

St. Xavier's College Jaipur National Service Scheme Annual Report 2024-25

1. About National Service Scheme -

The NSS at St. Xavier's College is a hub of community service, driven by two vibrant units that epitomize the NSS motto, "Not Me, But You." As a registered Knowledge Institution on the My Bharat Portal, our college demonstrates an unwavering commitment to impactful social initiatives. In recognition of the outstanding contributions through the National Service Scheme, our college was honoured with the prestigious NSS State Award in the Institution category, reflecting our unwavering commitment to community service and nation-building.

Our numerous accolades include the NSS President Award for our NSS Director, Dr. Ritu Mehra, who has also received the NSS State Award and Dr. Pradeep Soni, an NSS State Awardee, our college has reached national milestones. Dr. Ritu Mehra's position as member in the NSS State Advisory Committee (2024-25) further underscores our prominence in NSS. Guided, motivated and supported by our Principal Dr (Fr.) Arokya Swamy SJ, the NSS officers Dr. Ritu Mehra and Mr. Rohan Thomas Cherian along with our volunteers bring passion and dedication to every initiative. From participating in national camps like the Pre-Republic Day Camp, Independence Day Celebration Camp, Adventure Camp, National Integration Camp, their contributions shine at every level.

2. Member Details:

- NSS Director - Dr Ritu Mehra
- NSS Programme Officer - Mr Rohan Thomas Cherian

3. Objectives:

- To develop the personality and character of students through participation in community service.
- To create socially responsible, aware, and active citizens.
- NSS attempts to establish meaningful linkages between 'Campus and Community', 'College and Village' and 'Knowledge and Action'.

4. Details of the Activities Organized:

a. Kargil Diwas

The National Service Scheme (NSS) unit of St. Xavier's College Jaipur, embarked on an educational visit to the Kargil Vijay Diwas Exhibition held at Jawahar Kala Kendra on July 28th, 2024. The exhibition, organized by the Commissionerate of Collegiate Education, Rajasthan, commemorated the 25th anniversary of the Kargil War. This extension activity, overseen by Dr. Ritu Mehra (Programme Officer) alongside eight dedicated NSS volunteers, falls under **NAAC Criterion III: Research, Innovations and Extension**, specifically **Metric 3.4.3 – Number of extension and outreach programmes conducted.**

The Office of the Commissioner for Collegiate Education, Rajasthan (Regional Office, Jaipur), under the direction of the Ministry of Information & Broadcasting's Central Bureau of Educational and Vocational Guidance, had organised a three-day "Kargil Vijay Diwas" exhibition from **26 to 28 July 2024** at the **Jawahar Kala Kendra, Jaipur**. This event was arranged for **NSS and NCC students** of all government and private colleges in Jaipur city, with student volunteers called upon to assist each day from **10:00 AM to 5:00 PM**.

The exhibition featured a thoughtfully curated flex display of war memorabilia, including photographs capturing key moments of Operation Vijay, replica equipment, and uniforms mounted on large flex panels to accurately represent the gear used by soldiers in high-altitude combat. Information panels detailed strategic operations, personal anecdotes of valor, and the broader significance of the conflict in shaping national defense policy.

Feedback from students and faculty indicated that the use of flex panels enhanced visibility and engagement, allowing visitors to absorb historical context while reflecting on the human stories behind each artifact. The initiative succeeded in fostering a deeper understanding of the Kargil War's challenges and achievements, strengthening patriotic sentiments and promoting community involvement.

By integrating educational outreach with commemorative recognition, the exhibition not only paid tribute to our war heroes but also reinforced the college's commitment to extension activities under **NAAC Criterion III – Extension Activities**.



b. Ek Ped Ma Ke Naam

On 7 August 2024, the NSS Unit of St. Xavier’s College Jaipur, under the leadership of Dr. Ritu Mehra and Mr. Rohan Thomas Cherian (Programme Officers), successfully organized the plantation drive “Ek Ped Ma Ke Naam” as part of the Chief Minister’s Plantation Mega Campaign, which aims to plant 10 crore saplings across Rajasthan. Aligning with **NAAC Criterion III: Research, Innovations and Extension, Metric 3.4.3 – Number of environment-related extension activities**, our volunteers contributed by planting approximately 100 saplings in the Loyola Garden premises. Around 26 NSS volunteers and college students along with the management and faculty came together to plant saplings in the campus. The event not only enhanced campus aesthetics but also provided a hands-on learning experience, instilling environmental responsibility and awareness of climate-change mitigation among students. Further underscoring the drive’s prominence, IAS officer Dr. Samit Sharma (PHED & Ground Water Department) joined on 10 August 2024 to plant an inaugural sapling, symbolizing institutional and governmental partnership in environmental sustainability. This initiative reinforced our college’s commitment to green cover expansion and community engagement under a statewide mission to nurture nature for future generations.



c. Har Ghar Tiranga

The Office of the Commissioner for Collegiate Education, Rajasthan, Jaipur, spearheaded the “Har Ghar Tiranga” campaign from 13–15 August 2024 to commemorate Azadi Ka Amrit Mahotsav and encourage national participation. Acting on directives from the Ministry of Home

Affairs, the Regional Office called upon all government and private colleges in Rajasthan to mobilize faculty, staff, and students for the event. NSS volunteers of St. Xavier's College Jaipur, along with their Program Officer, Dr. Ritu Mehra, participated in the *Tiranga Marathon* held on 13th August 2024. The marathon commenced at 6:00 AM from Albert Hall, Jaipur, and covered a distance of 21 kilometers. The event saw enthusiastic participation from various schools and higher education institutions across Jaipur, creating an atmosphere of unity and patriotism. Even with heavy rainfall in and around Jaipur, 4 NSS volunteers of the college along with Dr Ritu Mehra participated in the marathon. The volunteers were provided with commemorative t-shirts and national flags (Tirangas) to symbolize their participation in the event. The marathon aimed to promote fitness, national pride, and solidarity in the lead-up to Independence Day. The volunteers of St. Xavier's College joined hundreds of others in this grand celebration, reflecting their commitment to community service and national spirit. The "Har Ghar Tiranga" campaign successfully united students, faculty, and staff in a collective gesture of national pride, fostering greater civic responsibility and flag-etiquette awareness across campus communities. Its widespread participation strengthened local bonds and encouraged ongoing patriotic practice beyond the event. This activity is reported under **Criterion III: Research, Innovations and Extension**, specifically **Metric 3.4.2 – Number of extension and outreach programmes conducted**



d. Youth & Addiction

The National Service Scheme (NSS), in collaboration with the Internal Quality Assurance Cell (IQAC), organized an expert lecture titled “**Youth & Addiction**” on **14 August 2024 at 12:00 PM** in the college auditorium. The session was a part of the **Deeksharambh: Students Induction Programme (SIP) 2024–25**, aimed at sensitizing first-year students to critical social and health issues.

The primary objective of the session was to raise awareness among youth about substance abuse and addiction, its psychological and physiological impact, and to empower them with knowledge to make informed life choices. It also aimed to encourage a compassionate approach toward rehabilitation and peer support.

The session was conducted by **Rev. Fr. Georgish Britto** (Director, Nav Jeevan Kendra), who spoke in detail about the **various stages of addiction, the importance of identifying vulnerability, and how early intervention and rehabilitation can help individuals reclaim their lives.**

Faculty Coordinators:

- **Dr. Nitasha Khatri** (IQAC)
- **Dr. Ritu Mehra** (NSS)
- **Mr. Rohan Thomas Cherian** (NSS)

As part of the drug addiction awareness drive, a **Poster Making Competition** and a **Slogan Writing Competition** were also held. The resource person judged these events.

Winners:

- **Poster Making Competition:**
 - First Prize: *Ms. Shreya Jain*
 - Second Prize: *Ms. Eshita Jayadevan*
 - Third Prize: *Mr. Lesley Mathew*
- **Slogan Writing Competition:**
 - Winner: *Ms. Khushali Sharma*

The session successfully sensitized students to the dangers of substance abuse and encouraged active peer engagement in awareness campaigns. Students learned about addiction as a medical and psychological condition rather than a moral failing, and how support systems and institutions can facilitate recovery.

60 first-year students actively participated in the session and competitions.

The feedback from students was overwhelmingly **positive**, with many appreciating the session's openness, relevance, and practical guidance on tackling peer pressure and addiction-related issues.

This event aligns with **NAAC Criteria I (Curricular Aspects)** and **Criteria VII (Institutional Values and Best Practices)**, as it fosters value-based education and sensitizes students to health-related social responsibilities.



e. Har Ghar Tiranga Rally

On 14 August 2024, as part of Azadi Ka Amrit Mahotsav and the Har Ghar Tiranga campaign, the NSS Unit of St. Xavier's College Jaipur organized a Tiranga Rally in the village of Khatwara. The march began at the college campus and proceeded through the village streets, with around 40 students joined by NSS volunteers, faculty, staff, and college management proudly carrying the Indian flag. Their vibrant procession and patriotic chants drew villagers' attention, spreading awareness of the Har Ghar Tiranga initiative and inspiring citizens to hoist the national flag at their homes in honor of Independence Day. This extension activity aligns with **NAAC Criterion III: Research, Innovations and Extension**, specifically **Metric 3.4.2 – Number of extension and outreach programmes conducted**.

The "Har Ghar Tiranga" programme was organized by the Office of the Commissioner for Collegiate Education, Rajasthan (Regional Office, Jaipur) under directives from the Ministry of Home Affairs as part of the national Azadi Ka Amrit Mahotsav celebrations. It aimed to mobilize faculty, staff, and students of all government and private colleges across Rajasthan to hoist the Tricolour at their residences from 13 to 15 August 2024, thereby fostering a collective spirit of patriotism and commemorating India's journey of independence.



f. IDC

NSS Volunteers Ms. Saya Kumari and Mr. Alvin Varghese from St. Xavier’s College, Jaipur, were among the select 10 girls and 10 boys chosen as special guests from Rajasthan to participate in the prestigious Independence Day celebrations in New Delhi. As part of the “Meri Maati Mera Desh” initiative, each university and college was invited to nominate one male and one female volunteer who had demonstrated exceptional contributions towards the creation and sustenance of the *Amrit Vatika*. Both volunteers reported to New Delhi on 13th August 2024, where they engaged in several meaningful discussions and activities with their peers from across the nation. The Independence Day celebration, held at the historic Red Fort, provided a unique opportunity for them to witness the national festivities firsthand. Following the event, the volunteers returned from Delhi, enriched by their experiences and with a deeper sense of patriotism and responsibility toward community service.



g. Khel Mahotsav

NSS volunteers of St. Xavier's College Jaipur, enthusiastically celebrated Khel Mahotsav on 31st August 2024 within the college campus. This vibrant event saw active participation from the volunteers, who engaged in a variety of sports activities such as Table Tennis, Kho-Kho, Kabaddi, Football, Badminton, and Basketball. The celebration was aimed at fostering the spirit of teamwork, promoting physical fitness, and encouraging a healthy lifestyle. It also served as an excellent platform for community engagement, allowing students to bond through the universal language of sports. The presence of Dr. Ritu Mehra and Mr. Rohan Thomas Cherian, Program Officers of Unit I and Unit II, added to the enthusiasm, as they cheered on the participants and even joined in some activities. Khel Mahotsav successfully exemplified the NSS's commitment to holistic development, blending physical activity with community values, and nurturing a balanced, vibrant student life.



h. National Space Day Celebration

NSS volunteers of St. Xavier's College Jaipur, attended a three-day multimedia exhibition held from 22nd to 24th August 2024 at Jawahar Kala Kendra, Jaipur, Rajasthan. The volunteers, accompanied by their Program Officers, Dr. Ritu Mehra and Mr. Rohan Thomas Cherian, visited the exhibition on the final day, 24th August 2024. The event showcased an array of space exploration projects undertaken by the Indian Space Research Organisation (ISRO). Through interactive displays and presentations, the volunteers gained valuable insights into the remarkable achievements and future missions of ISRO, including India's advancements in satellite technology, space missions, and the exploration of new frontiers in space. The exhibition not only deepened the students' understanding of India's role in the global space race but also inspired them to explore science and technology. This visit served as an educational experience, highlighting the importance of space research in shaping the future and expanding the nation's horizons in scientific innovation.



i. Road Rehabilitation Drive

NSS volunteers of St. Xavier's College Jaipur, actively participated in the road reconstruction efforts in Khatwara Village, Nevta on 31 August 2024. The village road had been severely damaged due to the continuous rainfall during the months of July and August, which caused significant traffic congestion and disruptions for the local community. Understanding the urgency of the situation, the volunteers, alongside the college administration, stepped in to provide essential support. Rev. Fr. Dr. Pradeep Indwar, Campus Administrator of St. Xavier's College, Jaipur, and Program Officers Dr. Ritu Mehra and Mr. Rohan Thomas Cherian, worked closely with the NSS team, leading many hour-long initiatives aimed at restoring the road and alleviating the challenges faced by the villagers. This hands-on effort not only addressed the immediate issue but also embodied the college's commitment to social welfare and community service. The NSS volunteers' dedication reflected their deep sense of responsibility towards improving the quality of life for the masses in rural areas.



j. Swachhata Pakhwada

The National Service Scheme (NSS) of St. Xavier's College Jaipur, in collaboration with the Swachhata Action Plan (SAP), National Green Corps (NGC), and Unnat Bharat Abhiyan (UBA) Cell, observed *Swachhata Pakhwada* from 17th September to 2nd October 2024. The fortnight-long celebration aimed to foster environmental consciousness and sustainable practices, promote community participation in cleanliness initiatives, and encourage individual responsibility toward hygiene and sanitation. Through various interactive events such as cleanliness drives, workshops, and competitions, the initiative sought to inspire a culture of ownership for maintaining clean and green surroundings.



Image 1 Inauguration of Swachhata Fortnight on 17 October 2024

The fortnight featured a range of impactful activities conducted both on-campus and in the surrounding community. Key highlights included the *Clean Campus Campaign*, awareness sessions on single-use plastics, waste management, and water hygiene, as well as a *Swachhata Pledge*. Other activities included a poster-making competition, energy conservation campaigns, a session on mindfulness, a *Swachhata Photography Competition*, a *Best Out of Waste* event, and celebrations of *Gandhi Jayanti* and *World Heart Day*. Volunteers also participated in quiz competitions, monument visits combined with cleanliness drives, awareness sessions on e-waste, and a blood donation drive.



Image 2 Cleanliness Drive at the backside area of the Amer Fort during the Monument Visit on 28 September 2024

The event witnessed the active participation of NSS volunteers and collaborators, who worked tirelessly to spread awareness about cleanliness and sustainable practices. The celebration was graced by notable dignitaries, including the Regional Director of NSS, Sh. S.P. Bhatnagar; State Nodal Officer & State Coordinator of NSS, Dr. K.K. Kumawat; Principal, University Maharani College, Prof. Nimali Singh; and District Coordinator of NSS, Dr. Govind Sharan Sharma, who added valuable insights during their sessions.

The Swachhata Fortnight successfully instilled a sense of environmental responsibility among participants, creating widespread awareness about hygiene, sanitation, and sustainability. The initiative mobilized over 500 volunteers, resulting in significant on-ground impact, including a cleaner campus and enhanced awareness in the local community. Creative competitions fostered innovation in promoting sustainable practices, while educational sessions equipped students with practical knowledge for waste management and energy conservation. The involvement of eminent personalities further motivated students and reinforced the importance of collective action. The celebration culminated in a renewed commitment to adopting sustainable habits, ensuring that the message of Swachhata extends well beyond the fortnight.

List of Activities:

Date	Event
17 Sept 2024	<ul style="list-style-type: none"> ● Inauguration of Swachhata Hi Seva ● Clean Campus Campaign: Garden Grass Cutting and Collection
18 Sept 2024	<ul style="list-style-type: none"> ● Swachhata Hi Seva: Loyola Garden Cleanliness Drive ● Poster Making Competition on Environmental Awareness
19 Sept 2024	<ul style="list-style-type: none"> ● Eco-Friendly Community: Cleanliness Campaign College Campus ● Cleaning of Bird Feeders
20 Sept 2024	<ul style="list-style-type: none"> ● Swacchta Pledge, Cleanliness Drive: Canteen
21 Sept 2024	<ul style="list-style-type: none"> ● Session on Mindfulness for Faculty Members ● Visit to Nevta Gaushala for donating Grass
22 Sept 2024	<ul style="list-style-type: none"> ● Awareness Session on Sleep Hygiene ● Swacchta Swa Se Shuru, Clean Your Surrounding
23 Sept 2024	<ul style="list-style-type: none"> ● Plantation Drive, Reel Making
24 Sept 2024	<ul style="list-style-type: none"> ● Awareness session of Single Use Plastic and Waste segregation in Jaisinghpura Gram Panchayat
25 Sept 2024	<ul style="list-style-type: none"> ● Save Energy Campaign: Turn off the Lights for Future Delight ● Swabhaav Swacchta Sanskaar Swacchta: Photography Competition
26 Sept 2024	<ul style="list-style-type: none"> ● World Heart Day in collaboration with Department of Science
27 Sept 2024	<ul style="list-style-type: none"> ● Quiz Competition on Water Management
28 Sept 2024	<ul style="list-style-type: none"> ● Monument Visit and Cleanliness Drive
29 Sept 2024	<ul style="list-style-type: none"> ● Awareness Session on Water Hygiene
30 Sept 2024	<ul style="list-style-type: none"> ● Awareness session on E Waste in collaboration with National Green Corps (NGC)

1 Oct 2024	<ul style="list-style-type: none"> ● Blood Donation Drive in collaboration with Red Ribbon Club (RRC) and Unnat Bharat Abhiyan Cell (UBA) ● Best out of Waste in collaboration with National Green Corps (NGC)
2 Oct 2024	<ul style="list-style-type: none"> ● Gandhi and Shastri Jayanti Celebration ● Exhibition cum Sale on Gandhian Relics in collaboration with All India Catholic University Federation (AICUF)

k. NIC Hisar

The National Integration Camp, held at Guru Jambheshwar University of Science & Technology(GJUST) in Hisar, Haryana from October 11th to 17th, 2024, was attended by six NSS volunteers: Mohit Yadav, Prateeksha Gaur, Saraa Tyagi, Aditi Jain, Bhavesh Verma, and Tanvaksh Kayal, accompanied by Programme Officer Mr. Rohan Thomas Cherian. The camp's theme, "Youth for My Bharat and Digital Literacy," was explored through various activities.

The technical sessions, focusing on digital literacy, financial literacy, legal literacy, and cyber laws, equipped the volunteers with essential skills to navigate the modern world. These informative sessions bridged the knowledge gap and empowered them to make informed decisions.

The cultural program provided a vibrant platform for the volunteers to showcase their talents and represent Rajasthan at a national level. Participating in events like elocution, rangoli making, poster making, and short video making filled them with immense pride, fostering a sense of national unity and cultural exchange. The cultural visit to Kurukshetra, Haryana, further enriched their understanding of India's rich heritage.

Beyond organized activities, the camp's shared living experience facilitated invaluable team-building lessons. Sharing a hall with volunteers from diverse cultural backgrounds allowed for meaningful interactions, exchange of ideas, and lasting connections. This melting pot of cultures enabled the volunteers to learn from one another, break stereotypes, and develop empathy.

The camp provided a unique opportunity for the volunteers to learn, grow, and bond. Through the diverse activities, they gained valuable insights into India's rich cultural heritage, developed essential skills, and fostered national integration. The experience was enriching, allowing the volunteers to break free from their comfort zones, build lifelong connections, and emerge as more confident, responsible, and informed individuals. The camp's success lies in its ability to inspire young minds, promote cultural exchange, and nurture a sense of national unity.



I. NSS Adventure Camp

The **National Service Scheme** conducted an Adventure Camp from 5th to 14th November, 2024 at **Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports (ABVIMAS), Pong Dam, Himachal Pradesh**. The Adventure Camp aimed to promote physical fitness and endurance, foster teamwork and collaboration, develop personal confidence and resilience, provide skill development and encourage adventure and exploration.



Everyday, **Adventure Camp** began with regular **morning physical training (PT)** sessions. These PT exercises were designed to improve overall fitness and prepare volunteers for the physical demands of the water activities that followed. The workouts included stretching, cardio exercises, and strength-building drills to enhance endurance, flexibility, and agility.

Swimming was a major focus of the camp. **Day 1** started with fundamental techniques, including floating, treading water, and stroke improvement. By **Day 2**, volunteers progressed to more advanced swimming exercises, such as long-distance swimming and underwater breathing techniques. On **Day 3**, volunteers were required to swim short distances **without life jackets**, which helped them build confidence in their swimming abilities and their comfort in the water. Throughout the camp, swimming lessons emphasized water safety, stroke efficiency, and proper techniques.

The middle of the camp featured a series of **water-based adventures**. On **Day 4**, volunteers experienced **rafting** as part of a guided rafting expedition. They worked in teams to navigate through gentle rapids, learning teamwork and communication skills as they steered the raft and paddled together. Later, on **Day 6**, volunteers took part in **sailing** lessons. They learned the basics of boat handling, including controlling the sails, navigating, and understanding wind patterns. Volunteers enjoyed both practical lessons and time on the water, sailing around the lake and practicing their new skills.

Another exciting part of the camp was the **surfing** lessons on **Day 7**. Volunteers were introduced to the basics of surfing, from understanding wave dynamics to balancing on a surfboard. After a brief land-based introduction, participants took to the surf, where they were coached on how to catch waves, paddle out, and maintain balance. Most volunteers made impressive progress and were able to catch small waves by the end of the day.

The camp also included lessons on handling and operating different types of boats. **Canoeing, Kayaking, and Rowing** were part of the daily activities. Each group was trained on paddling techniques, how to maneuver various types of boats, and how to navigate through different water conditions.

The camp culminated with a **closing ceremony** on the **final day**. Each volunteer was awarded a **badge** in recognition of their participation and the skills they had developed during the camp. The badges symbolized not only their completion of the camp but also their growth in areas such as swimming proficiency, teamwork, and water safety.



The Adventure Camp included NSS volunteers from **3 states (Rajasthan, Gujarat and Telangana)**. Total of **50 NSS volunteers and 5 Programme Officers** participated in the Adventure Camp out of which **20 volunteers and 2 Programme Officers from Rajasthan. 2 NSS volunteers from our college** represented **Team Rajasthan** in the Adventure Camp.

The Adventure Camp was a highly successful event, offering volunteers a comprehensive and fun-filled experience that combined physical fitness, water sports training, and teamwork. Over the **10 days**, volunteers gained essential skills in **Swimming, Boating, Rafting, Surfing, and Sailing**, while also learning important water safety practices. The camp not only enhanced volunteer's water skills but also fostered personal growth, confidence, and resilience.

m. Walkathon

On November 24, 2024, St. Xavier's College Jaipur's NSS units, in collaboration with Dr Medhavi's Nutrifit, organized a walkathon to observe World Diabetes Day and World Obesity Day. The event was inaugurated by Ms. Rolee Agarwal, IRS, and Ms. Rajshree Gautam, CEO of Gautam Hospital, with active participation from NSS volunteers led by Dr. Ritu Mehra, NSS Coordinator. The awareness walk, flagged off from Civil Lines, covered Ajmer Road before returning to its starting point, highlighting the risks of

diabetes and obesity. Dr. Medhavi Gautam delivered an insightful talk on the importance of health, which was further supported by a free medical camp providing health screenings. The initiative embodied the spirit of "MY BHARAT – Seva se Seekhe."



n. Webinar on World AIDS Day

The National Service Scheme (NSS) unit of St. Xavier's College, Jaipur and department of arts organized a webinar on the occasion of World AIDS Day, observed globally on 1st December. The theme of this year's World AIDS Day was "Take The Right Path".

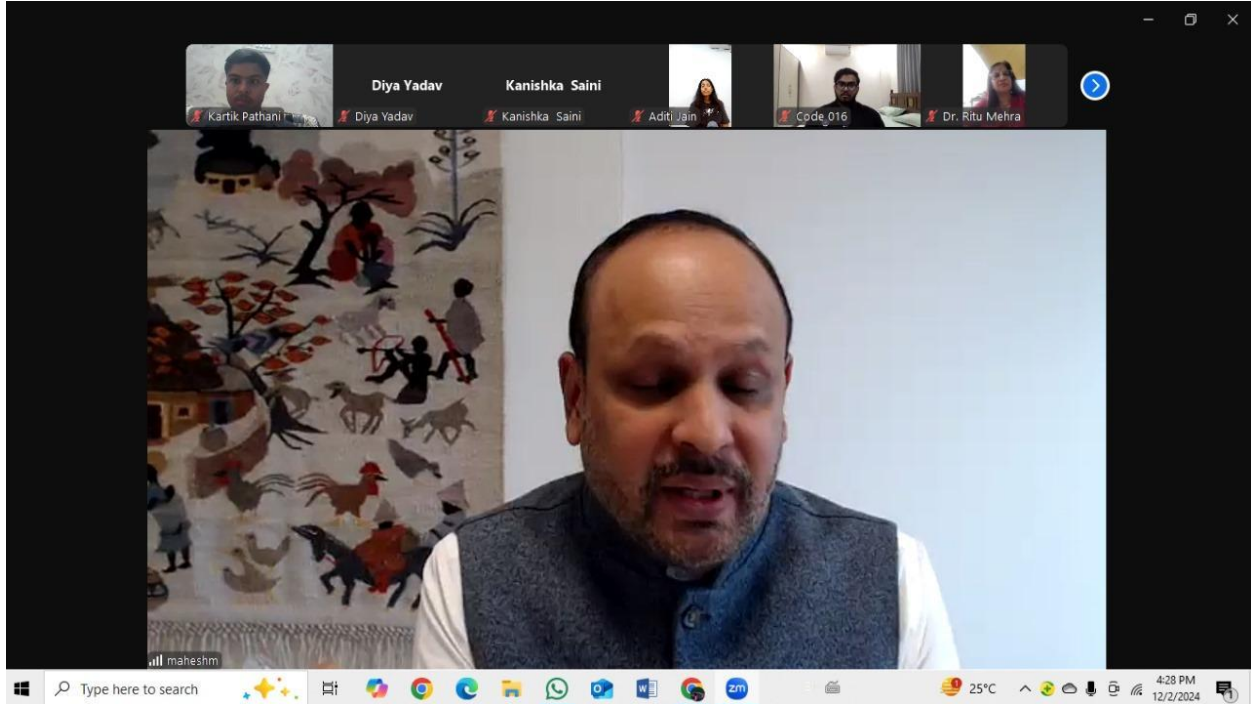
The webinar commenced with a warm welcome to our Guest Speaker, Mr. Mahesh Mahalingam, Director, Global Coordination and Partnerships at UNAIDS, Geneva. The event was attended by a record-breaking number of 100 participants, including students, faculty members, and staff.

Mr. Mahalingam addressed the participants with his words of guidance around HIV and AIDS, focusing on the topics "The Power of Peer Support: How Youth Can Help Each Other Stay Safe from HIV" and "Empowering Youth to End HIV: Breaking Stigma, Building Resilience, and Embracing Prevention". He also presented a short film to brief the attendees about identity-related issues.

A Q&A session was conducted, providing an opportunity for the attendees to clear their doubts and engage with the speaker. A feedback form was also circulated to gather feedback from the participants.

The session concluded with a Vote of Thanks, marking a successful and informative event.

We express our sincere gratitude to Mr. Mahalingam for sharing his expertise and insights with us, and to all the participants for their active engagement and participation.



o. Viksit Bharat Quiz

The Viksit Bharat Quiz was organized to raise awareness about India's development goals and Vision 2047. It covered important topics such as sustainability, technology, and socio-economic growth, encouraging participants to think about the country's future.

The quiz attracted a wide range of participants from across India, including students, professionals, and educators. It featured three rounds, keeping the event engaging and interactive. Winners were awarded prizes and certificates in recognition of their knowledge.

Most participants gave positive feedback, saying the event was informative and interesting. They appreciated the relevant questions and interactive format. Some suggested including more visual elements for better engagement. Overall, the quiz successfully achieved its goal of promoting awareness and understanding of India's development vision.



p. Run for Viksit Bharat Rajasthan

The "Run for Viksit Bharat Rajasthan 2024", held on 12th December 2024, was a remarkable event organised by the Government of Rajasthan. The event focused to promote healthy and reliable spirits for the future of India.

The attendee response feedback indicates a highly positive reception, with the event successfully achieving it's goal and receiving participants from different part of Rajasthan to participate in the marathon and different sports activities that took place during the day.

Attendees described the marathon to be free from social media and see a rising Rajasthan run so many youth and handicapped people also participated, and their power to run for it so remarkable. It was very nice to see the enthusiasm among all. Everyone got some insights into the viksit bharat program for experience.

Key strengths included the smooth execution of the event, attention to detail and even in such cold weather got to see the energetic environment. Attendees felt that the rally effectively conveyed the objective.

In conclusion, the "Run for Vikasit Bharat Rajasthan 2024" was a resounding success, achieving its goal of promoting a healthy and spirited India. The event brought together participants from across Rajasthan, fostering a sense of unity and inclusivity. With its smooth execution, attention to detail, and energetic atmosphere, the event effectively conveyed its objective and left a lasting impact on its attendees. As a testament to the power of community and determination, the "Run for Vikasit Bharat Rajasthan 2024" will be remembered as a milestone event in Rajasthan's journey towards a brighter future.



q. NIC Tamil Nadu

The National Integration Camp (NIC) in Tamil Nadu served as a platform for youth from various states to engage in cultural exchange, leadership development, and community service. Volunteers participated in a series of academic discussions, social initiatives, and cultural events aimed at fostering national unity and personal growth.

Day 1: Arrival, Registration & Introduction

The first day of the National Integration Camp was filled with excitement and anticipation as NSS contingents from different states arrived at the venue. Volunteers were welcomed warmly by the organizing team and directed to the registration area, where they completed formalities and

received their ID cards, schedules, and camp kits. The organizing committee ensured smooth logistics, guiding participants to their respective accommodations and briefing them on camp regulations.

Once settled, volunteers attended an introductory session where the objectives of NIC were outlined. Program Officers and camp coordinators addressed the participants, emphasizing the importance of youth in nation-building and community service. This was followed by an engaging ice-breaking session where volunteers interacted with peers from other states, sharing their backgrounds, NSS experiences, and expectations from the camp.

The evening featured an informal gathering where participants exchanged stories about their cultural traditions, regional festivals, and community initiatives. Volunteers quickly bonded over shared interests, setting the stage for a collaborative and enriching camp experience. The day concluded with a detailed briefing on the camp schedule, expectations, and rules, ensuring everyone was well-prepared for the activities ahead.



Day 2: Academic Sessions, Cultural Exchange & Inauguration Ceremony

The second day began with a refreshing early morning walk to a nearby beach, where volunteers enjoyed the scenic sunrise and engaged in light exercises. This was followed by an energizing NSS clap session, reinforcing the spirit of unity and discipline.

Post-breakfast, the first academic session was conducted by Dr. C. Samuel, the Regional Director of NSS, who spoke about the significance of NSS in fostering social responsibility and leadership among youth. Volunteers actively participated, sharing insights on how NSS initiatives had impacted their respective communities. This session was followed by an interactive discussion on Soft Skills and Concrete Skills, where participants engaged in group activities focusing on communication, teamwork, and adaptability.

In the afternoon, the official inauguration ceremony took place, graced by esteemed dignitaries. The special guest, Mayor of Kanyakumari, Thiru. R. Mahesh, inaugurated the camp. Our contingent volunteers welcomed him with a traditional Rajasthani turban, which he greatly appreciated. The event began with a traditional welcome dance, followed by speeches from government officials and NSS leaders who emphasized the camp's role in strengthening national integration. Volunteers from different states showcased their cultural heritage through performances, songs, and dance routines.

The evening was filled with vibrant cultural exchanges, fostering appreciation for India's diversity. The day concluded with reflections on the importance of working together to create a positive societal impact.

Day 3: Yoga, Community Service & Song Competition

The third day began with a flag hoisting ceremony, with our Programme Officer, Dr. Ritu Mehra, as the esteemed guest. Volunteers sang patriotic songs, fostering a strong sense of national pride. Following this, a well-organized yoga session was conducted by a trained instructor, emphasizing mindfulness, breathing techniques, and flexibility exercises to promote physical and mental well-being.

After breakfast, volunteers participated in a large-scale community service project, which involved cleaning the camp premises, nearby public areas, and educational institutions. The initiative aimed to promote environmental awareness and instill a sense of responsibility towards cleanliness. Participants also conducted awareness sessions on waste management and hygiene practices, engaging with local residents.

Post-lunch, an interactive session on mental resilience and positive thinking was held. Experts guided volunteers on handling stress, overcoming challenges, and maintaining an optimistic outlook in their NSS journeys and personal lives. The session included storytelling, case studies, and group discussions.

In the evening, a highly anticipated song competition took place. Each contingent presented folk or patriotic songs that represented their cultural identity. The performances created an atmosphere of unity and admiration, as volunteers enthusiastically cheered for one another. The day ended with informal networking, where participants exchanged ideas on strengthening NSS activities in their states.



Day 4: Rajasthan's Special Contribution

The fourth day saw heightened energy as volunteers engaged in outdoor activity. The day began with the flag hoisting ceremony followed by a visit to the sunrise point. Volunteers then visited Gandhi Mandapam, where they took part in a cleanliness drive. Later, the group visited the Vivekananda Rock Memorial, a notable landmark. The Mayor of Kanyakumari graciously hosted a special lunch for all participants at the camp.

In the evening, an academic session was organized for the attendees, providing a valuable learning experience. Academic discussions focused on leadership qualities, problem-solving, and real-world applications of NSS principles. Volunteers engaged in scenario-based learning, where they analyzed challenges faced by social workers and proposed solutions. These discussions helped participants develop critical thinking and decision-making skills.

A key highlight of the day was the cultural performances, where traditional dance, theatrical acts, and artistic expressions of Tamil Nadu were presented by the indigenous people. Rajasthan's team

played a leadership role in these efforts, ensuring smooth execution and encouraging participation from all contingents. The day concluded with discussions on youth empowerment, where volunteers reflected on their responsibilities in shaping a better future.



Day 5: Leadership Training & Cultural Night

The fifth day focused on leadership development and policy discussions. A workshop on problem-solving and strategic thinking was conducted, where volunteers learned about decision-making models and crisis management strategies. Participants engaged in case study analyses, brainstorming solutions for real-life social challenges.

A panel discussion with senior NSS officials covered topics such as youth involvement in policy making, social innovation, and sustainable development. Volunteers posed thought-provoking questions, contributing to a dynamic and informative discussion. Rajasthan's contingent played an active role in these sessions, sharing examples of impactful NSS initiatives implemented in their state.

After lunch, volunteers were taken on a visit to the Kanyakumari Fort, also known as Vattakottai fort, located near the coast in the mainland. The evening allowed the volunteers to visit the

nearby Vattakottai beach, offering a chance to relax and unwind by the sea. A Tug of War competition was organized among teams, promoting teamwork, strength, and friendly competition. The day's activities struck a perfect balance between intellectual exploration, cultural immersion and recreational fun.



Day 6: Community Outreach & Reflection

The second last day of the camp focused on community outreach, where volunteers conducted awareness drives and interactive sessions with local communities. Each contingent shared their best practices and ideas on implementing NSS projects to address social issues.

A session on “**Youth as Changemakers**” encouraged volunteers to think creatively about making a social impact. They worked in groups to design action plans for future NSS initiatives, engaging in interactive discussions and refining their strategies with feedback from others.

In the afternoon, a **folk dance competition** was held, where the Rajasthan contingent performed the energetic **Kalbeliya dance**, receiving great appreciation from the audience.

During the **cultural evening**, Rajasthan's team also took part in a **fashion walk**, showcasing traditional attire and reflecting the richness of Rajasthani culture.

Later in the evening, a **special reflection session** was organized, where volunteers shared their most memorable experiences from the camp. Rajasthan's team spoke about the friendships they had built, the leadership skills they had developed, and the personal growth they had experienced. These reflections highlighted the importance of cross-cultural learning and teamwork.

A beautiful **Indian map Rangoli** was created, symbolizing **unity in diversity**, and all the **program officers lit a candle for their respective states**. The day ended on a joyful note with a **bonfire and DJ night**, where all attendees came together to celebrate the last night of the camp in high spirits.





Day 7: Valedictory Ceremony & Departure

The final day marked the conclusion of the camp, with a valedictory ceremony attended by senior officials and NSS representatives. Volunteers participated in a final group activity, summarizing their key takeaways from the camp. Certificates and awards were distributed to contingents that excelled in cultural, academic, and service-oriented activities. Rajasthan's contingent received special recognition for their outstanding contributions in leadership, cultural performances, and community service.

As the camp officially came to an end, volunteers bid heartfelt farewells, exchanging souvenirs and contact details. Many expressed their commitment to stay connected and continue collaborative NSS initiatives in the future. The departing contingents carried home valuable lessons, strengthened friendships, and a renewed motivation to serve society through NSS.



r. Ambedkar Jayanti Pad Yatra

On Sunday, 13th April 2025, many NSS volunteers actively participated in the Padayatra organized to mark Dr. B.R. Ambedkar Jayanti. All volunteers assembled at the Youth Hostel, Jaipur, by 7:00 AM.

The Padayatra began with a tribute at the Amar Jawan Jyoti, where volunteers paid their respects to the martyrs, and then proceeded towards Dr. B.R. Ambedkar's statue to offer floral tributes and remember his contributions as the architect of the Indian Constitution.

The event was graced by esteemed guests including Madam Manju Devi (Hon'ble MP), Dr. S.P. Bhatnagar (Regional Director, NYKS), other senior officials from the Nehru Yuva Kendra Sangathan (NYKS), and the Ministry of Youth Affairs and Sports, Rajasthan. Their presence motivated the volunteers and added great significance to the occasion.

Our Programme Officer, Mr. Rohan Thomas Cherian, and the NSS Coordinator, Dr. Ritu Mehra, also accompanied the volunteers and guided them throughout the event.

The Padayatra covered nearby areas, with volunteers carrying banners and placards and raising slogans to spread Dr. Ambedkar's message of equality and justice. Residents were made aware of his vision and inspired to follow his path of knowledge and empowerment.

All volunteers-maintained discipline and actively participated with dedication and enthusiasm, representing the true spirit of NSS.



s. Free Homeopathy Medical Camp

St. Xavier's College Jaipur, in collaboration with AICUF, NSS, and RK Homeopathy, successfully organized a Free Homeopathy Medical Camp on 22nd April 2025. The initiative aimed to promote holistic healthcare practices and raise awareness about the benefits of homeopathy among the college community. The camp offered professional consultation to enhance both physical and emotional well-being, reflecting the institution's commitment to wellness and sustainable health practices.

The event witnessed enthusiastic participation, with over 40 students and nearly the entire faculty and office staff availing the opportunity for free medical check-ups. Qualified homeopathy professionals conducted individual consultations, emphasizing long-term wellness and preventive care. The initiative served as a platform to educate attendees on alternative healing methods and encouraged a proactive approach to maintaining a balanced lifestyle.

This activity aligns with **Criterion III (Research, Innovations and Extension)** of the NAAC Accreditation framework. Specifically, it demonstrates the college's engagement in extension activities that serve society and contribute to holistic development beyond academics.

Such events highlight the institution's continued efforts to foster competence, character, and compassion within its community.



“Youth Connect”

St. Xavier’s College Jaipur, in collaboration with NSS, AICUF, the Department of Arts, UNFPA, and the Rajasthan Youth Board, hosted a transformative event titled “Youth Connect” on 7th May 2025. The program brought together students, faculty, and staff for an enriching dialogue around youth empowerment, career development, and social responsibility. Distinguished speakers including Dr. Neeraj K. Pawan (IAS), Shree Kumar Manish (UNFPA), Shree Kailash Chand Pahariya (Rajasthan Yuva Board), Shree Rajnish Vyas (Career Counsellor), Shree Nikhil Dev (Actor and Journalist), and Shree Saurabh Kothari (Startup Counsellor) addressed the audience. The discussions covered diverse areas such as youth policy, personal growth, professional guidance, and creative thinking. The event was marked by full participation from students, faculty, and college staff, emphasizing the institution’s collective commitment to shaping socially aware and career-ready individuals. This initiative aligns with **NAAC Criterion III (Research, Innovations and Extension)**, particularly under **Extension Activities** and **Collaborations**. By facilitating interactions with external experts and encouraging community engagement, the college continues to advance its mission of holistic education.



NSS 7 Day Camp

The NSS Seven-Day Special Camp was a vibrant blend of community engagement, health awareness, and personal development held from 24th March to 1st April 2025. A total of 72 volunteers participated in the camp, supported by Programme Officers Dr. Ritu Mehra and Mr. Rohan Thomas Cherian.

- **Day 1** began with registrations and a poster-making certificate distribution, followed by a briefing session. A talk on organ donation was led by Prof. Amla Batra, setting a thoughtful tone for the week.
- **Day 2** featured a health awareness rally in Mahapura, where volunteers informed villagers and school children about the upcoming medical camp.
- **Day 3** saw the successful execution of a Medical Camp at Gram Panchayat Mahapura, in collaboration with Mahatma Gandhi Medical College & Hospital. Services in Ophthalmology, General Medicine, Gynaecology, and Dentistry were offered to 63 beneficiaries, with volunteers facilitating logistics and distributing medicines.
- **Day 4** involved a wellness session titled “*Healing through Breathing*”, led by Dr. Punit Chaturvedi from the National Institute of Ayurveda, promoting yoga and mindfulness.
- **Day 5** marked a Blood Donation Camp in collaboration with Mahatma Gandhi Hospital. Volunteers ensured smooth operations and created awareness around civic responsibility, with several units of blood collected.
- **Day 6** had volunteers participating in the *Run for Fit Rajasthan Marathon* on Rajasthan Diwas, celebrating local culture and youth empowerment.
- **Day 7** concluded with a *Disaster Management Workshop* conducted by the SDRF. Volunteers learned first aid, emergency response strategies, and safety techniques through hands-on demonstrations.

The camp culminated in a spirit of empowerment, social responsibility, and experiential learning. Throughout the week, students were exposed to health care outreach, traditional wellness practices, civic engagement, and disaster preparedness.

This multifaceted initiative aligns with **NAAC Criterion III (Research, Innovations and Extension)**—particularly through **Extension Activities, Collaborations, and Social Outreach**, showcasing the college's commitment to holistic student development and community engagement.



Future Plans for the next academic year:

- Enrolment of the freshers into NSS for the academic session 25-26
- NSS annual activities for the volunteers for 120 hrs.

Report Submitted by:

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