



National Service Scheme, Vasant Kanya Mahavidyalaya

Introduction to NSS:

National Service Scheme (NSS) was launched during 1969, the birth centenary year of Mahatma Gandhi. It is an extension dimension to the higher education system to orient the student youth to community service while they are studying in educational institutions. It is being implemented by the Ministry of Youth Affairs and Sports, Government of India.

The **main objectives** of the National Service Scheme (NSS) are:

- 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
- develop among themselves a sense of social and civic responsibility
- utilise their knowledge in finding practical solutions to individual and community problems
- develop competence required for group-living and sharing of responsibilities
- gain skills in mobilising community participation
- acquire leadership qualities and democratic attitudes
- develop capacity to meet emergencies and natural disasters and
- practise national integration and social harmony

Motto:

The NSS motto, "Not Me But You," embodies the spirit of democratic living and emphasizes the importance of selfless service. By participating in NSS, students cultivate an understanding of different perspectives and learn to show empathy towards all living beings. The philosophy underlying this motto is a noble one, highlighting the idea that an individual's well-being is intrinsically tied to the welfare of society. Therefore, NSS volunteers dedicate themselves to the betterment and well-being of the community.

NSS Logo:

The NSS logo draws inspiration from the magnificent Rath Wheel of the renowned Konark Sun Temple (The Black Pagoda) in Orissa, India. Incorporating vibrant red and blue colours, the logo serves as a source of motivation for NSS Volunteers, encouraging them to be dynamic and enthusiastic in their nation-building and social endeavours. The wheel in the logo symbolizes the eternal cycle of creation, preservation, and release, representing life's perpetual movement through time and space. It embodies both continuity and change, reflecting the NSS's unwavering commitment to fostering social change.

NSS in the college: In Vasant Kanya Mahavidyalaya, there are five units and 500 volunteers (100 volunteers/unit).

The Programme officers and their respective units are listed as below.

Unit I: Dr. Arti Kumari

Unit II: Dr. Shashikesh Kumar Gond

Unit III: Dr. Manju Kumari

Unit IV: Dr. Purnima

Unit V: Dr. Khushboo Ashokkumar Mishra

Activities: NSS, VKM volunteers actively engage in diverse government-led community service activities and programs, organizing a wide array of social service programs and campaigns. Additionally, it plays a pivotal role in conducting awareness programs, such as HIV awareness, road safety, and vaccination initiatives for children. Moreover, the NSS has established the Red Ribbon Club and Road Safety Club, dedicated to disseminating awareness among students and the wider community. NSS organises lectures, Plantation Drives, and Cleanliness Drives, commemorates important days, and hosts both One Day Camps and Seven Days Camps for Community Service.

Celebration of Important Days

International Yoga Day 2022

A Two-day Yoga event took place from 20.06.2022 to 21.06.2022, featuring:

- Prof. Rachna Srivastava, Principal of VKM, highlighting the importance of Yoga for physical and mental well-being to the students.
- Dr. Bala Lakhendra, NSS Programme Co-ordinator at BHU, explaining the benefits of Yoga in everyday life.
- Dr. Anand Karn conducting Yoga postures sessions for volunteers and students on both days of the program.
- Dr. Dharmendra Mishra discussing "Yoga ke Dwara Pratibha Parishkar" (Exploring Talent through Yoga) and its role in personality development.
- Dr. Dipika presenting the significance of Yoga for maintaining a healthy lifestyle.

International Voluntary Blood Donation Day 2022

On 1st October 2022, International Voluntary Blood Donation Day was celebrated in the college precincts through a Street Play, emphasizing the significance of Blood donation.

One Day Special Camps

- On 16th July 2022, a **One Day Special Camp was held in the adopted village of Khushipur**. The camp focused on Plantation, Awareness for Deaddiction and Prevention of Drug Abuse, and Awareness about Mental Illness. Dr. Laxman Yadav, a Psychologist from IIT BHU, instructed the women of the village, explaining the symptoms of mental illness and offering free consultations in the future. The program took place in the presence of Gram Pradhan Mr. Abhay Sonkar, and the volunteers also participated in tree planting at the Panchayat Bhawan and *Aanganbari Kendra* premises.
- On 28th September 2022, a **One Day Camp on Health and Nutrition** was organized within the college premises to commemorate Nutrition Month. The camp featured a Poster and slogan competition, and the winning posters were showcased in the Seminar Hall. Dr. Garima Upadhyay delivered an informative lecture on "Dilemmas in Daily Diet," emphasizing the significance of healthy eating habits in our daily lives. She discussed the concept of a "rainbow diet," highlighting the importance of diverse coloured foods, and explained how reducing salt and sugar intake can help reduce health risks.
- On 1st October 2022, a **One Day Camp was organized to promote Women Education and Women's Health and Nutrition**. The event also marked the commemoration of Annie Besant Day, honouring the 175th birth anniversary of Dr. Annie Besant, the inspiring figure behind our college. Dr. Annie Besant, known for her

contributions to building Banaras Hindu University and advocating Women's Education, was fondly remembered with a floral tribute.

To spread awareness about women's empowerment, health, and nutrition, the students conducted a "Women Awareness Rally" that started from Shanti Kunj, VKM, and traversed through Kamachha, Birdopur, Siddhagiribag, before returning to the campus. During the rally, participants chanted slogans for women's emancipation. Additionally, they also performed a "Nukkad Natak" on the importance of Blood Donation under the Red Ribbon Club's auspices.

- On 09/01/2023, a **One Day Special Camp was organized to celebrate National Youth Day and Pravasi Bhartiya Diwas**. During the camp, volunteers delivered speeches on Swami Vivekananda's philosophy and his significant role in National building, emphasizing the importance of youth in the process.

Dr. Ajeet Kumar Rai, Assistant Professor from the Department of History at Sardar Vallabhbhai Patel College, Bhabhua, Kaimur, Bihar, delivered an inspirational lecture on "Diaspora: Reliable Partners for India's Progress in Amrit Kaal." The lecture shed light on the settlement of "girmityas" in Mauritius, exploring India's colonial past and the linguistic, religious, and cultural exchanges between India and Mauritius.

Har Ghar Tiranga Campaign

From 11/08/2022 to 17/08/2022, volunteers actively participated in the Har Ghar Tiranga Campaign, successfully unfurling the Tiranga (Indian flag) in approximately 500 households across their respective blocks. The campaign was accompanied by various programs and lectures. On 15th August 2022, the celebrations commenced with a *Prabhat Feri* (morning rally) from the college, led by Prof. Rachna Srivastava, Principal of VKM, who inspired the students with her speech about their vital role in Nation Building. Chanting "Vande Mataram" and "Bharat Mata Ki Jai," around 300 volunteers marched from Rathyatra to Sagra, concluding their walk at the Bharat Mata Temple, reminiscent of India's struggle for Independence. The program concluded on 17th August 2022 with a series of patriotic and cultural performances. Dr. Shashikesh Kr. Gond delivered a lecture on "Indian Independence and Partition of India," providing a historical perspective on the Indian National Movement from 1857 to 1947.

Swachhta Pakhwara 19.10.2023-31.10.2023

A *Swachhta Pakhwara* (cleanliness fortnight) based on "Reduce, Reuse, Recycle" was organized in the college campus and its vicinity. The program commenced on 19.10.2023 with an inspirational address by Prof. Rachna Srivastava, urging students to maintain cleanliness and reduce plastic waste due to its hazardous impact. The volunteers conducted an awareness campaign to promote reducing single-use practices and actively collected plastic waste for proper disposal.

Dr. Anushree Srivastava, a Fertilizer Inspector from Nagar Nigam, discussed various aspects of cleanliness, including solid waste, liquid waste, and e-waste. She emphasized proper disposal techniques for each type of waste and advocated for the use of cloth bags to reduce plastic waste. Satyendra Urmila Sharma, the Founder of "Mera Desh Mera Dayitva," explained different types of plastics like HPD, PVC, PBC, etc., highlighting the associated health hazards and stressing the use of metal utensils instead of plastic ones.

Seven-Day NSS Camp (11.02.2023 to 17.02.2023)

From 11.02.2023 to 17.02.2023, a Seven Day camp was organized by the five Units of Vasant Kanya Mahavidyalaya, NSS, in the adopted blocks. Each unit focused on a theme like: Women and environment (Unit 1), Community Health and Environmental Protection (Unit 2) Youth and Nation-building (Unit 3), Holistic Community Health (Unit 4), and Women Empowerment (Unit 5). The camp was inaugurated on 11th February 2023, with the distribution of NSS diaries among the volunteers and an orientation about NSS clap and NSS Lakshya Geet, along with patriotic songs. Different committees were formed in each unit to ensure the smooth implementation of the camp.

The volunteers enthusiastically pledged to work in the camp and wrote essays on topics like "Role of Youth in Nation Building," "Women Empowerment," and "Climate Change." The inauguration ceremony featured Prof. B.C. Kapri, General Secretary of the Sports Board, Banaras Hindu University, as the Chief Guest, who highlighted the importance of youth, especially women, in Nation-building and encouraged them to actively participate in sports for mental and physical well-being. The Acting Principal, Shanta Chatterjee, emphasized the volunteers' responsibility and acknowledged them as catalysts for positive change and societal improvement. Throughout the camp, the volunteers actively participated in essay writing and sports activities of their interest.

On 12 February 2023, on behalf of the five units of Vasant Kanya Mahavidyalaya, National Service Scheme, special cleanliness and road safety drive was organized. The students went in the ward and spread awareness of the environment, road safety, community health and women's safety in their selected wards in different areas of the city including Bhadaini, Nagwa, Khojwan, Birdopur and Nawab Ganj. The volunteers raised slogans of public awareness during the rallies and also carried out cleanliness work in their wards by collecting plastic waste and cleaning the streets. Students also performed Street Plays in their respective wards to spread awareness on Health and Hygiene. Volunteers visited various heritage sites like Rani Lakshmi Bai Birth Place, Assi Ghat, Shankul Dhara Pokhara, Baij Nath Shiv Mandir and Juna Akhara located in their respective wards. All physical and intellectual activities were done under the supervision of programme officers.

On the third day of the seven-day camp, the morning began with a yoga practice session led by Dr. Anand Karna. He delivered a lecture on "Problems related to the spine and prevention through yoga," sharing valuable insights on various Yoga Postures to address and prevent spine issues. In the next session, Dr. Meera Antwal, Assistant Professor from the Department of Physiotherapy, Faculty of Ayurveda, Sir Sunder Lal Hospital, BHU, delivered a detailed lecture on "Women's Health: Diet and Arthritis." She discussed the types of arthritis, its prevalence in women, and the importance of proper treatment and diet. Dr. Antwal highlighted how modern lifestyle and fast food contribute to arthritis in adolescence, stressing the significance of adopting a healthy lifestyle. The volunteers actively engaged in the session, asking questions, and seeking clarifications. The third session focused on extensive cleanliness activities in the college precincts, where the volunteers worked diligently to clean various buildings, classrooms, corridors, and the playground. Lastly, the volunteers enthusiastically participated in a debate competition on the topic 'Missing Happiness in Urban Life' during the fourth session.

On 14.02.2023, the fourth day of the seven-day camp organized by the National Service Scheme commenced with invigorating yoga exercises conducted by 'Sahaja Yoga Sanstha' on the banks of the Ganga Ghat. After the yoga session, the volunteers embarked on a "Heritage Walk" starting from Asi Ghat, where they visited the birthplace of Laxmibai and learned about the remarkable personality of *Veerangana* Laxmibai. On their way back to the college, the volunteers also took the opportunity to raise awareness about road

safety. Upon returning to the college premises, a plantation drive was carried out, with students actively planting saplings and rejuvenating old pots with new paint. The entire program was successfully conducted under the guidance and leadership of the five program officers, ensuring a fruitful and impactful experience for all the participants.

On 15.02.2023, a Blood Donation Camp was organized on the college premises in collaboration with the Institute of Medical Science. A total of 60 volunteers participated in the camp and donated blood. The event was coordinated by Dr. Ashutosh Kumar Singh's team from the Blood Bank, BHU. During the camp, Dr. Ashutosh Kumar Singh discussed the significance of blood donation and informed the volunteers about certain health risks associated with it. Additionally, out of the 225 volunteers who registered for blood donation, 60 volunteers, including Programme Officer Dr. Aarti Kumari, actively donated blood to support the cause.

On the 6th day of the seven-day special camp organized by the National Service Scheme at Vasant Kanya Mahavidyalaya, several enriching activities took place. Mrs. Richa Ranjan, an Environmentalist, and former Vice President of Morgan Stanley Multinational Company in New York, delivered a lecture on "Millets and Health." She emphasized the importance of millets for maintaining healthy food habits and also discussed key aspects of health and nutrition, advocating the reduction of salt and sugar in our diets. Mrs. Ranjan also elaborated on factors contributing to the physical, mental, intellectual, and spiritual development of individuals. Following this, Prof. Indu Upadhyay from the Department of Economics delivered a lecture on the "Relevance of G20 summit for India." She described the G20 conference as an opportunity for India to emerge as a global leader and formulate global policies to control fluctuations in world trade. Prof. Upadhyay highlighted India's potential, including its emerging middle-class consumers, abundant natural resources, skilled manpower, and demographic dividend, which could help establish India as a Vishwa Guru (world leader) through G20. In the third session, a quiz competition on "G20 Summit" engaged about 10 teams of volunteers, testing their knowledge on the topic. The fourth session involved the volunteers in cleaning the college's amphitheatre ground, displaying their commitment to cleanliness and hygiene.

On February 17, 2023, the closing ceremony of the seven-day camp organized by Vasant Kanya Mahavidyalaya took place. The event featured captivating cultural programs, street plays, and poetry recitations by the volunteers. During the ceremony, the students who emerged victorious in various competitions were felicitated and acknowledged for their outstanding performances. The closing ceremony marked the successful culmination of the camp, celebrating the talents and achievements of the participants.

In conclusion, the National Service Scheme, VKM has played a pivotal role in fostering a spirit of social responsibility and community engagement among the students. Through various activities, campaigns, and initiatives, the NSS volunteers have actively contributed to the betterment of society and have imbibed valuable life skills and lessons. The experiences gained during the NSS journey have not only enriched their personal growth but have also left a positive impact on the communities they served.