



“Push-up Challenge” and “Express Your Skill Challenge” by NSS

“Push-up Challenge”



On 3 May 2020, the NSS volunteers of Vidya participated in a novel programme called “Push-up Challenge”. During these lockdown days, instead of sitting idle at home, a group of volunteers encouraged others to keep body fit by starting this challenge. All volunteers took it with much interest and made it a successful event.



“Express Your Skill Challenge”



On 6 May 2020, the NSS volunteers of Vidya participated in another novel programme called “Express Your Skill Challenge”. The programme was the brainchild of a group of NSS volunteers. Instead of idling away precious time during the lockdown period, the group of NSS volunteers took upon themselves the task of motivating their friends to learn to work harder on their talents and to show their work to the world, and they called this motivational effort the “Express Your Skill Challenge” programme.

