



Seshadripuram Educational Trust

SESHADRIPURAM COLLEGE

(Affiliated to Bengaluru City University)

NAAC Accredited Grade 'A'

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SARVODAYA



PROGRESS OF ALL

NSS Newsletter of
Seshadripuram College
2021-22

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Secretary Message

Nadoja Dr. Wooday P. Krishna

Honorary General Secretary
Seshadripuram Educational Trust



I am very happy that Seshadripuram College is bringing out an exclusive newsletter of the NSS called 'Sarvodaya'. Sarvodaya is a term coined by Mahatma Gandhi, which means 'Universal Uplift' or 'Progress of all'. This initiative of the College to bring out a newsletter of the NSS unit to document and present all the activities and programs in an academic year is commendable.

The basic aim of NSS is to instil the idea of social service and responsibility in students. The NSS volunteers of Seshadripuram College have done exemplary work throughout the year, particularly during the critical situation created by the COVID-19 pandemic. I congratulate the Principal Dr. Meera H.N., the NSS Programme Officer Sri Manjunath H. and all the NSS volunteers for living up to the proud reputation of the unit which has won many awards at the State and National levels. With their range of programmes and activities this year, they have made a positive impact in many areas. I am sure that with the Gandhian principle of service to the needy deeply instilled in the volunteers, the NSS unit of the college will continue to work with commitment towards making a better world for all of us.

Chairman Message

Sri M. S. Nataraj

Honorary Asst. Secretary, SET
Chairman, Governing Council
Seshadripuram College



The release of the NSS newsletter 'Sarvodaya' by the NSS unit of Seshadripuram College serves as a testament to the vision of the College "To empower every individual with knowledge and self-confidence." The activities by the Unit during the Academic Year 2021-22 presented in the newsletter showcases the character-building approach that the College has adopted-be it socially sensitive leadership skills, community development or unconditional service-mindedness.

I congratulate the Principal, Dr. Meera H. N., the NSS Programme Officer, Sri Manjunath H. and his NSS Unit for all the work and service they have done over the year including the publication of this newsletter.

From The Principal's Desk

Dr. Meera H.N.

Principal and
Editor-in-Chief, Sarvodaya



The National Service Scheme Unit of Seshadripuram College is one of the most important and effective wings, striving to achieve to give back towards the society. The unit can be considered the epitome of practical thinking, enabling the student fraternity to tackle problems in a responsible and matured manner. The unit strives in its constant endeavour to excel in the services provided to the community by arranging and involving in multiple programs towards community and national development.

During the academic year 2021 - 22, the NSS Unit has organized innumerable activities, programmes and webinars towards upholding its root cause of betterment of the community.

On the same front, it gives me immense honor to announce that the NSS Unit of our Seshadripuram College, has adopted one particular village **BETHAMAGERE, Bannikuppe Grama panchayith, Bidadi (H), Ramanagara (D&T)** and has taken up the responsibility of catering to the needs of the villagers and to improve the overall development of the place.

Focusing on the individual achievement end, one of our NSS Volunter **SUHAAS U, B.com (Hons)** has been given the opportunity to take part in the R D Camp of 2022.

I take pride in stating that the number of physical activities that were conducted by the unit and the participation of the same, during the trying times of COVID - 19 pandemic, when no one ventured or feared to tread out, our NSS Volunteers projected their resiliency and fearless attitude yet again.

On behalf of the college, I express immense gratitude towards Seshadripuram Educational Trust for their support through everything. I would also extend humble gratitude to Mr. Pratap Lingiah, State NSS Officer for his guidance and support. I would like to thank and honor our NSS Officer Mr. Manjunath. H and all the NSS Volunteers who took initiatives and participated in all the programmes being conducted, which in turn has made the college proud.

Message From State NSS Officer

Sri Pratap Lingaiah

State NSS Officer
Government of Karnataka



The NSS unit of Seshadripuram College has given our youth a new and unique way to contribute to the society. With the experiences from NSS, I'm sure that all volunteers will learn how to lead a life of dignity with positive mindset and contribute to the growth of nation.

I am delighted to know that NSS unit of Seshadripuram College is bringing out a newsletter "SARVODAYA" highlighting the activities and achievements of the NSS unit of the college.

The NSS unit of Seshadripuram College will achieve greater success by the involvement and dedication of Young volunteers.

Message From NSS Program Co-ordinator

Dr. Govinde Gowda H.G.

NSS Program Co-Ordinator
Bengaluru City University



National Service Scheme has the main motto "NOT ME BUT YOU". It mainly teaches ones equal commitment and co-ordination to build a better society & develops own personality, If everyone works with their own interest they will reach their success.

Seshadripuram College, Seshadripuram - National Service Scheme Unit has conducted many campaigns like digital literacy, Swachha Bharat Abhiyan, cycle jatha, Health camps, Blood Donation camps, Plastic free society, adoption of village under Amrutha Samudaya Yojana etc. One of the aims is that Volunteers should show their responsibility towards the Nation. Volunteers work by taking responsibility and motivating the youth for better environment.

The NSS unit of Seshadripuram College, has launched yearly newsletter "Sarvodaya.", I am very happy to share information and Achievements of the NSS Unit, happenings and many more...

I thank principal of the college, programme officer and all volunteers and wish this will be continued in future endeavors also.

Manjunath H.

Asst. Professor in Mathematics
NSS Program Officer
Seshadripuram College



National Service Scheme (NSS) was introduced in the year 1969 with the primary objective of developing the personality and character of student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Appropriately, the motto of NSS is "NOT ME, BUT YOU". An NSS volunteer places the 'community' before 'self'.

The unit at college level is the grass-root unit in NSS. The NSS Centre keeps contact with the community, administration, student volunteers and Programme Officers through this unit only. Seshadripuram College NSS unit has its own identity and initiatives. The organization and management of NSS unit are of vital significance.

Seshadripuram College NSS unit has conducted many initiative activities, like cycle jathas-taking consideration of any serious issues to be aware of and creating awareness, street plays - creating awareness on COVID-19 etc.

NSS Unit of College Adopted a Village "BETHAMAGERE", Bannikupe Grama Panchayith, Ramanagar District Conducted & Days Special camp in Adopted Village.

In this academic year 2021-22, NSS unit had organized meaningful community service programs under the Theme "GREEN INDIA ". Being an active member, NSS Volunteer would have the exposure and experience to

- ❖ An accomplished social leader.
- ❖ An efficient Administrator.
- ❖ A person who understands human nature
- ❖ Improvement of physical and mental strength.

This year, NSS Unit took part in Social responsible activities like, cycle jaatha rally volunteers collected 1200 kg of plastics around Bengaluru city, and handed over to the BBMP. Constitution Day, Drug Awareness Programmes, Voters Awareness Programmes, Vaccination drive, about Gandhi ji Books related Programmes, National level Seminar on Swami Vivekananda and Indian freedom movement 75th Azadi ka Amrith mahostav, Swachh Bengaluru campaign, Life skill programme for NSS Volunteers, World Environment Day Celebration in College and Rajbhavan, National level Workshop on World Environment Day June 5, 2022. International Yoga Day 2022, Har Ghar Tiranga Rally and Inauguration Programme in Vidana soudha.

NSS Unit in Association with govt School, Nagarabhavi Prepared 10,000 Seedballs and Distributed to students.

I am truly grateful to our esteemed Management, Specially to Sri N .R. Pandith Aradya, President, Seshadripuram Educational Trust, Nadoja Dr. Wooday P Krishna, Honarary General Secretary, Seshadripuram Educational Trust and Sri M.S. Nataraj, Chairman, Governing Council and all the Trustees for their support and guidance. I thank Sri Prathap Lingaiah, State Liaison Officer, NSS, Dr. Govinde Gowda, NSS Co-ordinator, Bengaluru City University, Dr. Meera H. N, for whole-hearted support and encouragement. I am grateful to Savitha Bai, Office Superintendent, Prof. Veena R, HOD, BCA and Prof. Kala Nayak, HOD, Commerce and Management and to all the teaching and non-teaching staff of the college for their kindhearted support and motivation. I would like to express my appreciation to our NSS volunteers for their enthusiastic participation and involvement in organizing all the programs and activities of the NSS unit, and to the Student Editorial team who have worked hard to bring out of this newsletter Sarvodaya and Alumni and to publish NSS News Letter.

ABOUT INSTITUTION



Established in 1973 and affiliated to Bengaluru City University, Seshadripuram College quickly attained a prominent position among the limited number of undergraduate colleges in Bangalore at that time. In these 49 years, the number of degree colleges in Bangalore has seen an astronomical growth, but Seshadripuram College continues to maintain its reputation and position. From a meagre strength of thirty students at inception, the student strength has grown substantially to 3000 with a commensurate expansion of the faculty. It is one of the first of the affiliated colleges to be granted PG courses and to offer the BBM course. The institution has been awarded the highest 'A' grade in the 2nd and 3rd cycles of NAAC accreditation and regularly features among the top Commerce colleges not only of Bangalore but of the country, in rankings announced in leading national news magazines. Its students regularly find a place among rank holders in the university and its placement records are outstanding. This reputation sustained through more than 4 decades is due to the institution's ability to adapt itself to the changing needs of the times without losing touch with its core values. The college attempts to create a stimulating teaching-learning environment which equips students with the knowledge and skills required to face the challenges of the globalized environment. At the same time, it is committed to instilling a deep sense of social responsibility and self-discipline in its students. It also strives to cultivate a warm, cordial and mutually supportive relationship with all its stake holders.

NATIONAL SERVICE SCHEME (1969-2021)



The National Service Scheme (NSS) is an Indian government-sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhi's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community linkage. The programme aims to instil the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. Volunteers are also trained to provide help in natural and man-made disasters by providing food, clothing and first aid to affected people. There are two types of activities: Regular Activities (120 hours) and Annual Special Camp (120 hours). The Annual camps are known as Special Camps. Annual Camps are held annually, funded by the Government of India, and are usually located in a rural village or a city suburb. Volunteers may be involved in activities such as:

1) Cleaning 2) Afforestation 3) Stage shows or a procession creating awareness of such issues as social problems, education, and cleanliness 4) Awareness Rallies 5) Inviting doctors for health camps.

Clean India Cycle Jatha

(3 days Cycle Campaign)

DAY - 1



Clean India 3 Days Cycle Jaatha
From 8th October to 10th October 2021

NSS Unit of Seshadripuram College and Bengaluru City University in Association with State NSS Cell and Department of Youth Empowerment and Sports jointly organised Clean India 3 Days Cycle Jaatha event on account of Azadi Ka Amrit Mahotsav, India@75, the main aim of the event is to collect plastic through cycle rally and creating awareness on plastic usage to the public throughout Bangalore city. From 8th October to 10th October 2021.

The program was inaugurated and flagged off by Sri. Khadri Narasimhaiah Director, NSS Regional Centre, Government of India. Nadoja Dr. Wooday P. Krishna, Hon. General Secretary, Seshadripuram Educational Trust. Sri Prathap Lingaiah, State NSS Officer, Dr. Govinde Gowda H. G. NSS Coordinator, BCU, Dr. Meera H. N., Principal, Seshadripuram College along with other chief guests. We were even encouraged and supported by media person. Our volunteers were split up into five Groups (12 volunteers each) and were sent to different locations.

Day one is always the time where everyone is very enthusiastic and energetic with the same enthusiasm, we started cycling from Seshadripuram College and covered KR Market, Avenue Road, SP Road, Chickpet and Kalasipalya with team split and co-ordination among teammates we successfully collected large amount of plastic and returned home with the satisfaction of protecting the nature and wait for the next day.

DAY - 2

Day 2 is actually the real test day when all the body pain, cramps etc., show-up but still majority of our volunteers were ready for the challenge because of their previous day's cycling. We started cycling from Seshadripuram College and reached Yeshwanthpuram Railway Station. The programme was inaugurated and flagged off by Shri. Munirathna, Minister of Horticulture, Govt. of Karnataka. On the second day the weather didn't co-operate with us. There was heavy shower but our volunteers didn't give up. With the same keenness we covered in and around Yeshwanthpuram Railway Station, Sankey Tank, Malleshwaram 15th cross, Malleshwaram Flower Market and on the way nearby Seshadripuram. Our volunteers participated with immense enthusiasm



Clean India 3 Days Cycle Jaatha
From 8th October to 10th October 2021

by competing with other groups followed by co-ordination with their respective teammates and collected huge amount of plastics comparatively. The same lit up joy and satisfaction among volunteers for owing their part in the Clean India Mission.

DAY - 3



Clean India 3 Days Cycle Jaatha
From 8th October to 10th October 2021

Day 3 was most challenging day. Because, all the volunteers were completely exhausted. But still our volunteers didn't surrender. We started our ride from Seshadripuram college and covered Palace Grounds, Vasanthnagar, Srirampura, Civil

court, in and around Majestic Railway Station and Kempegowda Bus Station, and to an extent nearby Seshadripuram and reached college with an abundant amount of plastics compared to Day-01 and Day-02 (previous days). Despite of completing the cycle rally whole-heartedly, it was tiring by the end of the day. It was indeed a great opportunity and experience for all the volunteers. Our volunteers had to put their efforts to support the clean India mission. It was all about team work and co-ordination among teammates. It was accomplished programme with evident satisfaction of protecting our environment. Totally **1200kg** of Plastic collected in whole three days rally and plastic was given to BBMP, Bengaluru.

Orientation for First Year Students

Orientation program was organized by NSS Unit for freshers to know about NSS and how NSS Unit work and benefit of joining NSS and how they can enroll for NSS Volunteer. Principal gave a brief note about NSS and neatly explained the NSS and even Senior NSS volunteers were also present.



Voters Awareness Programme

NSS unit of Seshadripuram College took part in Voters Awareness programme held on 21st December 2021, in association with BBMP, Election Commissioner of India in the college.

As voting is the main responsibility of every citizen, voting is also an important part of democratic nation.

Members from Election Commission of India guided all the students on importance of voting. They assured us to get voter ID done, they even helped us with all the formalities relating to it. It was an effective and helpful programme.



Voters Pledge Day

On the Occasion of International Voters day on 25th January 2022 NSS Unit Organized Voters Pledge to NSS Volunteers through Zoom Platform. Principal gave Pledge to NSS Volunteers



Voters Pledge

We, the citizen of India, having abiding faith in democracy, hereby pledge to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement”

NSS Special Camp 2021-22

Date : 17.02.2022 to 23.02.2022



DAY - 1

Under the auspicious guidance of National Service Scheme, the NSS Unit of Seshadripuram College organized a special annual village camp in Bidadi hobli, Ramanagar district, Bannikuppe Village to promote 'Azadi Ka Amruth Mahotsav' and to implement 'Amrutha Samudhaya Abhivrudhi Yojane' and time sense of spirit in young volunteers.

The first day of the camp on 17-02-2022 was a great start, all volunteers gathered near the college around 7:30 am, arranged all the necessary materials for the camp and started our camp journey at 9:00 am. We reached the camp site 'Bannikuppe Village, Bidadi hobli, Ramanagara District' at 11:00 am. All the NSS volunteers were accommodated in the Government Higher Primary School, Bannikuppe



The volunteers were grouped into 7 Troops namely, 'Bramhaputra', 'Krishna', 'Tungabhadra', 'Godavari', 'Yamuna', 'Ganga' and 'Kaveri'. Each troop had a group leader who led the group. All the teams with great enthusiasm arranged the stage for inauguration. The team Godavari was the food in charge for the day. The event was hosted by Smt. Sruthi mam, Asst. Physical Education Director, Seshadripuram College. The chief guest for the evening was Dr. Nadoja Wooday P Krishna sir, Hon. General Secretary, Seshadripuram Educational Trust. The stage was also blessed with the presence of Shri. M S Natraj, Hon. Asst. Secretary, Seshadripuram Educational Trust and chairman, governing council, Seshadripuram Degree College, Dr. Meera H N, Principal, Seshadripuram College, Smt. Savitha Bai, Superintendent, Seshadripuram College, Smt. Veena R, HOD of BCA Department, Seshadripuram College and the Gramapanchayat members of Bannikuppe Village, Smt. Sumathi and Shri. Revana Siddhaiah. The inauguration was started by watering the sampling. The Honorable Chief guest Dr. Nadoja Wooday P Krishna addressed the gathering and spoke about the main objective of NSS and Educated us about the various responsibilities and duties of a NSS volunteer. With this note the day ended after having a feast.

DAY - 2

The Day dated 18-2-2022, the second day of the camp started early in the morning by hoisting the flag. The theme for the day was 'No Plastics'. The theme was indeed a very thoughtful one. Team volunteers segregated works among

themselves and all the volunteers participated actively and the theme was explained by one of the volunteer in the team. After the breakfast we started the shramadhan work. The task for the day was cleaning the Government Higher Primary School, Bannikuppe premises. All the volunteers indulged themselves with various work allotted for each individual team. The volunteers cleaned the surrounding and dumped the waste in a place and prepared it to decompose so that it can be used as an organic fertilizer later and the volunteers were also successful in preparing pathway for the flow of waste water easily. The guest lecture for the day was by Prabhakara. R, Retired Engineer (Industry & Software), Spiritual Seeker, Mentor, Health Care professional, Financial consultant, Coordinator for Oneness Movement, who spoke about the importance of relationships with parents in one's life to have a successful growth. Later, we all reported for the flag de-hoisting and prepared for the cultural. The day's cultural event was group songs and solo songs. All the teams actively participated in the event.



DAY - 3

On 19-2-2022, 3rd morning of the camp as usual with flag hoisting ceremony. The flag hoisting was done by team Ganga. Later, we started the shramadhan work. The day's shramadhan task was the survey. All the groups were segregated and volunteers reached every nook and corner of the village, the volunteers were successful in reaching around 154 families around 692 people. The volunteers also gave awareness about the various schemes under the 'Amrutha Samudhaya Yoajane' to the people in



the village. This helped people to know about the schemes so that they can get optimum utilization and get good assistance from the yojane. After the shramadhan the guest lecture for the day was by the eminent person Dr. B. C. Nagaraj, environmental science department, Bengaluru University, who educated the volunteers about the various environmental issues prevailing in the current world and the steps taken by the government in preventing the environmental pollution. It was indeed a informative session. After the lecture all the volunteers indulged themselves in cultural events, the event for the day was group discussion and pick and speak.

DAY - 4

On Day 4, 20-02-2022, after flag hoisting. The flag hoisting team for the day was Tungabhadra. The volunteers indulge themselves in samadhan work the task for the day was Bind heaps around the trees for the water and to stay around it in order to help roots of the trees absorb water. The task was completed and the volunteers got ready for the lecturing session after having lunch. The lecture session for the day was by Shri. Govinde Gowda Sir, NSS Co-ordinator, Bengaluru City University, who address the gathering and



encouraged all the volunteers to participate and indulge themselves in upcoming events and continue service to the society. The stage was also accompanied by Shri.Karthik , NCC caretaker and Physical Education Professor, Seshadripuram Degree College. Later, the volunteers were trained the self defence techniques by Shri. Surya Rao and Jayanth V, National level Taekwondo players, SK Taekwondo Academy from Seshadripuram Degree College. All the volunteers were taught the basic self defence techniques that can be used in case of emergency. After the training all volunteers prepared for the cultural event.. The programme for the day was group dance and solo dance. All the teams participated in the event with great enthusiasm.

DAY - 5



On, 21-0-2022, 5th day of the camp, all the volunteers assembled for flag hoisting. Team Krishna hoisted the flag with the theme 'Reduce, Reuse and Recycle', which is very essential process that needs to be adopted by everyone in order to save the resources for are near future The Shramadhan work for the day was cleaning the most visited places in the village all the volunteers along with the guidance of the leaders of Gram Panchayath Bannikuppe, cleaned the surroundings of temple, hospital and anganwadis of the village which was a great initiative and efforts taken by our volunteers to help the people clean their village. The guest lecture for the day was by Shri. Yeshwanth V sir, Librarian head, Sheshadripuram Degree College, who spoke to the volunteers about the utilization of library and its resources and asked volunteers about the camp experiences. After this session the volunteers prepared themselves for a street play name 'Lasike Mukhya', which helped the volunteers to convey the message that vaccination, usage of mask and sanitizer, social distancing is the only way to eradicate the ill effects of Covid-19 to the people of the village effectively. There was a great response from the villagers to the street play. Later, all the volunteers were given a chance to showcase their team's talent as a part of cultural event.

DAY - 6

On last but one day of the camp 22-02-2022, was quite encouraging day. Team Yamuna hoisted the flag with a theme 'Save Water'. The theme was very considerate taking into account of the current scenario The task for the day was planting sampling in the school premises and cleaning the premises along with gardening. All the volunteers actively participated in the work and planted around 30 to 40 samplings in the dedicated area. Later all the volunteers started preparations for the most awaited and exciting part of the camp, i.e 'The Camp Lighting Ceremony

(Shibhira Jyoti)'. The volunteers decorated the area with colours,colorful flowers and so on. The cultural part for the day was 'Youth Parliament' argument between the two parties. It was a very informative session. At 8:00 PM the volunteers lighted the camp light each team dedicated a patriotic song to the 'Shibira Jyothi', lighted the candle and enlightened camp are with 'n' number of candles.

All the volunteers enjoyed the candle light and then created lot of memorable moments which were picture perfect.



DAY - 7



The last day of the camp i.e 23-02-2022, was full of treasured memories to take back with us. All the volunteers had an early start and gathered in the ground, reporting was done and Yoga asanas were practised which explained connection between body and mind. At 7:45 AM, Shri. Prathap Lingaiah, State NSS Officer, Government of Karnataka, visited the camp site and addressed all the volunteers. He took a brief glimpse of the activities which was done by the volunteers past 6 days and appreciated the volunteers for their good work. He also encouraged the volunteers to keep up explicit work and participate actively in the upcoming programmes. With that note he escalated the campsite and headed towards his next programme for the day. At 10:00 AM all the volunteers gathered in the ground after their

breakfast in an ethnic attire for the Valedictory program. The stage was blessed with the presence of Dignitaries of Bannikuppe Village.

The program was started around 10:30 AM, the guests were welcome heartfully, some of the guest addressed the gathering, two among the volunteers shared the camp experiences, camp report was given to the dignitaries on the dias and the program was a grand success with a vote of thanks at the end.

After the program, all volunteers had their lunch, packed their backpacks and left the campsite around 3:00 PM taking a lot of experiences, lessons, memories, knowledge, friendships along with them which the volunteers cherish for the rest of their life and reached the college premises around 6:00 PM. The Student Co-Ordinators took the report and all the volunteers dispersed.



Hind Swaraj – Reasons for learning

Hind Swaraj – Reasons for learning which was organized by NSS Unit & Gandhi study center of Seshadripuram College in association with Gandhi Smaraka Nidhi in the conference hall on 24th February 2022. The resource person for the programme was Dr. K. C. Shivareddy and Chief Guests were Sri N R Vishukumar, Smt. Indira Krishnappa and Sri M S Natraj. the resource person addressed the session about the reasons for learning about Hind Swaraj. Over 170 volunteers participated in this event. All the students learned about Gandhi thoughts and useful of reading the Book “Hind Swaraj”.

Date: 24/02/2022



Lecture on Life Skill to NSS Volunteers and Prize distribution



Seshadripuram college Gandhi Adyana Kendra and NSS Unit , Karnataka Gandhi Smaraka Nidhi & State NSS Cell , Youth Empowerment and Sports, Govt of Karnataka jointly organized Lecture session for NSS Volunteers and cash prize

distribution for Eassy writing on the topic “Gandhi and Us” in Conference hall in the college campus on 14.03.2022 at 11.00 a.m.

The program was inaugurated by Nadoja Dr. Wooday P Krishna Sir Honorary Secretary SET and President of GSN presided by Smt. Indira Krishnappa, Special lecture was given by the guest lecture G. Dayananda Kudur with Presence of Dr. Meera.H.N Principal and NSS Program officer Manjunath H and 77 Student volunteers. The program was organized to understand the Life skill about nss volunteers to socialise with the people in the community to respect to their parents.

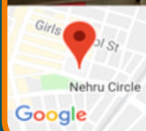
Temple Cleaning Activity



Temple cleaning was conducted on 6th March 2022 in Raghavendra Swami Mata, Rajajinagar, Bengaluru. It was the first temple cleaning activity on the occasion of Raghavendra Swami Jayanthi on 9th March 2022, with our senior NSS Volunteer Somashekar U. 8 volunteers took active participation in cleaning the temple.

Vaccination Drive

NSS unit of Seshadripuram college Organized a vaccination Drive for lecturers in Seshadripuram College campus, on 6th May 2022. As Known pandemic has changed our lives drastically wherein, getting vaccinated is mandatory. In Accordance to previous two does getting booster dose was necessary . So vaccination drive was organized. BBMP had made sure that ample vaccines were provided so that all the lecturers and staff gets booster dose. Our volunteers ensured that the programme conducted smoothly by following all covid protocols. Close to 100 lecturers got vaccinated.



Bengaluru, Karnataka, India
next to, Nehru Park, Nagappa St, 4th Block, Nehru Nagar,
Seshadripuram, Bengaluru, Karnataka 560020, India
Lat 12.988787°
Long 77.576299°
06/05/22 10:48 AM

State Level Training Programme



inaugurated by Sri Prathap Lingaiah, state NSS officer, Nadoja Dr Wooday P Krishna, Hon. General secretary seshadripuram educational trust. Dr Meera H N, Principal, Seshadripuram College. The programme was all about creating awareness among the young generation pertaining to cancer and its stages and also about early detection and prevention of the same. She even spoke about breast cancer, cervical cancer and so on..,

NSS unit of Seshadripuram College in association with State National Service Scheme unit & YENEOYA University organized a State level training programme for NSS Volunteers about Cancer on 20th May 2022 in Seshadripuram college Auditorium. The programme was

Dr. Ashwini S. Shetty gave us complete information on the same and asked us to create awareness among people around us. Stating Cancer is preventable. It was an informative programme all the volunteers gained information on Cancer.

Padma Bhushan Dr. N.S. Hardikar's 133rd Birth Anniversary Celebration

NSS unit of Seshadripuram College in association with NCC took part in the 133rd birth anniversary celebration of Padma Bhushan Dr. N. S. Hardikar in Seshadripuram College campus on 28th May 2022.

The programme was inaugurated by Nadoja Dr. N.Santosh Hegde, retired justice of Supreme Court, Karnataka state, Nadoja Dr. Wooday P. Krishna, Hon. General Secretary, Seshadripuram Education Trust, Dr. Meera H. N., Principal Seshadripuram College with other dignitaries

The programme started with rally from our college to Gandhi Bhavan in order to pay respect to Dr. N.S. Hardikar after which there was a programme organized in college auditorium. The active members of Bharathya Sevadala were honored with token of esteem. The chief guest addressed the session regarding to mankind. They

Date : 28/05/2022



even enlightened us to be more contributing towards National development and gave a thoughtful knowledge on importance of humanity

It was being informative session all the volunteers gained immense knowledge.

World Environment Day



On account of World Environment Day on 5th June 2022 we were provided a golden opportunity to meet the Honorable Governor of Karnataka Sri Thawarchand Gehlot to showcase the power of youth we were invited to Raj Bhavan we were greeted with great hospitality and respect honorable Governor in regards to World Environment Day.

We planted sapling in Raj Bhavan. Our volunteers were interacted and instructed by



Governor to plant Saplings and to protect our environment for the future generations. Later we had a photo session which our volunteers would preserve this as a memory for lifetime then we were allowed to view in and around rajbhavan which was indeed a great opportunity to meet the Honorable Governor of Karnataka. everyone would not get this opportunity our volunteers learnt many things.

National Level Workshop on "Only One Earth" On the occasion of the World Environment Day

NSS unit of Seshadripuram College, Eco Mitra in Association with State NSS Cell, Dept. of Youth Empowerment and Sports, Govt of Karnataka, UNDP & Bengaluru City University, celebrated World Environment Day on 6th and 7th of June 2022 in Seshadripuram College Conference Hall.

The two day National level workshop "ONLY ONE EARTH" on Environment Day was inaugurated by Dr. Shalini Rajneesh, IAS, Additional Chief Secretary, Department of Youth Empowerment and Sports, Government of Karnataka, Nadoja Dr. Wooday P Krishna, Hon. General Secretary Seshadripuram Educational Trust, Sri Pratap Lingaiah, State NSS officer, Government of Karnataka. Sri Raju Chandrashekar, Member of Youth Red Cross and Professor Veena R., Convener of Eco Mitra were present.



The programme started with invocation followed by lighting the Lamp. Dr. Meera H.N, Principal, introduced the dignitaries and Welcomed the gathering.

Dr. Shalini Rajneesh, gave us a wonderful insight on the concept of Action speaks louder

than words. She addressed that, there is only one earth and there is no room for second mistake. Instead of having monologue, she interacted with students and expected innovative and expressive ideas from them. After her insightful speech, Hon. Gen. Secretary Nadoja. Dr. Wooday P. Krishna instructed everyone to take Pledge on conversing environment and highlighted few points of frugal and living which would automatically promote environment friendly and sustainability. Professor. Veena, Convener Eco- Mitra who proposed the vote of thanks and the program ended with National Anthem.

The inauguration was witnessed by all Teaching and Students of NSS and Eco Mitra. The program consisted of 3 sessions The 1st session was “Global Village and Conservation” Dr. Siddappa Setty R Senior Fellow (Associate Professor) Centre Convener at Centre for Environment and Development in ATREE. He addressed the session about the population explosion, deforestation and increase in the number of metropolitan cities and vehicles was his concern over global warming, drought, heavy rains and showed us a bio-diversity map and spoke on how the world is connected.

The 2nd session was on” Ecological Preservation and its Efforts” Christian Friedrich Pohl, Vice Chairman of the India Africa Trade Council, spoke that the fate of the planet is in the hands of youngsters so it is crucial for them to learn how to use resources wisely and do their best in the battle against climate change from an early age. The results of this difficult test could be better and more sustainable

The 3rd session was on” Only One Earth” Kumaraswamy, Chief environment officer. He briefed on solar system and how Earth is connected to that and also gave rare insights on Big Bang theory and how to control the depletion of Ozone layer. It was an informative session and all the students gained immense knowledge on conservation of environment.

Day – 2

As a part of Environmental Day NSS Unit of Seshadripuram College and various other institutions students visited Gandhi Krishi Vigyana Kendra (GKVK) campus on 7th June 2022.

The field visit to GKVK was a segment of two-day National Level Workshop on only One Earth. Volunteers with great enthusiasm started the journey and reached the GKVK Campus.

Starting with we were directed to Botanical Garden where in Sringeshwar professor of GKVK gave us detailed knowledge on rare species (plantation), weather conditions and showed different kind of trees namely Die Tree, Ailanthus Excels, (which is used to make match box sticks). Bottle brush tree, Sandalwood tree and so on.

At the later part we were allowed to witness the seed ball plantation. they even permitted our volunteers to prepare seed balls.

Dr. Mayur Professor Environmentalist. Department of Agriculture and Environment addressed the session and gave information of various species namely Ficus Species, Ramp Species and so on He even spoke on Agro Forestation, Weather Forecasting Indigenous Species, Exotic Species and we also had a group discussion session wherein students participated diligently by the end we had a question and answer session.

After the session he guided us to visit Bioenergy research and quality assurance laboratory and nursery wherein he gave detailed information Wedeling, Seedling, Sapling. He even showed the progress of saplings planted by his own students. We then visited a factory where extraction of Biofuel takes place.

It was indeed a great experience for all the volunteers to gain immense knowledge being a commerce background student to know our own earth.

On Account of World Blood donor Day 2022

Youth Red Cross-NSS-NCC units in association with Karnataka Voluntary Blood Donor's Association and ESS ARR foundation organized a Blood drive.

The programme was inaugurated by Dr. Anjanappa. T. M, professor of Surgery, Surgical Gastroenterologist. Dr. D. Jayaraju, Deputy director (Blood safety and STI), Karnataka Aids Prevention Society GOK. Sri Raju Chandrasekhar, President, Karnataka Voluntary Blood Donor's Association with Dr Wooday P. Krishna, Hon. General secretary SET. Dr. Meera H.N., Principal Seshadripuram college and other dignitaries. The chief guests addressed the session on the importance of donating Blood as Donating Blood is an Act of Solidarity. Salutation



to Voluntary Blood donors was the motive behind observing World donor Day. Students, staffs and volunteers came up in large numbers to donate Blood in regards to it. Our volunteers had satisfaction of serving the Society.

On account of World Yoga Day on 21st June 2022

There was a workshop conducted for a period of 7 days from 14th June 2022 to 21st June 2022 which included various programmes as per Bengaluru City University guidelines. The art of practicing yoga helps in controlling an individual's mind, body and soul.

Day-01

NSS volunteers of Seshadripuram College with great enthusiasm participated in the workshop. The first day of the Workshop was on 14th June 2022. The programme schedule for the day was

Common yoga protocol practice. As the name suggests the session was regarding basics of yoga wherein, everyone can take part. Starting with breathing exercises, warm up exercises and Surya namaskar all the volunteers were instructed to start gently from the day one.

Day-02

The second day of the Workshop was on 15th June 2022. The programme schedule for the day was Yoga break (Y-Break) practice. Y-Break is a yoga protocol, especially designed for working



professionals to de-stress, refresh and re-focus to increase the productivity. It consists of Asanas, Pranayam and Dhyana. Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. Our volunteers passionately participated. To reap the benefits of yoga.

Day-03

The third day of the Workshop was on 16th June 2022. The programme schedule for the day was Lectures on yoga by experts. The sessions were held online due to CET Exams. We always need an expert to guide us. In regards to that we had an informative session on yoga, lifestyle and its importance. People now a days are so busy that they forget to take care of themselves. The session was all about self-care, changes in lifestyle and so on. The experts instructed us to take up yoga as daily routine. Our volunteers actively took part in the session.

Day-04

The fourth day of the Workshop was on 17th June 2022. The session was conducted online due to CET Exams. The schedule for the day was Yoga workshops. Pertaining to online sessions the volunteers were taught few yoga asanas. Yoga improves strength, balance and flexibility, It reduces the risk of heart diseases and so on. It has many benefits if practiced on daily basis. Our volunteers participated with enthusiasm.

Day-05

The fifth day of the Workshop was on 18th June 2022. The programme schedule for the day

was Yoga demonstrations. As per the schedule the training was given to the volunteers. They were asked to perform as well. The benefits of regular practice of Yoga are improved sleep, Increased flexibility, improved digestion, Energy regulation, increases blood flow etc. Yoga must be a part of modern lifestyle to attain balance in work, health and personal life. Our volunteers participated actively in order to enjoy the benefits of yoga.

Day-06

The sixth day of the Workshop was on 20th June 2022. The programme schedule for the day was Yoga related competitions. Competitions were held for the volunteers. All the volunteers were asked to take part actively. A set of Asanas were asked to be performed they are as follows

1. VRKSHASANA
2. PADA-HASTASANA
3. ARDHA CAKRASANA
4. VIRABADRASANA I
5. VIRABADRASANA III
6. VAJRASANA
7. SASANKASANA
8. BHADRASANA
9. BHUJANGASANA
10. SALABHASANA

Yoga instructors were having tough task in choosing the best. Our volunteers took part actively.

International Yoga Day Celebration

NSS unit of Seshadripuram College actively participated and performed yogasana on account of International Yoga Day on 21st June 2022. Seshadripuram College in association with Seshadripuram PU college (Main) organized this programme.

The chief guests of the programme were Dr. Upendra T. Yoga bhushana - Awardee and Yoga instructor. Sri Inder Kumar Solanki, Founder of VIJM Dance and Yoga Academy, Yoga Instructor. Prof Manjunath.R.V principal Seshadripuram PU college (main). Dr. Meera HN, Principal Seshadripuram College.

The word Yoga actually means union. It is a practice that connects the body, mind and spirit through different body postures, meditation and controlled breathing. Yoga is spiritual practices or disciplines which originated in ancient India. Yoga plays a vital role on our health if practiced regularly. In accordance to International Yoga Day the chief guests guided us and asked us to

perform yogasana. It started with breathing exercises, warm up exercises and Surya namaskar followed by many other techniques to lead a healthy Lifestyle. In this Busy World people should understand that Health is wealth and focus self-care. By the end of the programme prizes were distributed to the winners who participated in Yoga competitions. Our volunteers had great experience through Yoga workshop. And especially last day was a complete fruitful day. This Workshop will definitely help our volunteers to kickstart their healthy lifestyle.



Seed Baal Making (10000 Plus Seed Balls)

NSS Unit of the college and Janmamitra Trust, Anjanadri Foundation jointly organised the Seed Ball Making program on 16 July 2022, All our Volunteers and Jindal Government School Children actively participated and making more than 10000 seed balls.



3 Days Ghati Subramanya Camp



3 Days Swachata Camp was conducted in Ghati Subramanya, Doddaballapura, all three days different activities was organised for NSS Volunteers, 1st Day was cleaning activity in Ghati Subramanya Temple premises and 2nd day All volunteers actively participated and planted more than 350 saplings in Sai Ashrama in Doddaballapura, and last day all volunteers visited Rastottana Ghoshal were 650 different cows are there in 110 acres of campus.





NSS Volunteers are Actively Participated in the following events Organized by State Government and other Boards

1. Worlds Senior citizen Day
2. Exhibition on Gandhi Jayanthi
3. Workshops on “ಉದ್ಯಮಿಯಾಗು, ಉದ್ಯೋಗ ನೀಡು”
4. Clean India Campaign at Bengaluru Palace
5. State level 12th Kannada Literation Culture Conference-2021
6. Drug Awareness Programme
7. Book Release Event
8. Swacha Bengaluru Campaign
9. National Seminar on Swami Vivekanada and India Freedom Movement 75th Azadi ka Amrit Mahostav



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SESHADRIPURAM COLLEGE

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