



National Integration Camp (NIC) 2020

NSS Cell, Youth Empowerment and Sports Department, Govt. of Karnataka and JSS Academy of Higher Education & Research, Mysuru under the aegis of **NATIONAL SERVICE SCHEME** jointly organized National Integration Camp from 5th to 11th March 2020.

More than 150 NSS Volunteers/NSS Program officers participated in the program from different regions of the country like Gujarat, Rajasthan, Tamil Nadu, Andhra Pradesh, Kerala, Maharashtra Pondicherry and Karnataka. More than 15 university's NSS volunteers/officers participated in the camp.

Smt. Salumarada Thimmakka, Padmashri Awardee inaugurated the program on Thursday 5th March 2020 at 3.30 pm at Sri. Rajendra auditorium, JSS College of Pharmacy, Sri Shivarathreeswara Nagara, Mysuru.

Valedictory function of National Integration Camp was held on **11th March 2020** at 11:00 am at Sri. Rajendra Auditorium, JSS College of Pharmacy, Sri. Shivarathreeswara Nagara, Mysuru. Dr. T.M. Pramod Kumar, Dean, Faculty of Pharmacy, JSS AHER, Mysuru was the chief guest and Dr. Chandrashekar B Coordinator, NSS ETI Centre, University of Mysuru, Mysuru was the guest of honour.

In the National Integration Camp, NSS flag hoisting was done every day at 6:15 with a theme for each day. Yoga and Meditation training was organized every day between 7am to 8am. Shri Mukandan, Yoga Guru, Mysuru, trained the students. Cultural activities & competition were conducted daily from 4:30pm to 8:30pm

On 6th March, the program began with speaker Mrs. Rashmi Raj, Graphologist, Bengaluru, who delivered a lecture on Handwriting Therapy by Parivartan Academy, Bengaluru which was followed by Sri. Vipul Kumar, IPS, ICG, Southern Region and Director, Karnataka Police Academy, Mysuru, who spoke on the Role of Youth in National Integration. Post lunch Dr. Manjappa M, Asst. Professor, JSS Medical College, Mysuru highlighted the importance of "Caring of Own Heart". The session continued with Mr. Harish Machia Kodanrera, Professional Personality Trainer, Mysuru who delivered a talk on "Professional Approach to Planning Personality for the Planet".

On 7th March 2020 a state level training programme on "Enhancing Knowledge and Skills of NSS Programme Officers to Educate Community on Prevention and Control of Common Cancers" was organized in collaboration with Yenepoya (Deemed to be University). Post lunch Dr. Lancy D Souza, Professor, Maharaj College, Mysuru talked on Influence of New Media on Youth followed by Sri Bhawani Shankar, Headmaster, JSS High School, Pedaguru, Gundalpet taluk demonstrated about the ill effects of black magic



JSS Academy of Higher Education & Research

(Deemed to be University)

Accredited "A" Grade by NAAC



On 8th March,2020 as per the schedule of the camp, field visit and tour was organized for all volunteers from 7am -10pm. Students visited the Suttur math, Chamundi hill, Mysore Palace, Srirangapatna and KRS, Brindavan garden, St Philomena Church and Venugopala swamy temple

On 9th March 2020 the day began with a lecture and demonstration on basic life support by Dr. Javali Ramesh Babu Professor & Head, Dept. of emergency medicine and team, JSS Medical College, Mysuru. Post lunch Mr Kapil, entrepreneur, Art of living centre, Bengaluru who spoke on Mind management followed by Dr. M.P. Varsha, Special Advisor to the 1st Vice President of Nepal shared the importance of water management ie Jalashakthi Abhiyan.

10th March 2020 about 100 plant saplings were planted, Health Screening camp was conducted and play ground was made at Govt. Primary High School, Karnataka Police Academy Campus, Mysuru and Dr. P A Kushalappa, Director (Academics), JSS Academy of Research and Education, Mysuru inaugurated the event. Dr. T.M. Pramod Kumar, Principal, JSS College of pharmacy, Mysuru, Dr K.L Krishna, NSS Program coordinator, JSS Academy of Research and Education, Mysuru, all the NSS program officers from different states were involved in this activity.

Fig 1 Inauguration of NIC

Fig 2 NIC activities

Fig 3 Visit to Suttur

Fig 4 Valedictory of NIC

S/d

Dr. K L Krishna

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