

## NSS ANNUAL CAMP REPORT 2023

The NSS annual camp was organised by NSS unit of JSS Academy of Higher Education and Research Mysore, in the village Ballenahalli, located in Srirangapatna Taluk, Mandya district.

The camp was organized for 7 days from 24/03/2023 to 30/03/2023.

### DAY 1( 24 /03/23)

#### INAUGURATION OF THE CAMP

The commencement of the camp took place on 24/03/2023 at 5:00 pm. There were multiple dignitaries on the dais who inaugurated the camp. They were:

1. Sri H Kumar , head master , Government Senior primary school , Ballenahalli
2. Chikka Thimmegowda, village head, Ballenahalli
3. Dr. K A Raveesha, HOD, School of Life Sciences, JSS Academy Of Higher Education & Research.
4. Dr. H K Mamatha , Associate Professor & Dean, Department of Health System Management Studies, JSS Academy Of Higher Education & Research.
5. Dr Shanmukappa Kagenalli, Vice principal , JSS Academy Of Higher Education & Research.
6. Dr. Raghu Ram Achar, NSS program officer, JSS Academy Of Higher Education & Research.
7. Sri Harshith N , NSS program officer, Department of Health System Management Studies
8. Dr. Vadiraj KT , NSS supporting officer
9. Dr Sushma B V , NSS supporting officer
10. Sri Chethan Kumar R. M , Assistant NSS Programm officer, Department of Health System Management Studies

The dignitaries on the dais addressed the NSS volunteers, shared their experiences, gave guidelines on the motto of NSS which is “NOT ME BUT YOU “. They also spoke to the volunteers about what they expected from the camp and what changes they would like to see in the volunteers in a week. The dignitaries on the dais with the NSS officers watered a plant to mark the occasion. Later, food was served to everybody.





3. The dignitaries on the dais watering a plant.

4. Facilitation if the head master Sri H Kumar.

### Day 2 (25/03/2023):

#### **Special training for NSS volunteers and introduction to RUDSET and information about opportunities of Self-employment.**

The NSS volunteers were divided into 5 groups, mainly:

1. Kaveri
2. Kapila
3. Krishna
4. Ganga
5. Yamuna

The daily activities such as flag hoisting, kitchen department, cleaning and hospitality, event organizing , report writing were divided amongst the 5 groups .The group consisted of members from different departments . It was done in such a way to improve the volunteers' communication skills and to create a sense of unity. These activities were performed on a cycle basis.

The day started at 8:30 am where flag hoisting was done by the Kaveri team. The team spoke about importance of Women's day. NSS song was sung in unison by all the NSS volunteers.

At 11:00 am, Dr Ningaraju R , NSS officer of University of Mysore, gave special training to the NSS volunteers and inspired the students by sharing his experience in NSS. He also spoke about the role of NSS in his life and how it transformed him into a better individual.He taught us the NSS song, Maari Kunitha and other dances to the volunteers. His words inspired all the students and motivated them to give their best.

Lunch was served at around 1:30 pm to the officers and the volunteers.

During the afternoon, Shree P Paulraj R gave the volunteers information about RUDSET institute. He also spoke about self-employment opportunities and its impact on youths.

In the evening around 5:30 pm, Rangoli competition was held for the villagers and NSS volunteers in which multiple students and villagers actively participated and bagged prizes. The NSS flag was handed over to Yamuna team from Kaveri team.



5. Dr Ningaraju sharing his NSS experiences 6. Shree P Paulraj talking about RUDSET



7. Dr Ningaraju teaching dance to the volunteers.



8. Rangoli competition held for the villagers and the students.

**Day 3 (26/03/2023):**

**Steps towards 'PLASTIC FREE' Ballenahalli**

In the morning around 8:30am, flag hoisting was done by the Yamuna team. They briefed the volunteers about sanitation and hygiene. After the NSS song, breakfast was served.

From 10:00am the volunteers started cleaning the surroundings of the temple and school. The volunteers cleaned most of the places in Ballenahalli including the water premises. These programs were done to make Ballenahalli a plastic free zone.

Later that day, the volunteers visited a poultry farm. Here, they were informed about farming, the precautions that need to be taken before and after starting a farm, and the time and effort that is required to start a farm. Also, the volunteers visited a jaggery production unit and witnessed the process. The owner provided the officers and volunteers with sugarcane juice to beat the scorching heat of the sun.

Lunch was served at around 2:30 pm.

The volunteers and teachers took rest for a while. Later in the evening, a cricket tournament was organized by the NSS officers. This tournament was organized to create a sense of unity amongst the different team members and develop leadership skills amongst students.

Teams Kapila and Krishna emerged victorious during the first day of the tournament.

NSS Flag was handed to team Ganga from team Yamuna.



9. NSS rangoli drawn by students



10. NSS volunteers standing for flag hoist.



11. Volunteers getting ready to pick plastic



12. Visit to a poultry farm



13. Visit to a jaggery making factory in the village



14. NSS Volunteers playing cricket

#### **Day 4 (27/03/2023):**

##### **Dental check-up at the camp**

Flag hoisting was done by team Ganga. They explained the volunteers on the topic 'My Plate'. Later, breakfast was served.

From 10:00am to 1:00pm, dental check-up was organised by professors and students of JSS Dental College. They brought a sense of awareness amongst the villagers about the importance of dental hygiene. Multiple procedures were also done on the villagers. The villagers made complete use of the free dental camp available and came in a large number.

After lunch, the volunteers played some village games.

Afternoon, from 3:00pm to 5:00pm, Dr. Umamaheshwari gave an awareness talk about tuberculosis. She was accompanied by Dr. Ann, Dr. Sindhu, and Dr. Manasa. It was an interactive session between her and the volunteers. She conducted a survey on students to know how aware and informed they are about tuberculosis. She also informed us about the steps that need to be followed and the preventive measures that have to be taken to get a treatment. The session provided a lot of information to students and villagers.

In the evening, the cricket tournament was continued where team Krishna emerged victorious in the semi-finals. The flag was handed over to team Krishna from team Ganga.



15. JSS Dental college professor and students offering free dental check-up to the villagers



16. Dr Umamaheshwari giving awareness talk on tuberculosis

### Day 5 (28/03/2023)

#### Check-ups for BP and Diabetes and Nutrition camp

In the morning around 8:30 am, flag was hoisted by team Krishna. They gave volunteers information about harvesting.

From morning 10:00am to 1:00pm, Professor Balaji and his students Namitha, Chetana, Karthika, Sai priya and Sampreetha from JSS Pharmacy College checked for Blood Pressure and Diabetes among villagers. Students from Department of Food, Nutrition and Dietetics counselled the villagers about their diet and provided information about the food that should be consumed.

In the afternoon, Dr. Umesh gave an awareness talk about poison and the preventive measures that needs to be taken by a person in case he/she comes in contact with poison. He made the session interactive by talking to the students and the villagers. Later PhD scholars working under Dr. Savitha of JSS college of pharmacy who were Karthika, Saipriya, Neelima and Pooja gave an awareness talk to the female volunteers and the women of the village on sanitation during periods and the use of menstrual cup. Slideshows and videos were played to create awareness. The volunteers were told the benefits of using a menstrual cup and demonstration of different folds were shown. In the evening around 5:30, cultural activities were performed from multiple students. Many students danced, sang. Some also gave a stand-up comedy performance. A

villager named Mahesh impressed the officers and students through his melodious Janapada Geethe. Flag was handed over from the team Krishna to team Kapila.



17. Pharmacy students checking for BP



18. Nutrition counselling by FND students.



19. Awareness talk on periods sanitation



20. Mr Chetan Kumar Presenting Memento



21. Mr Mahesh singing a Janapada Geethe



22. Anganwadi women taking oath

**Day 6 (29/03/2023) :**

### **General medical check up**

In the morning around 8:30 am, flag was hoisted from team Kapila. They chose the topic 'Organic Farming' and provided the volunteers information on the topic. Report of the previous day was also read. After the flag hoist, for one last time, all the volunteers along with teachers sang the NSS song and ended the program with the national anthem.

At 10:30 am, doctors from JSS Ayurveda college such as Dr Vishal S kumar , Dr Meghana , Dr Shruthi , Dr Sneha. H, Dr Sameeksha M.S , Dr Apoorva B.C , Dr Pooja S and Medical college such as Dr Savitha.V , Dr Shridar , Dr Soubhaghya , Dr Harman, Dr Kavitha , Mahesh R provided villagers full body health check-up and students from Department of Nutrition and Dietetics counselled the villagers. Check-up was done for 68 adults and 17 pre-schoolers .The villagers were gathered in a large number which encouraged all the doctors and students.

The volunteers, with the help of a painter, painted the walls of the temple and removed the unwanted plants growing in the temple and cleaned it.

Around 6:30 pm in the evening, the finals of the cricket tournament were held amongst team Krishna and team Kapila. Team Kapila emerged victorious in the tournament.

Later at 7:30pm in the night "SHIBIRA JYOTHI " was held. Dr Ningaraju R, NSS officer graced the occasion. All the students sat around an Indian map which was drawn and coloured using rangoli powders by the volunteers. Each NSS officer and volunteer was given a diya which was lit and passed on to others. These diyas were kept around the Indian map. Patriotic songs denoting pride were sung. Dr Ningraju sang an emotional send-off song to conclude the day.



23. Doctors giving full body check-ups to the villagers





24. Nutrition screening and nutrition counselling



25.NSS Volunteers cleaning the temple premises .



26. NSS Voluteers painting the temple premises



## 27. SHIBIRA JYOTHI

**Day 7(30/03/2023)**

### **The Valedictory**

The volunteers started the day by cleaning the surroundings of the temple and the school. The dignitaries who graced the occasion were:

1. Smt Pavitra K Y , Panchayat Development officer , Ballenahalli
2. Dr Madhu B , Deputy Dean
3. Dr K.L Krishna , NSS programme coordinator , JSS Academy of Higher education and Research
4. Dr. Raghu Ram Achar , NSS program officer, JSS Academy Of Higher Education & Research.
5. Sri Harshith N , NSS program officer
6. Dr. Vadiraj KT , NSS supporting officer
7. Dr Sushma B V , NSS supporting officer
8. Sri Chethan Kumar R. M , NSS Assistant program officer
9. Mr Battegowda.
10. Mr .Krishna

The Dignitaries together planted saplings around the government school. NSS Officer Dr. K.L.Krishnainaugurated thefunction with the others and donated books to the Government Primary School library. Mr Krishna conveyed his speech through a song.The officers were happy to see the volunteers united and spoke about some observable changes which were found in the volunteers in the span of one week. The ceremony was concludedby awarding the best male and female volunteers, from SLS AND HSMS those who actively participated in all the 7 days and events. As 30<sup>th</sup> was the occasion of Ramanavami , the volunteers witnessed the puja and were served buttermilk , kosambri and sherbet.

Thus, the 7-day NSS camp for 2023 was concluded.



28. Dignitaries planting saplings.



29. Dignitaries donating books to the library of the Government school



30. Headmaster and the children receiving books.Memento.



31. Smt Pavitra ,Panchayat officer receiving books.Memento.



32. Best female volunteers from SLS and HSMS



33. Best male volunteers from SLS and HSMS



34. NSS Volunteers for 2023 and Dignitaries on the dais.