



RAMAIAH
College of Arts, Science
& Commerce

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M S Ramaiah College of Arts, Science and Commerce
Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,
Approved by Government of Karnataka, Approved by AICTE, New Delhi,
Recognized by UGC under 2f & 12B of UGC act 1956

To,

29.10.2022

The NSS Coordinator,

Bangalore City University,

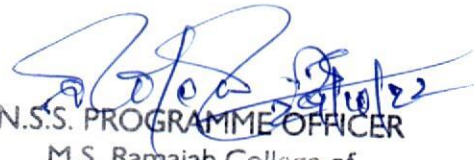
Bengaluru-560001

Dear Sir,

Sub: Submission of NSS Regular Activity report for the academic year 2021-2022

With reference to the above-mentioned subject, I am here with submitting the report on NSS regular activities for the academic year 2021-2022.

Kindly accept and do the needful.


N.S.S. PROGRAMME OFFICER
M.S. Ramaiah College of
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Bangalore-54

Vatsala
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NATIONAL SERVICE SCHEME

ANNUAL REPORT 2021-2022



List of events

- Distribution of sanitizers-20.04.21
- Covid-19 Vaccination awareness-30.04.21
- Covid-19 Vaccination awareness-30.05.21
- Stay positive in pandemic-05.06.21
- Consciousness of Yoga practice-26.06.21
- Covid 19 Vaccination drive-16.07.21
- Independence Day Celebration – 15.08.2021
- National Youth Festival-12.01.22 to 13.01.22
- Webinar on Heart and Lifestyle-04.01.22
- Webinar on Disaster Management-21.01.22
- Pulse polio Camp-27.02.22 to 02.03.22



Distribution of sanitizers-20.04.21

NSS unit in collaboration with the Department of Chemistry and Biochemistry, MSRCASC organized an extension activity at Govt. High School, Kanasawadi, Chikkaballapur district on 20.04.21. The NSS officer spoke to students and staff of the high school about the precautionary measures to avoid the spread of Covid-19. The NSS volunteers interacted with the students and spread the information about measures to be taken by students in schools and at their homes to combat Covid-19. At end of the program, NSS volunteers distributed face masks, sanitizers, and stationaries to all the school students.



Staff giving awareness and distributing face masks and sanitizers to school students

Covid-19 Vaccination awareness-30.04.21

A Webinar on Covid-19 vaccination was arranged on 30.04.21 by the NSS unit to aware the student community towards the Covid-19 vaccination. Dr. Vinay Kumar B M, anacupuncturespecialist, and a medical consultant was the chief guest for the event. NSS volunteers, other students, and staff participated in the program. Dr. Vinay Kumar B M, spoke about the history of the Covid-19 virus and its spread in various countries, the infection cycle, and precautions to prevent spread. He also spoke about the differences between the two available vaccines Covishield and Covaxin. He answered many queries from the participants. The participants were very happy and took away many positive points from the event.



Pics from the webinar Covid-19 vaccination awareness

Covid-19 Vaccination awareness-30.05.21

This was an on-field event held by NSS-RCASC in association with the BBMP healthcare center, Nethaji Circle, Mathikere. The program was started by giving an introduction to the campaign to NSSvolunteerby healthcare workers. This was a central government initiative to findout approximate vaccine receivers in a particular area around a particular age group. The volunteers were in charge of visiting the houses in the allotted area to them and receiving their basic information like name, age, contact number,etc from people of respective families with their names and age and also if they suffered from any particular health factors. The campaign prevailed for a period of 4 days from morning 9.00am to 2.00 pm. The campaign's main motive was to prepare for the potential vaccine receivers once the vaccine was set to be available to the general public.

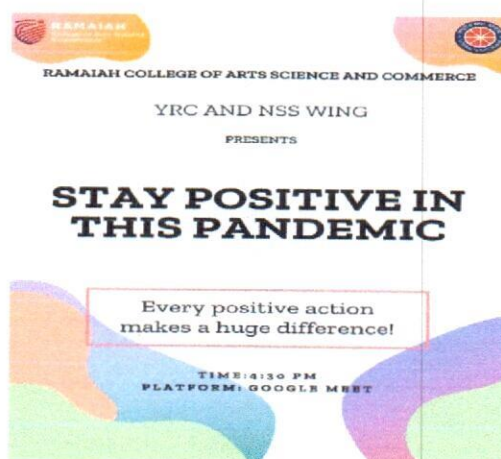
“Prevention is better than cure”, during a global pandemic as a citizen of the respective country, the least that can be done is get vaccinated and make sure the close circle is vaccinated and the chances of getting prone to the virus is lesser.



NSS Volunteers in front of Mathikere health centre for Covid-19 awareness

Stay positive in pandemic-05.06.21

TheNSS unit of MSRCASC organized a webinar on Staying positive in the pandemic on 05.06.21. Dr. Putta bore Gowda, Professor and NSS Program officer, MSRIT was the chief guest for the event. NSS volunteers and other students participated in this online event. He spoke about various psychological and other problems posed by lockdown among the student community and how to overcome them. Student leaders also shared their life situations to overcome the panic and scare of the virus.

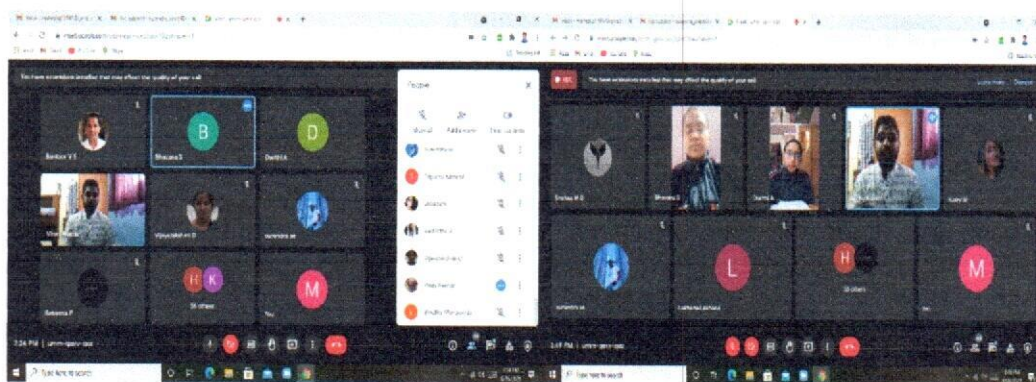
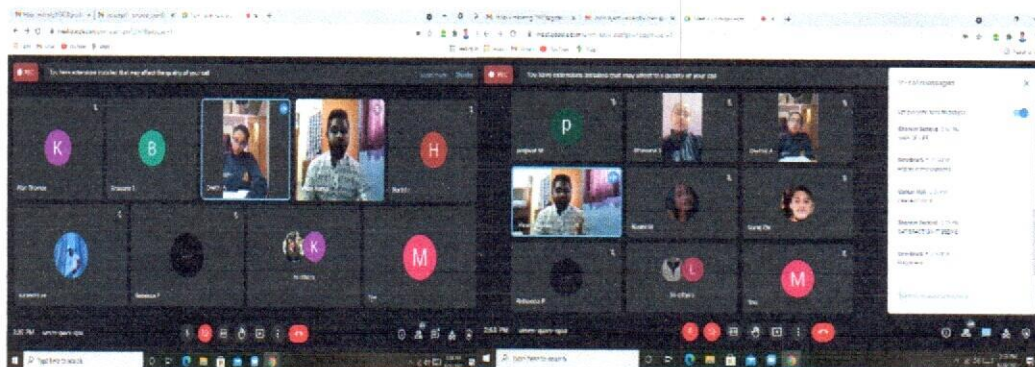


Invitation brochure of the event

Consciousness of Yoga practice-26.06.21

On the 21st of June, the NSS wing of RCASC came together to celebrate INTERNATIONAL YOGA DAY by initiating a seminar for its volunteers to educate them about the benefits of yoga and its glorious history. Amidst the pandemic the will to celebrate and educate ourselves about the rich ancient history of the nation, the seminar happened to be online which made it much easier to connect with many of our volunteers. The event, event was organized as a part of the celebration of International Yoga Day on 21st June 2021. The chief guest for the event was Mr. Naveen Kumar, a Yoga therapist. The theme for Yoga Day 2021 was "Yoga for well-being". The main aim of the event was to create awareness about the health benefits of yoga, its rich history, and the way its practice would change the lifestyle of a person. The chief guest and the speaker of the program enunciated the practice of yoga in a wonderful manner. He also explained how the practice of yoga will keep a human away

from most diseases if done in the right way and also how yoga not just improves physical health but also mental health. The purpose of the online event was to encourage students as well as faculty members of the college to practice yoga at home and stay healthy during the pandemic. Our chief guest put forth his ideology in such a wonderful manner that the volunteers and the faculty of the college who had participated in the program were very astonished and enthusiastically participated. Message YOGA IS ESSENTIALLY A PRACTICE FOR OUR SOUL, WORKING THROUGH THE MEDIUM OF OUR BODY. The online event during the pandemic helped the students learn and understand the benefits of yoga practice. Practicing yoga helps us improve our physical as well as mental health. In difficult times such as the pandemic when everybody is bound to stay home, yoga can help us stay healthy.



Pics from the Webinar Consciousness of Yoga practice held on 26.06.21

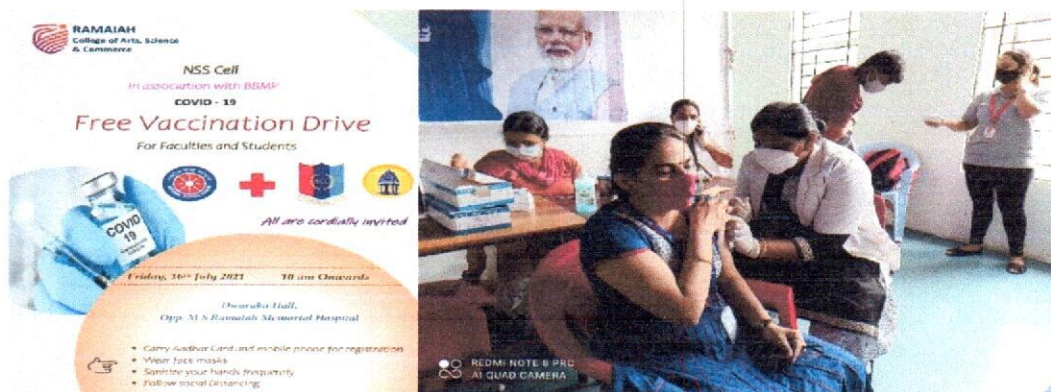
Covid-19 Vaccination drive-16.07.21

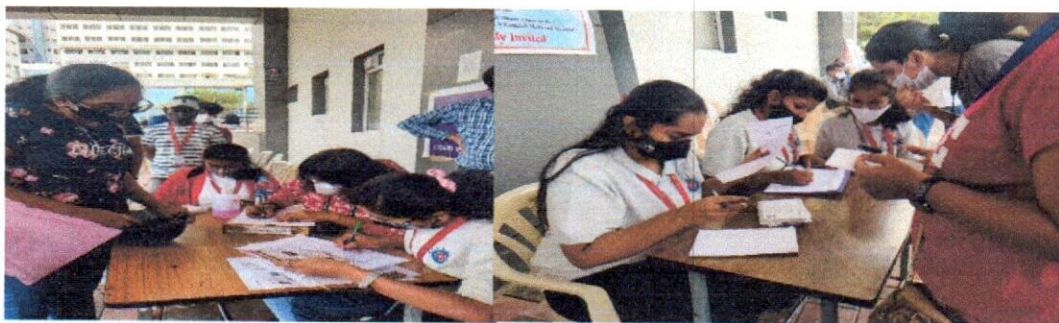
In the year 2020 India was hit by the COVID -19 pandemic, it was a dreadful situation faced by citizens from every part of the world. But thanks to the development of Medical Science and Technology that within a year many countries came up with vaccines and took effective preventive measures. In India vaccines named COVISHIELD and COVAXIN were introduced by the government within a year. The vaccines were available to the common people at hospitals and government healthcare centers.

About the event: This event was one of the programs from Ramaiah college arts, science, and commerce, NSS volunteers in cooperation with the area's BBMP division and their healthcare workers. The program took place in one of the auditoriums of the institute. The NSS volunteers assisted and maintained the public who visited for the vaccine drive. The duties of the volunteers included registering the public for the vaccine, maintaining the crowd, and guiding them to the respective vaccine they were scheduled among the 2 vaccines

The event was scheduled for a day and was informed to the public by visiting the homes. The response from the public was amazing and the urge from the public to be vaccinated showed the responsible they are towards their duties as citizens of the nation.

Message: "Prevention is better than cure" During a global pandemic as a citizen of the respective country, the least that can be done is get vaccinated and make sure the close circle is vaccinated and the chances of getting prone to the virus is lesser. The programs the volunteers have conducted since the pandemic have been a success in implementing the safety precautions to the public.





Independence Day Celebration – 15.08.2021

On 15 August every year, our country celebrates Independence Day with great joy and enthusiasm. Every year our institute unites together to celebrate independence through cultural programs and sweet distribution to the students. Even though the students couldn't meet to celebrate the independence like every year due to emerging cases of covid, the NSS volunteers made sure it was celebrated virtually and celebrated the day.

About the event: On the occasion of the 74th Independence Day, NSS-RCASC organized an online event due to Covid restrictions. The theme for the 74th Independence Day was "Nation First, Always First". The event began with a welcome speech by NSS volunteer Smruti Bhat. The chief guest Mr. M R Seetharam delivered the independence day message and appreciated the volunteers in promoting the National Anthem Campaign (RashtraGaan), he also stated that we should always be proud of our country and make sure our goals in the future will also comprise of making the country grow and also make sure we return something to our motherland for giving us shelter. He also emphasized our rich culture and history and what makes India different from other countries. The main focus was on the competitions that took place. As part of Independence Day, quiz and other competitions were also held with great participation from the students.

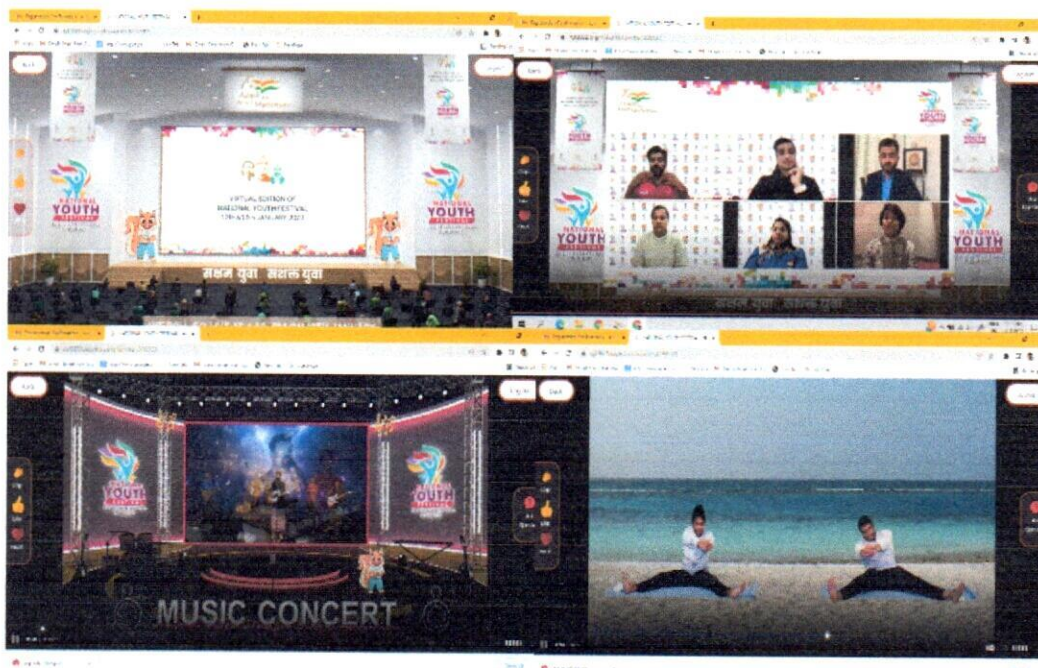
Message: "Nation First, Always First" Independence Day is a reminder of the sacrifices made during our fight for freedom. This day is an opportunity to salute the sacrifices made by freedom fighters and our soldiers. As an NSS volunteer and an Indian citizen, it is our duty to pay our tribute and to encourage fellow citizens to respect and love our country

National Youth festival-12.01.22 to 13.01.22

National Youth Day also celebrated as Vivekananda Jayanthi is celebrated all across the country January 12th of every year. The day is the birth anniversary of Swami Vivekananda and hence, to honour and commemorate the great ideology and thoughts of this great leader who had tremendous faith in youth of the country the day is celebrated. The theme of the year was 'SAKSHAM YUVA-SHASHAKT YUVA'

About the event: The event was organized by the Ministry of youth affairs and sports, India. It is celebrated every year by the central government in collaboration with one of the state government, this year it took place in Puducherry in a virtual way following the resurgence of covid-19 cases across the country. Prime Minister, Shri Narendra Modi inaugurated the 25th National Youth Festival in Puducherry, virtually. He addressed the nation's youth with hope as India represents the youth with its dreams, actions & innovations. Union minister Anurag Thakur addressed the youth of the nation by stating "imagine how the country would be in 2047, which marks the centenary of independence and make your own contribution to realizing that vision". The program was hosted in 4 virtual rooms, where experts from various domains shared their knowledge on a wide variety of topics. This was followed by open discussions with Olympians, Paralympians, and wonderful orators from all across India. The festival aims to shape the minds of India's youth and transform them into a united force for nation-building. It is one of the biggest exercises in social cohesion and intellectual, and cultural integration. It aims to bring diverse cultures of India and integrate them into a united thread of 'Ek Bharat, Shreshtha Bharat'.

Message: "The future of a nation depends upon the youth of the country." To ignite, unite, galvanize and activate the youth of the nation toward building a strong and prosperous country. Also how it is the duty of every youth to pick one area where they want to see a change and development and work towards that goal.



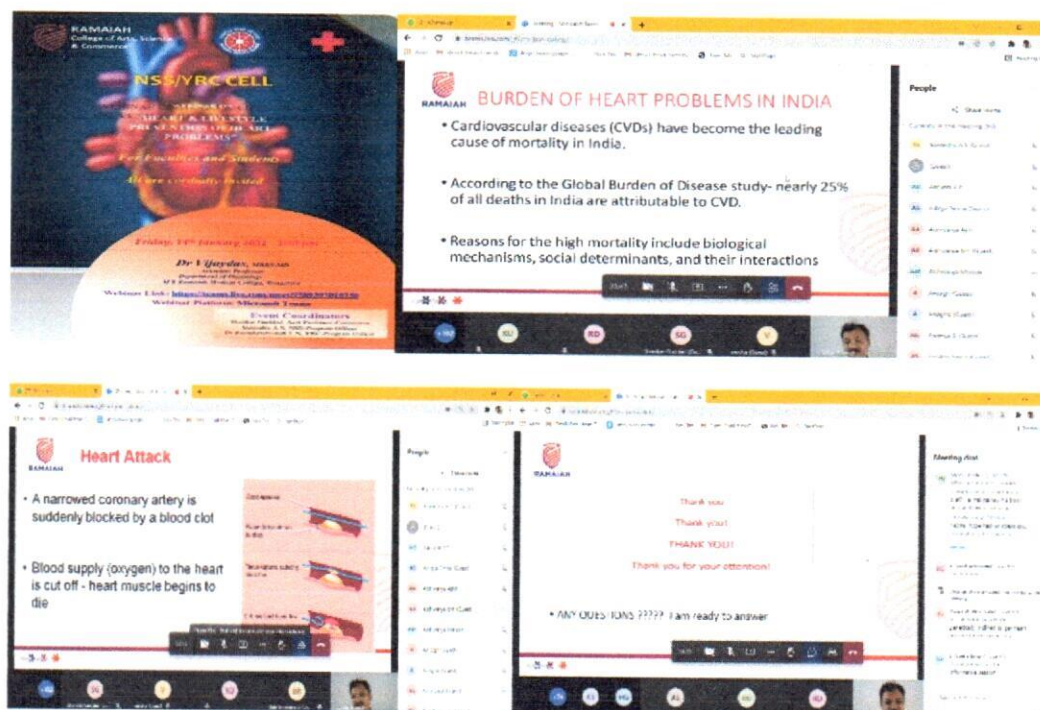
Pics from the national youth festival held form 12.01.22 to 13.01.22

Webinar on Heart and Lifestyle -04.01.22

You are never too old to begin taking care of your heart. Your heart is the central reason for overall health. It is responsible for pumping nutrient-rich blood throughout our body, it supplies oxygen & removes toxins and wastes from tissues of the body. Therefore, it becomes extremely essential to maintain heart health by maintaining a healthy lifestyle. And to educate the volunteers a webinar on how to maintain health was organized by the NSS wing of RCASC. About the Event: This was a virtual event organized by NSS – RCASC. The speaker of the day was Dr. Vijaydas, Associate Professor, Dept. of Physiology – M S Ramaiah Medical College. He spoke on how to maintain good heart health by keeping a check on our diet, reducing consumption of extremely fatty foods daily, and making sure we don't get into habits that show a negative remark on our health. He also insisted upon the importance of exercise and how it helps in the maintenance of stamina, thereby, improving the functioning of the heart. He stressed the growing cases of heart attacks in the younger generation due to lifestyle issues and how we can overcome these issues by making small yet persistent changes in our lives. He also answered questions asked by the volunteers regarding how and what significant change needs to be created for a healthy lifestyle. He also educated us on basic first aid when a person is having a heart attack and what needs to be done on an immediate basis. He explained how important the golden hour is for a person going through a

heart attack. He explained how basic first aid can be helpful to a person in need and how essential it is for a person.

Message: TAKE CARE OF YOUR BODY, IT IS THE ONLY PLACE YOU HAVE TO SURVIVE. Dr. Vijaydas concluded by stating the above message and made sure every volunteer understood its importance. The main essence of the webinar can be summarized by a quote from APJ Abdul Kalam, “You cannot change your future but you can change your habits, and surely your habits can change your future”. This event substantiates how good health practices can lead to a content life for ourselves as well as our loved ones.



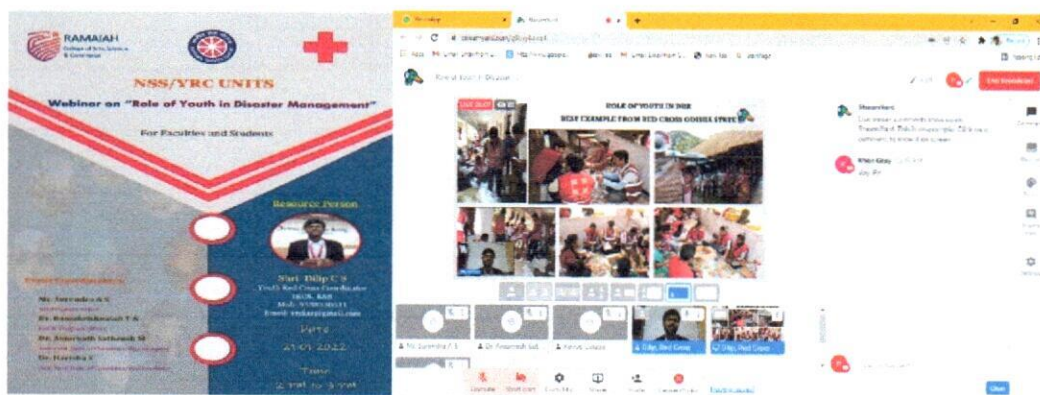
Pics from the Webinar on Heart and Lifestyle held on 04.01.22

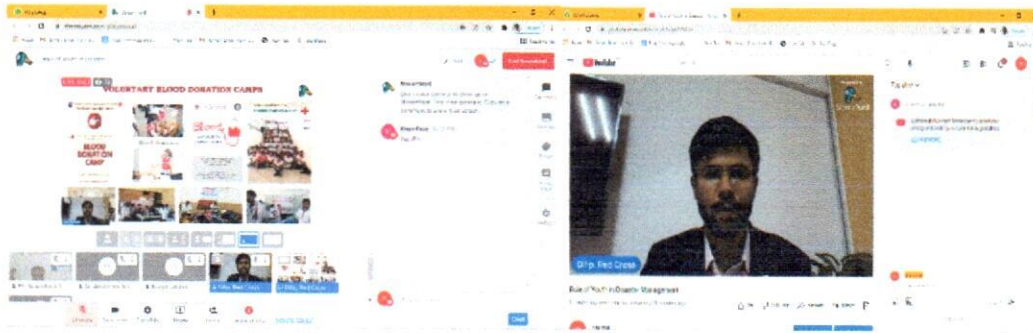
Webinar on Disaster Management-21.01.22

Youth is the backbone of the nation. The way they are taught is how the nation will be foreseen in the future. On the occasion of national youth day, the NSS wing of RCASC organized a webinar on the topic ‘ROLE OF YOUTH IN DISASTER MANAGEMENT’ to educate the volunteers regarding the roles and duties played by NATIONAL DISASTER RESPONSE FORCE and HUMANITARIAN FORCES. About the Event: The webinar’s chief guest was Shri Dilip who is a coordinator at Youth Red Cross and is a media in-charge

in YRC Bangalore. He served as a UNICEF-supported disaster risk reduction consultant during the north Karnataka flood in the year 2019. He spoke on the campaigns that are led by youth in the country which is under the guidance of the Youth Red Cross, and the role of volunteers in disaster relief programs and resources, he also stated the relief programs which took place in the relief program of Odisha and north Karnataka. He explained the training programs which are available from the international RED CROSS AND RED CRESCENT which includes STAY SAFE, PROGRAMME PLANNING, CHILD PROTECTION AT THE IFRC, CORRUPTION PREVENTION, STRATEGY 2020, etc. He explained the roles and duties of welfare organizations worldwide like UNICEF, YOUTH RED CROSS, etc. He educated and motivated how a person coming forward to help people in need will indirectly motivate his or her close circle to do the same and coming forward to help as a youth is not just a necessity but also a duty of the youth

Message: COMING TOGETHER IS A BEGINNING, KEEPING TOGETHER IS A PROGRESS, And WORKING TOGETHER IS A SUCCESS. Joining hands together when needed at times not just gives a sense of happiness and satisfaction of success of being helpful but also content. As the youth joining together for the nation should be a duty that comes from the heart. By involving youth in disaster preparedness and recovery efforts, organizations can help not only increase youth's awareness of particular hazards but can also enhance the chance that they openly discuss how to adequately is to be a part to help others. The greatest resource of our nation is manpower and which consists of a large portion of youths hence educating youths is educating the future greats.





Pics from the Webinar on Disaster Management held on 21.01.22

Pulse polio Camp-27.02.22 to 02.03.22

Polio is a life-threatening disease among children years ago. It claimed thousands of innocent lives and went onto cripple the future of the world. So, the Government of India began the "Pulse Polio Program" in 1995. Since then, every year thousands of kids are immunized with the polio drops, and in India, we have almost eradicated this deadly disease.

This year it was an honour for volunteers to be a part of this initiative and help the support staff. Before the actual program, the volunteers were trained on the proper hygienic methods of immunization and handling the polio vaccine vials. The program was held for 4 days. NSS Volunteers were assembled in the BBMP health center, Netaji Circle Mathikere. The Volunteers were divided into several groups, four in each.

DAY 1: Each group was assigned a particular booth, where children below 5 years who came to the booth were immunized with Polio Vaccine.

DAY 2, 3 & 4: Volunteers were made to go door-to-door in a team of 2 and check for non-immunized children below the age of 5 in every house. The children who missed the dose on first the day were vaccinated. It was a tiring yet and an experience of a lifetime....!

This event will definitely hold a special place in our minds and heart. It taught volunteers patience, communication skills, and, most importantly, how to balance personal and professional life. Volunteers met many nurses whom they will never forget and have learned how to handle tricky situations without anybody's assistance. Volunteers were on the verge of defeating Polio but, "Prevention is always better than cure" and "Success is not an accident, it is a choice, achieved through perseverance."



NSS volunteers with BBMP health workers vaccinating children below 5 years

[Signature]
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 Principal,
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 MSRIT Post, MSR Nagar
 Bangalore - 560 054

CLASS MARKS

Term :

Section :
Name of Faculty :

Department
Subject Code and Title:

Semester:-

ATTENDANCE

Sl. No.	Register No.	Name	Month Date Class No.
1	C1937057	Kavya G udipa	
2	B1921887	Mural Lakshmi Anand	
3	A1917618	Prajwal S.K	
4	C193745	Rakshitha A	
5	C1937158	Saiya S Kanekal	
6	C1937075	M Manumath A	
7	C193732	Sanjana Ray	
8	B1921348	Shravani Gowda RC	
9	A1917620	Shilpa .G.S	
10	S1914579	Sncha Dwanga.S	
11	A1917668	Tom Chavati Dong	
12	A1917654	Maimahini N J	
13	C1937119	Richin Sagar	
14	B1921357	Swastika JV	
15	C1937123	Rehan R.	
16	C1937124	SHARAF RC.	
17	A1917619	Rachan R.P	
18	C1937189	Lakshi	
19	S1914428	Kabir Kanoor	
20	C1937185	Vasudha .S	
21	S1914616	Alan Thomas	
22	S1914452	Smruthi Bhat	
23	S1914435	Nikita.R	
24	S1914413	Banshee N	
25	S1914506	Indrajit Maitee	
26	S1914508	Harshitha GN	
27	S1914528	Lokana Nagaraj	
28	S1914418	H.M Swad	
29	S1914554	Ramzana Banu.S	
30	C1914415	Bhavani Mohan	
31	S1914534	Nagarij MM	

Initials of Staff in-charge

CLASS MARKS

Term :

[illegible]

REGISTER OF ATTENDANCE AND

Department
Subject Code and Title :

Section :
Name of Faculty :
Term :

Sl. No.	Register No.	Name	Month Date Class No.
94	U18UE213023	VACHAN.L	
95	U18UE213024	KHAN.M	
96	U18UE213025	TISHA R.A.T.	
97	U18UE213026	GURPREET KAUR	
98	U18UE213027	VASUDHA.K	
99	U18UE213028	KANJITHA M	
100	U18UE213029	UCHA RAT. HR	
101	U18UE213030	PREEETHIP	
102	U18UE213031	QUEENCY JAIN.A	
103	U18UE213032	SHALINI Q	
104	U18UE213033	ROOPA SHREE.G	
105	U18UE213034	EHANI AKHIL.A	
106	U18UE213035	DARSHINI.C	
107	U18UE213036	KANJITHA.R	
108	U18UE213037	JEEVITHA.V	
109	U18UE213038	A. JUNAIID KHAN	
110	U18UE213039	ANANYA VALLABHA B.G	
111	U18UE213040	NISHA.K	
112	U18UE213041	VANDANA GA	
113	U18UE213042	GOWTHAMI.M	
114	U18UE213043	E.S. JANNAVI	
115	U18UE213044	V.G. KIRTHAN A.SINDHU	
116	U18UE213045	ANANYA.C	
117	U18UE213046	ARPITHA SINGH	
118	U18UE213047	NABOMITA MAITY	
119	U18UE213048	ARDRA RAUFENDRA N.K	
120	U18UE213049	NAYANA SHR EE S.N	
121	U18UE213050	AATHIRA.S	
122	U18UE213051	ALAINA KHAN	
123	U18UE213052	SHRUTHI.S	
124	U18UE213053	PALLAVI.I.B	

Initials of Staff in-charge

CLASS MARKS

Section :
Name of Faculty :

Semester:

Sl. No.	Register No.	Name	Month Date Class No.
125	018EV215022	CHABITHA . P	
126	018EV2150216	KANVA . P	
127	018EV2150254	LAVANYA . K	
128	018EV2150297	SAHNU . T. A	
129	018EV2150116	SEEVITA . I	
130	018EV2150145	DHANUSHEE . N. K	
131	018EV2150218	ANAGHAVARSHA . S	
132	018EV2150253	GOWTHAMA . R	
133	018EV2150344	GOWARDHAN . A	
134	018EV2150372	HARSHITHA . S	
135	018EV2150120	SUPRIYA . C	
136	018EV2150220	VORHNA . S. S. HETTY	
137	018EV2150102	KIRAN . M	
138	018EV2150058	S. JAGRUTHI	
139	018EV2150208	Y. KEERTHANA	
140	018EV2150272	ANASWARA . S	
141	018EV2150303	THANUSHREE . E. M. R	
142	018EV2150551	ARUNKANSHA . V	
143	018EV2150066	Aishwarya . B. M	
144	018EV2150065	Yashaswini . P. N	
145	018EV2150001	Deeksha . K	
146	018EV2150016	Charan . M	
147	018EV2150008	Nikhil . Kumar	
148	018EV2150016	Sarabhi . P. V	
149	018EV2150009	Soundarya . B	
150	018EV2150130	Vaidika . B	
151	018EV2150008	Gangathai Gowda . A	
152	018EV2150012	Shrawani . M	
153	018EV2150008	Yuvraj . N	
154	018EV2150008	Abhinav Gowda . S. T	
155	018EV2150008	Ravi . N. E	

Initials of Staff in-charge

CLASS MARKS

Term :

Section :
Name of Faculty :

Semester :

Sl. No.	Register No.	Name	Month Date	Class No.
156	U18EVZ10095	Ashwarya c Bhat		
157	U18EVZ10093	Zoya Khanseem		
158	U18EVZ10087	Sadina ayman		
159	U18EVZ10067	Ranjana Sahani .D		
160	U18EVZ1A003	Pooja.R		
161	U18EVZ1A003	Anagha.J		
162	U18EVZ1A003	Nandisha.k		
163	U18EVZ1A007	M.S Jayashantha .Rea		
164	U18EVZ1A005	Gaganika.M		
165	U19E021A003	Ancha.k		
166	U18EVZ1A003	Dhevi Vidyaa.P Monom		
167	U18EVZ1A005	Vishwanath N		
168	U18EVZ1A075	Bhavana.vga		
169	U18EVZ1M008	Ivathi M.S		
170	U18EVZ1M019	Vishnu A		
171	U18EVZ1M022	Ching Agarwal		
172	U18EVZ1M060	Aditya Dmtha		
173	U18EVZ1M0138	Muktaam Ranothanwa		
174	U18EVZ1M000	Varsha.H		

Initials of Staff in-charge