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Details of NSS

This scheme is under the Ministry of Youth Affairs and Sports, Government of India and NSS cell, Higher and technical education, Govt. of Bangalore.

Year of NSS established	24 September 1969
Year of NSS established in St Joseph's University	1969 – 1970
NSS Programme Coordinator	Mr Selwyn Paul J
Advisory committee Chairman and Vice-Chancellor	Dr Fr Victor Lobo SJ
Total No. NSS Program Officer	5
No. of NSS unit in University	5
No. of students in NSS	500
Programs	<ul style="list-style-type: none">• Special Camping(7 days)• Regular activities (Community work 240 hours)
Duration	2 Years

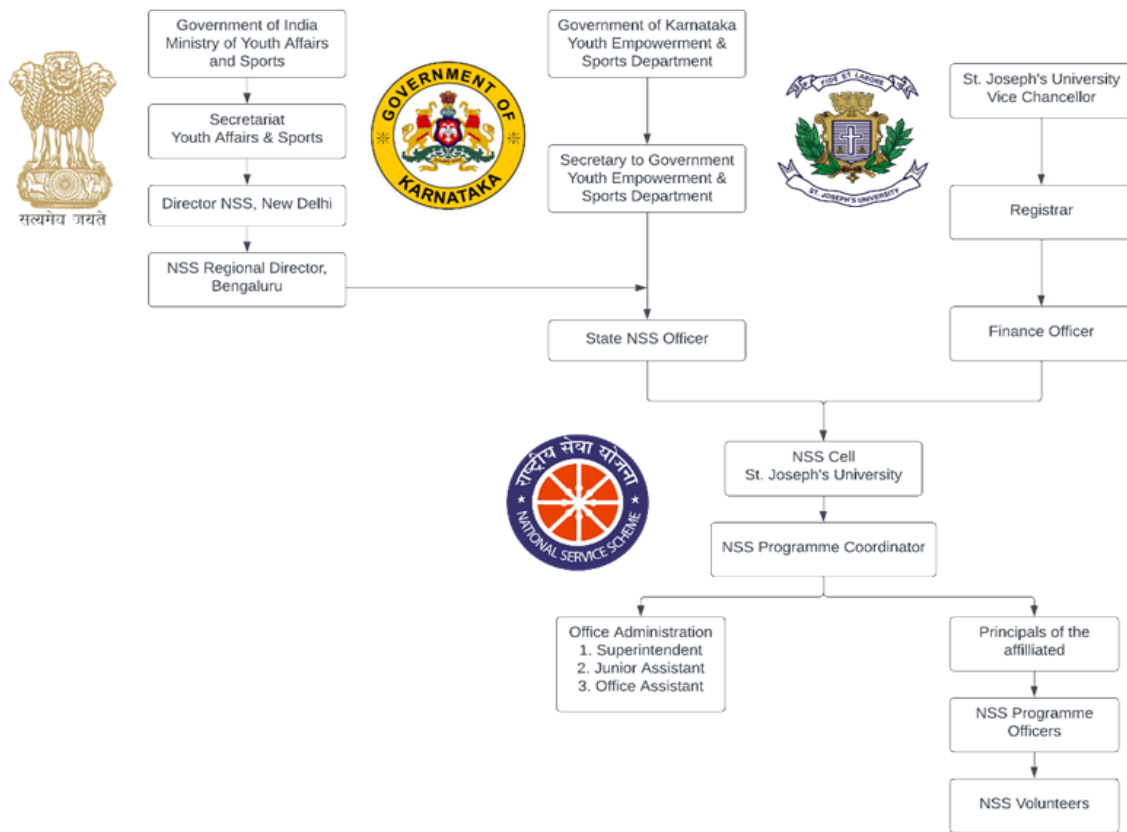
HISTORY

The seeds of this organisation was sown by none other than the father of our nation Mahatama Gandhi. He said that, "The students should do something positive so that the life of villagers might be raised to a higher material and moral level".

Dr. Radhakrishnan carried forward this idea and recommended introduction of national service into academic institutions. In 1958, the then prime minister, Pandit Jawaharlal Nehru, directed the ministry of education to introduce national service into academic Institutions. Finally, in 1969 the union education minister, Dr. V.K.R.V. Rao, launched the NSS programme in 47 universities covering all states. From then on there was no looking back, what started with a group of 40 thousand students in 1969 has now become a force of over 32 lakhs.

National Service Scheme has been a part of St. Joseph's College since, its inception in 1969. In the last 50 years that it has been actively taking part in resolving social issues and has expanded its influence.

STRUCTURE



AIM & OBJECTIVES

- Understand the community in which they work.
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in problem solving process.
- Develop among them a sense of social and civic responsibility.
- Utilize their knowledge in finding practical solution to individual and community problems.
- Develop competence required for group living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and democratic attitude.

NSS SYMBOL



The symbol of the National Service Scheme is “Rath’ Wheel of the Konark Sun Temple of Orissa. These giant wheels of the sun temple portray the cycles of creation, preservation and release and signify the movement in life across time and 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 enlistment.

MOTO

The motto or watchword of the NSS is “**Not Me But You**”. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. This expresses the essence of democratic living and upholds the need of selfless service and appreciation of another individual’s point of view and also consideration for fellow human beings.

BADGE

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any program or 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 the 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 mankind.

NSS SONG

During Silver Jubilee Year 1994 the NSS theme song has been composed. All NSS volunteers are expected to learn the theme song and sing the song during NSS programs and celebrations.

**We shall overcome
We shall overcome
We shall overcome some day
O! deep in my heart
I do believe that
We shall overcome some day**

**We'll walk hand in hand
We'll walk hand in hand
We'll walk hand in hand to- day
O! deep in my heart
I do believe that
We shall overcome some day**

**We shall live in peace.
We shall live in peace.
We shall live in peace to-day
O! deep in my heart
I do believe that
We shall overcome some day**

**We shall not be afraid
We shall not be afraid
We shall not be afraid to-day
O! deep in my heart
I do believe that
We shall overcome some day.**

VICE-CHANCELLOR MESSAGE



“Give your hands to serve and your hearts to love” (St Mother Theresa)

St Joseph’s University takes pride in all five National Service Scheme (NSS) units operating across different shifts of our institution, as our NSS Cell is one of the oldest in the state and a vibrant body that is prolific in its acts of service.

The NSS remains actively engaged. Brochures and news about its activities regularly appear on our campus and in our official bulletin groups. I can hardly remember a month when the NSS was not involved in some form of service. I appreciate all dedicated student and staff volunteers who selflessly work for the uplift of the disadvantaged. Our collective efforts, no matter how small, will not only improve their standard of living but also help them lead lives of dignity.

From the National Integration Camp and representing the University at the Republic Day Parade to community service activities, awareness programmes on vital issues, leadership sessions and meaningful celebrations of special occasions, all these key initiatives exemplify a year of community service, youth leadership, cultural exchange, environmental stewardship and health promotion. Through NSS, students are experiencing adventures, appreciating different cultures, acquiring new skills and exploring vocational opportunities. Above all, they are learning the power of sincere and selfless contribution and experiencing life’s deepest joy: true fulfilment.

I am immensely proud of all the staff and students of the NSS Cell, and together, we take great pride in serving the nation.

Prayers & Blessings,

Rev. Dr. Victor Lobo SJ

NSS COORDINATOR MESSAGE



It gives me immense pride to reflect on the remarkable journey of our NSS volunteers during the academic year 2024–2025. This year has been a testament to our students’ dedication, leadership, and commitment to the community. From hosting the National Integration Camp that brought together 130 youth from across the country, to our representation at the prestigious Republic Day Camp, our volunteers have continued to uphold the values of unity, service, and cultural exchange.

Our participation in State Youth Festivals, awareness drives, and community service initiatives—from flood relief donations to Swachh Bharat cleanliness campaigns—demonstrates the breadth of our outreach. Health and well-being remained a priority, with impactful blood donation camps, cancer awareness programs, and mental health activities. Environmental stewardship was strengthened through World Environment Day, Wildlife Week, and sustainability-focused events.

Special days and thematic celebrations served as platforms for civic awareness, social responsibility, and youth engagement. Leadership workshops, talent showcases, and cultural exchange programs have nurtured creativity and team spirit among our volunteers.

These achievements reflect the collective effort of our NSS family—volunteers, student leaders, faculty, and partners—who have worked tirelessly to make a difference. As we move forward, I am confident that the spirit of “Not Me, But You” will continue to inspire us to serve with compassion, courage, and commitment.

Prof. Selwyn Paul. J

(NSS Officers erstwhile St. Joseph's College)

SI No	Officers	From	To
1.	Prof. B.R. Thandareswara Rao	1969	1974
2.	Prof. S. Sreenivasa Moorthy	1974	1976
3.	Prof. B.R. Thandareswara Rao	1976	1978
4.	Prof. S. Sreenivasa Moorthy	1976	1980
5.	Prof.S. Shanmuga Sundaram Prof. Vijayaragdhavan Rao	1980	1984
6.	Prof. Philomin Raj	1984	1986
7.	Prof. Vishakanta Swamy	1986	1988
8.	Prof. S. Shanmuga Sundaram	1988	1994
9.	Prof. Gregory Sequeria	1994	1998
10.	Prof. G. Anuplal	1998	2002
11.	Prof. Gregory Sequira	2003	2004
12.	Prof. Indumati	2004	2006
13.	Prof. Thomas. P. Zachariah	2005	2006
14.	Prof. Elango stanislaus	2006	2008
15.	Prof. John Antony	2008	2011
16.	Prof. Varun Jagannath	2011	2013
17.	Prof. Selwyn Paul. J	2013	2021

(PATRONS) erstwhile St. Joseph's College

Sl No	Patrons	From	To
1.	Rev. Fr Dr A P Menezes SJ	1969	1973
2.	Rev. Fr Dr Cecil J Saldanha SJ	1973	1974
3.	Rev. Fr Dr Elias D'Souza SJ	1974	1975
4.	Rev. Fr Dr A Devasahayam SJ	1975	1979
5.	Rev. Fr Dr Julian Fernandes SJ	1979	1980
6.	Rev. Fr Dr Nelapaty SJ	1980	1989
7.	Rev. Fr Dr H DA Costa SJ	1989	1994
8.	Rev. Fr Dr Eugene Lobo SJ	1994	2002
9.	Rev. Fr Dr Clarence D'Souza SJ	2002	2003
10.	Rev. Fr Dr Ambrose Pinto SJ	2003	2011
11.	Rev. Fr Dr Daniel Fernandes SJ	2011	2013
12.	Rev. Fr Dr Praveen Martis SJ	2013	2015
13.	Rev. Fr Dr Victor Lobo SJ	2015	<i>Till date</i>

NSS ADVISORY COMMITTEE

Vice-Chancellor and NSS Chairman	Rev Dr Victor Lobo SJ
Registrar	Prof Dr Melwin Colaco
Finance officer	Fr. Arun Prashanth D'Souza SJ
State N.S.S. Officer	Shri Prathap Lingaiah
Regional Directorate of N.S.S	Shri Girdhar Upadhyay
N.S.S Officer	<ol style="list-style-type: none">1. Dr. Samuel Morres Geddam2. Dr V Varun Rajan3. Dr Magesh D4. Dr Banuprakash R5. Mr Satish
Programme Coordinator and Member Secretary	Mr Selwyn Paul J
NGO Representatives	<ol style="list-style-type: none">1. Ms Margret Sampath2. Mr Mariswamy3. Ms kathyayini Chamaraj4. Ms Madhu Bhushan5. Mr Manohar
Volunteer (State/National)	Ms Trisha
Alumni Representatives (State/National)	<ol style="list-style-type: none">1. Mr Sharwin A2. Ms Praneetha Prakash

NSS STAFFS

NSS UNIT- 1

Teachers	Department
Officer : Dr.Samuel Mores Geddam	Management
Asst. Officer: Dr. Tejaswini Bastry	Management
M1: Mr. Aravind Nandakumar	Commerce
M2: Ms. Hemalatha .M	Management
M3: Dr. Shankar. R	Commerce
M4: Ms. Mahashriesha V	Commerce
M5: Ms. Sree Lakshmi K S	Commerce
M6: Mr. Abhishek Prakash	Commerce

NSS UNIT- 2

Officer : Dr. Asha	Data Analytics
Asst. Officer: Mr. Ebenezer	Statistics
M1: Dr. Gulbadin Farroq	Statistics
M2 : Ms. Jestintha Devaraj	English
M3: Fr. Simon Paul D'Souza	Social Work
M4: Dr.Sraddha	Bio-Chemistry
M5: Dr. Varun Rajan	Zoology
M6: Ms.Mrudhusha Mohanan	Communication

NSS UNIT- 3

Officer : Dr. Magesh D	Zoology
Asst. Officer: Dr. Gerard Rozario	Mathematics
M1: Mr. Vinay	English
M2: Dr. Harshita Asthana	Environmental Science
M3: Dr. Anisha David	Biology
M4: Ms. Theresa Karra	Zoology
M5: Dr. Mohan Kumar	FST
M6: Dr. Sunitha Adak	FST

NSS STAFFS

NSS UNIT- 4

Officer : Dr. Gurudatta	Hindi
Asst. Officer: Mr. Mohammad Mueen Pasha	Computer Science
M1 : Ms. Melissa Remedios	Sociology
M2: Mr. Bhanuaprakash	Psychology
M3: Mr. Divith Manjunath	Commerce
M4: Dr. Ance Teresa Varghese	Political Science
M5: Ms. Rajul K	English

NSS UNIT- 5

Officer : Mr. Mahesh D K	History
Asst. Officer: Chandini	Sociology
M1 : Nikitha Gloria	English
M2: Timothy Paul	Computer Science
M3: Mr. Nargarjun H	Economics
M4: Mr. Sathish	Hindi
M5: Dr. Josphine	Commerce
M6: Ms. Jayalakshmi	Commerce

LIST OF EVENTS

Sl. No.	Event	Duration	No. of Volunteers	Nature of Work	Quantum of Work
1	National Integration Camp (NIC)	7 days	130 (multi-state participants)	Leadership training, cultural exchange, awareness sessions, field trips	Multiple sessions, cultural programs, Integration Walk
2	Republic Day Camp	Multi-stage selection + main event	1 volunteer (representing SJU)	Marching, cultural activities, training	Daily 20+ km practice, national parade
3	State Level Youth Festival, Mysuru	5 days	5	Cultural, leadership, community service	Competitions, Shramadhana, exhibitions
4	State Youth Festival, Mangalore	5 days	7	Cultural, academic, leadership activities	Competitions, museum visit, exhibitions
5	Donation Drive for Flood Victims	6 days	86	Collection, sorting, packing, distribution	Multiple collection points, large donation volume
6	Swachhata Hi Seva – Govt. Tamil School	1 day	120	Cleaning school premises	Classrooms, playgrounds cleaned
7	Gandhi Jayanthi Walkathon	Half-day	250	Procession, awareness	Walk from Gandhi Bhavan to Vidhana Soudha

8	Blood Donation & Grouping Camp	1 day	Multiple NSS, NCC, YRC volunteers	Registration, discipline, medical assistance	1000+ units blood collected
9	Wildlife Week	2 days	90	Quiz, collage competition	Wildlife awareness activities
10	Tobacco Free Campaign 2.0	Half-day	23	Awareness program	Attended CM's speech, outreach
11	Meal Packaging	Half-day	50	Packing 36 packets/box	24 boxes prepared
12	World Peace Day	Half-day	80	Ribbon distribution, awareness, feedback	5 locations covered
13	World Environment Day	Half-day	85	Guest talk, poster-making	Multiple posters, awards
14	NSS Day	Half-day	78	Pledge, games, discussions	Multiple activities
15	YMCA Off-Grid	Half-day	56	Sports, fitness, teamwork	Multiple games conducted
16	Swachh Bharat	Half-day	3 teams (8+ volunteers each)	Cleaning parks, school	3 locations cleaned

17	World Mental Health Day	Half-day	200	Interactive games	4 group activities
18	Cleanliness Drive at NGO	Half-day	56	Cleaning premises	NGO premises cleaned
19	NSS Talent Day	Half-day	56	Cultural performances	Multiple acts
20	First Aid Awareness Day	Half-day	300	Guest talk, CPR demo	Live demonstrations
21	Road Safety Day	Half-day	40	Awareness at traffic signal	Placards, public engagement
22	Vigilance Awareness Week	Half-day	50	Speech, pledge, debate	Cultural events, competitions
23	Unity Day	Half-day	86	Chart-making, walk	“Unity Wall”, balloon pop
24	Gender Equality Day	Half-day	50	Debate, skits	3 debates, 3 skits
25	Voter Awareness Day	Half-day	90	Speeches, logo making	Voting simulation
26	World Cancer Day	Half-day	80	Talks, presentations	Multiple guest lectures

27	Women's Day Pledge	Half-day	80	Poster-making, stories, games	Pledge & speeches
28	Social Justice Day	Half-day	95	Presentations, debate	Multiple topics covered
29	Adoption of Slum	Ongoing	80	Cleanliness, awareness	Slum improvement activities
30	International Literacy Day	Half-day	85	Debate	Theme: Traditional vs Digital Literacy
31	International Peace Day	Half-day	95	Poster-making, vigil	2 sessions
32	MCC Fest	2 days	40	Competitions	Treasure hunt, photography
33	Leadership Workshop	Half-day	55	4 sessions	Leadership skill building
34	Wildlife Walkathon	Half-day	90	Awareness walk	High Court to Lalbagh
35	Spoken Kannada Workshop	Multiple sessions	50	Language training	Interactive practice
36	First Aid Awareness (Unit-2)	Half-day	56	Health talks, CPR demo	Practical sessions
37	Adventure Camp	10 days	50	Water sports, cultural visits	Multiple adventure activities
38	Cancer Walkathon	Half-day	53	Awareness walk	SJU to Kanteerava Stadium
39	PFA Visit	Half-day	58	Wildlife awareness	Monkeys, snakes, turtles
40	Tobacco Free Flash Mob	Half-day	45	Dance/skit performance	Public awareness
41	Food for Needy	Half-day	56	Cooking, distribution	300+ meals
42	National Unity Day (Online)	Half-day	5 (slogan participants)	Slogan writing, pledge	Digital campaign
43	3rd Mini Olympics Inauguration	Half-day	250	Event assistance	Cultural performances

ANNUAL REPORT (NATIONAL SERVICE SCHEME CELL)

National Integration Camp (NIC)

26th February 2025 – The National Integration Camp (NIC) 2025, organised by the NSS Cell of St Joseph's University in collaboration with the Government of Karnataka, NSS State Cell, and the Ministry of Youth Affairs and Sports, was successfully held from 20th to 26th February at Bembala Outreach Centre, Nelamangala. The week-long camp united 130 youth from states like Rajasthan, Kerala, Tamil Nadu, Andhra Pradesh, Maharashtra, and Karnataka, promoting national unity, cultural exchange, and social responsibility.

The camp was inaugurated by Shri Pratap Lingaiah, State NSS Officer, and Shri D Carthigueane, Regional Director, NSS Bengaluru. Shri Selwyn Paul J, NSS Programme Coordinator, St Joseph's University, presided over the event, emphasising the youth's role in nation-building.

The camp aimed to:

- Strengthen unity by celebrating cultural diversity.
- Instill patriotism and social responsibility.
- Address key social issues like communalism and poverty.
- Develop leadership, interpersonal skills, and volunteerism..
- Promote tolerance and cultural exchange.

Participants engaged in leadership training, cultural immersion, and interactive sessions, including:

- Responsibilities of Citizens in National Integration
- Environmental Sustainability and Mental Health Awareness
- Fundamental Rights and Duties under the Indian Constitution.
- Cyber Safety and Ethical Digital Behaviour.

An educational field trip to Janapada Loka and Talakadu enriched participants' understanding of India's artistic and historical legacy.

A major highlight was the *Integration Walk* on 25th February at St Joseph's University, where participants, dressed in traditional attire, showcased India's cultural diversity. The *Cultural Evening* and competitions provided a vibrant platform to celebrate regional

Role of Youth in Preserving Cultural Heritage art forms.

"Culture is the soul of a nation, and when we celebrate each other's traditions, we weave a stronger bond of unity."

The camp concluded on 26th February with participants sharing their transformative experiences. It successfully fostered leadership, civic responsibility, and unity, reinforcing NSS's commitment to youth empowerment and national integration.



Trisha P's Journey to the Republic Day Camp 2025: A Testament to Dedication and Excellence

Trisha P, a dedicated NSS volunteer and B.Com student at St Joseph's University, has achieved a remarkable milestone by successfully navigating the rigorous selection process for the prestigious Republic Day Camp (RDC) 2025, organized by the National Service Scheme (NSS). Her journey from the initial selection stages to marching down *Kartvya Path* on January 26th highlights her perseverance, commitment, and exemplary performance. Throughout this journey, she received unwavering support from Program Coordinator Prof. Selwyn Paul, whose mentorship played a crucial role in her success.

Trisha's RDC journey began with the inter-university selection on September 10th, where she was chosen to represent St Joseph's University. She then participated in the PRE-RD selection camp at Hassan on October 15th-16th, competing among 100 participants, of whom only 60 advanced to the PRE-RD South Zone Camp in Davangere from November 4th-13th. Through her outstanding performance in marching, physical fitness, cultural activities, discipline, and NSS contributions, Trisha secured a place among the final 12 volunteers selected for the National Republic Day Camp 2025.

As the event approached, training intensified, with volunteers covering over 20 kilometers daily along Kartvya Path. Despite the physical challenges, Trisha and her fellow volunteers displayed unwavering dedication. RDC was more than just marching—it was a platform for cultural exchange, where volunteers from diverse backgrounds came together, embodying the essence of unity in diversity.

Trisha's participation in the RDC granted her the rare opportunity to interact with esteemed dignitaries, including Prime Minister Sri Narendra Modi, Vice President Sri Jagdeep Dhankar, and President Smt. Droupadi Murmu. These moments were a testament to her dedication and an inspiration to continue serving the nation.

Trisha's journey—from representing St Joseph's University to marching at Kartvya Path—exemplifies perseverance, leadership, and national service. Her success serves as an inspiration to her peers, showcasing how dedication and hard work can transform dreams into reality.

State Level Youth Festival Mysuru

The State Youth Festival, held in Mysuru from March 17th to 21st, 2025, brought together passionate young volunteers for a series of cultural, academic, and leadership activities. The event provided a platform for youth to showcase their talents, engage in meaningful discussions, and contribute to community service.

The festival began with team registrations and an introductory session, setting the tone for an engaging experience. After lunch, an insightful session on National Service Scheme (NSS) and rural camps highlighted the importance of community service and leadership.

The morning started with a flag-hoisting ceremony by the Kaveri team, followed by an exercise session. After breakfast, volunteers participated in Shramadhana (community service), contributing to the local community. A thought-provoking Youth Leadership session by GB Shivaraj Sir inspired attendees. The afternoon featured solo and group singing competitions, where participants displayed their musical talents. The day ended with a cultural night hosted by Madhusoodan Sir and his team, followed by dinner and rest.

The day began with flag hoisting, followed by a visit to Mysuru University. Essay writing competition provided participants with a platform for creative expression. After lunch, Professor Kalachennegowda Sir delivered a session on National Integration, emphasizing unity and harmony. The day continued with the Amit competition, followed by solo dance and skit performances, where volunteers showcased their creativity. The evening concluded with a reflection session, where participants shared their experiences.

The morning started with flag hoisting and a peaceful visit to Kukkarahalli Kere. After breakfast, volunteers engaged in Shramadhana before participating in a debate competition. K.M. Veerayya Sir conducted a session on organizing the Shibira Jyothi event. The evening featured an exhibition competition on Bengaluru and St. Joseph's University, followed by the grand Shibira Jyothi, creating a mesmerizing spiritual atmosphere.

The final day began with a flag-hoisting ceremony, followed by the valedictory event, marking the end of a transformative Journey.



OFFICER TRAINING 2025

The Training Workshop for NSS Officers and Staff was a comprehensive program aimed at strengthening leadership and operational capabilities within the National Service Scheme (NSS). It was structured around three key topics designed to equip officers with the knowledge and skills to effectively guide volunteers and manage activities.

Topic 1: Empowering Change - History, Objectives, and Leadership Role of NSS Officers

The workshop began with an overview of NSS history, objectives, and its mission to foster youth participation in community service and nation-building. Officers were reminded of their role as mentors and role models, responsible for inspiring positive change. Rev. Dr. Victor Lobo SJ, Vice-Chancellor, shared a vision of expanding NSS outreach through initiatives like slum adoption, cleanliness drives, and innovative community engagement, encouraging officers to follow best practices from across campuses.

Topic 2: Planning, Monitoring, and Evaluation of NSS Activities

This session focused on creating effective action plans aligned with community needs and NSS goals. Participants learned techniques for monitoring ongoing projects, including feedback systems and regular assessments, as well as methods to evaluate completed initiatives for impact and areas of improvement.

Topic 3: Mastering NSS Management - Budgeting, Documentation, Special Camps, and Awards

The final session addressed operational efficiency, covering budgeting, transparent accounting, and proper documentation of financial records, attendance, and project reports. Special camping programmes were highlighted as vital for rural development and direct community engagement. Officers were also briefed on award schemes to motivate and recognize volunteer excellence.



Discussion with Vice-Chancellor

The Officer Meeting served as a platform to review the NSS activities for the academic year 2023–2024 and plan for 2024–2025, setting the tone for continued community engagement and volunteerism. The session commenced with a prayer led by the Vice-Chancellor, emphasizing unity, service, and dedication, and seeking guidance for the success of NSS officers and volunteers.

Following this, the NSS Coordinator delivered the welcome speech, extending gratitude to the Vice-Chancellor, unit officers, and attendees, and appreciating the dedication shown by officers throughout the year. The core of the meeting involved a review of all five NSS units' performance in 2023–2024. Officers presented their reports, detailing events organized and attended at state and national levels, including cleanliness drives, awareness campaigns, health camps, and participation in prestigious initiatives such as the Republic Day Parade. Achievements included awards, recognition for volunteer work, and the successful execution of impactful community projects. Challenges faced, such as resource limitations, were discussed along with solutions implemented.

The Programme Coordinator's report summarized all units' initiatives, evaluating performance, highlighting strengths, and suggesting areas for improvement. The proceedings for 2024–2025 were then outlined, focusing on new initiatives, partnerships, community projects, increased student enrolment, better resource management, and stronger collaboration between units.

Units 1, 3, and 4 presented detailed event schedules for the upcoming year, prioritizing cleanliness drives, educational outreach, and environmental conservation. Enrolment statistics and strategies for growth were shared, along with a stock report reviewing badges, uniforms, and essential equipment.

In his concluding remarks, the Vice-Chancellor praised the officers' and volunteers' efforts, urging them to uphold high standards and continue their commitment to service. He reiterated the importance of unity and collaboration for greater impact. The meeting closed on a positive and motivated note, with all officers committed to achieving the set goals for the new academic year.



LEADERSHIP WORKSHOP

The leadership workshop on the National Service Scheme (NSS) for executive council members focused on understanding key roles, effective documentation, community engagement, and the importance of volunteerism.

The workshop began with an emphasis on the various key roles within an NSS unit, including the President, Vice-President, PRO, Secretary, and Treasurer. Each role was clearly defined with its respective duties, covering leadership, coordination, financial management, and the maintenance of transparent and accountable records. This session was conducted by Ms. Praneetha.

Participants were also guided on the importance of connecting with the community. The session stressed the need to assess community needs before implementing projects, and strategies for engaging local stakeholders and creating sustainable solutions were shared. Methods to empathize with and empower underserved groups were also discussed. This session was led by Mr. Alvin.

The role of Special Camps in NSS was highlighted as a vital platform for rural development. These camps focus on environmental conservation, health, hygiene, and education, enabling volunteers to develop leadership, teamwork, and problem-solving skills. Mr. Umesh served as the resource person for this session.

Similarly, the Annual Rural Camps were discussed, emphasizing their immersive and hands-on nature. These camps address critical issues such as infrastructure, water conservation, and education, benefiting both the community and the volunteers.

Volunteerism was described as the foundation of NSS, promoting the philosophy of *“Not Me, But You.”* The session underlined the importance of personal motivation, leadership through service, and nurturing a sense of social responsibility. This was delivered by Mr. Mohammed Mueen Pasha.

Finally, the specific responsibilities of the Treasurer were explained in detail, focusing on fund management, budgeting, and ensuring financial transparency through proper audits and documentation.

Overall, the workshop equipped participants with essential leadership skills, project management techniques, and a deeper understanding of their roles in driving social change through NSS activities.



INTER UNIVERSITY FEST (PRAYAAG)

We proudly present PRAYAAG 5.0 (2025), an inter-collegiate fest aimed at fostering youth involvement in societal affairs. The fest served as a vibrant platform for showcasing creativity, talent, and the collective spirit of young minds. Guided by the theme “Threads of Unity: A Sangam of Change,” PRAYAAG 5.0 celebrated collaboration, innovation, and the drive for positive social impact.

The event brought together participants from approximately 15 colleges across Bengaluru, engaging in a series of 15 diverse and dynamic competitions that tested skills in creativity, leadership, and teamwork. The fest created opportunities for youth to share ideas, build networks, and express their potential in ways that aligned with the theme of unity and change.

After a spirited day of events and remarkable performances, Kristu Jayanti College emerged as the overall First Prize Winner, receiving a cash award of ₹10,000. The Runner-Up position was secured by St. Joseph’s College of Commerce, which received a cash prize of ₹5,000.

PRAYAAG 5.0 not only recognized excellence but also reinforced the importance of youth engagement in shaping a better society, making it a memorable and impactful celebration of talent and togetherness.

STATE YOUTH FESTIVAL MANGALORE

The State Youth Festival was held in Mangalore from March 4 to 8, bringing together enthusiastic youth for a series of cultural, academic, and leadership activities. The festival provided a dynamic platform for participants to engage in meaningful discussions, showcase their talents, and develop essential skills.

The camp commenced with team registrations and an introductory session, setting the stage for an exciting journey. In the afternoon, a street walk from Nawabharath College to Chandra College was organized, promoting community engagement and awareness. The inaugural ceremony, graced by renowned judges, officially marked the beginning of the festival. The day concluded with vibrant cultural performances, where participants displayed the rich diversity of their traditions through music and dance.

The next morning began with a flag-hoisting ceremony, followed by an energetic exercise session that set a positive tone for the day. Participants then took part in Shramadhana (community service), reinforcing the values of responsibility and teamwork. An academic session on "Youth Leadership" provided insights into the importance of young leaders in shaping the future. The following day started with the traditional flag hoisting, leading into an academic session on "Future Skills" by Jagan Pawar, which equipped participants with knowledge about emerging career trends and necessary competencies.

The fourth day began with an energetic dance session, energizing everyone for the day ahead. Participants then traveled to Rani Abbakka Museum for an educational program on Tulu folk culture, delivered by Prof. Tukaram Poojari. This session deepened their understanding of local traditions and heritage. Upon returning, essay writing and quiz competitions were conducted, testing their creativity and knowledge. The evening concluded with a cultural session led by State Officer Shri.Pratap Lingahah, followed by the grand "Shibira Jyothi" event, creating a mesmerizing and spiritual atmosphere.

The final day of the festival began with a flag-hoisting ceremony and breakfast, setting the stage for the valedictory event. The ceremony marked the conclusion of a memorable and enriching youth festival, where participants reflected on their transformative journey. This camp provided a valuable opportunity for young individuals to showcase their talents, leadership, and teamwork while celebrating culture and learning. The experiences gained during this festival will continue to inspire and shape them, leaving a lasting impact on their personal and professional growth.



BLOOD DONATION AND BLOOD GROUPING CAMP

The Blood Donation and Blood Grouping Camp was held on October 3, 2024, at St. Joseph's University, Bangalore, from 9:00 AM to 6:30 PM. Organized collaboratively by the NSS unit, NCC, Youth Red Cross, and Narayana Hospital, the event aimed to encourage students, faculty, and staff to donate blood while raising awareness about the importance of regular blood donation in saving lives. The basketball court was transformed into a well-structured donation center, ensuring a smooth and efficient process for all participants.

The camp saw enthusiastic participation from students, NSS volunteers, lecturers, and other university members, who generously contributed to the cause. Volunteers from the NSS, NCC, and Youth Red Cross played a vital role in managing the event, guiding donors through registration, screening, and post-donation relaxation. The medical team from Narayana Hospital efficiently conducted blood grouping tests and supervised blood collection with utmost care and professionalism.

Strict hygiene protocols were followed throughout the event, with social distancing, sanitization, and mask-wearing prioritized to ensure the safety of all participants. The basketball court was divided into designated sections for registration, pre-donation screening, blood collection, and post-donation relaxation, allowing for a seamless experience. Volunteers reassured first-time donors, ensuring they felt comfortable and confident in their decision to donate.

By the end of the event at 6:30 PM, a significant number of blood units were collected to support patients at Narayana Hospital and other medical facilities. This successful initiative fostered a strong sense of social responsibility within the university community, inspiring more individuals to support similar causes in the future.



ANNUAL REPORT (UNIT-1)

DONATION DRIVE DEVASTATING OF FLOODS

From August 5 to August 10, 2024, NSS Unit of St. Joseph's University organized a highly impactful donation drive to support the victims of the devastating floods in Wayanad. This initiative demonstrated the university community's strong commitment to humanitarian aid and social responsibility. The week-long effort was meticulously planned and executed, involving extensive coordination, outreach, and enthusiastic participation from NSS volunteers, students, and faculty members.

The primary objective of the drive was to provide immediate relief to the flood-affected communities in Wayanad, who were struggling with severe losses and hardships. The NSS team identified the most pressing needs of the affected populations and strategically set up collection points across the university campus to ensure accessibility. These collection centers became hubs for gathering essential supplies, facilitating smooth operations throughout the drive.

The donation drive officially commenced on August 5, with volunteers launching awareness campaigns to inform students, faculty, and staff about the urgent needs of flood victims. Posters, flyers, and digital announcements were used to spread the message, highlighting essential donation items such as non-perishable food, clothing, bedding, and toiletries. Additionally, volunteers organized information sessions to stress the importance of the initiative and the direct impact it would have on those in need.

Throughout the week, the volunteers worked tirelessly, demonstrating remarkable dedication and enthusiasm. They managed the collection points, received and sorted donations, and provided encouragement to contributors. Their presence ensured that the process remained efficient and well-organized.

To further enhance the drive's effectiveness, students and faculty were also given the option to make monetary donations. The funds collected were utilized to purchase additional supplies and cover logistical expenses, ensuring that the assistance provided was as comprehensive as possible.

As the week progressed, the collected donations were meticulously sorted, packed, and labeled for easy distribution. Volunteers ensured that each item was appropriately organized to facilitate smooth transportation. The drive culminated in a final collection and packing event on August 10, where all the gathered items were transported to the designated distribution center. This marked the successful conclusion of an initiative that had brought together the university community for a shared cause.

The donation drive's success was a result of the collective effort and dedication of NSS Unit volunteers, who not only facilitated the collection and organization of goods but also raised awareness and mobilized support. The overwhelming response from the university community reflected a strong sense of solidarity and compassion, reaffirming the impact of collective action in times of crisis.



WORLD PEACE DAY

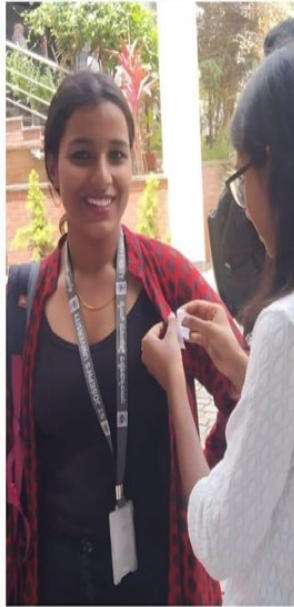
The World Peace Day Awareness Campaign was successfully conducted on campus, commencing at 11:30 AM and concluding at 1:45 PM. The event took place across five key locations: the University Main Gate, Near Gate 2, the Science Block Quadrangle, the Magis Block Entrance, and the PG Block Quadrangle. The primary goal of the event was to spread awareness regarding World Peace Day and emphasize its significance among students. By engaging participants in meaningful discussions, the event aimed to cultivate a culture of peace, understanding, and unity within the university.

A total of 20 dedicated volunteers were selected to assist in organizing and executing the event. These volunteers were divided into five groups, each consisting of four members. This structured approach ensured efficient coordination, allowing volunteers to effectively engage with students across different locations. Their responsibilities were strategically divided to facilitate smooth operations and maximize outreach.

The event featured three key activities designed to create awareness and encourage participation. The first activity was the symbolic ribbon distribution, where two volunteers in each group cut and pinned white ribbons onto students. This served as a visual representation of peace, reminding participants of the importance of harmony and unity. The second activity, an awareness campaign, involved the remaining volunteers actively engaging with students. They shared insightful information about World Peace Day, its global significance, and how individuals can contribute to fostering peace in their communities. By initiating discussions, volunteers encouraged students to reflect on the role of peace in their daily lives. The third activity, feedback collection, aimed at assessing the impact of the event. Volunteers gathered students' opinions and prior knowledge about World Peace Day, helping to identify areas where future awareness efforts could be strengthened.

The event successfully created a positive and engaging atmosphere across the campus. Students actively participated, proudly wearing their white ribbon badges throughout the day as a mark of solidarity. Volunteers reported that the campaign proceeded smoothly, with no logistical issues or confusion arising. The enthusiasm and curiosity displayed by students were encouraging, with many expressing a newfound awareness and appreciation for the ideals of peace.

In conclusion, the World Peace Day Awareness Campaign effectively met its objectives by fostering a spirit of unity and understanding among university students. The event not only spread awareness about the importance of peace but also reinforced the significance of collective efforts in promoting harmony within society.



WORLD ENVIRONMENT DAY

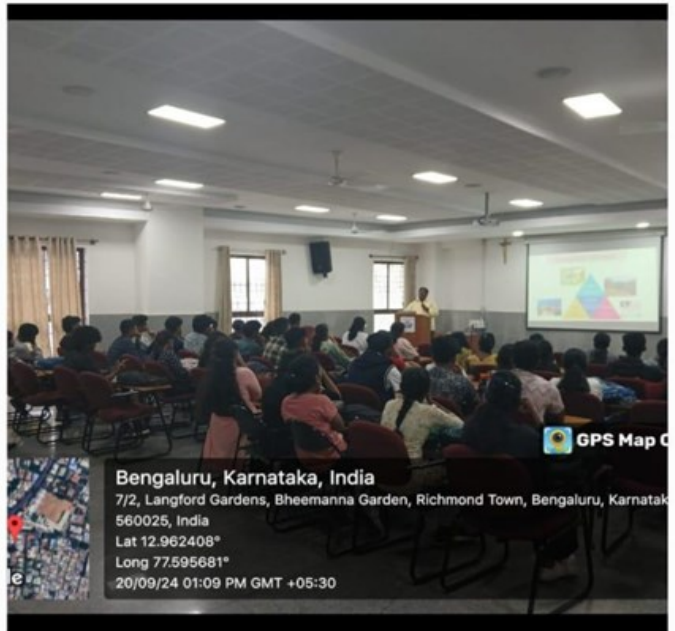
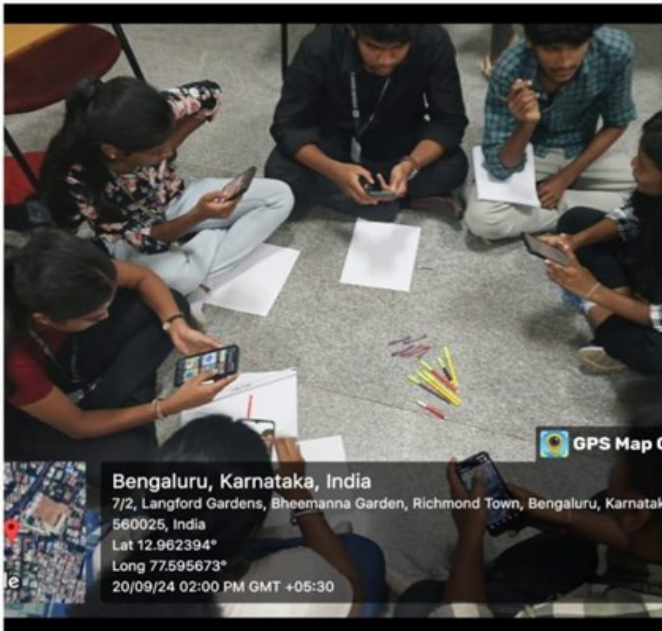
The event commenced at 1:03 PM with a welcome speech, setting a warm and engaging tone for the session. This was followed by a profile reading of the esteemed chief guest, who then began his session at 1:09 PM. He introduced the fundamental concept of the environment, providing valuable insights into various aspects of environmental pollution. The discussion covered a broad range of topics, including the impact of different types of plastics, Microsoft's initiatives for environmental sustainability, and strategies aimed at eradicating plastic islands. Additionally, he shed light on pressing global concerns such as global warming, climate change, zoonotic diseases, wildlife conflicts, and conservation efforts. His session was informative and thought-provoking, encouraging participants to reflect on their role in environmental protection.

At 1:34 PM, the teacher in charge arrived, marking a moment of acknowledgment and support for the initiative. The session officially concluded at 1:46 PM, and a heartfelt vote of thanks was delivered by Arvind Sir, expressing gratitude to the chief guest for his insightful presentation.

Following this, at 1:56 PM, the volunteers were divided into groups to participate in an engaging activity. They were provided with A4 sheets, sketch pens, and crayons to create posters, with the objective of assessing and enhancing their creativity, teamwork, and communication skills. Volunteers were encouraged to use their mobile phones for inspiration, allowing them to explore diverse ideas. The poster-making activity commenced at 2:15 PM and continued until 2:40 PM, during which participants enthusiastically designed their posters, reflecting their understanding of environmental concerns and solutions.

Once the posters were completed, each team selected two volunteers to present their creations. These volunteers were given one minute to explain the concept behind their posters, ensuring clarity and meaningful communication. The session concluded with a recognition ceremony where two outstanding volunteers were awarded: Eben was named the Best Male Volunteer, while Niveditha received the title of Best Female Volunteer. Additionally, the best poster was selected and announced, further motivating the participants to showcase their skills in creative expression.

At 3:05 PM, President Vikram addressed the volunteers, emphasizing the importance of active participation in such initiatives. His words served as an inspiration to all, reinforcing the event's core message. The event head, Chaya Devi, followed with a vote of thanks at 3:10 PM, expressing appreciation for the dedication of volunteers and the success of the event. Feedback forms were then distributed, attendance was recorded, and the event officially concluded at 3:17 PM, leaving participants with a sense of accomplishment and a renewed commitment to environmental awareness.



NSS DAY

The event commenced promptly at 11:04 AM as student volunteers gathered at the venue, eager to engage in a day filled with purpose, reflection, and joyful camaraderie. The welcoming session set a warm and inclusive tone, making all attendees feel appreciated and motivated. A positive energy resonated throughout the venue as participants looked forward to celebrating the essence of the National Service Scheme (NSS).

Devadharsh A., the Joint Secretary, took the stage and delivered an inspiring speech that highlighted the remarkable legacy of NSS. He emphasized how NSS has consistently championed the values of selfless service, unity, and community development. Through his speech, he acknowledged the collective efforts of volunteers over the years and the lasting impact they've made in society. He also stressed the importance of NSS Day as a moment to pause, reflect on our values, and renew our commitment to service.

Following the speech, the entire group of volunteers participated in the NSS pledge. This powerful moment of collective affirmation served as a reminder of their shared responsibilities and strengthened their bond as service-oriented individuals. It was a proud moment that symbolized unity and the enduring spirit of NSS.

To add a touch of fun and relaxation to the day, a lively game of musical chairs was organized. The volunteers enthusiastically took part, laughing and cheering each other on in a friendly competition. This lighthearted activity helped build team spirit and created joyful memories for everyone involved.

As the event progressed, a brief session was held to discuss upcoming events and initiatives planned by NSS. This segment was not only informative but also served as a call to action, encouraging volunteers to step up and take leadership roles in organizing and participating in future programs.

The event concluded at 11:58 AM with heartfelt smiles and a sense of shared purpose. Group photos were taken to capture the joyful and meaningful moments shared throughout the gathering. To mark the end on a high note, all volunteers participated in the NSS clap – an enthusiastic and spirited gesture of unity.

In all, the event successfully celebrated NSS Day, strengthened bonds among volunteers, and reignited their passion for service, leaving everyone inspired and ready for the journey ahead



YMCA OFF-GRID

The YMCA event on September 28, 2024, began with a welcome speech by the teacher in charge, setting an uplifting tone for the day. A lamp-lighting ceremony was held in the presence of esteemed guests, including Mr. Shekar Veeraswamy, a renowned wheelchair tennis player and Assistant Coach at KSLTA, along with Dr. S. Philip Lewis, President of YMCA Bangalore. Mr. Veeraswamy shared his inspiring journey of overcoming adversity after losing a leg at 18, highlighting perseverance and self-belief. His story motivated participants to embrace determination in their own lives.

Participants were then divided into six groups to engage in various activities designed to enhance teamwork, problem-solving, and physical fitness. Events included a treasure hunt, fitness tests, football, lawn tennis, ball-and-tyre, ball-and-sticks, and a ball-throwing challenge. These activities encouraged camaraderie and enthusiasm among attendees, who participated with great energy and excitement.

As the event concluded, a photo session captured the day's memorable moments, followed by a vote of thanks and a feedback session to gather participants' insights.

The event successfully promoted a healthier lifestyle by encouraging physical activity and reducing mobile phone usage. Mr. Veeraswamy's speech left a lasting impression, reinforcing resilience and determination. The engaging activities fostered meaningful social connections, making the event an enriching and motivating experience for all involved.



SWACHH BHARAT

The Swachh Bharat initiative saw enthusiastic participation across three locations, with each team making a meaningful impact on their respective sites.

At the Public Park, a team of eight volunteers, led by a dedicated team leader, arrived with great enthusiasm, preparing eagerly for their tasks. Once the cleaning equipment was in place, the team leader efficiently divided the volunteers into smaller groups to ensure thorough coverage of the park. Their efforts were further supported when two local residents joined in, contributing to the cleanup. Together, they worked diligently to clear litter and debris, transforming the park into a cleaner, more inviting space. To appreciate their hard work, the volunteers later gathered for refreshments, reflecting on their meaningful contribution to the cause.

At Tamil Government School, another team, led with excellent organization and teamwork, assembled with a clear sense of purpose. The volunteers were divided into three groups to maximize efficiency. Upon reaching the school, the team leader provided clear instructions, ensuring each group focused on specific areas. One group thoroughly cleaned a classroom, scrubbing floors and dusting furniture, while others cleared weeds, removed garbage, and tidied pathways. Teachers actively joined the effort, assigning tasks such as window cleaning and grass plucking. The collective energy and commitment of the team significantly improved the school's environment, setting a positive example for both students and staff.

Meanwhile, at Richmond Park, a third team took on the mission with equal passion. Their goal was to restore the park's beauty by tackling accumulated litter and debris. Volunteers meticulously cleaned every section, carefully segregating waste and disposing of it properly, all while preserving the park's greenery. They also engaged with onlookers, encouraging community participation in maintaining public spaces.

The combined efforts of all three teams exemplified the power of collective action, reinforcing the importance of cleanliness and community service. The Swachh Bharat initiative not only revitalized these locations but also inspired others to contribute to a cleaner, healthier environment.



WALKATHON ON COMMEMORATION OF GANDHI JAYANTHI

The Gandhi Jayanthi event, held on October 2nd, 2024, at Gandhi Bhavan in Vasanth Nagar, Bangalore, was a significant occasion dedicated to honoring Mahatma Gandhi's principles of non-violence, truth, and social justice. Organized under the leadership of Devadharsh, the event head, this government-driven initiative aimed to unite the youth in a collective demonstration of Gandhi's values. Volunteers from various NSS units gathered at the venue by 7:10 AM, demonstrating their commitment to the cause despite delays due to the late arrival of the Chief Minister and Deputy Chief Minister of Karnataka. Their presence added to the ceremonial significance of the event, setting the stage for a day of meaningful activities.

The event commenced with a solemn garland ceremony at Gandhi Bhavan, symbolizing deep respect for the Father of the Nation. This tribute served as a reminder of Gandhi's lifelong dedication to simplicity and humility. Inspired by this homage, the volunteers participated in a march from Gandhi Bhavan to Vidhana Soudha, chanting powerful slogans that echoed Gandhi's teachings. More than just a procession, the march embodied a collective commitment to social change and community service. The streets of Bangalore reverberated with the voices of the volunteers, creating an atmosphere of unity and determination.

Upon arriving at Vidhana Soudha around 10:15 AM, the volunteers were warmly welcomed and guided into the historic building. Inside, they witnessed an ongoing event that further emphasized the contemporary relevance of Gandhi's philosophy. This opportunity allowed participants to engage with the broader mission of the celebration, deepening their understanding of Gandhi's vision for an inclusive and equitable society. Refreshments were provided, giving the volunteers a moment to relax and interact with participants from different NSS units, fostering a spirit of camaraderie and shared purpose.

The event officially concluded at 1:30 PM, marking the end of a successful and inspiring day. Before dispersing, the volunteers gathered for group photographs, capturing the essence of their collective effort and solidarity. This moment served as a lasting reminder of their commitment to Gandhian principles. As they departed, they carried with them not just memories of the day but also a renewed sense of purpose, inspired to uphold the ideals of Mahatma Gandhi in their daily lives. The event successfully instilled a spirit of active citizenship, encouraging young minds to continue contributing to society with dedication and integrity.



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WORLD MENTAL HEALTH DAY

The World Mental Health Day event was celebrated in an engaging and interactive manner, shifting away from traditional speeches to focus on participatory activities that fostered laughter, creativity, and connection. The event opened with a fun-filled game where participants were divided into teams and encouraged to pass messages down a line, testing their communication skills in a light-hearted environment. This initial activity set a cheerful tone for the rest of the program. Following this, the participants were organized into smaller groups for a mime activity, where each group was given a unique theme to express through silent performance. This segment not only brought out the artistic talents of the participants but also promoted teamwork, non-verbal communication, and empathy. After the creative performances, an energetic reflex-based game was introduced, requiring participants to stay alert and coordinated.

The excitement and enthusiasm in the venue were evident as everyone actively engaged in the challenge. To wrap up the celebration, a final group game brought all participants together in a large circle, reinforcing the sense of community and unity. The event concluded with a thoughtful message on the importance of mental health, encouraging all attendees to value their emotional well-being and support one another. Throughout the event, volunteers ensured the smooth flow of activities and maintained an inclusive atmosphere. The overall experience left participants with joyful memories and a renewed commitment to mental wellness, proving that interactive and fun approaches can meaningfully contribute to awareness and support for mental health.



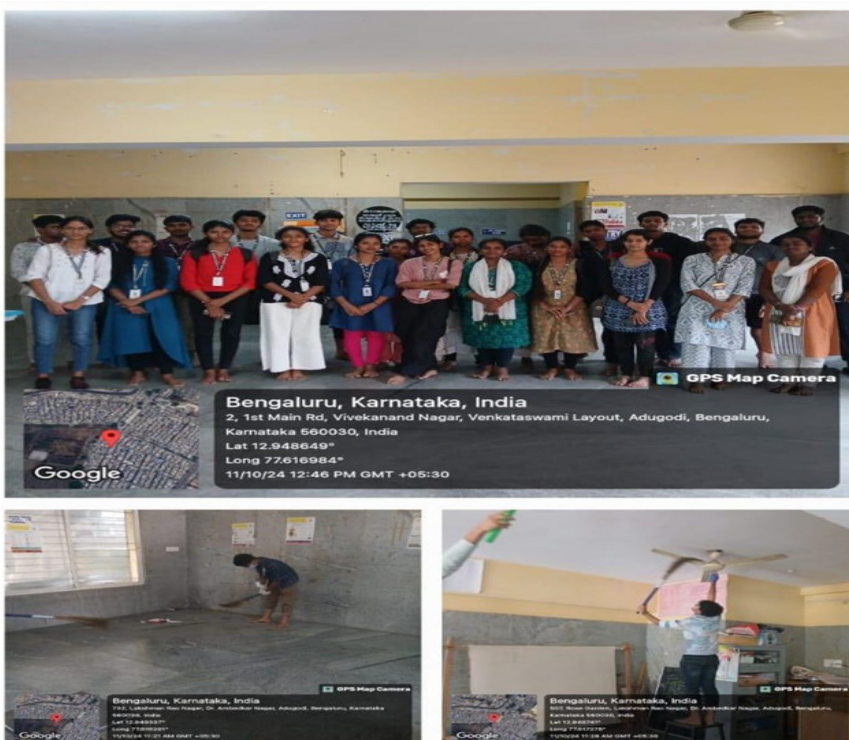
CLEANLINESS DRIVE AT MARGGA NGO

The Cleanliness Drive event commenced as volunteers gathered at the campus, where Deepak, the General Secretary, took attendance. Vikram addressed the group, providing clear instructions and outlining the day's tasks. With enthusiasm, the volunteers departed from the campus, eager to contribute to the cause.

Upon arriving at Austin Town bus stand, they proceeded to MARGGA, an NGO dedicated to social welfare. After a brief rest, the volunteers began their cleaning activities with dedication and teamwork. They ensured that every corner of the premises was thoroughly attended to, leaving the space clean and welcoming. Their collective efforts transformed the environment, reflecting their commitment to community service.

Following the cleaning session, refreshments were provided as a token of appreciation for their hard work. Meanwhile, council members took charge of any remaining tasks, ensuring that the event was executed smoothly. Once all activities were completed, General Secretary Devadharsh circulated a Google feedback form to gather insights and suggestions for future initiatives.

With a sense of accomplishment, the volunteers departed from the NGO and made their way back to the university campus. The journey was filled with satisfaction as they reflected on their meaningful contribution. Upon reaching the campus, the event officially concluded with recognition of the volunteers' dedication. They returned home with a renewed spirit of service, teamwork, and social responsibility, inspired to continue making a positive impact in their community.



TOBACCO FREE YOUTH CAMPAIGN

On October 15, 2024, the Tobacco Free Youth Campaign 2.0 was organized, with 23 volunteers actively participating. The volunteers arrived at the designated spot, prepared to engage in the outreach program.

However, heavy rainfall caused a delay in the arrival of the Chief Minister, who was a key speaker at the event. This led to some frustration among the volunteers, as they had to wait due to the inclement weather.

Once the Chief Minister Shri. Sidaramaraiah arrived, the attendees gathered in a hall where he delivered an important speech on the significance of creating a tobacco-free environment for youth. He highlighted the severe health risks associated with tobacco use and emphasized the vital role of young people in promoting a healthier lifestyle. While the volunteers appreciated the message, the delay and weather conditions added a sense of inconvenience during the waiting period.

After the Chief Minister's speech, the event concluded, and attendees were asked to leave the hall. Before departing, the volunteers gathered for a group photo to commemorate the occasion. Following this, they proceeded to the parking lot to collect refreshments and took some time to enjoy the snacks provided. Eventually, the volunteers left for home using their own transportation, reflecting on the importance of the campaign in advocating for a tobacco-free environment. Despite the initial delays, the event successfully raised awareness about the dangers of tobacco and encouraged young people to take an active role in fostering a healthier society.



NSS TALENT DAY (Literary Events)

The NSS Talent Day began with volunteers gathering at Aloysius Hall, filled with anticipation and excitement to showcase their talents. Officially commenced the event by providing instructions to the participants, outlining the format and expectations for the day. His introduction set a positive and enthusiastic tone for the event.

Following this, volunteers were given time to finalize their acts, preparing a variety of creative performances, including dancing, drawing, singing, and other artistic displays. The participants focused on perfecting their performances, ensuring they put forth their best efforts.

The official talent showcase featured a diverse range of performances that highlighted the creativity and dedication of the volunteers. The atmosphere in the hall was electric, with each act receiving enthusiastic applause from the audience, reflecting their appreciation for the hard work behind each performance. The event was a testament to the vibrant and artistic spirit within the NSS community, showcasing the unique talents of its members.

As the performances concluded, a brief feedback session was conducted, where two volunteers shared their insights on stage, expressing their appreciation for the event and suggesting areas for future improvement. Attendance was taken, followed by participants filling out a feedback form to share their thoughts.

The NSS Talent Day concluded with a collective sense of achievement and appreciation for the creativity within the community. The organizing committee thanked all volunteers for their enthusiastic participation and expressed eagerness to continue fostering creativity and unity in future events.



FIRST AID AWARENESS DAY

The First Aid Awareness event at St. Joseph's University commenced with an introduction of the chief guest, Dr. Issac CB. A volunteer extended a warm welcome before Dr. Issac delivered an insightful speech on health, malnutrition, nutrition, hygiene, and pollution. His talk emphasized the importance of comprehensive health awareness, encouraging the audience to adopt a proactive approach to well-being. To set a vibrant tone, he engaged the volunteers in a brief warm-up activity, energizing the atmosphere.

At the end of his session, Dr. Issac received a sapling from Dr. Asha as a token of appreciation, symbolizing the university's dedication to health and sustainability. The second session began with Dr. Kavya Shree, who introduced basic life support techniques, with a primary focus on CPR. She conducted an engaging presentation and live demonstrations that highlighted critical life-saving skills in an accessible manner for all attendees.

A volunteer assisted Dr. Kavya Shree in a live CPR demonstration, providing a hands-on experience that emphasized the importance of quick, effective first-aid responses. This practical involvement captivated the audience and left a lasting impression of the significance of immediate medical intervention.

Following the sessions, NSS faculty members collected feedback from the volunteers. Another faculty member presented Dr. Kavya Shree with a sapling as a token of gratitude. A heartfelt vote of thanks was delivered, acknowledging the valuable contributions of the speakers, faculty, and volunteers. The event concluded with participants gaining a renewed commitment to first-aid knowledge and community health.



ROAD SAFETY DAY

On Road Safety Day, volunteers gathered with enthusiasm as Johnson provided initial instructions and distributed reflective jackets and placards to prepare them for the awareness campaign. Deepak took attendance, ensuring all participants were present and ready for the activity. With everyone geared up, the group left campus, fully committed to spreading road safety awareness. Their energy and dedication highlighted the importance of their mission as they set out to educate the public.

Upon reaching Nanjappa Circle, the event head offered final guidance, making sure the team was well-prepared. Volunteers stood at the busy traffic signal, actively engaging the public on road safety practices. They used their placards to emphasize the importance of following traffic rules, wearing helmets, using seat belts, and promoting safe driving habits. Their presence caught the attention of drivers, bikers, and pedestrians, who showed interest in the messages being shared. The team's dedication and positive interactions brought essential awareness to road safety in a way that was both engaging and impactful.

After the awareness activity, the group returned to campus, where refreshments were provided, giving volunteers a chance to relax. Johnson acknowledged their hard work by distributing glass mugs as prizes to those who had shown exceptional enthusiasm and performance during the event. This thoughtful gesture lifted the volunteers' spirits, and everyone expressed gratitude for the opportunity to be part of such a meaningful initiative. The day concluded with a sense of achievement, knowing they had contributed to making roads safer.



VIGILANCE AWARENESS WEEK

The Vigilance Awareness Event, led by Joint Secretary Devadharsh, brought together all five NSS units, totaling 60 enthusiastic volunteers. The event aimed to instill awareness and promote vigilance through a mix of educational and interactive activities.

The session commenced with a powerful speech by Dr. Samuel Mores, who emphasized the importance of vigilance in daily life and encouraged participants to embrace their social responsibilities. Following this, Ms. Maha Sherisha led the volunteers in a pledge, reinforcing values of integrity and vigilance. The event continued with vibrant cultural performances, including a group song and a group dance, both of which highlighted the spirit of unity among the volunteers. After the cultural segment, Mr. Vikram introduced the debate competition, which allowed participants to engage in thoughtful discussions, exchanging perspectives on the significance of vigilance in society.

Following the debate, Devadharsh provided instructions for a creative writing activity, where volunteers expressed their thoughts on vigilance through creative expression. This segment encouraged critical thinking and self-reflection, making the session both engaging and insightful.

The event concluded with a vote of thanks, followed by the distribution of certificates and prizes to the winners by Dr. Samuel Mores and Ms. Maha Sherisha.

Overall, the Vigilance Awareness Event was well-organized, fostering active participation and reinforcing the importance of integrity. The combination of discussions, performances, and creative activities left a lasting impact, making it a memorable and meaningful experience for all attendees.



NATIONAL UNITY DAY

The Unity Day event began with an introduction, who elaborated on its significance and objectives. He emphasized the importance of fostering unity and collaboration among participants. Volunteers were then divided into groups, each assigned a unique team name and a leader. The groups worked together to create charts based on the theme of unity, showcasing their creativity and shared understanding. The event was aptly named "Unity Wall," symbolizing collective effort and harmony.

To add an element of fun and teamwork, a lively "Unity Balloon Pop" game was organized, promoting coordination and cooperation among participants. Following this, volunteers participated in a spirited walk, carrying posters they had prepared, spreading the message of unity. Their walk led them to Aruppe, where their presence and enthusiasm made a meaningful impact. This activity served as a practical demonstration of the event's core values, reinforcing the importance of unity in action.

The event concluded with an energetic NSS clap, a symbolic gesture celebrating the dedication and efforts of everyone involved. The combination of collaborative activities, creativity, and impactful execution made Unity Day a memorable and successful occasion. It effectively reinforced the message of togetherness and community spirit, leaving a lasting impression on all participants. Through engaging exercises and teamwork, volunteers experienced firsthand the significance of unity, making the event both enjoyable and meaningful.



GENDER EQUALITY DAY

The event commenced with the arrival of volunteers, creating an atmosphere of enthusiasm and anticipation. Devadharsh, the event head, addressed the gathering and provided detailed instructions regarding the debate. Teams were then divided, and the debates began, covering thought-provoking topics. The first team debated on gender equality, setting the stage for engaging discussions. The second and third teams followed, each presenting their perspectives with compelling arguments. Additionally, an individual debate in Kannada brought a diverse linguistic perspective to the discussion, enhancing the overall discourse.

After the debates, Devadharsh introduced the next activity: skit presentations. Three teams prepared and performed skits on gender equality, using storytelling and drama to convey powerful messages. The first team captivated the audience with an engaging enactment, followed by the second team, whose performance was both impactful and thought-provoking. The third team delivered a strong message, showcasing creativity and teamwork. Volunteers enthusiastically supported the performances, making the session lively and interactive.

The event concluded with a vote of thanks, acknowledging the efforts of all participants and organizers. Formal closing remarks marked the successful end of the session, reflecting on the significance of the discussions and performances. Attendance was duly recorded to ensure participation tracking. The event was well-structured, ensuring smooth execution and meaningful engagement. Through debates and skits, volunteers gained a deeper understanding of gender equality, fostering awareness and dialogue on the topic. The session left a lasting impact, reinforcing the importance of discussion and creative expression in addressing social issues.



PLEDGE ON WOMEN'S DAY

The Women's Day event commenced with volunteers gathering to introduce the schedule for the next two hours. After setting the agenda, the introductory speech warmly welcomed everyone and emphasized the significance of the day.

The first activity, posture making, allowed participants to creatively express themes related to women's empowerment. This engaging session encouraged artistic expression and reflection on the importance of gender equality. Following this, volunteers came forward to share personal stories about inspiring women in their lives, creating an atmosphere filled with admiration and gratitude.

The event welcomed an esteemed chief guest, who was warmly introduced before delivering an insightful speech on women's empowerment and equality. Her words resonated deeply with the audience, reinforcing the importance of fostering inclusivity and respect. The session concluded with a collective pledge to uphold gender equality and advocate for women's rights, leaving a lasting impact on the participants.

With the formal proceedings completed, the event transitioned into a lively segment as Mr. Vikram introduced an interactive game, bringing laughter and joy among the volunteers. This fun-filled activity strengthened camaraderie and ensured an energetic and memorable close to the event.

The vote of thanks was then delivered, appreciating everyone's participation and contributions. A feedback form was circulated to gather responses, followed by the final task of taking attendance. The event successfully concluded on a positive note, marking the end of a meaningful and inspiring celebration of Women's Day.



SOCIAL JUSTICE DAY

The meeting was initiated by Mr. Vikram, who provided an overview of the planned activities for the session. He explained the objectives and structure, ensuring clarity among all participants. In the first half of the session, attendees were divided into multiple teams, each assigned a specific topic to prepare and present. Teams were given ample time to discuss and organize their thoughts, fostering teamwork and analytical thinking.

Once the teams were ready, they took turns presenting their ideas, ensuring each had sufficient time to articulate their perspectives. After each presentation, Mr. Vikram conducted a voting session to assess the audience's views and engagement with the topic. This interactive approach encouraged participation and allowed for diverse perspectives to be considered.

Following the presentations, Mr. Vikram introduced another set of activities, seamlessly transitioning into the next phase of the session. The latter half featured an engaging debate, where participants challenged each other's viewpoints and critically analyzed different arguments. This activity encouraged active participation, enhanced public speaking skills, and improved the ability to think on one's feet.

The session concluded with attendance marking and a feedback session, where participants shared their thoughts on the activities. The feedback helped in assessing the effectiveness of the session and gathering insights for future improvements.



AWARENESS CAMPAIGN OF SLUM

Bangalore's Rajendra Nagar slum struggles with several pressing issues that severely impact the residents' daily lives.

Housing and Infrastructure: Many homes are makeshift structures built from scrap materials, lacking proper sanitation. The narrow, unpaved streets are prone to flooding during monsoons, making mobility difficult and increasing health risks.

Access to Clean Water: Residents struggle with inconsistent water supply, often relying on contaminated sources or walking long distances for potable water. This results in frequent waterborne diseases and additional health challenges.

Sanitation and Waste Management: Without a proper waste disposal system, streets are littered with garbage, and open drains worsen hygiene. The lack of adequate sanitation facilities forces residents to resort to open defecation, leading to serious health hazards.

Health Issues: Overcrowded living conditions, poor sanitation, and limited healthcare services contribute to widespread respiratory diseases, malnutrition, and infections. Understaffed and under-resourced clinics make access to medical care difficult.

Education Barriers: Children face obstacles in accessing quality education due to overcrowded schools and economic constraints that force them to drop out and support their families.

Employment and Economic Challenges: Many residents work in informal sectors with low wages and no job security. The lack of vocational training hampers economic growth and stability.

Social Issues: Crime, substance abuse, and a lack of recreational facilities contribute to social tensions and a sense of isolation among residents.

Displacement and Land Rights: Residents live in fear of eviction due to redevelopment pressures, making it difficult to improve their living conditions.

Outcome of Slum Adoption

Adopting slums like Rajendra Nagar, especially after cleanliness drives, can significantly improve living conditions and foster long-term development.

Improved Sanitation and Hygiene: Regular waste collection and disposal systems create a cleaner, healthier environment, reducing disease outbreaks.

Better Health and Nutrition: Access to clean water, sanitation, and medical aid helps reduce infections and malnutrition. Community health programs can further promote awareness.

Enhanced Educational Opportunities: Providing better school infrastructure, scholarships, and skill training programs can improve literacy rates and future employment prospects.

Economic Empowerment: Vocational training and financial support initiatives can help residents secure better jobs, improving their standard of living.

Stronger Social Cohesion: Community programs and recreational activities foster engagement, reducing crime and substance abuse while promoting a sense of belonging. Slum adoption and cleanliness initiatives play a crucial role in improving the quality of life for residents. While immediate changes in sanitation and health are essential, long-term efforts in education, employment, and social support create a foundation for sustainable development and resilience.

ANNUAL REPORT (UNIT-2)

SAFE STREETS BRIGHT FUTURES

NSS Unit 2 organized a Road Safety Awareness Program on September 18, 2024, with the objective of educating students about essential traffic rules and promoting responsible behavior on the roads. The event began with a warm welcome by the emcee, Safa, setting a positive tone for the session. The president then delivered a brief introductory address, emphasizing the importance of the initiative.

A detailed and informative presentation on road safety rules followed, providing attendees with key insights into traffic regulations and preventive measures. The program was coordinated by Varshita and Patricia Prakash, who ensured the smooth execution of activities throughout the event. Dr. Gulbadin, the teacher in charge, shared valuable knowledge on road safety, underlining the significance of awareness in preventing accidents.

Volunteers were divided into five groups, each comprising approximately seven members. They were given 30 minutes to create informative and visually engaging charts on the theme "Viral Accidents in the Past." Following this activity, the teams performed short skits based on their charts, creatively showcasing the consequences of traffic violations and the importance of safety.

Council members evaluated the presentations, and the most impactful team was rewarded by Dr. Gulbadin in recognition of their outstanding performance. The event concluded with a group photograph, capturing the spirit of participation and collaboration among volunteers, council members, and the teacher in charge. The program successfully instilled greater awareness of road safety among students, promoting a culture of responsibility and caution.



CLEANLINESS DRIVE

On September 25, 2024, NSS Unit 2 organized a Cleanliness Drive Program aimed at fostering environmental awareness and promoting the importance of maintaining a clean and sustainable campus. The initiative encouraged students and volunteers to take active responsibility in keeping their surroundings clean, thereby cultivating a culture of environmental stewardship.

Volunteers assembled near the college's main gate, where they were divided into groups of four to carry out the tasks efficiently. Under the supervision of Jesintha Devaraj, the assigned officer for the event, and guided by event heads Safa Manhal and Agilesvar, the participants received clear instructions and began the drive with enthusiasm.

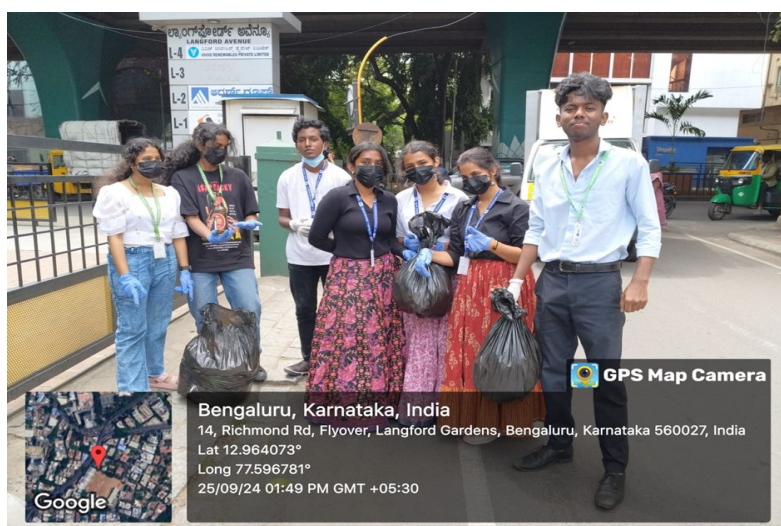
The volunteers diligently collected waste materials from the roads surrounding the college, including littered items such as juice bottles and plastic wrappers scattered within the campus premises. All collected waste was responsibly bagged and deposited behind the Magis building near the gate, ensuring proper disposal.

This hands-on initiative not only contributed to a cleaner environment but also instilled a strong sense of teamwork and responsibility among the participants. The event successfully highlighted the importance of individual and collective action in maintaining public cleanliness.

The second session addressed stress management, exploring the differences between eustress and distress. The facilitator introduced breathing exercises and practical techniques to help students manage academic and personal pressures more effectively.

The final session, conducted by Emmanuel David, emphasized building a growth mindset, improving communication skills, and cultivating self-awareness and confidence. Interactive activities enabled students to identify their strengths – referred to as “superpowers” – and connect them with key leadership qualities.

Overall, the training series created an empowering space for students to develop essential leadership skills, boosting their self-confidence and preparing them to take on greater responsibilities in both academic and social spheres. The National Service Scheme (NSS) Units 2 and 3 of St. Joseph’s University organized the “Leadership Development Training Series - 2” on September 28, 2024, at Loyola Hall. Centered around the theme “Skills for Effective Leadership and Personal Growth,” the session aimed to provide students with practical tools to enhance their leadership potential and personal development. The event was hosted by Deepthi and conducted under the guidance of Mr. Selwyn, Dr. Magesh, Dr. Asha, Mr. Samuel, Dr. Gurudatta, and Mr. Mahesh, who collectively brought valuable



LEADERSHIP DEVELOPMENT TRAINING

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The first session, led by Mr. Narayan Madhu, focused on the importance of time management. He introduced participants to time measurement techniques and the concept of "Yama," using an engaging story about Alexander the Great to highlight the value of time. Participants were encouraged to reflect on their habits and learned strategies to overcome procrastination.

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Wildlife Walkathon

On October 2, 2024, the Forest Ministry of Karnataka organized a Wildlife Walkathon to promote awareness about wildlife conservation and environmental responsibility. The event, held in the early hours of the morning, saw enthusiastic participation from various organizations, including Unit 4 of the National Service Scheme (NSS) from St. Joseph's University.

The walkathon followed a scenic route from the High Court to Lalbagh, encouraging participants to engage with nature while advocating for its protection. The event was graced by the presence of prominent dignitaries, including the Honorable Governor Shri Thawar Chand Gehlot, Chief Minister Shri Siddaramaiah, and Forest Minister Shri Eshwar Khandre, who joined the walk in a show of solidarity with the cause.

The walk officially commenced at 7:30 AM from the High Court and concluded at Lalbagh by 8:45 AM. Volunteers walked with energy and enthusiasm, supporting the campaign for sustainable environmental practices and wildlife preservation. The Forest Department extended their appreciation by providing all participants with T-shirts, caps, and certificates of participation.

The initiative not only spread vital messages about biodiversity and ecological balance but also served as a powerful example of civic responsibility and environmental stewardship. The participation of NSS Unit 4 volunteers reflected their continued commitment to community service and environmental awareness. The event concluded successfully, leaving all participants inspired to contribute to the protection of wildlife and natural resources.



GANDHI BHAVAN PROCESSION

On October 2, 2024, in commemoration of Gandhi Jayanthi, the Government of Karnataka organized a solemn and symbolic procession to honor Mahatma Gandhi and his enduring legacy of peace, truth, and non-violence. The procession commenced at 8:00 AM from Gandhi Bhavan and concluded at the Vidhan Soudha, the state's legislative assembly, drawing participation from various institutions and community groups across Bengaluru.

Volunteers from all NSS units of St. Joseph's University actively took part in the event, embodying the core Gandhian values of unity, harmony, truth, and fearlessness. The march served as both a tribute and a reminder of the moral strength and discipline Gandhi advocated throughout his life.

To ensure the smooth flow of the event, volunteers were organized and guided by council members from each unit. Emphasis was placed on punctuality, order, and strict adherence to instructions, with clear communication shared in advance to maintain discipline and commitment. Absenteeism or withdrawal from the event was not permitted, reinforcing the sense of responsibility and collective purpose among the volunteers.

The atmosphere during the procession was both respectful and inspiring, as participants walked in solidarity, reflecting on Gandhi's message of non-violence and social justice. The presence of enthusiastic volunteers showcased the youth's dedication to upholding the principles laid down by the Father of the Nation.

The event concluded successfully, reinforcing the importance of civic engagement and moral leadership in building a harmonious and inclusive society



KANNADA GURU WORKSHOP

On October 9 and 10, 2024, the Kannada Guru Organization conducted a two-day Kannada learning workshop aimed at equipping non-Kannada speaking NSS volunteers with essential language skills. The initiative sought to enhance effective communication during NSS activities and foster better community engagement.

The interactive sessions focused on building confidence in spoken Kannada through a series of practical exercises. Volunteers actively participated in vocabulary-building games, verbal drills, and group activities such as roleplays, team quizzes, and situational dialogues. These engaging methods helped participants grasp commonly used Kannada words and phrases in an enjoyable and collaborative environment.

To ensure the continuity of learning, study materials summarizing key expressions and grammar tips were distributed, encouraging volunteers to practice beyond the sessions. The program emphasized both linguistic skills and cultural appreciation, promoting inclusivity within the volunteer community.

In a special gesture of gratitude, university alumni Ms. Praneetha Prakash and Mrs. Tanmaya Prakash were felicitated with saplings for their support and contributions to the session. Additionally, each volunteer received a symbolic badge representing their commitment to embracing and learning the local language.

The workshop concluded with a heartfelt vote of thanks, appreciating the efforts of the organizers, alumni, and participants. It not only served as a valuable step toward language development but also strengthened the spirit of unity and inclusiveness among NSS volunteers, aligning with the broader goals of community



MENTAL HEALTH DAY

The National Service Scheme (NSS) Unit-2 of St. Joseph's University organized a Mental Health Day event at the Audi Basement. The session was conducted by counseling psychologist Estelle D'Souza, who shared valuable insights on the importance of mental health and emotional well-being in today's fast-paced world.

The session emphasized understanding personal thoughts, managing emotional challenges, and developing a healthy perspective on mental wellness. Through interactive discussions and engaging exercises, Estelle encouraged students to reflect, share, and learn coping strategies for handling stress and anxiety effectively.

The event was well-organized under the guidance of Faculty Incharge Mr. R. Ebenezer and coordinated by Safa Manhal. The presence of faculty members and university officials demonstrated strong institutional support for mental health initiatives, fostering an atmosphere of care and encouragement.

Students actively participated, appreciating the safe space created for open dialogue around mental health concerns. The session provided practical tools for building emotional resilience, reinforcing the need to prioritize self-care and mental wellness.

The event successfully raised awareness and empowered students to take proactive steps toward improving their mental health. It also reflected the NSS unit's ongoing commitment to holistic development and student well-being



TOBACCO FREE YOUTH CAMPAIGN

A Tobacco Awareness Event was organized at Vidhan Soudha to raise awareness about the harmful effects of tobacco consumption and to promote healthier lifestyle choices among the public. The event witnessed participation from various sections of society, including students, volunteers, health officials, and government representatives, all unified by a common goal of advocating for tobacco-free living. A significant highlight of the event was the impactful address delivered by the Chief Minister of Karnataka, Mr. Siddaramaiah. He emphasized the grave health risks posed by tobacco, particularly among the youth who are increasingly exposed to its consumption in various forms. He urged the public to take collective responsibility in addressing this public health issue and encouraged stronger implementation of tobacco control measures at both individual and community levels.

The event also provided a platform for interactive discussions and community engagement. Attendees had the opportunity to converse about the implications of tobacco usage and shared thoughts on effective preventive strategies. Informative materials on tobacco-related diseases and cessation programs were distributed, further enhancing the educational value of the event. Refreshments were served following the official proceedings, facilitating informal exchanges among participants and contributing to the event's sense of community. The initiative proved to be a meaningful step towards spreading awareness, reinforcing the urgent need for continued advocacy and informed decision-making.

By highlighting the long-term consequences of tobacco use and encouraging dialogue, the event succeeded in strengthening the message of health, prevention, and collective action for a better and tobacco-free future.



FIRST AID AWARENESS

The First Aid Awareness event was organized by the National Service Scheme (NSS) Unit-2 of St. Joseph's University in collaboration with Sagar Hospital and the Lions Club of Centennial Spandana. The primary objective of the session was to equip students with essential first aid knowledge and emergency response skills, fostering a culture of preparedness and safety within the university community. The event featured expert guest speakers, including Dr. Kavya Shree, Head of Intensive and Critical Care at Sagar Hospital and an AHA ACLS-certified instructor, and Dr. Issac C B, Campus Doctor at St. Joseph's University. Dr. Kavya Shree delivered an informative session on basic first aid procedures, including cardiopulmonary resuscitation (CPR), wound care, and the management of common injuries. Her insights, drawn from years of critical care experience, provided students with a practical understanding of immediate medical response techniques.

Dr. Issac C B complemented this by focusing on the importance of prompt and effective first aid in campus scenarios, emphasizing real-life applications and the crucial role of students in emergency situations. The event encouraged interactive participation, with students actively engaging in demonstrations, asking questions, and practicing newly acquired skills.

The initiative was supported by university officials, including Mr. Selwyn Paul J., NSS Program Coordinator, and Lt. Dr. Loksha, YRC Officer, along with other program officers. Their involvement reflected the university's strong commitment to student welfare and emergency preparedness. The event was a resounding success, instilling confidence and awareness among attendees about handling emergency situations .



CANCER AWARENESS

The Cancer Awareness Walkathon, organized by NSS Unit-5 of St. Joseph's University, aimed to raise awareness about cancer prevention and promote a healthy lifestyle among students and the larger community. Conducted in collaboration with the SJU Student Council, NCC Armored Squadron, NCC Air Squadron, Youth Red Cross (YRC), Eco Club, and Bembala, the event served as a unified effort to educate and inspire action against cancer. With the theme "Join us in stepping forward to fight cancer! Let's walk together for hope, health, and a future without cancer," participants came together in solidarity, showing support for those affected by the disease. The walkathon began within the university campus and extended through key areas in the vicinity, catching the attention of passersby and promoting the message of cancer awareness to a broader audience.

University officials, student leaders, and club representatives took the lead, motivating others to walk with purpose and commitment. The event emphasized the importance of early detection, lifestyle modifications, and regular health screenings in reducing cancer risks. Participants carried banners and distributed informational pamphlets throughout the route, educating the public on preventive measures and the importance of adopting a healthy lifestyle.

The collaborative spirit of the event demonstrated the university's dedication to public health and community outreach. It successfully fostered a sense of hope and empowerment among participants while encouraging proactive health choices. The walkathon stood as a meaningful initiative, reinforcing the belief that collective efforts can lead to a healthier, cancer-free future belief that collective efforts can lead to a healthier, cancer-free future.



BIG DREAMS BRIGHT MINDS

The Big Dreams, Bright Minds event, organized by the National Service Scheme (NSS) Unit-2 of St. Joseph's University, was held at the Tamil Government School as part of an outreach initiative focused on inspiring and empowering young students. The event aimed to cultivate an environment where children could explore their aspirations, gain confidence, and develop a positive attitude toward education and personal growth. Designed to be both engaging and educational, the program featured a variety of interactive sessions, creative games, and motivational activities. NSS volunteers took the lead in connecting with the children through storytelling, group discussions, and role-playing exercises that encouraged them to envision a future driven by their dreams. These activities not only promoted imaginative thinking but also reinforced the importance of setting goals and staying committed to academic and personal development. The participation of the children was enthusiastic and heartwarming. Their active involvement in every segment of the program demonstrated a genuine curiosity and eagerness to learn. Volunteers provided individual attention, ensuring that every child felt seen, heard, and supported throughout the event.

The event was coordinated seamlessly under the guidance of Fr. Simon, Faculty Incharge, and Safa Manhal, the event organizer. Their efforts contributed to a warm and inclusive atmosphere that made a lasting impact on both the children and the volunteers. By the end of the event, the smiles on the students' faces were a testament to its success. Big Dreams, Bright Minds served as a reminder that with the right encouragement, young minds can be inspired to reach for the stars.



VIGILANCE AWARENESS

The Vigilance Awareness Event, organized by NSS Unit 5 and attended by all five NSS units of St. Joseph's University, aimed to promote a culture of integrity and encourage volunteers to remain alert and responsible citizens. The event began with an inspiring address by Dr. Samuel Mores, who emphasized the importance of vigilance in everyday life. He spoke passionately about social responsibility, encouraging participants to uphold ethical conduct in both personal and public spheres.

Following the keynote, Ms. Maha Sherisha led the participants in a pledge, reinforcing the core values of honesty, transparency, and accountability. The solemnity of the pledge set a reflective tone for the remainder of the event. A cultural segment followed, featuring a group song and a group dance performance. These creative expressions underscored the message of collective vigilance and the power of unity in addressing social issues.

The event also included a debate competition that invited volunteers to critically engage with the topic of vigilance. The exchange of diverse perspectives fostered awareness and analytical thinking among participants. A creative writing activity added a personal touch, allowing students to express their understanding of vigilance through prose and poetry. This segment encouraged introspection and articulation of ideas around ethical living and civic responsibility.

The program concluded with a vote of thanks, appreciating the efforts of all contributors. Dr. Samuel Mores recognized the outstanding performances and participation by distributing certificates and prizes, adding a sense of accomplishment to the meaningful event. The day effectively instilled a deeper understanding of vigilance in every attendee



HUMAN RIGHTS INAUGURATION

The Human Rights Inauguration, jointly organized by Mount Carmel College and St. Joseph's University, marked the beginning of a 10-day campaign focused on raising awareness and promoting advocacy for human rights. The event, held at Mount Carmel College, served as a platform to ignite dialogue and reflection on fundamental human rights, aiming to instill a sense of responsibility among students and volunteers.

The Chief Guest delivered a powerful address, stressing the importance of human rights in shaping a just and equal society. The speech inspired attendees to recognize their role as change-makers and highlighted the significance of youth participation in upholding justice, equality, and dignity for all. The session effectively set the tone for the following days, anchoring the program in strong values and purpose.

Faculty Incharge Ebenezer, along with the organizing committee, ensured smooth coordination throughout the event. Their efforts created an engaging and educational environment that encouraged active involvement from all participants. The program lineup included interactive workshops, panel discussions with experts, and creative sessions that explored various dimensions of human rights such as freedom of speech, gender equality, and access to education.

NSS volunteers played a vital role in the execution of the program, managing logistics, engaging with participants, and supporting facilitators. Their active involvement contributed significantly to the success of each session. The program also incorporated outreach initiatives to take the message beyond the campus and into the broader community. The event concluded with a renewed commitment among students to advocate for and protect human rights in their everyday lives.

Human Rights Day (Veladictory Ceremony)

The NSS Cell of St. Joseph's University organized a significant event to commemorate International Human Rights Day at Xavier Hall, PG Block. This initiative brought together NSS volunteers from all units, faculty coordinators, and distinguished guests for an enriching discussion on the global relevance of human rights in contemporary society.

The program featured two notable speakers – Mr. Maruo Katsumasa, former Deputy Consul General of Japan in Bangalore, and Mr. Harsh Vardhan Umre, IRS, former Commissioner of Customs and GST. The event began with a formal felicitation ceremony, honoring the guests for their contributions to public service and international dialogue.

Mr. Katsumasa delivered a compelling talk centered on the Universal Declaration of Human Rights (UDHR). He elaborated on its foundational principles and its continued importance in the realm of global politics. His address also touched on international relations, with specific reference to China and the global community's responsibility in upholding human dignity and justice.

Following this, Mr. Umre provided an insightful perspective on the practical implementation of human rights in governance and society. Drawing inspiration from Mahatma Gandhi and Eleanor Roosevelt, he emphasized the role of individual agency and active citizenship in preserving and promoting human rights.

The session concluded with an engaging Q&A segment, allowing students and faculty to delve deeper into real-world human rights challenges. This interactive dialogue encouraged critical thinking and reinforced the need for continued advocacy. The event successfully promoted awareness and inspired participants to remain vigilant and proactive in safeguarding fundamental human rights.

SLUM SURVEY

The Slum Survey Initiative, conducted by NSS Unit-2 of St. Joseph's University, was held in the Tamil Government School neighborhood. This outreach program aimed to gain a deeper understanding of the living conditions, challenges, and aspirations of the residents through a structured and thoughtfully designed questionnaire.

Under the guidance of Jesintha Devraj, Faculty Incharge, and coordinated by Event Organizer Safa Manhal, the survey focused on collecting valuable insights into key aspects of community life. These included access to education for both children and adults, the availability and quality of healthcare and sanitation facilities, and the nature of employment opportunities within the area.

NSS volunteers approached the task with sensitivity and respect, engaging in meaningful conversations with residents to foster a sense of trust and openness. This helped in encouraging the community members to share their lived experiences, hopes, and concerns without hesitation. The data collected aimed to serve as a foundation for better understanding the needs of marginalized populations and for shaping future service initiatives.

The volunteers demonstrated active listening and empathy throughout the survey, making the experience not only informative but also emotionally resonant. Through this effort, the university reaffirmed its commitment to social outreach and inclusive development. The initiative highlighted the importance of grassroots engagement in promoting equity and informed action. By bridging the gap between academic communities and underserved populations, the Slum Survey Initiative paved the way for meaningful change and community-driven solutions.



POWER OF ABILITIES

The Power of Abilities, organized by NSS Unit-2 of St. Joseph's University, was a virtual event conducted through Google Meet with the objective of inspiring and empowering students by fostering an inclusive environment where aspirations are encouraged and limitations are redefined. The event focused on cultivating a mindset of resilience, learning, self-growth, and inclusivity, especially in the context of individuals with disabilities.

The highlight of the program was the keynote address delivered by the Chief Guest, Mr. Ranganath K, a differently-abled achiever whose life journey served as a powerful reminder of the strength of the human spirit. Sharing his experiences, Mr. Ranganath spoke about the challenges he faced and the victories he achieved despite physical limitations. His story resonated deeply with the attendees, reinforcing the idea that abilities are not defined by circumstances but by determination and attitude.

The session was thoughtfully coordinated by Faculty Incharge Mrudhusha and Event Organizer Amrutha M, who ensured seamless organization and participant engagement throughout the session. NSS volunteers played a key role in facilitating interactive discussions, sharing reflections, and encouraging participants to express their thoughts and learn from the experiences of the speaker.

The event successfully instilled a sense of motivation and reinforced the importance of empathy, inclusion, and perseverance. It left participants with a renewed appreciation for individual capabilities and the drive to overcome obstacles in pursuit of their goals. Through this initiative, NSS Unit-2 strengthened its commitment to celebrating diversity and empowering every individual to realize their potential.

DISASTER MANAGEMENT

The Disaster Management Awareness event, organized by NSS Unit-2 of St. Joseph's University, aimed to equip participants with essential knowledge and skills for responding effectively to emergencies. The initiative focused on educating students about both natural and man-made disasters, and the importance of disaster preparedness, mitigation, and recovery.

A significant portion of the event was dedicated to discussing RTCCC (Real-Time Crisis Coordination and Communication) methods, which play a vital role in ensuring timely and organized responses during crises. Through engaging presentations and interactive discussions, participants learned how clear communication, swift decision-making, and coordinated efforts can drastically reduce the impact of disasters on communities.

The session was thoughtfully planned and executed under the guidance of Faculty Incharge Fr. Simon and Event Organizer Amrutha M. Their coordination ensured a smooth flow of activities and meaningful engagement throughout the event. Case studies of past disasters were presented to help students understand real-world applications of disaster response strategies.

In addition to theoretical knowledge, the event incorporated group activities designed to simulate emergency situations. These exercises emphasized the value of teamwork, leadership, and quick thinking in high-pressure environments. Participants were encouraged to think critically, delegate roles, and collaborate to find solutions to hypothetical disaster scenarios.

The event concluded with a strong message about the significance of individual responsibility and community-level awareness. By fostering a proactive mindset, the program empowered students to not only stay safe during emergencies but also to be capable first responders within their communities.



ST JOSEPH'S UNIVERSITY
NATIONAL SERVICE SCHEME UNIT-2
SLUM ACTIVITY- 2 -LIFE SKILLS



Check In Bengaluru, Karnataka, India
2, 1st Main Rd, Vivekanand Nagar, Venkataswami Layout, Adugodi,
Bengaluru, Karnataka 560030, India
Lat 12.948673° Long 77.617058°



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Annual Rural Camp 2024-25

One of the most memorable moments of the NSS Rural Camp at Gamkaranahalli was the fourth day, dedicated to women empowerment. The women's meet-up we organized became a deeply emotional and inspiring experience. Interacting with the women of the village, listening to their stories, and witnessing their eagerness to learn and grow was truly humbling. The session, led by a guest speaker, shed light on the importance of education, health, and self-reliance, sparking enthusiastic responses from the attendees.

The highlight of the day was the street play on women empowerment. As volunteers, we had worked hard on the script and rehearsals, but seeing the actual performance resonate with the villagers brought immense satisfaction. Many women came forward after the skit to share how the message touched them personally. Their encouragement, smiles, and gratitude left a lasting impression.

This interaction went beyond just awareness – it created a bridge between us and the community. For me, it was a powerful reminder of the real impact of small actions. It wasn't just about organizing events, but about connecting with people, understanding their realities, and inspiring hope. That day reaffirmed my belief in the value of service and communication. It taught me that meaningful change begins with dialogue and empathy.

The experience gave me a new sense of responsibility – not just as an NSS volunteer but as a citizen – and strengthened my commitment to working for social causes with compassion and purpose.



INTERNATIONAL LITERACY DAY

The International Literacy Day event, organized by the NSS Unit-3 of St. Joseph's University, was a well-coordinated and insightful session that highlighted the significance of literacy in today's society. The event opened with an introduction to the theme, emphasizing literacy as a fundamental human right and its role in lifelong learning. After the welcome speech, the guest, Mr. Vinay Sir, was introduced as the judge for the event. The proceedings began with an engaging icebreaker to energize the participants, setting an interactive tone for the session.

Following the icebreaker, volunteers were briefed on the debate structure and rules. The debate, centered around the theme "Traditional vs. Digital Literacy," encouraged participants to explore the evolving nature of education in the digital age. The teams presented their perspectives, demonstrating their critical thinking and understanding of the subject. The debate highlighted the importance of both traditional and digital forms of literacy in shaping modern education systems.

The winning team was presented with tokens of appreciation by Mr. Vinay , who praised the participants for their enthusiasm and insightful contributions. The event concluded with a vote of thanks, acknowledging the efforts of the guest, the organizers, and the volunteers. The session was a day of learning, collaboration, and reflection on how literacy serves as a powerful tool for empowerment, inspiring participants to take further initiatives to promote education and literacy within their communities.

ANNUAL REPORT (UNIT-3)

INTERNATIONAL PEACE DAY

International Peace Day was observed at St. Joseph's University with two impactful sessions aimed at promoting peace and unity within the community. The day began with a poster-making session where volunteers expressed their visions of peace through creative artwork. The posters featured powerful messages emphasizing harmony, understanding, and the importance of peaceful coexistence. This hands-on activity allowed participants to engage with one another while reflecting on the importance of peace in today's world.

In the evening, a candlelight vigil was held in front of the NSS office, offering a serene and reflective atmosphere. As attendees lit candles, they observed moments of silence, sharing in a collective commitment to peace. The vigil provided an opportunity to honor the victims of conflict, while also serving as a reminder of the ongoing global struggles for peace. It encouraged participants to advocate for non-violence and understanding within their own lives.

Both sessions, the poster-making and the candlelight vigil, worked together to foster a sense of community and solidarity. They heightened awareness about the vital role each individual plays in creating a peaceful environment. The observance of International Peace Day at St. Joseph's University left participants with a renewed commitment to promoting peace and understanding, both locally and globally, through their actions and attitude

SWACHHATA HI SEVA

Cleanliness Drive at Government Tamil Higher Primary School

On 21st September 2024, NSS Unit-3 organized a cleanliness drive at the Government Tamil Higher Primary School to promote hygiene and sanitation within the community. Student volunteers gathered with enthusiasm and a shared commitment to making a positive impact. Before starting, they were given instructions on their tasks and the importance of maintaining cleanliness in public spaces.

Armed with cleaning supplies such as brooms, dustpans, and manual tools, the volunteers thoroughly cleaned the school premises, including classrooms and playgrounds. This initiative aimed not only to remove litter and debris but also to instill a sense of responsibility among students toward maintaining a clean environment. The collective effort fostered a spirit of teamwork and community involvement, as everyone worked together towards a common goal.

Through this initiative, the volunteers not only improved the physical condition of the school but also raised awareness about the significance of cleanliness. The activity encouraged sustainable practices and emphasized the role of each individual in keeping their surroundings clean. By the end of the drive, the school environment was visibly cleaner, providing a healthier and more conducive space for students to learn and grow.

The event successfully reinforced the importance of hygiene and cleanliness in everyday life. It left a lasting impact on both the volunteers and the school community, inspiring a continuous effort toward maintaining a clean and healthy environment.

NSS DAY

On 24th September 2024, NSS Day was celebrated with great enthusiasm, serving as both a tribute to the National Service Scheme and an appreciation of the dedicated volunteers who contribute their time and efforts to community service initiatives. The NSS Office was beautifully decorated for the occasion, creating a vibrant and welcoming atmosphere that reflected the spirit of volunteerism.

The event featured a small cultural program that highlighted the importance of social service and community involvement. Volunteers were inspired by speeches emphasizing the value of selfless service and the positive impact they have on society. Attendees were encouraged to reflect on their experiences, share stories of their contributions, and foster a deeper connection with one another.

This celebration created a strong sense of belonging and pride among volunteers, recognizing their hard work and dedication to service. Additionally, the event served as a platform to motivate others to get involved in volunteer work and contribute to societal development. It reinforced the idea that even small efforts can create meaningful change.

The NSS Day celebration successfully strengthened camaraderie among volunteers and deepened their commitment to community service. It inspired attendees to continue their efforts in promoting social welfare and making a positive impact. The event served as a reminder of the vital role volunteers play in community engagement, encouraging them to persist in their mission to serve society and ensure a brighter future for all.

MCCFest (Servitium)

Participation in Servitium Fest. Volunteers had the privilege of participating in Servitium Fest, organized by Madras Christian College, Chennai, from 24th to 25th September 2024. A team of volunteers traveled from Bengaluru to take part in this prestigious event, representing the organization and engaging in a wide range of exciting activities.

Among the events were a treasure hunt and a photography competition, both of which tested the volunteers' teamwork, creativity, and problem-solving abilities. Additionally, they participated in various literary events, debate sessions, and artistic activities, providing them with platforms to express their creativity, develop critical thinking, and showcase their talents. These activities fostered a sense of fun and healthy competition while also creating an environment for building camaraderie and meaningful connections with other participants.

This event offered a valuable opportunity for the volunteers to grow both personally and professionally, broadening their perspectives and enhancing their skills. Through this experience, they gained a deeper understanding of community engagement and service, reinforcing their commitment to the causes they support. The exposure to different perspectives and ideas further enriched their learning experience, inspiring them to apply their newfound knowledge to future initiatives.

The volunteers' participation in Servitium Fest enhanced their teamwork and creativity, strengthening their resolve to contribute to similar causes in the future.

MEAL PACKAGING ACTIVITY

On 28th September 2024, volunteers gathered at the Rise Against Hunger India warehouse in Raghavendra Nagar, Kalkere, to participate in a meaningful meal packaging event aimed at combating hunger. This initiative is part of Rise Against Hunger's ongoing mission to create a hunger-free world by mobilizing communities to pack nutritious meals for those in need.

The event began with a briefing on the packaging process, followed by a demonstration to ensure efficiency and accuracy. Volunteers worked diligently in a hands-on approach, assembling food packages in counts of 36 packets per box. A total of 24 boxes were prepared, each containing essential nutrients to provide balanced meals for those facing food insecurity. The collaborative effort not only provided immediate relief but also raised awareness about the broader issue of hunger within the community.

This initiative highlighted the power of collective action in addressing global challenges and reinforced the importance of volunteerism in social change. By actively participating in the packaging process, volunteers experienced firsthand the impact of their efforts in making a difference. The event fostered a spirit of giving and encouraged continued involvement in similar humanitarian efforts.

Through such initiatives, Rise Against Hunger India continues to inspire hope and work towards a future where everyone has access to sufficient and nutritious food. The volunteers' contributions played a crucial role in supporting food-insecure individuals and strengthening the mission of ending hunger through community-driven efforts.

YMCA CAMP

The YMCA camp provided a unique and enriching experience for all volunteers, featuring various activities, enjoyment, and the development of strong relationships among participants. The host, Mr. Ram, played a key role in creating a humorous and encouraging atmosphere, ensuring that everyone felt welcome and engaged. The delicious food further enhanced the overall enjoyment, making the event even more memorable.

The camp featured a diverse range of activities, including traditional sports such as soccer, basketball, and volleyball, as well as unique games like treasure hunts and badminton (both ball and shuttle). These activities not only provided entertainment but also played a crucial role in fostering teamwork and leadership skills. The excitement of the events was heightened by interactive icebreakers and cooperative games that facilitated meaningful connections among volunteers.

A key focus of the camp was building strong relationships and encouraging participants to step out of their comfort zones. Through shared experiences and challenges, volunteers formed a supportive network of friends. The event emphasized personal growth and the development of healthy relationships through inclusive programs designed to build confidence and strengthen interpersonal skills.

The YMCA camp successfully provided volunteers with an enriching experience, filled with engaging activities and valuable lessons in teamwork and leadership. By participating in various games and cooperative interactions, volunteers not only had fun but also formed lasting friendships. The event left a positive impact, reinforcing the importance of collaboration, camaraderie, and personal development.

LEADERSHIP WORKSHOP

A Leadership Workshop was organized for all council members to enhance their understanding of advanced leadership skills and the responsibilities associated with their roles. The workshop was designed to equip members with essential knowledge and abilities for effective leadership and role fulfillment.

Consisting of four engaging sessions, the workshop emphasized various aspects of leadership, including vision, ethical decision-making, stress management, adaptability to change, and fostering diversity and inclusion within teams. Through interactive discussions, activities, and exercises, volunteers gained valuable insights into inspiring and motivating their peers while maintaining integrity and accountability.

Collaboration played a crucial role in the learning process, as council members shared their experiences and learned to navigate challenges together, building a strong support network. This hands-on approach encouraged participants to apply their newfound skills in real-world scenarios, reinforcing camaraderie and teamwork.

The overall experience not only enhanced individual leadership capabilities but also contributed to a collective understanding of how effective leadership drives the council's mission forward. By the end of the workshop, council members felt more empowered and prepared to fulfill their roles, significantly strengthening their ability to contribute to the council's success.

The workshop successfully fostered teamwork, ethical decision-making, and inclusivity, ensuring that council members were better equipped to lead and create a positive impact within their community. It reinforced the importance of strong leadership in achieving shared goals and inspiring change.

GANDHI BHAVAN PROCESSION

On 2nd October, a vibrant procession was held to commemorate Gandhi Jayanti, honoring the principles and legacy of Mahatma Gandhi. The event began at Gandhi Bhavan and proceeded to Vidhana Soudha, gathering participants from various walks of life, including students, teachers, local leaders, and citizens.

Dressed in white, symbolizing peace and purity, attendees marched together in a spirit of unity, chanting slogans that echoed Gandhi's teachings of non-violence and truth. The procession featured banners and placards with key messages from Gandhiji's philosophy, emphasizing the importance of compassion, integrity, and social justice. The march fostered a strong sense of solidarity and reinforced the values that Gandhi advocated throughout his life.

As the procession reached Vidhana Soudha, a series of speeches were delivered by prominent speakers, reflecting on Gandhi's enduring influence on the nation's freedom struggle and contemporary society. The event concluded with all participants taking a pledge to uphold Gandhi's principles, fostering a commitment to peace and non-violence in their daily lives.

This event served as both a tribute to the Father of the Nation and an inspiration for collective action towards a more harmonious society. By participating in this meaningful procession, individuals strengthened their commitment to social justice and peace, reinforcing Gandhi's vision of a united and compassionate world.

WILDLIFE WALKATHON BY KARNATAKA FOREST DEPARTMENT

On 2nd October, the Karnataka Forest Department organized a Wildlife Walkathon to raise awareness about wildlife conservation and the collective responsibility required to protect nature. Covering a route from the High Court to Lalbagh, the event brought together participants, including NSS volunteers and actor Rishab Shetty, all united by a shared passion for wildlife preservation in Bangalore.

Throughout the walk, informative banners and displays highlighted various conservation initiatives and the crucial role individuals play in safeguarding natural ecosystems. NSS volunteers actively engaged in discussions, sharing their experiences and insights, which fostered a strong sense of community and shared responsibility.

The event culminated in a gathering at Lalbagh, where the head of the Karnataka Forest Department delivered an inspiring speech on the importance of wildlife protection and sustainable practices. The speech emphasized the need for continued efforts to conserve biodiversity and encouraged participants to integrate conservation principles into their daily lives.

By involving NSS volunteers in this interactive and educational initiative, the Wildlife Walkathon effectively reinforced the message that conservation requires collective action. The event inspired participants to become advocates for wildlife protection, strengthening their commitment to preserving nature and local ecosystems. Through such initiatives, awareness and engagement in environmental conservation continue to grow, ensuring a more sustainable future for all.

CLEANLINESS DRIVE AT ST. JOSEPH'S UNIVERSITY

Swachhata Hi Seva

St. Joseph's University Bangalore's NSS Unit-3 organized a cleanliness drive on 2nd October 2024 in support of the "Swachhata Hi Seva" campaign. The initiative aimed to instill cleanliness as a core habit and value among students and the broader community, reinforcing the importance of maintaining a clean environment.

Volunteers were divided into smaller groups, each assigned specific areas around the university premises to clean. Their efforts focused on clearing plastic waste, collecting litter, and ensuring a hygienic environment. Through this initiative, students actively contributed to the Swachh Bharat mission by promoting cleanliness and environmental consciousness.

The drive also served as an awareness campaign, educating participants about the impact of waste accumulation and the necessity of adopting sustainable practices. Volunteers worked diligently to ensure that the university surroundings were significantly cleaner, demonstrating teamwork and commitment to the cause.

The event concluded with a discussion on the significance of Swachh Bharat and the role of individuals in maintaining cleanliness in their daily lives. Participants reflected on their efforts and pledged to uphold cleanliness and hygiene in their surroundings.

This cleanliness drive successfully contributed to a cleaner and healthier environment while fostering a sense of responsibility among students. The dedication and teamwork of the volunteers played a crucial role in making the initiative impactful, reinforcing the values of cleanliness and sustainability in the community.

TOBACCO FREE CAMPAIGN 2.0

The event commenced under challenging weather conditions as heavy rain disrupted initial plans, preventing volunteers from assembling in the designated event area. Seeking shelter, they gathered at the entrance of Vidhana Soudha, patiently waiting for further instructions. As the downpour intensified, event authorities prioritized safety and decided to escort volunteers inside for proper coordination and order. Volunteers demonstrated remarkable cooperation, adapting to the circumstances with discipline and teamwork.

By midday, a message instructed volunteers to proceed to the designated seating hall, allowing them to settle in and prepare for the event's proceedings. The highlight of the day was the arrival of the Chief Minister at 12:30 pm. His speech was both impactful and insightful, addressing key issues and leaving a lasting impression on all attendees. Despite the initial setbacks due to weather, the event successfully proceeded as planned.

Following the speech, volunteers were directed to the Vikas Soudha parking area, where arrangements had been made for the organized distribution of food coupons. The process was conducted smoothly, ensuring that all volunteers received their coupons efficiently without any delays or confusion.

Despite the heavy rainfall disrupting the morning schedule, the event exemplified effective coordination and adaptability. The dedication of the volunteers and the structured management of the event ensured a seamless experience. The day concluded on a positive note, leaving volunteers with a sense of fulfillment and appreciation for their participation in a well-organized and meaningful event.

ADVENTURE CAMP

The 10-day adventure camp was an enriching and transformative experience that combined physical endurance, skill development, and cultural exploration.

The camp began with an orientation session and the distribution of jackets, setting the stage for the exciting activities ahead. On the second day, participants engaged in a swim session to prepare for upcoming water-based challenges. The third day tested their endurance with a long-distance swim across the vast Pong Dam, pushing their physical and mental limits.

On the fourth day, kayaking lessons introduced participants to handling K1 and K2 boats, helping them develop essential maneuvering skills. The fifth day brought a new experience as they navigated traditional country boats, adding another layer to their growing expertise. Rafting on the sixth day was both an exhilarating and educational experience, as participants learned life-saving techniques using paddles, emphasizing teamwork and responsibility.

The seventh day provided a cultural immersion, as the group visited the Golden Temple, Jallianwala Bagh, and attended the spectacular Border Security Force ceremony at the Wagah Border. Returning to the water on the eighth day, participants practiced their skills on all three types of boats they had learned to handle. The ninth day introduced the thrill of water surfing, an adrenaline-pumping activity that brought excitement and adventure.

The camp concluded with a farewell event, cultural performances, and a detailed report summarizing the achievements of the participants. This camp fostered resilience, teamwork, and camaraderie, leaving participants with newfound skills, cherished memories, and a deeper appreciation for adventure and cultural exploration.

WALKATHON ON CANCER

The National Service Scheme, in collaboration with Samprada Hospital, NCC, Youth Red Cross, Bembala, Eco Club, and Lions International, organized a Cancer Walkathon to raise awareness and support the fight against cancer. The event aimed to emphasize the importance of early detection, prevention, and solidarity with those affected by the disease.

Participants, including students, faculty, and volunteers, gathered at the university grounds, where the walkathon commenced with an insightful speech from the invited guests. The speech highlighted the significance of proactive health measures and the collective responsibility of society in combating cancer. Volunteers from partnering organizations played a crucial role in encouraging participants along the route, ensuring motivation and enthusiasm throughout the walk.

The walkathon followed a planned route from St Joseph's University to Kanteerava Stadium, symbolizing a journey of hope, strength, and unity. Along the way, participants engaged in conversations about cancer awareness and the impact of early diagnosis, reinforcing the message of the event.

Upon returning to the university, a closing ceremony was held to celebrate the success of the initiative. Organizers expressed gratitude to all participants and stakeholders who contributed to making the event meaningful. The Cancer Walkathon not only promoted physical well-being but also served as a powerful platform to spread awareness, foster community engagement, and encourage proactive health measures.

This initiative successfully united individuals in the fight against cancer, leaving a lasting impact on participants and reinforcing the importance of health awareness in society.

PFA VISIT

The NSS Unit-3 volunteers visited People for Animals (PFA), an esteemed organization dedicated to animal welfare and protection. The visit aimed to educate volunteers on the critical aspects of animal care, rehabilitation, and conservation while fostering empathy toward wildlife.

The day began with an informative presentation that shed light on the consequences of keeping monkeys as pets. Volunteers gained valuable insights into the adverse effects this practice has on both the animals and their natural ecosystems. The discussion emphasized the importance of ethical conservation practices and the role individuals play in protecting wildlife.

Following the presentation, the volunteers visited the rehabilitation area, where monkeys rescued from various situations were being cared for and rehabilitated. This hands-on exposure provided them with a deeper understanding of the challenges involved in wildlife rescue and rehabilitation.

The visit continued with a tour of the Serpentarium, which showcased a variety of rescued snakes. Volunteers learned about their ecological significance and the importance of preserving their natural habitats. Additionally, the group explored the turtle enclosure, where they gained insight into conservation efforts aimed at protecting these gentle creatures from threats like habitat destruction.

The visit concluded with discussions on how individuals can contribute to animal welfare. This experience enriched the volunteers' knowledge and strengthened their commitment to ethical conservation. The visit to PFA served as a powerful reminder of the importance of protecting and rehabilitating wildlife, inspiring participants to become advocates for animal welfare in their communities.

WILDLIFE WEEK

As part of Wildlife Week celebrations, NSS Unit-3 of St. Joseph's University organized a wildlife quiz titled "PAWS and CLAWS" on 9th October 2024. The event aimed to raise awareness about wildlife conservation in an engaging and educational manner. Volunteers were grouped into teams to encourage teamwork and collaboration, competing against each other by answering a diverse range of questions on wildlife, biodiversity, and conservation efforts. The quiz was designed to be both informative and entertaining, challenging participants' knowledge while fostering a greater appreciation for the natural world.

Following this, on 10th October 2024, a Collage Making Competition was held to further emphasize the importance of conservation. The event encouraged volunteers to express their thoughts on the theme "Conservation of Wildlife" through artistic creativity. Participants worked in groups, creating collages that reflected the impact of human activities on wildlife and the collective responsibility to protect natural habitats. The competition served as a platform for students to discuss pressing conservation issues while showcasing their artistic abilities.

Both events successfully engaged participants in creative and thought-provoking discussions about wildlife preservation. The interactive nature of the quiz and the visual representation of conservation themes in the collage competition fostered teamwork and deeper reflection on environmental responsibilities. Through these activities, volunteers gained a better understanding of the importance of biodiversity and conservation, leaving a lasting impact that extended beyond Wildlife Week celebrations.

TOBACCO FREE FLASH MOB

NSS organized an impactful event to raise awareness about the dangers of tobacco consumption through a creative and engaging tobacco-free flashmob. The initiative aimed to promote a tobacco-free lifestyle in an interactive manner, reaching out to students and the broader community. Held in the science quadrangle, the flashmob attracted considerable attention, encouraging the audience to reflect on the harmful effects of tobacco use.

The performance was energetic and well-coordinated, featuring a blend of dance routines and skits that highlighted the severe health risks associated with smoking and other forms of tobacco consumption. Volunteers used banners and slogans advocating for a tobacco-free society, reinforcing the importance of making informed decisions for a healthier future. The combination of visual storytelling and dynamic movement helped convey the anti-tobacco message in a way that was both entertaining and educational.

The event successfully engaged the audience, fostering meaningful discussions about the consequences of tobacco use. It encouraged students to rethink their choices and consider the long-term impact of smoking on health and well-being. By incorporating creative expression into awareness-building, the flashmob ensured that the message resonated with a diverse audience, leaving a lasting impression.

The event was a resounding success, effectively raising awareness about the dangers of tobacco consumption. It motivated individuals to make healthier lifestyle choices while reinforcing the importance of advocating for a tobacco-free environment. Through this initiative, NSS played a significant role in spreading awareness and promoting positive behavioral change within the university community.

FOOD FOR NEEDY

NSS volunteers organized a food distribution drive to provide freshly prepared meals to those in need. The event began with volunteers preparing a large batch of pulao, ensuring a nutritious and hygienic meal. They worked efficiently, chopping and washing vegetables before cooking the ingredients in large pots over a steady flame. Once cooked, the pulao was carefully packed into aluminum packets to maintain warmth and quality.

The distribution took place at a nearby slum, where people gathered in an orderly manner to receive the meals. Volunteers handed out the food with dedication and responsibility, ensuring that every individual present received a packet. Their efforts fostered a spirit of compassion and service, making a direct impact on the lives of those in need.

This initiative successfully provided over 300 meals, creating a sense of fulfillment among volunteers while reinforcing the importance of community service. Through their collective efforts, the team spread kindness and made a meaningful difference in the lives of many.

SPOKEN KANNADA WORKSHOP

The National Service Scheme Cell, in association with Kannada Guru, organized a Spoken Kannada Workshop to promote the local language and culture among students. The workshop provided a welcoming space for participants to engage with Kannada, offering them an opportunity to enhance their speaking skills and foster better communication. Through interactive activities, engaging discussions, and practical exercises, the sessions aimed to build confidence in spoken Kannada. Participants explored basic vocabulary, pronunciation, and conversational skills, all facilitated by experienced instructors who ensured that the content was accessible and engaging for learners of all levels.

The workshop focused on creating a supportive environment where students could practice the language without hesitation. Volunteers enthusiastically participated, reflecting a strong interest in preserving and embracing the local language. By immersing themselves in Kannada, they not only gained linguistic skills but also developed a deeper appreciation for its cultural significance. The initiative successfully encouraged students to respect and celebrate linguistic diversity while strengthening their connection to the local community.

Overall, the Spoken Kannada Workshop played a significant role in fostering a sense of cultural pride and unity. It served as a valuable platform for students to gain confidence in using Kannada in their daily interactions. The event left a lasting impact, equipping participants with essential language skills and reinforcing the university's efforts to promote local traditions and heritage.

NATIONAL CONSTITUTION DAY

The National Constitution Day event was organized to raise awareness about the significance of the Constitution, emphasizing the fundamental rights and duties of every citizen. Volunteers gathered near the NSS unit office for a briefing before dividing into groups to spread awareness at various locations. Eventually, all groups united near Nanjappa Circle at the Ambedkar Statue, a powerful symbol of the Constitution's importance.

The event was inaugurated by local community members, and together with the volunteers, they read the preamble of the Constitution. This act reinforced the core values of justice, liberty, equality, and fraternity that define India's democracy. Volunteers actively engaged with the public, explaining the relevance of the Constitution in everyday life and encouraging citizens to reflect on their rights and responsibilities.

Through interactive discussions and informative sessions, the event reached a diverse audience, effectively spreading awareness. The gathering at a prominent location ensured that the message of national unity and constitutional values was widely communicated. The event left a lasting impact, reminding citizens of their role in upholding the principles enshrined in the Constitution.

HUMAN RIGHTS CELEBRATION WEEK

Human Rights Week was a vibrant event fostering awareness and action on critical global and local issues. The week featured a variety of activities, including an escape room, ribbon distribution, symbol formation, and an online quiz to highlight the importance of health awareness. The inauguration brought together participants for discussions on human rights and their significance in modern society.

A guest talk by the founder of Helping Hands for Disabled provided insight into challenges faced by individuals with disabilities and the importance of inclusion. Discussions on war and peace encouraged dialogue on global conflicts and resolutions. Poster-making and school visits emphasized the need for child welfare and adolescent rights, while a panel discussion, skit, and online quiz focused on health and hygiene.

A debate and skit raised awareness about gender equality and societal norms. Activities such as debates, essay writing, collage-making, and an online photography event shed light on issues faced by immigrants. Talks and interactive sessions explored the impact of corruption and its consequences on society.

The event concluded with discussions and a valedictory ceremony featuring a distinguished guest, reinforcing the importance of child rights and social justice. Through engaging activities and thought-provoking discussions, the week provided a platform for individuals to reflect on pressing human rights issues and encouraged active participation in advocacy and change.

PANEL DISCUSSION ON SUSTAINABILITY

The public discussion titled "*Misplaced Priorities of BBMP's Projects*" was organized by CIVIC Bangalore at Gandhi Bhavan, Bangalore. The event was presided over by Dr. A. Ravindra, IAS (Retd.), Former Chief Secretary, Government of Karnataka. The primary speaker, Prof. Ashish Verma, a transportation systems expert from IISc's Sustainable Transport Lab, highlighted the inefficiency and high costs associated with controversial BBMP infrastructure projects such as tunnel roads and sky decks.

The discussion was enriched by insights from panelists representing Bangalore Environment Trust, Citizens for Citizens, Citizens' Agenda for Bengaluru, and CIVIC Bangalore. Key points revolved around the criticism of BBMP's expensive and ineffective projects and the urgent need for better planning and sustainable urban development. Participants emphasized the importance of mobility solutions that cater to the needs of the public and advocated for a comprehensive urban planning approach in alignment with the Nagarapalika Act (74th Amendment).

Slogans like "*Tunnel Vision BEDA*" (No to tunnel vision) and "*Planning Authority BEKU*" (Need for proper planning authority) reflected the demand for more thoughtful and people-centric urban governance. The discussion successfully brought attention to the flaws in BBMP's infrastructure planning and reinforced the need for a well-structured planning authority to ensure sustainable growth and a better quality of life for citizens

TALENT SHOW

The volunteers gathered at Aloysius Hall for a Talent Show aimed at showcasing their hidden abilities. The event commenced with a ceremonial preamble and a heartfelt rendition of the NSS song, setting a tone of unity and camaraderie. Volunteers then took to the stage, performing a variety of talents, including melodious singing and dynamic dance routines. Each performance was met with enthusiastic applause from the audience.

To enhance the sense of community, volunteers from other units were invited to participate, adding diversity to the performances and broadening the event's appeal. The core objective of the event, which was to unmask and celebrate the latent potential of the volunteers, was successfully achieved. The atmosphere in the hall was filled with energy and excitement, with every performance strengthening the bond between the volunteers.

The event left the volunteers with a renewed sense of purpose, joy, and a strengthened collective spirit. The Talent Show proved to be a memorable occasion for all involved

WORLD BRAILLE DAY

World Braille Day was celebrated with sessions aimed at raising awareness about the significance of braille in fostering accessibility for visually impaired individuals. The morning session introduced volunteers to the technical aspects of braille through a hands-on activity. They learned to create braille characters, form words and sentences, and understand the tactile system's functionality and application. This session provided insight into how braille serves as a crucial tool for communication, literacy, and independence for visually impaired individuals.

In the afternoon session, volunteers interacted with Tara, a visually impaired student from the college. He shared the challenges he faced in accessing resources, pursuing education, and navigating different environments. Tara explained how braille has helped him overcome obstacles and continues to support his academic and personal goals. He also emphasized the role of braille in promoting equal opportunities and fostering a more accessible society.

Following the discussion, volunteers watched a documentary about the creation of braille. The film highlighted Louis Braille's innovative work in developing the tactile writing system and its far-reaching impact on accessibility and communication. The event concluded with volunteers reflecting on how braille promotes inclusivity, enabling visually impaired individuals to participate fully in various aspects of life.

PACKAGING MEALS

National Youth Day was celebrated with enthusiasm, honoring the teachings and philosophy of Swami Vivekananda, one of India's greatest youth icons. The event aimed to inspire students to embrace his values of dedication, discipline, and self-reliance. It began with an engaging introduction to Swami Vivekananda's life and his immense contributions to Indian philosophy, spirituality, and youth empowerment.

Volunteers were divided into four groups and participated actively in a series of interactive games that brought energy and excitement to the event. Activities such as "Do What Simon Says" tested quick thinking and coordination, while Pictionary encouraged creativity and teamwork. In total, four games were conducted, fostering camaraderie among the participants.

In the latter part of the program, the teams researched Swami Vivekananda's birth, key milestones, and achievements, including his iconic address at the Parliament of the World's Religions in Chicago in 1893. Each group presented their findings, reflecting on the relevance of his teachings in today's world. The event concluded with a heartfelt discussion on how the youth can embody his ideals in their lives, leaving everyone inspired to strive for personal and social excellence.

SLUM ACTIVITY

A vibrant afternoon saw Slum Activity 1 volunteers gathering near the college before making their way to the slum. Once there, they conducted a detailed survey, engaging with the residents by asking a series of general questions about their family structure, livelihood, housing conditions, and any pressing issues they were facing. The survey also gathered valuable insights into the community's challenges and needs, focusing on education, which was a particular concern.

Volunteers worked tirelessly, compiling responses that shed light on the difficulties of everyday life in the slum. In the spirit of unity and collaboration, the activity culminated in a group photo with the MARGA association, capturing the collective effort of volunteers and community members.

This initiative not only provided valuable data but also forged stronger connections between the volunteers and the residents, reinforcing the importance of social outreach and community support in addressing the issues faced by underserved areas. The day served as a reminder of the ongoing need for collective action to create meaningful change.

PACKAGING MEALS

Rise Against Hunger organized a heartwarming meal packaging event at their Kalkere branch, aimed at providing nutritious meals to those in need. Volunteers came together to prepare and pack meals for distribution, demonstrating a strong sense of purpose and commitment. Over the course of the event, more than 20 boxes of meals were packed, each containing a balanced and nutritious selection designed to support the well-being of underprivileged individuals.

Participants from diverse backgrounds worked efficiently, ensuring that the meal boxes were packed with care. The team was well-organized, with stations dedicated to different stages of the packaging process, allowing smooth operations throughout the event. Hygiene and nutritional value were prioritized in meal preparation, reflecting Rise Against Hunger's commitment to providing quality food to those in need.

The packed meals were scheduled for distribution to various communities and individuals, offering a sense of hope and relief during challenging times. This initiative reinforced the importance of collective efforts in addressing hunger and supporting vulnerable populations through community engagement.

ANNUAL REPORT (UNIT-4)

HANDS OF HOPE (COLLECTION DRIVE)

A donation drive for orphanage children was conducted by Unit 4 of the National Service Scheme from September 17 to September 30 at various locations within St. Joseph's University, including the Science Block, Quadrangle, Magis Block, Arrupe Block, Stationery, and Admin Block. Donation boxes were also placed in different academic departments after obtaining permission from the respective deans, ensuring faculty participation and further promoting the initiative through word of mouth.

The NSS Unit carried out both online and offline promotional efforts to maximize the reach of the initiative, encouraging students and teachers to contribute to the cause. Volunteers were instructed to accept only donations in kind, such as food items, stationery kits, first aid kits, and sanitary pads, while monetary contributions were strictly prohibited. The purpose and objectives of the drive were effectively communicated to volunteers to enhance their ability to persuade and promote participation.

The drive was highly successful, resulting in a substantial collection of essential items. Beyond serving as a social awareness campaign, the initiative also helped volunteers develop valuable skills in persuasion, promotion, and resilience.

INTERNATIONAL LITERACY DAY

National Youth Day was celebrated with enthusiasm, honoring the teachings and philosophy of Swami Vivekananda, one of India's greatest youth icons. The event aimed to inspire students to embrace his values of dedication, discipline, and self-reliance. It began with an engaging introduction to Swami Vivekananda's life and his immense contributions to Indian philosophy, spirituality, and youth empowerment.

Volunteers were divided into four groups and participated actively in a series of interactive games that brought energy and excitement to the event. Activities such as "Do What Simon Says" tested quick thinking and coordination, while Pictionary encouraged creativity and teamwork. In total, four games were conducted, fostering camaraderie among the participants.

In the later part of the program, the teams researched Swami Vivekananda's birth, key milestones, and achievements, including his iconic address at the Parliament of the World's Religions in Chicago in 1893. Each group presented their findings, reflecting on the relevance of his teachings in today's world. The event concluded with a heartfelt discussion on how the youth can embody his ideals in their lives, leaving everyone inspired to strive for personal and social excellence.



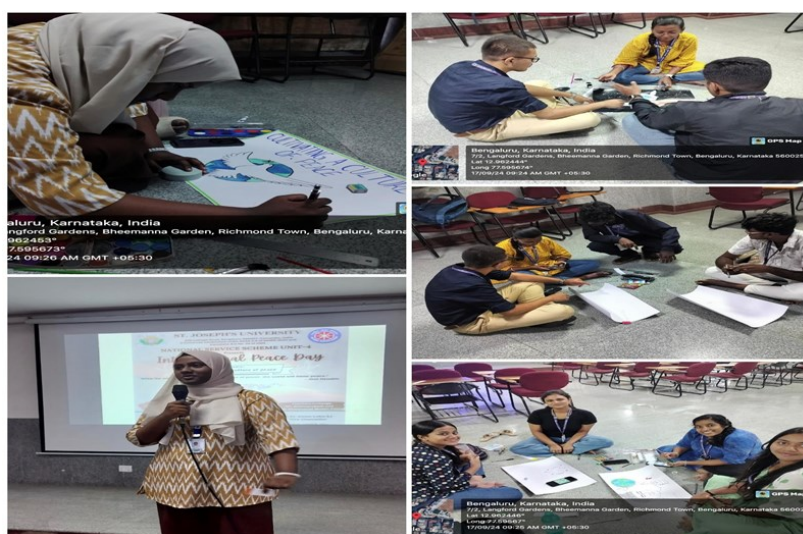
INTERNATIONAL PEACE DAY

On September 17, 2024, NSS celebrated International Peace Day with a series of engaging activities aimed at inspiring volunteers to actively promote peace. The event began with a welcome speech, followed by the NSS anthem and pledge, setting a tone of unity and service.

The main highlight of the event was a poster-making activity, where volunteers worked in pairs to create posters expressing their ideas on peace. Their artwork incorporated themes such as non-violence, harmony, and global unity, encouraging creative expression. Additionally, volunteers wrote their own quotes related to peace on chits and later presented them to the audience. This exercise fostered deeper reflection on the significance of peace in everyday life.

Another key aspect of the event was the launch of the "Hands of Hope" donation drive, aimed at collecting stationery, books, and non-perishable food items to support underprivileged communities.

The event successfully promoted peace through creative activities, encouraged meaningful conversations, and strengthened the sense of community among volunteers, leaving a lasting impact on their views on peace and unity.

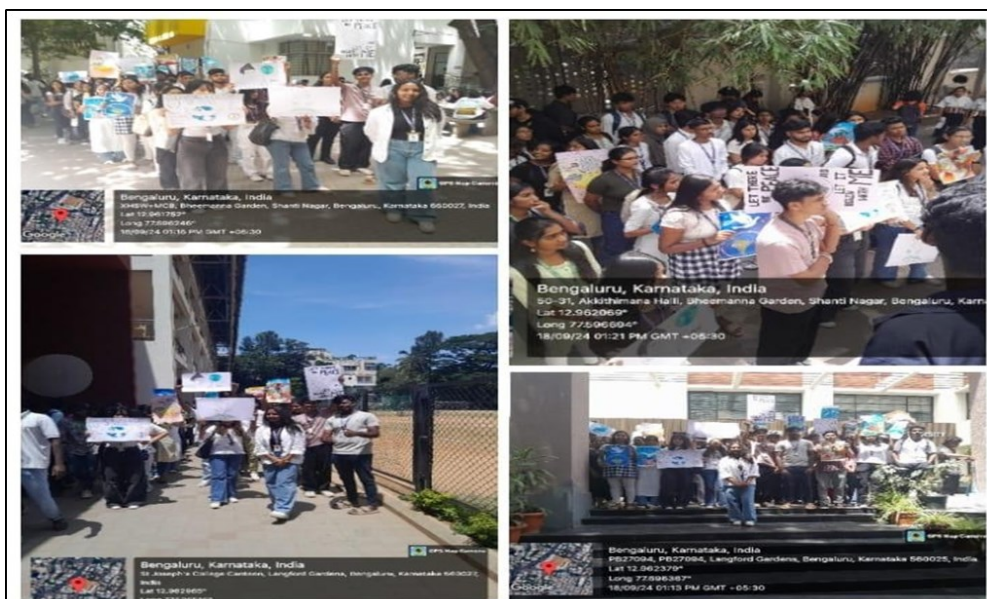


PEACE WALK ON UNITY

NSS organized a Peace Walk around the university campus on September 18, 2024, to promote the message of unity and non-violence. Held in the spirit of global peace initiatives, the event aimed to spread awareness about the importance of harmony in today's world. Volunteers participated enthusiastically, carrying placards and posters with powerful slogans and imagery advocating peace.

The walk commenced from the NSS office and proceeded through various blocks of the university, including the PG block, before concluding back at the NSS office. Volunteers maintained a peaceful and respectful atmosphere throughout, reinforcing the message of non-violence.

The Peace Walk successfully raised awareness among university students and staff about the significance of peace and harmony. It provided volunteers with a platform to advocate for non-violence, and the posters and placards left a lasting visual impact on the campus. The event strengthened the sense of unity among the volunteers and highlighted the importance of collective efforts in promoting peace.



CLEANLINESS DRIVE (SWACHHATA HI SEVA)

In line with the Swachh Bharat Mission and to commemorate its 10th anniversary, the NSS of St. Joseph's University, Bangalore, conducted a cleanliness drive titled Swachhata Hi Sewa around the university premises. This initiative aimed to spread awareness about the importance of cleanliness in daily life, actively engage volunteers in cleaning public spaces, and reinforce the core values of the Swachh Bharat Mission within the local community.

The drive began with a pledge taken by the volunteers in the presence of the teacher-in-charge, Ms. Pooja. This act marked the formal commencement of the drive, instilling a sense of communal hygiene and civic responsibility among the participants. Volunteers were seen enthusiastically cleaning the surrounding areas of the university, collecting waste, segregating it responsibly, and ensuring that the environment was left significantly cleaner than before.

The cleanliness drive successfully instilled values of civic and moral responsibility among the volunteers. It also emphasized the significance of rigorous volunteership, community involvement, and good governance. Furthermore, it helped enhance political and social consciousness among students by encouraging them to reflect on their roles as active contributors to nation-building and public welfare. The initiative was a step forward in creating a cleaner, more aware, and responsible society.



SOCIAL MEDIA AWARENESS (SWACHHATA HI SEVA)

NSS Unit 4 of St. Joseph's University organized a social media awareness campaign on the theme "Small Steps, Big Impact", focusing on the importance of waste segregation. The primary goal of the initiative was to raise awareness about the role of waste segregation in improving environmental and public health. It aimed to inspire students to adopt sustainable waste management practices in their daily lives.

As part of the campaign, NSS volunteers conducted interviews with students across the campus, initiating conversations around three central questions: the importance of waste segregation, practical ways to implement it, and its effects – both positive and negative – on health and society. These interviews prompted insightful reflections, with students emphasizing how categorizing waste into recyclable, non-recyclable, and biodegradable segments can significantly reduce pollution, protect natural resources, and foster cleaner living environments.

The campaign content was shared on various social media platforms, allowing it to reach a wider audience beyond the university campus. Students engaged with the posts by commenting, sharing, and participating in the dialogue, which further amplified the message. The campaign also helped develop a sense of civic responsibility among students, making them more conscious of their individual contributions to environmental sustainability.



RISE AGAINST HUNGER (FOOD PACKAGING DRIVE)

A food packaging drive was organized by Rise Against Hunger India on 28 September 2024 at their warehouse in Raghavendra Nagar, as part of a monthly initiative in collaboration with various NGO partners. This campaign aimed to contribute toward the global mission of eliminating hunger by providing packaged food to orphanages, NGOs, and shelters serving vulnerable communities.

In support of this noble cause, a formal request was made to the civil force for a minimum of ten volunteers. Rising to the occasion, responded by sending more than the required number of volunteers, along with two council members, reflecting the unit's dedication to social service and community welfare.

To ensure smooth participation, the council conducted a preparatory meeting two days before the drive. During this meeting, detailed instructions regarding the venue, mobilization, and expectations from volunteers were shared. This enabled the participants to be well-prepared and punctual, ensuring that the drive was carried out efficiently and effectively.

Throughout the event, the volunteers engaged actively in packaging food with precision, care, and enthusiasm. Their teamwork and discipline were evident, contributing significantly to the overall success of the initiative. The collaboration between Rise Against Hunger India and NSS Unit 4 exemplified the impact of collective effort in addressing global challenges like hunger.



YMCA (YOUNG MEN'S CHRISTIAN ASSOCIATION)

On 28th September, YMCA organized an engaging and inspiring event aimed at promoting resilience, teamwork, and personal growth among participants. The event began with a motivational session where speakers shared powerful stories of individuals who had overcome significant physical challenges to succeed in various fields. These real-life examples conveyed a strong message of determination, perseverance, and the human spirit's ability to triumph over adversity, leaving a lasting impact on the audience.

Following the talk, participants took part in a series of interactive activities designed to challenge both their physical and mental abilities. These activities included group challenges and problem-solving tasks that required effective communication, teamwork, and creative thinking. While some teams experienced minor coordination difficulties, the overall energy remained positive, and participants enthusiastically embraced each task. The event also featured a range of team-based games that encouraged collaboration and sparked friendly competition. These games not only tested the participants' agility and strategy but also served as a platform for bonding and learning



PLANTATION DRIVE (SWACHHATA HI SEVA)

To promote awareness about wildlife conservation and environmental protection, the Forest Ministry of Karnataka organized a Wildlife Walkathon from the High Court to Lalbagh. The event saw participation from volunteers representing various organizations, including Unit 4 of NSS from St. Joseph's University. It was a significant occasion, graced by the presence of the Governor Shri Thawar Chand Gehlot, Chief Minister Shri Siddaramaiah, and the Forest Minister Shri Eshwar Khandre, whose involvement highlighted the importance of collective responsibility in safeguarding nature.

Volunteers were provided with T-shirts, caps, and participation certificates as a token of appreciation from the Forest Department. These thoughtful gestures fostered a sense of unity and enthusiasm among the participants. The route of the walkathon, stretching from the High Court to Lalbagh, offered a scenic and refreshing experience, allowing the participants to connect with nature and reflect on the importance of conserving it.

The event not only encouraged dialogue about pressing environmental issues but also inspired action through active participation. It was a meaningful step towards creating a more informed and environmentally conscious society. Such initiatives strengthen the bond between people and nature, reminding everyone that conservation begins with awareness and is nurtured through consistent efforts.



WILDLIFE WALKATHON

On the occasion of Gandhi Jayanthi, the Government of Karnataka organized a procession from Gandhi Bhavan to Vidhan Soudha to honor Mahatma Gandhi and his enduring principles. The event was a tribute to the values of unity, peace, harmony, truth, and fearlessness that Gandhi stood for throughout his life. Volunteers from all units of the National Service Scheme (NSS) of St. Joseph's University actively participated in the procession, demonstrating their commitment to learning and embodying these values through teamwork and service.

The procession served as a meaningful opportunity for the volunteers to engage with the legacy of Mahatma Gandhi and reflect on the relevance of his teachings in today's world. Participation was encouraged with strict guidelines, and all volunteers were expected to be punctual and disciplined. Council members from each NSS unit ensured smooth coordination and adherence to the instructions provided beforehand. These included clear directions about attendance, commitment to the cause, and respectful conduct during the event.

The volunteers, walking in unity, symbolized the spirit of collective responsibility and national pride. Their active involvement not only paid homage to the Father of the Nation but also reinforced the ideals of service and dedication promoted by the NSS. The event was not just a ceremonial march, but a living example of how the youth can come together to uphold the values that form the foundation of a just and peaceful society. The success of the procession was a reflection of the discipline, sincerity, and passion shown by each participant.



COMMUNAL HARMONY DAY

On October 8, 2024, NSS organized a creative and engaging dumb charades activity aimed at promoting communal and social harmony. The event took place in the Audio Visual Room of the Arrupe Block and witnessed enthusiastic participation from NSS volunteers, council members, and guest speaker Professor Clement D'Souza from the Department of Political Science.

The highlight of the event was a thought-provoking address by Professor Clement D'Souza, who spoke on the theme of harmony and social coherence. Through personal anecdotes and enlightening fables, he emphasized the significance of inner harmony as a vital foundation for achieving broader societal unity. His words resonated deeply with the audience, offering valuable insights into the role individuals play in nurturing peace within communities.

Following the talk, the dumb charades activity brought an atmosphere of energy and camaraderie. Volunteers were grouped to enact themes related to social harmony, cooperation, and unity, encouraging creative expression and team-building. The activity not only provided a fun and interactive break from routine but also reinforced the message of togetherness and understanding in a subtle yet powerful way.

The event successfully blended learning with enjoyment, leaving participants with a renewed sense of responsibility toward fostering communal harmony. It stood as a testament to how simple, interactive initiatives can spark meaningful dialogue and build stronger social connections.



KANNADA GURU WORKSHOP

A two-day Kannada learning session was organized by the Kannada Guru Organization on October 9 and 10, 2024, with the aim of equipping non-Kannada speaking NSS volunteers with basic language skills to enhance communication during service activities. The initiative focused on building confidence in speaking Kannada through a variety of engaging methods and interactive exercises.

Volunteers actively took part in learning commonly used Kannada words and phrases. The sessions were structured around verbal exercises, group activities, vocabulary-building techniques, and interactive tools such as quizzes, role-plays, and team competitions. These fun and inclusive methods fostered a dynamic learning atmosphere that made the process enjoyable and accessible for everyone involved.

As a gesture of gratitude, University alumni Ms. Praneetha Prakash and Mrs. Tanmaya Prakash were presented with saplings, acknowledging their support and presence. Additionally, each volunteer received a badge, symbolizing their commitment and enthusiasm towards learning and embracing the local language.

The session concluded with a heartfelt vote of thanks, reinforcing the importance of language in fostering connection and inclusivity. The success of the workshop marked a significant step toward bridging linguistic gaps and promoting unity within the volunteer community.



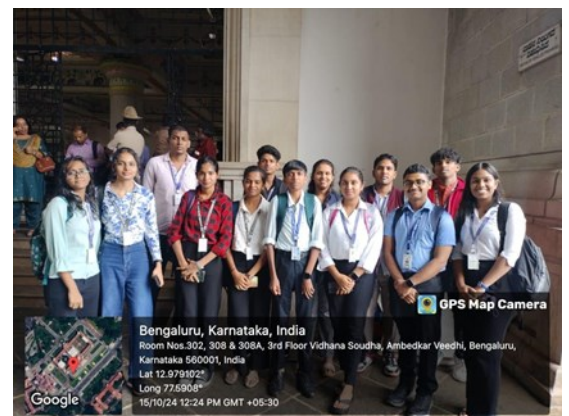
TOBACCO FREE YOUTH CAMPAIGN

On October 15, a Tobacco Awareness event was organized at Vidhan Soudha to shed light on the health hazards associated with tobacco use and promote preventive measures within the community. The event witnessed the presence of several dignitaries and health advocates, and was marked by a powerful speech delivered by the Chief Minister, Mr. Siddaramaiah. His address strongly emphasized the urgent need to combat tobacco usage, particularly among the youth, highlighting the severe long-term consequences it poses to both individual health and public well-being.

The primary objective of the event was to educate and sensitize the public about the harmful effects of tobacco and the importance of early prevention. By targeting awareness at the grassroots level, the initiative sought to inspire collective responsibility in curbing tobacco consumption and fostering a healthier society.

Following the Chief Minister's impactful message, refreshments were served to the attendees. This provided an informal space for interaction, reflection, and the exchange of ideas regarding tobacco control and health advocacy. Participants engaged in meaningful discussions on how to implement anti-tobacco strategies more effectively within their communities.

The event served as a crucial reminder of the power of awareness and education in initiating behavioral change. It reinforced the need for continuous efforts from both the government and civil society to eliminate tobacco-related health risks. The collaborative spirit displayed during the event underscored the shared goal of building a tobacco-free future through informed action and sustained public engagement.



FIRST AID AWARENESS

On October 19, 2024, a First Aid Awareness session was conducted by the National Service Scheme, focusing on equipping volunteers with essential health knowledge and life-saving skills. The event began with a welcome speech by Unit 2, setting the tone for an informative and impactful session.

Dr. Isaac addressed the gathering with a health-focused talk aimed at the youth. He emphasized the importance of maintaining hygiene for both boys and girls, offered practical nutrition recommendations, and shared insights on managing stress through mindful food choices. He underlined the link between physical and mental well-being, urged the audience to avoid junk food, and spoke on the significance of spirituality in achieving holistic wellness. His session encouraged a balanced lifestyle, promoting health-conscious habits among the volunteers.

The guest speaker's session followed, offering an in-depth introduction to basic life-saving techniques. The focus was on Basic Life Support (BLS) and the practical implementation of Cardio-pulmonary Resuscitation (CPR). Volunteers were guided through the steps of performing CPR, including the use of mouth-to-barrier devices for safe and effective air ventilation. The session was interactive and informative, equipping attendees with knowledge that could potentially save lives in emergency situations.

In addition to CPR, the speaker introduced the concept of Atrial Ectopic Beats (AEB), providing a foundational understanding of cardiac irregularities and their implications during emergencies. The event concluded on an empowering note, leaving participants more confident and prepared to respond to medical emergencies, aligning with NSS's commitment to community service and well-being.



TOBACCO FLASHMOB

NSS organized a vibrant and impactful flashmob at the Arrupe Atrium as part of the 'Joy of Giving' initiative. The event was designed to raise awareness about the significance of children's education and to inspire the university community to contribute to a donation drive focused on educational supplies.

The flashmob featured an engaging and thought-provoking skit performed by NSS volunteers. The skit portrayed the real-life struggles faced by underprivileged children in gaining access to quality education, highlighting issues such as lack of resources, social inequality, and limited opportunities. It emphasized how even the smallest acts of generosity – like donating basic stationery items – can have a transformative impact on a child's learning journey.

The performance captured the attention of the audience and created a meaningful space for reflection on the power of community-driven support. Following the skit, the volunteers addressed the gathering, formally introducing the 'Joy of Giving' donation drive. They explained the goal of the initiative and encouraged fellow students to donate essential items such as notebooks, pens, pencils, erasers, and other learning tools.

By reaching out directly to the student body in an energetic and heartfelt manner, the volunteers fostered a sense of compassion and collective responsibility. The event served as a reminder that education is a right, not a privilege, and that everyone has a role to play in making it accessible.



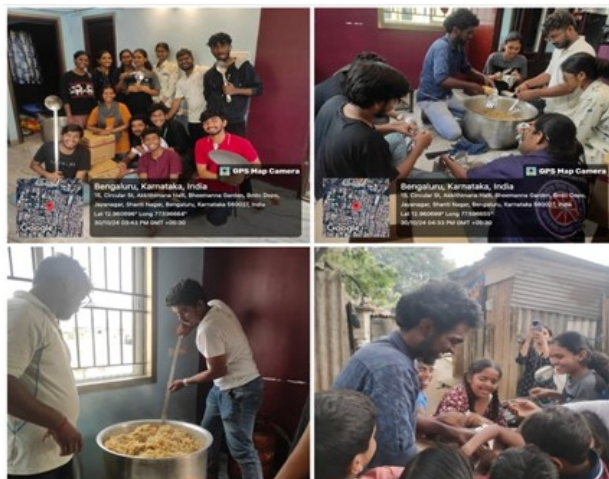
FOOD FOR NEEDY

NSS Unit 4, in collaboration with NSS Unit 3, successfully organized the event "Food for the Needy," an initiative aimed at supporting underprivileged individuals and fostering a spirit of compassion and community service. The event brought together enthusiastic volunteers who dedicated their time and effort to make a meaningful impact through the act of giving.

Volunteers gathered to prepare nutritious meals, with each member contributing to the cooking, packing, and organizing process. The teamwork and cooperation displayed during meal preparation underscored the shared commitment to service and empathy. The collective efforts transformed the activity into more than just food preparation – it became a symbol of unity and shared purpose.

Once the meals were packed, a group of volunteers set out to distribute the food in nearby neighborhoods. The distribution process was conducted thoughtfully, covering several areas to ensure that the assistance reached as many people in need as possible. Volunteers approached individuals with kindness and respect, offering not just food but also a sense of care and solidarity.

This initiative went beyond addressing immediate hunger; it instilled a deeper sense of social responsibility among the participants. The experience of directly engaging with the community allowed volunteers to reflect on the importance of giving and the impact of even small acts of kindness. "Food for the Needy" was a resounding success, demonstrating the power of collective action and the values upheld by the National Service Scheme. It served as a reminder that service to others is one of the most meaningful ways to build a compassionate and inclusive society.



HANDS OF HOPE (DISTRIBUTION DRIVE)

Under the compassionate initiative Hands of Hope, NSS Unit 4 organized a meaningful donation drive aimed at bringing joy and support to the students of a local government school. The event was filled with energy and warmth as volunteers engaged the children in a series of fun and interactive activities.

Games like musical chairs and a memory challenge were organized to promote teamwork, boost confidence, and create an atmosphere of joy and camaraderie. The children participated enthusiastically, their laughter echoing the success of the event's spirit.

The highlight of the day was the distribution of stationery items, thoughtfully curated to support the students' educational needs. Volunteers ensured that the materials were distributed with care and dignity, making each child feel valued and encouraged in their learning journey.

Beyond just providing supplies, the drive strengthened the connection between the NSS Unit and the local community. The smiles on the children's faces and the sense of fulfillment among the volunteers reflected the true essence of giving.



UNIVERSAL CHILDREN'S DAY

NSS Unit-4 of St. Joseph's University, in collaboration with CARE (Centre for Amenities, Rehabilitation, and Education), organized a vibrant event to commemorate Universal Children's Day. The initiative focused on empowering the young minds of the K.S. Garden slum community by creating awareness about their fundamental rights in an engaging and meaningful way.

The event began with an introduction that highlighted the importance of educating children about their rights. This was followed by an interactive session where the six fundamental rights were explained through fun and relatable examples. The children were actively involved in a creative brainstorming activity where they popped balloons containing prompts related to the rights. Each prompt encouraged them to either describe a right or complete a small task related to it, making the learning process both enjoyable and memorable.

Another highlight of the day was a group activity that promoted creativity and teamwork. The children, divided into small groups, created drawings and narrated stories inspired by their artwork, allowing them to express their thoughts and imagination freely. To mark their participation, the children placed painted thumbprints on a collective chart, symbolizing unity and the significance of their voices in society.



Human Rights Day (Day against War and for Peace)

As part of the Human Rights Day celebrations, NSS Unit-4 of St. Joseph's University observed the Day Against War and for Peace, emphasizing the urgent need to foster global harmony and critically reflect on the consequences of war.

The event featured a series of engaging and thought-provoking activities – collage-making, essay writing, and a debate competition – all centered around the dual themes of war and peace.

The collage-making activity served as a powerful creative outlet, enabling participants to visually express both the devastating consequences of war and their hopes for a peaceful, united world.

Through a mix of images, symbols, and text, students conveyed strong and moving messages.

The essay-writing competition provided a platform for deeper exploration into the necessity of global harmony. Participants reflected on historical and contemporary issues, offering insightful perspectives grounded in empathy, analysis, and advocacy for peace.

The debate competition brought energy and intellect to the forefront, as participants engaged in spirited discussions on topics such as the ethics of war, the impact of militarization on global security, and the role of diplomacy in conflict resolution. These exchanges encouraged critical thinking and fostered a greater awareness of international human rights concerns.

Overall, the event successfully encouraged dialogue, creativity, and reflection, aligning with the core values of peace, unity, and human dignity



HUMAN RIGHTS DAY (DAY FOR IMMIGRANTS)

As part of the Human Rights Day celebration, NSS Unit-4 observed the Day for Immigrants on December 8, 2024. The event aimed to honor the struggles, achievements, and contributions of immigrants while fostering awareness and empathy within the community. Four impactful activities were organized to mark the occasion, each designed to engage participants creatively and intellectually.

In the Collage Making Competition, participants visually represented the hardships and triumphs of immigrant communities. Through symbolic images and thoughtful compositions, the collages highlighted themes such as diversity, resilience, and the strength of cultural integration.

The Essay Writing Competition provided a platform for volunteers and students to reflect on important themes like the role of immigrants in nation-building and the value of inclusivity. The essays demonstrated deep empathy, social awareness, and proposed innovative solutions for creating a more inclusive society.

An Awareness Campaign was conducted at Cubbon Park, where NSS volunteers, divided into teams, interacted with the general public. Through conversations and informative discussions, they shed light on the challenges faced by immigrants and emphasized the importance of acknowledging and supporting their contributions to society.

In addition, a Photography Contest was held online, encouraging participants to capture visuals that depicted immigrant experiences, cultural diversity, and the spirit of unity.



RISE AGAINST HUNGER (FOOD PACKAGING DRIVE)

On December 14th, 2024, Rise Against Hunger India conducted its monthly food packing drive at their warehouse, aimed at supporting NGOs, orphanages, and shelters serving vulnerable communities. As part of their ongoing mission to combat hunger, this initiative plays a vital role in ensuring food security for those in need.

Eleven volunteers from NSS Unit 4 of St. Joseph's University, Bangalore, actively participated in the drive, dedicating their time and energy to this meaningful cause. Working in a coordinated manner, the volunteers packed essential food supplies that would later be distributed to marginalized sections of society. Their efforts reflected the core values of service, compassion, and social responsibility.

This experience provided the volunteers with a deeper understanding of community service and the real-world challenges faced by underprivileged populations. It served as a reminder of the growing issue of food insecurity and the need for sustained collective action to address it.

By contributing to the logistical process of food distribution, the volunteers gained hands-on exposure to how such initiatives operate and the impact they can have on society. The drive also fostered a sense of teamwork and solidarity, encouraging young individuals to become active participants in the fight against hunger and malnutrition.



JOY OF GIVING (FLASHMOB)

NSS Unit 4 organized an engaging and impactful flashmob under the 'Joy of Giving' initiative at the Arrupe Atrium, aiming to raise awareness about the importance of children's education and inspire student participation in a donation drive for educational supplies.

The event began with a powerful skit performed by NSS volunteers, portraying the struggles faced by underprivileged children in accessing quality education. The skit highlighted the transformative power of education and how even the smallest acts of kindness – like donating stationery – can have a lasting impact on a child's learning journey.

Following the performance, volunteers addressed the gathered audience, explaining the purpose and significance of the 'Joy of Giving' campaign. They encouraged fellow students to donate essential stationery items such as notebooks, pens, pencils, and other educational materials that would be distributed to children from underprivileged backgrounds in local communities.

The initiative served as a call to action, urging students to take an active role in supporting educational equity. The flashmob not only created a visually engaging experience but also left the audience with a meaningful message about empathy, sharing, and the power of community-driven efforts. Through this creative and heartfelt campaign, NSS Unit 4 successfully fostered a sense of social responsibility among students while contributing to a cause that supports the educational aspirations of children in need.



WORLD BRAILLE DAY

On January 4th, NSS Unit-4 organized a World Braille Day awareness program at Cubbon Park to educate the public about the Braille language and its significance in the lives of visually impaired individuals. The initiative aimed to foster understanding and empathy by highlighting how Braille empowers blind individuals to read, write, and communicate independently.

Volunteers were divided into teams and spread across the park to engage with visitors. Through interactive conversations, they explained the Braille system, which uses patterns of raised dots to represent letters, numbers, and punctuation. Teams also shared the inspiring story of Louis Braille, the inventor of the system, and how his creation transformed accessibility for the visually impaired.

To make the event more interactive, volunteers organized a hands-on activity where participants attempted to read and identify words written in Braille. This engaging experience sparked curiosity among the public, encouraging many to actively participate and learn. The activity not only provided insight into how Braille works but also helped participants appreciate the challenges faced by blind individuals in accessing written information.

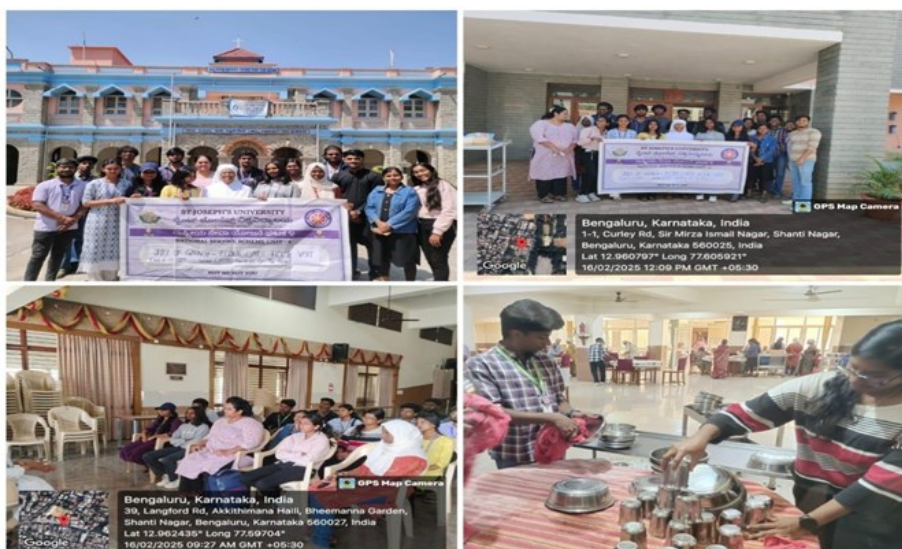


JOY OF GIVING (OLD AGE HOME VISIT)

As part of the "Joy of Giving" initiative, NSS Unit 4 organized a heartfelt visit to the Little Sisters of the Poor old age home with the aim of spreading joy, warmth, and compassion among the elderly residents. The visit began with an orientation session conducted by one of the sisters, who shared the history and mission of the home. We learned about the institution's dedication to providing shelter, medical care, and emotional support to senior citizens in need.

Following the orientation, volunteers were given a guided tour of the facility and had the opportunity to engage in one-on-one conversations with the residents. These interactions proved to be deeply moving and enlightening, as the elderly shared their life experiences, wisdom, and stories. It was a meaningful exchange that highlighted the importance of empathy, companionship, and respect for the elderly.

To further uplift the spirits of the residents, the volunteers organized a series of cultural performances, including singing and dancing. The joy and energy of the performances lit up the room, creating a festive and lively atmosphere. Residents joined in the clapping, smiling, and laughter, making the moment truly memorable for everyone involved.



NATIONAL INTEGRATION WALK

The National Integration Walk at St. Joseph's University was a vibrant and unifying event that brought together NSS volunteers from various states to celebrate India's cultural diversity. The initiative aimed to reinforce the spirit of national integration by encouraging mutual respect, appreciation, and understanding among individuals from different backgrounds.

The program began with an inspiring talk by Mrs. Regina, who emphasized the importance of unity in a diverse country like India. Her words set the tone for the day, reminding everyone of their shared responsibility in upholding the values of peace and harmony.

Following the talk, participants took part in a symbolic Unity Walk around the university premises. Volunteers proudly carried banners representing their respective colleges, each promoting themes of peace, solidarity, and cultural harmony. The walk served as a powerful representation of India's multicultural identity and the collective commitment to national unity.

In the evening, a cultural program highlighted the diverse traditions of the participating states. Volunteers performed traditional dances, wore ethnic attire, and presented folk music and performances that reflected their regional heritage. The colorful and lively event offered a captivating display of India's cultural richness and strengthened the bond among participants.

The day concluded with a memorable group photo alongside the Vice Chancellor, capturing the collective spirit of unity, collaboration, and shared cultural pride. The National Integration Walk successfully brought participants closer, instilling a deeper sense of belonging and national pride.



NSS DAY

World Peace Day was celebrated with great enthusiasm by the Shift 3 students, creating a meaningful and memorable experience for all. The event commenced with Ananya as the anchor, who warmly welcomed everyone and set a positive and uplifting tone for the proceedings. Her energy and grace helped establish an atmosphere of reflection and unity.

A highlight of the event was the inspiring speech delivered by Fr. Densil, who emphasized the importance of peace, unity, and our shared responsibility in nurturing these values in our daily lives. His heartfelt message resonated deeply with the audience, igniting a collective commitment to promoting harmony in the community.

To further enrich the spirit of the day, NSS volunteers thoughtfully decorated the notice board with impactful messages and quotes about peace and solidarity. These visuals served as a powerful reminder of the values being celebrated. The choir also contributed to the ambiance with melodious songs that brought everyone together in a spirit of harmony and hope.

A special moment of the event was the ceremonial lighting of the lamp in honour of Fr. Francis Pinto and Fr. Densil, joined by the class representatives. This symbolic gesture represented the light of wisdom and the continuous journey towards peace.

The celebration concluded successfully, leaving participants with a renewed sense of purpose. The event not only honoured the significance of World Peace Day but also inspired everyone present to be active contributors to a more compassionate and peaceful world.



ANNUAL REPORT (UNIT-5)

INTERNATIONAL PEACE DAY

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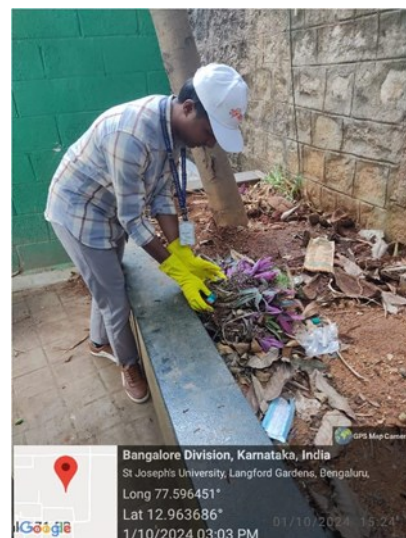
SWACHHATA HI SEVA(CLEANLINESS DRIVE)

Twenty dedicated volunteers from Unit 5 actively participated in the "Swachata Hi Seva" cleanliness drive, focusing their efforts on enhancing the cleanliness of the university premises. Equipped with hand gloves and caps provided by My Bharat, the volunteers carried out the drive with enthusiasm and a strong sense of responsibility.

Throughout the day, the volunteers engaged in various tasks such as picking up litter, clearing debris, and tidying up different areas of the campus. Their teamwork and determination highlighted their commitment to creating a cleaner and more hygienic environment for both students and faculty members.

Beyond the physical act of cleaning, the initiative aimed to instill a deeper understanding of the importance of cleanliness and environmental awareness within the university community. The volunteers served as role models, encouraging others to take similar actions in their daily lives and reinforcing the message that small efforts can lead to significant change.

By the end of the drive, the volunteers experienced a genuine sense of fulfillment, knowing their contributions had made a visible difference. The event successfully promoted a culture of responsibility and care for the environment, leaving the campus not only cleaner but also more inviting and pleasant for everyone. The "Swachata Hi Seva" drive stood as a testament to the power of collective action and the positive impact that dedicated individuals can have on their surroundings.



WALKATHON IN COMMEMORATION ON MAHATMA GANDHI

On October 2nd, twenty enthusiastic volunteers from Unit participated in a meaningful walkathon to commemorate Gandhi Jayanti. Dressed in white attire to symbolize peace and unity, the volunteers walked from Gandhi Bhavan to Vidhana Soudha, embracing the spirit of non-violence and community service that Mahatma Gandhi stood for.

The primary goal of the walkathon was to raise awareness about pressing social issues and promote active community engagement. Along the route, the volunteers engaged with local residents, sharing insights into various initiatives centered on sustainability, social responsibility, and civic participation. Their energy and passion sparked interest and encouraged on-lookers to reflect on their own roles in contributing to a better society.

This event was not only a tribute to the legacy of Mahatma Gandhi but also a call to action for positive change. It reinforced core values such as non-violence, service, and unity, reminding everyone of the importance of collective effort in addressing societal challenges.

By the end of the walkathon, the volunteers expressed a deepened commitment to supporting local causes and continuing to raise awareness about key issues within their community. The event successfully fostered a sense of purpose and unity among participants and observers alike, highlighting how small actions rooted in Gandhian principles can lead to meaningful impact.

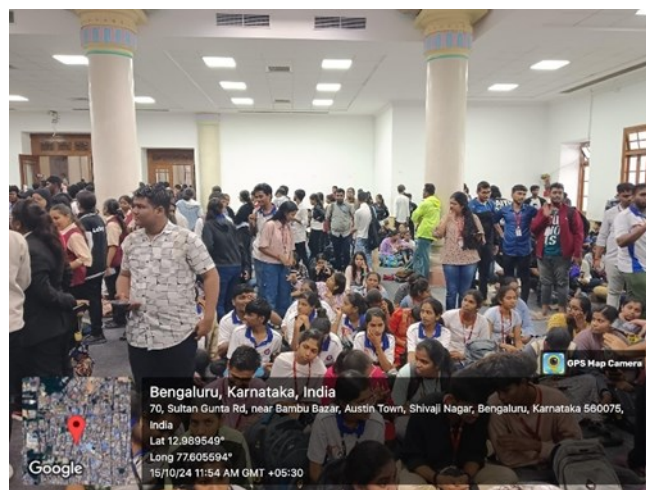


TOBACCO FREE YOUTH CAMPAIGN

On October 15, 2024, fifteen volunteers from Unit 5 actively participated in the Tobacco-Free Youth Campaign, a significant initiative aimed at promoting a healthier, tobacco-free lifestyle among young people. The volunteers assembled near the Gandhi statue at Vidhana Soudha to mark the beginning of the campaign.

Although a walkathon from Vidhana Soudha to Kanteerava Stadium was initially planned as part of the event, it had to be cancelled due to heavy rainfall. However, the adverse weather did not dampen the spirit of the campaign. The event continued with an impactful program featuring prominent speakers, including Sri Prathap Lingaiah, the State NSS Officer, and the Honourable Chief Minister, Shri. Siddaramaiah.

Both dignitaries delivered compelling speeches on the critical importance of raising awareness about the harmful effects of tobacco use, particularly among youth. They highlighted the health risks associated with tobacco consumption and emphasized the need for proactive engagement and education to prevent its use. Their messages inspired the volunteers and attendees to take a firm stand against tobacco and become ambassadors of healthy living in their communities.



FIRST AID AWARENESS CAMPAIGN

The first aid awareness campaign at St. Joseph's University was held in the auditorium basement and featured two insightful and educational sessions aimed at promoting health consciousness and emergency preparedness among students.

The first session was conducted by Dr. Isaac, who spoke on the importance of health and hygiene in daily life. He highlighted the adverse effects of consuming junk food and stressed the significance of incorporating regular physical activity into daily routines. His emphasis on body movement and its role in maintaining overall well-being resonated strongly with the audience, encouraging students to adopt healthier lifestyles.

The second session was led by Dr. Kavya Shree from Sagar Hospital, who focused on life-saving techniques, particularly CPR and managing choking emergencies. Her session was not only informative but also highly interactive. To enhance understanding, she invited a student to demonstrate the CPR technique, allowing participants to observe the correct procedure firsthand. This practical approach made the session more engaging and helped students grasp the critical steps involved in handling such emergencies.



CANCER AWARENESS WALKATHON

The Walkathon was organized with the objective of raising awareness about cancer, with a particular focus on educating and engaging the youth. The event began with an inauguration ceremony held at St. Joseph's University. It was graced by Dr. Vinod from the Lions Club as the chief guest and Dr. Ronald J. Mascarenhas, the Pro Vice-Chancellor of St. Joseph's University, as the presiding guest.

During the inauguration, Dr. Vinod delivered an inspiring speech that highlighted the importance of early detection, preventive care, and maintaining a healthy lifestyle to combat cancer. His message emphasized that awareness and timely action can significantly reduce the impact of the disease, especially among young individuals who often overlook early signs.

Following the ceremony, the walkathon was officially flagged off by the chief guest and the presiding guest. The route took participants from St. Joseph's University through Mission Road, past Kanteerava Stadium via Raja Ram Mohan Roy Road, and back to the university through Vittal Mallya Road. The walkathon attracted enthusiastic participation, spreading the message of cancer awareness throughout the route.

The event concluded with a heartfelt vote of thanks delivered by Mr. Nagarjun H., who expressed gratitude to all the participants, guests, and volunteers for their involvement and dedication. Their collective efforts played a vital role in the success of the event. Overall, the walkathon served as a powerful platform to educate the public, inspire healthy living, and promote early cancer detection within the community



UNIVERSITY SPORTS DAY

The University Sports Day was held at St. Joseph's University ground and witnessed enthusiastic participation from students, faculty, and volunteers. A total of 50 NSS volunteers played a crucial role in ensuring the smooth conduct of the event.

The celebration began with a grand march past, led by the NSS unit with Mr. Dravid serving as the flag bearer. The disciplined and well-coordinated march demonstrated the unity, dedication, and spirit of the volunteers. The event proceeded with various athletic competitions, including track and field events, team sports, and relay races. These events promoted not only physical fitness but also encouraged teamwork, sportsmanship, and friendly rivalry among students.

Throughout the day, volunteers assisted in organizing events, managing logistics, guiding participants, and maintaining order. Their presence and efficiency contributed significantly to the overall success of the program. The day served as a platform for students to display their athletic talents while reinforcing the values of discipline, perseverance, and camaraderie.

The event concluded with a felicitation ceremony that honored exceptional athletes and recognized the contributions of volunteers and faculty. The active participation of the NSS unit highlighted their commitment to leadership, collaboration, and fostering a vibrant campus environment.



BEYOND THE BOUNDARIES

A thought-provoking debate session was held in the AV room, with 20 NSS volunteers coming together to discuss recent statements made by U.S. President Donald Trump regarding the prominence and recognition of the third gender. The debate aimed to explore the social, political, and cultural implications of his remarks, sparking meaningful dialogue on gender identity and rights. The session was judged and moderated by Mr. Mudgu, a faculty member from the Department of Sociology, who guided the discourse with thoughtful interventions.

Volunteers presented a range of perspectives, showcasing both their critical thinking and empathetic understanding of the issue. While some participants supported the importance of recognizing the third gender as a step toward inclusivity and equality, others raised valid concerns regarding societal readiness, policy implementation, and the political undertones of such declarations.

The discussion reflected a mature understanding of gender as a spectrum and highlighted the importance of dialogue in challenging social constructs. Participants engaged respectfully, navigating complex topics such as identity, representation, and the intersection of politics and personal rights.

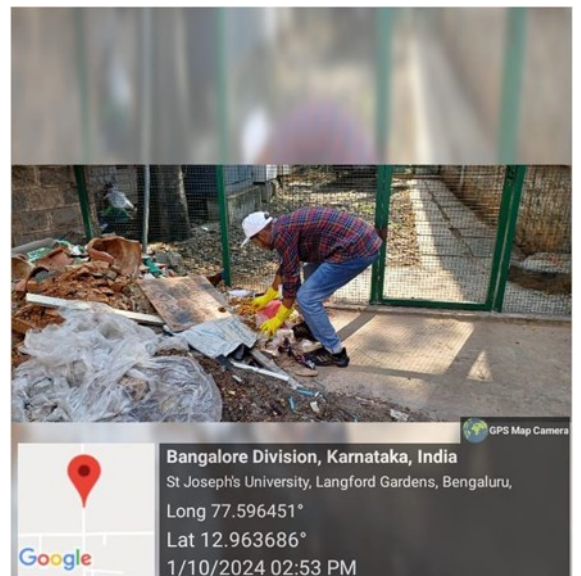
The debate concluded on a positive note, with all attendees gaining a deeper appreciation for the nuances of gender issues in global and local contexts. The session served as a platform for informed discourse and reinforced the value of open-mindedness, empathy, and awareness in shaping inclusive communities.



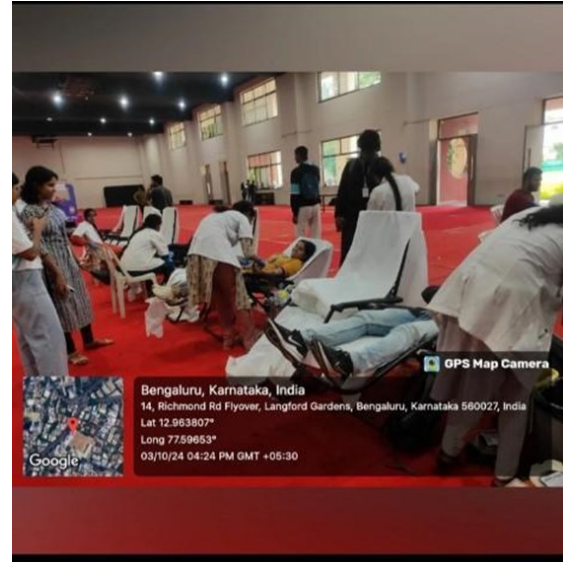
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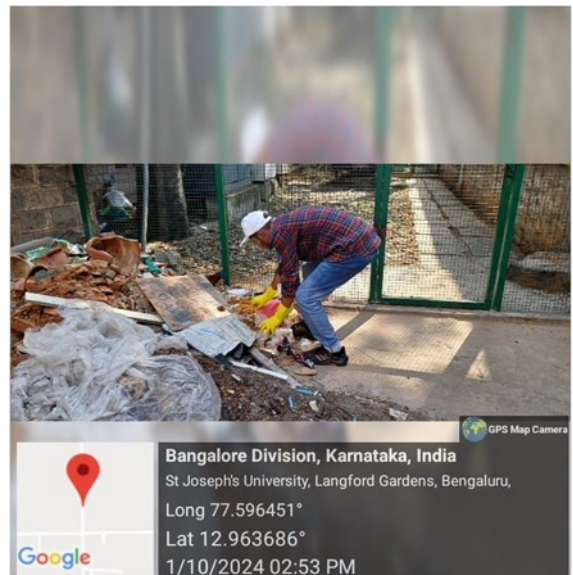
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ACHIVEMENTS



A remarkable achievement under the National Service Scheme (NSS) was accomplished by Trisha, a dedicated volunteer from St. Joseph's University, who earned the prestigious opportunity to represent Karnataka and the South Zone at the Republic Day Camp (RDC) 2025 in New Delhi.

Her selection journey began at the university level, where she was chosen from among 10 competitors. She qualified for the Pre-RD Camp held in Hassan, competing with top performers from across the state. Her consistent performance led to her selection for the South Zone Camp at Davanagere, attended by over 400 volunteers from various southern states.

Among the top 120 participants, Trisha was chosen to be part of the prestigious NSS contingent at RDC 2025. Her participation in the Republic Day Parade, along with national-level cultural and leadership events, stands as a testament to her dedication, discipline, and commitment to the values of NSS – bringing immense pride to herself and the institution.

ACHIVEMENTS



ACHIVEMENTS

NATIONAL INTEGRATION CAMP (MYSORE)

1	Ms. Chayadevi
2	Ms. Sanjana R
3	Mr. Raghavendra R
4	Mr. Kalai Arasan S
5	Mr. M Abdul Haroon
6	Ms. Mahalya V

STATE YOUTH FESTIVAL CAMP (MYSORE)

1	Ms. Ramola Sarah S
2	Ms. Niveditha E
3	Ms. Mariya meghana
4	Mr. Dhakshith L

ACHIVEMENTS

STATE YOUTH FESTIVAL CAMP (MANGALORE)

1	Ms. Harini.S
2	Ms. Monika T
3	Mr. Kalai Arasan S
4	Ms. Varshini S
5	Mr. Prajwal K
6	Mr. Vikram V
7	Mr. S Allen Sanjay

NATIONAL INTEGRATION CAMP (BENGALURU)

1	Mr. Pintu Kumar Thankur
2	Ms Harshitha R
3	Ms. Vishnu Sai Sowmya
4	Mr. Benny Joseph S
5	Ms. Ananya S
6	Mr. Uday Kumar M
7	Ms .Joanne.A

