

REPORT

03 June 2023



The NSS UNIT of St. Xavier's College, Ranchi in collaboration with 1/3 COY SXC, NCC Ranchi and The Rotaract Club organised CYCLOTHON celebrating the World Bicycle Day on June 3rd, 2023.

The event started with Associate NCC Officer Lt. Dr. Priya Srivastava and 60 volunteers departing with full energy from the college campus to Oxygen Park, Morabadi, via Kutchery route. Upon reaching, the volunteers gathered around the Circular Stage in Oxygen park where Nukkad Natak on environmental awareness titled "Dharti Ki Pukar" was performed by the cadets of the NCC. The crowd showed great interest in the catchy phrases performed by the NCC Cadets. The volunteers along with the crowd there took a pledge that **we would try to take one step forward for our mother earth.**

After reaching back to college the volunteers assembled In Room no. 16 to attend the group discussion on environment awarness the topic being : SOIL DEGRADATION. There were three groups of volunteers who presented their opinions regarding the problem, impact and solutions of how soil plays a vital role in our environment and how necessary it is for us to conserve it at earliest. The schemes introduced by the government when comes into implementation brings great results. The main causes stated by the volunteers were overgrazing, poverty, over irrigation.

The discussion ended on a positive note where we decided that we the youth, the coming front faces of the country should come into action at what so level we can. The event made the volunteers realise that as much as environmental awareness is important the same is physical fitness too.

05 June 2023



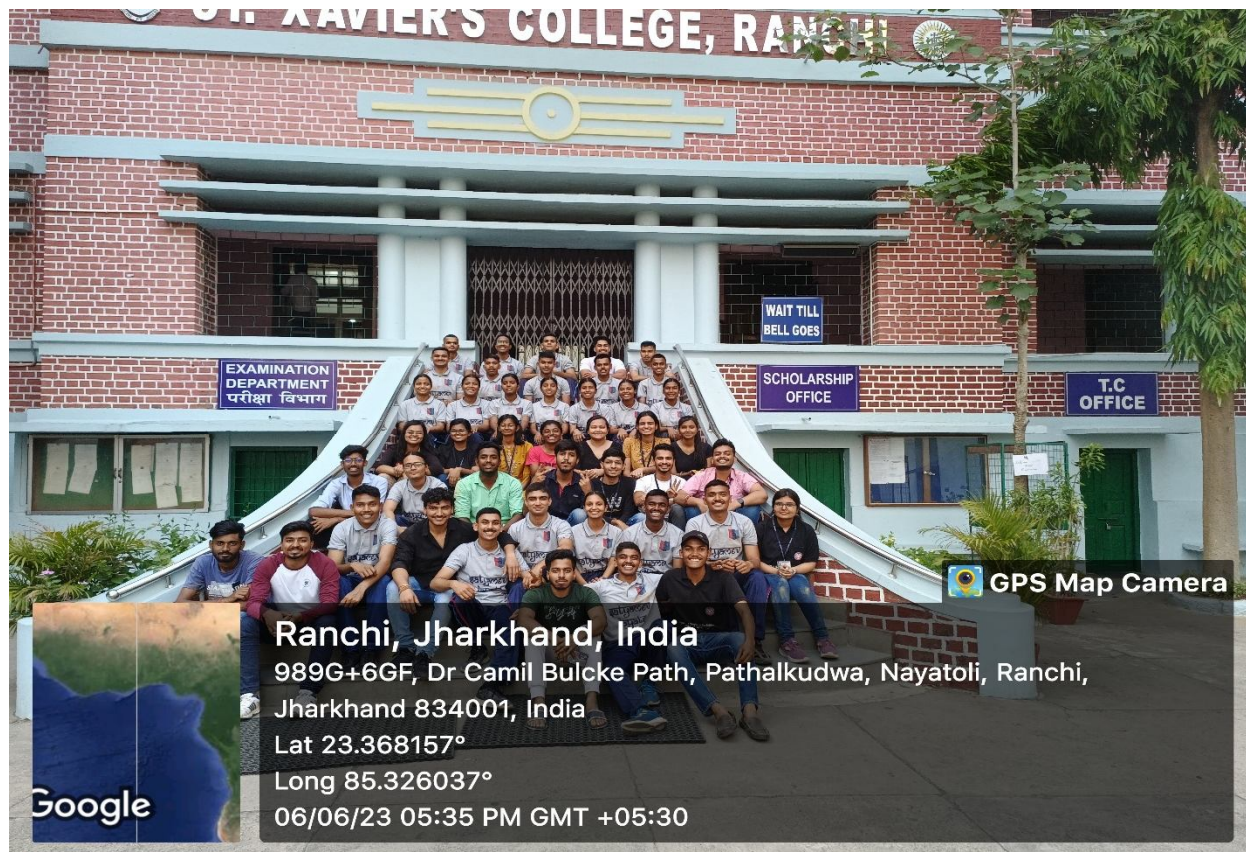
The NSS Unit of St. Xavier's College Ranchi in collaboration with the 1/3 Coy, NCC SXC Ranchi organised a PLANTATION DRIVE Celebrating the World Environment Day on 5th June, 2023. The event started with our Principal Dr. Fr. Nabor Lakra and the volunteers planting trees in the college campus where our principal encouraged the students to do more of such activities and motivated them.

Further, the volunteers of NSS and NCC marched from the college campus to the Birsa Munda Jail Park in Jail more holding banners and posters which was an awareness drive for the public. After reaching the park the volunteers planted more than 70 saplings in the park and took a step forward for environment.

The volunteers of NSS did a Nukkad Natak titled "Paryavarn ki Guhar" outside the Birsa Munda Jail Park. The incredible performance by the volunteers was appraised by the public there and they conveyed a message of how a small step towards the society by the youth can contribute to great changes.

The event came to a conclusion with this and we all acknowledged the fact that the way the trees grow in our environment and nourish us the same way the thoughts should bloom and should take a step forward for our nature and environment.

06 June 2023



The NSS Unit of St. Xavier's College in collaboration with 1/3 Coy NCC SXC organised HARIYALI MAHOTASAV celebrating the world environmental week on 6th June, 2023. The event started of with the lighting of Lamp by our Principal Dr. Fr. Nabor Lakra and ANO maam Lt. Dr. Priya shrivastav and the coordinators of NCC and NSS. The event began with the Nukkad Natak on Plastic and it's effects on our environment in the college quadrangle which conveyed the message of how plastic is a toxic elements for our environment.

The Arm Wrestling Phase 1 and poetry recitation were the starting events where the crowd cheered to the full for our wrestlers. The painting and rangoli making competition were going simultaneously in the back side of of the hall. After a small refreshment break the semi-finals and finals of the arm wrestling was scheduled where the volunteers showed great strength and energy and engaged the crowd to the maximum. The event carried on with the speech and



extempore competitions where we witnessed outstanding orators who gave us influential messages on the conservation of our environment. The participation of both the volunteers from NSS And NCC showed how involvement is greater than winning.

The end of the event was marked by an enthusiastic match of tug of war between the volunteers of NSS and NCC in the college ground where the volunteers outshined their strength. The overall event was full of enthusiasm and zeal among the volunteers. The main aim was making the volunteers realise how physical and mental fitness also contributes to the development of the society which was portrayed by the organization of various events.

08 June 2023



The NSS Unit of St. Xavier's College Ranchi in collaboration with the 1/3 Coy, NCC SXC Ranchi organized PUNEET SAGAR ABHIYAN Celebrating the World Oceans Day on 08th June, 2023. The event started at 6:30 AM and was ended by 10:00 AM. There were around 60 volunteers in number. The volunteers of NSS and NCC marched from the College Campus to the Line Tank Pond holding banners and posters which was an awareness drive for the public. After reaching the Pond, the volunteers started cleaning the POND and took a step forward for environment.

While cleaning the pond it was kept into the knowledge of the volunteers that the dry waste and wet wastes must be disposed separately. Similarly, the biodegradable and non-biodegradable wastes were also disposed separately. All the volunteers were very active while executing the task and everyone contributed their best. All the volunteers maintained the decorum and discipline in a very well-mannered way. We collected more than 250 kilograms of Waste from the POND.

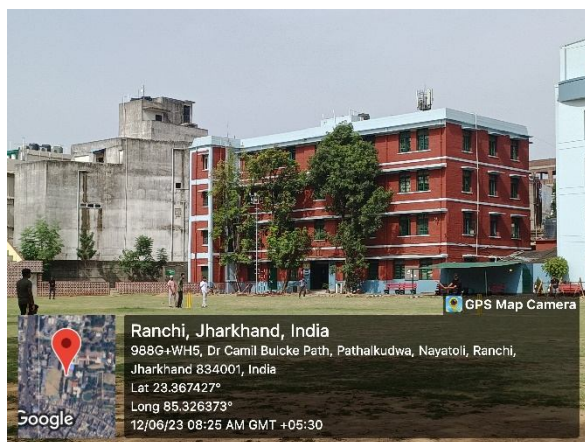
The event came to a conclusion with this and we all acknowledged the fact that preventing water pollution and conserving water are important to assure a continuing abundance of water that is safe to use for ourselves and future generations and we should take a step forward for the conservation of our nature and environment.

12 June 2023



The NSS Unit of St. Xavier's College organized "Kridotsav 2.0" on 12th June, 2023 in the college premises. The event took place under the guidance and observation of the Programme Officer Dr. Anirban Gupta Sir, the Head Coordinator Uttam Kumar Singh and Assistant Head Coordinator Aman Raj of the NSS Unit. The event was inaugurated by the Programme Officer Prof. Anirban Gupta by playing cricket with the volunteers. On this occasion, the Evening In-charge of the college Prof. Jyoti Tete was also present. He encouraged the volunteers through his motivational words and acknowledged the importance of social service in mankind.

There were many sports events that were carried out, including cricket, badminton, kabaddi etc. The event started with the cricket match of 10 overs between the volunteers and later on, badminton matches were carried out in Hall C. The event proceeded with the volunteers playing kabbadi in two phases. The first phase was for girls and the second phase for boys. Both the teams showed immense strength and fabulous strategy which was an eye catchy show for the spectators.



The event ended by Tug of war organized two groups of volunteers applying their full strength and stamina to win. The day was filled with a lot of excitement, along with thrill, spirit and cheers. The participants as well as the spectators enjoyed a lot. The e-certificate of appreciation was given to the volunteers as a token of gratitude. All those who were participated in the event were appreciated for making it huge success which made us realise how important it is for us to remain fit and devote some time to our physical fitness too.



21 June 2023



The NSS Unit of St. Xavier's College, Ranchi in collaboration with 1/3 COY SXC NCC, Ranchi organized “Yoga Session and Prize Distribution Ceremony” celebrating International Yoga Day on 21st June, 2023. The Yoga Session aimed to promote the importance of yoga in maintaining physical, mental and spiritual well-being. Additionally, the Prize Distribution Ceremony was also organized to acknowledge and reward the exemplary efforts of volunteers in various events. The event was conducted with great fervor and received an overwhelming response from the volunteers as well as the staffs.

The event began with the Yoga Session. It took place in the college auditorium, which was transformed into a serene and welcoming space for yoga enthusiasts. A trained yoga instructor was invited to conduct a yoga session that included a variety of asanas (poses) suitable for individuals of all age groups and fitness levels. The participants were guided through the correct techniques and postures to ensure maximum benefits and minimize the risk of injuries. Special emphasis was given to pranayama (breathing exercises). Participants were introduced to different breathing techniques and guided through the meditation session aimed at achieving a state of relaxation and tranquility. After the Yoga Session, the Nukkad Natak was performed by the volunteers of NSS Unit with the theme “Importance of Yoga”. The crowd showed great interest in the catchy phrases performed by NSS volunteers.



The NSS and NCC Units took this opportunity to recognize and appreciate the outstanding achievements of the volunteers. The “Prize Distribution Ceremony” was conducted after the yoga session. It took place in the College auditorium. In this auspicious occasion, the Principal of the college Fr. Nabor Lakra, Fr. Dr. Ajay Minz and Assistant Professor Dr. Kamaldeep sir were also present. The event started off with the flame lighting ceremony. The Principal, Fr. Nabor Lakra encouraged the volunteers to conduct such more events that may lead to upgrade the personality of the volunteers through his magical words. Then, a mind convincing speech was given by the two NSS volunteers “Shikha Monica Bara and Monika Rani”, where they mentioned about the benefits of yoga with some important asanas.

The primary focus of the event was the distribution of prizes to deserving recipients who had demonstrated their achievements in their respective fields. The winners of poetry, painting and speech competitions of “Hariyali Mahotsav” were awarded by the principal of the college. Then, the winners of rangoli and arm wrestling competitions were awarded by Fr. Dr. Ajay Minz. The winners of Kridoutsav and Online Competitions were awarded by Dr. Kamaldeep. To enhance the overall experience of the ceremony, the cultural activities such as dance and singing performs were included. These activities added vibrancy and entertainment to the event.

The celebration of International Yoga Day and Prize Distribution Ceremony were a grand success, promoting the significance of yoga and recognizing the commendable efforts of the volunteers. The event instilled a sense of well-beings, mindfulness and community service among the volunteers. It also served as a platform to motivate and inspire others to actively engage in yoga practices and contribute to society.