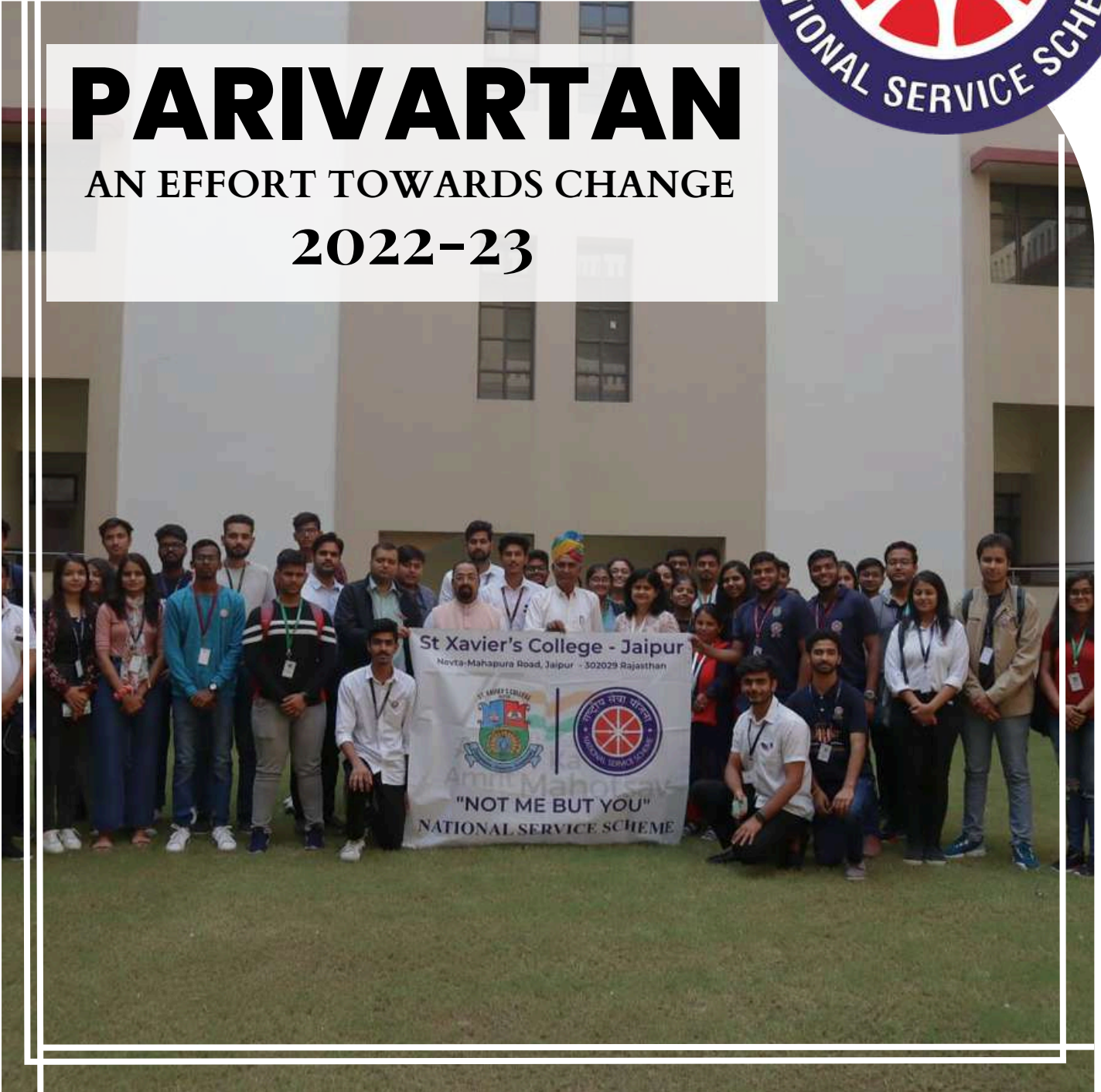


PARIVARTAN

AN EFFORT TOWARDS CHANGE

2022-23



ST. XAVIER'S COLLEGE JAIPUR

AFFILIATED TO UNIVERSITY OF RAJASTHAN

APPROVED UNDER SECTION 2(f) AND 12 (B) OF UGC ACT,

A CHRISTIAN MINORITY EDUCATIONAL INSTITUTE UNDER SECTION 2(G) OF NCMEI ACT ,2004

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FROM THE MANAGEMENT'S DESK

Striving for a vibrant and dynamic academic atmosphere is a healthy and holistic exercise. The National Service Scheme of St. Xavier's College Jaipur calls for the integration of students in the qualitative process of the college. It necessitates an innovative ecosystem to hone the skills of students in diverse programs to mould them to become notable change-makers in society. The aim is to make learning an enriching, fulfilling, and enjoyable experience through a multidisciplinary approach, and the focus should be on not only what is taught but also the way it is taught. The NSS unit makes this possible in every way with their hard work and dedication. I congratulate them for all the good services and wish them all the best for their success in future efforts.



REV FR DR AROKYA SWAMY SJ
MANAGER
(ST XAVIER'S COLLEGE-JAIPUR)



I am glad that NSS is coming out with its achievement in the form of Parivartan. I wish and congratulate them for this mammoth task filled with compassion & kindness towards people in need and the downtrodden.

The acts of being a good Samaritan in a world riddled with conflict and hate is of utmost importance for St Xavier's College, a Jesuit institution, which believes in creating men and women for others. May the almighty bless all involved in such activities and their generosity. Wishing you all the best.

REV FR DR S XAVIER SJ
PRINCIPAL
(ST XAVIER'S COLLEGE-JAIPUR)

I am very happy that St. Xavier's College is bringing out an exclusive newsletter of the NSS called "PARIVARTAN", an effort towards bringing out change in society. 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 the NSS unit is to instil the idea of social service and responsibility in students. The NSS volunteers of St. Xavier's College have done exemplary work throughout the year; I congratulate the Programme Officer, Dr Pradeep Soni and all the volunteers for living up to the proud reputation of the Unit.

REV FR DR RAYMOND CHERUBIN SJ
VICE-PRINCIPAL
(ST XAVIER'S COLLEGE-JAIPUR)



MESSAGE FROM NSS OFFICIALS

In this eventful year, the NSS unit of St. Xavier's College Jaipur has tried its best to live up to the highest ideals of the NSS and its motto, "NOT ME BUT YOU", with its many activities; the unit has helped the enthusiastic volunteers to develop a deep sense of social and civic responsibility, practice national integration and social harmony. From the beginning till now, the NSS unit of the college has been striving to achieve the main objective of providing opportunities for students to understand the community and to apply their education to finding practical solutions to the problems faced by individuals. The NSS unit's release of the NSS newsletter "PARIVARTAN" serves as a treatment for the college's core values: Competence, Character and Compassion. It showcases the character-building approach that the college has adopted.



SHRI SP BHATNAGAR
REGIONAL DIRECTOR NSS, RAJASTHAN



The NSS newsletter "PARIVARTAN", released by the NSS unit of St. Xavier's College, Jaipur, looks at the outlook of the college towards society. The various activities and initiatives taken by the unit during the academic year 2022-23 presented in the newsletter serve as a vision and motivation to the students as a part of society. The college was honoured with the guidance of Shri Surendra Singh, an NSS Official who said, "...the greatest satisfaction is certainly brought through the gratitude expressed by the community. Seeing the immense change you have made for the public is another reward of social service, as you are the one people turn to for help and support. I am certain in the success and development of the quality of public education for our coming years."

SHRI SURENDRA SINGH
STATE COORDINATOR NSS, RAJASTHAN
STATE LIAISON OFFICER



ABOUT NATIONAL SERVICE SCHEME

**NOT ME
BUT YOU**

The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. It provides opportunities to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institutions, Graduate & Post Graduate at an institutional level, to participate in various government-led community service activities and programmes.

ABOUT THE INSTITUTION



St. Xavier's College, Jaipur, is a Jesuit college in Jaipur, Rajasthan, India. Established in 2010, it is a co-educational self-financed Catholic minority institution affiliated with the University of Rajasthan.

Like other Jesuit educational institutions, St. Xavier's College, Jaipur, aims to train young men and women who will grow up as creative leaders and responsible citizens committed to the service of the people. The motto on the college crest: Competence, Character and Compassion, encodes the core values sought by the college, and challenges every student who passes through the portals of St. Xavier's College to realize in one's own life, the high ideals of the college, acquiring personal integrity and excellence in everything one does.

A MESSAGE FROM PROGRAMME OFFICER



Dear NSS Volunteers and Members,
Greetings!

As the Program Officer of our esteemed NSS unit, I am delighted to address you all through this annual newsletter PARIVARTAN. It gives me immense pleasure to reflect upon the incredible journey we have embarked on over the past year and the remarkable accomplishments we have achieved together. Our NSS unit has always been driven by the noble aim of fostering social responsibility and instilling a sense of community service among our college students. This year has been no exception as we continued to make a significant impact through our dedicated efforts and unwavering commitment. Throughout the year, we organized numerous events, campaigns, and initiatives that aimed to address various social issues and bring about positive change. Our volunteers actively participated in community development programs, health camps, cleanliness drives, and educational initiatives, among many others. It is through these endeavors that we have been able to touch the lives of countless individuals and make a tangible difference in our society. I would like to express my heartfelt gratitude to each and every member of our NSS unit for their invaluable contributions. Your enthusiasm, dedication, and passion have been the driving force behind our success. I am immensely proud of the unity and teamwork displayed by our volunteers, who worked tirelessly to bring our initiatives to fruition. I also extend my deepest appreciation to our college management, faculty, and staff for their continuous support and guidance. Their unwavering encouragement and belief in our endeavors have been instrumental in shaping our unit's growth and success. In addition, I would like to express my gratitude to the local communities, NGOs, and government agencies that have collaborated with us on various events. The collective effort and collaboration have been crucial in expanding the impact of our initiatives and reaching a wider audience. Looking ahead, let us strive to build upon the achievements of the past year and further enhance our impact in the community. Together, we can continue to be agents of positive change and bring about a transformation that will resonate for years to come. I encourage each one of you to stay engaged, enthusiastic, and proactive in the upcoming year. Let us embrace the spirit of service and work towards building a compassionate, inclusive, and sustainable society. Once again, I extend my warmest appreciation to all the volunteers and members of our NSS unit, and I wish you all the best for the future endeavors. Let us march forward, united in our commitment to making a difference.

Yours sincerely,

DR PRADEEP SONI
PROGRAMME OFFICER

A MESSAGE FROM TEACHER COORDINATORS

**"The illiterate of the future will not be the person who cannot read.
It will be the person who does not know how to learn."**

– Alvin Toffler



Everyday digital media becomes more important as a means of receiving, producing, sharing and broadcasting information. There is no doubt that digital publications have always been a great option that provides a whole new world for magazine design. It gives me immense pleasure to note that the team of National Service Scheme has made it possible to bring up our own newsletter which will work as a motivation for the upcoming batches to give their all to community service. I congratulate all the contributors and editorial group for their sincere effort in bringing out the newsletter. This is a platform for you to reflect your vibrant talents in a creative way.

**— DR SHIV PRATAP CHOUDHARY
TEACHER COORDINATOR**

Dear readers,

Greetings to all of you! It gives me great pleasure to address you through the pages of our newsletter. As we come together as a community committed to service and social change, this platform serves as a vital communication channel to share our experiences, achievements, and aspirations.

The National Service Scheme embodies the spirit of volunteerism and empowers us to make a positive difference in society. Through our collective efforts, we strive to address pressing challenges, uplift marginalized communities, and promote sustainable development.

In this newsletter, we aim to capture the essence of our diverse initiatives, projects, and events. We celebrate the impact we have made, highlighting the stories of individuals whose lives have been touched by our service.

For our NSS volunteers; thank you for your unwavering dedication to the values of the National Service Scheme. Let us continue to ignite positive change and shape a brighter future for all.



**— MR ROHAN THOMAS CHERIAN
TEACHER COORDINATOR**

EVENTS 2022 -23

JULY PLANTATION DRIVE

"Nature is the Art of God."

NSS in collaboration with the Eco Club of St. Xavier's College, Jaipur organised a two-day tree plantation drive on 7th and 8th July 2022 during the Van Mahotsav Week in the college premises. Van Mahotsav is a week-long tree plantation festival that helps shed light on the importance and preservation of forests and encourages plantation. The volunteers, under the guidance of Dr Pradeep Soni, Programme Officer, planted many saplings in the college campus and promoted awareness about nature and plantation.



HAR GHAR TIRANGA

On the auspicious occasion of Independence Day, National Service Scheme hosted an event on 15th August, 2022. The event began with hoisting the flag by Rev Fr Dr A Rex Angelo SJ, Principal and the singing of the National Anthem. A group of school students from the nearby adopted village gave a heart-warming patriotic performance giving a sense of what love for our Nation truly means. The event was concluded by distribution of the Indian National Flag to all the Faculty Members and Students.



NSS ORIENTATION DAY

The National Service Scheme at St. Xavier's College Jaipur held an orientation programme on September 24, 2022, and NSS Day was observed for freshmen enrolling in the session of 2022–2023. These activities served to enlighten pupils accurately about the National Service Scheme and to inculcate in them an understanding of social welfare. Everyone gained valuable knowledge about the need for social services, and discovered the true significance of the NSS motto, **“NOT ME BUT YOU.”**



GANDHI JAYANTI

St. Xavier College successfully celebrated the 153rd birth anniversary of Mahatma Gandhi, Gandhi Jayanti, on 2nd October. The event was filled with great enthusiasm and reverence as we paid tribute to the great soul and promoted his message of peace, harmony, and non-violence. The day began with a flag hoisting ceremony, followed by a Gandhi Jayanti Walk honouring the Father of the Nation and his values of non-violence, peace, and unity. An essay and painting competition also allowed students to showcase their creativity and knowledge of Mahatma Gandhi. A cleanliness drive was organized in the city to promote cleanliness, aligning with Gandhi's teachings. We thank everyone who participated and helped us spread the message of peace, love, and non-violence.



STATE DISASTER RESPONSE FORCE

The NSS (National Service Scheme) of St. Xavier's College, Jaipur in collaboration with the SDRF (State Disaster Response Force) organized an event on 'Disaster Management' on 18th October 2022 from 10:30 am to 12:30 pm. The chief guest of the event, Raj Kumar Gupta, IPS (2011 batch), working as commandant, SDRF Rajasthan. The SDRF (State Disaster Response Force) team showed ways to encounter situations like giving CPR to people in need, first aid during an accident, actions to be taken while choking of throat by foreign particles, methods of extinguishing domestic fire cylinder fire, and precautions to be followed during flood using domestic resources.



RUN FOR UNITY

The Run for Unity is an event that celebrates the life and legacy of Sardar Patel and his vision of a united India. The Run for Unity is a beautiful opportunity to learn about India's rich cultural heritage and promote harmony among people of different backgrounds. It is celebrated on 31st October 2022. The event emphasized the importance of national integration and inspired young people to work towards a better, more united India. Let us continue to run together and work towards creating a better future for our nation that embodies the values of unity, peace, and prosperity.



CANCER AWARENESS

"Join the Fight, Spread the Light : Cancer Awareness Matters"

The National Service Scheme of St Xavier's College, Jaipur, organised a Cancer Awareness Prevention and Healthy Lifestyle Workshop in association with Sanjeevani on 9 November 2022. The event was graced by the esteemed chief guest Dr Surendra Singh Yadav, NSSS Coordinator, Rajasthan. The guest lecturer was Ms Archita Verma, Programme Coordinator, Sanjeevani – Life Beyond Cancer. The event helped educate and impart basic and essential knowledge for a healthy lifestyle, nutrition and cancer awareness among the volunteers.



WORLD AIDS DAY

"Ending AIDS Starts with You: Raise Awareness Take Action."

On World AIDS Day, on 1st December 2022, the NSS (National Service Scheme), in collaboration with the Red Ribbon Club of St. Xavier's College, Jaipur, organized an event by grabbing the opportunity to educate students about AIDS. "A life without health is like a river without water" became the day's quote. Dr Nithin Verma, The State Medical Manager in SAATHI, Rajasthan, graced the event as the chief guest.



"Freedom of mind is the real freedom."

The National Service Scheme unit of St. Xavier's College Jaipur celebrated Republic Day on 26 January 2023. The event started with Flag Hoisting by Rev Fr Dr A Rex Angelo SJ, Principal; Rev Fr Dr Raymond Cherubin SJ, Vice Principal; Rev Fr Dr Arokya Swamy SJ, Manager and Dr Pradeep Soni, Programme Officer. The event's glory was a Patriotic dance and music performance by students and NSS volunteers and a speech on Republic Day's Theme- 'Participation of Common People' by NSS Volunteer Khyati Kapoor. The performances by NSS Volunteers raised a feeling of deep commitment to our nation in the hearts of all the attendees.



SEVEN DAYS SPECIAL CAMP

The NSS unit of St. Xavier's College, Jaipur organised a seven-day camp from 9 - 15 February 2022. The theme for the same was "Youth for National Integration and Harmony". The camp aimed to instill a sense of community service and social responsibility among volunteers.

DAY 1 (9.02.2023) - The Camp officially began with the Opening Ceremony followed by a Tree Plantation Drive and the Installation of Bird Feeders by the Volunteers.

DAY 2 (10.02.2023) - Distinguished Doctors from the Oncology Department of SMS Medical Hospital conducted an Informative Session on "Healthy Lifestyle and Cancer Awareness". A free Cancer Screening Camp for adults was also conducted.

DAY 3 (11.02.2023) - A Hiking Camp, in collaboration with 'Hunter's Hikers' was organised at Sagar Lake, Jaipur from 6:30 AM to 10:30 AM. 51 students and 2 faculty members participated in the hike and various activities were conducted during the hike.

DAY 4 (12.02.2023) - Several online competitions such as Poetry Writing and Quizzes on the theme "National Integration and Harmony" were held. The events saw active participation from the Volunteers.

DAY 5 (13.02.2023) - In Remembrance of NSS volunteer, Piyush Baid, a Donation Drive towards Apna Ghar Ashram, Jamdoli was organised. The volunteers visited the Ashram and interacted with the residents and cheered them up.

DAY 6 (14.02.2023) - The 3rd edition of 'Swasthya Per Charcha' was held in the Conference room. Doctors from Mahatma Gandhi Medical College were on the panel moderated by Dr. V K Kapoor. They discussed various issues such as drinking and smoking among the youth.

DAY 7 (15.02.2023) - For the Closing of the 7 Days Special Camp, NSS, in collaboration with the Red Ribbon Club organised a Blood Donation Drive.



NATIONAL INTEGRATION CAMP

A national integration camp was organised by the National Service Scheme (NSS) and the Ministry of Youth and Sports on 25th February 2023 till 3rd March 2023 at Mahatma Jyotiba Phule Rohilkhand University in Bareilly. The college participated on behalf of Team Rajasthan.

1. Workshops and Seminars: We had several workshops and seminars on various topics such as Cultural Diversity, G20 and Y20 etc. The workshops were facilitated by experts in the respective fields, and they provided us with valuable insights on how to promote national unity and integration.

2. Group Discussions: We were divided into groups and had daily discussions on various topics related to national unity and integration. The group discussions were interactive and allowed us to learn from one another's experiences.

3. Intellectual Sessions: We used to have an intellectual session every day. Many eminent speakers came and expressed their opinions on the topic and developments in their respective fields. Some prominent speakers were Mr Vimal Kumar sir (education department MJPRU), Ms Annu Mahajan (Avanti Bai College, MJPRU), Ms Jyoti Pandey (cultural Department, MJPRU). We also had Swami Vivekanand Acharya and Ms. Archana with us, two of the biggest public speakers in the country.

4. Cultural Performances: We had cultural performances from different parts of the country. The performances showcased the rich cultural diversity of our nation and allowed us to appreciate and celebrate our differences.

5. Yoga and Exercise sessions: Every morning, we used to wake up at 5. We had yoga and exercise sessions every single day which really helped us in being so energetic and healthy during those 7 days.

6. Outing: We with our teams, POs and with the regional director, Mr. Ashok Shroti sir and camp head, Mr. Rahul Parihar went to Railway Engine Mill, Bareilly. It was such an amazing learning experience. We also went to a museum and then ended the outing by visiting a temple.



WORLD NO TOBACCO DAY

National Service Scheme of St. Xavier's College, Jaipur on the occasion of World No Tobacco Day organised an online event on 31st May, 2023. The event was graced by the presence of Vice Principal Rev Fr Dr Raymond Cherubin SJ who made all the NSS Volunteers and attendees of the event take a pledge to abstain from the use of tobacco. NSS Volunteer Mohit Yadav with his leadership skills brought the whole team together and mentored them to accomplish heights. The event was made a success under the guidance of Dr Pradeep Soni, Programme Officer, and the hard work and zeal of all the NSS Volunteers.



WORLD ENVIRONMENT DAY

National Service Scheme of St. Xavier's College Jaipur, on 5th June 2023, celebrated World Environment Day with utmost enthusiasm. The NSS Volunteers discussed this year's theme of World Environment Day – Solutions to Plastic Pollution. The NSS Volunteers, Students and Staff took part in Tree Plantation, installing bird feeders and installation of biodegradable and non-biodegradable dustbins in the Campus. The event was graced by the presence of Principal, Rev Fr Dr S Xavier, SJ. The event and the activities done to preserve the environment were a huge success under the supervision and guidance of Dr Pradeep Soni, Programme Officer.



ALUMNI TALK

NSS taught me that kindness can be found wherever there are humans. Initially joining for a certificate, I soon connected with NSS's meaning and became passionate. NSS changed my life, teaching discipline, teamwork, and punctuality. From a volunteer to coordinator, I led a dedicated team, organizing drives, workshops, and campaigns. These experiences made me a different person, understanding our social existence. These enriching memories will forever stay in my heart, setting me apart from the crowd.

GURLEEN KAUR

EX-STUDENT COORDINATOR (2020-21)



Gandhi said, "lose yourself in the service of others" and I found myself through the National Service Scheme at St. Xavier's College-Jaipur. Three years of growth from NSS volunteer to coordinator shaped me as a person. Grateful for Dr. Pradeep Son's mentorship and the hardworking team. From drives, camps, seminars to motivating students, it was a learning experience. NSS defined my college identity, leading to Vice President of Xavier's Student Council. Remember, "Not me but you" can make a difference and create a better world.

KRITIKA SHARMA

EX-STUDENT COORDINATOR (2021-22)

MESSAGE BY STUDENT COORDINATORS



“NOT ME BUT YOU”. The motto of NSS emphasises the need to work for not only oneself but for others as well. NSS has not only provided us, but all its volunteers and participants a chance to be an active member of the society. NSS has provided me with the opportunity to learn social responsibilities, compassion and how even the smallest of changes make big differences. It has taught me a true sense of unity and solace. As Gandhiji rightly said, "the best way to find yourself is to lose yourself in the service of others", this journey of giving service and bringing about change sure has been one of intellectual and spiritual growth for me.

MOHIT YADAV
STUDENT COORDINATOR

Being part of the NSS has allowed me to grow as an individual, enhancing my leadership abilities and strengthening my commitment to social responsibility. It has provided me with countless opportunities to learn, connect with like-minded individuals, and create lasting friendships based on shared values. The joy and satisfaction that arise from seeing the smiles on the faces of those we have helped are beyond words. Together, we can create a brighter future. Get involved, be the change!

VIDUSHI SHARMA
STUDENT COORDINATOR



OUR ACHIEVEMENTS

Best Volunteers (2022-23)



VOLUNTEER DIVYA SHARMA & VOLUNTEER KUMARI SAYA

National Youth Excellence Award 2023



**VOLUNTEER
MOHIT YADAV**

State Award 2020-21 Programme Officer



DR PRADEEP SONI

National Integration Camp, Bareilly (2023)



**NSS VOLUNTEERS
REPRESENTING 'RAJASTHAN' IN
NIC CAMP, BAREILLY WON A
SILVER MEDAL IN GROUP DANCE
AND SPEECH COMPETITION AND
A CONSOLATION PRIZE IN
PARICHARCHA (EXTEMPORE).**

CORE TEAM 2022-23



Mohit Yadav



Vidushi Sharma



Piyush Baid



Akshat Chaturvedi



Khyati Kapoor



Nisha Chandwani



Chetanya Maheshwari



Arpit Mahalaha



Abhay Bihani



Nikhil Babani



Aarushei Mathur



Shivani Jaiswal



Harsh Choudhary



Lakshay Lakhota



Nisha Kumari



Devashish Bajaj



Priyanshu Bumb



Priya Dokwal



Pooja Saini



Shreya Garg



Devangana Yadav



Lakshay Mittal



Shobita Agarwal



Pari Surana



Dhruv Gera



Mohammad Kaif



Kartik Jain



Aakash Tyagi



Aman Kumawat

EDITOR'S NOTE

Dear Readers,

We proudly present the second publication of "Parivartan- An Effort Towards Change", the annual newsletter of the National Service Scheme, St Xavier's College, Jaipur, showcasing this years' service, goals and achievements accomplished by our efficient volunteers who follow the motto- "Not Me But You".

As you flip through the pages of this newsletter, you will be able to learn and understand the core and soul of the National Service Scheme and how the NSS unit of St. Xavier's College Jaipur stands for character, competence and compassion through our community service.

We hope you take the time to read what the contents of the newsletter have to offer and how it serves as a motivation for the coming students to put others before themselves. There is so much to read, so much to ponder, and so much more to know because as its always said, we are truly, after all, still learning.

We proudly present the hardworking team of NSS Volunteers who worked day and night to provide you with this Newsletter- **Mohit Yadav, Khyati Kapoor, Akshat Chaturvedi, Devashish Bajaj, Vanshika Sharma, Samar Singh Rathore and Jhanvi Lakhwani.**



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PARIVARTAN

