
NSS REPORT (BPIT)



SUBMITTED BY:-

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CLEANLINESS DRIVE

Date: 02 October 2020

INTRODUCTION

As responsible citizens, we always emphasise upon caring for the environment. Carrying forward the

legacy of “**Swachh Bharat Abhiyan**”, the students started a cleanliness drive on 2nd October 2019, the auspicious day of Gandhi Jayanti to mark the ambitious mission of Clean India, Green India under the National Scheme and cleaned their homes and nearby areas.

A clean and green environment is the basic ideology for sustainable development. A lot of different diseases can be traced back to unhygienic environments and irresponsible waste disposal. The importance of cleanliness is known to everybody now, yet people try to keep their homes clean while they somehow just forget that they are responsible for the cleanliness of the environment as well, and they are responsible for any waste they generate and that just getting rid of it from their house won't help. It could be due to lack of knowledge or due to sheer laziness or due to irresponsibility. Sometimes all it takes is a small reminder.

Thus Cleanliness Drives are organised through which people are made aware of the importance and methods of handling waste responsibly and try to take a step towards a cleaner environment. Hence the program was further carried out with a wide array of seminars, among other activities which were organised and witnessed by many students.

WHAT CAN WE DO?

The problems we are facing now are tough. However, the good news is that you don't have to be an expert or a millionaire to save the Planet – everyone can help to do their bit for the

environment. In other words, if each of us can be more conscious of environmental issues and willing to take some simple steps to save the Planet, we can make a huge contribution.

Nowadays, with increasing environmental awareness among the public, people around the world are coming together to fight for a greener future, and the effort has achieved great results. As a pioneering member of the environmental advocacy community, Better World International is always committed to improve and take care of our surrounding environment, by providing practical tips to its members on the things they can do to live more sustainably and save the Earth.

MY EXPERIENCE

A Clean Environment Is Essential for Healthy Living. The more you don't care about our environment, the more it will become polluted with contaminants and toxins that have a harmful impact on our health. Air pollution can cause respiratory diseases and cancer, among other problems and diseases. Water pollution can lead to typhoid, diarrheal diseases, and another one. The local authorities have to promote care for the environment.

Earth Is Our Home and It's where we live, so we better take care of it. For sure we could be better people if we help with small things for our home, this planet the only one that we have now.

Earth Is Warming and For the sake of our children and our future, we must do more to combat climate change. Yes, it's true that no single event makes a trend. Now it is not possible to ignore that. But there must be the look ahead, there must be a realization of the fact that to waste, to destroy, our natural resources, to skin and exhaust the land instead of using it so as to increase its usefulness.





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WORLD ENVIORMENT DAY



JUNE 5

TIME FOR NATURE
WORLD ENVIRONMENT DAY

TULSI(HOLY BASIL)

Tulsi (*Ocimum sanctum*, a.k.a. holy basil) is a medicinal herb used in Ayurveda that is native to India and Southeast Asia. Tulsi is considered an adaptogenic herb, meaning it can help adapt the body to stress and boost energy. In alternative medicine, tulsi is typically used

for anxiety, stress, and fatigue, and may be used in herbal formulations to help treat asthma, bronchitis, colds, and the flu

Tulsi is cultivated for religious and traditional medicine purposes, and also for its essential oil. It is widely used as a herbal tea, commonly used in Ayurveda, and has a place within the Vaishnava tradition of Hinduism, in which devotees perform worship involving holy basil plants or leaves.

BENEFICIARY COMPOUNDS

Tulsi contains a number of beneficial compounds including:

1. **Eugenol:** A terpene with pain-relieving properties
2. **Ursolic and rosmarinic acid:** Compounds with antioxidant, anti-inflammatory, and anti-aging properties
3. **Apigenin:** A flavonoid that helps the body remove waste at the cellular level
4. **Lutein:** An antioxidant carotenoid important for eye health
5. **Ocimumosides A and B:** Compounds that reduce stress and balance neurotransmitters serotonin and dopamine

RESEARCH-BACKED BENEFITS OF TULSI ARE:

NATURAL IMMUNITY BOOSTER:

Tulsi is rich in Vitamin C and zinc. It thus acts as a natural immunity booster and keeps infections at bay. It has immense anti-bacterial, anti-viral and anti-fungal properties which protect us from a variety of infections. Tulsi leaves extract increases the T helper cells and natural killer cells activity, boosting the immune system.

1. REDUCES FEVER (ANTIPYRETIC) & PAIN(ANALGESIC):

Tulsi has anti-bacterial and anti-viral properties which help to fight infections, thus reducing fever. The fresh juice of Tulsi taken with black pepper powder cures periodic fevers. Tulsi

leaves boiled with powdered cardamom(elaichi) in half a liter of water and mixed with sugar and milk, are also effective in reducing temperature.

Eugenol, a terpene with pain-relieving properties found in Tulsi reduces aches in the body.

2. REDUCES COLD, COUGH & OTHER RESPIRATORY DISORDERS:

Camphene, cineole, and eugenol present in Tulsi help to reduce cold and congestion in the chest.

Juice of Tulsi leaves mixed with honey and ginger is effective in bronchitis, asthma, influenza, cough, and cold.^[4]

3. REDUCES STRESS & BLOOD PRESSURE:

Tulsi contains compounds Ocimumosides A and B. These compounds reduce stress and balance the neurotransmitters serotonin and dopamine in the brain. The anti-inflammatory properties of Tulsi reduce inflammation and blood pressure.

4. ANTI-CANCER PROPERTIES:

Phytochemicals present in Tulsi have strong antioxidant properties. Thus, they help in protecting us from skin, liver, oral, and lung cancers.^[7]

5. GOOD FOR HEART HEALTH:

Tulsi has a profound effect on the treatment and prevention of cardiovascular diseases by means of lowering blood lipid content, suppressing ischemia and stroke, reducing hypertension, and also due to its higher antioxidant properties. Good for Diabetes Patients:

Extract of Tulsi leaves has shown to lower blood glucose levels in patients with type 2 Diabetes.

8. USEFUL IN KIDNEY STONES & GOUTY ARTHRITIS:

Tulsi detoxifies the body and has diuretic properties. It decreases the level of uric acid in the body, which is the main reason why kidney stones are formed. Reduction in uric acid levels also provides relief to patients suffering from Gout.

9. USEFUL IN GASTROINTESTINAL DISORDERS:

Tulsi leaves help to cure indigestion and loss of appetite. They are also used for the treatment of flatulence and bloating.

10. GOOD FOR SKIN & HAIR:

Tulsi helps clear out the skin of blemishes and acne. It is rich in antioxidants, and that helps it to prevent premature aging. Tulsi also strengthens our hair roots, thus preventing hair loss.

The antifungal properties of Tulsi prevent the development of fungus and dandruff.

11. ACTS AS AN INSECT REPELLENT:

For centuries, the dried Tulsi leaves have been mixed with stored grains to repel insects.

HOW TO CONSUME TULSI?

- Consume Tulsi leaves raw, plucked fresh from the plant, add it in your tea or makekadha out of it.

- Tulsi tea: To make tulsi tea, boil 1 cup of water and pour it over 1 tsp of fresh tulsi leaves, 1/2 tsp of dried tulsi leaves, or 1/3 tsp of tulsi powder. Cover the water in a pot or mug and let it steep for 15-20 minutes. Then strain the leaves, add honey if desired, and enjoy.
- Tulsi powders and supplements are also available in the market for consumption.

SIDE EFFECTS OF CONSUMING TULSI THAT YOU MUST KNOW:

1. Tulsi may affect the reproductive capacity of women who are trying to conceive..
2. Some people experience nausea or diarrhoea when they first add tulsi tea to their diet, so it's best to start with small quantities and increase your consumption over time.
3. Tulsi may lower blood sugar and should be used with caution in people who have diabetes and are on blood-sugar-lowering medication.



Certificate of Appreciation

THIS IS PROUDLY PRESENTED TO

Manan Gaur

For planting a plant on World Environment Day
under the event organised by the NSS department of BPIT
(June 5, 2021)

*Poonam
Kathuria*

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PRAKASH
KAUSHIK
Chairman, BPIT



PROJECT RRR: RECYCLE REUSE REDUCE

Date: 21 November to 11 December 2020

INTRODUCTION

Our NSS unit along with Drishti: The Rotaract Club of BPIT started this initiative where we tried to reach people for their innovative ideas pertaining to three eco-friendly R's i.e. Reduce, Reuse, Recycle. People were asked to upload videos of them presenting their ideas while implementing where they used some waste and useless materials to create new useful and attractive products while keeping the whole process eco-friendly. The best five participation which were to be judged on various criterias like eco-friendly, easiness, reach etc and they were given recognition. The project served the purpose of spreading awareness and also providing people with new various attractive methods to implement 3 R's in innovative methods. The duration of the event was 20 days.

It makes a big difference to recycle. It makes a big difference to use recycled products. It makes a big difference to reuse things, to not use the paper cup – and each time you do, that's a victory. The three R's – reduce, reuse and recycle – all help to cut down on the amount of waste we throw away. They conserve natural resources, landfill space and energy. Plus, the three R's save land and money that communities must use to dispose of waste in landfills. Siting a new landfill has become difficult and more expensive due to environmental regulations and public opposition.

THE FIRST 'R' - REDUCE

The concept of reducing what is produced and what is consumed is essential to the waste hierarchy. The logic behind it is simple to understand – if there is less waste, then there is less to recycle or reuse. The process of 'reduce' begins with an examination of what you are using, and what it is used for. There are three simple steps to assessing the reduction value of an item or process –

Step 1: Is there something else that can be used for this purpose?

Step 2: Is this something that needs to be done?

Step 3: Is the item a part of something that you need to do or want to do in your life?

THE SECOND 'R' - REUSE

You may have a box of things you keep that are broken or that you don't have a use for that you hang on to in-case you find another use for them; or you may find bargains on old furniture or go trash picking and get things that you can refinish – in either case you are working towards reusing the item. Learning to reuse items, or repurpose them for use different from what they are intended for is essential in the waste hierarchy.

Reuse below items:

1. **Old jars and pots:** Old jars and pots can be used to store items in the kitchen. They can also be used to store loose items together, such as computer wires.
2. **Tyres:** Old tyres can either be sent to the recycling station or can be used to make tyre-swing.
3. **Used wood:** Used wood can be used as firewood or can be used as woodcraft.
4. **Newspaper:** Old newspapers can be used to pack items when you're planning to move to another home or store old items.
5. **Envelopes:** Old and waste envelopes can be used by children to make short notes.
6. **Waste paper:** Waste paper can be used to make notes and sketches and can be sent to the recycling center when you don't need them anymore.
7. **Old jeans or t-shirts or any clothes:** These can be turned into bags or tote-bags with the help of tutorials available on the internet. At least old clothes can become cleaning rags.

THE THIRD 'R' - RECYCLING

The last stage of the waste hierarchy is to recycle. To recycle something means that it will be transformed again into a raw material that can be shaped into a new item. However, there are very few materials on the earth that cannot be recycled. One of the issues bothering communities that want to become more involved with a recycling effort is that while the relying collection and

sorting process may be affordable to implement, there still has to be a facility to receive and transform the discarded waste into a raw material to produce new products.

One needs to learn as to what products can be recycled and what they cannot. By carefully choosing the products that can be recycled, it can be the first step towards efficient recycling.

1. Buy products from the market that are made up of recycled materials i.e., the product should be environment friendly.
2. All products are recyclable such as some plastics. There is usually a recycling symbol on the bottom of products to know whether or not it is recyclable.
3. Buy products that can be recycled like paper, glass, aluminum, plastic, etc. used in the house, school or office. Aluminum can be recycled multiple times.
4. Invent new ways to recycle different items. However, recyclables need to be gathered systematically and separated from the rest of the trash, ensuring a continuous supply for the recycling process.
5. Avoid buying hazardous materials that could pose difficulty for you to recycle. Buy non-toxic products whenever possible.
6. Buy products that have been made from recycled materials.
7. Using recycled products is as important as recycling items. Recycling can become economically viable only when the recycled products are given significance and put to use.
8. Use recycled paper for printing or making paper handicrafts.

BENEFITS OF THE 'REDUCE, REUSE, RECYCLE'

- Since there will be a significant reduction in the amount of waste thrown into the environment, the chances of spreading toxins also decrease. It automatically reduces the levels of greenhouse gas emissions and pollution.

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- The primary objective of the 3R principle is to lessen the use of newer resources and energy, making more efficient use of resources. It promotes resource efficiency by using

the already available resources that are used multiple times, reprocessed, or entirely reduced.

- It contributes to more sustainable energy consumption as the resources available on hand are used, and excessive consumption is cut down. It promotes the sustainability of not only energy and resources but also the environment.
- It encourages the development of green technology that is ways to create cleaner, safer means of waste disposal while reducing the impact on the environment and all habitats.
- It helps increase the use of renewable energy sources like solar, wind, geothermal, etc. as well.
- The 3Rs conserve energy and resources and generate jobs in resource management and boost the economy.





BHAGWAN PARSHURAM INSTITUTE OF TECHNOLOGY

Certificate of Participation



is awarded to

Manan Gaur

for participating in 'Project RRR' organised by
Drishti RCBPIT along with NSS wing of BPIT.

Suparn kumar

Suparn Kumar
PRESIDENT
DRISHTI: RCBPIT

Arunima

Prof. Arunima Kumari
CONVENER

Payal Pahwa

Prof. Payal Pahwa
PRINCIPAL
BPIT

Vinod Vats

Sh. Vinod Vats
GENERAL SECRETARY
BPIT

A P Kaushik

Sh. Atam Prakash Kaushik
CHAIRMAN
BPIT

NO TOBACCO DAY

Date: 31 May 2021

INTRODUCTION

We committed to never consume tobacco and help other quit tobacco, taking part in an online pledge organized by WHO.

Like most people, you already know that smoking is bad for your health. But do you really understand just how dangerous smoking really is? Tobacco contains nicotine, a highly addictive drug that makes it difficult for smokers to kick the habit. Tobacco products also contain many poisonous and harmful substances that cause disease and premature death. Did you know that out of a group of 1000 smokers, that a full quarter of them will die of smoking-related illnesses prior to completing middle age, an additional quarter will die prematurely from smoking-related illnesses shortly after retirement age, and another large group will develop debilitating chronic illnesses as a result of their smoking? Most people don't know the odds of getting sick as a result of smoking are really that bad, but when you do the numbers, that is how they come out. For many people, truly understanding the very real dangers associated with smoking becomes the motivating factor that helps them to quit.

Although it can be a very difficult habit to break, smoking is ultimately a choice; it is your responsibility to choose whether or not you will continue to smoke. This article provides a brief synopsis of the risks associated with smoking; an overview of nicotine addiction, including why it is so difficult to give up smoking; and an outline of the advantages and disadvantages of quitting. Once you have decided to quit, you will benefit from the information in this article about the physiological, psychological, and behavioral aspects of nicotine addiction; the different methods available to help you quit; and the steps you can take to make the process easier.

Learning about and understanding the many facets of the smoking habit can put you on the right track to successful smoking cessation.

EFFECTS OF SMOKING

Within 10 seconds of your first puff, the toxic chemicals in tobacco smoke reach your brain, heart and other organs. Smoking harms almost every part of your body and increases your risk of many diseases, affects how you look and feel, your finances and even the people close to you.

Health Effects: Can cause cancer, Type-2 Diabetes, Heart disease, chronic respiratory problems, Infections, Dental problems, Hearing loss, Vision loss, Fertility problems, Osteoporosis and menopause.

Yellow-brown stains on your fingers, tongue and teeth increase your risk of tooth loss and bad breath, make your skin saggy and give you early wrinkles, make your hair lose its natural shine.

BENEFITS OF QUITTING SMOKING

- Improves health status and enhances quality of life.
- Reduces the risk of premature death and can add as much as 10 years to life expectancy.
- Reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease and cancer.
- Benefits people already diagnosed with coronary heart disease.
- Benefits the health of pregnant women and their fetuses and babies.

-
- Reduces the financial burden that smoking places on people who smoke, healthcaresystems, and society.



Quitting smoking is no easy feat, so you are brave and courageous for committing to this goal!

Remember to:

- **Set a quit date.** Giving yourself a short period to quit will keep you focused and motivated to achieve your goal. You can start quitting today!
- **Tell your friends, family, and coworkers.** They can support you and encourage you to not give in to temptations like cravings.
- **Anticipate challenges.** It's important that you anticipate triggers and challenges in the upcoming attempt, particularly during the critical first few weeks.

YOGA WEEK

Date: 24 September - 29 September 2020

INTRODUCTION

Under fit India movement , on 24th September,2020, the NSS cell of Bhagwan Parshuram Institute of Technology started a six day long event of yoga where certified trained instructors were called to teach various types of asanas and their benefits to hundreds of people joining to learn .From ancient methodologies to modern technique ,each avenue pertaining to yoga was attempted to be visited. While in the process of making each seminar interactive, an online meeting platform named Zoom was used and a live telecast was also telecasted on our youtube channel.

Yoga brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. In this interactive session our goal with the help of our esteemed panel of professionals was to spread awareness on the same.

SUMMARY OF THE EVENT

In the Inaugural Session, following the welcome note by the Principal of our college Prof. Payal Pahwa, we were introduced to the chief guest Prof. B.V.R Reddy, program coordinator of NSS cell GGSIPU.He asserted the importance of NSS based events and encouraged the student body to actively volunteer and participate in them. Shri Deshraj Gupta Ji, a Mahamantri of the prestigious Bhartiya Yog Sansthan were also present as the Guest Of Honour in his short time with us he enlightened us with the history of the organisation and how It firmly believes in

Bharatiya cultural heritage and aims to re-establish by protecting and preserving it, drawing its inspiration from the lofty human ideals of Bharatiya culture viz ‘Vasudhaiv Kutumbkam’ – Entire Universe Is Our Family and ‘Loka Samasta Sukhino Bhavantu’, ‘Sarve Bhavantu Sukhina’ – may all be happy, may all being rejoice in joy and happiness and the like as ‘Live ‘N’

Liven’ – may all live for the service of humanity and inspire others to live in the service of Almighty. To fulfill this aim Sansthan has chosen Yog as its means.

Our first instructor Ms Madhura Rajagopalan, a proficient in hindi tamil and English with educational qualifications like B.A in mathematics, MBA graduate from IMT ghaziabad and PG Diploma in public relations and advertising management, a pioneer in yoga teaching she demonstrated easy to perform asanas at home and also involved many of the students in her teachings.

For the third day of YOG KARE NIROG, we were introduced to Ms. Nehul Mishra , pursuing graduation from Shoolini University in Yoga she has also completed her teacher training from The Yoga Institute from Mumbai. In her time with us she talked about the spiritual aspects of yoga and talked in detail about what yoga actually stands for.

Day four we were joined by Ms. Sonam Singh, an experienced trainer, who practices and coaches women. Ms Sonam is a certified yoga teacher accredited by the Yoga alliance for 500 hours of teacher training. She is also the first Health & Fitness Guide in Qatar. It was an informative and interactive session where many asanas for common problems like back pain etc. were discussed in detail and the correct way to perform them was also taught. Afterwards we were greeted by Ms. Alisha Batra. Having completed her Bachelor of Science from Lady Irwin College, Ms. Alisha is currently in her final year of Master of Science in Human Nutrition from Manchester ,Uk. Her presentation on the importance of body nutrition was extremely well thought of and provided the students with the key to proper diets in order to live a healthy lifestyle.

On the fifth day of the event Mr. BRIJ BIHARI, a trained yoga instructor and a gold medalist in the field of YOG accredited by our own IP university asked the students to perform yoga asana specially crafted for the students, his clear instructions and precise performance was greatly appreciated by the students all of whom participated with much pleasure.

On the final day Sh. Ved Prakash Rathi ji, Yogacharya and respected Member of the Central committee of the Bharatiya Yog Sansthan a 54 years old Organization, respectable sir a member of the organisation for 40 years shared his immense knowledge on the subject of Yog and its importance in our daily life, he talked about the Sansthan’s ideologies and how one must connect with yoga spiritually as The holistic effect that is attained through yoga enables practitioners to

not only improve their physical strength and flexibility, but also their emotions, mentality and concentration. His words inspired many of us and left an everlasting impact on everyone present.



Yog Kare Nirog Inauguration Ceremony

445 views · 1 week ago



30



21



Live chat



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Aayush Vats (Co-host)

arunimamishra b... (Co-host)

Chinmay Takkar (Co-host)

Dr. Poonam Kath... (Co-host)

Invite Mute All More

Chat

hectic

From Pooja Mudgil to Everyone:
Thank u everyone for organising such a
informative event

From anirudh narang ECEA 34 to
Me: (Privately)
im having some trouble in my laptop
regarding webcam

From Ridham-07-IT to Everyone:
pizz i rgt to end the session as soon as
possible i have class ahead

To: Shivank Sad... (Privately) File

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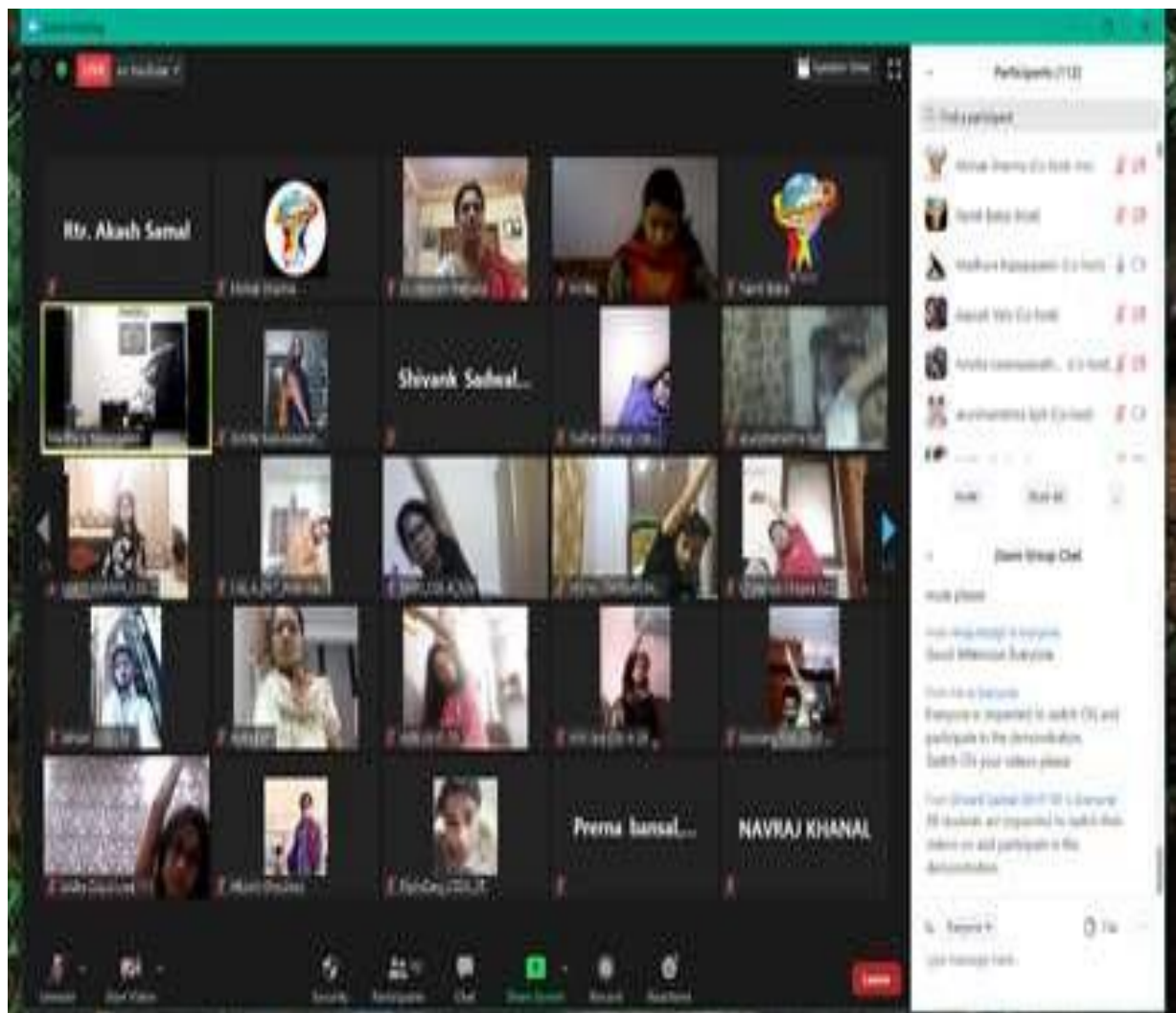
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Aman Sharma 107 Nikita Aanchal Raj_39 Rtr. Aryan Gupta(VP/S... Nishchay Gupta

Suraj Prasad Rtr. Akash Samal Jasmeet Shreya Jindal Yash Atrey

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BHAGWAN PARSHURAM INSTITUTE OF TECHNOLOGY

CERTIFICATE OF PARTICIPATION

PRESENTED TO

Manan Gaur

for participating in six days workshop on

"योग करे निरोग"

Organised by Drishti RCBPIT along with the NSS wing of BPIT
(24th to 30th September, 2020)

*Poonam
Kathuria*

Dr. Poonam Kathuria
CONVENER

Arunima

Prof. Arunima Kumari
CONVENER

Payal Pahwa

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