



Vidya Vardhaka Sangha First Grade College

Mangaladhama, Basaveshwaranagar, Bengaluru-79

NATIONAL SERVICE SCHEME & YOUTH RED CROSS

Extension Activities

3.3.1 – Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year 2023-24.

SI NO	Extension Activities	Date of the Event
1	Sadbhavana Divas Pledge	20-08-2023
2	Celebrating NSS day	24-09-2023
3	Shramadana By NSS In Association With Environment Club	24-10-2023
4	Rastriya Ekta Divas 2023-24	31-10-2023
5	A Talk on Women's Health On	31-10-2023
6	World Aids Day	03-12-2023
7	Mass Registration on My Bharath Portal	20-12-2023
8	Voting Awareness Campaign Organized By NSS Unit	05-04-2024
9	Rangoli Competition on Voting Awareness Organized By NSS	13-04-2024
10	Environment Day	05-06-2024
11	International Yoga Day	21-06-2024
12	Drug Awareness	30-07-2024
13	A Talk on Swarajya	13-08-2024
14	Blood Donation and Health Checkup Camp	28-08-2024

Sadbhavana Divas Pledge on 20-08-2023

On 23rd August 2023, the NSS Unit of VVSFGC organized *Sadbhavana Divas*, an event dedicated to fostering harmony, goodwill, and national integration. The program commenced with a solemn pledge-taking ceremony, led by the Principal, where the staff and students collectively vowed to uphold the values of peace and inclusivity. The Principal addressed the gathering, emphasizing the importance of unity and mutual respect in a diverse society. Faculty members shared inspiring insights, while students actively participated in cultural performances and interactive sessions that highlighted the significance of communal harmony. The event, marked by enthusiastic participation from the Principal, staff, and students, concluded with a renewed commitment to promoting national integration and building a more inclusive and peaceful community.



Celebrating NSS day on - 24-09-2023

On 24th September 2023, VVSFGC celebrated NSS Day with great zeal under the leadership of the NSS Unit, with enthusiastic participation from the Principal, staff, and students. The event commenced with a pledge-taking ceremony, where everyone vowed to strengthen the bond between the campus and the community through meaningful engagement and service. The Principal addressed the gathering, emphasizing the importance of the NSS motto, “Not Me, But You,” and the transformative impact of selfless service. Faculty members inspired the students with their insights on community development, while students showcased their talents through cultural performances and speeches. A special session highlighted the significance of campus-to-community initiatives, encouraging active involvement in social welfare programs. The celebration concluded with a renewed commitment to making a positive difference in society through collective efforts.



Shramadana By NSS In Association with Environment Club on 24-10-2023

On 24th October 2023, the NSS Unit, in association with the Environment Club, organized *Shramadana 2023-24* at the college campus. The campus cleaning initiative aimed to promote hygiene and maintain a clean, healthy environment. This activity not only helped reduce the spread of illnesses but also fostered a sense of responsibility among students. Participants, including enthusiastic first-year students, actively swept the campus and disposed of waste in designated bins. The initiative encouraged students to take pride in their surroundings, contributing to a cleaner and more sustainable college environment.





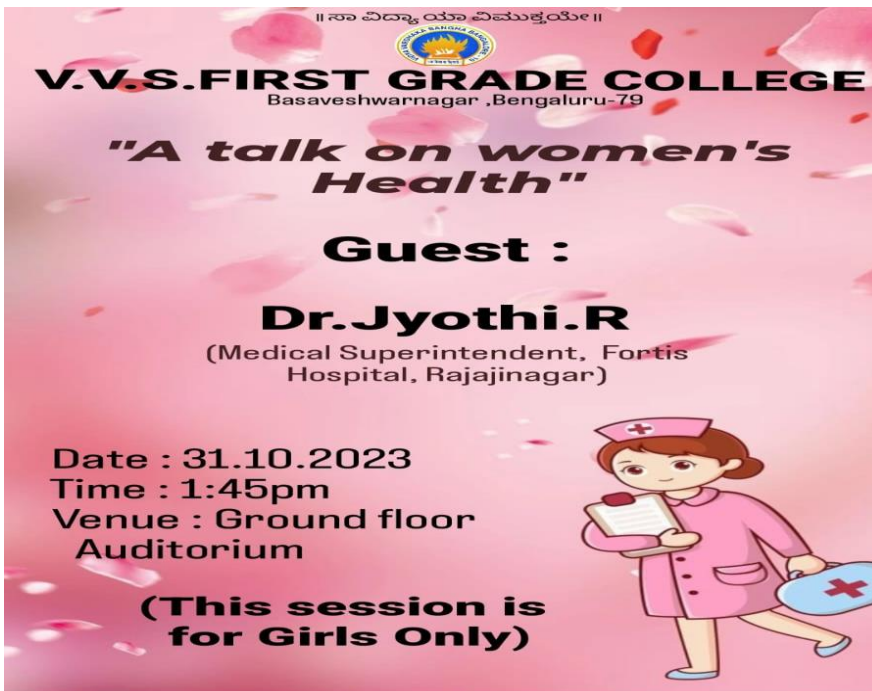
Rastriya Ekta Divas 2023-24 on 31-10-2023

On 31st October 2023, the NSS Unit of VVSFGC celebrated *Rashtriya Ekta Diwas* (National Unity Day) to honor the birth anniversary of Sardar Vallabhbhai Patel. The event began with a tribute to Sardar Patel, followed by a pledge-taking ceremony where students, faculty, and NSS volunteers vowed to preserve the nation's unity and integrity. A Unity Run symbolizing collective solidarity was held, and an invited speaker highlighted Sardar Patel's contributions to national integration. The program concluded with cultural performances, including patriotic songs and skits, emphasizing the theme of unity in diversity.



A Talk on Women's Health On 31-10-2023

On 31st October 2023, Dr. Jyothi R., Medical Superintendent of Fortis Hospital, delivered an insightful talk on women's health at VVSFGC, organized in association with NSS, YRC, and the Women Empowerment Cell. The session, attended by the Principal, staff, and students, addressed the health challenges women face at various life stages, such as adolescence, pregnancy, and menopause. Dr. Jyothi discussed important topics like reproductive health, breast cancer, osteoporosis, and mental well-being, highlighting the significance of preventive measures like regular health check-ups, balanced nutrition, exercise, and self-care. The event concluded with a Q&A session, where Dr. Jyothi answered questions and provided valuable advice, inspiring everyone to prioritize their health and adopt healthier lifestyles.



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V.V.S.FIRST GRADE COLLEGE
Basaveshwarnagar ,Bengaluru-79

"A talk on women's Health"

Guest :

Dr.Jyothi.R
(Medical Superintendent, Fortis Hospital, Rajajinagar)

Date : 31.10.2023
Time : 1:45pm
Venue : Ground floor Auditorium

(This session is for Girls Only)

The poster features a pink background with falling petals and a cartoon illustration of a nurse in a pink uniform holding a clipboard and a blue bag with a red cross.



World Aids Day on 01-12-2023

On 1st December 2023, VVSFGC observed World AIDS Day, organized by the NSS Unit, with active participation from the Principal, staff, and students. The event aimed to raise awareness about HIV/AIDS and promote understanding and compassion for those affected by the disease. The highlight of the celebration was a thought-provoking skit performed by the students, which depicted the importance of prevention, testing, and combating stigma related to HIV/AIDS. The Principal addressed the gathering, emphasizing the need for awareness and social responsibility. Faculty members and NSS volunteers also shared insights on how to stay informed and support those living with HIV/AIDS. The event was well-received, leaving a lasting impact on all attendees about the significance of unity and care in the fight against the disease.



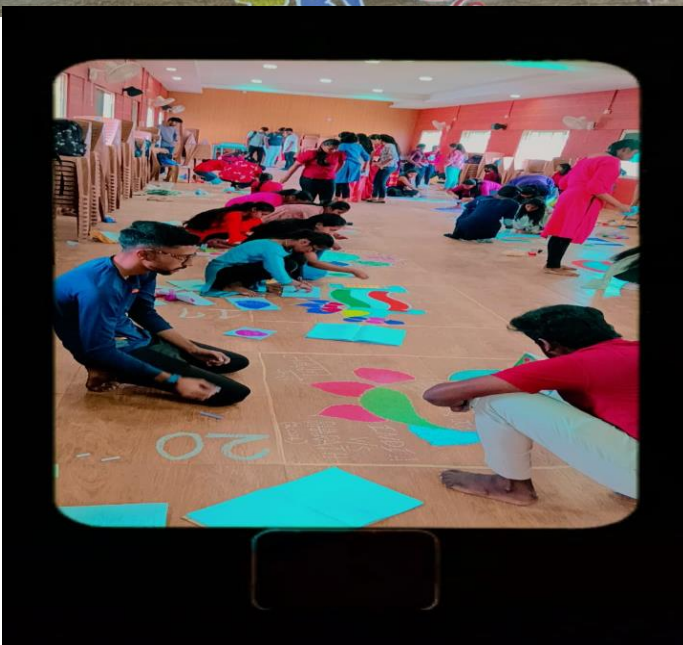
Mass Registration on My Bharath Portal on 20-12-2023

On 20th December 2023, the NSS Unit of VVSFGC organized a successful mass registration drive on the My Bharath Portal. The initiative aimed to promote digital participation and raise awareness among students about national initiatives, government schemes, and volunteering opportunities. NSS volunteers assisted students with the registration process and briefed them on the portal's features and benefits. The drive witnessed enthusiastic participation, enhancing digital literacy and reinforcing students' commitment to being proactive citizens. The event concluded with a thank-you note from the NSS Coordinator for the active involvement of participants and volunteers.



Rangoli Competition on Voting Awareness Organized By NSS on 13-04-2024

On 13th April 2024, the NSS Unit of VVSFGC organized a vibrant Voting Awareness Rangoli Competition to promote the importance of voting among students. The event saw enthusiastic participation, with students expressing their thoughts on the significance of voting through colourful and meaningful rangoli designs. The competition not only showcased the artistic talents of the participants but also served as a powerful tool to raise awareness about voting in a democratic society. Each rangoli conveyed impactful messages encouraging responsible exercise of voting rights. The event concluded with the announcement of winners, who were felicitated with certificates and prizes by the judges from the college, inspiring students to continue spreading awareness.



Environment Day on 05-06-2024

On 5th June 2024, the NSS Unit of VVSFGC celebrated Environment Day with the active participation of the Principal, staff, and students. The event aimed to raise awareness about environmental conservation and the importance of sustainable practices. The Principal inaugurated the celebration by planting a sapling on the college campus, symbolizing a commitment to preserving nature. Staff and students also joined in, planting additional saplings, contributing to the greening of the campus. The event emphasized the collective responsibility of everyone in safeguarding the environment, and it inspired participants to adopt eco-friendly practices in their daily lives. The celebration fostered a sense of unity and responsibility towards environmental protection among all attendees.





Drug Awareness on 30-07-2024

On July 30, 2024, the NSS Unit of VVSFGC, under the guidance of the Principal, organized a Drug Awareness program to educate students and the local community about the harmful effects of drug abuse. The event aimed to raise awareness about the physical, psychological, and social consequences of addiction. Experts from various health and counseling fields delivered informative talks, and PSI Adarsh from Basaveshwara Nagaa attended the session, engaging with students and creating awareness about the dangers of drug abuse. The Principal emphasized the importance of maintaining a drug-free lifestyle and encouraged students to actively promote health and well-being. The program included interactive discussions and activities, making it an impactful and informative session for all participants.



International Yoga Day on 21-06-2024

On 21st June 2024, the NSS Unit of VVSFGC celebrated International Yoga Day with the enthusiastic participation of the Principal, staff, students, and alumni. The event featured a yoga session conducted by Smt. Priyanka, an esteemed alumni and yoga instructor, who guided everyone through various asanas, promoting physical and mental well-being. The Principal, along with the staff and students, participated actively, emphasizing the importance of yoga in daily life for maintaining a healthy lifestyle. The celebration also included the planting of saplings by the Principal, symbolizing a commitment to both physical health and environmental sustainability. The event concluded with a renewed commitment from all attendees to incorporate yoga into their lives for a balanced and healthy future.






A Talk on Swarajya on 30-08-2024

To celebrate India's 77th Independence Day, the NSS Forum of VVSFGC, in collaboration with UrjA and supported by Disha Bharat, organized an event titled 'A Talk on Swarajya'. Sri Swastik Kanyadi, the guest speaker, delivered an insightful talk on India's progress since independence, highlighting achievements in technology, education, and infrastructure, and discussing the future trajectory of India's growth. The event was attended by students, staff, and faculty, who actively participated in the discussion. The session concluded with a Q&A, providing further insights into India's future.

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V. V. S. First Grade College
'Mangaladhama', Basaveshwaranagar, Bengaluru-79

National Service Scheme
in association with
Students' Association, UrjA
presents

A TALK ON
SWARAJYA

DISHA BHARAT
An initiative by Disha Bharat
MYBHARAT National Youth Campaign - 2024

Chief Guest:
Sri. Swastik Kanyadi
Journalist

Presided by:
Prof. S. G. Nagaraju
Hon. Principal, V.V.S.F.G.C

Date: 13-08-2024
Time: 10:00 AM onwards
Venue: 1st Floor Auditorium

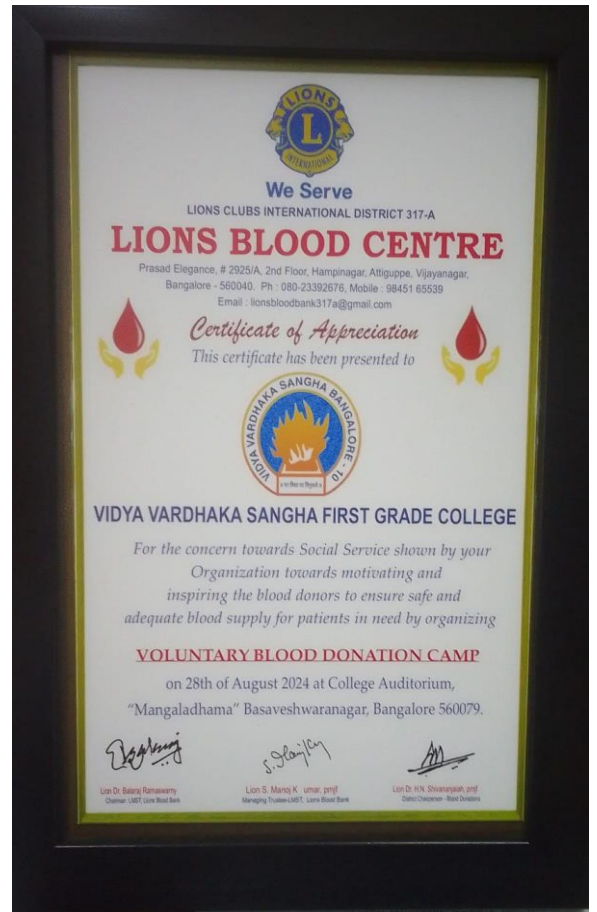
All are cordially invited
Principal, Staff & Students



Blood Donation and Health Checkup Camp on 28-08-2024

On 28th August 2024, the NSS and YRC (Youth Red Cross) Units of VVSFGC, in collaboration with the Lions Club, organized a Blood Donation and Health Checkup Camp on the college premises. The event saw enthusiastic participation from the Principal, staff, and students, fostering a strong sense of community and social responsibility. The camp began with an inaugural ceremony, where the Principal and representatives from the Lions Club highlighted the importance of blood donation and regular health checkups for a healthy society. A significant number of students, staff, and volunteers actively participated in the blood donation drive, with the collected blood being handed over to local blood banks to support emergency needs. The health checkup camp offered free screenings, including blood pressure, blood sugar, and BMI assessments, along with personalized consultations by medical professionals. Informative sessions on preventive care, fitness, and healthy living were conducted, inspiring participants to prioritize their health. The collaborative effort made the camp a grand success, reflecting the collective commitment of VVSFGC's Principal, staff, and students to community welfare and well-being.





ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣೆ



ಬೆಂಗಳೂರು: ಬಸವೇಶ್ವರ ನಗರದಲ್ಲಿ ಪ್ರತಿಷ್ಠಿತ ವಿದ್ಯಾವರ್ಧಕ ಸಂಘ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ " ಯೂಥ್ ರೆಡ್ ಕ್ರಾಸ್ ವಿಭಾಗದ ವತಿಯಿಂದ, ಲಯನ್ಸ್ ಕ್ಲಬ್ ಆಫ್ ಸೆಂಟೀನಿಯಲ್ ಸ್ಕಂದನ ಹಾಗೂ ಸ್ಪರ್ಶ ಆಸ್ಪತ್ರೆ ಯಶವಂತಪುರ ಸಹಯೋಗದೊಂದಿಗೆ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಉಚಿತವಾಗಿ ಆರೋಗ್ಯ ತಪಾಸಣೆ ಹಾಗೂ ರಕ್ತದಾನ ಶಿಬಿರವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಕಾರ್ಯಕ್ರಮವನ್ನು ವಿದ್ಯಾವರ್ಧಕ ಸಂಘದ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಪ್ರೊ. ಎಸ್.

ಜಿ. ನಾಗರಾಜು, ಲಯನ್ಸ್ ಕ್ಲಬ್ ಜಿಲ್ಲೆ 317ಎ ರೀಜನ್ ಚೇರ್ ಪರ್ಸನ್ ಲಯನ್ ಎಸ್ ಮನೋಜ್ ಕುಮಾರ್ ರವರು ದೀಪ ಬೆಳಗುವ ಮೂಲಕ ಚಾಲನೆ ನೀಡಿದರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಉಪನ್ಯಾಸಕರು ಸ್ವಯಂ ಪ್ರೇರಿತವಾಗಿ ರಕ್ತದಾನ ಮಾಡಿದರು. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕಾಲೇಜಿನ ಯೂತ್ ರೆಡ್ ಕ್ರಾಸ್ ಅಧಿಕಾರಿ ಪ್ರೊಫೆಸರ್ ರೇಷ್ಮಾ ಎಲ್. ಲಯನ್ ಎಂಎಸ್ ರಾಮಕೃಷ್ಣಪ್ಪ, ಲಯನ್ ಡಾ. ಸುಮಿತ್ರಾ.ಟಿ. ಗೌಡ ಲಯನ್ ಮಂಜುನಾಥ್ ರೆಡ್ಡಿ, ಡಾ. ಸಾಜಿದ ಬೇಗಂ ಸೇರಿದಂತೆ ಇನ್ನಿತರರು ಭಾಗವಹಿಸಿದ್ದರು.

