

# NSS ACTIVITIES (2019)

# **YOGA DAY**

The International day of Yoga was celebrated in Ramaiah Institute of Technology (RIT) on the 21<sup>st</sup> of June 2019. The Yoga Camp was held from 7:30AM to 9:00AM for everybody in and around RIT campus





Through this session participants realized the importance and benefits of yoga and made up their minds to practise yoga on a regular basis.

In order to make our lives vibrant and colourful we should start with the basics of nature – YOGA.

# 16 th ANNUAL SPECIAL CAMP

"How wonderful is that nobody need wait a single moment to improve the world."

Date: 17 th July 2019 – 15 th August 2019

"Not all of us can do great things, but we can do small things with great love."

We are always an act away from doing great things and if you have a platform and people to work towards this cause, you will definitely succeed. The 16 th Annual Special Service Camp is one such platform provided for 150 NSS Volunteers to work hard and show their

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skills. It was a month long and started on 17 th July 2019 and ended on 15 th August 2019.

Our volunteers had been to the schools assigned to them for a period of 10 days, and

taught the students a few topics from their syllabus and also conducted fun sessions for the students. They even imparted them with knowledge and gave them tips on their careers. Though the time spent with them was short but the bond that grew between the students and the volunteers is one that is really close to our hearts.









Apart from school visits, we had a team of volunteers who carried out the skill development program for a period of 10 days, wherein they taught basic computer skills and Basic English to home makers and to all others who were interested. The specialty of this program was that there was no age barrier. All those who attended the classes were extremely happy with the whole initiative.

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This wonderful and memory filled journey came to an end on the 15th of August 2019. We had the Independence Day celebration in the Quadrangle of our college in the morning, and the program witnessed a series of energetic performances and motivating speeches by students of Vidyanikethan, Ramaiah High School, Ramaiah Polytechnic College, Ramaiah Institute of Technology, Ramaiah Degree College and Ramaiah Law College.

This journey was one of the most beautiful memory of our life. It helped us in shaping our team work spirit and think and act for all the needs in this society. This helped in finding true friends and also in finding enjoyment in all the work that we do.

### NATIONAL SERVICE SCHEME ORIENTATION

The first Induction programme for the first years was organized on 2019. It was an orientation programme regarding the moto and activities conducted by National Service Scheme. State VTU NSS incharge was the spoke person of this event. Dr. Chandrashekar, Ex Mechanical HOD and Dr.Putta Bore Gowda NSS Officer resided this function.

The term of being a member of NSS and the working was explained by the coordinators. The freshers were told about the events that happen i.e. the Annual Blood Donation Camp and Special Camp which are one of the most important events.

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This Orientation aimed in creating a sense of social responsibility in their minds and to also make aware about such a social cause platform that is present in our institution.

### **GUESS IT**

We the NSS volunteers organized an induction program for 1<sup>st</sup> semester students on 24<sup>th</sup> august. It was held at the ESB seminar hall I. The duration of the event was two hours.

The NSS volunteers came up with different ideas to keep the students engaged. "GUESS IT" was a pictorial quiz which covered topics about famous personalities and important crises that have happened across the globe. The quiz consisted of different pictures which were interlinked to the topic. The students had to find the connection to the pictures and guess the answer. At the end of each slide the volunteers educated the students about it by highlighting the important points. Many of the students participated in this event. They even got a chance to share their knowledge regarding the topic. It was a good brain teaser for the students and a very informative session for the students.





### **SEEING VOICES**

"Act out the feeling"

"Signs are to eyes what words are to ears."

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Talking to someone with a language different to us is challenging but talking to a person who has a disability in hearing is really difficult. This is where a language introduced by them using signs comes into play. "Seeing voices" event was conducted on 24<sup>th</sup> of October 2019, Thursday. This event was an attempt by the students in highlighting the importance of sign language. The event was held at 4:30 pm in ESB seminar Hall-I. The spoke person of the event was Mr. Gireesh, head master of Shathashrunga Vidya samsthe.



# ORPHANAGE AND OLDAGE HOME VISIT

"Real happiness lies in service to others"

"We can't help everyone, but everyone can help someone."

Help is not measured by the amount you give for others but by the amount of time you spend in thinking about them. 29<sup>th</sup> of September was one such day where the volunteers got a chance to interact and learn something from the elders and children's of old age homes and orphanages. Each team visited different orphanages and old age homes and spent a valuable time of 2 hours with them. The pre-event activities included collection of necessary donation items from the students in our college and handing it over to the incharges on the day of visit

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The volunteers had a list of activities planned so as to indulge with them. This event helped the volunteers to reach out and interact with elders and kids. The smiles on their faces will always have a special memory for us. At the end, all the volunteers had a sense of elited spirits and belonging towards that day.

# FACULTY NSS ORPHANGE VIST

"Alone we can do so little; together we can do so much."

"Value of life is not judged by duration, rather by our contributions."

We the National Service Scheme (NSS) wing of Ramaiah Institute of Technology (RIT) took the initiative of organizing NSS for our faculty members this year. It was first such platform for them to do their bit to the society. As the quote says their contribution in time and knowledge is something that will stick on to us.

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# 22<sup>nd</sup> Annual NSS RIT Blood Donation Camp

Venue: ESB Basement Date: 5<sup>th</sup> December 2019

"Smile and give, someone will smile and live."

The 22<sup>nd</sup> Annual NSS RIT Blood Donation Camp 2019 was organized on the 5<sup>th</sup> of December 2019 i.e. Thursday. The event took place in the ESB Basement of our college from 9:00 am to 5:00 pm. Thirteen blood banks across Bangalore joined us for the collection drive this year.

The inauguration ceremony started at 11:00 am. The chief guests for the day were Sri. M.R. Seetharam (Vice Chairman, GEF, Director, RIT),Sri Dhananjaya, Sri Suchendra Prasad, Kum Amrutha Iyengar and Rajya Ram. The ceremony began this by invoking the Almighty's blessing through an invocation song followed by lighting of the lamp by the chief guests. This was followed by the speeches given by the chief guests of the ceremony where they appreciated the NSS wing for their small measures to contribute to society.

The following Blood Banks joined hands with us to make this event a grand success.

- 1. Indian Red Cross Society
- 2. Ramaiah Blood Bank
- 3. Rotary Blood Bank
- 4. Blood Bank
- 5. Kidwai Blood Bank
- 6. Victoria Hospital Blood Bank
- 7. NIMHANS Blood Bank
- 8. Bangalore Blood Bank
- 9. Narayana Blood Bank

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- 10. Kempegowda Millennium Blood Bank
- 11. Life care voluntary Blood Bank
- 12. Blood Bank
- 13. Sanjay Gandhi Blood Bank

Every year through this Annual event we collect 1000+ units of blood and save many lives. This helps in creating an awareness and encourage the people to join hands for a good cause. This year we successfully to collect 1089 units of blood. Through the support of students, staff and the general public we were able to organize and run this event efficiently. We are extremely glad that we were able to carry out this noble event and the sense of satisfaction that develops is what drives all the volunteers to continue organising events like the Annual Blood Donation Camp.





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