



NATIONAL SERVICE SCHEME
(2023-2024)

CARMEL CONVENT SCHOOL
SEC 9 B CHANDIGARH

National Service Scheme (NSS) - Carmel Convent School 2023

January

On Republic Day, January 26th, 2023, the leaders of NSS, NCC, and Bharat Scouts and Guides were honoured with sashes and badges for the year 2023-24. This prestigious ceremony was presided over by the school's Principal, Sister Supreeta, and Ma'am Preeti Swami.

- NSS President -Kashika Jain
- NSS Vice President -Prisha Gupta
- NSS Environment leader -Utkarsha Sharma
- NSS Community Service -Simarmmeet Kaur Oberoi
- NSS Carmel Animal Lover Leader -Isshrat Saini
- NSS Skill Development Programme Leader -Nyoshika Garg
- NSS Yomento Radio Leader -Snigdha Bajaj
- NSS Human Library Leader -Aamyaa Nayyar
- NSS Power Of Rupee 1 Leader -Mohini Tanwar
- NSS PM Awareness Program Leader -Raiza Goel
- NSS Social Media Leader -Dhairyya Uppal



NSS YEARLY CALENDER 2023-24 was also inaugurated by Sister Supreeta, Ma'am Preeti Swami and NSS Print Media Team -Sifat, Isshrat Saini, Snighdha Bajaj, Prisha Gupta, Parinaaz, Simarmmeet Kaur Oberoi.



April

On April 10th, 2023, the NSS Environment Volunteers organised a special event at Bapudham Colony to commemorate World Health Day. The volunteers began by introducing the significance of World Health Day and distributing Snake plants, enlightening the residents about their numerous benefits. They conducted a Pepper experiment to underscore the importance of hand hygiene before meals and engaged in discussions covering physical, mental, and emotional aspects of health. The event culminated with a calming meditation session led by NSS volunteers.



On April 12th, 2023, NSS Carmel Animal Lover Volunteers organised a popcorn stall during the break, manned by Peedus Class 6th students, with the noble aim of raising funds for animal vaccination. Through their efforts, the students successfully raised a total amount of Rs 3500, contributing to the welfare of animals.



On April 18th, 2023, the NSS community service volunteers executed the "Hand in Hand" project. Students from classes 1st to 12th generously donated their used books, backpacks, and toys with the intention of helping those in need. The NSS volunteers efficiently segregated the donated books by their respective classes, and all these items were then handed over to the Government Model School in Sector 35, Chandigarh, facilitating access to educational resources for the less privileged.



On April 20th, 2023, NSS volunteers collected chapatis and pickle from students in classes 6th to 12th. The collected food items were then distributed to those in need at various locations including ,Government Hospital in Sector 16, near PGI, Sec 19 market, and Government Hospital in Sector 6, Panchkula.



June

On June 21st 2023, International Yoga Day was celebrated at Carmel Convent School, Chandigarh. The event was organised under the guidance of NSS PO Preeti Swami. The occasion emphasised the significance of yoga in promoting physical and mental well-being. The celebration was a collective effort, that took place at Carmel Convent School, with the aim of fostering holistic wellness among the NSS volunteers, Sisters, and the broader school community.



July

On July 7th, 2023, NSS volunteers and NCC Cadets enthusiastically took part in a creative array of activities, including Rangoli making, face painting, and poster making competitions, at the Mango Mela held at Pinjore Garden. This vibrant event was organised by the Haryana Government. Notably, Ma'am Preeti Swami served as the judge for the Extempore competition, adding an element of expertise to the festivities.



On July 8th, 2023, with the noble aim of raising funds for the Animal Lover's Association, NSS volunteers Prisha, Pari, Isshrat, and Utkarsha organised a stall during the Parent-Teacher Meeting (PTM). This stall featured a collection of yearly NSS school calendars, which were eagerly purchased by parents and students. Complimentary gifts that piqued the interests of the students were also included. The diligent efforts of the NSS volunteers paid off splendidly, as they successfully sold all the calendars.



On July 19th, 2023, the NSS leaders, accompanied by Ma'am Preeti Swami, the NSS Programme Officer, had the honour of visiting the NSS SLO (State Liaison Officer) office. SLO Officer's suggestions on enhancing our initiative, his inputs proved to be invaluable, as he provided practical solutions and shared best practices derived from his extensive experience. The SLO Officer emphasised the significance of community engagement, sustainability, and effective communication in the projects.



On July 24th, 2023, an official NSS meeting was convened in the school to welcome the new batch of class 11th students. The NSS leaders, along with NSS Programme Officer Ma'am Preeti Swami, provided an informative briefing to the students regarding the various projects that NSS was actively engaged in to support the community. The students displayed a keen interest in learning about these projects, with the intention of selecting and participating in projects of their choice to contribute to the well-being of the community.



On July 28th, 2023, a group of 30 NSS volunteers from class 11, along with ANO Ma'am Preeti Swami, had the privilege of visiting the CSIO-CSIR (Central Scientific Instruments Organization - Council of Scientific and Industrial Research) office in Sector 31, Chandigarh. The session began with an engaging introduction to intellectual property rights, providing valuable insights into patents, trademarks, copyrights, geographical indications, and more. This session proved to be highly informative and offered the audience a comprehensive overview of general property rights.



August

On August 1st, 2023 a NSS meeting was held in the school with the purpose of enlightening the students of 11th and 12th about the array of both mandatory and voluntary projects offered by NSS. An introduction of the new NSS activity book was made which is a commendable initiative led by Ma'am Preeti Swami, aimed at enhancing student productivity.



On Aug 6th, 2023, several NSS meetings were conducted in the presence of NSS Programme Officer, Preeti Swami, for the enthusiastic volunteers of 11th and 12th grade. The primary agenda of one of the meetings was to discuss the schedule and logistics for an upcoming plantation drive to be carried out the following day. Shortly thereafter, a separate discussion was held with the skill development team volunteers to assess their progress and plan activities for the continued growth of this newly established project.



On August 7th, 2023, a tree plantation drive was conducted in collaboration with Desh Bhagat Radio and Jorie Health Pvt Ltd. The event was graced by the presence of Municipal Councillor Sh. Mahesh Inder Sidhu, along with Sister Satya and NSS Programme Officer, Ma'am Preeti Swami. Sister Satya then presented a sapling to the esteemed guest of honour, who shared valuable insights with the students about the importance of tree planting and care. Subsequently, the NSS environment leader delivered an eloquent speech highlighting the significance of Van Mohotsav.

TREE PLANTATION DRIVE BY DESH BHAGAT RADIO



CHANDIGARH Desh Bhagat Radio 107.8 and Jorie Health Private Limited organised a tree plantation drive under the theme "Van Mahotsav Haryana" at Carmel Convent School, Sector 9B. RJ Sangmitra welcomed Mahesh Inder Sidhu, Area Coordinator, Municipal Corporation, Chandigarh as chief guest and other dignitaries. Sidhu congratulated Desh Bhagat Radio 107.8 for organising the event. He said that planting trees helps our biodiversity, ensures supply of oxygen for the next generations, and provides us with various resources. Without trees, the existence of human life, as well as other species on earth, is impossible. So, we should plant more and more trees. RJ Sangmitra said that this drive is to raise awareness in the community about environment protection by planting more and more trees in the vicinity. They participated in the noble endeavour to save Mother Earth from problems like deforestation, global warming etc. / DW BUREAU /

एक पेड़ लगाना एक सेहतमंद वर्ष जोड़ने के बराबर

सबेरा न्यूज/लक्की

मंडी गोबिंदगढ़, 7 अगस्त : देश भगत रेडियो और जोरी हेल्थ प्राइवेट लिमिटेड के सहयोग से आज चंडीगढ़ के कारमल कान्वेंट स्कूल में वन महोत्सव हरियाली का आयोजन किया गया, जिसमें रेडियो की आर.जे. संघमित्रा ने मुख्यातिथि महेश इंदर सिद्धू नगर निगम चंडीगढ़ के एरिया कनवीनर और अन्य गणमान्य व्यक्ति इस कार्यक्रम में शामिल हुए। इस अवसर पर

डीवीयू रेडियो ने चंडीगढ़ के स्कूल में रोपे पौधे

महेश इंदर सिद्धू ने देश भगत रेडियो 107.8 को ऐसे आयोजन के लिए बधाई दी और कहा कि पौधे लगाने से हमारी जैव विविधता में मदद मिलती है, भविष्य की पीढ़ियों के लिए ऑक्सीजन की आपूर्ति सुनिश्चित होती है और हमें विभिन्न संसाधन मिलते हैं। उन्होंने यह भी कहा कि पेड़ों के बिना,

पृथ्वी पर मानव जीवन का अस्तित्व समाप्त हो जाएगा। साथ ही अन्य प्रजातियों का अस्तित्व भी असंभव है। इसलिए हमें अधिक से अधिक पेड़-पौधे लगाने चाहिए। उन्होंने कहा कि एक पेड़ लगाना आपके जीवन में एक स्वस्थ वर्ष जोड़ने के बराबर है।

आर.जे. संघमित्रा ने कहा कि इस अभियान का उद्देश्य अपने आसपास अधिक से अधिक पेड़ लगाकर पर्यावरण संरक्षण के प्रति

समाज में जागरूकता पैदा करना है। आर.जे. संघमित्रा और उनकी टीम ने धरती माता को जंगलों की कटाई, ग्लोबल वार्मिंग आदि जैसी समस्याओं से बचाने के नेक प्रयासों में भाग लिया।

इस अभियान में छात्रों के साथ स्कूल के शिक्षकों ने हरित भारत की भावना को जीवित रखने और दैनिक जीवन में प्लास्टिक के उपयोग को कम करने का संकल्प लिया।



देश भगत रेडियो व कारमल कान्वेंट स्कूल चंडीगढ़ के विद्यार्थी वन महोत्सव हरियाली का आयोजन करते हुए।

On August 14th, 2023, a NSS meeting in the school addressed the continued implementation of NSS programs and activities, along with a final discussion for parade volunteers. During the meeting, ongoing activities were thoroughly briefed, and new initiatives like the road safety and share and care project were introduced with proper documentation. Separate meetings for groups involved in Yomento Radio, Skill Development, and the PM Awareness program, guided by Ma'am Preeti Swami, provided further clarification. Simultaneously, a "cadet talk" group was formed, consisting of ex-cadets who are currently volunteers.



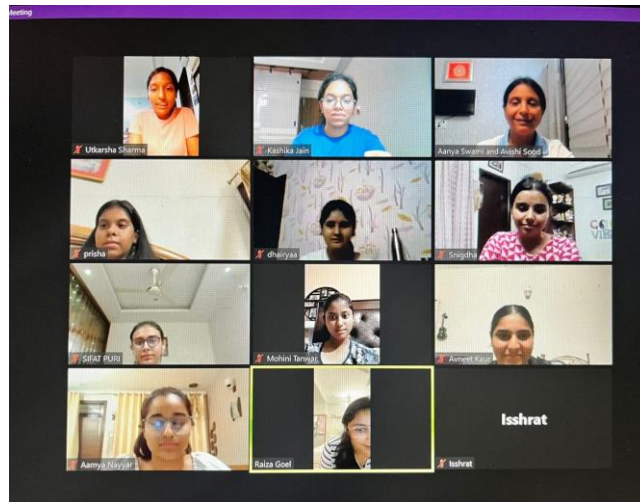
On Independence Day, August 15th 2023, a parade was held at Chandigarh's Parade Ground in Sector 17, featuring participants from various organisations, including police forces, CRPF, NCC, BSG, and NSS. Sh. Banwarilal Purohit, Governor of Punjab, was invited as the chief guest. Carmel Convent School's NSS marked their debut participation, achieving the **BEST CONTINGENT TROPHY** overall, a testament to the dedication and guidance of NSS PO Ma'am Preeti Swami.



On August 18th, 2023 NSS volunteers organised a Rakhi making competition, aiming to foster creativity and celebrate the festival of Raksha Bandhan. Participants showed great enthusiasm in crafting beautiful Rakhis. Following the competition, the Rakhis were carefully collected and sorted for evaluation. Ma'am Preeti Swami had the task of selecting the best Rakhis, considering their design and craftsmanship. These outstanding Rakhis will be sold to generate funds for purchasing toys for orphan children, a noble initiative that not only highlighted the volunteers' artistic talents but also contributed to bringing happiness into the lives of underprivileged children.



On August 20th, 2023 an official online NSS cabinet meeting was convened with the presence of Preeti Swami Ma'am, aimed at discussing the planning of the NSS Day. During this meeting, all cabinet members actively shared their ideas and suggestions with Ma'am, contributing to the thoughtful and comprehensive preparation of the NSS Day celebration.



On August 21st, 2023, an offline NSS Social Media Interview meeting was conducted in the school. During this meeting, volunteers received comprehensive briefings on the various components of the social media project. They were tasked with submitting reports, captions, and PPTs to assess their aptitude and writing skills, which would determine their selection for this project, ensuring that the right individuals with the necessary skills are chosen for this important initiative.



On August 25th 2023, NSS volunteers celebrated Raksha Bandhan with the students of the evening classes. They distributed Rakhis, which were lovingly made by students of classes 6th to 8th, among their peers. The volunteers thoughtfully tied Rakhis to all the boys present, and they also distributed Rakhis to the girls, encouraging them to tie these on their brothers' wrists. The activity proved to be a success, spreading joy along with fostering a sense of togetherness and tradition.



On August 26th, 2023, an engaging collaborative fundraising event was held in conjunction with Peedus. Attendees were treated to a delightful array of attractions, including a mocktail stall, scrumptious bakery treats, a book stall, and a captivating display of handcrafted jewellery and crafts. The presence of Peedus' charming rescued puppies added an extra layer of joy, bringing smiles to all the attendees and making the event a heartwarming success.



In the month of August, NSS volunteers wholeheartedly collected E-waste from classes 6th to 12th, demonstrating their commitment to environmental responsibility. This collection was in support of the Karo Sambhav Organization, exemplifying the volunteers' dedication to the cause of responsible e-waste disposal and environmental sustainability.



SEPTEMBER

On 5th September NSS Volunteers presented the saplings and cards to the teachers as the token of love from their side.



CLIMATE CHANGE AMBASSADOR PROGRAMME FOR STUDENTS AND TEACHERS

On the occasion of World Ozone Day:16 September 2023

Theme:- Montreal Protocol: fixing the ozone layer and reduction of climate change at Shri Guru Gobind Singh College Sec-26,Chandigarh.NSS Environment Leader Utkarsha Sharma received the award for taking up activities of Eco Club in the school.



On 23rd September, all the NSS volunteers Saturday camp was organised from 8am to 12:30 pm wherein they practiced for NSS DAY and took part in various activities- Yoga, Self defence, Song, Dance



NSS DAY CELEBRATION

29th September, 2023

In commemoration of National Service Scheme (NSS) Day, a memorable and impactful event was meticulously organized by the dedicated nss volunteers of 20 Government and Private Schools of Chandigarh. This event served as a platform to showcase the diverse spectrum of projects and activities undertaken as part of NSS. The proceedings began with the NSS president warmly addressing the esteemed Chief Guests Dr Suresh Kumar Verma Assistant Director cum Professor, Jamia University, Delhi, followed by the solemn lighting of the lamp and a heartfelt prayer, setting a profound tone for the day.

One of the highlights of the program was a compelling skit, artfully performed, that vividly depicted the various NSS initiatives, including the impactful blood donation drives, enlightening Bapudham classes, and the community-centric Sanjha Chulha project. These representations vividly demonstrated the spirit of service and the positive impact it has had on the community.

Adding to the vibrancy of the occasion, students from different schools graced the stage with mesmerizing performances, encompassing diverse dance forms such as Garhwali, Haryanvi, classical, and Bhangra, showcasing the rich cultural tapestry of our nation. Their performances resonated deeply with the audience, leaving them thoroughly enchanted.

The event was not only an opportunity to celebrate the present but also to honor the past, as NSS alumni, proud parents of class 12 students, and volunteers from various schools were cordially invited to partake in this grand celebration.

Furthermore, the inauguration of the NSS book (meticulously crafted by our esteemed NSS Programme Officer Preeti Swami ma'am, was a momentous occasion, symbolizing the continued commitment to document and share the NSS journey) by our esteemed Chief guest Dr Suresh Kumar Verma, School Manager Sister Sumita, Vice Principal, Sisters, Maam Preeti Swami, NSS President, Vice President and NSS volunteers.

In conclusion, the NSS Day function was a resounding success, encapsulating the essence of service, unity, and cultural diversity. It left an indelible mark in the hearts of all attendees, reaffirming the profound impact of NSS on our community and our nation as a whole.





MOTIVATIONAL TALK

On 30th September there was a talk session held with Dr Suresh Kumar Verma Assit Director cum Professor at Jamia university Delhi. NSS volunteers, NCC Cadets and Bharat Scouts and guides attended the session. The session was on self-grooming wherein the students recognize their strengths and weaknesses in choosing the right path for them.



OCTOBER

CLEANLINESS DRIVE 2023

On 1st October 2023, the NSS volunteers of Carmel convent school under the guidance of Programme Officer Preeti Swami ma'am celebrated "EK TAREEKH EK GHANTA" by organizing a cleanliness drive in memory of our Father of the Nation Mahatma Gandhi Ji in Japanese Garden Sector 31D, Chandigarh from 7:30 to 8:30 am and picked up all the trash from the garden. The volunteers also pledged to always keep their surroundings clean, not litter anywhere, and educate others about the same they also realised the importance of keeping their surroundings including public places clean and garbage free. It was evident how even small bits of garbage affected the beauty of the place.



SATURDAY FUNDAY ACTIVITY

On 14 October, 2023 NSS Volunteers, NCC Cadets, BSG Guides and volunteers' students from class 6th to 10th attended Personality Development session on Life Lessons by Col Maninder Singh, 2 Punjab Girls BN, NCC, Jalandhar from 9:00 A.M. to 10:00 A.M. which aimed to enhance self-awareness, communication skills, and overall personality traits.

This session was followed by the Human Library event which focused on exploring deep and meaningful bonds between father and daughter. The event began with an Ex NSS-volunteer Akshita Khurana playing the Sarangi. Everyone was divided into groups consisting of 1 speaker and the readers and the parents volunteered to share their personal stories and experiences. The event was concluded by the speakers giving insights about the programme. Overall, the Human Library event on the father daughter bond showed the

power of conversations and storytelling and it turned out to be a successful event







DIWALI DAAN MAHOTSAAV AND CELEBRATIONS

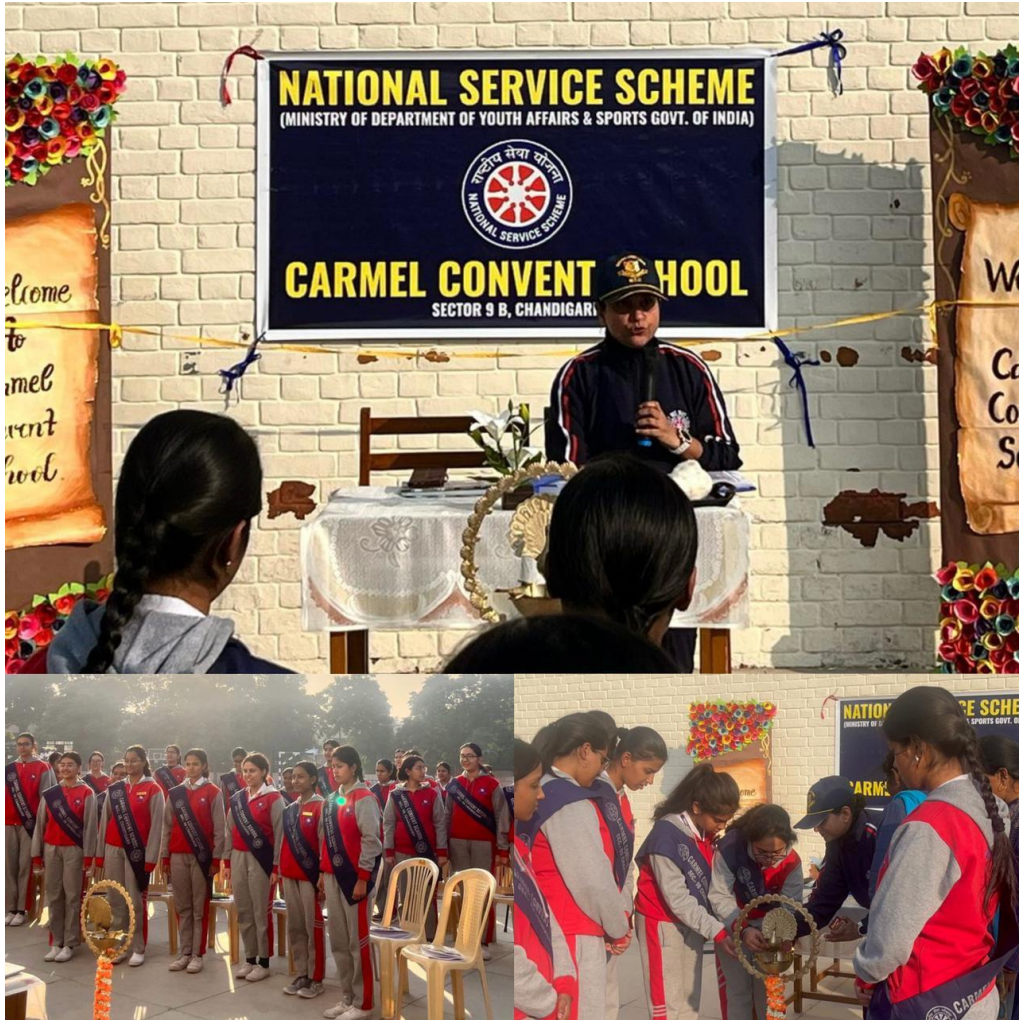
On 10th November, 2023 the NSS volunteers of Carmel Convent School celebrated Diwali with great enthusiasm and joy, spreading the festive spirit to the students of Bapudham colony and the evening class students. The event was filled with various performances, including plays and dances, presented by the talented students of Bapudham and evening classes. Diwali Daan Mahotsav organised by NSS volunteers added colours to the festivals as the students were given clothes, shoes, crockery items, books, bags, Diya's and daily use stuff. Diwali gits were also distributed to them by the Principal Sr Shanta to the students and teachers of evening class and bapudham.





NSS SEVEN DAY CAMP-2023-24

On 21st December 2023, the NSS Seven days camp was inaugurated in Carmel by NSs Programme Officer, Preeti Swa



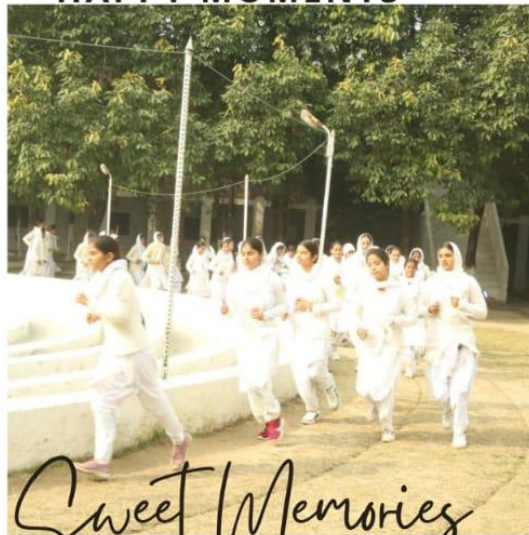
mi ma'am along with nss volunteers of class 11 and 12.



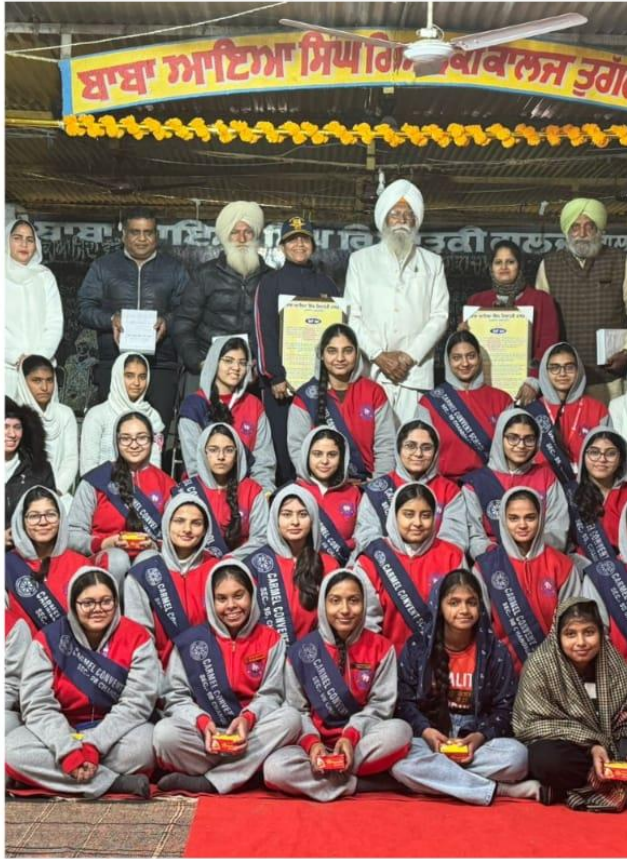
Day 2 was marked by an excursion to Baba Aya Riarki College for girls, Gurdaspur for the volunteers along with five students from Kitabghar. The excursion was very informative and an enriching experience for all the students.



HAPPY MOMENTS



Sweet Memories



Day 3 began with warm up, self defence class and energy ball creation in the Energy transformation session taken by Preeti SwamiMaam. The students got divided into different groups. The students visited an old age home and an girls orphanage in sector 15 Chandigarh. It proved to be a wholesome experience for the students as it showed them the true realities of the world which often one is unaware of. Further a session on stitching was also taken up



NES CAMP DAY 3

Day 4 began with yoga exercises for the students and self defense classes, followed by shooting and rigging classes. The students enjoyed shooting as it was a 'first' for many volunteers. After shooting the students packed gifts for Christmas for bapudham students.



Day 5 also Christmas was a very fun filled day. It started with Energy transformation session on water charging therapy and meditation sessions with Preeti ma'am. Further the students had a group wise FLAMELESS COOKING competition. After the competition the students of Kitabghar were welcomed and nss volunteers celebrated Christmas with them. It was a day filled with good food, dance and a lot of fun. A secret Santa for nss volunteers was also organized in the end.



Day 6 started with a bang as the volunteers enjoyed a very fun conversation with programme officer in Energy Transformation session. Further tent pitching was taught to the students, followed by a CPR session and first aid session for the volunteers. A test for the same was also organised group wise. The day concluded with a lot of fun sport activities and kite flying for the volunteers.



Day 7, also the last day of the nss camp, started with a very competitive spirit as this was the final chance for all the groups to score maximum points to win the 'Best group' title. The first competition on that day was of first aid kid designing followed by NSS feedback cover designing. All groups gave their best and the scores were calculated. Group 1 (Rowdies) was declared as the winner!

After this the volunteers proceeded towards the closing ceremony. The closing ceremony was witnessed by BSG guides, NCC cadets, NSS volunteers, ex nss volunteers and the parents. The chief guest for the closing was Dr. Nemi Chand, State Liasion Officer, NSS, Chandigarh. The guest of honour Mr Vivek Atray, Ex - IAS officer. Both the dignitaries also addressed the audience and motivated the students to always do well in life. The ceremony concluded with the prize distribution ceremony of all the winners.

The annual NSS calendar 2024 was also inaugurated in the end. Overall the NSS SEVEN DAY CAMP was a success and a very impactful experience!



Closing ceremony
27/12/2023



