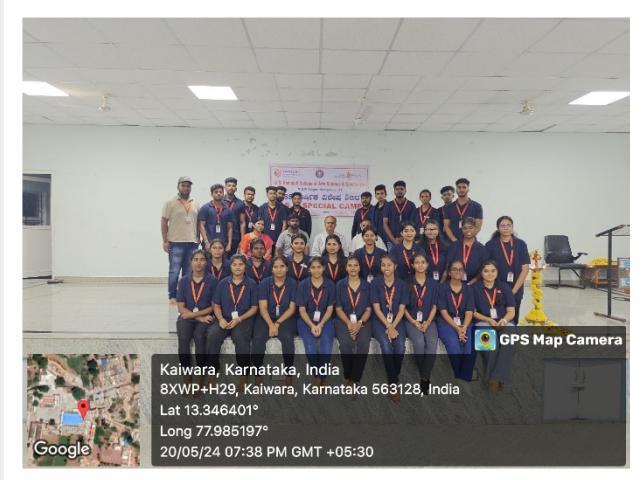


## NATIONAL SERVICE SCHEME

NSS: OCT - NOV 2024

**NSS ANNUAL CAMP – 17<sup>th</sup> to 23<sup>rd</sup> May2024**



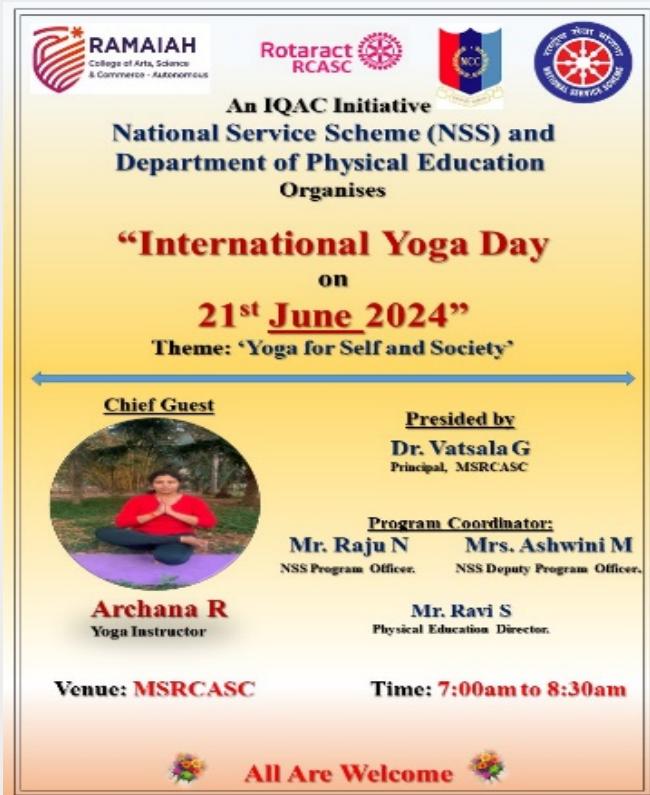
National Service Scheme (NSS) camp was organized by M.S Ramaiah College of Arts, Science and Commerce during the period of 17<sup>th</sup> May to 23<sup>rd</sup> May at Sri Kaiwara Yogi Nareyana Mutt, Kaivara, Karnataka. The day started with Flag hoisting by team Tejaswini and sneha and then started in kaivara for blood camp all the team were divided for work and started the blood grouping camp among the villagers. Next Day started with the walking exercise in Kaivara then we planned to Kailasa Giri after our breakfast we planned to do clean the place Swachh Bharath to pick up all the plastic and collect them to dispose as we left from there after lunch we returned the camp and in the evening we had a meeting about the next day's program and that ends the day. In this we made the poster and went around the place and gave awareness about dengue, education, alcohol, women safety & environment pollution etc. Final day validating program followed by cultural by end of cultural programmes night we drew Indian Map and covered it with candles and have 1 hr of silence in the camp.



# NATIONAL SERVICE SCHEME

NSS: OCT - NOV 2024

**YOGA DAY 21.06.2024**



The International Yoga Day was organised at the MSRCASC in Bengaluru on June 21st, 2023. Smt. Archana R, Yoga Instructor, University was the chief guest of the programme. Almost 10 NSS Volunteers participated and got benefited from the programme. The programme started at 07Am morning with a prayer and following that the chief guest gave a speech on the benefits of Yoga and its importance in our daily life where we are struggling to have mental peace and good health. After that the chief guest instructed pranayama and some yogic postures which the students also followed.

The faculties of MSRCASC also participated in the programme. After the yoga an interact session was there where the chief guest cleared many health related doubts of the participants.

The event ended after one hours of yoga. The overall experience of this event was awesome said one of the participants.

