

NAAC Accredited Institution Affiliated to Bengaluru University #9, Race Course Road, Bangalore-560009



### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on I ndependence Day Celebration

Date: 15.08.2017

Time: 9.00am

Resource Person: Mr.Shivdev

Participants: 35

Objective: To sensitize the students about the National festivals.

71th Independence Day was celebrated on 15th August 2017 in SJR College Campus. Mr.Shivdev was the chief guest. Programme started by paying homage to Gandhiji, by garlanding his statue. At 9.00 a.m., the chief guest unfurled the National Flag. Principal Dr.S.Lokanatha welcomed the chief guest. The NSS volunteers and NCC cadets saluted the National Flag. The chief guest in his speech explained the importance of celebrating the Independence Day. The chief guest appealed the students to imbibe the great ideals of the freedom fighters and strive for the unity and integrity of the nation. Principal and staff of the SJRPU College also present. Ex-students who were NSS volunteers and NCC cadets participated in good number. The NSS and NCC candidates participated in the cultural events. Sweets were distributed to those who were present.



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### NATIONAL SERVICE SCHEME 2017-18

Title of the event: A Report NSS activities for the year 2017-18

Date: 22.07.2017

Time: 1.30pm

Resource Person: Prof. T.C.Siddaramesh

Participants: 100

Objective: To commemorate NSS activities for the academic year and introduce the NSS activities and its role for better society to the first year students.

T.C. Siddaramesh, Retired Prof of Hindi and former NSS officer of SJRC, by lighting lamp, inaugurated the NSS activities of 2017-18 on Saturday, 22-07-2017. The inaugural function was held in the BBM auditorium at 1.30pm. Mr.Lokesh of third Seminar B.Com rendered the invocation. Prof. Kavitha. C, the NSS Program Officer, welcomed the gathering and introduced the Chief Guest Prof. T.C.Siddaramesh. He spoke in length about the duties of NSS volunteers and spoke about his experiences as an NSS officer. Dr.Lokanath SPrincipal, in her Presidential remark advised the students to take up the social activities, which are useful to the Society. Ms.Chethana of first B.com rendered the vote of thanks.





Lighting the lamp

NSS volunteers with teaching staff

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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on Allergies due to various factors and its implications

Date: 05.08.2017

Time: 1:30pm

Resource Person: Dr. Prabhavathi Venugopal

Participants:50

Objective: To bring awareness on Allergies and its implications

An awareness programme on allergies due to various factors was conducted on 05/08/2017, Saturday at 1.30p.m. in M.Com. Seminar Hall. The Programme was presided by Dr.Lokanath S. the Principal. Dr.Prabhavathi Venugopal, Principal, Narayana Institute of Allied Health Sciences, Bangalore, was the speaker. She spoke about allergies in detail. She advised the NSS volunteers how to safeguard themselves against infections. The students were given awareness on the common infections and basic precautions to be taken in order to prevent them.







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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on Shramdhana

Date: 14.08.2017

Time: 1.00pm

Participants: 50

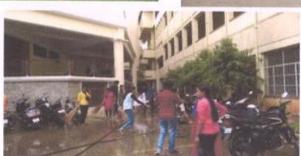
Objective: Importance of Shramdhana

The first shramdana from NSS volunteers was conducted on account of 71st Independence Day On 14th August 2017, where the entire college campus and surrounding was cleaned. On this occasion, new members were enrolled as NSS volunteers. For the first time, the refreshment was prepared by NSS volunteers and served to all volunteers and staff members. The activities ended in the successful manner in the guidance of Prof. C.Kavitha, NSS Programme Officer.

#### Cleaning of the campus







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### NATIONAL SERVICE SCHEME 2017-18

Title of the event: A Report on Visit to RUDSET

Date: 21.08.2017

Time: 10.30 am

Resource Person: Ms. Nalini

Participants: 50

Objective: Importance of self-employment

On Monday, 21/08/2017 all the NSS volunteers and NSS officers, Prof. C.Kavitha and Prof. Kavitha B.V. along with faculty Prof. Bharath, visited RUDSET Institute at Arashinakunte, Nelamangala, to attend the workshop related to self-employment.

The institution was started in the year 1996 by Dr. Veerendhra Hegde, Head of the RUDSET Institution. The CEO of the institution is M.Janardan. The head office of RUDSET is in ujjire. Their training center is at Ramnagar (rural and urban), Tumkur and Bengaluru.

Ms.Nalini, trainer and staff of the Institute, gave brief introduction about the Institution. She explained the training patterns which include:

Step 1: Pre training: -Advertisement will be made and then interview will be done for deserving candidates.

Step 2: Training: - The candidates are trained for the self-employment like;

- Agriculture
- Product
- Process of EDP
- Growth development

Example: Candle making, soap oil, tailoring, fashion designing, also related to home product.

Step 3: - Post training: - The institution will follow up progress of the trainees for about 2 years.

The motives of the Institution are: village adoption, building and development of individuals.Ms.Nalini gave the statistical data and locations of the institution. In India there are 27 Institution, In Karnataka they have branches at 7 places.

All the volunteers who participated in this workshop were benefited through gaining knowledge about self employment and it boosted their confidence.





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#### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Visit and Shramadhan at Vishwadhama Trust (Orphanage)

Date: 12.09.2017

Time: 9.00am

Resource Person:

Participants: 50

Objective: To bring the awareness on Cleanliness of our surrounding.

On 12/09/2017 Saturday, all our NSS volunteers along ourselves, NSS programme Officers Prof. C.Kavitha and Prof. Kavitha B.V., went to Vishwadama Trust, near to Shivananda circle. NSS volunteers took part in the service of cleaning the garden and the surrounding area. They also spent their time with the orphan by playing with them and engaging them with creative activity like doll making with clay.

Mrs. Girija Hegde, a faithful member of the trust, briefed our volunteers about their trust and its glorious history. The institution established 40years ago. She was in the service of the trust since past from 25years. The trust serves orphan children and old age people with utmost care. We had the pleasure of serving them for a day. In the afternoon, all the volunteers along with us had lunch with the children of the orphanage.

#### Group picture in front of the institution





Cleaning the garden

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Ms. Nalini address in progress NSS volunteers along with the institution trainer.



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#### NATIONAL SERVICE SCHEME 2017-18

Title of the event: A Report on Trekking to Devarayana Durga

Date: 15.09.2017

Time: 7.30am

Participants: 52

Objective: To create awareness on historical importance Devarayan Durga and develop the co-ordination among the them.

On 15/09/2017, Friday, 52 NSS volunteers had been to trekking to Devarayana Durga in Tumkur District, along with NSS programme officer and a faculty Prof.Raeshwari and one non-teaching staff. They left around 7:30 a.m. from the college with breakfast and reached the place at 10:30 a.m. The volunteers took the blessings of Sri.Yoga Narasimha Swamy at the temple and started trekking. They climbed for 2 hours and reached the top. With some rest they went on to visit Sri Boga NarasimhaSwamy temple and hadprasad in the temple.

The next spot was "Naamana Chelume", a park for the children, located at Tumkur District near Devarayana Durga. Volunteer's fond the place pleasant and informative, and also they were provided with refreshment at 3:00 p.m. The volunteers had a great time at the park.

The next spot we visited was "Goravanahalli Lakshmi Temple", where we took the blessings of Goddess Lakshmi. They spent some pleasant time relaxing around the temple.









Ms.Girija Hedge addressing the volunteers



With Ms.Girija Hegde



Having lunch with the children

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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on 'Arogya Siri' A Mega Health Checkup Camp

Date: 26.09.2017

Time: 9.30am

Participants: 400

Objective: Awareness on Health and health checkup for better life.

The NSS of college conducted 'AROGYSIRI' a mega health checkup camp on 26/09/2017, Tuesday, in association with people Tree Hospital, Goraguntepalya, Bangalore. Camp was conducted with the help of a Gynecologist, an Orthopedic, an Optholomist and a Dentist, accompanied by 5 nurses, 3 helpers and 2 administrators. Sri. D.C.Shivadev, the Vice President, SJRES, inaugurated the camp by garlanding the statue of Gandhiji in the Campus; at 9.30 a.m., Camp was conducted in the Library Reference Section. The camp began by offering prayers to Sri.Jagadguru Renukacharya. Sri.D.C.Shivadev emphasized the need of good health and important of health in today's life and spoke about history of NSS and its importance. The Principal, Dr.S.Lokanatha, in his presidential remarks admired the People Tree Hospitals for their cooperation. The students and staff of SJR Degree College, SJRPU College, SJR Law College and the staff of SJR Education Society benefited from the camp. Around 400 people made use of this opportunity provided by the visiting doctors. The Principal thanked the hospital for the service provided by doctors of People Tree Hospital.

#### NSS Volunteers with staff and nurses







Lighting of lamp



Volunteers and health officials at work

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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on World AIDS day

Date: 01.12.2017

Time: 9.30am

Resource Person: Ms.Radha

Participants: 45

Objective: To create awareness on AIDS and its effects.

Significance of worlds AIDS day

World AIDS day was observed on 01/12/2017, Friday, at 9.30a.m., in Commerce Business Lab. It was conducted in collaboration with Milana Foundation, Bengaluru, and Staff and students of MSW dept. and Red-Ribbon club. Ms.Chandrika, Co-ordinator of Milana foundation and Ms.Radha, Programme Co-ordinator, Radio Jockey, were the guests.

Ms.Radha, in her speech, narrated about how HIV/AIDS spreads over the body and the relevance of conducting such kind of programmes at the college level. She also mentioned that the youth should come forward to create awareness among the people and to be with the victims always in order to boost their morale and to help them out through government programmes and services.Ms.Chandrika, being HIV positive, spoke about the trauma of an AIDS patient, and its social and medical implications. Her talk was heart wrenching and it moved everybody to tears.

Dr.Rekha, Coordinator, M.com. was present on the occasion. Dr.S.Lokanatha, Principal,in his presidential remarks said that this is the first time he witnessed this type of programme. Having listened to the words of both the speakers, he expressed his feelings towards the causes. He also appreciated the courage and commitment of the HIV victims having come across the challenges and difficulties faced.

Prof. Anand H. anchored the programme, and Prof.Kavitha C., NSS Programme Officer, proposed the vote of thanks.Prof. Vinoda, Coordinator, Red Ribbon Club, was also present.

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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on NSS Special Camp

Date: 24/01/2018 to 30/01/2018

Time: 6.00am To 10.00pm

Participants: 50

Objective: To bring awareness among the villagers about cleanliness and green

environment for better life.

The special NSS camp was held at Sri Vanakallu Mallsehwara Kshetra, near Dabaspet, Nelamangala Taluk, from 24/01/2018 to 30/01/2018 and Sri Sri Basava Ramanand Swamiji, was the chief Guest. Dr.S.Lokanatha, Principal of SJR College, presided over the function. Prof.M.DoraiSwamy, former NSS officer, was also present on the occasion. Prof.G.S. Yadugiri and prof. Ashok were also present on the occasion. Ms. Anusha sang invocation. The function was inaugurated by chief guest Sri Sri BasavaRamanand Swamiji and he spoke about the swatch Bharath Abhiyan and motivated NSS volunteers to create awareness about the cleaning and creating healthy and green environment in the minds of village people through our special camp.

He also emphasis on the N.S.S and its formation service towards the nation and student's role in the N.S.S. and advised how to interact with village people, and NSS volunteers to conduct various activities and awareness in the villages.



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### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on Blood Donation Camp

Date: 07.02.2018

Time: 9.30am

Participants: 50

Objective: Inculcate concern and empathy for the society and importance of blood

donation.

Blood donation camp was held on 07/02/2018 in the college in association with red-cross and our volunteers served in setting up and cleaning the place. Many of them donated blood and served those who donated blood by giving serving refreshment.









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#### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on Yoga camp

Date: 24.022018

Time: 2.00pm

Resource Person: Mr.Rajeshachari

Participants: 30

Objective: Importance of yoga for a better and healthy life.

Yoga camp was inaugurated on 24/02/2018 Wednesday, at 2.00p.m. in M.Com. Seminar Hall, where all the NSS volunteers, and faculties were participated. The chief guest for the program was Dr.Rekha V.Ganachari, Principal of SJR Degree College and Yoga Instructor Mr.Rajcshachari was present. Dr.Rekha.V.Ganachari spoke about advantages of yoga in bringing discipline in life. Then the yoga trainer gave the tips, benefits of yogasana. she gave some demonstrations of asanas. Mr.Rajesh spoke about health benefits of yoga.









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#### **NATIONAL SERVICE SCHEME 2017-18**

Title of the event: A Report on Shramadhan

Date: 17.03.2018

Time: 1.00pm

Participants: 50

Objective: To make awareness on voluntary contribution of work and community welfare.

Shramadhan was done in the campus garden on 17/03/2018. Our volunteers helped the gardener in cleaning the garden and repotting the pots with fresh soil and manure. Later refreshment was served.









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