



Madras School of Social Work
No.32, Casa Major Road, Egmore, Chennai-08
(Affiliated to University of Madras)



EXTENSION ACTIVITY

The National Service Scheme (NSS) Unit
A Webinar on a Healthy Volunteer and a Healthy Nation

- In commemoration of National NSS Day Celebration 2020



On **26th September, 2020**, the National Service Scheme Unit – Madras School of Social Work organized a webinar on the topic “**A Healthy Volunteer and A Healthy Nation**”, in observance of the National NSS Day Celebration 2020 at 2:00pm. About **100 NSS volunteers** (BSW & B.Sc. - Psychology) of Madras School of Social Work participated and were benefitted. The program began after the college song was played. The table given below describes the roles played by the Coordinators.

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Need of the programme:

The National Service Scheme is an Indian Government - sponsored **Public Service** program conducted by the **Ministry of Youth Affairs and Sports** of the Government of India. This scheme was launched in Gandhiji’s Centenary Year in **1969**. The NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus - community linkage. The main aim of this scheme is to develop student’s personality through **community service**. The motto of NSS is, “*Not me but you*”.



The program focussed on instilling the idea of **Social Welfare** in students, and to provide **service** to society without bias. The need of the program is to make the NSS volunteers understand that their work is to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources.

Chief Guest Insights:

The Chief Guest Dr. C. Samuel Chelliah, Director-NSS Regional Directorate, Chennai, stressed upon the characteristics of the youths, the qualities which they should possess and the role played by them in this society. He beautifully quoted that, “*Youths are not useless; they are **used less** & they are not careless, but are **cared less**””. He referred to the youths as the ‘**5 Star People**’.*

He also shared with us the definition given by the National Youth Policy for the youths. The youth age-group is defined as 15-29 years with a view to have a more focused approach, as far as various policy interventions are concerned.

He also made us understand that comparing ourselves with others is a ‘**Crime**’ we commit against our personality. We have to compare only our present progress with our past progress, which will ultimately result in our personality development. The 5-Star Characteristics of the Youths are:



Youngness (Spirit, Courage, Vibrance, Enthusiasm, Power, Dynamic Confidence)



Optimistic (Look for Opportunities in your Problems and during tough times)



Uniqueness (everybody is unique; not all are the same! Accept this fact)



Talented (be a Multi-Talented Person rather than being a Mono-Talented Person)



Hard work (Hard Work always pays)

He also talked about the qualities which every youth should possess which are,

1. Physically fit
2. Mentally alert
3. Intellectually sharp & updated
4. Try out new things; Make mistakes and learn through them
5. Socially Responsible



Hence, to be a successful and an efficient youth, we need to follow these ‘Mantras’ and equip ourselves to be fit **physically, mentally, socially, financially** and **spiritually**. Finally, he stressed upon the fact that NSS is not merely a Program, but a *Lifestyle* that teaches the youths the ways to be productive and a responsible citizen in the society.

Guest of Honour Insights:

The Chief Guest Dr. Sarah Karunakaran, Assistant Professor & HOD - Development Management, MSSW highlighted to significance of the NSS logo. The red and blue colours in the logo motivate the NSS Volunteers to be **active & energitic** for the nation-building social activities. She says that red colour denotes ‘young blood’ that is lively, active, energitic and full of high spirit & The navy blue colour denotes the cosmos of which NSS is a tiny part, ready to contribute for the welfare of mankind.

She also added that we should always remember the process of Learning, Re-learning & Unlearning which will result in our development. She also says that a healthy youth/volunteer should create his own **Identity**, have a **Liberal thinking** & to be **Organized**.

“Liberal thinkers are Creative thinkers”.

The program came to an end with the vote of thanks by 3:30pm.

Mr. Abhishek.B.Sekar (2 nd Year BSW)	Master of Ceremonies (MC)
Mrs. Sudarmathy Gururajan, Asst. Professor in BSW Dept., MSSW	Delivered the Welcome Address
Mr. Suvedhan.M (2 nd Year BSW)	Introduced the Chief Guest
Ms. Sreepriya Jaisankar (2 nd Year BSW)	Introduced the Guest of Honour
Ms. Annanya Lakshmi, Asst. Professor in Psychology Dept., MSSW	Proposed of the Vote of Thanks

