

NSS Monthly Report (June 2024)

International Yoga Day

Date: 21st June, 2024

Venue: Fr. C. De. Brouwer Auditorium

The NSS unit of St. Xavier's College Ranchi, in partnership with IQAC, celebrated International Yoga Day on June 21, 2024. The event, starting at 6:00 AM, featured yoga sessions led by instructor Shashipriya, covering various asanas for holistic health. Esteemed guests, including Principal Fr. Nabor Lakra and NSS Coordinator Dr. Anirban Gupta, emphasized the importance of yoga in their speeches. NSS representatives and volunteers played crucial roles in organizing the event. The day concluded with a vote of thanks and the national anthem, with plans to award certificates to participants.



CONCLUSION: This initiative not only highlights St. Xavier's College's dedication to fostering physical, mental, and spiritual well-being but also underscores its commitment to integrating traditional practices with contemporary education. By promoting holistic wellness and active citizenship, the college continues to nurture a balanced and engaged community, aligning with NAAC's vision for excellence in education and student development.

Seminar on Drug Abuse Awareness

Date: 29th June, 2024

Venue: Fr. Proost Hall, SXC, Ranchi

On June 29, 2024, the NSS unit of St. Xavier's College, Ranchi, hosted a seminar on drug abuse and its antisocial impact in the workplace. The event commenced with a welcome speech by Father Principal Dr. Nabor Lakra, who emphasized the importance of understanding drug abuse's social and psychological aspects. Father Registrar Mr. Kennedy followed, highlighting the NSS unit's commitment to addressing societal issues.



The keynote address was delivered by Dr. Subhash Soren, a professor from the Ranchi Institute of Neuro-Psychiatry & Allied Sciences (RINPAS). Dr. Soren provided a comprehensive analysis of drug abuse, its psychological effects, and practical preventive measures. The seminar also included an interactive question hour, where Dr. Soren addressed attendees' queries, offering detailed advice and insights.

The event concluded with a vote of thanks from NSS Program Officer Professor Anirban Gupta, who acknowledged the contributions of all participants and reaffirmed the NSS's commitment to community well-being.



Conclusion: The seminar was a pivotal event for St. Xavier's College, promoting awareness and education on drug abuse. It equipped students and staff with valuable knowledge and practical strategies to combat drug abuse's negative impacts. The seminar's success underscores the college's dedication to fostering a healthier, more informed community, resonating with its ongoing efforts to address critical social issues.