

**Extension Activities** 

### "Yoga Day"

On June 21st, 2023, Y.S Arts & K.S Shah Commerce College, Devgadh celebrated the International Yoga Day with great enthusiasm. This annual event aims to raise awareness about the ancient practice of yoga and highlight its benefits in terms of physical and spiritual well-being. Yoga plays a crucial role in relaxing the mind and body while boosting the immune system.

The celebration saw the participation of Department Heads, Principals, Professors, Faculty, and students. This year's theme, "Yoga for Women Empowerment," emphasized connecting physical health, mental well-being, and personal growth for women. Through a series of yoga sessions, workshops, and discussions, the event highlighted the transformative power of yoga in fostering self-confidence, resilience, and a sense of community among students.

The event commenced with warm-up exercises, and all participants, including faculty members, practiced and performed various sitting and standing asanas such as Shavasana, Vajrasana, Trikonasana, Surya Namaskar, Anulom Vilom, Chakraasan, and Vrikshasana. Throughout the session, the importance of each asana was explained in detail. Faculty members were taught how to incorporate yoga into their daily lives to maintain harmony between the body and mind.

The session lasted for over an hour, with active participation observed during each asana. The yoga instructors meticulously explained the details of the poses and the necessary precautions. The event was indeed a success, showcasing the enthusiastic engagement of all attendees. The celebration concluded with a vote of thanks delivered by Dr. Ramjitsinh Rathod, Physical Education & Sports.





### **Tree Plantation**"

On 08th August 2023, Y.S Arts & K.S Shah Commerce College, Devgadhbaria organized an event on **"Tree Plantation"**. Dr. M.N Gohil, Principal of the college Dr. Bhavesh Makwana. Dr. Ranjitsinh Rathod, Dr.Nitesh Patel were present during the event.

Staff and 70 students of our College were present in the ground. The event started with the speech of our Dr. Nitesh Patel, Department of Psychology. He has explained about the importance of plantation and has motivated student to plant trees and water it every day until their academic session. The event aimed to plant about 20 to 30 plant.

At first all students were provided with the saplings. Teachers also participated in that event and guided student how to plant the saplings. A Banner was also designed by the event organiser to plant trees and was hung there to raise awareness in the people about the needs of tree plantations. After that Dr. Bhavesh Makwana Assistant Professor explained students about many medicinal plants, phytochemical constituents and its uses. He has briefed about synthetic medicine and herbal medicine and the importance of herbal medicine over all the synthetic drugs. After that Dr. Ranjitsinh Rathod (Assistant Professor) guided student about the cleanliness drive and led student to collect all the polybag of the saplings in the dustbin. Finally, the event was ended with much warm and enthusiastic applause.





# "Swatcha Abhiyan"

It is everybody's responsibility and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases. Students of Y.S arts & K.S shah Commerce, Devgadhbaria NSS & NCC have organised rally to promote swachh bharat mission. Mass awareness created with various slogan: "ham sb ka aek nara- saaf sutra desh hamara, sathi re hath batana- gandki ko he dur bhagana, apni mitti apna des- swachh bharat swasth bharat...etc. Shramdan activites also been carried out. Students have encouraged community people to join in swachhta activity. They have participated in shramdan activity and shown their willingness and interest to keep surrounding clean.



# "Elocution Competition"

Y.S Arts & K.S Shah Commerce College, Devgadhbaria NSS Department organized Elocution Competition on under the title "Sev Culture Sev Bharat". Various Topics like 'Mission Swatch Bharat, Importance of NSS, and Activities of NSS. Ten students of our college participated in the competition.

One student of TYBA Rajan Abhesinh selected and secures 3<sup>rd</sup> Rank in Shree Govind Guryu University, Vinzol Godhra. He was awared with 5000Rs. Cash prize.





## "Campus Cleaning"

Clean Campus promotes Hygiene, It improves hygiene level in campus and also helps to reduce the spread of sickness, maintaining a clean college environment sets a good example to students. Cleanliness encourages learners to take pride in their college, which makes them less likely to drop litter and as such they will potentially make a bigger effort to maintain their environment. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.

Y.S Arts & K.S Shah Commerce College NSS & NCC units has organized a Clean Campus campaign on 12th September 2023 to educate and to promote civic sense among students community. Students went to all the classes and briefed about the importance of cleanliness of the campus. Students were advised not to throw paper plates, water bottle, paper cups, tissues, and many unwanted things on campus Lawns, Library, cafeteria, umbrella canteen, garden, sitting Area, corridors, class rooms, pathway and other open areas which is very unhygienic to all of us. They were also informed to make the college campus & class rooms a beautiful place for one and it makes individuals healthier when the environment around them is healthy.





## "Annual NSS Camp"

National Service Scheme (NSS) camp was organized by Y.S Arts & K.S Shah Commerce College NSS Unit funded by Shree Govind Guru University, Vinzol, Godhra during the period of 09/02/2024 to 15/02/2024 at Mendra Village, DevgadhBaria Taluka, District-Dahod. NSS was established in 1969 with a vision of personality development of students through community service and well as development of rural areas in India.

NSS Unit has been introduced in colleges with an optimism of establishing a sense of social responsibility amongst students and inculcating values of self-discipline and selfless dedication towards community development. As a part of NSS Activities, a 7 day camp was held by College.

Various social activities were held with a sole view of rural development and value education. We, being a part of the cultural committee, undertook various cultural activities in the village to promote interaction with the villagers and used the NSS platform to spread awareness about different social issues.





# "Azadi ka Amrut Mahotsav- Tiranga Yatra"

In connection of the "Azadi ka Amrit Mahotsav (AKAM)", 75 glorious years of Indian Independence, the Union Government, under the stewardship of honourable Prime Minister of India Sri Narendra Modi, has recently launched a noble initiative titled "Har Ghar Tiranga". A Rally on Har Ghar Tiranga was held on Dt.13-08-2023 to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

NSS & NCC students, Prof Dr. M.N Gohil, Principal supported the event. Lt.M.C Nisarta and Dr. Bhavesh Makwana, acted as the Coordinator for the programme and make it success.





# "Health Check-up Camp"

Health Check-up is an integral part of every child's development. It monitors the various growth indices, improves the health of students and creates awareness of parents. Health Check-up was conducted in the Sagtala Villge for the villegers near Devgadhbaria by the Parul Sevashram Hospital on February 12, 2023. During this period the height and weight was recorded. Skin, nails, ear, nose, and throat were examined. The heart and lungs were auscultated and the abdomen was palpated to find any abnormality. The details with special advice where required were recorded in the Health Card.





# "Blood Donation Camp"

A Blood Donation Camp was organized on 18/02/2024 in DevgadhBaria. The program was organized by the National Service Scheme NSS & NCC of our college. Doctors from Indian Red Cross society. Devgadhbaria gave their services in the blood donation program. All the people filled out the form before donating blood. After that, the program started at 10 am. Many students, teachers, and college staff donated blood and became a part of the program. After donating blood, everyone ate fruits and drank juice. The blood donation program lasted till 4 pm.40 Units of blood were collected.





### "Educational Tour"

Educational trip was organized by Y.S Arts & K.S Shah Commerce College, Devgadhbaria on 28/01/2024 by NSS & NCC Units. The tour comprised students of BA from all the semesters accompanied by faculty members, LT.M.C Nisarta, Dr.Nitesh Patel, Dr.Kalubhai sarvaiya. All the students were directed to gather at College Hostel gate at 8:30 P.M. Principal of the college Dr. M.N Gohil wished all the students best and safe journey.

We started our journey at 9:30 o'clock and reached at 12: 50 PM at the location. Tea and snacks were served to all guests. After that all students along with faculty members were taken to the site. Students visited Chotila Temple, Dwarka Bet Dwarka, Porbandar Chopati, Historical Somnath Temple, Somnath Sanskrit University, Junagadh Historical Place, Upar cot Fort and Junagadh Krushi University. Every student asked many questions about the place and saw the things practically what they keep on studying in books. Overall, it was a great experience.





## "Organ Donation Seminar"

World organ donation day was held at Y.S Arts & K.S Shah Commerce College Devgadhbaria by the NSS & NCC department. The symposium was organized on 9/8/2021 on topic "Various activities on or All the NSS & NCC students were participated in the program. The events started on 09/08/2023 to with felicitation of guest speaker as well as dignitaries. Thereafter, the participants were espoused by Dr. M.N Gohil, Principal of the college. She acquainted them with the objective and goal of the programme.

The NSS Program officer Dr. Bhavesh Makwana reflected on the importance of organ donation. Mr. Dhamubhai Panchal, coordinator was followed the basic concept behind the programme of organ donation in the innovative ways under the inquisitiveness of participants. The participant group have committed themselves that they will bring a chance of organ donation in the emergency situation.

Here by with collaboration and cooperation NSS & NCC volunteers and Youth of the college the Organ donation programme was successfully completed. At the end vote of thanks is delivered by Dr. Bhavesh Makwana.

