted and total 29units blood collected.

PHOTO ALBUM**Orientation program**

Constitution Day Celebration

Awareness on World Aids Day Rally And Street Play



International Yoga Day

Independence Day Celebration



NSS Day And Seminar On Suicide Prevention

NATIONAL SERVICE SCHEME
NSS DAY CELEBRATION - 2023
SEMINAR ON SUICIDE PREVENTION

Date: 23.09.2023 Time: 11.30 am Venue: Auditorium

RESOURCE PERSON
Prof. Sundar Raj Urs
Retired Professor, UCPE &
NSS Coordinator,
Bangalore University.

Convenor
Mrs. Veena R P
NSS Program Officer

Principal
Prof. Veena T.

NOT ME BUT YOU *All are Cordially Invited*



General Health Check Up and Blood Donation Camp



