

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 AIISH Awaaz. The rest of the events were conducted by the following covid-19 protocols, in virtual or physical modes.

Talents Day: The Gymkhana provided an opportunity to showcase staff children's creative and cultural talents in virtual mode on 11th June 2021.

Sports Day was organized from 12- 17th August 2021 with various sports events such as football and volley ball.

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 Institute celebrated the teachers day, on 8th September 2021, in virtual mode.

Kannada Rajyotsava: The Kannada Rajyotsava celebration was organized at the Institute from 1st to 3rd November 2021 with various competitions for staff and students.

Cultural Evening: Cultural evening was arranged for the NAAC Inspection team on 29th December 2021, with the students performing some colourful events on the theme 'Gender equality'. A few children with special needs also showcased their talent.

Azaadi Ka Amrit Mahotsav: The Iconic week was celebrated from 3 – 7th January 2022 with various cultural events that depicted the Cultural diversity of India.

Fresher's Day and Talents' day: The fresh batches were welcomed with ice-breaking games and activities and a set of cultural events were organized that showcased the student's talents on 13th January 2022. Pratibhapuraskar was distributed on 13th January 2022 to children of AIISH gymkhana members for excelling in their 10th and 12th qualifying examination.

Republic Day Celebration: The Republic day was celebrated on 26th January 2022.

Ayur Arogya Saukhya : Gymkhana initiated Ayur Arogya Saukhya series of talks related to health and well being. One-hour talks were organized on 11th February 2022 on the topic 'Be Well Women'; and on "Towards becoming a strong professional-Building resilience" on 25th February 2022

National science day: The National Science Day was celebrated on 28th February 2022 in remembrance of the great Indian Scientist, Dr. C. V. Raman. Various competitions were held for staff and students of AIISH.

Sports activities: Football (AIISH Football League) and Handball tournaments were organized for the staff and students on 24 – 26th February 2022 and Cricket (AIISH Premier League) and Volleyball tournaments were also organized on 5-6th March 2022.

International Women's Day 2021: International Women's Day was celebrated on 8th March 2022 with various interesting activities for staff and students.

Farewell and Felicitation: The AIISH Gymkhana felicitated the superannuated and the employees who 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 2022 was celebrated on 21st March 2022.

NSS UNITS

The two NSS units of the Institute carried out the following activities during the period.

- A talk on '**Swachta in Institutions**' by Dr. M. R. Seetharam, President, Swami Vivekananda Youth Movement, Mysuru on the occasion of Swachhta Pakhwada on 17th April 2021. Around 150 NSS volunteers participated in the event.
- The NSS Units celebrated International Yoga Day on 21st June 2021. A Webinar on the theme 'Yoga at home, Yoga with family' was held as a part of the event during which Dr. Usha Manjunatha, Mangalore, took a class on basic yoga postures. Around one hundred ninety volunteers participated in the event.
- In collaboration with the Human Library, Mysuru Chapter, the NSS Units organized '*Human Library*' program. The volunteers were split into nine groups like 'female solo cyclist' 'mental health illness', and 'cancer survival', and read books of their choices.
- A guest lecture on *Polycystic Ovarian Syndrome* by Dr. Leela Sravanthi Veeradhi, Consultant Gynecologist, Bangalore was organized, on 14th July 2021, in virtual mode.
- The volunteers cleaned the Institute main campus by picking up plastic and other garbage lying in and around on 25th September 2021. Also, they planted tree saplings on the Varuna campus.
- The native Kannada-speaking senior volunteers taught the Kannada language to 53 UG and 29 PG volunteers who joined AIISH in their first year. A total of eight classes were conducted throughout the semester.
- The volunteers attended the Pan India Legal Awareness and Outreach Program on 25th October 2021. On the occasion, the Honourable III Additional District

and Sessions Judge, Sri Jerald Mendonca, Mysuru, spoke on the Prevention of Corruption Act, 1988, and Lokayukta Act.

- The volunteers cleaned the Naimisham and Panchavati campuses of the Institute by picking up plastics and other non-decomposable garbage lying in and around the premise on 30th October 2021. The collected garbages were handed over to the Mysore City Corporation for disposal.
- A team of the Institute NSS volunteers participated in the Youth Cultural Festival at Mysuru and won prizes in singing and dance competitions. The festival was jointly organized by the Office of the National Service Scheme, University of Mysore, Mysuru, and the Department of Youth Empowerment and Sports, Govt Karnataka, on 1st November 2021 at Chamundi Vihaar Stadium.
- Ms. Priya Subramanian, Breath-Work Coach, and Ms. Tanvi Pandey, Life Skill Coach, Art of Living Youth Wing, Bangalore, delivered guest lectures to the NSS volunteers on Master Your Emotions on 24th November 2021. The program was conducted online, where 125 NSS volunteers attended and clarified their queries in the question and answer session.
- The NSS advisory committee meeting was held on 6th December 2021 for the academic year 2021-22 in virtual mode for both Unit 1 and Unit 2. The programs proposed include adventure, shramadan, social service, and health-related activities. The NSS Chairman, vice-president gymkhana, NSS student leaders, Academic Co-ordinator, NSS Programme officers, Assistant Program Officers, and other members who have experience in social service attended the meeting.
- The new volunteers admitted to the NSS units were oriented on the history of the National Service Scheme and its Objectives on 16th December 2021. Around 325 volunteers attended the program held in the seminar hall, Knowledge Park. The senior NSS volunteers narrated their experiences and explained the benefits of becoming an NSS volunteer.

- NSS Special camp: The AIISH-NSS units conducted 2-day speech & hearing camp on 11th and 12th of March, 2022 in Hyakanuru village, T. Narasipura taluk, Mysuru district in co-ordination with Pratham-Mysore, (a social organizations, on the occasion of World Hearing Day. A total of 20 personnel (12 NSS volunteers and 8 staff members) attended the camp. Detailed evaluation and management of various communication disorders were carried out by the experts from AIISH. Totally 191 patients benefited from the camp and 14 patients referred to AIISH for further evaluation.