Extension and outreach programs conducted by the University through NSS 2021-2022

Environmental Activities beyond the campus:

Sl No	Topic	Date of Event	Objective	Outcome of the Event
1	One day awareness programme on Surya Namaskar Programme	1/14/2022	To make aware about the importance of Yoga Asanas.	Student and Faculty Community will get benefited in many ways Helps with weight loss. Strengthens muscles and joints. Improved complexion. Ensures a better functioning digestive system. Helps combat insomnia. Ensures regular menstrual cycle. Useful in treatment of frozen shoulders. Spinal cord and abdominal muscles are stretched.
2	One day Online Elocution Competition on "Zero Hunger' with the aim of making sustainable and healthy diets affordable and available to all"	3/26/2022	1. To make the students aware about the food security and food sustainability. 2. To inculcate the food storing behaviour among the student community to avoid food deficiency and malnutrition. 3. To educate the students to avoid the wastage of food.	1. Awareness raised among the students regarding judicious use of food. 2. Students sensitized about that section of the society who aren't that lucky to enjoy even one meal a day. 3. Awareness raised for community engagement to overcome the global issue of hunger.
3	One day awareness on Swachh Bharat Abhiyan	4/22/2022	To improve the quality of life in the rural areas, by promoting cleanliness, hygiene and eliminating open defecation.	Students realized the improtance of Hygiene and cleaniness in one's life.They were taught to maintain hygiene in order to be disease-free.
4	One day awareness programme on World Bicycle Day	6/3/2022	To spread awareness about the benefits of riding a bicycle. In comparison to other means of transportation, the bicycle is a simple affordable, clean and environmentally fit sustainable means of transport.	Awareness created about cycling among people so that people can include cycle in their daily routine for fitness

“Report on Surya Namaskar - 14 Jan, 2022”

Surya Namaskar Programme was organised by NSS Cell of Jharkhand Rai University, Ranchi on the occasion of Makar Sankranti as a part of “Azadi Ka Amrit Mahotsav’ Celebrations.

In order to spread the message on the importance of practicing Surya Namaskar for our physical and mental wellbeing, the volunteers of NSS demonstrated Surya Namaskar and recorded the video, pictures and made collage. The Surya Namaskar is a set of 8 Asanas performed in 12 steps with coordination of the body and mind. It is best to perform Surya Namaskar early in the morning. Further, the event also highlighted the importance of Makar Sankranti in our cultural and spiritual heritage.

Since the pandemic, people have been mentally stressed as they adjusted to the new normal. Also, the need to build immunity for better health has gained importance. Scientifically, the Surya Namaskar is known to develop immunity and improve vitality, which is significant to our health during pandemic conditions. Exposure to the Sun further provides the human body with Vitamin D, which has been widely recommended in all medical branches around the world. The Sun, as the primary source of energy, is critical not only for the continuation of the food-chain, but it also energizes the mind and body of human beings.

At Jharkhand Rai University, the volunteers divided into several groups & each group conducted awareness with their assigned community. The Volunteers & all staff members (Teaching and Non-Teaching) of Jharkhand Rai University Performed Surya Namaskar on 14th Jan, 2022.

Volunteers had registered on the given link by Ministry of Ayush , Government of India. They also uploaded photos, videos on Youtube / Facebook link of video doing Surya Namaskar. The Surya Namaskar was performed by more than 100 volunteers.









सूर्य नमस्कार









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Event Description: The expert talk on the topic **'Zero Hunger' with the aim of making sustainable and healthy diets affordable and available to all** was organized by Science club & NSS to show the importance of food security & sustainability in the food bank.

Two members of Judge were present on the online mode for evaluating the online Elocution. The details as follow

1. Prof. Rashmi Raj
2. Prof. Susham Priya

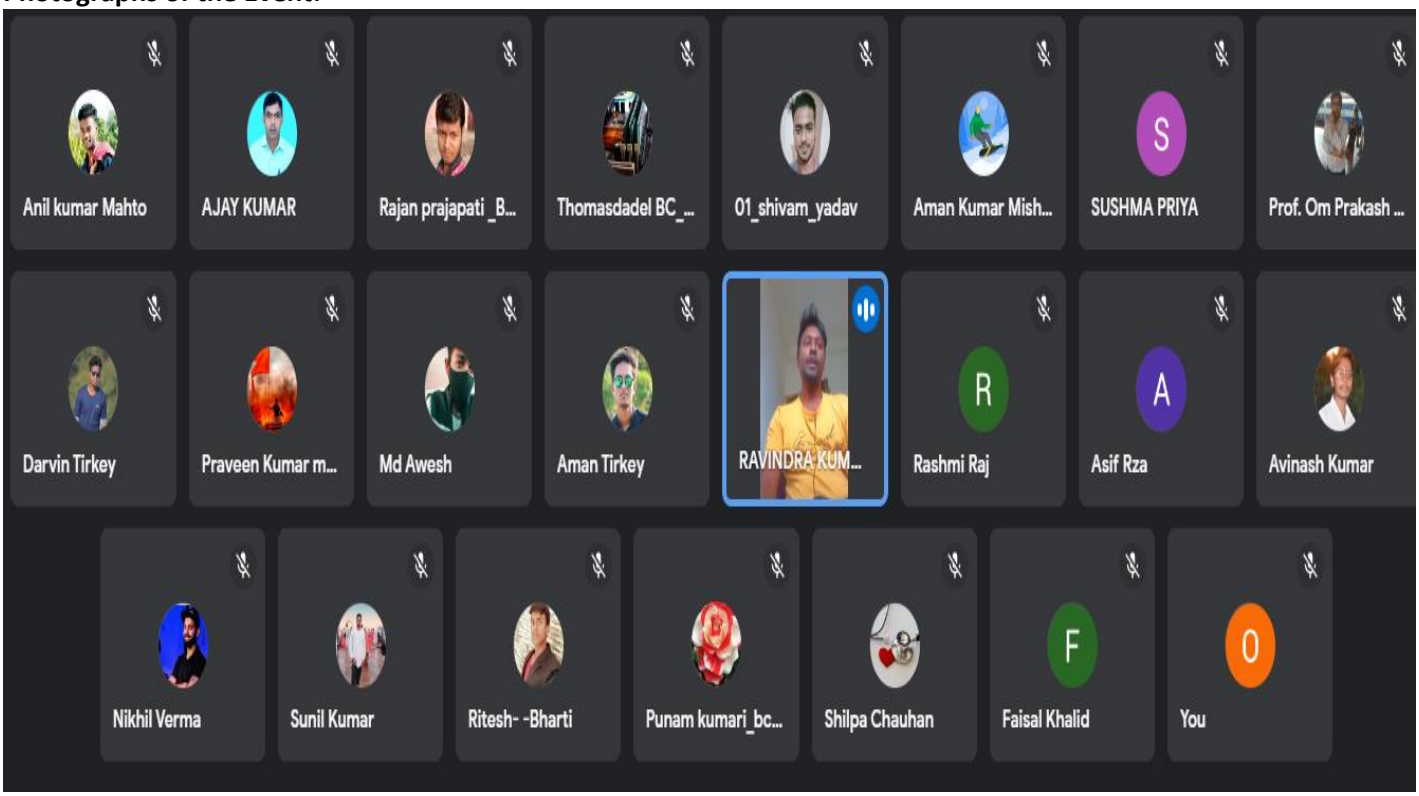
The event was conducted successfully with a concluding remarks of Science Club Convener. The Winner of the event were as following:

1st position-	Arpit Shiney Guria J	BALLB/21/009
2nd position-	Shilpa Kumari	DPH/20/045
3rd position-	Ravindra Kumar Mahato	MB/21/070

Outcome of the Event:

1. Awareness raised among the students regarding judicious use of food.
2. Students sensitized about the section of the society who aren't that lucky to enjoy even one meal a day.
3. Awareness raised for community engagement to overcome the global issue of hunger.

Photographs of the Event:



JHARKHAND
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ONLINE ELOCUTION COMPETITION

"The true sign of intelligence is not knowledge but imagination"

Date : 26 Mar, 2022 | Time : 10:30 am onwards

Topic :

'Zero Hunger', with the Aim of making Sustainable and Healthy Diets Affordable and Available to all

Eligibility: Open for all

Rules & Registration

1. Each Participant shall be given 3-4 minutes to speak.
2. Marks will be deducted if the speaker exceeds the time limit.
3. Language used shall be strictly English/Hindi.
4. Decision of jury will be final and no objection shall be entertained.

No Registration Fee

Registration Link : https://forms.gle/wsGSSydLu8pdKVMaA

Last date of Registration : 25 March, 2022 (Till 5:00 pm)

E-Certificate for Participants

The Participants will get e-certificate after successful submission of the feedback form

Convener : Prof. O P Satyam
Science Club, Jharkhand Rai University, Ranchi
Contact : 9304657350 | 9716735427

Organized by : SCIENCE CLUB

Organized by Science Club, NSS Cell, Jharkhand Rai University, Ranchi

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Report on Swachh Bharat Abhiyan- 22 April, 2022”

Swachh Bharat Abhiyan is a campaign in India that aims to clean up the streets, roads, towns and rural areas. The NSS Unit of Jharkhand Rai University, Ranchi, organized a Swachh Bharat Abhiyan Programme at Rajaulatu, Namkum, Ranchi on 22nd April, 2022 between 10.00 AM to 02.00 PM.

Objective of this program is about an improvement in the general quality of life in the rural areas, by promoting cleanliness, hygiene and eliminating open defecation.

Prof. (Dr.) R.P. Singh Ratan, Dean (Agriculture), initiated cleaning activities among volunteers. He motivated NSS Volunteers towards ‘Clean India’ by his inspirational talk.

In this camp NSS Programme Coordinator, faculty members and 42 NSS Volunteers are actively participated, clean the Government Middle School premises like main road, parking area and Temple etc. The NSS volunteers have sensitized the village people on hygiene maintenance of houses and surrounding areas also how to maintain cleanliness to avoid mosquito generation & disease spread in the village.

During the cleanness drives the volunteers’ wearing gloves and collected all the litter in dustbin for disposal. The volunteers were instructed to clean their hands with soap at the end.



“Report on World Bicycle Day - 03 June, 2022”

World Bicycle Day is celebrated every year on 3rd June. The day is celebrated to spread awareness about the benefits of riding a bicycle. In comparison to other means of transportation, the bicycle is a simple affordable, clean and environmentally fit sustainable means of transport.

Bicycle is good for physical and mental health, also it is good for the environment and the economy. No doubt cycling is a wonderful workout and keeps you active. It helps to shape a healthy lifestyle.

The NSS Cell of Jharkhand Rai University, Ranchi, celebrated a World Bicycle Day on June 3rd , 2022, at 09:00 A.m. in the Rajaulatu, Namkum , Ranchi to raise the awareness about benefits of riding a bicycle.

Prof. Raghuwansh Singh, NSS Programme coordinator starts the Awareness rally on the occasion of World Bicycle Day 2022 in the Rajaulatu, Namkum , Ranchi. In the the awareness Rally more than 30 volunteers has participated. The purpose of this awareness rally is to create awareness about cycling among people so that people can include cycle in their daily routine for fitness.

The awareness Rally went through Government middle school of the village & starting from the University.

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WORLD BICYCLE DAY

3 June, 2022

The lighter, faster, easier way to go anywhere



प्रकृति को बचाना है,
साइकिल को
अपनाना है।

Date: 03 June, 2022 | Time: 09:00 AM

Venue: Rajaulatu, Namkum, Ranchi

Organized by NSS Cell, Jharkhand Rai University, Ranchi

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