## NSS report 2022-23National Service Scheme Report 2022-23

National Service Scheme and Discipline Committee of Sri Sathya Sai college for women arranged the live telecast of interaction program with the students for exam preparation by Hon'ble Prime Minister Narendra Modi, from 11:00 am on April 1, 2022, in which N.S.S. and all the students and professors of College were present. Honorable Prime Minister Shri Narendra Modi ji spoke to the students under Pariksha Pe Charcha. Answered the questions asked by the students in very simple words. He said that examination is not the end of life. Make exam experiences your strength. These are small stages of life. Exam takers should be full of confidence.

A youth dialogue program was organized on 6/04/2022 at Kushabhau Thackeray Auditorium Bhopal under the chief hospitality of Honorable Chief Minister Shri Shivraj Singh Chouhan. In which volunteers of National Service Scheme of Sri Sathya Sai college for women Shivani Kaushik, Kritika Rajput, and Roshni Pawar participated. Through Google Meet, the principal of the college, all the professors, program officers and students also participated in the program. Honorable Chief Minister

Honorable Chief Minister Shri Shivraj Singh Chouhan answered questions asked by the youth such as how to get good marks in the examination, related to self-employment, rights of girls, development in the field of modern agriculture and animal husbandry, government schemes for economically weak girl students, etc. He said that the youth have infinite possibilities and capabilities, the youth should make their goals and make them fruitful by applying their mind with self-confidence, concentration.



Under the Amrit Mahotsav of Independence, a one-day workshop organized by the Ministry of Culture, Government of India and Government of Madhya Pradesh on World Heritage Day on April 18, 2022, State Camper of the National Service Scheme Unit of Sri Sathya Sai college for women Kumari Shivani Kaushik and Kumari Avantika Gond, Kumari Megha Yadav, Kumari Pooja Patel actively participated and registered their presence.

On the occasion of Mother's Day on May 10, 2022, under the joint aegis of National Service Planning of Sri Sathya Sai college for women and Red Ribbon Club and Family Planning Association of India Bhopal, Parent Awareness Campaign and Ladli Laxmi Yojana "Stress Management and Sickle Cell" a one-day workshop on "Anemia and Malnutrition to Suposhan" was organized. About 100 Anganwadi women workers were present in this workshop. The subject experts of this workshop were Child Development Project Officer Mr. Akhilesh Chaturvedi, Social Worker Meeta Wadhwa, Psychiatrist Freelance Trainer Educationist Mrs. Jyoti Pandey, Gynecologist Dr. Netra Kamla, FPAI Bhopal Branch Manager Mr. Nilesh Choubey and Program Officer Mr. Jagdish Parsai. On stress management, psychiatrist Jyoti Pandey explained the ways to relieve stress through short interesting stories and said that one aspect of stress is positive as well. From a positive perspective, stress inspires us to face difficult situations, while the same negative stress is our Destroys physical and mental health. Dr. Netra Kamla threw light on the important points related to sickle cell anemia disease which was informative for all. The youth team of IGSS and FPI Bhopal presented a very entertaining and informative street play on the topic "Women Healthy to Family Healthy". State Camper of Sri Sathya Sai college for women Kumari Shivani Kaushik presented a melodious song on Mother.

In Sri Sathya Sai college for women, on 20.5.2022, a lot of enthusiasm was seen among the girl students and professors because RJ Anadi of 92.7 FM was coming to the college today. National Service Scheme of Sri Sathya Sai college for women and 92.7 FM on behalf of Earth An attempt was made to spread awareness on the topic reboot Rethink reduce reuse recycle. In this subject, the girl students and professors explained their efforts being made for the purpose of keeping the earth safe. E-waste was presented as a gift to Mr. Pawan ji, the founder of "Waste to Wonder" by the college for making artwork by collecting e-waste. Artifacts made from these will be decorated on Environment Day.

Along with this, the program officer and volunteer of the NSS unit of Sri Sathya Sai college for women went to Anna Nagar and told the residents about cleanliness, water pollution, air pollution, and the importance of using toilets by not defecating in the open and not doing so Informed about the consequences of doing so. Respected Gandhian leader Mr. SN Dubey distributed hygiene bags to the residents of Anna Nagar Basti. Program Officer of Sri Sathya Sai college for women, Dr. Manisha Tripathi, Dr. Pooja Kaur Chaggar and all the volunteers were present on this occasion.



















Suruchi Upalvadiya of NSS unit of Sri Sathya Sai college for women participated in the National integration camp organized from 21.05.2022 to 27.05.2022 at Shri Ramchandra Ashram Complex Amleshwar.

Volunteers of the NSS Unit of Sri Sathya Sai college for women, with great enthusiasm to do yoga on the International Day of Yoga, trained on 16.6.2022 was started from 2022. Volunteers specially practiced Surya Namaskar, Trilok Asana to heal the internal organs of the stomach, Kati-Vritasana etc. to remove obesity and lead a healthy life. All the staff and NSS program officers including the college professors were present in this yoga training.

The National Service Scheme of Sri Sathya Sai college for women celebrated the longest day of the year, 21 June 2022, 'International Yoga Day' by doing collective yoga. By including yoga in daily routine, our body and mind remain healthy and life is long. During the group Yogasana, the girl students performed Yogasana with great joy and enthusiasm and took a pledge to include Yoga in their daily routine. A workshop was organized on the topic "Need and benefits of Yogasana in life". Swayamsevaks Suruchi Aathiya and Megha participated in the Yogasanas being performed at Barkatullah University. On this occasion, Principal of the college Dr. Asha Agarwal and all the female teachers, all the staff and NSS Program officers were present.

## सत्य साई महिला महाविद्यालय में अंतराष्ट्रीय योग दिवस मनाया

गोल टाइम्स 🔳 समाचार

भोपाल। सत्य साईं महिला महाविद्यालय की राष्ट्रीय सेवा योजना इकाईं द्वारा वर्ष के सबसे लंबे दिन 21 मार्च 2022 'अंतरराष्ट्रीय योग दिवस 'को सामूहिक योगासन कर मनाया गया। जिस तरह से वर्षभर में 21 जून का दिन सबसे लंबा होता है उसी तरह से दिनक दिनचर्या में योग को शामिल करने से हमारा शरीर और मन स्वश्य रहता है तथा जीवन दीर्घां होता है। सामूहिक योगासन के समय छात्राओं ने अत्यधिक प्रसन्नता और उत्साह पूर्वक योगासन किया एवं



योगाभ्यास को दैनिक दिनचर्या में शामिल करने का प्रण लिया। इस योगाभ्यास का लाइव सेशन भी रखा गया। ÷योगासन की जीवन में आवश्यकता और लाभ ÷विषय पर कार्यशाला आयोजित की गईं। स्वयंसेवक सुरुचि उपलब्धिया एवं मेघा ने बरकतउक्षा विश्वविद्यालय में किए जा रहे योगासन में सहभागिता की। इस अवसर पर महाविद्यालय की समस्त प्राध्यापिकाएं , सभी स्टाफ एवं एनएसएस कार्यक्रम अधिकारी उपस्थित थीं।









A poster competition was organized by the NSS unit of Sri Sathya Sai college for women under the voter awareness campaign, in which girl students participated enthusiastically and showed the importance of voting through their beautiful pictorial expression.

College students and professors actively participated in the program First ever torch relay for chess Olympiad to be held at Ravindra Bhavan, Bhopal on 1 July 2022.

On July 1, 2022, the volunteers of the NSS unit of Sri Sathya Sai college for women went to various wards under voting awareness and made the residents aware about voting. The volunteers motivated the residents to exercise their fundamental right to vote. National Service Scheme Program Officer Dr. Manisha Tripathi Dr. Pooja Kaur Chaggar was actively present on this occasion.





A poster competition was organized by the NSS unit of Sri Sathya Sai college for women on 1 July 2022 under the voter awareness campaign, in which girl students participated enthusiastically and showed the importance of voting through their beautiful pictorial expression.





A youth samvad program was organized today on 6/03/2022 at Kushabhau Thakre Auditorium Bhopal under the chief hospitality of Honorable Chief Minister Shri Shivraj Singh Chouhan. NSS volunteers of Sri Sathya Sai college for women Shivani Kaushik, Kritika Rajput, and Roshni Pawar participated in the event. Through Google Meet, the principal of the college, all the professors, NSS program officers and girl students also participated in the program.

On 9/7/2022 the NSS unit of Sri Sathya Sai college for women organised NSS Join Campaign for newly admitted girl students in the college, Dr. Pooja Kaur Chaggar, NSS Program Officer, explained the goals, objectives and various objectives of the National Service Scheme to the girl students.

College volunteers Suruchi Uplavdia, Shivani Sharma, Aarushi Goyal, Meenu Sharma, Kritika Rajput, Aarushi Sharma, Kashika Dange attended and actively participated in the youth panchayat program on 23-24 July 2022 at Ravindra Auditorium Bhopal. Principal of the college Dr. Asha Aggarwal, NSS program officer and all the teachers and students of the college were present in the live telecast program of the college.

National Service Scheme Unit of Sri Sathya Sai college for women and National Cadet Corps today dated 5.8.2022. The college students took out a rally to make the city residents aware under the government's "Every House Flag, Every House Tricolor" campaign in 2022. The girl students raised slogans like 'Flag in every house, Tricolor in every house', 'Bharat Mata Ki Jai' and inspired the people of the city to put up flags in every house and made them aware about the duty of every Indian towards Mother India.

Poster competition based on the theme of "Step Up for Breast Feeding Educate and Support" under World Breastfeeding Week on 6.8.2022 organised by National Service Scheme Unit of Sri Sathya Sai college for women in association with botany department and Gandhi Medical college, Bhopal. The judges of this competition were Professor Rajesh Tikkas and Assistant Professor Purva Gohiya of Mahatma Gandhi Medical College.



On, 8-8-2022, on the occasion of the Amrit Mahotsav of Independence, the second orientation patriotic program of the session 2022-23 was organized by the NSS unit of Sri Sathya Sai college for women under Har Ghar Tiranga Abhiyan. Senior volunteers introduced NSS and shared their experiences of NSS activities and NSS camp "Nav-Kalpana" with newly admitted girl students and encouraged more and more girl students to take admission in NSS.





On the occasion of Amrit Mahotsav of Independence, a poster competition was organized by the NSS Unit of Sri Sathya Sai college for women on 10.8.2022 on the topic "Amrit Mahotsav of Independence". The students participated in the poster competition with great enthusiasm. The students created very beautiful posters depicting the sacrifices of all the heroes who contributed in the freedom struggle.



The National Festival of Independence on 15th August was celebrated with great enthusiasm by the NSS Unit of Sri Sathya Sai college for women. College Principal Dr. Asha Aggarwal and Vice Principal Dr. Jyotsna Galgale hoisted the flag. After the flag hoisting, the NSS volunteers gave a melodious presentation of the NSS song "Hum Honge Kamyab".



NSS Unit of Sri Sathya Sai college for women and Red Ribbon, on the occasion of 75th Independence Amrit Mahotsav today, on 17. 8. 2022, organized first, second, and booster dose of Covid-Vaccine by the prestigious Awaaz Sanstha. Total 110 vaccinations were done and the vaccination program was completely successful. Vaccination took place from 10:30 am to 3:00 pm.





On 12.9.2022, orientation program was organized in the college by the Sri Sathya Sai college for women. The main objective of the orientation program was to fully introduce NSS to the newly admitted girl students in the college and motivate them to take NSS. Respected Mr. Anant Kumar Saxena, program coordinator of the NSS of Barkatullah University, encouraged the volunteers to do every work and activity by adopting a positive attitude. Respected Mr. Rahul Singh Parihar, program officer of the NSS free unit of Barkatullah University, said that the volunteers should try to make the unit of Sri Sathya Sai college for women in Bhopal district known through their best activities.













On 17.9.2022, under the Chief Minister's Public Service Mahablood Donation Campaign, the NSS Unit of Sri Sathya Sai college for women and Red Ribbon, participated and donate blood for the welfare of the society.



On 23.9.2023 selection committee selects the volunteers at the institution level for Republic Day Parade 2022.

On the occasion of National Service Scheme Day today, 24 September 2022, volunteers of the National Service Scheme Unit of Sri Sathya Sai college for women participated in the fashion design competition organized by the Cottage and Village Industries Department under the Self-reliant India Scheme run by the Madhya Pradesh Government. Mr. Sachin, member of Madhya Pradesh Silk Department, gave a lecture on the topic "Need for Self-reliant India Cottage Industry", along with him Mrs. Ranjana Mishra and Mrs. Jyoti from Madhya Pradesh Silk Department, Mr. B.S. from Mrignayani. Verma and Mr. Deepak Marathi from Khadi Village Industries were present.



A seven-day special camp named "Aparajita" was being organized by the National Service Scheme Unit of Sri Sathya Sai college for women from 6/10/2022 to 12/10/2022 in Village Bangarsia. Various activities on different themes to aware villagers was organized like- child protection, cleanliness, environment protection, women safety, health checkup camps, education, plantation, mental health.















On 31/10/2022, National Service Scheme Unit of Sri Sathya Sai college for women, celebrated the auspicious occasion of the 146th birth anniversary of the inspiration of patriotism, Iron Man, Sardar Vallabhbhai Patel, on National Unity Day. All the students and professors of the college participated in various activities. Remembering the contribution of Sardar Vallabhbhai Patel for the political unification of India, all took an oath to maintain the unity and integrity of India. In order to spread the message of unity and integrity to every person, a huge rally was taken out raising slogans like unity in diversity is the specialty of India etc.





The volunteers of the National Service Scheme Unit of Sri Sathya Sai college for women went to the Government Higher Secondary School located in adopted Village- Tola Chhota Kheda on 5.11.2022, and made the children aware of the ill effects of drug addiction and gave a message-oriented presentation of a street play on the topic 'De-addiction'. While interacting intimately with the school children, the volunteers learned about their problems and solved them and also gifted toys, pens, pencils etc. to the children.









A one-day workshop on "Child Rights and Protection" was organized by the National Service Scheme Unit of Sri Sathya Sai college for women on Children's Day -14/11/2022 and International Child Protection Week from 14 to 20/11/2022. In this workshop B.A.L.L.B. Volunteers Shivani and Ankita told that it is the duty of all of us to take care of the health and safety of children and try to ensure that there is no exploitation or abuse towards them in the society, and they mentioned the five P's of child protection like- prevention, paramount participation, protection and responsibility of parents etc.

Also, on the occasion Birsa Munda Jayanti, the sacrifice made by Birsa Munda for the country was remembered.





Under the Child Protection Week, on the second day dated 15.11.2022, the volunteers of National Service Scheme Unit of Sri Sathya Sai college for women, made posters on the topic "Child Labor and Beggary" and made all the girl students aware by putting up an exhibition.

Under the Child Sexual Abuse Signature Campaign on 16.11.2022, girl students visited various schools and colonies to make boys and girls aware of child sexual abuse and collected their signatures.





The NSS Unit of Sri Sathya Sai college for women organized A one-day webinar on "Protection of children from sexual offenses" on 17.11.2022. Subject expert was Ishita Pandey and Mona Jindwani, students of B.A and LL.B, of college explained in detail about the POCSO Act. Under this Act, children below 18 years of age come in the category of children and how it affects the children. Provides protection from sexual crimes. Informed about various sections of POCSO Act like 7, 354 etc. If we see any child is being abused or sexually exploited, then we should take immediate action. Volunteers also created awareness among girl students by performing a street play based on "Child Marriage".





11 volunteers of Red Ribbon Club and NSS Unit of Sri Sathya Sai college for women cooperated in the health checkup camp for Municipal Corporation sanitation workers organized by Family Planning Association of India Bhopal Branch. The camp is scheduled from 15th to 19th November 2022 at FPAI Shivaji Nagar office, Bhopal.







On the special occasion of Constitution Day, NSS volunteers of Sri Sathya Sai college for women Participated in the inter-college street drama competition organized by Aagaaz Sansthan (Young Shala) on 29.11.2022 at the State Museum, Shyamala Hills and stood third and received a prize money of Rs. 3000, shield and certificate. Volunteers Arushi Goyal, Suruchi Uplavadia, Kritika Rajput, Aarushi Sharma, Meenu, Shuchi, Parul Shilpa etc. participated in the competition and presented a message-oriented street play on the LGBTQ topic.



On the occasion of World AIDS Day, dated 1 December 2022, the volunteers of NSS unit of Sri Sathya Sai college for women and Red ribbon in association with FPAI went to 5 slums located near ISRO, Aredi Basti, Aredi Kesar Basti, Ayodhya Bypass Basti etc. and presented a message-oriented street play on the theme "Danger from AIDS is caution and safety". Aware people that AIDS is not a disease of untouchability and the safety precautions should a person take to avoid AIDS.



The volunteers of Sri Sathya Sai college for women and Red ribbon in collaboration with senior doctors of Paras Clinic located in Bhopal and various pharmacy companies, a one-day free health camp was organized in the college on 08.12.2022. In this camp, neurologist and pain relief specialist Dr. Abhishek Jain, provided consultation for problems like back pain, arthritis, insomnia, migraine, knee pain, back pain, etc. and Dr. Nidhi Jain, advised patients suffering from diseases like diabetes, hormones, thyroid, high blood pressure, cholesterol, obesity, urinary infection, asthma, TV etc. Thyroid test, lipid profile, HbA1c, nerve testing, liver function, TSH, blood sugar test etc. were done by the medical unit. About 85 people took advantage of this health camp.











## सत्य साईं महिला महाविद्यालय के रेड रिबन क्लब एवं राष्ट्रीय सेवा योजना इकाई ने एक दिवसीय निःशुल्क स्वास्थ्य शिविर का आयोजन किया गया

भोपाल, गोल टाइम्स समाचार गत दिवस सत्य साईँ महिला महाविद्यालय के रेड रिबन क्लब एवं राष्ट्रीय सेवा योजना इकाई तथा भोपाल में स्थित पारस क्लीनिक के वरिष्ठ चिकित्सकों और विभिन्न फार्मेसी कंपनियों के सहयोग से महाविद्यालय में एक दिवसीय नि:शुल्क स्वास्थ्य शिविर का आयोजन किया गया।

इस शिविर में न्यूरोलॉजिस्ट एवं दर्द निवारण स्पेशालस्ट डॉक्टर अभिषेक जैन जिनको अमेरिका का 18 वर्षों से चिकित्सकीय अनुभव प्राप्त है उन्होंने पीठ दर्द, गठिया ,अनिद्रा ,माइग्रेन, घुटने का दर्द ,कमर दर्द, आदि

जानुष्य प्रात ह उस्तिन पाठ पर्य, गाठवा, जानुमा माइयेन, घुटने का दर्द ,कमर दर्द, आदि समस्याओं हेतु परामर्श दिया तथा डॉक्टर निधि जैन जिनकों भी 18 वर्ष का अमेरिका में चिकित्सकीय अनुभव है, उन्होंने डायबिटीज, हार्मोन ,थायराइड, हाईब्लड प्रेशर ,कोलेस्ट्रोल ,मोटापा ,यूरिनरी इनफेक्शन, अस्थमा ,टीवी आदि रोग से ग्रसित मरीजों को परामर्श दिए । मेडिकल यूनिट द्वारा थायराइड टेस्ट ,लिपिंड प्रोफाइल नर्व टेस्टिंग, लिवर फंक्शन ,टीएसएच, ब्लड शुगर टेस्ट आदि किए गए। लगभग 85 लोगों ने इस स्वास्थ्य शिविर का लाभ उटाया। स्वयंसेवक कृतिका



राजपूत, आरुषि शर्मा, मीनू शर्मा, अंजलि तिवारी ,दीपांजलि नायक, शीतल पटेल कशिश, पारुल ,शिवानी, शिल्पा आदि ने अपनी सिक्रय सहभागिता दी और यह शिविर पूर्णतः सफल रहा। इस अवसर पर महाविद्यालय की उप प्राचार्य डॉ .ज्योत्सना गलगले, राष्ट्रीय सेवा योजना इकाई की कार्यक्रम अधिकारी डॉ. पूजा कौर चग्गर एवं डॉ. मनीषा जिपाठी उपस्थित थीं। The volunteers of NSS unit of Sri Sathya Sai college for women organized a program of Indian Language Festival on the occasion of Indian Language Day on 12.12.2022. In which college professors also actively participated along with the girl students. Professors and students, along with various traditional dresses, spoke in Sanskrit, Bhojpuri, Bengali, Marathi, Tamil, Telugu languages and melodious traditional songs and hymns were sung.













The NSS unit of Sri Sathya Sai college for women under mental health awareness, went to the Old Age Home located in Aakriti Ecocity Salaiya Bhopal on 13/12/2022, and talked to the elderly parents present there and made them aware about mental health. The volunteers told that if any kind of problems arise then all of us volunteers are always standing with you. You all have to keep your mind healthy, emotionally healthy so that you all will remain mentally healthy.



The NSS unit of Sri Sathya Sai college for women To empower women, organized a seminar on the topic Women Empowerment and Elimination of Violence Against Women on 23 December 2022 under the series Samadhan – A Step for Women Empowerment. The chief guest of the program was IAS Commissioner Handloom Mrs. Anubha Srivastava, and Mrs. Mita Wadhwa, Founder of Setu Foundation, Mrs. Sonam from Atman Foundation, Advocate Hardika Kukreja, Founder of Tara Ek Roshni. FPAI Bhopal Branch Manager Mr. Nilesh Choubey and Program Officer of FPAI Bhopal Mr. Jagdish Parsai were also present. In the workshop women were given training on making jewelery by hand and making decorative items from jute etc. A visit was made to the women's police station for information about women's rights.



The NSS unit of Sri Sathya Sai college for women celebrated the birth anniversary of Swami Vivekananda, the inspiration man of the National Service Scheme, the pioneer of the era, Swami Vivekananda with great enthusiasm on 12.01.2023. Surya Namaskar, to infused a new energy into everyone was prformed. Dr. Anita Tiwari, Assistant Professor of Hindi Department of the college, informed everyone about the inspirational incidents related to the life of Swami Vivekananda, the ideal of youth. He said that Swami Vivekananda has called youth the backbone of the country. Youth are the leaders of the country. Live selflessly and do good for others. Doing good to others purifies the mind and improves character.

On this occasion, the 26th Youth Festival 2023, which is going to be organized in Hubli, Karnataka state, was inaugurated by the Honorable Prime Minister Shri Narendra Modi. The live telecast of which was watched by all the professors and students of the college through virtual medium.





A campus drive was organized by NSS unit of Sri Sathya Sai college for women in association with placement cell on 12th January 2023. 24 students were selected in the campus drive.



The National Festival of Independence 26.01.2023 was celebrated with great enthusiasm by the National Service Scheme Unit and Disciplinary Committee of Sri Sathya Sai college for women in the Amrit Mahotsav of Independence in the college.

Under the Sexual and Reproductive Health Awareness Day on 12th February, 2023 under the joint aegis of NSS unit of Sri Sathya Sai college for women, FPAI Bhopal and People's Nursing and Research Centre, a one day workshop on "Sexual Abuse And Health Law" was organized on 14.02.2023. Dr. Neera Shukla Assistant Professor of Law Department of college delivered a lecture on "Sexual Abuse" under which she gave important information related to sections like Sexual Harassment, Section 354 A, 354 B, 354 C, 354 D and 509, Kidnapping, Trafficking, Rape etc. Ms. Priyamvada, Assistant Professor, Department of Law, gave an informative lecture on "Medical Law and Ethics". Ms. Bharti Verma, student of People's Nursing and Research Center presented a PPT on "Human Papilloma Virus (HPV)". The street team of People's Nursing and Research Center presented a street play on the theme "Adopt family planning and live a happy life". 120 students benefited from this workshop.



B Certificate examination was organized by the of NSS unit of Sri Sathya Sai college for women on 11th March2023.

A one-day camp was organized by NSS unit of Sri Sathya Sai college for women at adopted village Tola Chhota Kheda on 25/04/2023. Under this, the importance of cleanliness was explained to the children in village Tola Chhota Kheda by the volunteers of National Service Scheme and they made the children aware about the importance of education and trees. Food items were given to the children of Anganwadi. Tree plantation was done with the help of children. Information about cleanliness and protection from diseases was provided from door to door.



A health and hygiene awareness campaign was organized in Anna Nagar Bhopal on 2/05/2023 in collaboration with NSS unit of Sri Sathya Sai college for women, IQAC and Education Department. Under this, the girl students explained the importance of cleanliness and distributed sanitary pads to the women residents of Anna Nagar during the pandemic. Understanding the importance of calcium and iron for maintaining health, food items containing calcium and iron were distributed.



Yoga Day was celebrated by the National Service Scheme of Sri Sathya Sai College on 21/06/2023.



