

NSS REPORT FOR THE ACADEMIC YEAR 2022-23

NSS PO-Siddesh Tari

NSS PO-Pricilla Fernandes

The National Service Scheme (NSS) is a popular program in India that aims to develop social consciousness and a sense of responsibility, among students by engaging them in community service activities. The registration process for NSS volunteers for the academic year 2022-2023 began in the third week of August 2022 and was open for two weeks. Interested students had to fill out an online application form with their personal details.

Number of Registrations:

The response to the registration process was overwhelming, and a total of 259 students registered for the NSS program for the academic year 2022-2023.

Activities conducted

Poster Competition (14th August 2022)

To commemorate 75 years of India's Independence, NSS Cell of VMSCL organised a poster competition on 14th August 2022 to celebrate the spirit of freedom and pay homage to the freedom fighters who sacrificed their lives for the country's independence. The competition was open to all students enrolled in the institution, and they were encouraged to showcase their creativity and artistic skills.

The theme of the competition was "Remembering our Freedom Fighters," and the participants were required to create posters that depicted the contributions of India's freedom fighters, their struggle for independence, and the values of freedom, peace, and unity that they stood for. The entries received for the competition were judged based on creativity, originality, clarity of message, and relevance to the theme.

After careful evaluation, winners of the competition were announced. The first prize was awarded to a student who created a poster depicting Mahatma Gandhi's non-violent movement and his role in India's struggle for independence. The second and third prizes were awarded to posters showcasing the contributions of other freedom fighters such as Subhash Chandra Bose and Bhagat Singh.

The posters were displayed at the entrance of the college, and the winners were felicitated with certificates and prizes. The competition provided an opportunity for students to showcase their creative skills, learn about India's rich history and culture, and honour the sacrifices made by the freedom fighters.



Independence Day Celebration (15th August 2023)

A flag hoisting ceremony was held in our college on 15th August to celebrate India's Independence Day. The event was attended by 57 NSS Volunteers, faculty members, and staff. The ceremony began with the national anthem, followed by the hoisting of the flag by the principal. The principal then gave a speech emphasising the importance of Independence Day and urged everyone to work towards the betterment of the country. The event also included cultural performances by the students, which added to the patriotic fervour of the occasion. Overall, the ceremony was a great success and served as a reminder of the sacrifices made by our forefathers and the importance of working towards the progress of our nation.





Panel Discussion on Celebrating Differences (15th August 2022)

On August 15, 2022, celebrating the 75th year of Independence, the Constitutional Law Club of the college organized a panel discussion on the topic "Constitution of India: Celebrating Differences". NSS Volunteers of our college attended this event in large Number. Immediately after the flag hoisting, the panel discussion started in the conference hall of the college at 9.15 am and went on till 10.45 am. Ms. Hiral Kenaudekar, student of SY BA LL.B welcomed the gathering. Principal Dr. Shaber Ali have the introductory address. The speakers were Dr. MRK Prasad (Professor), Dr. BS Patil (Associate Professor), Mr. Ramrai Naik (Assistant Professor)and Mr. Kevin Braganza (TY LL.B Degree). The session was moderated by Dr. Sandhya Ram (Associate Professor). The points for discussion included the concept of diversity and its necessity in the country, notions of uniformity and unity, constitutional values vis-à-vis individual values and One Nation – One Emotion – One Identity. The panel discussion was followed by open forum, where students and faculty shared their views. The program was attended by the faculty, staff and students of the college. The program concluded with national anthem.









Seminar on 'Destitute on the street of Mapusa: Distress to our city' (20th August 2022)

On Aug 20th 2022, NSS Volunteers attended a seminar on the topic 'Destitute on the street of Mapusa: Distress to our at the Saraswat Vidyalaya's Sridora Caculo College of Commerce and Management Studies.

The seminar featured several guest speakers who shared their experiences working with destitute communities and their challenges. They also discussed the various services and resources available to destitute individuals, such as food banks, homeless shelters, and job training programs. One of the most impactful parts of the seminar was hearing from a destitute individual who shared their story of hardship and how they overcame their situation with the help of community resources. It was inspiring to see how even in the most difficult circumstances, there is hope and a way forward.

Overall, the seminar was an eye-opening experience that helped the students to better understand the realities and the importance of community support and resources in helping them overcome their challenges.



Cleanliness drive at Pali Waterfall (11 September 2022)

A cleanliness drive at Pali waterfall was conducted by NSS cell of VMSCL on 11th sept 2022. Waterfalls attract a large number of visitors, but they are also vulnerable to pollution and littering. When left unattended, plastic waste and other debris can harm the ecosystem and spoil the natural beauty of the area.

NSS Volunteers who participated in cleanliness drive at waterfall played an essential role in preserving the environment and promoting responsible tourism. This initiative involved collecting plastic waste, cleaning up garbage and debris, and disposing of them in an appropriate manner.

The cleanliness drive at the waterfall also did raised awareness among visitors and locals about the importance of keeping the environment clean and reducing plastic waste. The cleanliness drive at Pali waterfall conducted by NSS cell can have numerous benefits for the environment, the community, and the visitors

Miramar Beach Cleaning (17th Sept 2022)

As part of 'Swach Sagar Surakshit Sagar' Initiative of Govt of India NSS Unit of V.M. Salgaocar College of Law conducted beach cleaning drive On 17 sept 2022. The aim of the drive was to create awareness about the importance of keeping the beach clean and to contribute towards the conservation of marine life. The Governor of Goa, Sridharan Pillai, the honourable CM of Goa, Shri. Pramod Sawant, and other MLAs also joined the crowd in cleaning the beach. Afterward, they addressed the people gathered there and spoke about the importance of cleaning the beach and keeping our oceans clean.

The main objectives of the beach cleaning drive were:

To remove litter and waste from the beach

To segregate the waste into recyclable and non-recyclable categories

To create awareness about the harmful effects of litter on marine life

The students arrived on the beach at 7.30 in the morning and started collecting the litter and waste scattered across the beach. They used gloves and trash bags to collect and segregate the waste into recyclable and non-recyclable categories.

The beach cleaning drive was successful in achieving its objectives. The students collected a considerable amount of litter and waste from the beach, which was properly segregated into recyclable and non-recyclable categories. Such initiatives are essential to preserve the natural beauty of our beaches and to ensure that they remain safe and healthy for future generations. 94 NSS Volunteers participated in the Beach Cleaning Drive and by 10'o clock we wound up with this activity





Red Ribbon Quiz Competition (29th September 2022)

Goa state Aids Control Society had organised Quiz a Competition on HIV AIDS on 29th September 2022 at institute Menezes Braganza Hall Panaji . Prasad Bhatlekar 4th year BA.LLB student and Zoya Paes from 3rd year BA.LLB participated in this competition on behalf of the college and the NSS Cell of VMSCL. the quiz served as a useful tool for assessing students' knowledge of HIV/AIDS and identifying areas for improvement in education and awareness. Further initiatives can be implemented to strengthen knowledge and promote prevention measures among students.







Food Planet Health (18 Oct 2022)

NSS Cell of VMSCL Conducted a webinar on veganism under the aegis NSS unit of Goa University on 18th October 2022. Its was open for all the students as well as for the faculty members. The resource person Richa Mehta provided information about the reasons for adopting a vegan lifestyle. The resource person spoke about the various ethical, environmental, and health reasons for veganism. He also offered tips on transitioning to a vegan diet and addressed the common concerns about obtaining adequate nutrients, such as protein and iron, on a plant-based diet. At the end of the session our NSS PO Priscilla Fernandes thanked the resource person for delivering an insightful lecture on veganism.



Campus Cleaning (29th October 2022)

Campus cleaning was conducted by an NSS cell of our college on the college premises. The volunteers were divided into smaller teams, and each was assigned a specific area to clean. The areas had been inspected beforehand, and identified the extent of cleaning required.

The cleaning process would involve various tasks such as picking up litter, sweeping the floors, wiping down surfaces, cleaning windows, etc. The volunteers used various cleaning materials and tools to carry out their tasks. Besides this, The NSS cell also engaged in awareness-raising activities about maintaining cleanliness and hygiene on campus. Overall, a campus cleaning conducted by an NSS cell was a collaborative effort to maintain a clean and healthy environment on the college premises.





Unity Day Report (31st October 2022)

NSS Unit of V.M. Salgaocar College of Law Miramar Goa; organised a Unity Run for National Unity Day (Rashtriya Ekta Diwas) on 31st October 2022 at 7.30 am at Miramar and a Unity Pledge for the teachers and the students of V.M. Salgaocar College.

A total of 27 volunteers showed their active participation by being a part of the Unity Run. The Activity was a major success because of the initiative taken by Mr Siddhesh Tari, NSS Programme Officer and Ms Priscilla Fernandes. NSS Programme Officers Siddesh Tari & Ms Priscilla Fernandes accompanied the volunteers



REPORT OF THE VIGILANCE WEEK (2nd November 2022)

NSS Unit of V.M. Salgaocar College of Law- Goa; observed vigilance week, and during this week, Cell organised a Quiz Competition on Vigilance to create awareness about vigilance. Total

of 5 teams participated in this Competition and the team was headed by Second Year BA.LLB student Muskan Kamat won first place along with Ummehani Javed & Gayatri Chari.

120 volunteers actively participated by taking Vigilance Pledge on 1st November. The Activity was a major success because of the overwhelming response we received from the students. NSS Programme Officers Mr Siddhesh Tari & Ms Priscilla Fernandes administered the Vigilance pledge.

Sr. No. Name of the College Name and date of activity conducted No of students involved

1 V.M. Salgaocar College of Law Pledge (120Participants)

2 V.M. Salgaocar College of Law Quiz Competition (15 Participants)



Guest Lecture on HIV AIDS (8TH Nov 2022)

On 8th November 2022, the Red ribbon club of V.M. Salgaocar College invited Dr Anagha Dubhashi (Lecturer at Goa medical college) as an expert to deliver a lecture on HIV/AIDS to the NSS Volunteers. The lecture was held in the college auditorium and was attended by 73 students and 4 faculty members.

The guest was given an overview of HIV/AIDS and its impact on society. They discussed the global statistics related to the spread of the virus, the various modes of transmission, and the social stigma and discrimination faced by people living with HIV/AIDS. The speaker then explained the importance of preventive measures such as safe sex practices, regular testing, and access to antiretroviral therapy (ART). The guest lecture was interactive, with the speaker engaging the audience in discussions and answering questions. The students and faculty asked various questions related to the challenges faced by people living with HIV/AIDS, the role of

government and civil society in addressing the issue, and the latest developments in HIV/AIDS research.

Overall, the guest lecture was informative and thought-provoking and provided valuable insights into the complex issues surrounding HIV/AIDS. The students and faculty gained a better understanding of the challenges faced by people living with HIV/AIDS and the importance of taking proactive steps towards prevention and treatment.



Red Ribbon Fest (1st Dec 2022)

Iram Khatri NSS Volunteer from our college, participated in the Red Ribbon Fest, an annual event organised by Human Touch Foundation to raise awareness about HIV/AIDS. She participated in open Mic competition, on the theme of HIV/AIDS awareness. They used their creative skills and knowledge to spread awareness of the stigma surrounding the disease.

Participation in the Red Ribbon Fest was a great way for them to engage in social activism and contribute towards a worthy cause. It has broadened the perspectives of the participants and also developed a deeper sense of social responsibility.

Goa Liberation Day (19th December 2023)

On December 19th, a flag-hoisting ceremony was held in our college to celebrate Goa's Liberation Day. The event was attended by NSS Volunteers, faculty members, and staff. The ceremony began with the hoisting of the national flag. The principal of our college Dr Shaber Ali G. then gave a speech highlighting the significance of Goa's liberation from Portuguese rule and the contributions of the freedom fighters who made it possible. Overall, the ceremony was a great success and served as a reminder of the struggles faced by our forefathers for the freedom of our nation.

Purple fest (6th- 8th January 2023)

Purple Fest 2022 was India's first inclusion festival, celebrating diversity and empowering persons with disabilities (Divyangjan). The festival was held in Goa from January 6 to January 8, 2022. It was organised by the Office of the State Commissioner for Persons with Disabilities

Goa, in collaboration with the Directorate of Social Welfare Goa and the Sports Authority of Goa. This festival showcases how we can create a welcoming and inclusive world for everyone.

The festival included panel discussions, live performances, exhibitions, experience zones, and a para-table tennis championship. From our college total of 32 NSS Volunteers volunteered for the above-said event.





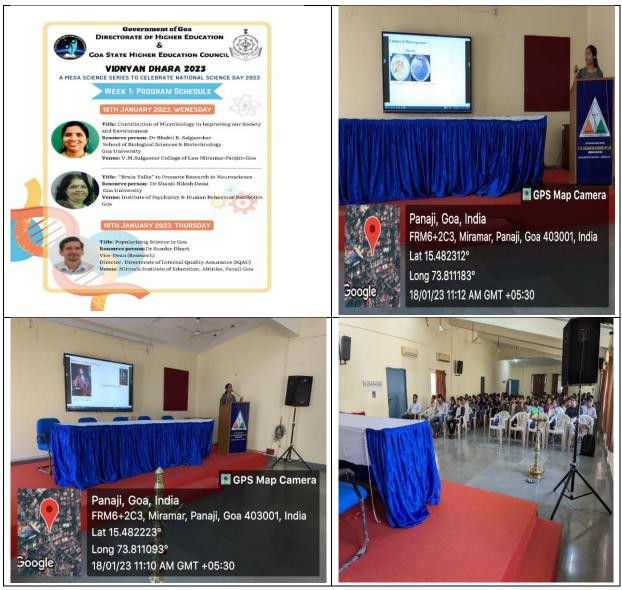




Guest lecture on 'Contribution of Microbiology in Improving our Society and Environment' (18th January 2023)

NSS Cell of VMSCL held a Guest lecture on 'Contribution of Microbiology in Improving our Society and Environment' Under the aegis of Directorate of Higher Education on 18th January 2023 from 11.00 am to 12 pm. in the conference hall of the college. Bhakti Salgaonkar, Assistant Professor from the Department of Microbiology, Goa University, delivered a this lecture on the role of microbiology in improving our society. Total of 100 students attended this talk.

The guest lecturer focused on the following areas. Microbiology's role in public health, Microbiology's contribution to environmental protection, Microbiology's role in agriculture and food production, Microbiology and biotechnology. At the end of the programme, NSS cell of the college thanked the guest lecturer for their time and insights and encouraged the students to continue learning about the topic. At the end of the session an FY.BA.LLB student Udi Narvekar thanked the resource person for delivering an insightful lecture on this topic.



Participation of NSS Volunteers in Poetry writing, Essay, poster and Selfie competition organised by Central Govt. (20th January 2023)

The Central Government of India organised a poetry writing competition on Netaji Subhas Chandra Bose as part of the 125th birth anniversary celebrations of the freedom fighter. The competition was open to all citizens of India, and 3 NSS Volunteers from V.M. Salgaocar College had participated in this competition.

Youth Leadership camp (20th - 22nd January 2023)

Youth Leadership Training Camp was held from 20th to 22nd January 2023 at Mapusa, a residential camp. It was organised by NYKS under Ministry of Sports & Youth Affairs Govt of India. Two NSS volunteers **Sushmit Saw** and **Shahin Sheikh** from our college attended this camp.

The camp aimed to develop personality, create self-awareness, develop problem-solving skills, enhance effective communication, promote time management, encourage nasha mukti (drug deaddiction), and foster team work among the students aspiring to be the leaders/prefects/monitors of the school.

The camp consisted of various activities and sessions that focused on different aspects of personality development and leadership skills. The participants learned about different emotional intelligence competencies such as self-awareness, self-regulation, motivation, empathy, and social skills. They also practiced some exercises.

Youth Leadership Training Camp was a successful in enriching experience of the participants. The camp helped the participants to develop their personality traits such as confidence, resilience, adaptability, openness, and curiosity. It also helped them to develop their leadership skills.



Celebration of National Girl Child Day (24th January 2023)

The Department of School Education organised the virtual conference on self-defence training for girls on Girl Child Day. The conference aimed to raise awareness about the importance of self-defence training for girls and promote gender equality and women's safety.

The conference was attended by a diverse group of educators, policymakers, experts, and stakeholders from the education and social welfare sectors. The participants shared their insights, experiences, and best practices on self-defence training for girls and discussed the challenges and opportunities in promoting it. The participants also shared their success stories and innovative approaches in promoting self-defence training for girls, such as using technology, gamification, and peer mentoring. The insights and best practices shared by the participants can help inform policies and programs that promote self-defence training for girls and create a safer and more inclusive society

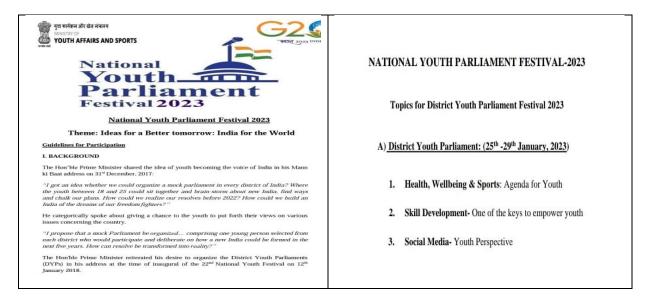
Total 12 students had attended the above-mentioned virtual conference



Participation of students for the National Youth Parliament (3rd -7th Feb 2023)

The national youth parliament was organised by the Ministry of Youth Affairs and Sports in collaboration with NSS and NYKS. Initially, the State selection round for the National Youth Parliament was held, which was the critical step in identifying talented and motivated young students who have the potential to make a positive impact in their communities and society as a whole. The final selection for the National Youth Parliament was based on various factors, like the candidate's interview performance.

Two NSS Volunteers from our college, Shrusti Haldankar and Natasha Kerkar participated in the state Youth Parliament.



Talk on National Integration (13th February 2023)

On 13th Feb, 2023, Adv Karpe gave a talk on "National Integration" in our college. The event was attended by the students, faculty, and community members. Adv Karpe, practising advocate at HC Goa, public prosecutor has worked for the programme of SEIL so briefed the gathering about his experience.

NSS Cell of VMSCL had organised this programme in collaboration with Akhil Bharatiya Vidhyarthi Parishad Goa, with the support of Vidhyarthi Nidhi Goa, which was hosting the Rashtriya Ekatmaka Yatra tour of 2023 under the Students Experience in Interstate Living, for the year 2023 in our state Goa.

SEIL program since 1966 is being conducting National Integration tours and Cultural Exchange Programs on regular basis throughout the country. And in this matter, 30 North-East students were here in Goa and 2 students were here in our college to interact with our students.

Riddhi Moghe a fifth year BA.LLB student did the comparing of this event and Cultural Secretary of VMSCL Mr. Siddhant Shetye delivered the vote of thanks and thanked the delegates, students, Guests and faculties for making the event success.



Blood Donation Camp Conducted by NSS Cell of V.M. Salgaocar College of Law (6^{th} March 2023)

A blood donation camp was recently organised by the NSS Unit of VM Salgaocar College of Law in collaboration with Mog Foundation, Caring Souls NGO and the GMC Blood Bank exclusively for the students, faculty and non-teaching staff of the college. There were close to 60 registrations, out of which 41 successfully donated blood, while the others were unable to due to medical conditions. 75% of the participants were first-time donors.

A team from Goa Medical College blood bank, led by Dr. Sanjay Korgaokar, oversaw the blood donation programme from 9:30 am to 1:30 pm. All participants and donors were presented with certificates, while the donors additionally received blood donor cards issued by the GMC.



The paper bag making activity (26 April 2023)

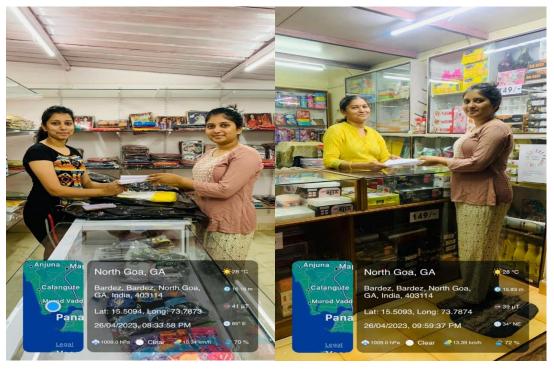
The paper bag making activity was conducted on 26/4/23 as part of the NSS programme. The objective of the activity was to introduce the students to the basic principles of paper bag making and to reduce the use of plastic bags and promote the use of eco-friendly alternatives. Paper bag making activity was conducted to create awareness and promote the use of paper bags.

The activity was well received by the participants, who showed enthusiasm and eagerness to learn how to make paper bags. They were able to understand the importance of using eco-friendly alternatives and how small initiatives like using paper bags can make a big difference in the environment. The participants were able to make paper bags of different sizes and shapes, and some even added their own creative touch to their bags. At the end of the activity, the participants were

encouraged to use the paper bags they made and to promote their use to their family and friends. This activity provided the participants with hands-on experience in making paper bags and helped them understand the process of recycling paper.

Outcomes:

Approximately 2000 paper bags were produced during the activity. The quality of the bags varied, with some students producing high-quality bags while others struggled with the process. However, overall, the students were able to make functional and aesthetically pleasing paper bags. After this we asked the our remaining volunteers to distribute these paper bags on the shops from their locality





National Camps

NSS National Adventure Camp 2022, Atal Bihari Vajpayee Institute of Mountaineering and sports.

From: - 20/11/2022 Till: - 29/11/2022

Place: -Regional Qater Sports centre Pong Dam, Kangra, Himachal Pradesh.

National Adventure Camp Report

The National Adventure Camp was held from 20th November to 29th November at the Atal Bihari Vajpayee Institute of Mountaineering and sports, Pong Dam, Kangra, Himachal Pradesh. The camp was organized by the Ministry of Sports and Youth Affairs and was attended by around 45 students from Goa, Gujrat and Haryana. *The contingent of Goan students was accompanied by Siddesh Tari, NSS PO from VMSCL*. The purpose of the camp was to promote adventure sports and to provide a platform for the participants to explore and learn new skills in water sports.

The camp was conducted under the supervision of experienced trainers and instructors who were certified in their respective sports. The activities included sailing, rafting, surfing, Boat Surfing, Trekking, rowing, swimming, kayaking, and other water sports. The participants were divided into different groups based on their skill levels and were given training and guidance by the instructors.

The first two days of the camp were dedicated to theoretical training, which included lectures on safety precautions, equipment handling, and the basics of the different sports.

The next Seven days were dedicated to practical training, where the participants were taken to the Dam and given the opportunity to experience the different water sports. The activities included sailing, rafting, surfing, rowing, swimming, kayaking, and other water sports. The trainers ensured that the participants followed all safety protocols and were able to handle the equipment effectively.

The final day of the camp we left for MacLeod Ganj, which is a small town in Himachal Pradesh, India. The vibrant and colorful prayer flags, the Tsuglagkhang Complex, and the Tibet Museum and market were among the highlights of my trip. Attending a traditional Tibetan cultural show and trying authentic Tibetan cuisine were also unique experiences. Overall, the town's rich Tibetan culture, scenic beauty, and friendly people make it a memorable destination to explore.

Overall, the camp was a great success and was highly appreciated by the participants. It provided an excellent opportunity for the students to explore their potential in water sports and to learn new skills. The trainers and instructors were highly experienced and provided the participants with excellent guidance and support. The Ministry of Sports and Youth Affairs and NSS Cell of Goa University deserves praise for organizing such a wonderful event











NSS NIC Camp 2023, Sardar Patel University Anand, Gujarat.

From: - 10/02/2023 Till: - 16/02/2023

Place: - Sardar Patel University, Vallabh Vidyanagar, Dist. Anand Gujarat.

NIC Camp Report

The seven-day NSS National Integration Camp (NIC) was held at Sardar Patel University, Vallabh Vidyanagar Dist. Anand Gujarat. From 10th February to 16th February 2023. Organized by National Service Scheme Regional Directorate Ahmedabad with Ministry of Youth Affairs and Sports, Government of India. There was a total of 10 NSS volunteers (5 boys and 5 girls) and 01 NSS PO in the Goa NSS contingent. A total of 09 states and 01 Union territory participated as follows Karnataka, Maharashtra, Goa, Uttar Pradesh, Madhya Pradesh, Chhattisgarh, Andhra Pradesh, Rajasthan, Gujarat, and Chandigarh. Programme Officer: - Khemraj Alias Sangam Shet (Assistant Professor in Commerce, NSS Program Officer, Govt. College of Arts, Science and Commerce, Sanquelim, Goa) accompanied the Goa NSS contingent.

NSS Volunteers: -

- 1) Dishant D. Parwar
- 2) Swaraj R. Naik
- 3) Anuj P. Naik
- 4) Nakul N. Gawas
- 5) Prajay S. Naik Shirodkar

- 6) Namita T. Advaikar
- 7) Carmin D'silva
- 8) Shrungani G. Naik
- 9) Shrushti S. Haldankar (VMSCL)
- 10) Shreya N. Patki

On day two Elocution Competition was scheduled on topics 1) Renewable Energy, 2) Climate Change, 3) Green Development, and 4) Sustainable Development. Elocution Competition started at 9.00 am, from the Goa NSS contingent, NSS volunteers Shrusti Haldankar presented and spoke on "Green Development". The cultural event started at 6.30 pm. Gujarat, Chandigarh, Chhattisgarh, and Karnataka presented their various traditional culture. followedby a PO meeting and lunch.

On Day Three poster making and rangoli competition were organized. Shruti Haldankar and Namita Adpaikar participated in the rangoli competition on the theme "G20, Y20"

On Day Four i.e 13th February 2023 Mono act competition was held. At 6.30 cultural activities started with Rajasthan performing first Followed by Goa and then some remaining universities from Gujarat

Day Five i.e 14th February 2023 Goa and AP were given responsibility for coordinating the entire day's event. They organized a talk on "Gender Equality" by a guest speaker Prof. Iswar Mehra, Dept of Sanskrit, St. Xaviers College, Ahmedabad.

Day Six i.e 15th February 2023. We left early in the morning to see the Statue of Unity. A magnificent 182-meter statue is located on the banks of the Narmada River overlooking the Narmada dam. The entire day went into exploring the statue and its premises.

Day Seven i.e 16th February 2023 saw all emotionally trying to adjust their feeling for the concluding ceremony. Overall, in seven days NSS NIC Camp Goa contingent showcased Goan traditional "Arties", FolkDances, and Folk Songs. Showcase the other positive side of Goa and change the negative perspective which has been highlighted all the time as a state with cheap alcohol, drugs, and women.



(Image 01, NSS Contingent Goa at Karmali Railway Station Goa on 08/02/2023)



(Image 02, NSS contingent Goa with the Chief Guests of Inaugural function, and organizers)





(From right: Goa NSS contingent at the railway station on way to the Statue of Unity, Goa NSS contingent after participating in campus rally dressed in traditional Goan attire)





(From left: Goa NSS contingent at the entrance of Sardar Patel Museum on 13/02/2023 and on right NSS Goa contingent participating in the rally)



(Rangoli and Poster prepared by NSS Goa contingent NSS NIC Camp Gujarat on the theme "Indian Heritage" and "G20, Y20")



From left: NSS Goa contingent presenting traditional folk dances and culture, on right NSS Goa volunteers receiving a token of love from Brahma Kumari)