

Sr.no	Topic	Date	Spokes/Resource Person	Venue
1.	Awareness of COVID-19	14/04/2020	NSS Unit -5	Facebook, online platform
2.	Training program for NSS program officers	20/04/2020	RGUHS	Online platform
3.	Stress Management training for Karnataka State NSS program officers, co-ordinator and volunteers – COVID 19	30/04/2020	Karnataka NSS Unit	Online platform
4.	Training program	1/05/2020	Dr. Arati Mahishale, NSS program officer	Online platform
5.	Drawing competition on world environment day	05/06/2020	NSS Unit -5	Online platform
6.	Mask Day	18/06/2020	NSS Unit -5	KAHER Institute of Physiotherapy
7.	Grocery distribution	18/06/2020	NSS Unit -5	KAHER Institute of Physiotherapy
8.	Tree plantation on campus	20/06/2020	NSS Unit -5	KAHER Institute of Physiotherapy
9.	International yoga day	21/06/2020	NSS Unit -5	KAHER Institute of Physiotherapy
10.	Swachata Action Plan	19/07/2020	GMR Institute of Technology Rajam	Online platform
11.	Sadbhavana Divas-Sadhbhavan pledge	20/08/2020	NSS Unit -5	KLE Institute of Physiotherapy
12.	Fit India Run	4/09/2020	NSS Unit -5	JNMC Campus
13.	Hand washing day	15/10/2020	NSS Unit -5	Online platform/youtube
14.	Video making and collage making competition	2/11/2020	NSS Unit- 5	Online platform- KAHER
15.	Constitutional day- Intercollegiate competition	26/11/2020	KAHER	Online platform
16.	Photography/ poetry writing/ poster making / sketching	November 2020	St. Joseph's College, Bangalore	Online platform

17.	Games and activities competition	07/12/2020	NSS Unit- 5	Disha Day care center- Azam nagar
18.	Kartikotsava celebration	13/12/2020	NSS Unit- 5	JNMC Campus
19.	Essay and quiz competition	14-15/12/2020	KAHER NSS Cell	JNMC
20.	District level essay and quiz competition	23/12/2020	Rani Channamma university	Rani Channamma university