

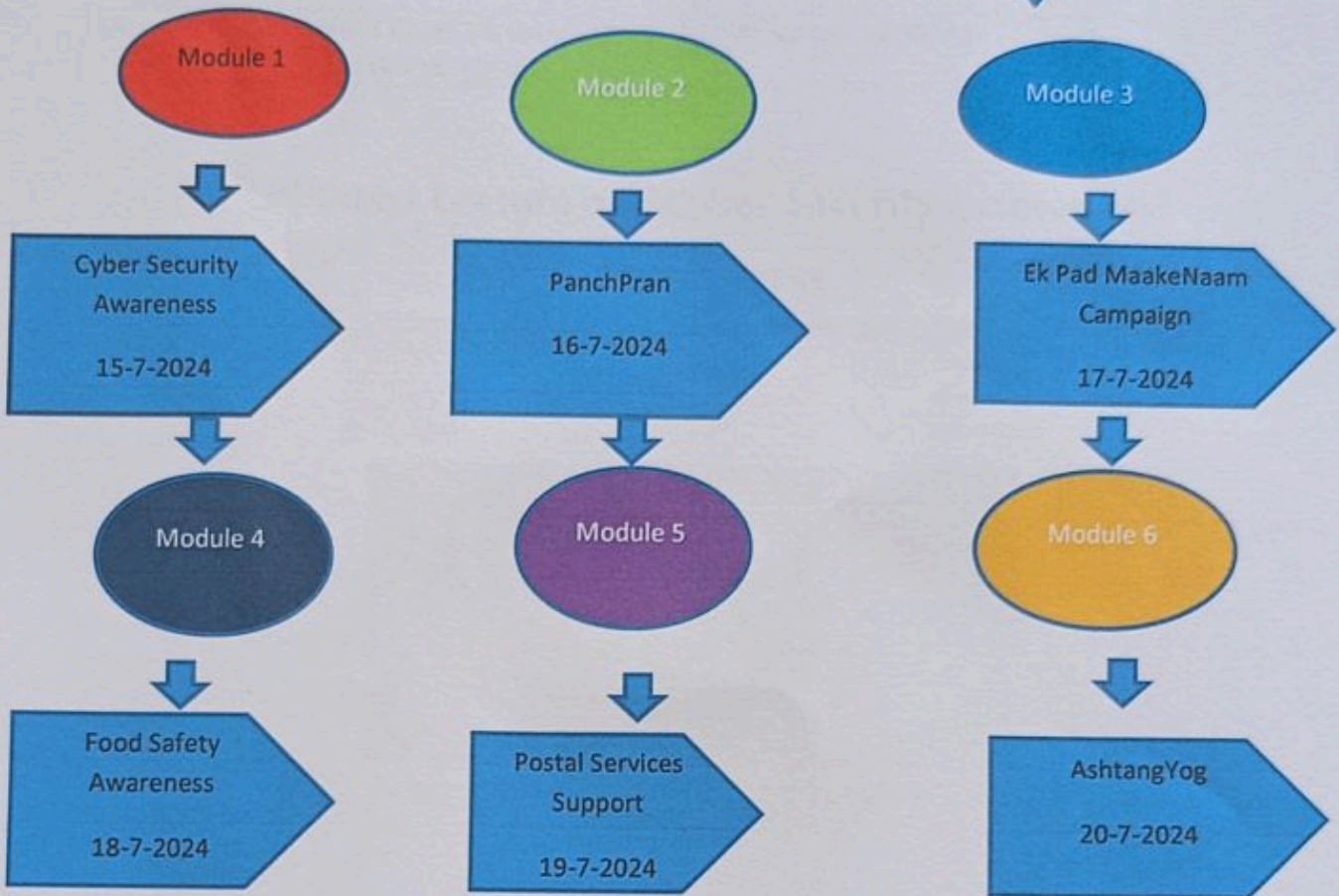


SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI

REPORT

ON

NSS UNIT SIX DAY ACTIVITIES MODULE:



attended the lecture. The lecture mainly focused on Cyber Security. The resource person told the students about the different modes of cyber-crimes, virus attacks, social networking security, password protection, financial frauds and its legal scenario with relevant case laws. The students also asked their queries about cyber bullying and harassments. These young students listened to the lecture with rapt attention and expressed the feeling of satisfaction. Students were also informed about where to file a complaint about such threats and frauds.

B) Guest Lecture on "PANCH PRAN"

Venue: Seminar Hall



Panch Pran of Amrit Kaal

- First Pran - **Goal of Developed India**
- Second Pran - **Remove any trace of colonial mindset**
- Third Pran - **Take pride in our roots**
- Fourth Pran - **Unity**
- Fifth Pran - **Sense of duty** among the citizens

Resource Person: CA. Rajeev Sharma
(Chairman Swami Vivekanand Educational Society, Hamirpur (HP))

**SWAMI VIVEKANAND COLLEGE OF EDUCATION,
TARKWARI-176045**

Guest Lecture on Panch Pran was organized under NSS at Swami Vivekanand College Of Education; Tarkwari on "16-7-2024".The resource person was CA. Rajeev Sharma (CHAIRMAIN, SVN EDUCATIONAL SOCIETY). All NSS students, HOD & Faculty attended the lecture. All areas of Panch Pran highlighted by resource person like: **Transforming India for the Future** Prime Minister Narendra Modi has explained " Five Pledges for The Developing India" These five pillars of development are :



1. Developed India
2. Freedom from Colonial Mindset
3. Pride in Heritage
4. Unity and Solidarity
5. Duties of Citizens

पंच प्राण भारत के भविष्य के लिए एक व्यापक और महत्वाकांक्षी दृष्टि को दर्शाता है, जो विकास और राष्ट्र निर्माण के कई पहलुओं को संबोधित करता है। जैसा कि भारत इस परिवर्तनकारी यात्रा पर निकलता है, सरकार, निजी क्षेत्र और नागरिकों के सामूहिक प्रयास महत्वपूर्ण हैं। इन प्रतिज्ञाओं का पालन करके, भारत अभूतपूर्व विकास, इक्विटी और वैश्विक नेतृत्व प्राप्त करने की आकांक्षा कर सकता है। इन पांच संकल्पों में निहित प्रधानमंत्री मोदी का दृष्टिकोण आशा और दृढ़ संकल्प को

प्रेरित करता है, जो नींव रखता है।

All Staff and NSS students of the college family were present on this occasion.

C) "EK PED MAA KE NAAM CAMPAIGN"

Venue: SVN CAMPUS



Nature is our mother, its protection is our Responsibility-Rtn. DR. SANDEEP SHARMA

In celebration of Ek Ped Maa Ke Naam with the Collaboration Rotary Club members participated in a tree plantation campaign on 17th July 2024. This



event aligns with Prime Minister Narendra Modi's tree plantation campaign, Ek Ped Maa Ke Naam (One Tree for Mother). The students touched mother earth with bare hands, dug the soil with crowbars, spades, and then planted the saplings at Swami Vivekanand College Of Education, Tarkwari. Rtn. DR. SANDEEP SHARMA said that while this campaign is dedicated to the precious relationship of mother, it is a huge contribution to environmental protection and promotion. Nature is our mother, our life giver, mother and it is our responsibility to protect and promote it. By doing this campaign on behalf of the SVN family, we will continue to plant saplings as well as protect trees. The newly planted saplings were left with protecting care of placards bearing mother's names of the students. Many Rtn. members, staff and NSS students of the college family were present on this occasion.

D) Guest Lecture on "FOOD SAFETY AWARENESS"

Venue: Seminar Hall



Guest Lecture on Food Safety Awareness was organized under NSS at Swami Vivekanand College Of Education, Tarkwari on "18-7-2024". The resource person was Sh. Amardeep Sharma (Health Educator Bhoranj. All NSS students, HOD & Faculty attended the lecture. All areas of food safety highlighted by resource person like:

Objective:

The objective of this programme is to create awareness of food safety and healthy lifestyle for students and parents. Introduction:



The resource person pointed out clearly, food is basic necessity of life. Therefore it is essential that food we consume is wholesome and safe.

Unsafe food can lead to a large number of food borne disease. Food Safety:

Food safety means assurance that food is acceptable for human consumption according to its intended use.

He explained the following physical Hazards in food.

- Stones • Hairs • Stems and seeds • Bone, fragments and feathers • Jewellery • Nails, nuts and bolts • Button

The following are invisible chemical hazards in food:

- Cleaning chemicals • Adulterants • Excess of permissible food additives • Non-permissible food additives • Veterinary residues • Pesticides residues

The resource person explained about food infection and food intoxication. He insisted that without food security there is no food safety. Also he elaborated the biological hazards which are an important cause of foodborne disease.

Outcome: • Gained knowledge of the importance of homemade food and prevented from consuming unsafe and contaminated food from restaurants. • Created awareness among students about healthy lifestyle.

E) Guest Lecture on “POSTAL SERVICE SUPPORT”

Venue: Seminar Hall



Guest Lecture on postal service support was organized under NSS at Swami Vivekanand College Of Education, Tarkwari on "19-7-2024". The resource person was Mr. Pardeep Kumar. Faculty & NSS students attended the lecture. All benefits of postal service support highlighted by resource person like: Postal services originated with the necessity of communicating written messages. In the past also, one could exchange messages in writing. But, then there used to be the practice of some individuals known as 'runners' being engaged to go from place to place to deliver the messages. Even trained pigeons were used to carry letters from one place to another. The postal system, which we have today, became effective with the spread of roadways and railways as means of transport. In India, until 1837, the postal service was used solely for sending official mail. After 1837, the postal services were made available to the public. In course of time, Post Offices offered several other services including remittance of money, delivery of parcels, banking, insurance and many other such services. Indian postal services are mainly concerned with collection, sorting, and distribution of letters, parcels, packets, etc. Besides, a number of other services are also provided to the general public as well as business enterprises. It classifies all those facilities under the following main headings. i. **Mail services** ii. **Remittance services** iii. **Banking services** iv. **Insurance services** v. **Other services.**

The important savings schemes offered by post office: Post Office Savings Bank Account, 5-Year Post Office Recurring Deposit Scheme, Post Office Time Deposit Account, Post Office Monthly Income Scheme, 6-Year National Savings Certificates (VIII Issue) Scheme, 15 Year Public Provident Fund Account (PPF Account), Kisan Vikas Patra Scheme, Senior Citizen Saving Scheme. All staff and NSS students of the college family were present on this occasion.

F) "ASHTANGA YOGA"

Venue: Seminar Hall





अष्टांग 'यम' योग
SWAMI VIVEKANAND COLLEGE OF EDUCATION,
TARKWARI

BRIEF DISCRIPTION ABOUT THE ACTIVITY:

Ashtanga Yogaevent was organized under NSS at Swami Vivekanand College Of Education; Tarkwari on "20-7-2024".The resource person was Poonam Rangra (Yoga Trainer). All NSS students, HOD & Faculty attended the Yoga event.

Ashtanga Yoga Included:

- Intermediate\advance Yoga Asana
- Pranayama knowledge
- Meditation
- Basic knowledge of Yoga philosophy
- Lifestyle facts
- Chakra knowledge

OBJECTIVES OF YOGA EVENT

- Yoga helps to focus better on students studies, gives them more energy and coordination for sports, and makes them more aware and balanced in social situations.



- To learn to do healthy things for their body so they can feel better. Learning yoga can help them to understand to handle different situations in life, stay healthy, and make good decisions and face life's challenges calmly.
- To develop to bring balance and harmony in life. The practice encourages a harmonious coexistence between the body, mind, and spirit. This balance extends to one's interactions with others and the surrounding environment.
- To help student make a peaceful in the classroom and also their life.

All areas of Yoga highlighted by resource person like:

The concept of Yoga has its roots in ancient civilizations, with its origins tracing back to the Indus Valley Civilization in India over 5,000 years ago. The word "Yoga" comes from the Sanskrit language and carries various meanings, including "union," "integration," or "harmony." At its core, Yoga encompasses a holistic approach to exploring the mind, body, and spirit connection. It is a practice that encompasses physical postures (asanas), breathing exercises (pranayama), meditation, and ethical principles to promote overall well-being and self-realization. Yoga aims to cultivate a state of balance, harmony, and unity within oneself and with the world around us. Throughout history, Yoga has evolved into a profound spiritual, philosophical, and therapeutic discipline, offering individuals a path to self-discovery, self-transformation, and inner peace .The Resource Person Explained Ashtanga Yoga, introduced by the sage Patanjali, is a comprehensive and dynamic system of yoga that encompasses various practices to achieve spiritual growth and self-realization. Patanjali's Ashtanga Yoga, outlined in the Yoga Sutras, consists of eight limbs or stages, including ethical guidelines (Yamas and Niyamas), physical postures (Asanas), breath control (Pranayama), sense withdrawal (Pratyahara), concentration (Dharana), meditation (Dhyana), and absorption (Samadhi). The practice session associated with the introduction of Ashtanga Yoga likely involves the practical application of these limbs, including performing the asanas (postures) in a specific sequence, synchronizing breath with movement, and cultivating focus and awareness. Ashtanga Yoga provides an integrated approach to physical, mental, and spiritual development, promoting strength, flexibility, discipline, and



inner peace. Through consistent practice, individuals can explore and deepen their understanding of the profound teachings embedded within the Ashtanga Yoga tradition.

College Principal Dr. Kuldeep Singh told about the various activities carried out by NSS in the last six days regarding guided activities by Government of India.

PHOTO GALLERY





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