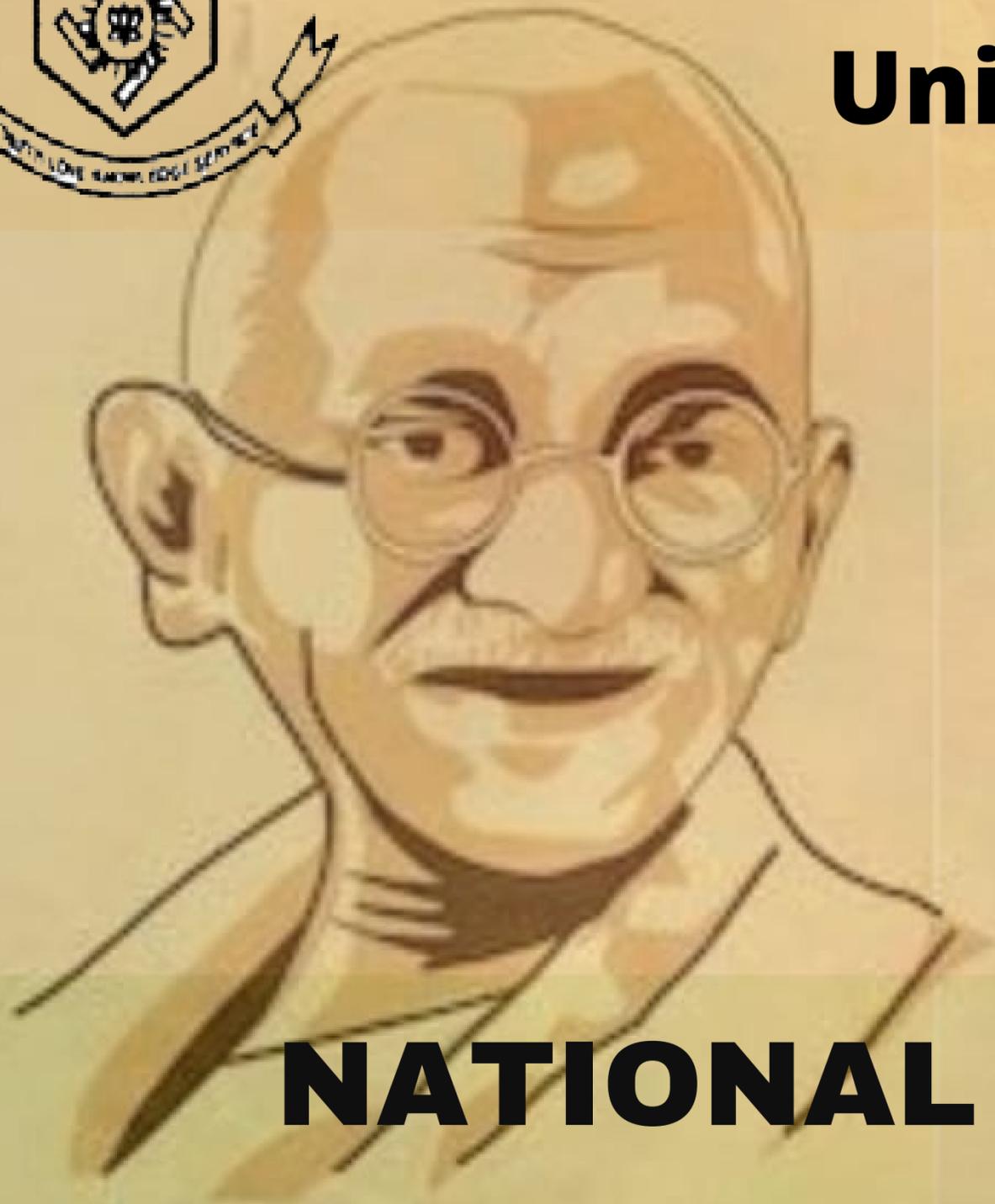




# Indraprastha College for Women University of Delhi



***"NOT ME BUT YOU"***

**NATIONAL SERVICE SCHEME  
(NSS)**

# ***ABOUT NATIONAL SERVICE SCHEME***

The National Service Scheme is a Government of India sponsored public service programme. It is conducted by the Ministry of Youth Affairs and Sports, Government of India. National Service Scheme is popularly known as "NSS" that was launched in Mahatma Gandhi's birth Centenary year, 1969. The main aim was to develop student's personality through community service. NSS, is a voluntary association of young people.

# ***MOTTO***

## **"NOT ME BUT YOU"**

The Motto "Not Me But You" reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view, also to show consideration for fellow human beings. It underlines that the welfare of an individual is dependent on the welfare of society as a whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

# LOGO



**RED COLOUR: IT INDICATES THE VOLUNTEER IS FULL OF YOUNG BLOOD THAT IS LIVELY, ACTIVE AND ENERGETIC AND FULL OF HIGH SPIRIT**

**WHEEL: IT STANDS FOR CONTINUITY, CHANGE AND IT IMPLIES THE CONTINUOUS STRIVING OF NSS FOR SOCIAL CHANGE**

**NAVY BLUE COLOUR: IT INDICATES THE COSMOS OF WHICH NSS IS TINY PART, READY TO CONTRIBUTE ITS SHARE FOR THE WELFARE AND MANKIND.**

# ***OBJECTIVES***

1. Understanding the community in which they work.
2. Understanding themselves in relation to their community.
3. Identifying the needs and problems in the community.
4. Developing a sense of social and civic responsibility.
5. Developing competence required for group living and sharing responsibilities.
6. Gain skills in mobilising community participation.
7. Acquire leadership qualities and democratic attitude.
8. Developing capacity to meet emergencies and national disasters.
9. Practicing national integration.
10. Utilizing their knowledge in finding practical solutions to individual and Community problems

# ***NATIONAL SERVICE SCHEME, INDRAPRASTHA COLLEGE FOR WOMEN***

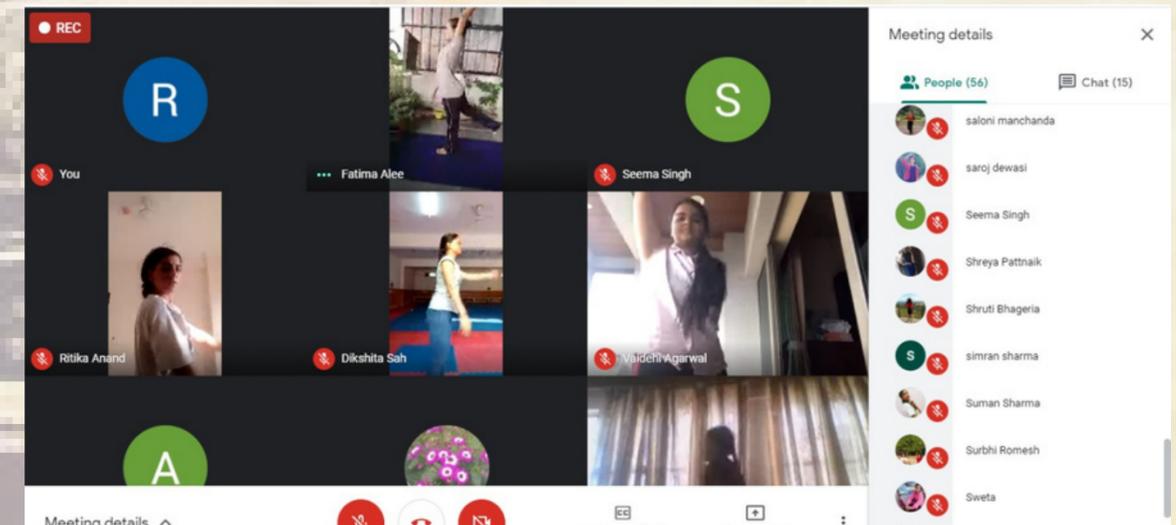
National Service Scheme, IPCW follows the path set by the Father of the Nation. It works under the guidance of NSS, University of Delhi. NSS, IPCW works actively to create its mark and spread awareness through various ways. NSS unit of IPCW has served for 51 years to the society till now and we adhere to do it in the future too. The principle of the NSS programme is that it is a combined participation of teachers and students in community service. It helps us to get a sense of involvement in the tasks of nation building.

# ***FIT INDIA MOVEMENT***

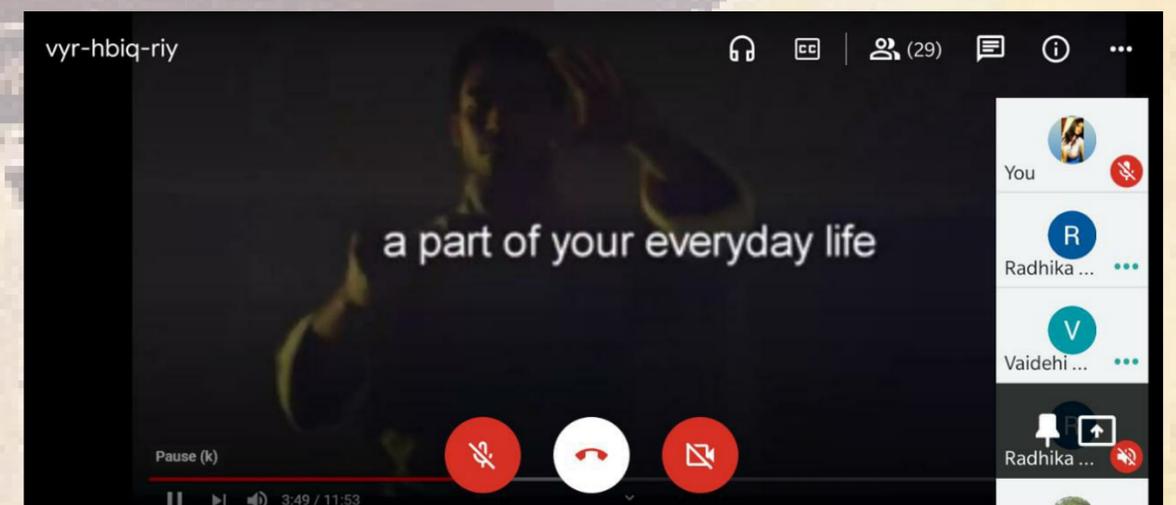
Events conducted by NSS unit of IPCW

Fit India Movement

All the activities conducted under fit india movement were directed by the Ministry of Youth Affairs and Sports, Government of India. The main purpose of launching this movement was to create awareness among the youth and general public regarding fitness through exercise, walking, dancing and other activities for the improvement in their physical fitness and thereby creating healthy and a fit India. During this pandemic, we conducted events in the online platform dividing it into four weeks with different themes.

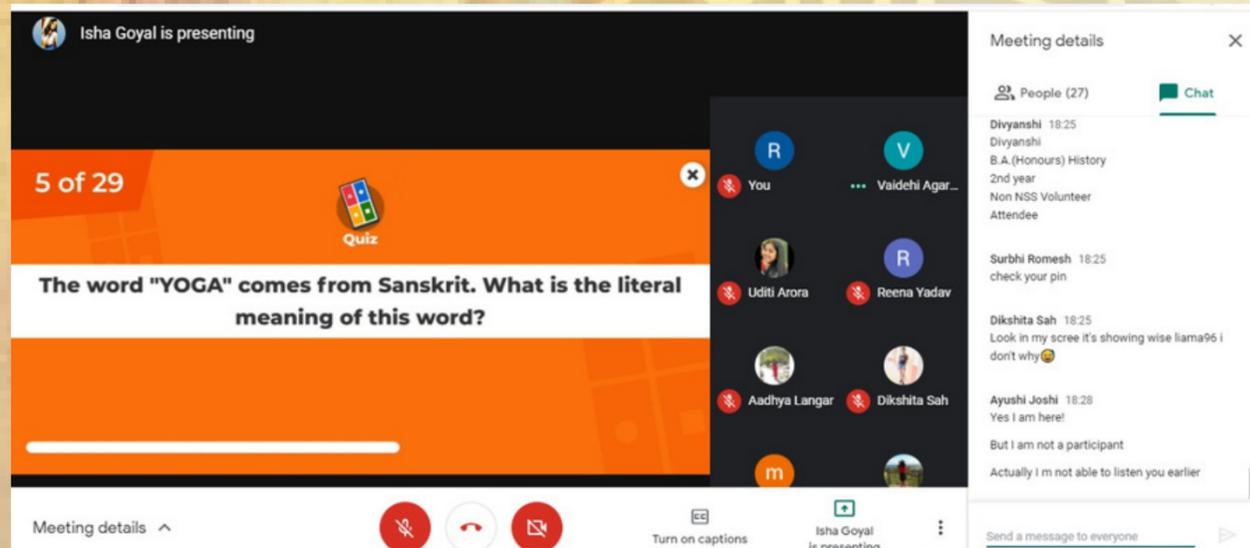


**Online Yoga Session**

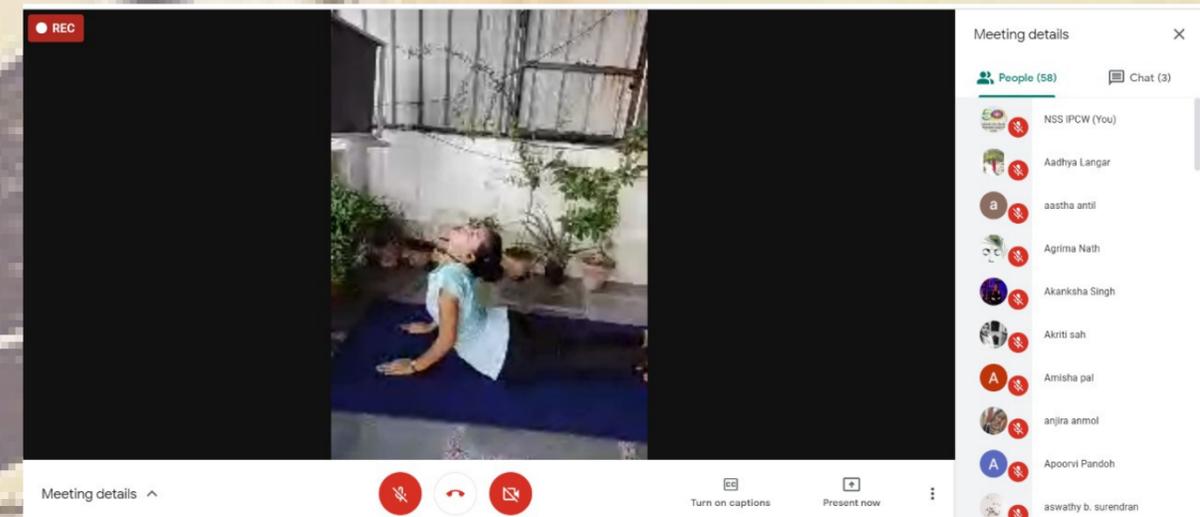


**Video Screening on concept of FIT INDIA**

# FIT INDIA MOVEMENT



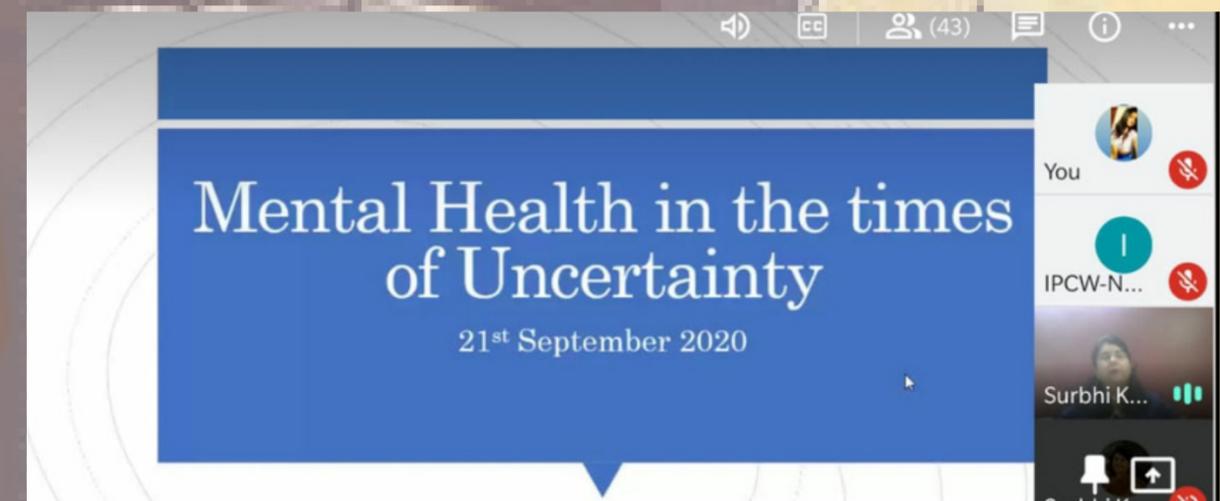
**Online Quiz**



**Virtual Yoga Session**



**Nutritional Week (Poster)**



**Interactive Session on Mental Health**

# HEALTH

"Your health is the real wealth", NSS IPCW considers it the priority of its members to look after their health and well being. Some of the activities are:

## **Anemia Health Test Camp**

To mark the celebration of Poshan Maah as a part of Poshan Abhiyan, Government of India. NSS, IPCW conducts an Anemia Test Camp.

## **Dental Health check Up**

NSS IPCW organized a Dental- Check up Camp for the members of the college. It was held to keep in mind the vitality of oral health in achieving a good life.

To mark the celebration of **Breast Cancer Awareness** Month. NSS, IPCW organised conference for its volunteers to create awareness. Objective of the talk was to raise awareness regarding breast cancer as a common ailment amongst women and it's curability.



**Anemia Test Camp**



**Dental Health Camp**



**Talk on Breast Cancer**

# ***DAYS MARKED***



**National Unity Day  
is celebrated on 31st  
October**



**International Day of  
Yoga is celebrated on  
21st June**



**National  
Constitution Day is  
celebrated on 20th  
January**



**National Girl Child Day  
is celebrated on 24th  
January**

# ***EQUAL OPPORTUNITY CELL (EOC)***

The Equal Opportunity Cell and the Enabling Unit (EOC & EU) of the college functions under one roof. The unit is equipped with computers installed with screen reading and OCR software, scanning devices and braille printer. EOC and NSS have been coexisting together and works in tandem.

NSS volunteers provide assistance to the visually impaired students through following ways:

- Internal Writing
- Recording
- Assignment Writing
- Enabling Unit Assistance

Samarthya is a major EOC annual fest which is celebrated for all the visually impaired students. In this, various inter-college events are organised for all the visually impaired students. NSS volunteers give their assistance in organising the event and are constant pillars and supporters for its organisation.



# PROJECT NIDAAN

## PROJECT NIDAAN

Under this project NSS, IPCW emphasised on the practice of waste segregation and identifying the correct dustbins for different waste materials. NSS volunteers also spread awareness about the hazardous impact of single use plastic, they encouraged the students to use sustainable products and abolition of single use plastic.

## E-WASTE

E-waste is known as Electronic Waste Collection Drive. The NSS, IPCW in collaboration with Centre for Earth Studies organised three E-waste Collection Drives. These collection drives were organised under the Project NIDAAN which aims at “zero waste generation” in the college campus.



# HEALTHY LIVING

National Service Scheme, IPCW observes Dry Day for Tobacco for a month.

The purpose behind this event is to raise awareness against the ills of tobacco consumption amongst the youth. This month includes different activities to create awareness. Some of them are poster making, rally and slogan writing.



**Rally on Awareness Against Tobacco**



**Poster Making**

# ***OUTREACH***

The NSS volunteers are actively involved in the Community Outreach Programme of our College. Around twenty one NSS volunteers had worked in the Vidhan Sabha Area and Khyber Pass, which are the adopted slums of the NSS. In this we provide education to the children living in the slum and also create awareness among them about many issues. Some of them are- Healthy living, Plastic Waste Shramdaan, Vaccination and Immunisation.



**Distribution of Stationary on ocassion of National Children's Day**



# KARTAVYA

Kartavya: It is the Annual Fest of NSS in this we conduct different competition and conferences. It is a full day event wherein we have participants from outside college's. The fest also has stalls of different items.



# ***LOCKDOWN ACTIVITIES***

Awareness is the key to protect oneself and the society. Spreading awareness in an interesting way is more helpful in understanding the situation and retaining the information. Hence, we resorted to add some fun and relief to the current situation of the students and make them aware too. Therefore NSS,IPCW conducted various activities during lockdown.



# LOCKDOWN ACTIVITIES

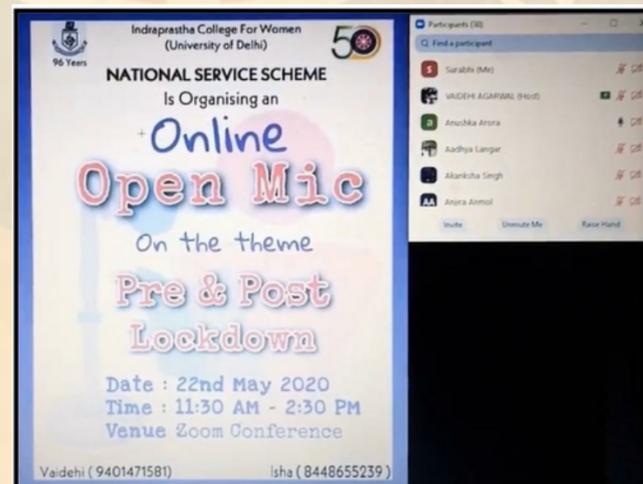


## 1) Mask-making

NSS, IPCW conducted an activity on mask making at home. The volunteers were encouraged to make mask by themselves and later distributed to the individuals who are in need.

## 2) Open Mic

The pandemic and the country lockdown made us share about the shift in our life from "Pre and Post Lockdown."



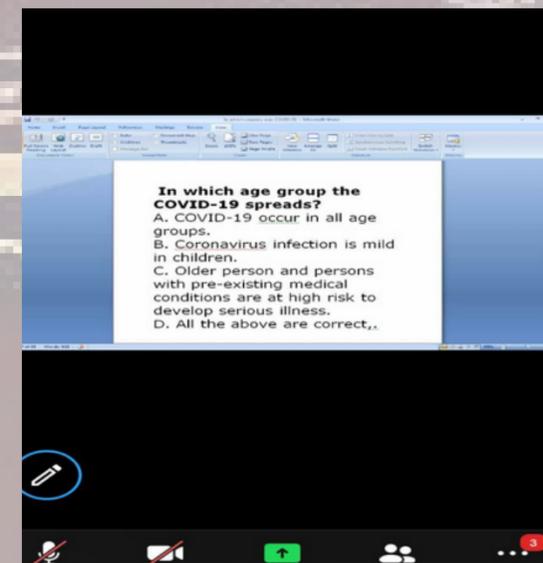
The humans have always took the nature and society for granted. The world wars took 85 million lives and now when we are stuck in such a situation nothing matters. Not money not even territory could save lives. There are no borders now and only one thing for which the world is fighting – VACCINE

## 3) Online Photography

We also had an online photography competition in which volunteers were encouraged to showcase their innovative ideas in clicking pictures

## 1) Online Quiz

An Online Quiz was conducted in the lockdown. The topic was related to the pandemic and the volunteers participated with enthusiasm.



## 5) Poster making

Digital Poster Making Competition was organised for volunteers and the theme for the same was COVID-19.

# **MAHATMA GANDHI'S IDEOLOGY**



**Open Mic**



**Plog Run**



**Padayatra**



**Plastic Waste  
Awareness  
Shramdaan Rally**



**Martyr's Day**



**Plastic Waste  
Collection Drive**

# MAHATMA GANDHI'S IDEOLOGY

“You must be the change you wish to see in the world.” NSS unit of IPCW organises various events to follow the ideology of the father of nation. Some of the events are- **Plastic Waste Collection Drive** in this we segregate the biodegradable and non- biodegradable waste. To encourage everyone to follow the path set by Mahatma Gandhi we organise **Padayatra** through which we create awareness about his work. On the death anniversary of Mahatma Gandhi we celebrate **Martyrs Day** where we share his peace poems and writings. **Plastic Waste Shramdaan Awareness Rally** is also organised, In which we aware the crowd about harmful effects of plastic. To go with the aim of " stay healthy,stay fit" , Plog run was organized for the volunteers.





***THANK YOU***