Mount Carmel College, Autonomous

National Service Scheme
2018-2023

VISION

To inspire a generation of socially conscious leaders. Mount Carmel College, NSS unit envisions a future where every student is an active agent of positive change, contributing to the betterment of society through service-oriented actions. We aspire to create a vibrant community where empathy, integrity, and solidarity are upheld, driving meaningful transformations in local and global communities.

At Mount Carmel College, Bengaluru, our ethos centers on honing students' critical thinking and nurturing them into socially conscious, responsible individuals. Embracing a holistic approach, we guide students towards realizing their fullest potential through a blend of cultural, scientific, and pedagogical methods tailored for comprehensive growth. Our aim is to cultivate empathy and proactive engagement with the complexities of contemporary challenges, empowering marginalized communities and fostering a culture of inclusivity and advocacy.

National Service Scheme at Mount Carmel College, Autonomous is committed to fostering a culture of social responsibility, leadership, and civic engagement among students. Through various initiatives, we aim to cultivate a sense of duty towards the nation and instill values of compassion, inclusivity, and sustainable development. Through various initiatives, we aim to cultivate a sense of duty towards the nation and instill values of compassion, inclusivity, and sustainable development.

Objectives of the NSS unit are –

- **Promote Community Service:** Encourage students to actively participate in community service activities, helping to address social issues and contribute to the welfare of the community. These activities might include organizing blood donation camps, health awareness campaigns, and environmental conservation projects.
- **Develop Leadership and Interpersonal Skills:** Provide opportunities for students to develop leadership qualities and improve their interpersonal skills through organizing and participating in various programs and events. This includes roles in planning, coordination, and execution of NSS initiatives.
- **Foster Social Awareness and Responsibility:** Raise awareness among students about social issues and their responsibility towards society. Through educational programs, workshops, and field visits, students are educated about the challenges faced by different sections of society and how they can contribute to solutions.
- **Promote National Integration and Unity:** Encourage a sense of national pride and unity among students by promoting values of tolerance, mutual respect, and understanding. This could involve cultural exchange programs, national integration camps, and activities that celebrate the diversity of the nation.

These objectives help in the holistic development of students, making them more socially responsible and better prepared to contribute positively to society.

NSS Annual Report 2018-19

ENVIRONMENT DAY

5th June 2018

Mount Carmel College celebrated Environment Day with fervor and commitment to environmental stewardship. The event was celebrated by planting 120 saplings along the roadside of the villages adopted by the college, symbolizing a step towards a greener and healthier environment. The initiative aimed not only to beautify the surroundings but also to contribute to carbon sequestration and biodiversity enhancement.

Additionally, the campus was thoroughly cleaned, emphasizing the importance of cleanliness in maintaining a sustainable environment. The clean-up drives not only enhanced the aesthetic appeal of the college premises but also instilled a sense of responsibility among the participants towards waste management and pollution control.





INTERNATIONAL YOGA DAY

21st June 2018

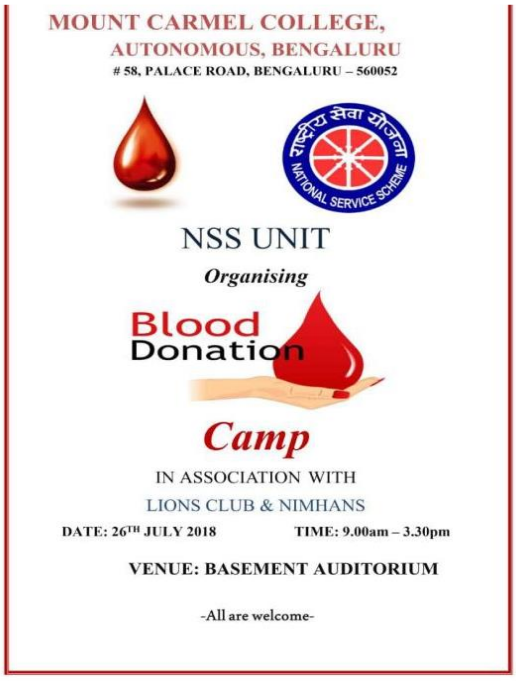
NSS volunteers from our college enthusiastically participated in the celebration of International Day of Yoga, held on June 21, 2018, at Sree Kanteerava Stadium in Bengaluru. The event, commonly known as Yoga Day, attracted participants from various walks of life, all coming together to celebrate the ancient practice of yoga. Our NSS students actively engaged in the yoga sessions, demonstrating their dedication to promoting health and well-being. Their involvement in the event exemplifies our college's commitment to holistic development and community engagement.



BLOOD DONATION CAMP

26th July 2018

The National Service Scheme (NSS) unit of Mount Carmel College, in collaboration with the Lions Club and NIMHANS, Bangalore, organized a successful blood donation camp. This event embodies the values of community service and teamwork. A significant number of volunteers from various departments and colleges enthusiastically participated in this camp, and a total of 415 units of blood were donated to various blood banks.





SWACHH BHARAT RALLY

7th August 2018

The National Service Scheme in India is a public service program that aims to use community work to help students develop as individuals. In August 2018, Mount Carmel College's National Service Scheme (NSS) unit launched a praiseworthy month-wide campaign to encourage garbage management and cleanliness, while bringing attention to the environmental risks associated with plastic consumption. The volunteers' dedication to fostering an environment that is both clean and sustainable, both on and off the college campus, motivated them.



CAMPUS TALK

BS PROMOTIONS

Mt Carmel College conducts Swatch Bharath Rally

Mount Carmel College NSS unit organised a Swatch Bharath Rally on 7th August, at Vasanthanagar. The NSS volunteers visited all residents of Vasanthnagar to create awareness about cleanliness, use of dustbins, etc. 250 volunteers took part in this initiative. NSS Programme Officer, Mr. Govinda Gowda HG of Commerce Dept. lead the Rally. Faculty members, Mrs. Veemala Preetham and Mrs. Padmashree were also present.

The campaign started on August 7th, NSS volunteers were actively engaged with the college community, spreading awareness about the dangers of plastic usage. They emphasized on the need for being responsible citizens and requested the campus cafes and canteens to abstain from plastic usage. Students created banners that highlighted the value of hygiene and waste segregation in order to visually reinforce the lesson.

The campaign was continued outside the college campus on August 8. The students, equipped with banners, created awareness among the residents of Vasanthnagr with regards to the need of cleanliness and waste management. The importance of separating wet and dry garbage was emphasized in order to guarantee proper disposal of waste.

The students also went to a village in Kormangala, which is adpopted by the college. They provided important insights regarding the significance of cleaning and hygiene through a door-to-door campaign. To further promote general sanitation, they encouraged the hamlet to create a mandate that all residents use the restrooms.

The events aimed to instill a sense of responsibility among the citizens to protect the environment from pollution.









The rally's primary message was to educate the public about the need to prevent environmental pollution.

INDEPENDENCE DAY

15th August 2018

The College celebrated Independence Day on August 15, 2018, during which the students, faculty members, and other staff paid tribute to the Nation and the freedom fighters of India. The program included dance performances showcasing the rich cultural tapestry of India. Captivating mime performances designed to spark reflection and promote awareness about the Clean India initiative were also presented. Students and faculty members participated in the Independence Day celebration at Maniksha Parade Ground, organized by Victoria P Evangeline.







COORG FLOOD RELIEF

4th- 8th September 2019

During August 2019, due to heavy rainfall in the Monsoon season, severe flood affected Coorg, Karnataka. Thousands of people were evacuated to safer places and relief camps. A total of 61 people has been killed and seven lakh have been displaced as a part of the rescue operation.

During this natural disaster, NSS/NCC student volunteers from MCC actively engaged themselves in the service of people. They went around evaluating the situation in the Ganji Kendra from 4th-8th September 2019. They also tried to help the affected communities by providing essential aids like shelter, food, water, and medical support to them. They assisted in relief camps by preparing and serving food for the crowd. Participating in flood relief work educates students about empathy, resilience, and community responsibility.

Sri G.T. Devegowda was the chief guest of the event. The Guests of honour who graced the occasion were Prof. N. R. Shetty, Chancellor Central University of Karnataka, of how their roots are only a feet deep under the soil but well connected. The event ended with the Vote of Thanks by Dr. T. Karpagam, Director Academics.

Mount Carmel College- Contribution to Relief Camp in Coorg

Mount Carmel College (Autonomous) had sent 51 NSS/NCC students volunteers from 4th September to 8th September to a flood relief centre, to aid the unfortunate situation overshadowing Coorg. They went around evaluating the situation in the Ganji Kendras and interacting with the flood victims and engaged in preparing and serving food for the crowd. It was a great opportunity for the student volunteers to retrospect the situation so closely and understand humanity by practice. The students were headed and assisted by Mr. Govinda Gowda HG, NSS Programme Officer and Dr. Shantha Maria, NCC Officer.

– ***Babli Kalita***



By participating in the relief work the students learned about the impact of natural disasters, fostering compassion for those affected. Students also witnessed the value of swift, carefully planned reactions in situations of crisis. By this engagement, the students developed a lifelong commitment to help those in need and developed a sense of civic duty and social responsibility.





PLOG RUN

2nd October 2018

Gandhi Jayanti is an important national event in India that celebrates the birth anniversary of Mahatma Gandhi, the father of the nation. On the occasion of Gandhi Jayanti, an initiative was taken by a group of volunteers in Bangalore to organize a 'Plog Run'. It's aim is to make India fit and litter free.

Volunteers of NSS took part actively in the 'Plog Run' on October 2, 2018. The marathon drive involved collecting plastic wastes within a radius of 4kms around Mount Carmel College and focused on plastic waste mainly. After the collection of waste, it was transported through BBMP trucks to specified centers. They also weighed the waste from each center to make a note of the amount of plastic waste generated in Bangalore. The event promoted fitness and environmental responsibility among the students and citizen.

Students picked the garbage from Govt. RC College to Bangalore palace road from the roadside.



Students and teachers picking plastic waste near high grounds.



Students and faculty members participated together in the 'Plog Run' and started their marathon from government RC college near palace road.

ANTI DRUG WALKATHON

15th December 2018

Mount Carmel College upholds a staunch stance against drug use, emphasizing a drug-free environment. It actively engages students in promoting anti-drug awareness campaigns, fostering a culture of responsibility and well-being. Through education and advocacy, students are empowered to make informed choices, contributing to a healthier and safer community.

On Dec 15, 2018 students from MCC participated in an Anti Drug Walkathon organized by Helping Hearts Foundation, the CSR Arm of G Group. The event was named '**Hugs-No-Drugs Walkathon**' – An initiative of anti-drug awareness program. The flag-off ceremony was organised at Malleshwaram Grounds for a 4 month long anti-drug campaign held in presence of chief guests **Sri VeerendraHeggade** (DharmasthalaDharmadhikari), **Sri Dr. C. N. Aswath Narayan** (MLA Malleswaram), **Sri Sunil Kumar** (IPS, Bangalore City police commissioner), **Sri R**

Gandhi (Ex.Deputy Governor RBI), **Sri Anant Ravi** (Veteran corporate advisor), **Sri Dr.Gananatha Shetty Takkar** (State NSS officer).



NSS SPECIAL CAMP CONDUCTED AT KORAMANGALA VILLAGE FOR SEVEN DAYS

16th – 21st January 2019

MCC NSS Unit conducted seven-day special camp (16th to 21st January 2019) in a village in Koramangala, Bengaluru with a primary focus on nurturing environmental awareness, cultivating entrepreneurial skills among young girls in the village, and revitalizing the primary school environment.

Students were engaged in various activities during the camp like –

1. Seed Ball making - to promote plantation and raise environmental awareness. Through this activity, they contributed to ecosystem preservation while educating others. Their involvement fostered a sense

of responsibility towards the environment and facilitated the dissemination of crucial ecological knowledge.

2. A healthcare session was specifically conducted for the female population of the village and the session aimed to address various health concerns and provide essential information on topics such as reproductive health, disease prevention, and hygiene practices. The session was conducted by Dr. Lakshmi Devi, owner of Navodaya Health Care Clinic. Attendees gained a comprehensive understanding of menstrual health, breast cancer prevention, and the importance of personal hygiene. The session facilitated awareness and empowered participants to take proactive steps towards maintaining their health and well-being.
3. Cultural Enlightenment - The President of Karnataka Sahitya Parishad enlightened our NSS Volunteers, emphasizing cultural awareness. He imparted knowledge about the rich history of Karnataka and introduced them to the illustrious poets of Kannada literature. This session not only educated volunteers about their heritage but also instilled a deeper appreciation for the cultural richness of the region.
4. Entrepreneur Training Program - NSS volunteers organized an Entrepreneur Training Program in the village, teaching teenage girls the art of quilling earrings, jewellery making, and greeting card crafting. Additionally, they conducted art sessions for young children at the school, teaching painting, drawing, and colouring techniques. Through these initiatives, volunteers aimed to empower girls with entrepreneurial skills while providing creative outlets for children, fostering their artistic abilities and promoting holistic development within the community.
5. Chitra Kala Parishath volunteers joined forces with NSS volunteers to paint the village government school with meaningful pictures and cartoons, enhancing its aesthetic appeal and educational environment.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Village School after the painting

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NSS REGISTERATION DRIVE

14th June 2019

A vibrant registration drive was organized for MCC students to join the National Service Scheme (NSS). Through engaging promotions, informative sessions, and accessible registration booths, students were encouraged to sign up and make a meaningful impact in their community. Online registration options were also provided for convenience. The drive aimed to inspire a spirit of service and foster a culture of active citizenship among MCC students.



NO PARKING CAMPAIGN

19th June 2019

The NSS students of MCC launched a dynamic "No Parking" campaign to address parking issues on campus. Through educational workshops, engaging posters, and social media outreach, they raised awareness about the importance of maintaining clear and safe pathways by refraining from unauthorized parking. Interactive sessions facilitated discussions on alternative transportation methods and emphasized the need for responsible vehicle placement to ensure accessibility for all. Volunteers actively patrolled parking areas, providing guidance and reminders to drivers. The campaign fostered a sense of community responsibility and encouraged sustainable practices while enhancing the overall safety and functionality of the campus environment.



YOGA DAY CELEBRATION

21st June 2019



NSS students at MCC enthusiastically celebrated Yoga Day, promoting holistic health and well-being. Participants engaged in various yoga postures and breathing exercises, fostering physical and mental harmony. The event emphasized the importance of yoga in reducing stress and enhancing overall fitness. Through this initiative, students embraced the ancient practice, embodying unity of mind, body, and spirit.

SEMINAR ON HUMAN TRAFFICKING AND CHILD ABUSE

22nd June 2019

NSS volunteers recently participated in a seminar on 22nd June 2019 at St. Joseph's College focused on the pressing issues of human trafficking and child abuse. The seminar aimed to raise awareness and educate attendees on the prevalence, causes, and consequences of these serious problems. Expert speakers provided valuable insights into the legal frameworks, support systems, and preventive measures needed to combat these crimes. The participation of NSS volunteers underscored their commitment to social justice and their role in fostering a safer, more informed community. This engagement also emphasized the importance of active youth involvement in addressing and mitigating societal issues.



NSS STUDENTS SHOWCASE COMMUNITY IMPACT DURING NAAC VISIT

4th July 2019

NSS students at MCC organized an informative exhibition for the NAAC visit, highlighting the impactful community service projects, environmental initiatives, and social awareness campaigns undertaken by the NSS unit. Through visual displays, interactive presentations, and testimonials, the exhibition showcased the students' dedication to societal upliftment and their contribution to the

college's overall development. This initiative aimed to demonstrate the NSS unit's commitment to fostering a culture of service and civic engagement within the institution.





WATER SCARCITY AWARENESS RALLY- DEVANAHALLI

August 8, 2019



NSS students from MCC organized a compelling Water Scarcity Awareness Rally in Devanahalli, addressing the pressing issue of dwindling water resources. With vibrant banners, placards, and chants, they raised community awareness about water conservation practices and the importance of sustainable usage. Engaging local residents and authorities, the rally emphasized the need for collective action to mitigate water scarcity challenges. Through street performances and educational sessions, the students advocated for rainwater harvesting, efficient irrigation methods, and responsible water management. The rally sparked dialogue and inspired proactive measures towards safeguarding this vital resource for future generations.

INDEPENDENCE DAY CELEBRATION

August 15, 2019

NSS students actively engaged in cultural festivities during the Independence Day celebration. Through dynamic performances encompassing music, dance, and drama, they commemorated the nation's freedom struggle and revered its heroes. Their enthusiastic participation infused the event with energy, fostering a profound sense of pride and unity among attendees. Their involvement underscored the significance of patriotism and the preservation of national heritage, contributing to a memorable and impactful celebration of India's independence.



CLEANLINESS DRIVE

August 29, 2019





NSS students embarked on a cleanliness drive, rejuvenating the Vasanth Nagar locality and instilling environmental consciousness. Armed with determination and cleaning supplies, they diligently cleared litter and debris, transforming the area into a pristine space. Through their actions, they not only beautified the neighborhood but also raised awareness about the importance of maintaining cleanliness and preserving the environment. Their efforts served as a catalyst for community engagement and inspired others to take proactive steps towards creating a cleaner, greener future.

BLOOD DONATION CAMP

September 17, 2019

NSS organized a blood donation camp, inspiring the college community to contribute towards saving lives. Through informative sessions and personal anecdotes, they emphasized the critical need for blood donations and the profound impact it has on patients in need. Volunteers shared stories of lives saved and highlighted the simple yet powerful act of donating blood. Their passionate advocacy resonated with students and faculty, encouraging many to step forward and participate. The camp served as a reminder of the importance of altruism and solidarity, uniting the college community in a common cause of humanitarianism and compassion.





NATIONAL INTEGRATION CAMP 2019-20

20th- 27th September 2019

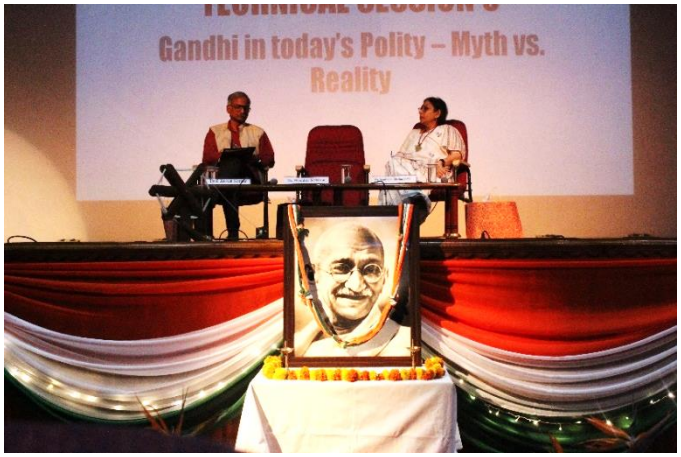
Mount Carmel College, Autonomous, in collaboration with the Bengaluru Central University NSS Cell, hosted a National Integration Camp aimed at fostering unity and harmony among students from diverse backgrounds. This initiative provided a platform for participants to engage in meaningful interactions, cultural exchanges, and collaborative activities, promoting understanding and appreciation of India's rich cultural heritage. Through workshops, discussions, and community service projects, the camp emphasized the importance of embracing diversity and working together

towards a shared vision of national unity. Participants were encouraged to develop empathy, respect, and solidarity, laying the foundation for a more inclusive and cohesive society.



150th GANDHI JAYANTHI CELEBRATION

To mark the 150th birth anniversary of Mahatma Gandhi (2nd October 2019), MCC organized various events throughout the year as "Namma Gandhi". As a part of the celebration freedom fighter and activist Shri. Harohalli Srinivasaiah Doreswamy was felicitated. An exhibition of pre-independence artifacts and some of Gandhi's belongings, were collected and displayed from Mr. Jayaprakash Sarda's collection. Mr Jayprakash enlightened the students about Indian history through such artifacts. The collection included important documents for the Dandi March to pre-independence artifacts. Various competitions such as quiz, debate and essay writing competition were held for Government School and College students to instil the feeling of patriotism in them. A National Conference was also organised on November 26 and 27 on "Gandhian Thoughts and Ideologies" which offered a roadmap towards a more peaceful, sustainable, and harmonious world. As a part of the celebration Khadi and Village Industries Commission (KVIC) in association with MCC also organized a Khadi Exhibition. The NSS actively participated in these enriching endeavors held within the college premises.



VOTING AWARENESS RALLY

November 25, 2019

NSS students organized a Voting Awareness Rally on November 25th, 2019, to promote civic engagement and voter participation. The rally aimed to educate the public about the importance of exercising their right to vote in democratic processes. Through speeches, posters, and interactive activities, NSS students raised awareness about the significance of voting in shaping the future of the nation.

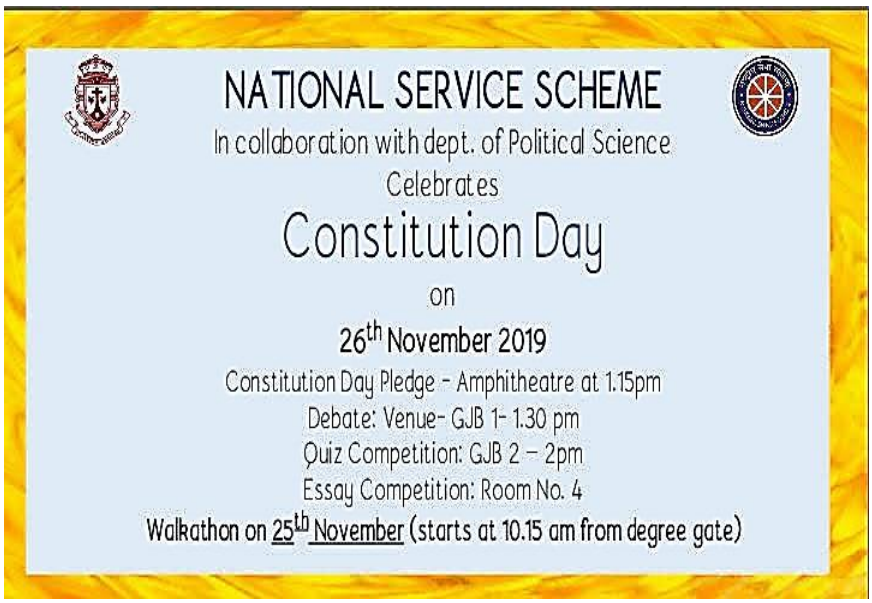




CONSTITUTION DAY

November 26, 2019

On November 26, 2019, the National Service Scheme (NSS) in conjunction with the Political Science Department at Mount Carmel College organized a vibrant celebration of Constitution Day. The event commemorated the adoption of the Indian Constitution and aimed to raise awareness about its significance among students. Various engaging activities were conducted, including a spirited debate, a stimulating quiz competition, and an insightful essay contest, all centered around the themes of democracy, justice, and equality enshrined in the Constitution. Additionally, a walkathon was organized, encompassing the college campus and surrounding areas, symbolizing a collective commitment to upholding constitutional values and promoting civic engagement. The event served as a platform for students to reflect on the importance of the Constitution in shaping the nation's identity and guiding its future trajectory towards progress and inclusivity.



SEMINAR ON CHILD TRAFFICKING

November 28, 2019

The National Service Scheme (NSS) at Mount Carmel College recently hosted a seminar dedicated to raising awareness about the critical issue of Child Trafficking. The event was part of a concerted campaign to inform both students and the wider community about the dire consequences of child trafficking and the imperative of protecting children's rights. The seminar featured various activities including informative sessions, workshops, and interactive discussions aimed at highlighting the indicators, dangers, and preventive measures concerning child trafficking. Furthermore, the initiative underscored the significance of collective action and community engagement in combatting this egregious crime and ensuring the protection and well-being of vulnerable children. The NSS remains committed to empowering individuals to advocate for change and contribute to fostering a safer environment for children.



CHILD RIGHTS CAMPAIGN

December 8, 2019

The National Service Scheme (NSS) at Mount Carmel College launched an initiative focused on advocating for Child Rights. Through various activities and campaigns, the NSS aimed to raise awareness about the importance of protecting and upholding the rights of children. Workshops, seminars, and awareness sessions were conducted to educate students and the community about the fundamental rights of children, including access to education, healthcare, and protection from exploitation and abuse. The NSS encouraged active participation in advocating for policy changes and societal interventions to ensure the holistic well-being and empowerment of children.



NSS VOLUNTEERS ENGAGE IN NATIONAL INTEGRATION AND YOUTH EMPOWERMENT EVENTS

1st – 7th January 2021

NSS volunteers participated in two significant events, the National Integration Camp in Mangalore from January 1st to 7th, 2020, and the National Youth Festival 2020 in Lucknow. These events provided platforms for cultural exchange, social cohesion, and youth empowerment. Through active involvement, NSS volunteers contributed to fostering national unity, celebrating diversity, and promoting a spirit of camaraderie among young people.





REPUBLIC DAY CELEBRATION

January 26, 2020

MCC commemorated the 71st Republic Day on January 26, 2020, marking the historic date when the Constitution of India was enacted in 1950. The event served as a platform to celebrate the nation's democratic values and constitutional principles. Various associations within the college showcased India's vibrant cultural tapestry, highlighting its rich diversity through performances, exhibitions, and presentations. The festivities encapsulated the essence of unity in diversity, reflecting the mosaic of traditions, languages, and customs that define the Indian identity. Students, faculty, and staff came together in patriotic fervor, reaffirming their commitment to uphold the ideals enshrined in the constitution. Through this celebration, MCC not only honoured India's democratic legacy but also

embraced the spirit of inclusivity and pluralism, fostering a sense of belonging and pride among the college community.





NSS STUDENTS FROM MCC JOIN TRAINING ON UNICEF PROJECT

February 22- 24, 2020

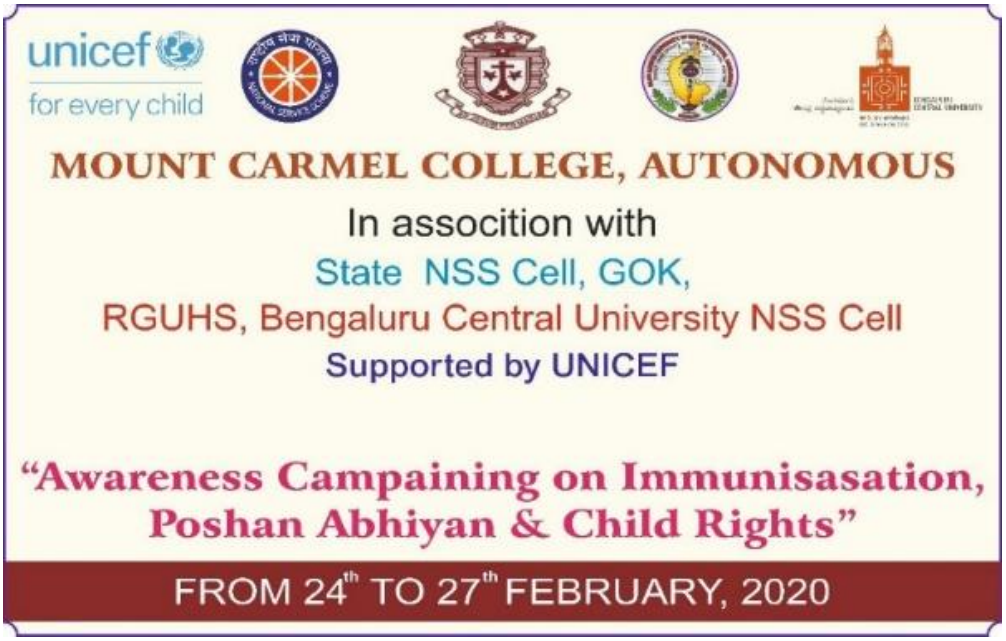
NSS students from Mount Carmel College actively participated in a 3-day training program on the UNICEF project. The event saw participation from seven colleges, each sending ten students. This initiative aimed to equip students with knowledge and skills to contribute effectively to the UNICEF project's objectives.

AWARNESS CAMPAIGN ON IMMUNISATION, POSHAN ABHIYAN AND CHILD RIGHTS

February 24th -28th, 2020

Mount Carmel College, in collaboration with the Government of Karnataka and the state NSS Cell, conducted an "Awareness Campaign on Immunization, Poshan Abhiyan, And Child Rights" from in Bangalore's urban districts of Kacharakanahalli and K.G Halli from February 24th to 28th, 2020, in partnership with UNICEF. The campaign and camp aimed to raise awareness about child development, nutrition, and immunization while empowering local communities with knowledge. NSS volunteers engaged in door-to-door surveys, organized awareness programs, facilitated

Entrepreneurship Development Programs (EDP), and taught in government schools to disseminate crucial information and promote community health. Through collaboration and dedication, the initiative aimed to make a meaningful impact on individuals and families, fostering healthier and more prosperous communities.



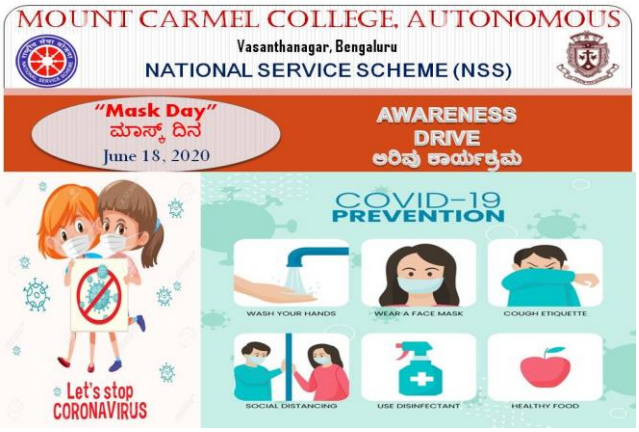
ACTVITIES CONDUCTED DURING LOCKDOWN 2020-21

PANDEMIC AWARNESS THROUGH SOCIAL MEDIA

In March – June 2020, India initiated its first nationwide lockdown to curb the spread of COVID-19. The strict measures included travel restrictions, closure of businesses, and suspension of public activities. In order to serve the community suffering by the pandemic Mount Carmel College also utilized the power of social media to disseminate COVID-19 awareness campaigns. The NSS volunteers shared accurate information, safety guidelines, and resources, leveraging platforms like Twitter, Facebook, and Instagram to reach a wide audience. The students tried to spread their message through photo collage pencil sketches and poster emphasized on the importance of staying indoors, to prevent the spread of virus. By promoting responsible behaviour, MCC contributed to community health and encouraged a sensible collective response during the pandemic.







SAFE PASSAGE: FACILITATING THE RETURN JOURNEY FOR MIGRANT WORKERS

April – May 2020

The COVID-19 pandemic in India is a part of the worldwide pandemic of coronavirus disease. Migrant workers in the midst of the COVID-19 pandemic had to navigate through health concerns, unstable economies and transportation obstacles. Addressing their struggles requires comprehensive support and coordinated efforts to ensure their well-being and a secure return to their homes.

Mount Carmel College played a crucial role during the pandemic by helping the marginalized community in all possible ways. The government required volunteers to control the crowd, enforce social distancing and distribute food and water to the travellers.

The NSS volunteers from Mount Carmel College, under the guidance of the state police contributed their service during April – May 2020. They distributed food packets, masks and hand sanitizer to each and every migrant in different railway stations. The volunteers also helped the migrants maintain social distance while boarding the buses at certain bus-stops.









The selfless hardwork of the NSS students during the pandemic demonstrated their commitment to social responsibility and community welfare during these challenging times.

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WORLD ENVIRONMENT DAY

5th June 2020

The primary goal of World Environment Day is to raise awareness among the public about the global environmental challenges. This day is dedicated to fostering a collective commitment and instilling a sense of responsibility towards pressing issues such as environmental pollution, drastic climate changes, the greenhouse effect, global warming, and other critical concerns.

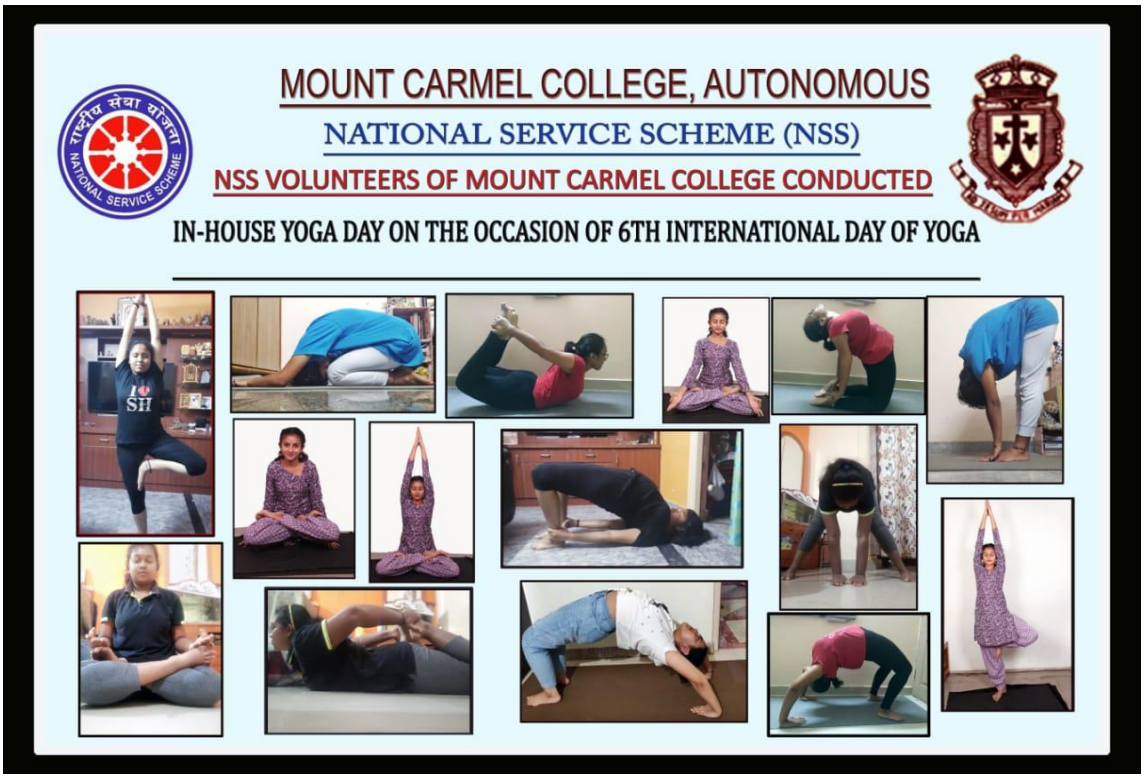
On 5th June, Saturday, National Service Scheme Unit (NSS) of Mount Carmel College conducted a Webinar on "Ecosystem restoration" for students and staff. The speakers emphasized on the importance of reviving and rehabilitating the degrading ecosystems, promoting biodiversity, mitigating climate change, and enhancing resilience. The webinar equipped its students with the knowledge and values needed to make sustainable contributions to society's development.



YOGA DAY: "YOGA FOR HEALTH - YOGA AT HOME"

21st June 2020

"Yoga for Health - Yoga at Home" emphasizes the importance of integrating yoga into daily routines for improved physical and mental well-being, especially from the comfort of one's home.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26th June 2020

The International Day Against Drug Abuse and Illicit Trafficking, observed on June 26, highlighted the critical global issue of drug abuse and its devastating impacts. NSS students at MCC leveraged social media to raise awareness, emphasizing the importance of this day. By sharing informative content, personal stories, and engaging visuals, they aimed to educate peers about the dangers of drug addiction and the consequences of illicit trafficking. This initiative not only fostered a supportive community but also promoted a healthier, drug-free lifestyle. By engaging in such activities, students contributed to a broader effort to prevent substance abuse and support those in recovery, ultimately working towards a safer and more informed society. Their efforts reflected a commitment to global well-being and social responsibility.



SADBHAVANA DIWAS

20th August 2020

At Mount Carmel College, our ideologies revolve around fine-tuning students' critical thinking abilities and sensibilities, to transform them into socially conscious and responsible individuals.

The celebration of Sadbhavana Diwas aims is to encourage peace, national integration and communal harmony among the Indian people of all religions. This day is the birth anniversary of our former Prime Minister Rajiv Gandhi. Due to the pandemic, on this day, 20th August 2020 the NSS volunteers and the staff of Mount Carmel College celebrated the Sadbhavana Diwas by taking a pledge from their houses. They took the oath to contribute to national integration and harmony of the country.

Pledge:

"I take this solemn pledge that i will work for the emotional oneness and harmony of all the people of india regardless of caste, region, religion, or language. I further pledge that i shall resolve all differences among us through dialogue and constitutional means without resorting to violence."



Sadbhavana Pledge observed on 20th August 2020, by the volunteers of National Service Scheme.

WORLD SUICIDE PREVENTION DAY

EMPOWERING COMMUNITIES: WEBINAR ON SUICIDE PREVENTION AND MENTAL HEALTH AWARENESS

10th September 2020

Every year on September 10th, World Suicide Prevention Day reaffirms the global dedication to preventing suicides. To raise awareness about mental health, combat stigma, promote emotional well-being, and prevent suicides through outreach programs, the NSS unit collaborated with the International Association for Suicide Prevention (IASP), World Health Organization (WHO), and World Federation for Mental Health (WFMH) to organize a webinar on "Suicide Prevention". The guest speaker, Ms. Avani Prasad, a Mental Health Advocate, shared insights and strategies on healing techniques such as self-love, neuroplasticity, mindful eating, and physical fitness for a healthy mind. Participants were engaged in discussions, gaining knowledge about identifying warning signs, seeking help, and fostering supportive environments. Through this initiative, the aim was to empower individuals and communities to take proactive steps in addressing mental health challenges and preventing tragic loss of life.







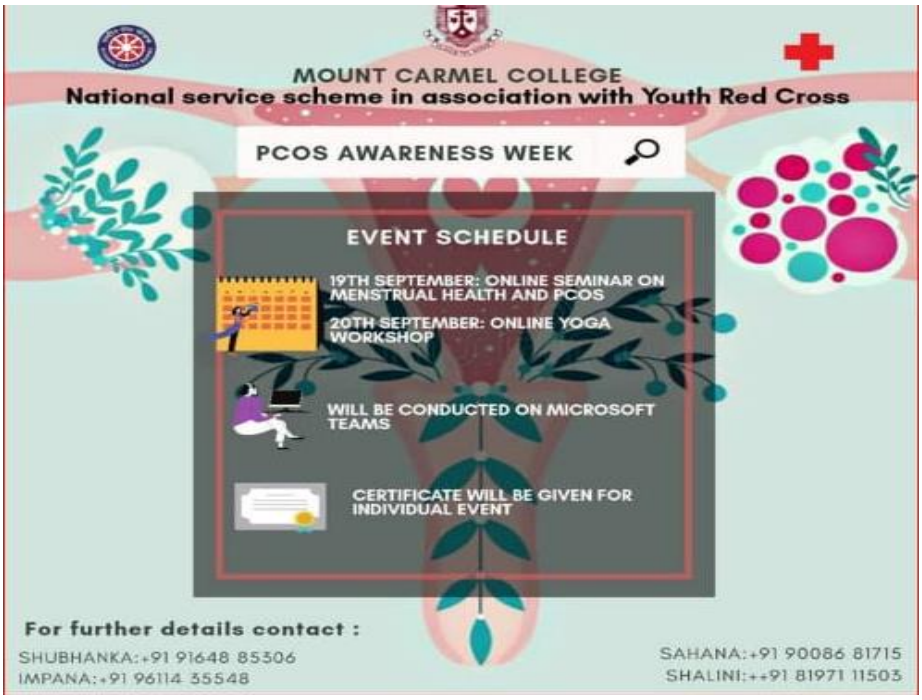
POLYCYSTIC OVARIAN SYNDROME AWARENESS DRIVE

September 20, 2020



The National Service Scheme of Mount Carmel College in association with the Youth Red Cross organized a PCOS awareness week. Even during the Covid pandemic, the institution continued creating awareness about various physical problems among the students.

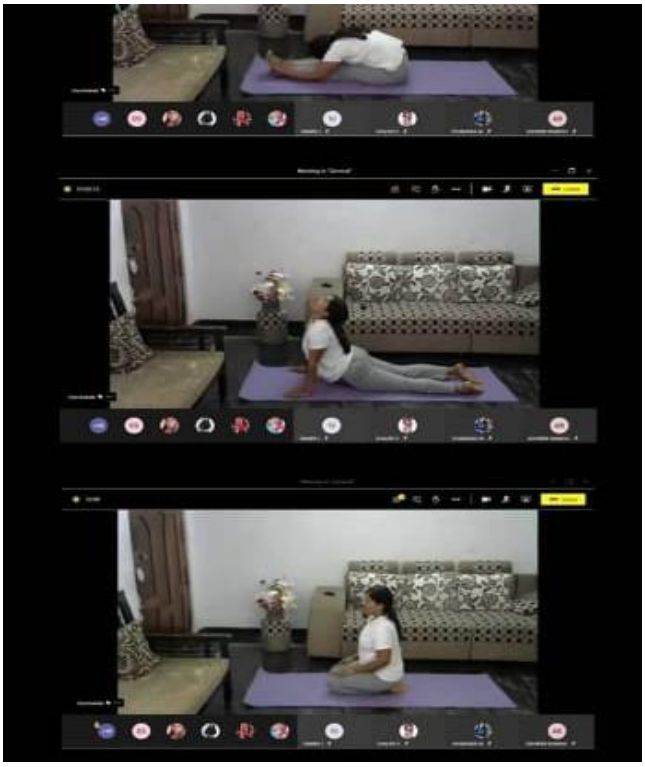
The PCOS (Polycystic Ovary Syndrome) awareness drive was aimed to educate and inform the students about this common hormonal disorder. Through webinars involving Doctors, yoga workshops, and healthy cooking challenges, students were empowered with the knowledge about symptoms, treatment options, and lifestyle management, fostering early diagnosis and better management of PCOS.

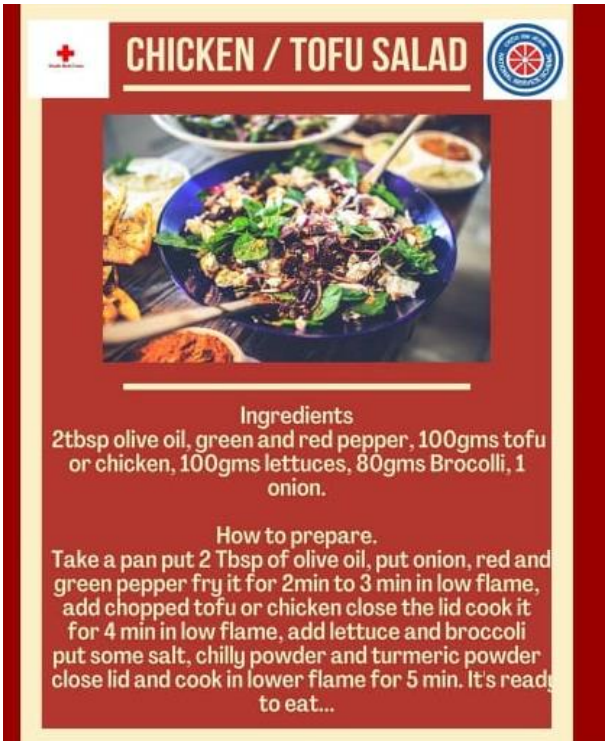

MOUNT CARMEL COLLEGE
National service scheme in association with Youth Red Cross
PCOS AWARENESS WEEK
EVENT SCHEDULE
19TH SEPTEMBER: ONLINE SEMINAR ON MENSTRUAL HEALTH AND PCOS
20TH SEPTEMBER: ONLINE YOGA WORKSHOP
WILL BE CONDUCTED ON MICROSOFT TEAMS
CERTIFICATE WILL BE GIVEN FOR INDIVIDUAL EVENT
For further details contact :
SHUBHANKA:+91 91648 85306
IMPANA:+91 96114 55548
SAHANA:+91 90086 81715
SHALINI:++91 81971 11503


NSS in collaboration with YRC
PRESENTS YOU
Youth Red Cross
Yoga Workshop!!!
Heal PCOS
YOGA INSTRUCTOR
DATE : 20/09/2020
TIME: 10am-11am
VENUE: Ms Teams
OPEN FOR ALL!!!
Mrs.Chandrakala
Founder of Sanjeevani
Sparsh Yoga
FOR ANY QUERIES CONTACT THE SECRETARIES
ALL THE PARTICIPANTS WILL BE PROVIDED E-CERTIFICATES.

.


Meeting in "General"
SD
PI
YJ
SM
VM




CHICKEN / TOFU SALAD
Ingredients
2tbsp olive oil, green and red pepper, 100gms tofu or chicken, 100gms lettuces, 80gms Brocolli, 1 onion.
How to prepare.
Take a pan put 2 Tbsp of olive oil, put onion, red and green pepper fry it for 2min to 3 min in low flame, add chopped tofu or chicken close the lid cook it for 4 min in low flame, add lettuce and broccoli put some salt, chilly powder and turmeric powder close lid and cook in lower flame for 5 min. It's ready to eat...

REPUBLIC DAY CELEBRATION

26th January 2020

On January 26th, the NSS team celebrated Republic Day with a vibrant display of dance performances, commemorating the adoption of the Constitution of India on this day in 1950. The event marked the transition of India into a republic, replacing the Government of India Act. Through a fusion of dances, the team showcased the rich diversity of India, paying homage to its cultural heritage and unity in diversity. The performances served as a tribute to the country's journey towards independence and the values enshrined in the Constitution, fostering a sense of national pride and solidarity among participants and spectators alike.





RASTRIYA EKTA DIWAS

31st October 2020

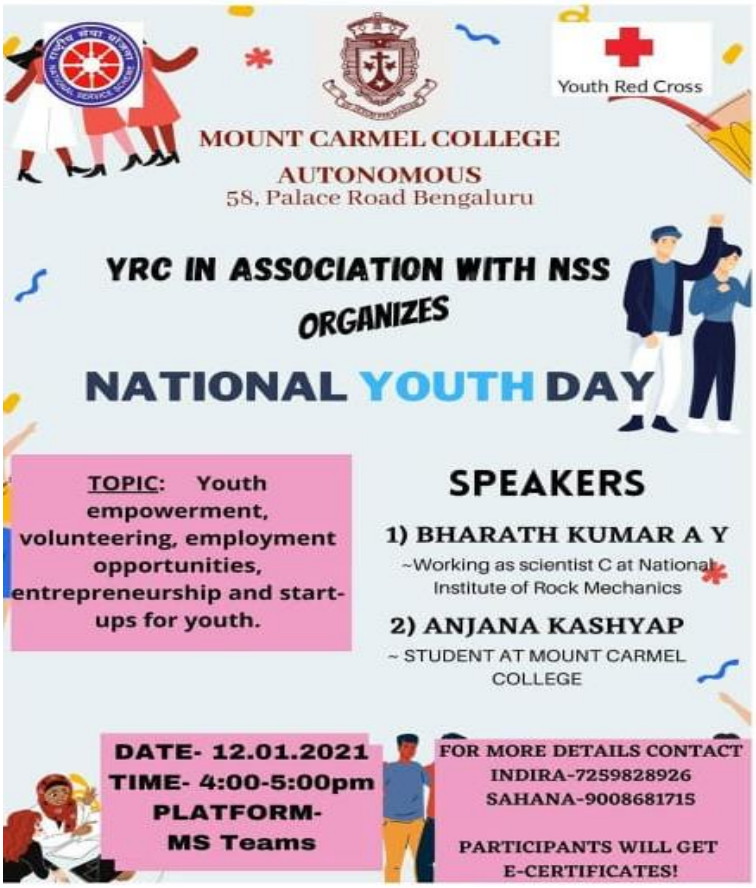
"Rashtriya Ekta Diwas" is observed in India on October 31st to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India who was instrumental in keeping India united. Mount Carmel College organized a pledge taking ceremony for the students and staff to promote the feeling of national unity, harmony, and peace among them.



NATIONAL YOUTH DAY

12th January 2021

National Youth Day creates awareness and provides knowledge about the rights of people in India. The main objective behind the celebration of this day is to make a better future of the country by motivating the youths and spreading the ideas of the Swami Vivekananda.



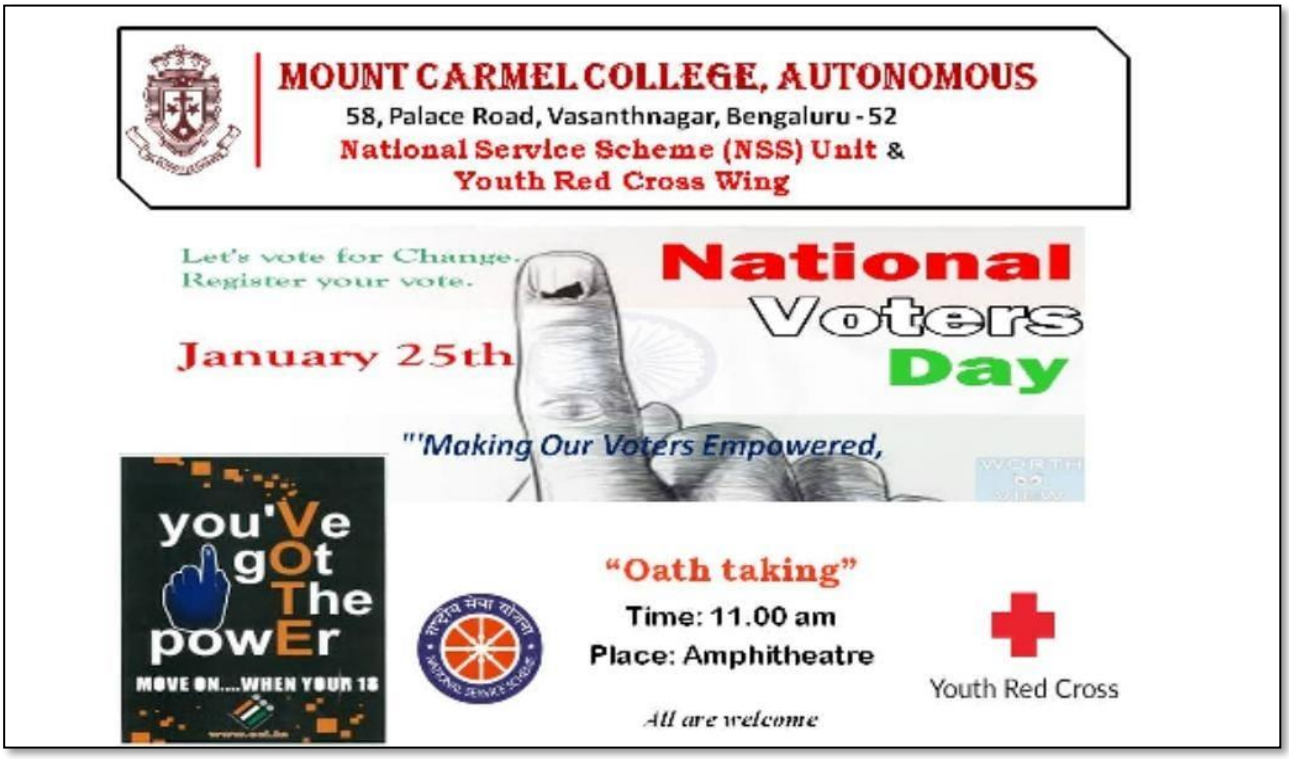
NSS in collaboration with Youth Red Cross of Mount Carmel College conducted a webinar on 12th January 2021 for celebration of National Youth Day. One of the speakers, Ms. Anjana Kashyap highlighted youth empowerment and enlightened them about the major issues that the youth of our nation were facing. She also spoke about how people as a society can help to resolve and prevent these problems. Shri Bharath Kumar emphasized on women empowerment through his lecture. He also spoke about important legal provisions for women and various job opportunities for them.

NATIONAL VOTER'S DAY

25th January 2021

Every year on January 25, India observes National Voters' Day. The day is observed to honor the right to vote and the country's electoral system. The day also serves as a platform to encourage, facilitate and optimize voter enrolment, particularly for new and young voters. Nationwide events are conducted to create awareness regarding the value of voting, the necessity of participating in elections, and the Election Commission's function in the democratic process.

On this National occasion NSS, YRC and NCC conducted an oath taking ceremony for everyone on the college campus. In-spite of the pandemic condition the staff and students gathered maintaing the Covid protocols and took the pldge to play their role in the democracy of their Nation







NATIONAL VOTERS' DAY PLEDGE

'We the citizens of India, having abiding faith in democracy, hereby pledge to uphold the democratic traditions of us country and the dignity of free, fair and peaceful elections,

and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement'.

NSS Annual Report 2021-22

WORLD ENVIRONMENT DAY

5th June 2021

The mission of the World Environment Day is to increase public awareness about the environmental challenges faced worldwide. The day is celebrated to encourage group effort and create sense of responsibility towards scorching issues of environment pollution, drastic climatic changes, greenhouse effect, global warming, black whole effect etc, among human beings on the planet Earth.

Mount Carmel College has consistently worked to develop its students into environmentally sensible individuals who can make sustainable contributions to the development of society.

This year the celebration of Environment Day was entitled as ***"Role of NSS volunteers towards the Protection of Environment".*** A guest lecture was conducted on June 5, 2021 to discuss environmental pollution, Forest conservation, Swacch Bharath, Jal Shakthi abhiyaan, Sanitation Effect and Impacts, Role of NSS in preparing strategy/plans. The Guest Speaker Dr. B Divakar, The Project Director at The Mahatma Gandhi National Council of Rural Education enlightened the students about their role in protecting the environment. A plantation drive was also organized that involved both students and staff members.







Through these annual activities, the college instills a mindset of conservation, sustainability, and conscientious environmental responsibility among the students.

"OXYGEN CHALLENGE" A PLANTATION DRIVE

17th and 18th June 2021



NSS Unit of Mount Carmel College organized a Plantation drive named “Oxygen Challenge” on 17th and 18th June 2021. The drive focused on encouraginf the college community to plant trees and plants in their locality or residence to promote conservation of the environment and butification of the localities in a sustainable manner.

ANTI-CHILD LABOUR DAY

12th June 2021

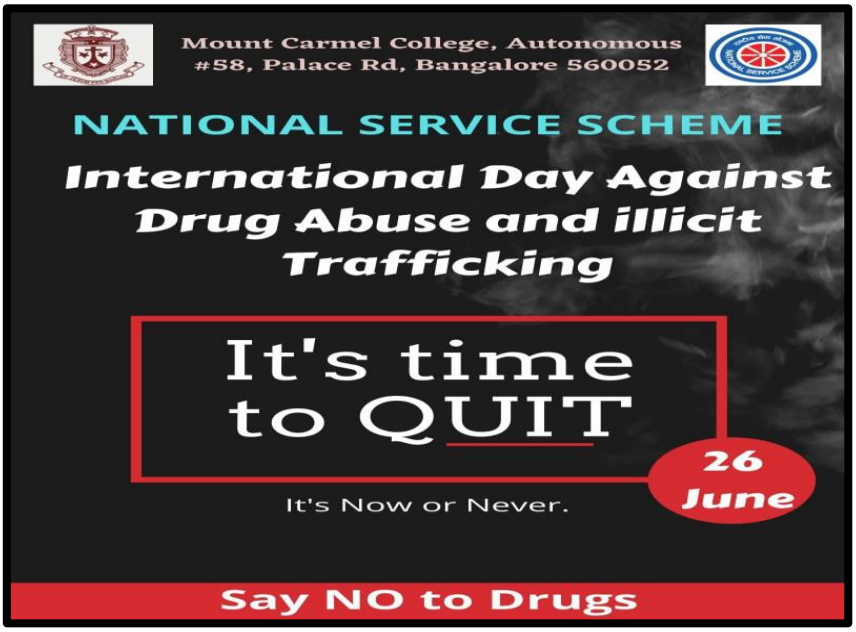
In 2021, the theme "Act now: End child labour!" underscored the urgent need to eradicate this harmful practice globally. NSS observed Antichild Labour Day on June 12th to raise awareness about the illegal practice of child labour, which persisted. The objective of this day was also to spread awareness to eradicate it completely across the globe. Due to the challenging circumstances, the event had to be commemorated online. NSS created a poster and wished everyone Anti-Child Labor Day, circulating a very important message on how “Child labour is child abuse. Children are our future, let them grow.” Despite the limitations of virtual platforms, the NSS team effectively conveyed the significance of combating child labour and emphasized the need for collective action to protect the rights and well-being of children worldwide. Through digital means, the message resonated with participants, fostering a sense of responsibility and commitment to ending this harmful practice.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26th June 2021

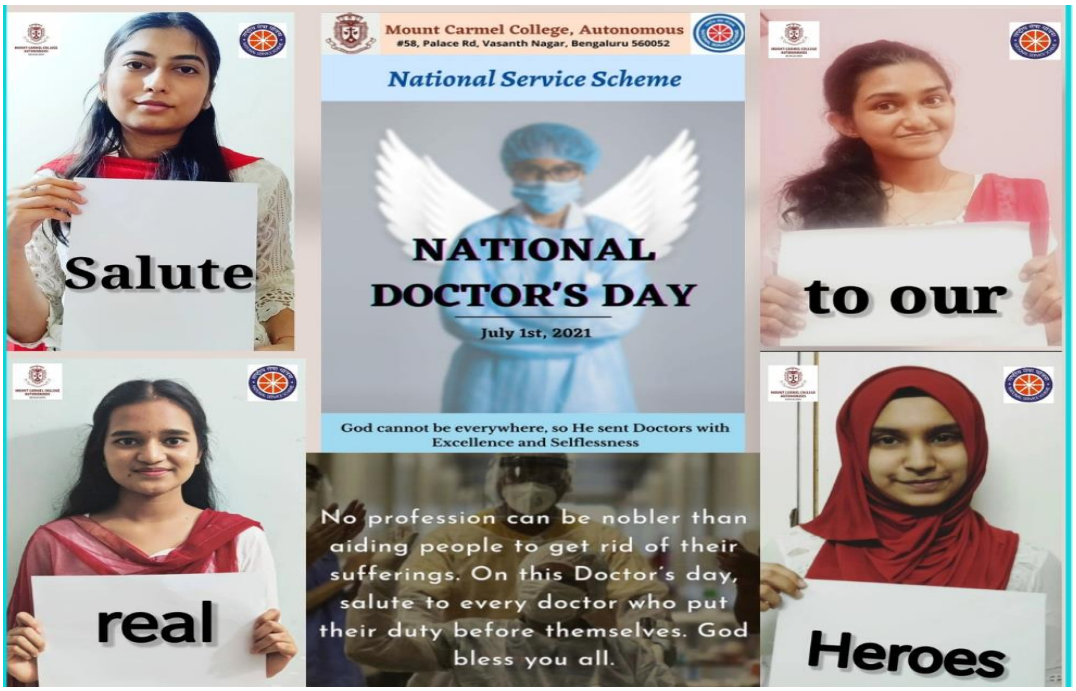
On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, NSS students launched a comprehensive virtual campaign aimed at raising awareness about the dangers of drug abuse and the impact of illicit trafficking. Utilizing social media platforms, they disseminated informative content, shared personal stories, and highlighted preventive measures. Through a series of online posts, videos, and interactive sessions, they reached a broad audience, fostering a supportive environment for those affected. Their digital advocacy effectively engaged the community, spreading crucial information and resources to help combat drug abuse and illicit trafficking.



NATIONAL DOCTOR'S DAY

1st July 2021

The National Service Scheme of Mount Carmel College celebrated National Doctors Day virtually by sharing a video that thanked and honored the heroic efforts of courageous doctors and health workers. The video, created by students and Programme Officers, highlighted the gratitude and respect towards these professionals for their selfless service, hard work, and dedication. Additionally, a poster was created by NSS to further express appreciation for the doctors' invaluable contributions to patients, communities, and society as a whole.



VACCINATION DRIVE

5th July 2021

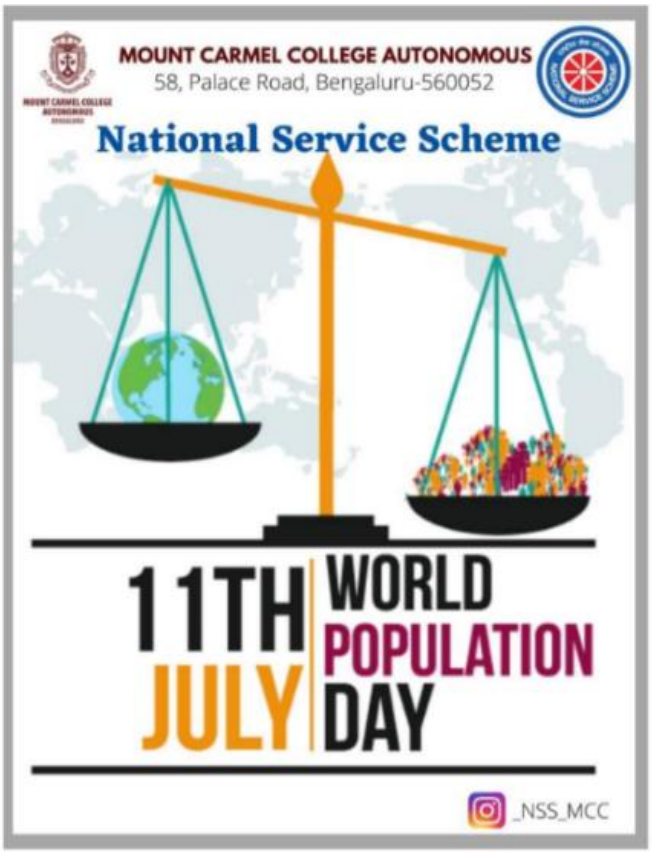
The National Service Scheme of Mount Carmel College orchestrated a three-day vaccination drive, spearheaded by 20 dedicated volunteers. Over this period, the college successfully administered vaccinations to more than 2000 students and staff members. Additionally, NSS volunteers actively participated in vaccination drives organized by YOUTH FOR SEVA and in various slum areas, extending their support beyond the college campus. Following vaccination, volunteers adhered to a mandatory 30-minute observation period to monitor any potential adverse reactions. Stringent COVID-19 protocols were strictly enforced throughout the drive, ensuring that all attendees wore masks, utilized hand sanitizers, and maintained proper social distancing measures. This collective effort underscored the NSS's commitment to public health and community welfare, demonstrating solidarity in the fight against the pandemic.



WORLD POPULATION DAY

11th July 2021

In recognition of World Population Day on July 11th, 2021, the National Service Scheme unit of Mount Carmel College, Autonomous, organized an online observance. Despite the challenges posed by the pandemic, NSS aimed to raise awareness about the impacts of overpopulation. The event emphasized the potential harm to ecosystems and humanity's progress caused by rapid population growth. The event emphasized the potential harm to ecosystems and humanity's progress caused by rapid population growth. The theme, "Rights and choices are the answer: Whether baby boom or bust, the solution to shifting fertility rates lies in prioritizing the reproductive health and rights of all people," underscored the importance of reproductive health and rights in addressing population issues. Through a poster and online dissemination, NSS conveyed the message that unchecked population growth poses significant challenges to humanity and the environment.

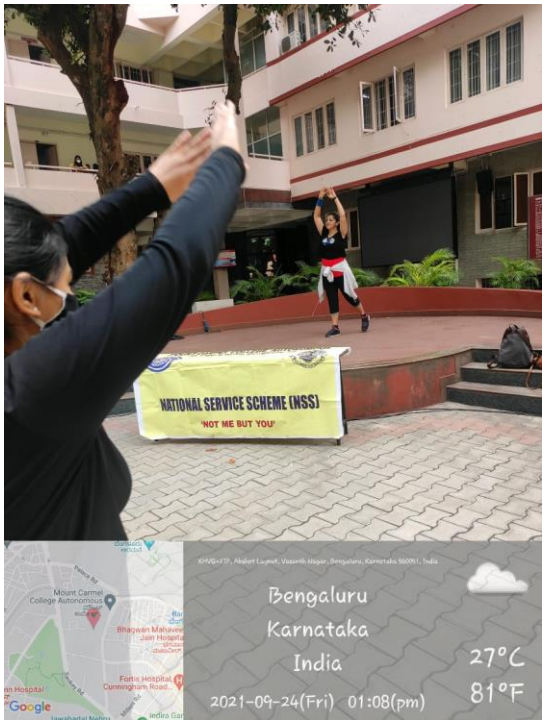


AEROBICS SESSION

24th JULY 2021

NSS organized an Aerobics session on September 24, 2021, in celebration of 'Azadi ka Amrit Mahotsav 2021 and NSS Day'. Led by Ma'am Seema Sharat, founder of Positive Fitness Studio, the session took place in the Amphitheatre from 1 pm to 1:45 pm. Approximately 40 volunteers participated, learning aerobic moves to enhance their fitness levels.





FIT INDIA FREEDOM RUN 2.0

13th August 2021

On August 13, 2021, the National Service Scheme of Mount Carmel College inaugurated Fit India Freedom Run 2.0 to commemorate India's 75th Independence Day. The initiative aimed to inspire individuals, particularly students, to embrace fitness activities like running and sports in their daily

routines, freeing themselves from issues like obesity, anxiety, and stress. It played a vital role in promoting and maintaining a healthy lifestyle among participants. Furthermore, the event served as a platform to raise awareness about the numerous benefits of fitness. Overall, it successfully encouraged a proactive approach towards health and well-being, fostering a culture of physical activity and vitality.



CYCLE JATHA-BANGALORE

15th – 16th August 2021

On August 15, 2021, the Karnataka State NSS Cell conducted a Cycle Jatha, named Freedom Run, in celebration of Azadi ka Amrut Mahotsav. The event was inaugurated at Vidhana Soudha, Bangalore, by Hon'ble Chief Minister of Karnataka Sri Basavaraj Bommai, along with other dignitaries. Over 100 students from Mount Carmel College and various Bangalore colleges participated. Starting at 10:00 am, the Cycle Jatha commenced from Vidhana Soudha and concluded at Gandhi Bhavan, with selected students continuing their ride to Chikmangalore, arriving on the evening of August 16. The event provided insights into enhancing youth fitness levels through cycling and contributing to pollution reduction.

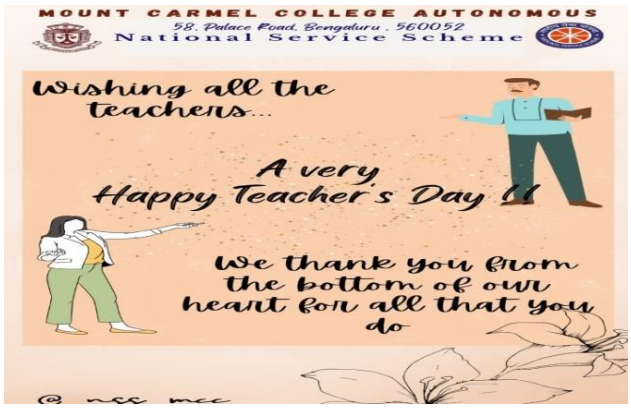


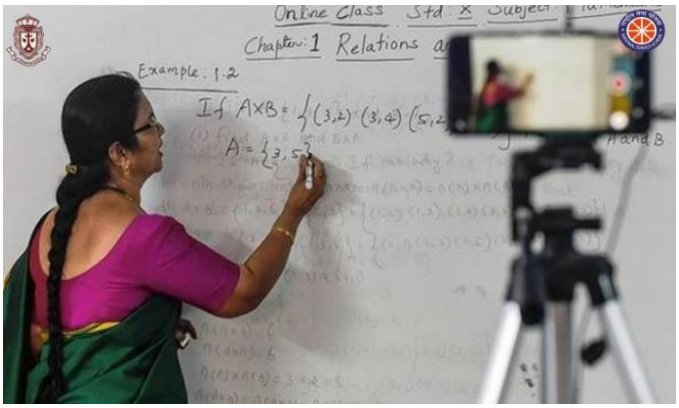


TEACHER'S DAY

5th September 2021

NSS celebrated Teachers' Day on September 5th, honoring Dr. Sarvapalli Radhakrishnan and expressing gratitude to educators. Due to the pandemic, the event was commemorated online with a video tribute. The video highlighted Radhakrishnan's legacy and showcased teachers' dedication during the transition to online learning. It concluded with heartfelt thanks to teachers for their unwavering support and encouragement. The video, posted on Mount Carmel's NSS Instagram page, garnered praise from teachers, underscoring the appreciation and admiration for their vital role in education.

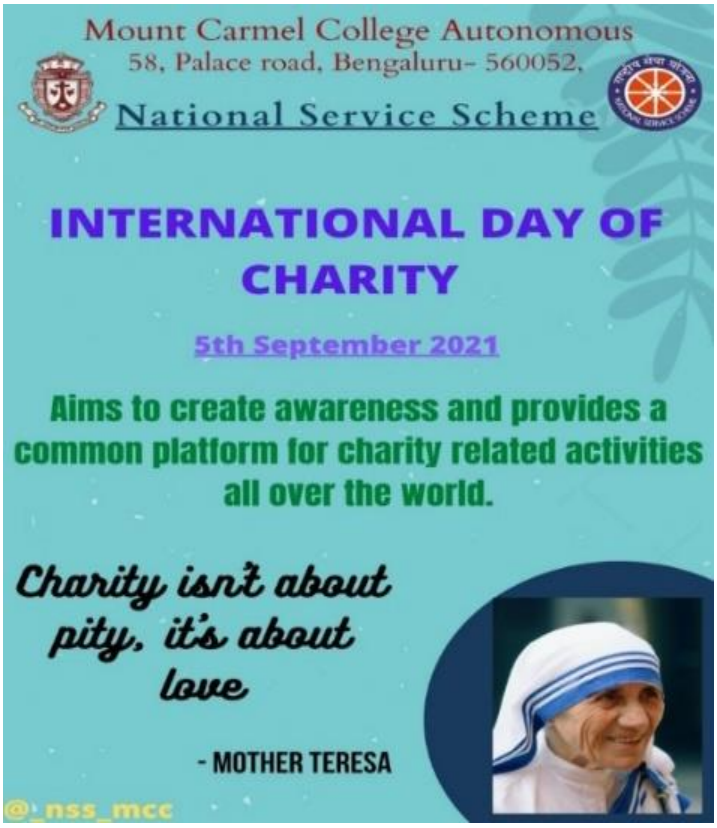




INTERNATIONAL DAY OF CHARITY

5th September 2021

On September 5th, 2021, the NSS Unit of Mount Carmel College commemorated the International Day of Charity by crafting a visually appealing poster. This artwork aimed to underscore the significance and urgency of charitable acts. Adorned with poignant quotes, the poster was designed to inspire and ignite a spirit of generosity among viewers, encouraging them to embrace the joy of giving. The quotes were carefully selected to resonate with the audience, instilling a sense of empathy and compassion towards those in need. Through this initiative, the NSS Unit sought to foster a culture of altruism and solidarity within the college community, emphasizing the transformative power of charity in positively impacting the lives of others. This celebration not only highlighted the importance of charitable deeds but also served as a reminder of the collective responsibility to support and uplift those facing adversity.



WORLD OZON DAY

16th September 2021

To commemorate World Ozone Day, Mount Carmel College's NSS Unit organized a poster-making competition for volunteers.

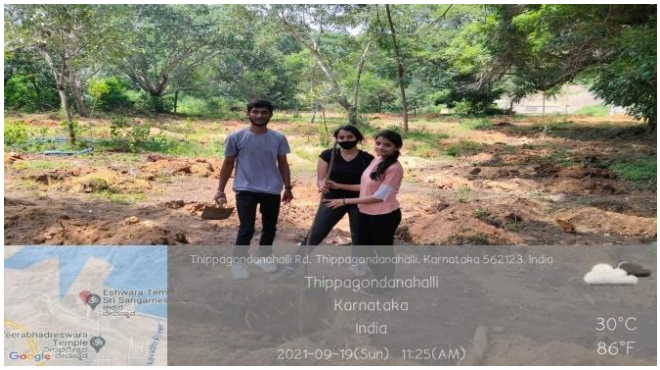


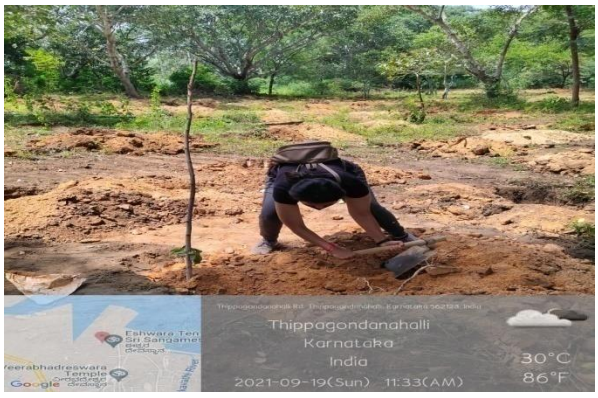
MEGA TREE PLANTATION DRIVE

19TH September 2021

On September 19, 2021, the National Service Scheme Association of Mount Carmel College organized a Mega Tree Plantation Drive in collaboration with the State NSS Cell, Namma Bengaluru Foundation, and BBMP. Hosted by KotiVruksha Saints at the Thippagondanahalli lake reservoir, the event aimed to enhance environmental sustainability by planting numerous tree saplings. With the participation of approximately 200 volunteers, the goal was to plant 1000 saplings as part of a broader initiative commemorating the 75th Anniversary of Independence. Over the course of five hours, volunteers worked tirelessly, successfully achieving their target. Their efforts not only contributed to a greener environment but also fostered a sense of fulfillment and achievement, reinforcing the importance of environmental stewardship within society.









WORLD ROSE DAY

23rd September 2021

On World Rose Day, National Service Scheme and Youth Red Cross organized a prayer session on September 23rd, dedicated to cancer awareness. The event aimed to offer solace and hope to cancer patients, fostering mental strength during challenging times. Through prayers, participants sought to instill a sense of resilience and determination in those battling cancer, extending support and solidarity in their fight against the disease.

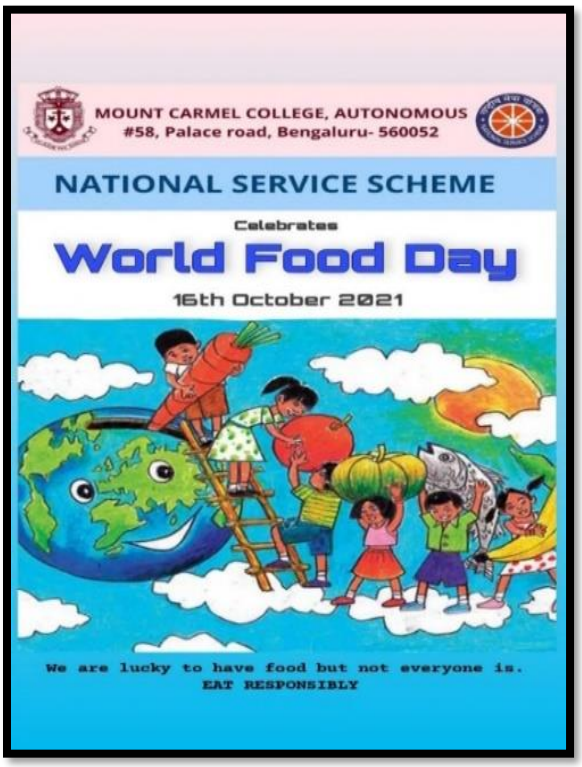




EMPOWERING CHANGE: MOUNT CARMEL COLLEGE'S COMMITMENT TO SUSTAINABLE FOOD PRACTICES

16th October 2021

On October 16th, Mount Carmel College Autonomous hosted a virtual celebration for World Food Day, aligning with Sustainable Development Goal (SDG) 2: Zero Hunger. Despite the challenges posed by the pandemic, the NSS unit organized an online event, advocating for food security and inclusivity. They crafted a poster echoing the message "Safe food now is better for a healthy tomorrow," in line with SDG 3: Good Health and Well-being. Furthermore, the NSS team demonstrated proactive engagement by distributing vegetables to stray animals, embodying SDG 15: Life on Land. A collage showcasing NSS members feeding animals was shared on social media platforms, fostering an inclusive environment and raising awareness about the global hunger crisis. This initiative exemplified the college's commitment to promoting sustainability and a hunger-free world.





INTERNATIONAL YOUTH DAY

12th January 2021

National Youth Day creates awareness and provides knowledge about the rights of people in India. The main objective behind the celebration of this day is to make a better future of the country by motivating the youths and spreading the ideas of the Swami Vivekananda.

This year on the occation of International youth Day the NSS unit organized a webinar on " Duties and Responsibilities of good citizens" on 12th January 2021. The webinar was attended by students from other colleges also apart from the MCC students. The speakers highlighted the various community services and awareness camps that can be organized by the students to address social issues. The webinar enlightened the students on community development projects, fostering a sense of responsibility, leadership, and social commitment among th





VIRTUAL INDEPENDENCE DAY CELEBRATIONS AMIDST COVID-19

15th August 2021

Independence Day is a National festival that instills patriotism, honors sacrifices, and fosters unity among the citizens. A day to reflect on history, celebrate achievements, and renew commitment to national progress. This year due to the pandemic condition patriotic online gatherings was organized by Mount Carmel College on 15th August 2021 marking India's freedom with cultural performances, and inspirational messages for a united nation in challenging times. NSS volunteers exhibited a dance performance and made a short video as a tribute to the real heroes who sacrificed their life and served the country during difficult times.





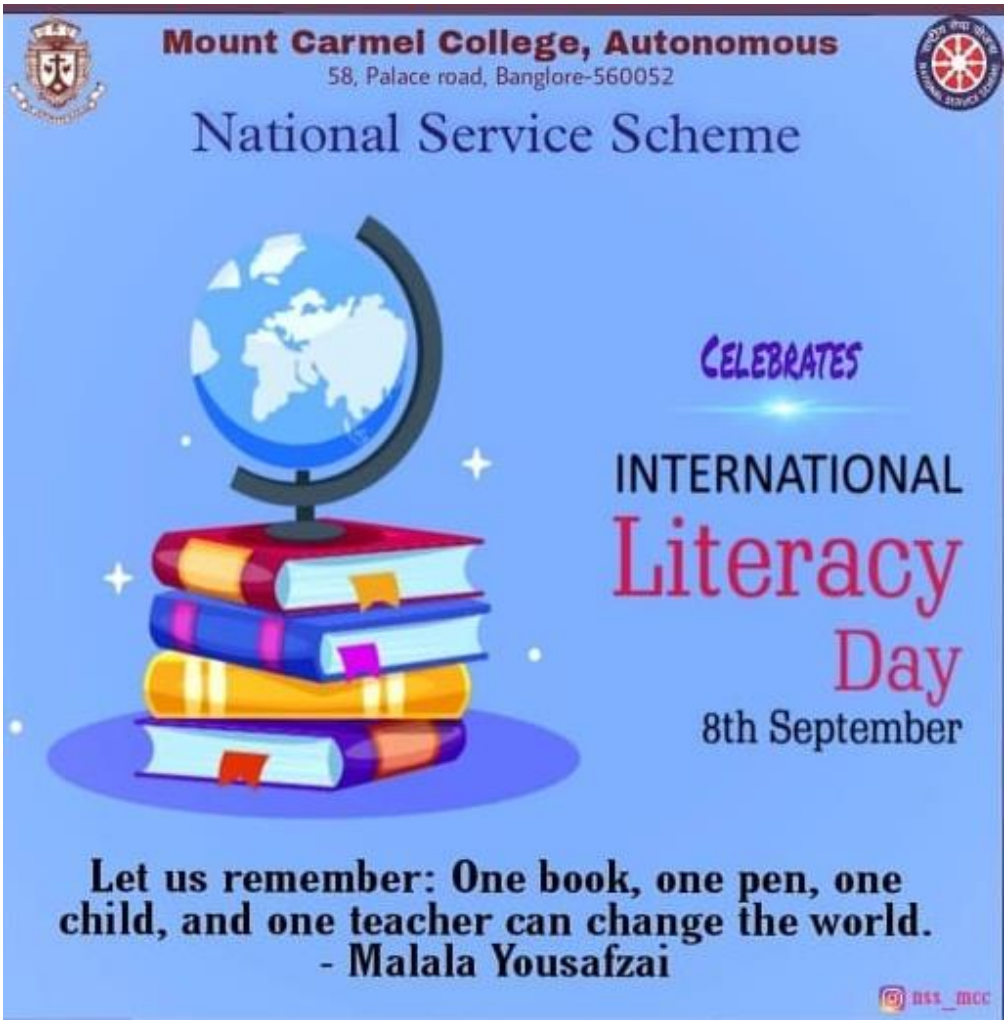




INTERNATIONAL LITERACY DAY

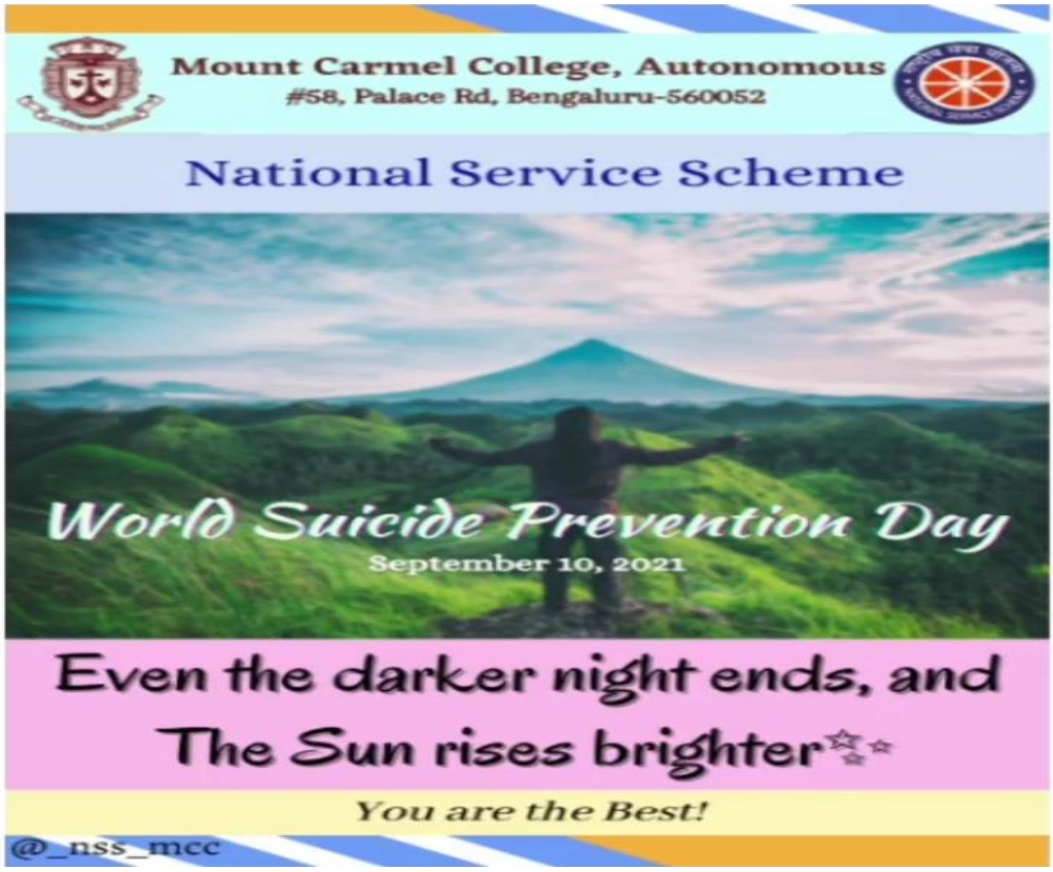
8th September 2021

On September 8, 2021, the National Service Scheme Association of Mount Carmel College, Autonomous, recognized International Literacy Day. NSS honored the day to promote education's importance. UNESCO proclaimed September 8 as International Literacy Day in 1966, emphasizing literacy's crucial role in individual, community, and societal development. Despite its significance, many people lacked basic literacy skills in the 21st century. Celebrating World Literacy Day aimed to raise awareness among youth. NSS initiated a poster campaign, featuring the quote "Once you learn to read, you will be forever free," aiming to spread awareness.



WORLD SUICIDE PREVENTION DAY

10th September 2021



On September 10, 2021, the National Service Scheme Unit of Mount Carmel College prepared a poster for World Suicide Prevention Day to raise awareness. The initiative aimed to educate people about the seriousness of suicide and provided a platform for individuals to share their experiences if they felt comfortable doing so. The campaign also sought to instill strength and hope by reminding people that happiness and problems are transient, and change is inevitable. The NSS Unit's efforts contributed to spreading awareness and fostering a supportive environment to combat suicide.

VACCINATION DRIVE

7th October 2021

This was an initiative taken by the Institutional Social Responsibility Cell (ISRC), NSS and Youth Red Cross of Mount Carmel College to aid in a completely vaccinated campus. Students and faculty were given either the 1st or 2nd dose of the vaccine Covishield. It was conducted on 7th October, 2021.










MOUNT CARMEL COLLEGE, AUTONOMOUS
COVID-19 VACCINATION DRIVE
FOR STAFF AND STUDENTS
Latitude: 12.993252
Longitude: 77.588492
Elevation: 933.53±3 m
Accuracy: 12.4 m
Time: 07-10-2021 12:33
Note: vaccination drive


MOUNT CARMEL COLLEGE, AUTONOMOUS
NATIONAL SERVICE SCHEME (NSS)
Latitude: 12.993261
Longitude: 77.5885
Elevation: 933.41±3 m
Accuracy: 12.5 m
Time: 07-10-2021 12:32
Note: vaccination drive


Latitude: 12.99325
Longitude: 77.588487
Elevation: 933.41±3 m
Accuracy: 16.4 m
Time: 07-10-2021 12:30
Note: vaccination drive


Latitude: 12.993272
Longitude: 77.588466
Elevation: 933.47±3 m
Accuracy: 13.4 m
Time: 07-10-2021 12:34
Note: vaccination drive

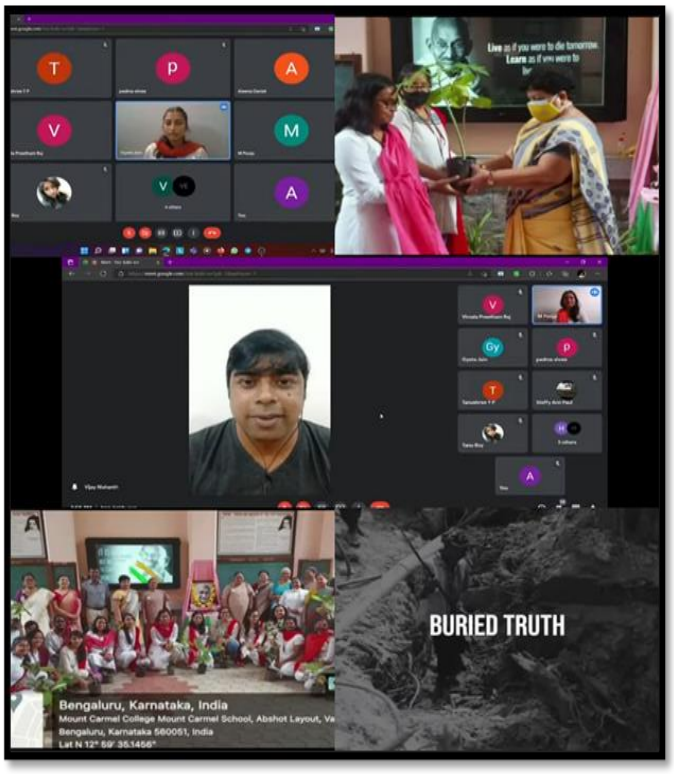


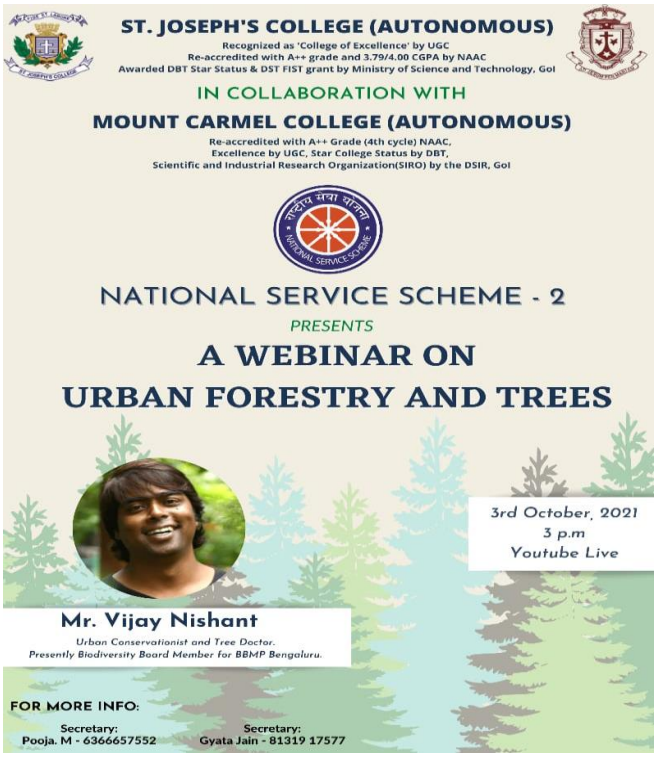

Shot on OnePlus

URBAN FORESTRY AND PLANTATION ON GANDHI JAYANTI

2nd October 2021

Gandhi Jayanti is an annual celebration, observed on October 2nd, commemorating the birth anniversary of Mahatma Gandhi, the Father of our Nation. This year as a part of Gandhi Jayanti celebration a webinar and a plantation drive was organized by the NSS unit of Mount Carmel College in association with Saint Joseph's College, Bengaluru. The speakers emphasized the significance of greening urban spaces, promoting environmental sustainability, and embracing Mahatma Gandhi's principles of harmonious coexistence with nature for a healthier and more balanced society**.** The NSS cadets also distributed free saplings among the college community to encourage plantation among them.










WHERE THERE IS
LOVE
THERE IS LIFE



BOOD DONATION DRIVE

15th October 2021

On October 5, 2021, the National Service Scheme, in collaboration with the Youth Red Cross Association of Mount Carmel College, conducted a Blood Donation Camp. The event aimed to raise awareness about the critical need for safe blood and blood products for transfusion. Through the blood donation drive, participants were reminded of the significance of their contributions towards helping those in need and fostering a healthier society. The primary objective was to donate blood and support individuals requiring transfusions, emphasizing the importance of even the smallest contributions towards creating a better and healthier community.





ಮೌಂಟ್ ಕಾರ್ಮೆಲ್ ಕಾಲೇಜಿನಲ್ಲಿ ರಕ್ತದಾನ ಶಿಬಿರ



ಬೆಂಗಳೂರು : ನಗರದ ಮೌಂಟ್ ಕಾರ್ಮೆಲ್ ಕಾಲೇಜ್ ನಲ್ಲಿ ನ್ಯಾಷನಲ್ ಸರ್ವಿಸ್ ಸ್ಕೀಮ್ ಮತ್ತು ಯೂತ್ ರೆಡ್ ಕ್ರಾಸ್ ವತಿಯಿಂದ ರಕ್ತದಾನ ಶಿಬಿರವನ್ನು ಲಯನ್ಸ್ ಬ್ಲಡ್ ಬ್ಯಾಂಕ್ ಜಯಮಹಲ್ ಹಾಗೂ ಭಾರತೀಯ ರೆಡ್ ಕ್ರಾಸ್ ಸೊಸೈಟಿ ಸಹಕಾರದೊಂದಿಗೆ ಏರ್ಪಡಿಸಲಾಗಿತ್ತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಸ್ವರ್ ಅರ್ಪಣ, ಉಪ ಪ್ರಾಂಶುಪಾಲೆ ಚಾರ್ಮೈನ್ ಜೆರೋಮ್, ಡಾ. ಗೋವಿಂದ ಗೌಡ, ದೀಪಕ್ ಸುಮನ್, ಕೆ.ಎನ್. ಕುಮಾರ್, ಲಯನ್ಸ್ ಸಂಸ್ಥೆ ಅಧ್ಯಕ್ಷ ಪೃಥ್ವಿರಾಜ್ ಲಕ್ಕಡ್ ಹಾಗೂ ರಾಜೀವ್ ಚಂದ್ರಶೇಖರ್ ಉಪಸ್ಥಿತರಿದ್ದರು.

WORLD FOOD DAY

16th October 2021

The NSS students of MCC aimed to tackle global hunger and strive to eradicate hunger worldwide. For World Food Day 2021, they embraced the theme "Safe food now for a healthy tomorrow," focusing on food safety for future health. This year's theme appreciated individuals contributing to sustainable environments, ensuring no one was left hungry. The students' initiative celebrated efforts towards creating a world where everyone has access to safe, nutritious food. They highlighted the importance of collective action against hunger, showcasing their commitment through various activities and social media campaigns to raise awareness and drive positive change.



CLEAN INDIA

22nd October

The National Service Scheme of Mount Carmel College participated in the CLEAN INDIA campaign organized by the State Cell on October 22, 2021. The event, held at Bangalore Palace, was in collaboration with –

- Ministry of Youth Affairs and Sports, Government of India
- Department of Youth Empowerment and Sports, Government of Karnataka
- Nehru Yuva Kendra Sangathan

The program was inaugurated by Hon'ble Minister for Youth Empowerment and Sports, Government of Karnataka, Shri KC Narayan Gowda. And many important dignitaries delivered lectures regarding the relevance of practicing cleanliness in society.

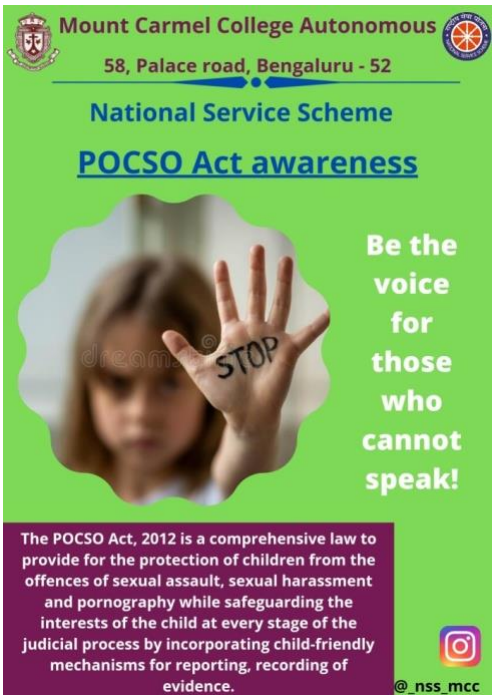
The campaign aimed to achieve universal sanitation coverage and encourage hygienic sanitation practices. It focused on creating awareness about health and hygiene among the community. By reducing the incidence of open defecation, the initiative sought to contribute to the betterment of society. Volunteers collected plastic waste around the palace, contributing to environmental cleanliness.

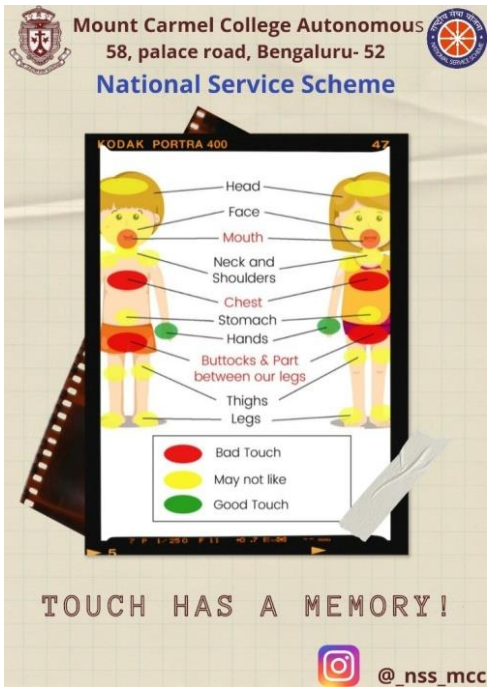


POSCO ACT AWARENESS DAY

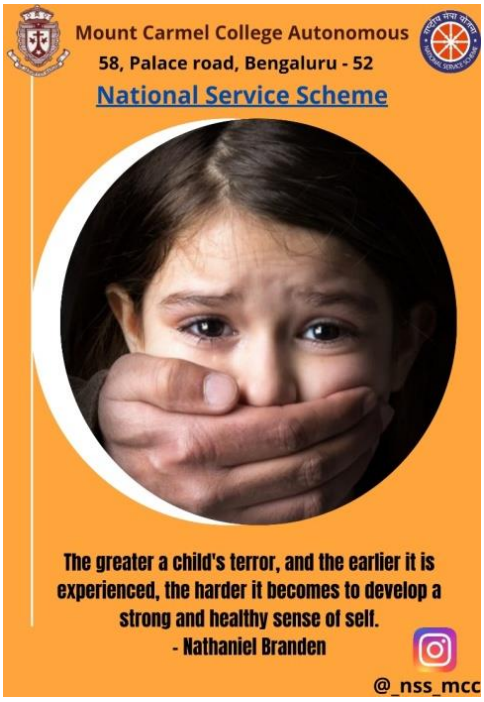
14th November 2021

The National Service Scheme Unit of Mount Carmel College celebrated Children's Day on November 14, 2021, by creating beautiful and informative posters. These posters conveyed essential messages to the audience about good touch and bad touch and raised awareness about the POCSO Act. The initiative was both useful and informative, helping to educate the community on protecting children and addressing the challenges they face. The event successfully spread crucial information and promoted child safety.






Mount Carmel College Autonomous
58, Palace road, Bengaluru - 52
National Service Scheme
Good touch and bad touch is such an odd combination that, it makes someone feel protected and the other might die within itself
- Rituparna Ghosal.
@_nss_mcc


Mount Carmel College Autonomous
58, Palace road, Bengaluru - 52
National Service Scheme
The greater a child's terror, and the earlier it is experienced, the harder it becomes to develop a strong and healthy sense of self.
- Nathaniel Branden
@_nss_mcc


Mount Carmel College Autonomous
58, Palace road, Bengaluru - 52
National Service Scheme
KEEPING OUR CHILDREN SAFE
These are my lips
They help me speak, they help me kiss
I kiss my mummy, I kiss my daddy
But when my teacher, an uncle or an aunty ask for a kiss
I give them a flying kiss, I don't kiss them on their lips or anywhere else.
I keep my lips safe
This is my chest
When I have a bath I clean my chest
But when my teacher, an uncle or an aunty touch my chest
I say No and I tell my mummy about it.
These are my bottoms
They help me sit
I wear an underwear to protect them
But when my teacher, an uncle or an aunty touch or tickle my bottom
I say NO and I tell my mummy about it.
This is the part between my legs
I keep it clean.
I wear an underwear to protect it.
But when a teacher, an uncle or an aunty touch the part between my legs
I say NO, NEVER and I tell my mummy about it.
My lips, my chest, my bottoms and the part between my legs belong to me. I can touch them.
But no teacher, uncle or aunty should touch or tickle me there.
I should not touch or tickle anyone on their lips, chest, bottom or the part between their legs.
These are important body parts and not to play with
I tell my mummy when someone troubles me.
I don't get scared because my mummy cares.
I don't get frightened because my mummy cares.
@_nss_mcc

BREAST CANCER AWARNESS DRIVE

15th November 2021

The National Service Scheme (NSS) initiated a comprehensive program to raise awareness about breast cancer, aiming to reduce stigma, alleviate fear, and promote healthier lifestyle choices. This initiative included inviting Dr. Hymavathy Raje, a renowned Oncologist from Rangadore Memorial Hospital with over 52 years of experience, to speak on the subject. Dr. Raje, a distinguished member of various prestigious medical associations, including the Royal College of Surgeons of England, provided valuable insights into breast cancer, its symptoms, and treatment options.

Her extensive background in breast cancer screening and her commitment to community health greatly enriched the session. The event focused on increasing awareness, spreading information about available treatments, and encouraging preventive measures. Following her informative presentation, a checkup was held in the medical room for students who were tested for eligibility. With over 150 volunteers participating, the initiative was a significant step towards empowering individuals with knowledge, reducing stigma, and fostering a proactive approach to breast cancer prevention and treatment.

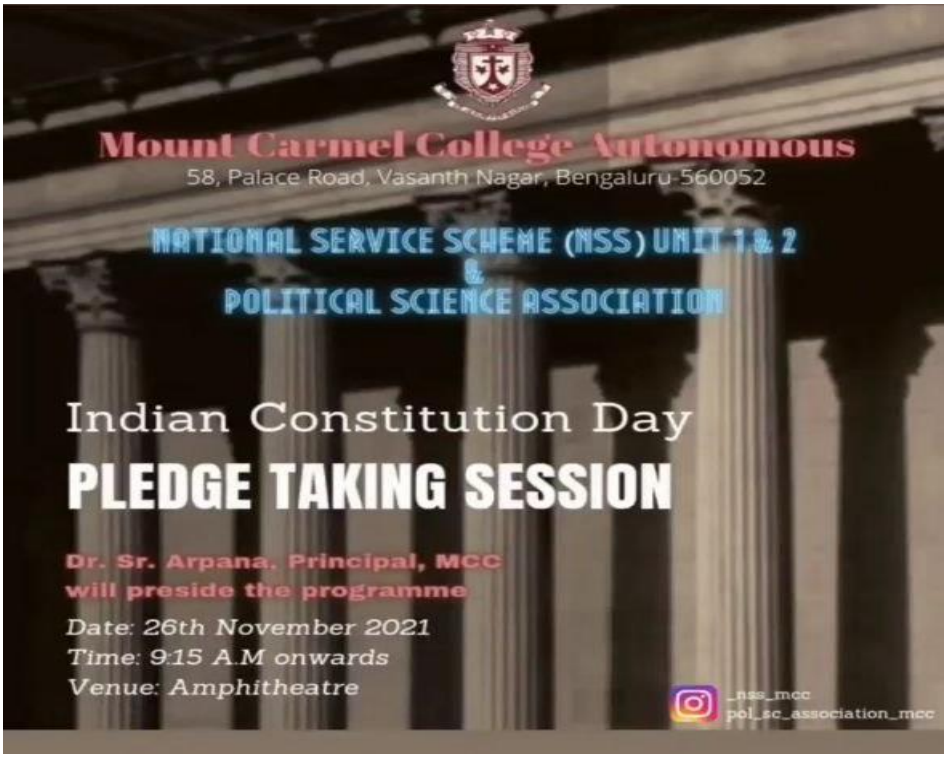


INDIAN CONSTITUTION DAY

26th November 2021

On November 26, 2021, the National Service Scheme Association of Mount Carmel College celebrated Indian Constitution Day. To honor the significance of the Constitution and Dr. B R Ambedkar, a Pledge Taking Ceremony was organized in collaboration with the political association. The year 2021 marked the 131st birth anniversary of Ambedkar, who chaired the drafting committee of the Constituent Assembly and played a pivotal role in drafting the Constitution.

The ceremony highlighted the Constitution's assurance of justice, equality, liberty, and fraternity to all citizens, underscoring India's identity as a sovereign, socialist, secular, democratic republic. The Indian Constitution, known as the longest written constitution in the world, took nearly three years to complete. The event aimed to create awareness among volunteers that democracy is not just a form of government but an attitude of respect towards fellow citizens. The ceremony's poster and pictures, posted on the NSS Instagram page, received recognition and fulfilled the event's purpose.



VIDYADHANAM

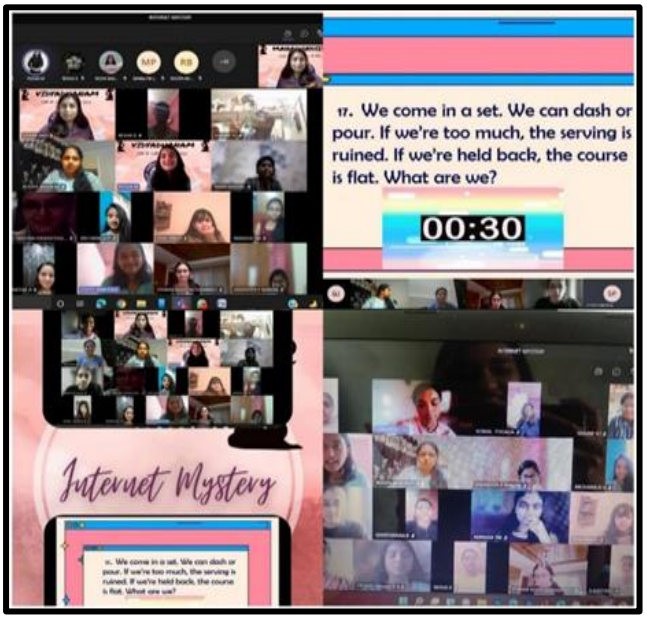
17th – 23rd January 2022

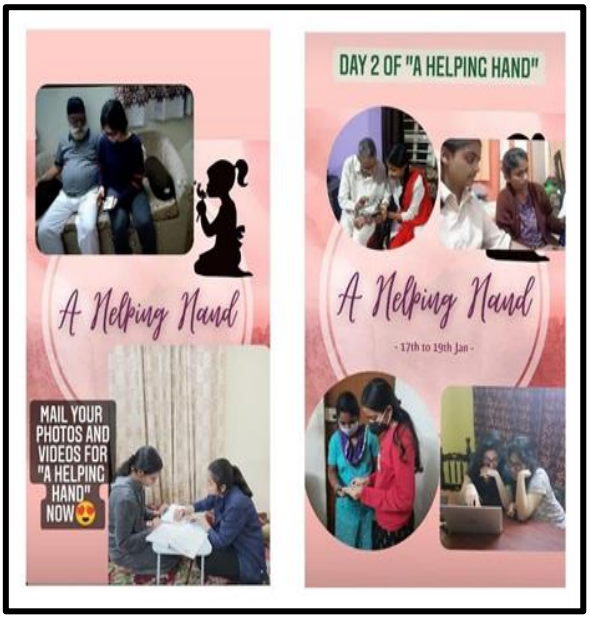
Empowering women and educating children are crucial for societal progress, fostering equality, breaking cycles of poverty, and ensuring a sustainable future. The NSS unit of Mount Carmel College participated in the "Women and Child Education Week" and "National Girl Child Day" with the aim to create awareness about the relevance of Empowering women and educating children as a part of the program Azadi Ka Amrit Mahotsav an initiative by Ministry of Culture, Government of India.

The week was celebrated by conducting various events throughout the week.

1. HELPING HAND

Helping hand-Online event was organized on 17th& 19th January 2022 on the occasion of Vidyadhanam- women & child education week. NSS volunteers demonstrate the power of small changes by sharing videos and pictures while teaching family, neighbors, or relatives. Around 30 volunteers participated, emphasizing that impactful giving can begin with simple, everyday actions that make a significant difference in the lives of others.





2. INTERNET MYSTERY

Internet mystery was a fun filled game organized on 20th January 2022 to create awareness about the importance of women and Child education through entertainment and fun. Games involving riddles and general knowledge were conducted online.

3. MOVIE NIGHT

MOVIE NIGHT Was organized on 21st January 2022 to watch the inspiring film "Hidden Figures," which taught them the value of teamwork, powerful mentors, gender equality, and women's empowerment which was attended by approximately 50 volunteers.

.4. QUIZZARE

As a part of our Vidyadhanam event, a quiz competition was conducted on 23rd January, with the aim to instill the feeling of oneness and a sense of pride in being a woman.






Quizzare
- 23rd January-
- 4pm to 5pm -
Contact Details
• Nivedita- 7903044963
• Rachana- 7483120725
DESCRIPTION
Hola lovelies,
Yes, you spelt that right. QUIZZARE. We are
a skore, full of surprises. A dose that's gonna
make you realise your inner self, who
knows, a genie?
So ladies, fasten your seatbelt, and get ready
for a really fun and thrilling experience by
being a part of our quiz event, coz I assure
you, "YOU'RE IN HERE FOR A RIDE".
E-Certificates will be given to top 3 winners
REGISTER HERE
Event V



NSS SPECIAL CAMP

21st – 27th March 2022

Mount Carmel College Autonomous Bengaluru NSS unit, in association with the State NSS Cell and the Department of Youth Empowerment and Sport GOK, organized the NSS Special Camp 2021-22 at Kanteerava Stadium. The Special Camp at Kanteerava Stadium aimed to inspire students to prioritize their health and environmental consciousness. Volunteers painted plant pots and the entire stadium walls, contributing to its beautification. The camp also focused on mental health empowerment, with sessions conducted by 'Yuva Spandana'. Gopinath Sir provided insights on Paralympics in India and internship opportunities. Additionally, students from Agragami College, Yelahanka participated, further enriching the camp's activities and objectives. The camp successfully promoted health awareness and environmental care.











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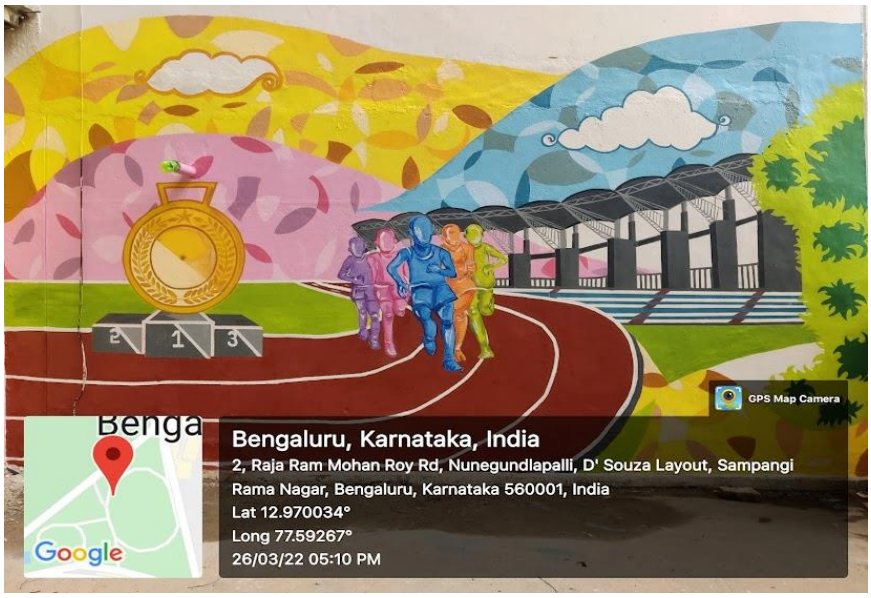
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NSS Annual Report 2022-23

WORLD ENVIRONMENT DAY

5th-6th June 2022

The environment sustains life, provides resources, maintains balance, influences climate, and warrants preservation for future generations. In Mount Carmel College, the students are educated about the importance of preserving the environment by different activities and practices regularly. The theme of World Environment Day 2022 was "Only One Earth" with a focus on "Living sustainably in Harmony with nature". It was also intended to address environmental issues including plastic litter, air pollution, sea level rise, etc.

This year also the World Environment Day, was celebrated on 5 and 6th June through different activities which aimed to spread awareness and protect the environment. The NSS Unit of Mount Carmel College organized events like -

- Pledge taking ceremony to protect the environment.
- Seed Ball Making for distributing among the common citizen and encouraging everyone to plant more trees.
- Webinar on "Save Soil Movement"









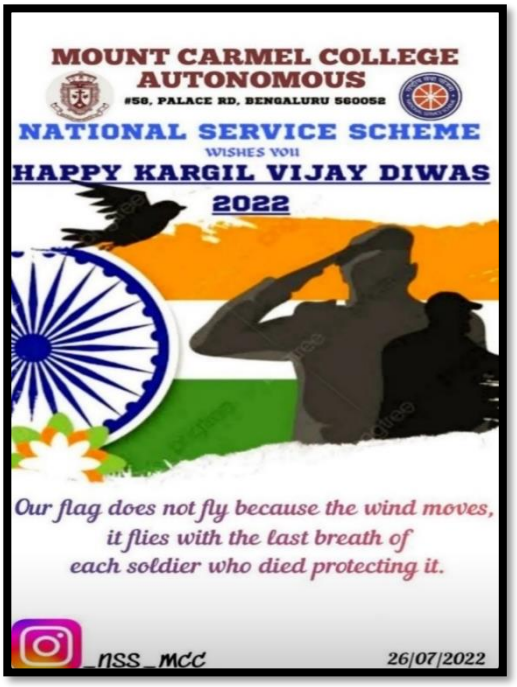
"Save Soil" is a global movement launched by Sadhguru, an Indian yoga guru and proponent of spirituality. The Save Soil movement addressed the soil crisis by bringing together people from around the world to stand up for soil health and take actions toward increasing the organic content in cultivable soil. The speaker for the webinar was was Mrs. Deepa, is a volunteer at the Isha Foundation who patiently interacted with the students and explained the relevance of "Save Soil" movement

KARGIL VIJAY DIWAS

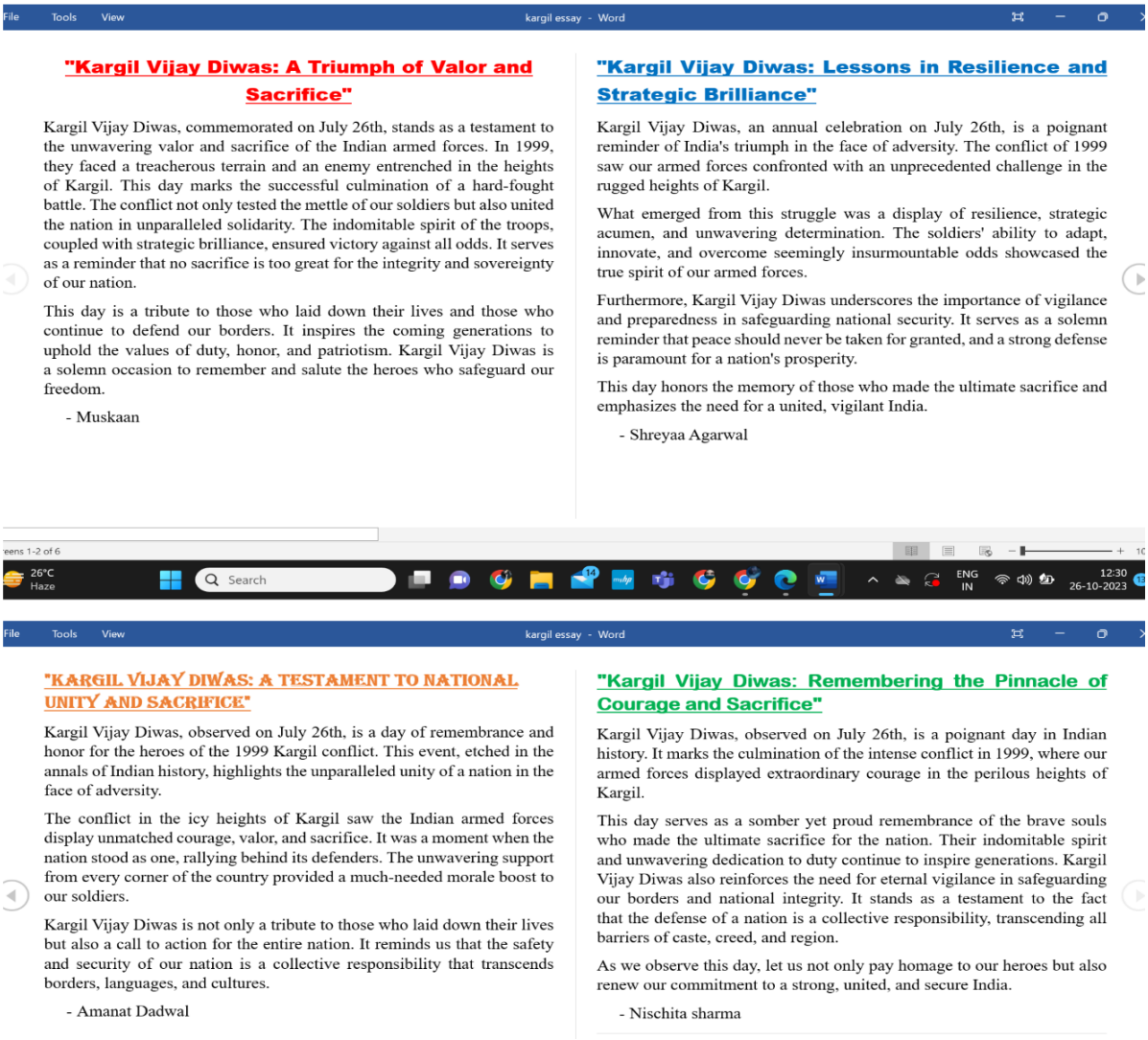
26th July 2022

Kargil Vijay Diwas is celebrated to pay tribute and show gratitude to the brave soldiers who demonstrated exceptional valor and made significant sacrifices during the Kargil War. Its crucial to educate the youth about the historical significance of the Kargil War to foster patriotism and feeling of national integrity among them.

On July 26, 2022, the NSS Unit of Mount Carmel College Autonomous, paid tribute to the valiant soldiers of the Kargil War. This event was marked by a creative endeavor to express gratitude and remembrance towards them. An online essay writing competition was conducted, that helped the students to express their thoughts on the valor displayed by our armed forces.



Another activity organized was a multimedia campaign, featuring a poignant poster and a compelling video, both dedicated to honor the courageous warriors who fought in the Kargil conflict. These visuals served as powerful reminders of the sacrifices made by the armed forces in the line of duty. The NSS unit also amplified its outreach by sharing the poster and video on the official NSS WhatsApp groups and the NSS Instagram page of the college.



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"Kargil Vijay Diwas: A Triumph of Valor and Sacrifice"

Kargil Vijay Diwas, commemorated on July 26th, stands as a testament to the unwavering valor and sacrifice of the Indian armed forces. In 1999, they faced a treacherous terrain and an enemy entrenched in the heights of Kargil. This day marks the successful culmination of a hard-fought battle. The conflict not only tested the mettle of our soldiers but also united the nation in unparalleled solidarity. The indomitable spirit of the troops, coupled with strategic brilliance, ensured victory against all odds. It serves as a reminder that no sacrifice is too great for the integrity and sovereignty of our nation.

This day is a tribute to those who laid down their lives and those who continue to defend our borders. It inspires the coming generations to uphold the values of duty, honor, and patriotism. Kargil Vijay Diwas is a solemn occasion to remember and salute the heroes who safeguard our freedom.

- Muskaan

"Kargil Vijay Diwas: Lessons in Resilience and Strategic Brilliance"

Kargil Vijay Diwas, an annual celebration on July 26th, is a poignant reminder of India's triumph in the face of adversity. The conflict of 1999 saw our armed forces confronted with an unprecedented challenge in the rugged heights of Kargil.

What emerged from this struggle was a display of resilience, strategic acumen, and unwavering determination. The soldiers' ability to adapt, innovate, and overcome seemingly insurmountable odds showcased the true spirit of our armed forces.

Furthermore, Kargil Vijay Diwas underscores the importance of vigilance and preparedness in safeguarding national security. It serves as a solemn reminder that peace should never be taken for granted, and a strong defense is paramount for a nation's prosperity.

This day honors the memory of those who made the ultimate sacrifice and emphasizes the need for a united, vigilant India.

- Shreyaa Agarwal

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"KARGIL VIJAY DIWAS: A TESTAMENT TO NATIONAL UNITY AND SACRIFICE"

Kargil Vijay Diwas, observed on July 26th, is a day of remembrance and honor for the heroes of the 1999 Kargil conflict. This event, etched in the annals of Indian history, highlights the unparalleled unity of a nation in the face of adversity.

The conflict in the icy heights of Kargil saw the Indian armed forces display unmatched courage, valor, and sacrifice. It was a moment when the nation stood as one, rallying behind its defenders. The unwavering support from every corner of the country provided a much-needed morale boost to our soldiers.

Kargil Vijay Diwas is not only a tribute to those who laid down their lives but also a call to action for the entire nation. It reminds us that the safety and security of our nation is a collective responsibility that transcends borders, languages, and cultures.

- Amanat Dadwal

"Kargil Vijay Diwas: Remembering the Pinnacle of Courage and Sacrifice"

Kargil Vijay Diwas, observed on July 26th, is a poignant day in Indian history. It marks the culmination of the intense conflict in 1999, where our armed forces displayed extraordinary courage in the perilous heights of Kargil.

This day serves as a somber yet proud remembrance of the brave souls who made the ultimate sacrifice for the nation. Their indomitable spirit and unwavering dedication to duty continue to inspire generations. Kargil Vijay Diwas also reinforces the need for eternal vigilance in safeguarding our borders and national integrity. It stands as a testament to the fact that the defense of a nation is a collective responsibility, transcending all barriers of caste, creed, and region.

As we observe this day, let us not only pay homage to our heroes but also renew our commitment to a strong, united, and secure India.

- Nischita sharma

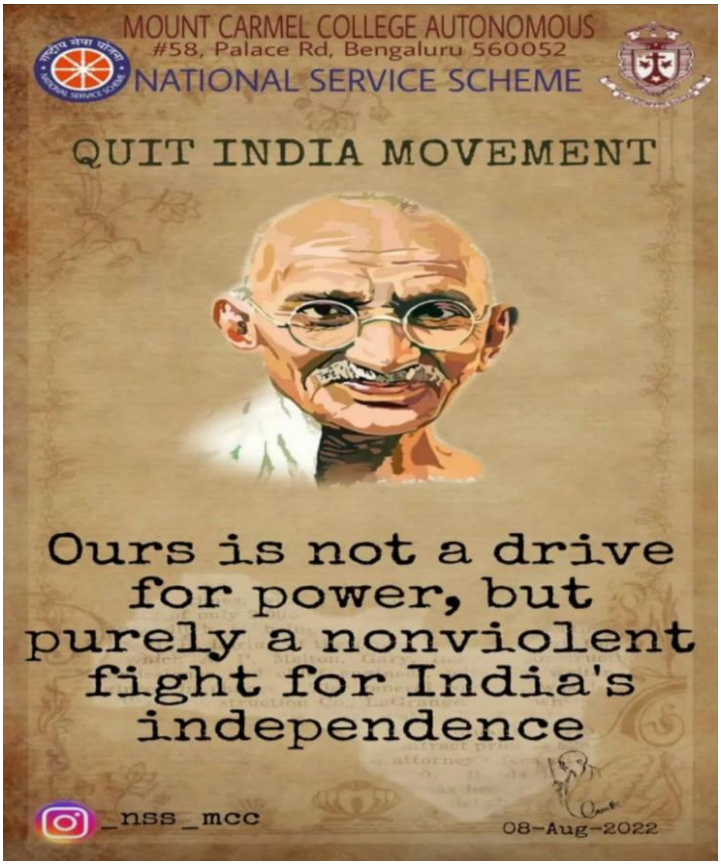
Through this heartfelt gesture, the NSS unit at Mount Carmel College demonstrated its unwavering commitment to social responsibility and patriotism. The event not only paid homage to the heroes of Kargil but also encouraged reflection on the importance of safeguarding our nation's sovereignty.

These activities exemplified the dedication of the NSS unit to fostering a sense of national pride, patriotism and unity among the students.

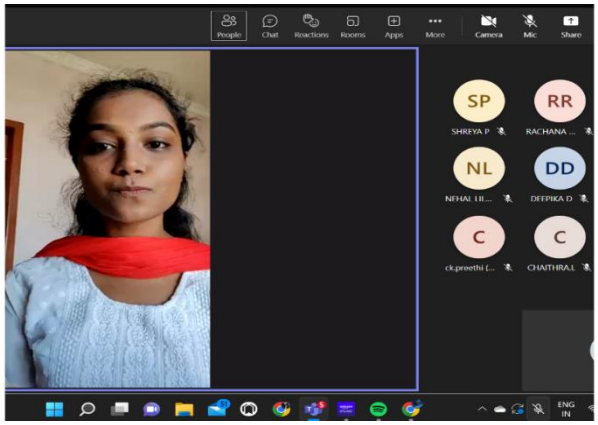
QUIT INDIA MOVEMENT

8th August 2022

The Quit India Movement, led by Mahatma Gandhi in 1942, was a pivotal nonviolent protest against British rule, demanding India's immediate independence. It united the nation in a fervent call for freedom. The day was celebrated in MCC to educate and inform the college community about the historical significance and relevance of the Quit India Movement in India's struggle for independence on 8th August 2022.



A notable event conducted was an online movie screening on MS Teams. Selected clips from "Gandhi" (1982), directed by Richard Attenborough, was shown to the students that provided a vivid portrayal of the Quit India Movement and Mahatma Gandhi's unwavering commitment to the cause of freedom. The screening not only educated attendees about this historic event but also instilled a deep sense of patriotism and admiration for those who led the fight for independence.





In addition to the movie screening, the NSS unit also launched a comprehensive online awareness campaign. They designed an informative and visually engaging poster that was circulated across various social media platforms. This digital campaign successfully reached a wide audience, fostering awareness and stimulating discussions about the Quit India Movement and its contemporary relevance.

Hence, celebarting the day through these engaging activities instilled a sense of pride, patriotism, and a commitment to social responsibilites among the attendees, particularly the youth.

HAR GHAR TIRANGA

10th August 2022

"Har Ghar Tiranga" encapsulates the vision of every home proudly displaying the Indian national flag, symbolizing unity, patriotism, and collective commitment to the nation. It stands for a common goal of creating a colorful, peaceful India where everyone's hearts are united by the tricolor. The event was launched by our Prime Minister Shri Narendra Modi to encourage people to bring the Tiranga home and hoist it to celebrate 75 years of India's Independence.

The NSS unit of Mount Carmel College also celebrated the event on 10th August in the college campus wherein students carried the national flag to spread the message of unity and patriotism.





Har Ghar Tiranga was celebrated on 10th August 2022 in the amphitheater bythe National Service Scheme Association, of Mount Carmel College, Autonomous

SWACHHATA CAMP

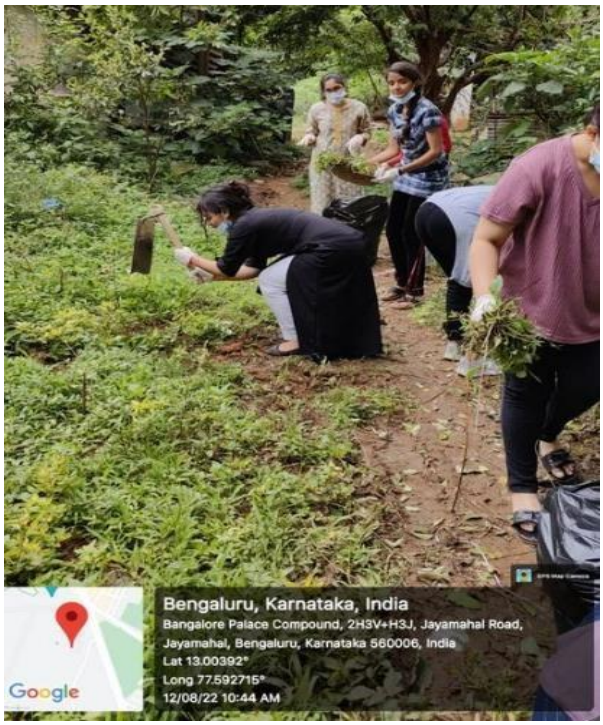
12th August 2022

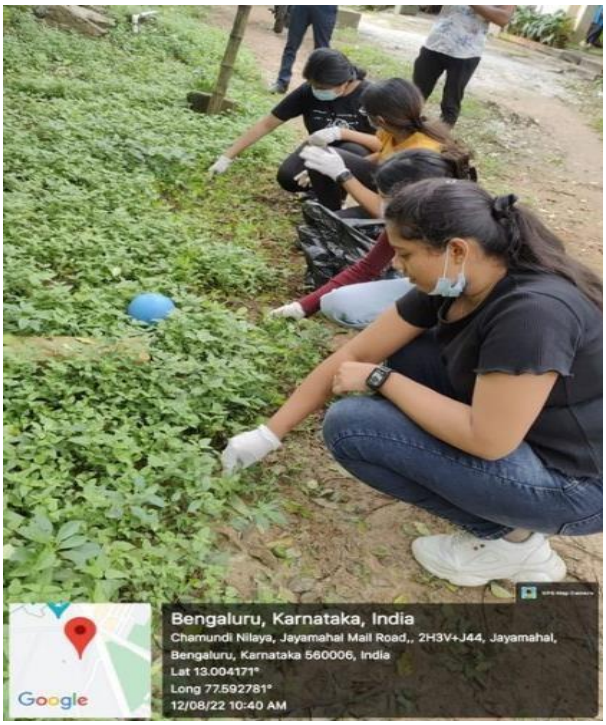
A Swachhata (Cleanliness) camp is a community initiative focused on raising environmental awareness. The camp was conducted to contribute towards keeping the city clean.



Students from Mount Carmel College NSS unit, participated in a swachhata camp organized by Bangalore City University on 12th August. The students used the slogan "Green City, Clean City, Our Dream City " to spread the awareness of clean environment among the local citizens. They were actively involved in cleaning the Palace ground surrounding the heritage property of Bangalore palace.







The event instilled a sense of responsibility for the environment among the participants by promoting sustainability, waste management, and cleanliness

INDEPENDENCE DAY CELEBRATION

15th August 2022

Independence Day celebration in India holds profound significance, commemorating the nation's freedom from colonial rule in 1947. It symbolizes unity, patriotism, and reflects on the sacrifices made for sovereignty, fostering national pride and a shared commitment to democracy.

This year as a part of the Independence Day celebration, NSS students participated in a awareness rally about “Organ Donation





INDIAN OPEN PARALYMPICS CHAMPIONSHIP 2022

18th and 19th August 2022

The Para Athletics Champion 2022, a national event showcasing Paralympic talents, featured athletes who had previously represented and honored our country. The National Service Scheme from Mount Carmel College volunteered, aiding organizers in managing participant lists, coordinating track appearances, and drafting appreciation certificates on 18th and 19th August 2022. Volunteers supplied essential sports equipment, distributed water, and served meals to athletes. Recognized by the Government of India and affiliated with the International Paralympic Committee, the NSS volunteers received commendation and certificates from the Paralympic Committee for their invaluable assistance during the event. Their involvement exemplified a commitment to inclusivity and support for differently-abled athletes.







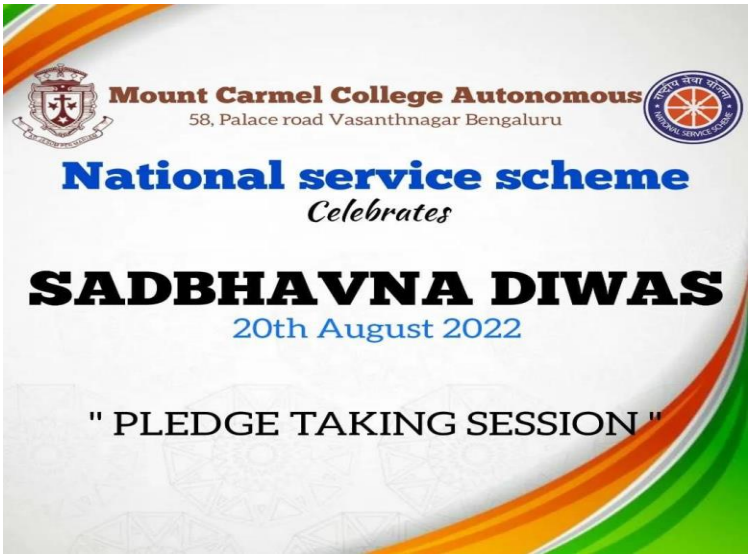


Para athletic champion 2022 at Sri Kanteerava stadium on 18th and 19th of August 2022.

SADHBHAVANA DIWAS

20th August 2022

At Mount Carmel College, our philosophies emphasize developing students' critical thinking skills and sensibilities in order to transform them into responsible, socially aware individuals. Sadbhavana Diwas is celebrated with the intention of promoting communal harmony, national unity, and peace among all Indian religions. The day is the birth anniversary of our former Prime Minister Rajiv Gandhi.







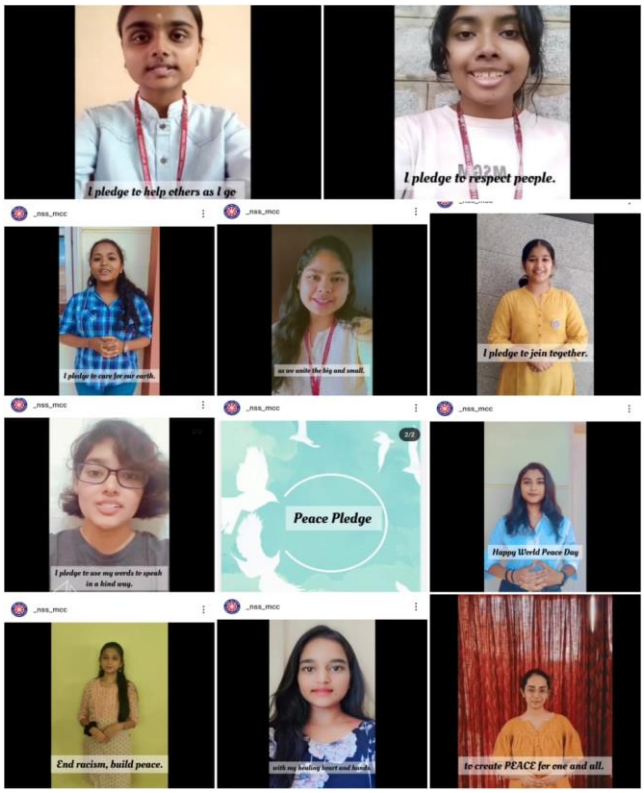
Mount Carmel College celebrated Sadbhavana Diwas with a pledge ceremony on 20th August. Students and staff actively participated, taking an oath to promote unity, understanding, embrace diversity, foster empathy, and collectively strive for a harmonious society

INTERNATIONAL PEACE DAY

21st September 2022

International Peace Day is observed annually on September 21st, the day highlights the significance of global harmony. It encourages worldwide ceasefire and non-violence, fostering a collective commitment to building a culture of peace.





On this occasion the NSS unit of Mount Carmel College organized a Pledge ceremony. The students took the oath “to promote peace, embrace diversity, and strive for harmony. They also promised to seek understanding, resolve conflicts through dialogue, and contribute to a world where every voice is heard and valued." To broaden the event's outreach, students utilized social media platforms like instga

BLOOD DONATION CAMP

20th September 2022

The blood donation camp was organized on 20th September 2022 by the National Service Scheme Association (NSS) along with Youth Red Cross Association (YRC) of Mount Carmel College, Autonomous.

“Be the reason for someone's heartbeat. Take a step to save a life, come lend a hand at this mega donation drive” this donation drive was organized based on this slogan. Students and staff were encouraged to be a part of the drive aligning them with their constitutional responsibility to enhance societal welfare, emphasizing the values of social duty and communal welfare.

Prior to the donation drive, NSS volunteers conducted class-to-class campaigning in order to spread awareness about the camp and the importance of donation. They were also explained about the benefits of blood donation



NSS and YRC organized the blood donation drive in association with Lions Blood Bank, Vasanthnagar and NIMHANS.

The process involved :

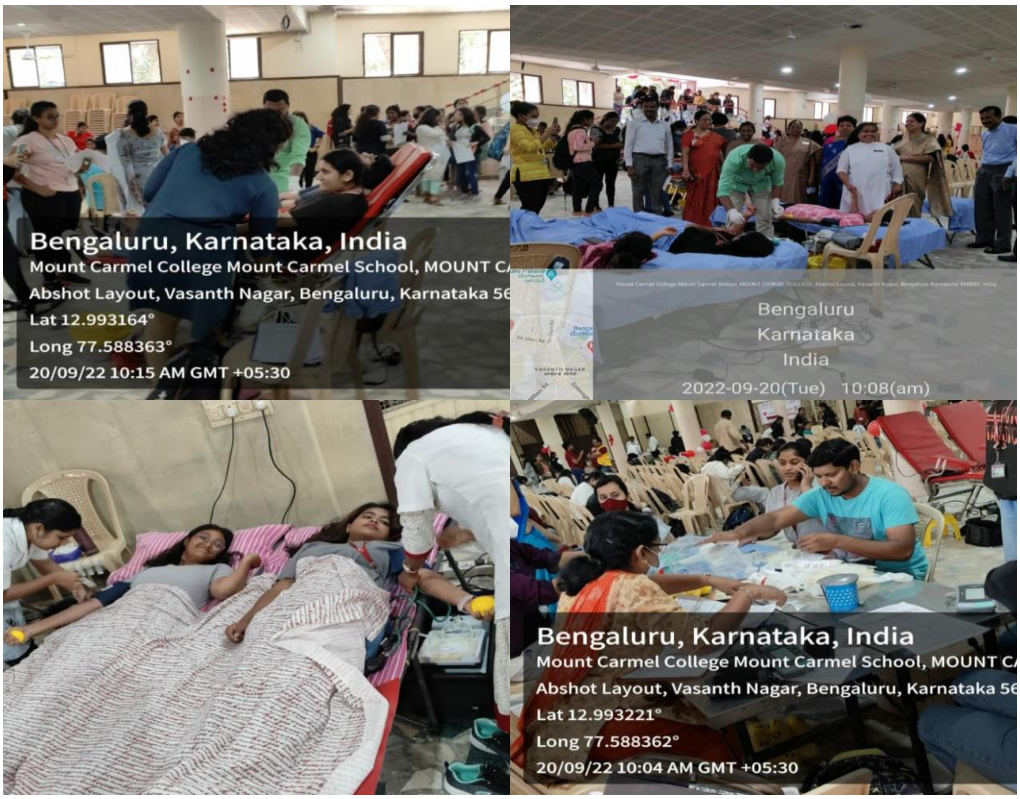
- Registration
- Checking the hemoglobin level

- Blood group testing
- BP checking
- Blood Donation
- Refreshments

Total of 230 units of blood was collected from the drive. All the donors and voulenteers were encouraged with certificate of appreciation. The donation drive was completed successfully with the active participation of the college community.



“DONATE BLOOD AND BE THE REASON FOR SOMEONE’S EXISTENCE”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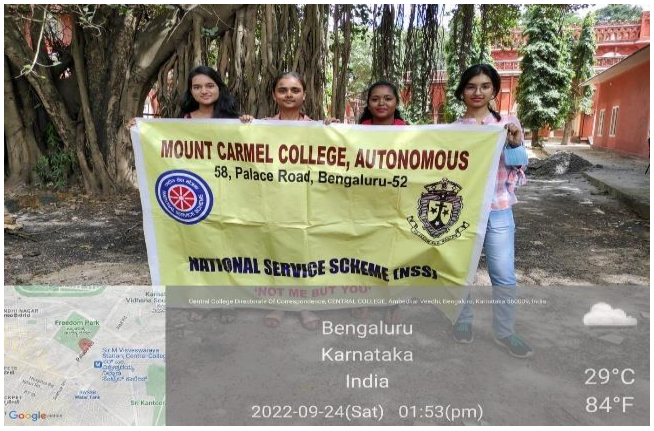
58, Palace Road, Bengaluru-52
ATIONAL SERVICE SCHEME (NS
'NOT ME BUT YOU

CLEANLINESS CAMPAIGN - A DRIVE FOR ENVIRONMENTAL CLEANUP

24th September 2022

The National Service Scheme (NSS) is a central sector scheme of the Government of India, Ministry of Youth Affairs and Sports. It provides an opportunity for the student youth to participate in various government-led community service activities and programs. The NSS unit of Mount Carmel College has been involved in multiple social activities throughout the year. As a part of the NSS Day commemoration this year, the students participated in an environment cleaning drive on 24th September, organized by Bangalore City University. They spent the entire day cleaning different localities and interacting with common citizens, making them aware of their role in protecting the environment. The program helped instill a sense of social responsibility among the students and created awareness among the general public about the impotance of a clean environment.







GANDHI JAYANTI

2nd October 2022

Gandhi Jayanti is celebrated every year on October 2nd to honour Mahatma Gandhi's birth anniversary. The day is considered as a day of reflection and peace, it promotes Gandhian principles of non-violence, truth, simplicity and inspires global harmony.

This year to commemorate Gandhi Jayanti “Fit India run” was organized by the government of Karnataka on 2nd October. Students from Mount Carmel College also participated in the event and encouraged people to participate in running or walking activities, to foster a healthier and more active lifestyle for individuals across Indi





RASHTRIYA EKTA DIWAS

31st October 2022

"Rashtriya Ekta Diwas" is observed in India on October 31st to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India who was instrumental in keeping India united.

The day was celebrated in Mount Carmel College, to make students feel the importance of unity and togertherness for uplifting the society. The NSS students of Mount Carmel College in collaboration with Youth Red Cross, organized a unity run on the day. The students took an oath to remain united and conducted a run in the vasanthnagar locality to spread the message of national security and communal harmony, emphasizing the importance of cohesive peace and unity among our country's citizens.





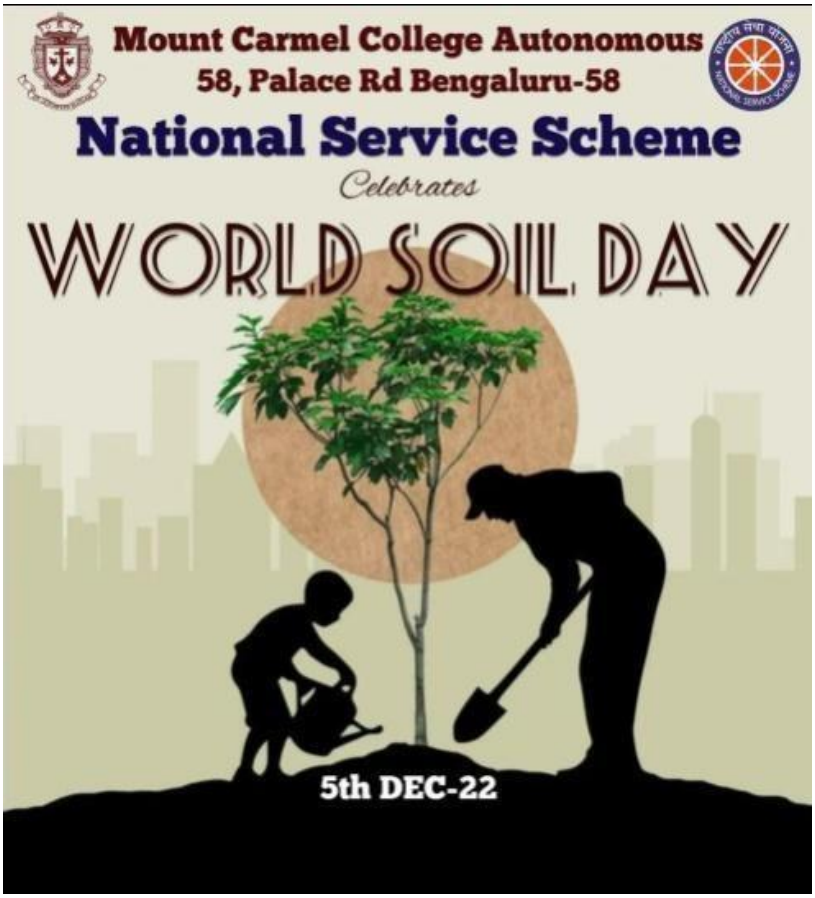


WORLD SOIL DAY

5th December

World Soil Day is observed on December 5th annually, it aims to riase awareness about the significance of soil in our daily lives. It promotes sustainable soil management practices to ensure food security, ecosystem health, and a balanced environment.

The NSS unit of Mount Carmel College celebrated the World Soil Day on 5th December, through a concise video, which explored the vital role of soil, emphasized its indispensable nature for human existence. The narrative underscored the imperative to preserve soil health through individual actions, such as waste reduction, composting, and afforestation. The students also advocated for a collective responsibility and urged the viewers to contribute to soil conservation and raised awareness against detrimental practices.




WHAT IS SOIL?


CAN WE LIVE WITHOUT SOIL?


HOW CAN WE CONTRIBUTE
TO SAVE SOIL?


2. COMPOST

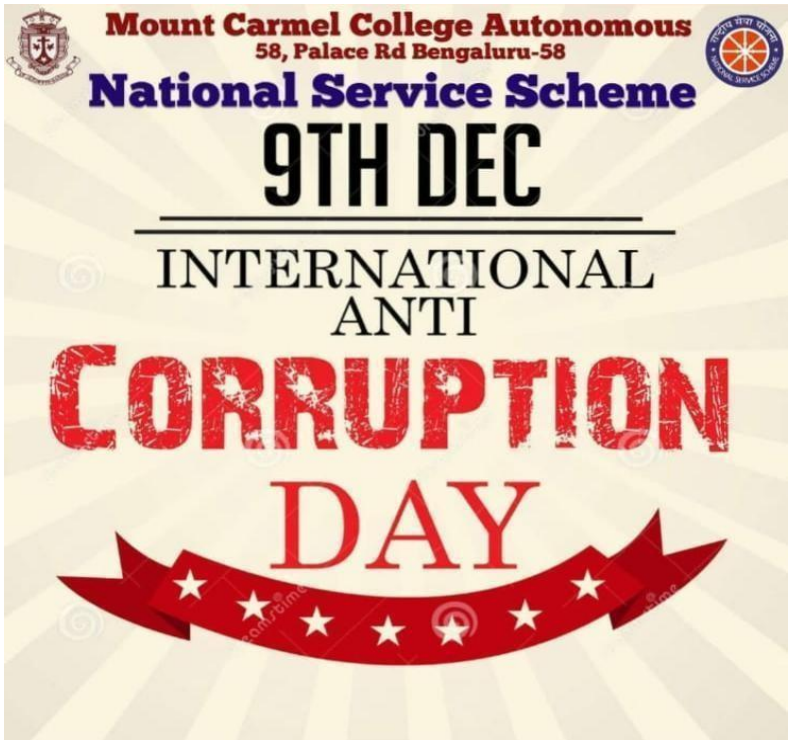
INTERNATIONAL ANTI-CORRUPTION DAY

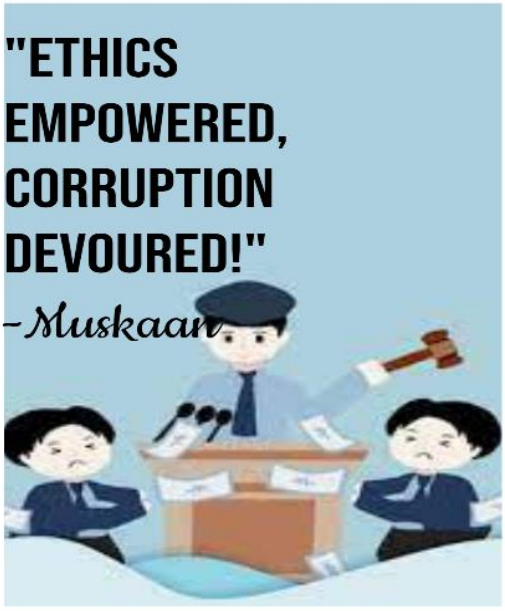
9th December 2022

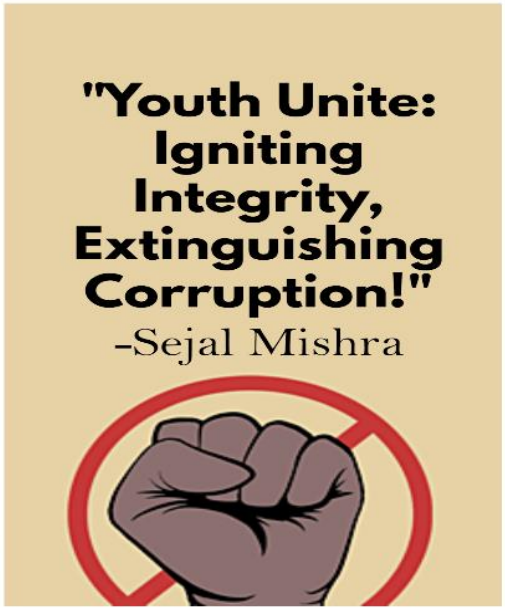
Every year on December 9th, the world observes International Anti-Corruption Day to highlight the negative impacts of corruption and to encourage international efforts to prevent it. Mount Carmel College commemorated International Anti-Corruption Day with a series of impactful activities. Based on the theme, "The Role of Youth in Fighting Corruption," a Slogan and Tagline Creation competition was organized.

This competition galvanized participants to articulate compelling messages highlighting the vital role of youth in combatting corruption. Apart from the competition, the group developed and distributed an engaging poster and video on multiple social media channels which conveyed a powerful anti-corruption message. Students, teachers, and members of the community at large enthusiastically participated in the event, demonstrating the group's dedication to encouraging moral conduct and honesty.

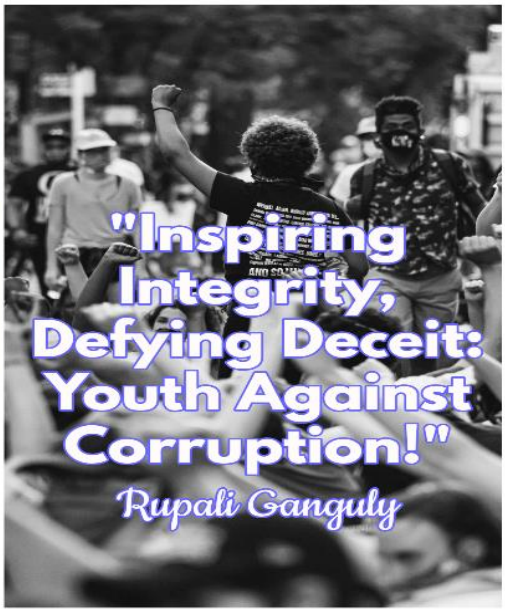
The event successfully engaged participants in meaningful dialogue and action toward building a society free from corruption.




"ETHICS EMPOWERED, CORRUPTION DEVOURED!"
-Muskaan


"Youth Unite: Igniting Integrity, Extinguishing Corruption!"
-Sejal Mishra


"Root Out Corruption, Sow Seeds of Integrity!
-Sia joshi"


"Inspiring Integrity, Defying Deceit: Youth Against Corruption!"
Rupali Ganguly