



Sharada Education Trust ®

CAMBRIDGE INSTITUTE OF TECHNOLOGY NORTH CAMPUS

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9001:2015)

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NSS Report 2024-25

NSS Coordinator

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Foreword

The National Service Scheme (NSS) Unit of Cambridge Institute of Technology North Campus, Bengaluru, actively functioned during the Academic Year 2025 with the objective of fostering social responsibility, leadership, and community engagement among students. Through various outreach programmes, awareness campaigns, and community service activities, the NSS unit encouraged students to contribute meaningfully to societal development while promoting the values of discipline, empathy, and civic responsibility. This report highlights the key activities and achievements of the NSS unit during the academic year.

The National Service Scheme (NSS) Unit of Cambridge Institute of Technology North Campus, Bengaluru, organized and actively participated in various health, awareness, and wellness-oriented programmes during the academic year with the objective of promoting social responsibility and holistic well-being among students.

A **Blood Awareness Programme** was conducted to educate students about the importance of voluntary blood donation and its role in saving lives. Resource persons highlighted blood donation procedures, eligibility criteria, myths associated with donation, and the significance of maintaining a healthy lifestyle. The programme successfully motivated students to become responsible and regular blood donors.

In observance of **World AIDS Day**, the NSS unit organized an awareness programme to sensitize students about HIV/AIDS prevention, transmission, and the importance of eliminating social stigma. The session emphasized safe practices, early diagnosis, and compassion towards affected individuals, thereby enhancing students' awareness and social sensitivity.

A **Medical Camp** was organized in collaboration with healthcare professionals to provide basic health check-ups for students and staff. The camp included general health screening, consultation, and guidance on preventive healthcare. The initiative aimed at promoting health consciousness and early detection of common health issues.

To support mental and physical well-being, **Meditation and Yoga sessions** were conducted for students. Certified trainers guided participants through yoga postures, breathing techniques, and meditation practices to manage stress, improve concentration, and enhance overall fitness. These sessions were well received and encouraged students to adopt healthy lifestyles.

Through these programmes, the NSS unit successfully reinforced the values of health awareness, self-discipline, and social commitment. The activities contributed significantly to the holistic development of students and aligned with the objectives of the National Service Scheme.

The NSS Unit of Cambridge Institute of Technology North Campus, Bengaluru, conducted an NSS Camp and community service activities to promote social responsibility and civic engagement among students. The activities helped volunteers develop leadership, teamwork, and a sense of social commitment through active community interaction.

Blood Donation Camp on 12th June 2024

A **Blood Donation Camp** is an event where volunteers donate blood to help patients in need. These CITNC organized blood donation camp in collaboration with Sir CV Raman Hospital and NGOs. The blood donation camp organized on 12th June 2024. 133 UNITS of blood donated by the participants.



India's Independence Day-15th August 2024 @CITNC

India's Independence Day is celebrated on **August 15th** every year. This day marks the end of British rule over India and the country's independence, which was achieved on August 15, 1947. On this day, the first Prime Minister of India, Jawaharlal Nehru, hoisted the national flag at the Red Fort in Delhi, and it became an annual tradition to do so.



Independence Day is a national holiday in India, and it is observed with various celebrations, including:

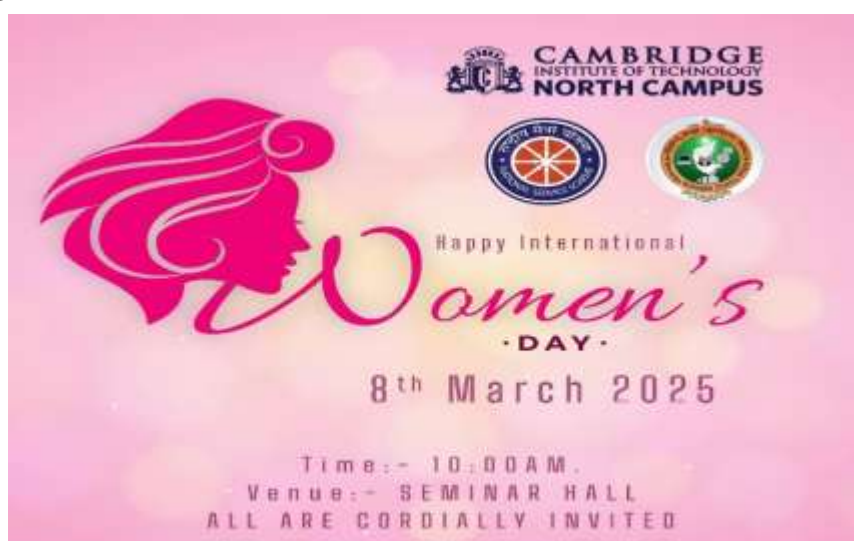
1. **Flag Hoisting Ceremonies:** The Prime Minister hoists the national flag at the Red Fort in Delhi, followed by a speech to the nation.
2. **Cultural Programs:** Across the country, various schools, government offices, and organizations hold events featuring patriotic songs, dances, and plays.
3. **Parades:** Military parades and displays of national pride are often organized in major cities, especially in Delhi, showcasing India's defense capabilities.

Independence Day is an occasion for reflecting on India's journey to freedom, honoring the sacrifices made by freedom fighters, and celebrating the nation's achievements.

International Women's Day Celebration

Minutes of the Programme

10:15 AM - Invocation Song by Prof. Shankar M J
10:20 AM - Welcome Address Mr. Rajesh
10:25 AM - Lighting the lamp
10:30 AM - Address by Chief Guest
10:40 AM - Speech by Prof. Lekhana K
10:45 AM - Speech by Dr. Abhilash S G
10:50 AM - Q & A Session by Prof. Shankar M J
11:00AM - Presidential Remarks
11:15 AM - Felicitation
11:20 AM - Vote of Thanks by Mr. Shreyas
11:25 AM - National Anthem
11:30 AM - Activities Session in IOT Lab (Mr. Manjunath & Mr. Chandan)
1:30 PM Lunch



International Women's Day Celebration - Detailed Report

Venue: Cambridge Institute of Technology, North Campus

Organized By: Cambridge Institute of Technology, North Campus – NSS unit

Introduction

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. It also aims to promote gender equality and empower women across all sectors of society. The Cambridge Institute of Technology North Campus organized a special celebration to honor women, raise awareness about gender issues, and motivate students and staff to contribute towards a more equitable world.

Objectives

- To recognize and appreciate the contributions of women in various fields.
- To inspire students and staff to promote gender equality. To create awareness about women's rights and issues.
- To foster an environment of respect and empowerment.



Event Details

- **Date:** March 8, 2025
- **Time:** 10:00 AM to 1:00 PM
- **Venue:** Main Auditorium, North Campus
- **Chief Guest:** Mr. Shantala, Head Master, Government High School Kundana

Agenda

1. Inauguration Ceremony

- Welcome speech by the Principal
- Lighting of the lamp
- Introduction of chief guest

2. Keynote Address

- Delivered by Mr. Shantala, highlighting the importance of women's empowerment and education.

3. Cultural Performances

- Dance and musical performances by students celebrating women's achievements.

4. Panel Discussion

- Topics: Women in Technology, Leadership, and Social Change.
- Panelists include faculty members and guest speakers.

5. Awards and Recognitions

- Honoring outstanding women faculty and students.
- Special appreciation for efforts towards gender equality.

6. Closing Remarks

- Vote of thanks and concluding comments.

Highlights

- The presence of an esteemed chief guest, Mr. Shantala, who shared inspiring insights and emphasized the importance of gender equality.
- Active participation from students and faculty in cultural activities and discussions.
- Successful dissemination of awareness messages about women's rights and empowerment.

Impact

- Increased awareness among students and staff regarding gender issues.
- Encouraged participation in gender-equality initiatives.
- Strengthened the institute's commitment to fostering an inclusive environment.



Conclusion:

The International Women's Day celebration at Cambridge Institute of Technology North Campus was a significant event that successfully promoted awareness, recognition, and empowerment of women. It fostered a sense of community and responsibility towards creating a more equitable society.

National Voters Day

Today 25/01/2024 on the occasion of National VOTERS DAY students of 5th semester ECE, CITNC were taken to District Commissioner office, as to take part in the event that was conducted by District administration and SVEEP Committee of Rural Bengaluru.



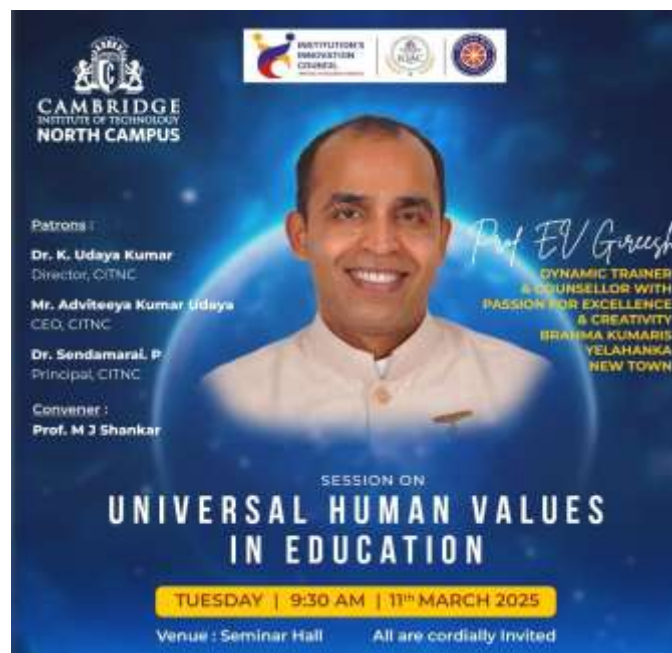
In the presence of District Commissioner Shri Dr. Shivashankar (IAS) and all other dignitaries the program regarding voter awareness was spread to all students and youth assembled over there. With the Slogan "Nothing like voting, I will vote for sure"- "ಮತದಾನಕ್ಕೆ ಿಂತ ಇನ್ನಿಲ್ಲನಾನು ಖಂಡಿತವಾಗಿ ಮತದಾನ ಮಾಡುತ್ತೇನೆ" all the students took an oath making sure they will not miss voting in any elections of the nation as it is not only their right to vote but also a responsibility of every citizen!

Ending the event with National anthem and lunch was provided to all the people for attending the event.



Program on Universal Human Values

About Event	Universal human value promote a sense of global citizenship, encouraging individuals to take responsibility for their actions and to work towards creating a more just and sustainable world.
Organized By	Cambridge Institute OF Technology North Campus
Event Coordinator Name & Designation	Prof. M J Shankar. Assistant Professor Department of ECE
Organized on	Date: 11 th Mar 2025, Tuesday
Chief Guest	Dr. K. Udaya Kumar and Mr. Adviteeya Kumar Udaya
Guest of Honor	Dr. Sendamarai. P
Invited Speaker	Prof. EV Gireesh
Targeted Audience	Students
No. of Students Participated	120
No. of Faculty Participated	12
No. of External Students & Faculty Participated	10
Total No. of Participants	142
Outcome of the Event	Event promoted universal human values that can help students develop greater empathy and understanding for others.



Event Photographs:

The speaker delivered an insightful session on human values, emphasizing the importance of integrity, compassion, and respect in daily life.



Through real-life examples and thought-provoking discussions, he inspired the audience to uphold ethical principles and contribute to a harmonious society.



This was followed by the soulful rendition of the national anthem, fostering a sense of unity and patriotism among everyone present.



The speaker led a calming meditation session, helping the audience achieve mental clarity and relaxation.

He highlighted how human values shape personal growth and professional success. The session stressed the significance of empathy in building strong relationships and fostering a positive environment.



Welcoming all the chief guests and the speaker felt so grateful and The session concluded with a motivational message, urging everyone to practice these values in their daily lives for a better future.

Through interactive discussions, the speaker encouraged self-reflection on moral responsibilities in society.



World Aids Day – 2024

World Aids day celebration at Chapparakallu Village on December 1st 2024.

World AIDS Day is observed annually on December 1st to raise awareness about HIV/AIDS, remember those who have died from the disease, and show support for those living with HIV. It was first observed in 1988 and was the first global health day ever recognized by the World Health Organization (WHO). The day serves as a reminder of the ongoing efforts needed to reduce the transmission of HIV, promote testing, and encourage treatment, while also fighting stigma and discrimination related to the disease.



Each year, World AIDS Day has a different theme to highlight a specific aspect of the global response to HIV. For example, past themes have focused on prevention, access to treatment, human rights, and supporting communities affected by HIV.



People around the world participate in various activities on World AIDS Day, including wearing red ribbons (the symbol of HIV awareness), participating in educational campaigns, and supporting fundraising efforts for HIV research and services.



NSS World Environment Day Report at CITNC

Organized on 5th - June- 2025



In alignment with our commitment to sustainability and ecological responsibility, our campus has taken significant strides in becoming a model green environment. This report outlines our achievements in various domains over the past year, reflecting our dedication to fostering a healthy, vibrant, and eco-conscious community.

Improved Air Quality: The campus has prioritized enhancing air quality through various initiatives. This year, over 500 trees and shrubs were planted, significantly boosting greenery and acting as natural air purifiers. Furthermore, energy efficiency measures, such as the installation of solar power systems and replacing traditional lights with LED fixtures, have contributed to lowering our carbon footprint.

Enhanced Biodiversity: To create a thriving habitat for diverse species, the campus undertook habitat restoration projects, including establishing a butterfly garden and bird nesting areas. By planting more native flora, we have increased the diversity of plants and attracted various pollinators and wildlife. Regular maintenance of have further supported aquatic and terrestrial biodiversity.

Waste Management Improvements: Our waste management efforts have seen significant progress, with the introduction of recycling programs that ensure effective segregation of waste in all campus buildings. Currently, 60% of waste generated is recycled. Additionally, organic waste from the cafeterias is processed into compost, which is used for maintaining the campus gardens, fostering a circular and sustainable approach to waste management.

Water Conservation: Water conservation remains a critical focus area. The installation of low-flow fixtures in restrooms and kitchens has reduced overall water consumption by 30%. These measures have reinforced our campus's resilience against water scarcity while promoting responsible water use practices.

Community Engagement: Active community involvement has been a cornerstone of our green campus initiatives. This year, many campaigns on environmental conservation were conducted, engaging students, faculty, and staff in meaningful dialogues and actions. Student-led eco-clubs have been instrumental in organizing tree plantation drives and campus clean-ups, fostering a culture of environmental stewardship.

Looking ahead, our objectives include transitioning to 100% renewable energy, expanding green cover by 10%, and reducing campus waste by 25%. These goals reflect our unwavering commitment to building a sustainable, eco-friendly campus that serves as a benchmark for others. Together, let us continue to create a campus environment that is not only green but also inspires sustainable living.



Seven Days NSS Special Camp



Government of Karnataka
Dept. of Youth Empowerment and Sports



VISVESVARAYA TECHNOLOGICAL UNIVERSITY



NATIONAL SERVICE SCHEME (NSS) UNIT-1



CAMBRIDGE
INSTITUTE OF TECHNOLOGY
NORTH CAMPUS
Kundana, Devanahalli - 562110

7 DAYS NSS SPECIAL CAMP

Date :- 06/02/2025 - 12/02/2025

Venue : Bodaguru Village, Anur grama Panchayat,
Sidlaghatta Taluk, Chikkaballapura, Karnataka-562102

Youth For Self Transformation Leads to Society Transformation

Camp Advisors

DR. K UDAYA KUMAR
Director,
Cambridge Institute of Technology
North Campus

SRI PRATHAP LINGAIAH
State NSS Officer,
Department of Youth Empowerment
and Sports, Governments of Karnataka

Camp Co-ordinator

DR. P V KADAGADAKAI
M.P, ED, YIC, PhD
NSS Coordinator, VTU University

Camp Director

DR. SENDAMARAI P
Principal, CIT-NC

Camp Officer

PROF. M J SHANKAR
NSS Programme Officer CIT-NC

7 - Days NSS Special Camp

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01. Inauguration Programme

The Inauguration Programme marked the formal beginning of the NSS Special Camp at **Bodaguru village, Sidlaghatta Taluk**. The event was graced by dignitaries, local leaders, faculty members, and villagers. Speeches were delivered to highlight the objectives of the camp, emphasizing the importance of social responsibility, community service, and youth participation. An overview of the scheduled activities was shared, giving volunteers a clear vision of their roles and responsibilities. The programme set a positive tone for the camp and created an atmosphere of enthusiasm and commitment among the participants.

02. Plastic Pollution and Promote Environmental Awareness

This activity focused on addressing the growing issue of **plastic pollution** in rural areas. NSS volunteers organized a rally through Bodaguru village, spreading awareness about the harmful effects of plastic on soil, water, and human health. Villagers were educated about sustainable alternatives such as cloth bags, biodegradable materials, and waste segregation practices. Interactive discussions helped the community understand the long-term impact of plastic waste on agriculture and the environment. The initiative successfully encouraged villagers to adopt environmentally friendly practices and reduce dependence on plastic.

03. Farm Visit

The Farm Visit gave participants an opportunity to directly interact with local farmers and observe **traditional and modern agricultural practices**. Volunteers gained insights into crop cultivation, irrigation techniques, and the importance of organic farming. Farmers shared their experiences, challenges, and innovative methods used in agriculture. The visit highlighted the importance of sustainable farming and helped strengthen the bond between volunteers and the farming community. This activity also inspired students to appreciate the hard work of farmers and the role of agriculture in sustaining the nation.

04. Krushi Vonda Visit

The Krushi Vonda Visit was an enriching experience for both volunteers and villagers. It involved attending a **local agricultural exhibition** where various farming tools, techniques, and modern agricultural technologies were showcased. Experts demonstrated the benefits of advanced irrigation systems, soil testing methods, and organic manure preparation. The visit encouraged farmers to adopt scientific methods to increase productivity and sustainability. For volunteers, it was an eye-opening experience to understand the importance of innovation in agriculture and its role in rural development.

05. Nasha Mukth Bharat Abhiyan

As part of the **Nasha Mukth Bharat Abhiyan**, NSS volunteers organized awareness sessions on the harmful effects of drugs, alcohol, and tobacco consumption. Street plays, interactive talks, and group discussions were conducted to educate villagers, especially the youth, about the dangers of substance abuse. The campaign emphasized the importance of leading a healthy lifestyle free from addiction and encouraged individuals to focus on education, self-reliance, and community well-being. The initiative received strong support from villagers, reinforcing the message of a **drug-free society**.

06. Plastic Mukth Grama Abhiyan

The **Plastic Mukth Grama Abhiyan** was launched to make Bodaguru village free from plastic. NSS volunteers, in collaboration with villagers, conducted door-to-door campaigns promoting the use of eco-friendly alternatives. Clean-up drives were organized to remove plastic waste from streets and surroundings. Demonstrations were given on waste segregation and compost preparation. This initiative not only helped improve the cleanliness of the village but also inspired the community to work collectively towards a **plastic-free environment**.

07. Village Clean-Up Drive

A large-scale **village clean-up drive** was organized to improve hygiene and sanitation in Bodaguru. Volunteers and villagers actively participated in cleaning roads, drainage systems, and public spaces. The drive promoted the idea of *"Clean Village, Healthy Village"* and motivated community members to maintain cleanliness in their surroundings. The activity also included awareness talks on waste disposal methods and the prevention of mosquito breeding, thereby addressing health concerns. The drive fostered a sense of responsibility among villagers towards their environment.

08. Guest Lecture on Importance of Meditation

A **guest lecture on meditation** was organized to promote mental well-being among villagers. Experts explained the importance of meditation in reducing stress, improving concentration, and maintaining a balanced lifestyle. Practical demonstrations of simple meditation techniques were also conducted, allowing participants to experience its calming effects. The session emphasized how meditation can help in managing daily challenges and improving overall health. This lecture created awareness about the significance of inner peace and mindfulness in today's fast-paced world.

09. Hospitality of Bodaguru Villagers

One of the most heartwarming experiences of the camp was the **hospitality extended by the villagers** of Bodaguru. Volunteers were invited into villagers' homes, where they were served tea and coffee with great warmth and affection. These informal gatherings provided opportunities to interact closely with the villagers, understand their lifestyles, and learn about the social and cultural aspects of the community. The kindness and generosity of the villagers strengthened the bond between NSS volunteers and the community, making the camp a truly memorable experience.

10. One Day Trip

As part of the camp, a **one-day trip to Kaiwara Temple and its surroundings** was organized for volunteers, villagers, and coordinators. The trip was led by Shankar Sir, Ashwini Ma'am, Lekhana Ma'am, and NSS coordinators Manjunath and Chandan. Two tractors were arranged for travel, giving the trip a unique rural flavor. Volunteers enjoyed the scenic beauty, sang songs, and bonded with villagers during the journey. At Kaiwara, prayers were offered at the temple, and participants explored nearby historical and cultural sites. The trip not only provided recreation but also enhanced cultural awareness and community bonding.

11. Two Days of Medical Camp

The **Two-Day Medical Camp** was one of the most impactful activities of the NSS programme. Organized in collaboration with medical professionals, the camp offered **free health check-ups** including ECG tests, dental care, orthopedic consultations, and distribution of medicines.

Special awareness sessions were held on hygiene, nutrition, and preventive healthcare. The camp benefited a large number of villagers, especially the elderly and children, who had limited access to healthcare facilities. This initiative reflected the commitment of NSS volunteers towards improving the health and well-being of the rural community.

12. Valedictory Programme

The **Valedictory Programme** marked the successful conclusion of the NSS Special Camp at Bodaguru. The event brought together dignitaries, faculty, villagers, and volunteers to reflect on the achievements of the camp. Certificates of appreciation were distributed, and experiences were shared by both students and villagers. The programme celebrated the collective efforts of everyone involved and highlighted the positive impact created in the community. It also set the stage for future NSS initiatives, reinforcing the values of service, leadership, and social responsibility.

01. Inauguration programme



The NSS Special Camp was inaugurated with great enthusiasm at Bodaguru, Sidlaghatta, Karnataka, on February 6, 2025. The event was graced by esteemed dignitaries, local leaders, and enthusiastic NSS volunteers, along with the wholehearted participation of village members.

The inauguration ceremony was honored by the presence of Dr. H.R. Sudarshana Reddy, M.E, Ph.D., F.I.E, and Regional Director of VTU, Bengaluru Region, who shared inspiring insights on the role of youth in societal development and encouraged NSS volunteers to actively engage in community service.

Another esteemed guest, Mr. Adviteeya Kumar Udaya, CEO of CIT-NC, addressed the gathering, emphasizing the importance of leadership, responsibility, and selfless service in building a better society.

Adding to the spiritual essence of the event, BK Lavanyakka, a respected Rajayogini Sister from Brahma Kumaris, Jangamakote, provided words of wisdom on peace, mindfulness, and ethical living.



The local administrative leadership was represented by Mrs. Kathyayini MK, PDO (Panchayat Development Officer) of Anur Gram Panchayat, who highlighted the significance of grassroots governance and the collective efforts needed for rural development.



Guests of Honour

Apart from the chief guests, several esteemed village representatives were present to extend their support and encouragement:

- Mrs. Arun Suresh, Gram Panchayat Member of Bodaguru Village, who appreciated the NSS initiative and pledged her cooperation in various activities.
- Mr. Vishwas B.N., Vice President of Anur Gram Panchayat & Panchayat Member of Bodaguru Village, who spoke about the importance of youth participation in rural progress.

- Mr. Suresh, Dairy President of Bodaguru Village, who acknowledged the importance of community welfare and sustainable practices in agriculture and dairy farming.

The event witnessed the active participation of villagers, who warmly welcomed the NSS volunteers. The program commenced with a lamp-lighting ceremony, symbolizing the beginning of the camp's journey towards service and transformation. Each dignitary addressed the audience, offering words of motivation and encouragement. The NSS volunteers pledged their commitment to the planned initiatives aimed at improving the village's social and environmental conditions.

02. Plastic pollution and promote environmental awareness



The primary focus of this initiative was to address plastic pollution and promote environmental awareness among the villagers.

The volunteers, along with the village members, started by cleaning the public spaces, including streets, temple surroundings, school premises, and common gathering areas. Armed with gloves, garbage bags, and cleaning tools, they systematically collected plastic waste, discarded wrappers, and other non-biodegradable materials that had accumulated over time.

While conducting the cleanup drive, the NSS team also interacted with the villagers, spreading awareness about the harmful effects of plastic waste. They explained how plastic pollution affects soil fertility, clogs drainage systems, and poses serious threats to livestock and the environment.

Pamphlets and posters with key messages on waste segregation, proper disposal methods, and sustainable alternatives were distributed among the villagers.

To encourage long-term impact, the volunteers emphasized the importance of reducing single-use plastics, adopting eco-friendly practices, and maintaining cleanliness in daily life. The local community members, including children and elders, actively participated in the campaign, making it a collaborative effort towards a cleaner and greener village.

Plastic pollution has become one of the most serious environmental challenges of our time, affecting land, water, air, animals, and even human health. To address this issue at the grassroots level, our NSS Unit organized a special awareness program at **Bodaguru village, Sidlaghatta Taluk, Karnataka**. The main objective of this initiative was to **educate villagers about the harmful effects of plastic and to promote eco-friendly alternatives** that can safeguard both the environment and public health.

The event began with a **rally across the main streets of Bodaguru**, where NSS volunteers carried placards and banners with impactful messages such as *"Say No to Plastic," "Save Environment, Save Future,"* and *"Reduce, Reuse, Recycle."* Loud and energetic slogans attracted the attention of the villagers, including shopkeepers, farmers, women, and school children. The rally created a vibrant atmosphere and encouraged many residents to join and listen to the awareness messages.



Following the rally, the volunteers organized an **interactive session** with the villagers. During this session, the harmful consequences of plastic were explained in detail:

- Plastic waste blocks drains and pollutes water bodies.
- Animals often consume plastic, which causes serious health problems and even death.
- Excessive plastic use contaminates soil, reducing fertility and affecting agriculture.
- Burning plastic releases toxic gases, which are harmful to human health.

To provide practical solutions, the team suggested **simple and effective eco-friendly practices**. Villagers were encouraged to carry **cloth or jute bags**, avoid single-use plastics like bottles and cups, and adopt **biodegradable materials** whenever possible. The session also highlighted the importance of **segregating waste** and practicing the principle of **Reduce, Reuse, and Recycle**.

The villagers showed great interest and interacted enthusiastically with the NSS volunteers. Many pledged to **minimize the use of plastic** in their daily lives and promised to spread the message to their families and neighbors. Shopkeepers in the area also agreed to encourage customers to use alternatives instead of plastic carry bags.

This program not only spread **awareness about plastic pollution** but also strengthened the **bond between the students and the community**. It motivated villagers to take collective action for a cleaner and greener environment. The initiative reflected the true spirit of NSS—**Not Me, But You**—by promoting responsibility towards society and nature.



Through this one-day activity, the volunteers realized that **small steps taken by individuals can bring about a large impact when practiced collectively**. The success of this rally has inspired our NSS unit to conduct similar campaigns in nearby villages to extend the message of environmental protection and sustainability.

By the end of the first day, the NSS volunteers had not only transformed the village surroundings but also instilled a sense of environmental responsibility among the residents. The cleanliness drive set the momentum for the upcoming activities, ensuring that sustainability and community engagement remained at the heart of the NSS camp.



03. Farm visit

The NSS volunteers embarked on an enriching farm visit to a **carrot harvesting site** in Bodaguru village, where they had the opportunity to witness and participate in the entire process of cultivating and harvesting carrots. This activity was designed to bridge the gap between theoretical knowledge and practical understanding, while also helping students appreciate the hard work of farmers who form the backbone of our nation.

Upon arrival, the volunteers were warmly welcomed by local farmers, who explained the various stages of carrot cultivation. They learned about the **selection of high-quality seeds, soil preparation, irrigation methods, and pest control techniques**. Farmers highlighted that loose, well-drained sandy loam soil enriched with organic matter is most suitable for carrot farming. They also explained how timely irrigation, combined with the application of organic fertilizers, plays a crucial role in ensuring a healthy yield. The explanation provided by the farmers helped the volunteers understand the science as well as the art of agriculture, which blends traditional wisdom with modern techniques.



Under the guidance of experienced farmers, the NSS team actively participated in the harvesting process. Equipped with hand forks and shovels, they carefully loosened the soil, uprooted carrot plants, and removed excess dirt before sorting them according to size and quality. This hands-on engagement gave the volunteers a firsthand experience of the **labor-intensive nature of farming**. They realized that farming is not just about sowing seeds and waiting for results—it requires continuous care, observation, and physical effort. Even a small mistake, such as harvesting too early, applying too much pressure, or failing to maintain soil moisture, could result in a lower-quality yield. This made them deeply respect the farmers' skills, patience, and dedication.

Under the guidance of experienced farmers, the volunteers actively engaged in harvesting fresh carrots directly from the field.

Equipped with hand forks and shovels, they carefully loosened the soil, uprooted the carrot plants, and cleaned off the excess dirt before sorting them based on size and quality.

Through this hands-on experience, they gained a deep appreciation for the labor-intensive process of farming, realizing that even small mistakes—such as harvesting too early or applying excessive force—could impact the crop's quality.

During the harvesting session, the volunteers interacted with the farmers, who shared their traditional agricultural wisdom, challenges, and innovative techniques for improving yield. The discussions highlighted the importance of drip irrigation for water conservation, organic fertilizers for soil health, and natural pest control methods. Farmers also spoke about the impact of climate change on agriculture and how they adapt to unpredictable weather conditions. These interactions helped the volunteers understand the resilience and dedication of farmers in sustaining food production despite numerous hardships.



By the end of the visit, the volunteers not only gained valuable agricultural knowledge but also developed a newfound respect for the farming community. The experience made them more aware of the effort behind food production and inspired them to promote sustainable farming practices and organic food consumption. The farm visit was a transformative experience, strengthening the volunteers' connection with rural life and reinforcing the importance of self-sufficiency, environmental responsibility, and community-driven agricultural development.

By the end of the visit, the volunteers gained **valuable agricultural knowledge** and developed a profound sense of respect for the farming community. The experience helped them understand the enormous effort involved in producing the food that sustains society. It also inspired them to advocate for **sustainable farming practices, organic food consumption, and environmental conservation**. The farm visit instilled in them the idea that agriculture is not just about economic gain but also about nurturing nature, preserving soil health, and ensuring food security for future generations.

This transformative experience strengthened the volunteers' connection with rural life and reinforced the values of self-sufficiency, environmental responsibility, and community-driven agricultural development. It also reminded them of the NSS motto "*Not Me, But You*" – as they understood that service to society includes recognizing and appreciating the efforts of farmers who feed the nation.

04. Krushi Vonda visit

Then volunteers proceeded to Krushi Vonda, an area dedicated to showcasing both traditional and modern agricultural innovations. This visit was an opportunity for the team to understand advanced farming techniques that contribute to sustainable agriculture and rural development.

Farmers and agricultural experts at Krushi Vonda explained various scientific and eco-friendly farming methods, emphasizing their importance in enhancing productivity while preserving natural resources.

One of the key lessons was on efficient irrigation techniques, particularly drip irrigation and rainwater conservation systems. Drip irrigation is widely used in water-scarce regions as it allows precise water delivery to plant roots, minimizing wastage and improving water efficiency. Farmers also demonstrated how rainwater harvesting structures can be set up in fields to store and utilize rainwater during dry seasons, ensuring year-round cultivation. These techniques are particularly beneficial in drought-prone areas, reducing dependence on unpredictable rainfall and groundwater depletion.



Another major focus was on organic farming and natural fertilizers, which play a crucial role in maintaining soil fertility and reducing chemical pollution. The volunteers learned about the use of vermicompost, green manure, and biofertilizers as sustainable alternatives to chemical fertilizers.

Organic farming techniques, such as mulching and composting, help in retaining soil moisture, improving microbial activity, and enhancing crop resilience against pests and diseases. These methods are extensively used in eco-friendly farms, organic vegetable production, and sustainable agribusiness ventures.

The concept of crop rotation and intercropping was also introduced to the team. Crop rotation involves planting different types of crops in the same field across different seasons to maintain soil fertility and reduce soilborne diseases. For example, leguminous crops like pulses are often rotated with cereals to naturally fix nitrogen in the soil. Intercropping, on the other hand, involves growing two or more crops together in the same field, which not only maximizes land usage but also improves soil health and reduces pest attacks.

These methods are extensively used in commercial farming, organic agriculture, and permaculture-based farming systems.



The visit to Krushi Vonda was highly insightful, providing the volunteers with practical agricultural knowledge that extended beyond textbook learning. They gained an understanding of how sustainable farming practices contribute to environmental conservation, food security, and economic stability.

By the end of the day, the team not only acquired valuable agricultural skills but also developed a deep sense of appreciation and gratitude towards farmers for their relentless efforts in ensuring food production and rural sustainability. The visit also encouraged them to explore ways in which modern technology, innovation, and sustainable practices can be integrated into agriculture to create a more resilient farming ecosystem.

05. **Nasha mukth Bharath Abhiyan**

As part of the NSS Special Camp, a major focus was placed on the Nasha Mukth Bharat Abhiyan (Drug-Free India Campaign) to address the growing issue of substance abuse in the village. The team recognized that alcohol, tobacco, and drug addiction were affecting the health, finances, and social well-being of many villagers, and thus initiated awareness campaigns and intervention programs to educate the community about the dangers of addiction.



Awareness Programs and Campaigns

To ensure maximum outreach, the volunteers organized interactive awareness sessions, street plays, and counseling programs. Through informative speeches, posters, and real-life examples, they highlighted the harmful effects of alcohol consumption, tobacco (vimal, gutkha, cigarettes), and smoking. The team explained how substance abuse leads to severe health issues such as lung cancer, liver failure, heart diseases, and mental health disorders while also creating economic burdens on families and communities.

Key topics covered in the awareness programs included:

- **Health Hazards:** Long-term addiction to alcohol and tobacco can cause respiratory diseases, liver cirrhosis, oral cancer, and neurological damage.
- **Impact on Families:** Addiction leads to financial instability, domestic violence, and broken relationships, affecting entire households.
- **Legal Consequences:** The campaign informed villagers about the laws against the sale and consumption of illegal drugs and the government's strict measures to curb substance abuse.
- **Rehabilitation and Support:** The team encouraged addicted individuals to seek rehabilitation and counseling services, emphasizing that recovery is possible with the right guidance and community support.



Community Engagement and Personal Stories

To make the campaign more relatable, the volunteers interacted with villagers who had overcome addiction and invited health professionals and counselors to share their expertise. Former addicts shared their struggles and victories, inspiring others to break free from addiction. These emotional testimonies helped villagers realize the long-term consequences of substance abuse and the importance of seeking help.



Street plays and skits were also performed by NSS volunteers to deliver strong anti-addiction messages in a creative and impactful way. These performances showcased real-life situations where addiction led to poverty, family disputes, and health deterioration, ultimately conveying the message that leading a substance-free life results in better health, financial stability, and social harmony.

06. Plastic Mukth Grama Abhiyan

Plastic pollution has become a serious environmental threat, particularly in rural areas where waste disposal systems are inadequate. Recognizing this challenge, the NSS volunteers initiated the Plastic Mukth Grama Abhiyan in Bodaguru village, Sidlaghatta Taluk, Chikkaballapura.

The primary goal was to educate villagers about the harmful effects of plastic waste and promote proper disposal and sustainable alternatives. The campaign focused on awareness programs, cleaning drives, and workshops on waste management to create a long-term impact on the village. Understanding the Plastic Problem in Bodaguru



During a preliminary survey, volunteers observed that plastic waste was widely scattered in open areas, roadsides, and water bodies. Single-use plastics such as carry bags, food wrappers, plastic cups, and discarded bottles were the most commonly found waste materials. Due to the lack of proper waste management facilities, many villagers burned plastic waste or dumped it in open spaces, leading to severe environmental and health hazards. Key problems

identified included plastic clogging drains and water sources, leading to water stagnation and hygiene issues; open burning of plastic, releasing toxic fumes harmful to human health; soil degradation, as plastic waste takes hundreds of years to decompose; and the impact on livestock, as animals often consume plastic waste unknowingly.



07. Village Clean-Up Drive

A major highlight of the campaign was the village-wide plastic clean-up drive, where volunteers and villagers actively participated in collecting and disposing of plastic waste. The clean-up activities covered market areas, bus stands, temple premises, school compounds, and residential streets. The collected plastic waste was segregated and sent for recycling with the help of local authorities. Volunteers demonstrated the importance of waste segregation and encouraged villagers to follow the practice in their households.

Collaborating with Local Authorities and Schools

The Gram Panchayat of Bodaguru actively supported the Plastic Mukt Grama Abhiyan. They pledged to implement regular garbage collection and proper waste disposal methods, banning single-use plastics in village markets and public places, and encouraging local shopkeepers to use paper bags and biodegradable packaging. Schools played a crucial role in the movement, as students were encouraged to take an oath to reduce plastic use and spread awareness among their families. The initiative created a sense of responsibility among the younger generation to keep their village plastic-free.



Workshops on Waste Management and Sustainable Living

To ensure a long-lasting impact, the campaign also included training sessions on proper waste management. Experts from environmental organizations were invited to educate villagers on how to compost organic waste and reduce household garbage, setting up plastic collection centers in the village.





Plastic Collection and Disposal

As part of the final phase of the campaign, all collected plastic waste was systematically sorted and transported to a plastic separation center. The NSS team collaborated with local waste management authorities to ensure the collected plastic was processed appropriately. Recyclable plastic was sent for further treatment, while non-recyclable waste was managed through eco-friendly disposal methods. This initiative helped prevent plastic from being burned or dumped back into the environment, reducing pollution and promoting sustainable waste management practices within the village.



Impact and Future Steps

By the end of the Plastic Mukta Grama Abhiyan, the villagers of Bodaguru had developed a better understanding of the plastic menace and its impact on their surroundings. The campaign successfully removed significant amounts of plastic waste from the village environment, encouraged many villagers to switch to eco-friendly alternatives, increased awareness about plastic recycling and proper waste disposal, and established a community-led monitoring system to ensure the village remains plastic-free in the future. Moving forward, the NSS volunteers, along with local authorities, plan to conduct regular clean-up drives to maintain cleanliness, install waste bins in key areas to prevent littering, introduce reward-based programs for households practicing effective waste management, and promote sustainable village development models that align with environmental conservation goals.



Conclusion

The Plastic Mukta Grama Abhiyan in Bodaguru village was a significant step towards creating a cleaner, healthier, and more sustainable environment. The campaign not only helped in removing plastic waste but also instilled a sense of collective responsibility among villagers. The NSS team's dedication and the villagers' participation made the initiative a great success, reinforcing the belief that small actions, when taken together, can lead to big changes. Through continued efforts and community engagement, Bodaguru village can serve as a model for other villages aiming to become plastic-free and environmentally conscious.

08. Guest Lecture on importance of meditation

In today's fast-paced world, stress, anxiety, and lifestyle-related illnesses are becoming increasingly common among people of all age groups. To address this issue and to promote healthy living practices, our NSS Unit organized a **Guest Lecture on Meditation at Bodaguru village, Sidlaghatta Taluk, Karnataka**. The main objective of this program was to create awareness among villagers about the **importance of meditation**, its health benefits, and how simple daily practices can improve both mental and physical well-being.



Program Overview

The session was conducted by **Guest**, who is a practitioner of meditation and wellness. The program began with a welcome speech by NSS volunteers, followed by an introduction about the importance of mental health in today's lifestyle. Villagers of different age groups, including students, women, farmers, and elders, actively participated in the session with great interest.



Key Learnings from the Lecture

The guest explained that meditation is not a religious ritual but a **universal practice of training the mind**. It helps individuals gain calmness, clarity, and inner peace. Some important points highlighted in the lecture were:

1. **Meaning of Meditation** – Meditation is a simple practice of calming the mind, improving focus, and becoming more aware of the present moment.
2. **Importance of Meditation** – It balances the mind and body, reduces stress, and helps in achieving emotional stability.



3. Health Benefits –

- Reduces stress, depression, and anxiety.
- Improves focus, memory, and concentration.
- Enhances sleep quality and emotional well-being.
- Lowers blood pressure and strengthens immunity.
- Brings positivity, patience, and harmony to life.

4. **Practicality** – Meditation does not require any equipment. Just **10–15 minutes of daily practice** at home can make a big difference in one's lifestyle.



Interactive Session and Practice

After the lecture, the resource person guided the participants through a **short meditation session**. Villagers were introduced to basic breathing techniques such as deep breathing and mindful breathing, followed by a 10-minute guided meditation. Participants reported feeling peaceful and relaxed, with some describing it as their first true experience of mental calmness.

The interactive session allowed villagers to ask questions about how meditation can fit into their daily routine. Farmers expressed that it would help them reduce work-related stress, women felt it could bring peace in managing household responsibilities, and students realized its value in improving concentration during studies.



Impact on Bodaguru Village

The program had a very positive impact on the community. Many villagers pledged to **include meditation in their daily lives** and even teach their children simple techniques. The awareness created through this guest lecture showed that meditation can be a **low-cost, effective, and lifelong tool** for better health and inner happiness.

The activity not only promoted mental health awareness but also strengthened the **bond between**



NSS volunteers and the villagers of Bodaguru. It demonstrated how small initiatives can lead to meaningful lifestyle changes in rural communities.

Conclusion

The **Guest Lecture on Meditation at Bodaguru village, Sidlaghatta Taluk** was a successful initiative under our NSS activities. It highlighted the importance of a healthy mind in building a healthy society. The program benefited villagers and inspired NSS volunteers as well to adopt meditation as part of their lives.

By introducing meditation to the people of Bodaguru, we promoted a culture of mindfulness, stress-free living, and holistic health. The session ended with a vote of thanks, appreciating the guest speaker, the villagers, and all volunteers who contributed to making the event impactful.

This initiative truly reflected the NSS motto, *"Not Me, But You,"* by focusing on the well-being of the community and spreading awareness for a better tomorrow.

09. Hospitality of Bodaguru Villagers

One of the most memorable experiences during our NSS camp at **Bodaguru village, Sidlaghatta Taluk, Karnataka** was the opportunity to sit with the villagers in their homes over tea and coffee. While at first it seemed like a simple act of hospitality, these informal gatherings became a platform for meaningful conversations and cultural exchange. Through these interactions, we learned about the lifestyle, traditions, and challenges of the people in Bodaguru.

The warmth of their welcome and the honesty of their discussions left a deep impression on all of us and strengthened our connection with the community.

Hospitality of the Villagers

The villagers of Bodaguru are known for their simplicity and generosity. Even though many of them



lead modest lives, they welcomed us into their homes with great affection. Almost every household insisted that we join them for tea or coffee, and they treated us like family rather than visitors.



Sitting together in their courtyards or small living rooms, we shared tea prepared in the traditional style, often accompanied by light snacks. For many of us, this was more than just a refreshing break – it was a moment to experience the **bonding spirit of village life**.



Conversations with the Villagers

During these tea-time conversations, we had the chance to interact freely with men, women, and elders of the village. The discussions covered a variety of topics such as:

- **Agriculture and Farming:** Villagers explained how most families depend on agriculture for their livelihood. They spoke about crops grown in the region, seasonal challenges, and the impact of water scarcity on farming. Some also shared how climate change has altered rainfall patterns, making

agriculture unpredictable.

- **Livelihood and Occupations:** Apart from farming, some villagers work as laborers in nearby towns or engage in small businesses. Women often contribute by managing households, working in the fields, or taking part in self-help groups.



- **Education:** We discussed the importance of education for children in the village. While most families support schooling, financial difficulties and lack of facilities remain challenges. Elders expressed a desire for better opportunities for the younger generation.
- **Health and Sanitation:** Some villagers shared concerns about healthcare facilities, availability of doctors, and the cost of medical treatment. They also discussed the importance of cleanliness and reducing plastic waste, which linked back to our awareness rally.
- **Culture and Traditions:** The elders proudly shared stories about local festivals, traditions, and folk practices. We learned about the unity within the community during religious and cultural celebrations, which brings people together regardless of social differences.

These conversations were not formal lectures but **heartfelt exchanges**, where both sides learned from each other. We gained knowledge about the realities of village life, while villagers appreciated our interest and enthusiasm.



Learning from the Community

Through these interactions, we realized that villagers live close to nature and practice a lifestyle that is sustainable in many ways. While they face difficulties such as limited access to resources and facilities, their resilience, unity, and positive outlook are truly inspiring.

We also noticed that the community spirit in Bodaguru is very strong. People support one another during times of need, and decisions affecting the village are often made collectively. This sense of **togetherness and cooperation** is something we, as students, found very valuable to learn from.

Another key takeaway was the villagers' **practical knowledge of farming, soil, and water management**. Their traditional wisdom, passed down through generations, holds great importance even in today's modern world. Listening to their experiences reminded us that education does not only come from classrooms, but also from **real-life practices and lived experiences**.



Strengthening the Bond Between NSS and Villagers

The act of sitting together, sharing tea, and engaging in open conversations created a **special bond** between the NSS volunteers and the villagers. What began as a simple gesture of hospitality turned into a powerful medium of **community engagement**.

The villagers expressed their happiness in seeing young students visit their homes and show genuine concern for their lives. They appreciated the efforts of our NSS team in spreading awareness about plastic pollution, meditation, and other activities. At the same time, we volunteers felt that these conversations helped us **connect with the community on a personal level** beyond the formal programs.

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Conclusion

The tea and coffee sessions with villagers were not just casual breaks but an essential part of our **NSS camp experience at Bodaguru**. They taught us lessons of humility, hospitality, resilience, and the importance of community living. We collected valuable insights about the village's social and economic conditions, cultural traditions, and challenges faced by the people.

More importantly, these interactions showed us that true service lies not only in organizing programs but also in **listening, understanding, and learning** from the people we serve. The hospitality of Bodaguru villagers will always remain a cherished memory, reminding us that small acts of kindness can create strong bonds and meaningful relationships.

This experience reflected the true spirit of NSS – *“Not Me, But You”* – as it was not only about what we gave to the community, but also about what we learned and received in return.



10. One day trip

As part of our NSS camp activities in **Bodaguru village, Sidlaghatta Taluk, Karnataka**, we organized a **one-day trip to Kaiwara Temple and its surroundings**. The objective of this trip was not only to provide relaxation and recreation for the volunteers and villagers but also to experience the **cultural, historical, and spiritual heritage** of the region. This journey turned out to be one of the most memorable highlights of our camp, as it brought together NSS volunteers, teachers, coordinators, and villagers in a spirit of unity and joy.



Journey and Arrangements

The trip was carefully planned under the guidance of our respected teachers **Shankar Sir, Ashwini Ma'am, and Lekhana Ma'am**, along with our dedicated NSS coordinators **Manjunath and Chandan**. To make the journey special and different from regular travel, **two tractors** were arranged instead of buses or vans. This gave the trip a truly rural and festive flavor, as all the participants sat together, enjoying the fresh air and open surroundings during the ride.

The journey itself became an unforgettable part of the experience. Sitting in tractors, surrounded by fields, trees, and hills, we enjoyed the scenic beauty of the countryside. Volunteers and villagers sang folk songs, cracked jokes, and engaged in light-hearted conversations, filling the atmosphere with cheer. The slow, rhythmic movement of the tractor ride gave us a chance to connect more closely with the rural environment. This unique mode of travel reflected the **simplicity of village life** and strengthened our sense of togetherness.



Arrival at Kaiwara Temple

Upon reaching **Kaiwara**, we first visited the famous **Kaiwara Temple**, which holds great spiritual and cultural significance. The temple is dedicated to **Sri Yogi Narayana Swamy**, a revered saint, philosopher, and poet known for his devotion and literary contributions in Kannada and Telugu. The temple is not just a place of worship but also a center of learning, peace, and spiritual reflection.

We entered the temple with devotion, offering prayers and seeking blessings for good health, wisdom, and unity. The atmosphere of the temple was serene, filled with the fragrance of incense sticks and the sound of devotional chants. The presence of villagers alongside us made the experience more meaningful, as it showed the blend of faith, tradition, and community spirit.



Exploring the Surroundings

After offering prayers, we explored the nearby **spiritual and natural sites** around Kaiwara. The region is known for its hills, caves, and shrines that are linked with stories from mythology and history. According to legends, Kaiwara has connections with the **Mahabharata**, and it is believed that the Pandavas spent part of their exile here. Some spots in the area are associated with **Bhima's adventures**, which made the place even more fascinating for us.

Walking through the hills and exploring the surroundings gave us a refreshing break from daily camp activities. The fresh air, greenery, and peaceful environment created a sense of calmness and rejuvenation. Teachers shared insights into the cultural importance of the place, while villagers



narrated local stories and beliefs connected with Kaiwara. These stories added depth to our understanding and made the visit not just recreational but also educational.



Bonding and Enjoyment

The trip was not only about visiting a temple but also about **spending quality time together**. Volunteers, villagers, and teachers interacted freely in an informal setting. Sitting under trees, sharing snacks, clicking photographs, and laughing together created a strong bond among us.

The villagers expressed their happiness in being part of the trip, as for many of them it was a rare opportunity to travel together as a community. Traveling in tractors, singing folk songs, and enjoying the countryside reminded everyone of the joy of **simple living and shared experiences**.

Our teachers, especially **Shankar Sir, Ashwini Ma'am, and Lekhana Ma'am**, encouraged us throughout the trip, making sure everyone felt comfortable and included. Their presence added value to the journey, as they not only guided us but also participated in our fun, making us feel like one big family.



Cultural and Spiritual Learning

The Kaiwara trip also gave us an opportunity to understand the **cultural richness of Karnataka**. Temples like Kaiwara are not only religious centers but also custodians of local history, art, and tradition. Learning about **Sri Yogi Narayana Swamy** and his teachings inspired us to reflect on the importance of spirituality in daily life.

We realized that such places carry the wisdom of centuries and continue to inspire communities today. The trip also highlighted how faith brings people together and strengthens social bonds. For NSS volunteers, it was a reminder that **service to society is not only physical work but also understanding and preserving cultural heritage**.

Memorable Moments

Some of the most cherished moments of the trip were:

- The joyful tractor ride filled with singing and laughter.
- Offering prayers together at Kaiwara Temple.
- Listening to local stories and legends from villagers and teachers.
- Exploring the scenic surroundings and enjoying the beauty of nature.
 - Sharing tea, snacks, and conversations in an informal and friendly environment.

These small but meaningful experiences turned the trip into a day full of happiness, learning, and bonding.



Conclusion

The **Kaiwara Temple trip** was more than just a picnic or an outing. It was a journey that combined **spiritual growth, cultural learning, community bonding, and recreation**. It gave us an opportunity to experience the rural way of traveling, appreciate nature, and reflect on the importance of unity and togetherness.

For NSS volunteers, the trip was a reminder that community service is not only about organizing programs and activities but also about building relationships, sharing experiences, and learning from the people around us. The hospitality of villagers, the guidance of teachers, and the joy of companionship made this trip truly unforgettable.

This journey will always remain a highlight of our NSS camp at Bodaguru, as it brought us closer to our cultural roots and gave us lasting memories of friendship, unity, and happiness. It reflected the true spirit of NSS – *“Not Me, But You”* – by showing that growth and learning happen best when shared with others.

11. Two Days of Medical Camp

We organized a comprehensive Free Medical Camp aimed at providing essential healthcare services to the villagers of Shidlaghatta. The camp was held over two days, with the first day at Bodaguru village and the second day at Anur village, both located within the Gramapanchayat of Shidlaghatta. The primary goal of this initiative was to offer medical assistance to villagers who have limited access to healthcare facilities and ensure that they receive preventive care and treatment for various health issues. This initiative was an essential step toward improving the overall health and well-being of the rural community.

In rural areas, especially in smaller villages like Bodaguru and Anur, access to quality healthcare is often limited. Many villagers lack the necessary resources to visit healthcare centers, while some are unaware of the preventive measures they can take to improve their health.

For these reasons, organizing a medical camp became an urgent need. This free medical camp aimed to bridge this gap and provide the necessary services directly to the doorsteps of the villagers.

This medical camp was conducted in collaboration with Vydehi Hospital, a leading healthcare institution based in Bangalore, known for its advanced medical facilities and commitment to community service. Vydehi Hospital has been actively involved in several community outreach programs, aiming to improve public health and raise awareness about key health issues. Their participation in this medical camp was a critical aspect of its success.

The Significance of Vydehi Hospital's Contribution:

Vydehi Hospital's involvement in the camp played a pivotal role in the success of the initiative. By leveraging its resources and expertise, the hospital was able to provide high-quality medical care to underserved populations, who otherwise might not have access to such services. The collaboration between Vydehi Hospital and the NSS Special Camp team demonstrated a strong model of corporate social responsibility, where a leading healthcare provider actively participates in improving the health of rural communities.

Moreover, Vydehi Hospital's commitment to serving the community through such initiatives is a reflection of its broader mission to promote health equity and ensure that even the most remote communities benefit from quality healthcare services. Their involvement in the Free Medical Camp helped not only address immediate health concerns but also contributed to long-term health improvements by spreading awareness about important health practices.



Day 1: Bodaguru Village

The medical camp at Bodaguru village was set up early in the morning, with a team of medical professionals from Vydehi Hospital, including doctors from various specialties, nurses, and volunteers, ready to serve the community. The villagers, who were informed about the camp in advance, gathered at the designated location where the camp was conducted.



Services Provided:

- General Body Check-Up: The villagers underwent complete body check-ups, where medical professionals assessed their overall health status, including blood pressure monitoring, weight and height measurement, and other vital parameters.



- Cardiac Check-Up and ECG: Heart-related issues were a major focus of the camp. Many villagers were tested for common cardiovascular issues such as hypertension and arrhythmia. The camp also provided free ECG tests to help detect any heart





treating dental issues such as cavities, gum problems, and oral hygiene tips. Villagers were also given recommendations on maintaining oral health.

- **Orthopedic Services:** Many villagers, especially elderly individuals, suffer from musculoskeletal issues. The orthopedic team from Vydehi Hospital addressed these concerns, providing consultations, pain relief treatments, and advice on managing conditions like arthritis.





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- Free Medicines Distribution: After the check-ups, necessary medicines were distributed to the villagers free of charge. Common medications for pain relief, infections, and heart-related issues were given to those in need.

The camp was a great success, with a large turnout from the community. The medical professionals were able to identify a range of health conditions that required follow-up care, and many villagers were advised to visit local health centers for more specialized treatment.



Day 2: Anur Village

The setup and services provided on Day 2 were similar to those at Bodaguru village, ensuring that the medical services reached as many villagers as possible.



Services Provided:

- The same range of services as Day 1 was offered to the villagers of Anur. The medical professionals from Vydehi Hospital worked efficiently, ensuring that each individual received the attention they needed.
- The focus remained on heart-related issues, general health check-ups, dental care, and orthopedic services. Many of the villagers were appreciative of the opportunity to access healthcare services that they may not have been able to afford otherwise.



Impact and Importance of the Camp

This Free Medical Camp provided significant benefits to the local community by addressing both preventive and curative healthcare needs. Many villagers expressed their gratitude for the services, particularly those who had been unaware of their health conditions prior to the check-up.

By organizing this camp in partnership with Vydehi Hospital, we not only provided immediate medical care but also raised awareness about the importance of regular health check-ups and preventive healthcare. This initiative helped build a stronger sense of community and trust between the villagers and the volunteers.



Additionally, the camp allowed us to understand the prevalent health issues in the region and identify those in need of further medical support. Many villagers were encouraged to continue their treatment at local healthcare centers, ensuring that their health concerns were addressed in the long term.

Conclusion

The Free Medical Camp in Bodaguru and Anur villages was an impactful part of our NSS Special Camp. It was an opportunity to give back to the community, improve the health and well-being of the villagers, and foster a culture of health awareness. The camp, conducted in collaboration with Vydehi Hospital, was successful in its mission, and it showcased the importance of community-driven healthcare initiatives in rural areas.

12. Valedictory Programme

The culmination of the NSS Special Camp was marked by a grand Valedictory Programme, which took place at Bodaguru Village, Shidlaghatta. This event not only served as an occasion to celebrate the successful completion of the camp but also as a moment to reflect on the invaluable experiences, achievements, and impact the camp had on both the participants and the local community. It was an opportunity to acknowledge the hard work of the volunteers, express gratitude to the community, and thank the supporters who helped make the camp a success.

Activities Conducted During the Camp

Throughout the duration of the camp, several important social welfare activities were carried out in Bodaguru Village, benefiting the villagers in various aspects of daily life. The activities were designed to improve the living standards, promote health awareness, and provide essential services to the underserved community.



Chief Guest and Special Invitees:

Mr. Vishwas BN: The Chief Guest of the event, Mr. Vishwas BN, shared inspiring words, highlighting the impact of the camp on the health and well-being of the villagers. His presence was a significant source of motivation for the volunteers and the local community.

Mr. Suresh: Dairy President, Mr. Suresh, spoke about the significance of community support and the role of rural development in improving the quality of life for villagers. He emphasized the importance of sustainable initiatives like the medical camp in rural growth.

Mr. Vishwanth: The Headmaster of the local school, Mr. Vishwanth, also participated as a special invitee. He appreciated the impact of the camp on both the educational and health sectors of the village, acknowledging that good health is a cornerstone for a productive community.

Mrs. Arun Suresh: A Gram Panchayath Member, Mrs. Arun Suresh, shared her perspective on the collective effort of the community and its leadership in facilitating such programs that benefit the rural population.

Mr. Venkataswamy Reddy: A renowned farmer from the region, Mr. Venkataswamy Reddy, talked about the importance of health and wellness in rural life, particularly for farmers who often face physical strain due to the nature of their work.

Admissions Head, CIT-NC The Admissions Head from CIT-NC expressed gratitude for the camp and highlighted the collaboration between the institution and the local community, noting that these kinds of activities help build strong connections and foster social responsibility among students.

Guests of Honour and Institutional Support:

Mr. Uday Kumar Director & Adviteeya Kumar Udaya CEO,

Mr. Uday Kumar, addressed the gathering on behalf of the college's management. His words emphasized the importance of engaging students in such community-driven initiatives, promoting awareness about rural health, and encouraging future leaders to be responsible citizens. His leadership and support were instrumental in organizing the camp.

The faculty members and other staff from the college who contributed to the success of the camp were also acknowledged. Their hard work in coordinating the activities, managing logistics, and ensuring smooth operations was essential to the camp's success.

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