**EXTRACURRICULAR ACTIVITIES**

The extracurricular activities at the Institute are carried out under the aegis of AIISH Gymkhana and National Service Scheme (NSS) units.

**AIISH GYMKHANA**

AIISH Gymkhana is a platform to promote the extracurricular activities of the Institute students, staff, and their family members. The Gymkhana functions with an elected body represented by the students and staff. Due to the pandemic restrictions, the Gymkhana avoided some of the significant annual events like AIIIISH Awaaz. The rest of the events are conducted virtually, and physically by following the covid-19 protocols.

**Talents Day:** Talents Day was organized for children of the AIISH Gymkhana staff members in virtual mode on 11th June 2021.

**Independence Day:** The 75th Independence Day was celebrated at the Institute on 15th August 2021. Colonel A.M. Ramachandra, Retd.,was the chief guest of the function, and Dr. M. Pushpavathi, Director, AIISH, hoisted the flag and spoke on occasion.

**Teachers Day: The Gymkhana** Celebration was organized on 8th September 2021 through virtual mode for thanking the staff and faculty members.

**Kannada Rajyotsava:** Celebration was organized from 1-3rd November 2021 with various competitions for staff and students of AIISH.

**Republic Day Celebration:**TheRepublic daywas celebrated on 26th January 2022.

**Women's Day 2021:** InternationalWomen's Day was celebrated on 8th March 2022.

**Farewell and Felicitation:**TheAIISH Gymkhana felicitated the superannuated and the employeeswho resigned from the Institute service during the year 2021-22. The employees felicitated were:Dr. Venkatesan, S.,Professor of Clinical Psychology, Dr. Rajalakshmi, K., Professor of Audiology, Ms. Shanthi, R., Upper Division Clerk, Shri.Raju, V., Multi-Tasking Staff, Shri. Shivaprakash, P., Assistant Gr-II, Ms. Nagalakshmi, Executive Assistant Gr.II.

**International Mother Language Day**: The International Mother Language Day 2021 was celebrated on 21st March 2022.

**NSS UNIT**

Talk on **‘Swacchta in Institutions’** by Dr M. R. Seetharam - the President of the Swami Vivekananda Youth Movement (SVYM) on the occasion of SwachhtaPakhwada on 17th April 2021. Around 150 volunteers were participated.

* International Yoga Day:The AIISH-NSS Units are celebrating the International Yoga Day by having One-hour Online session with Dr. Usha Manjunatha, Mangalore on 21st June 2021. The Webinar theme was ‘Yoga at home, Yoga with family’ on occasion of the International Yoga Day. The volunteers learnt basic yoga postures and practiced. Around One hundred ninety volunteers participated.
* **Human Library:** This event was conducted virtually in collaboration with the ‘Human Library- Mysuru Chapter’. 250 Volunteers were split into different groups, and they read books of their choices. There were totally nine human books that were varied like ‘female solo cyclist’; ‘mental health illness’; ‘cancer survival’ and so on.
* AIISH-NSS units are organizing a Guest Lecture on 14th July by virtual mode. The Topic of the Guest Lecture is on **Polycystic Ovarian Syndrome/Disorder** byDr. Leela SravanthiVeeradhi, Consultant Gynacologist, Bangalore. The resource person spoke on the topic, PCOS followed by question and answer session where volunteers asked their doubts and it was clarified by Dr Veeradhi. This was conducted through virtual mode.
* **Shramdaan and Plantation :**100 volunteers cleaned the AIISH campus by picking up plastic and other garbage lying in and around the campus on 25th September 2021.In addition, 80 volunteers planted saplings in Varuna campus (other campus of AIISH).
* **Peer tutoring of Kannada language** by native Kannada speaking senior volunteers taught Kannada language to 53 UG and 29 PG volunteers who joined AIISH in their first year. A total of 8 classes were conducted (through out the semester).
* **Pan India Legal Awareness and Outreach Program:** Honourable Sri Jerald Mendonca, III Additional District and Sessions Judge, Mysuru was the chief guest and resource person who spoke on Prevention of Corruption Act, 1988 and Lokayukta Act on 25th October 2021.He highlighted on auctioning of legal services institutions, availability of free legal services, legal rights and entitlements guaranteed under the constitution as well as other welfare legislations particularly for people living in rural, tribal and remote areas in India.
* **Shramdaan activity:** 150 volunteers cleaned AIISH and Panchavati campus by picking up single use plastics and other non-decomposable garbage lying in and around the campuses on 30th October 2021. The collected garbage was handed over to Mysore City Corporation.
* **Youth cultural festival:** The University of Mysore’s National Service Scheme office and Department of Youth Empowerment and Sports jointly organized cultural competitions for youth on 1st November 2021 at ChamundiVihaar Stadium, Mysore.Our collage volunteers 25 of them had participated in singing and dance competitions. They also bagged 1st prize in Group singing competition and 1st prize in solo dance (traditional) competitions.
* **Guest talk on ‘Master your emotion:** Ms. Priya Subramanian (breath-Work coach) and Ms. Tanvi Pandey (Life skill coach) from ART OF LIVING, Youth Wing, Bangalore were the Resource persons for this program. Interesting mind hacks were introduced to keep the mind calm was highlighted along with the link between breath and emotions. To focus our mind, simple powerful breath tools were also explained. In addition, few guided meditation was carried out in the program. This program was conducted through online mode where 125 NSS volunteers were attended and clarified their queries in the question and answer session.
* **NSS Advisory Committee meeting:** The NSS advisory committee meeting held on 6th December 2022 for this academic year 2021-22 by virtual mode for both Unit 1 and Unit 2. The probable activities during the current year was proposed including Adventure, Shramadan, social service, health related activities. The NSS chairman, vice-president gymkhana, NSS student leaders, academic co-ordinator, NSS programme officers and assistant programme officers and other members who has experience in social service background attended the meeting.
* **NSS orientation program:** For admitting new volunteers into AIISH-NSS after the admission of I BASLP, B.SE.Spl.Ed and I M.Scs (Both Audio & SLP) courses, an orientation program for the new comers was conducted on 16th December 2021. Around 325 volunteers attended the program that was held in Seminar hall of Knowledge Park. History of NSS and its Objectives of NSS were explained to the volunteers. Few senior NSS volunteers also narrated their experiences and benefits as being a NSS volunteer.