



97 YEARS



## INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI)

# NATIONAL SERVICE SCHEME

ONLINE SEMESTER, JANUARY TO MAY 2021

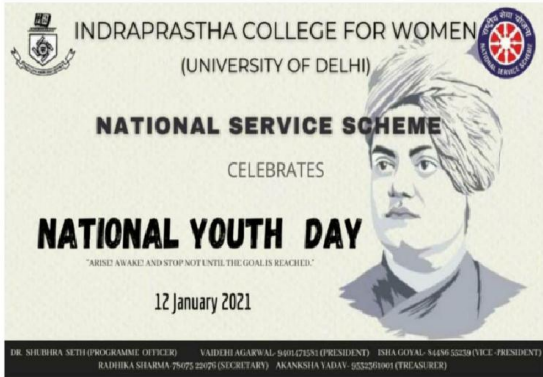
***Programme Officer: Dr. Shubhra Seth***

***Office Bearers:***

- *Vaidehi Agarwal - President*
- *Isha Goyal - Vice President*
- *Radhika Sharma - Secretary*
- *Akanksha Yadav – Treasurer*

## NATIONAL YOUTH DAY

National Youth Day celebration that was held on 12<sup>th</sup> January 2021 to commemorate the birth anniversary of youth icon Swami Vivekananda in the central hall of the parliament. 'YUVAAH – Utsah Naye Bharat Ka' was the theme of this year's festival. Hon'ble Prime Minister graced the occasion through virtual mode. The Lok Sabha Speaker, the Union Minister of Education and the Union Minister of Youth Affairs and Sports were present on the occasion.



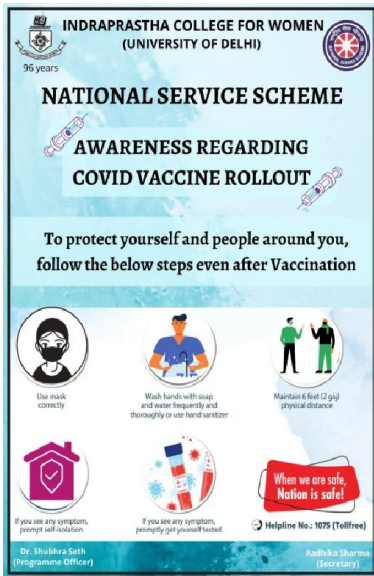
(Poster of the event)



(Participants of various competitions organized by Ministry of Sports and Youth Affairs on National Youth Parliament festival)

## AWARENESS REGARDING COVID-19 VACCINE ROLLOUT

On 13<sup>th</sup> January 2021, the NSS Unit of IPCW, organized an awareness drive about the Covid-19 Vaccine Rollout. Under this activity, the NSS volunteers shared important information regarding the Covid-19 vaccines through different social media platforms such as WhatsApp and Instagram. Several NSS volunteers actively participated in this awareness drive.



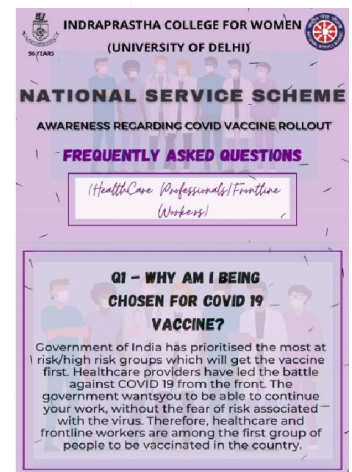
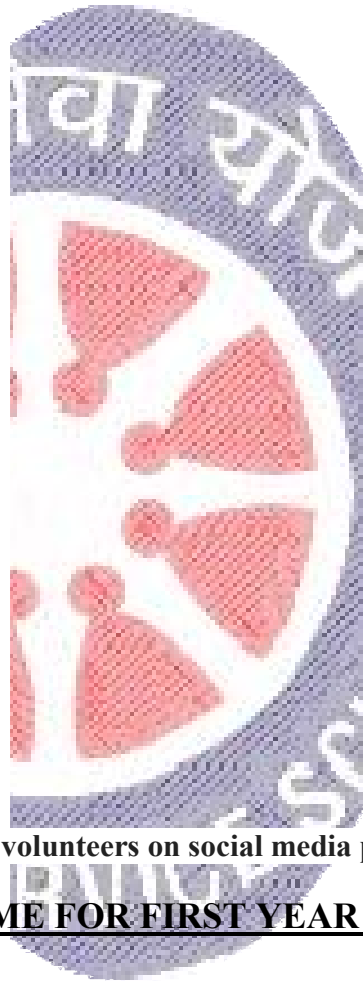
(Poster of the event)

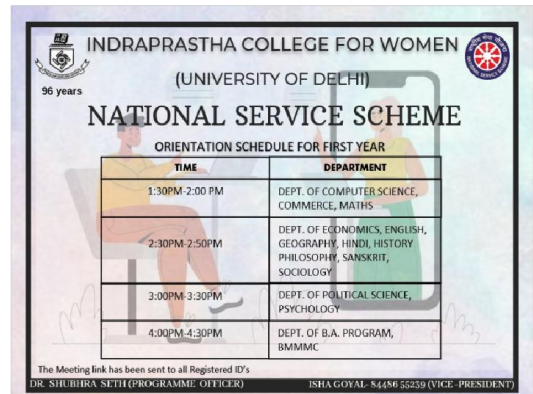


(FAQs that was shared by NSS volunteers on social media platforms)

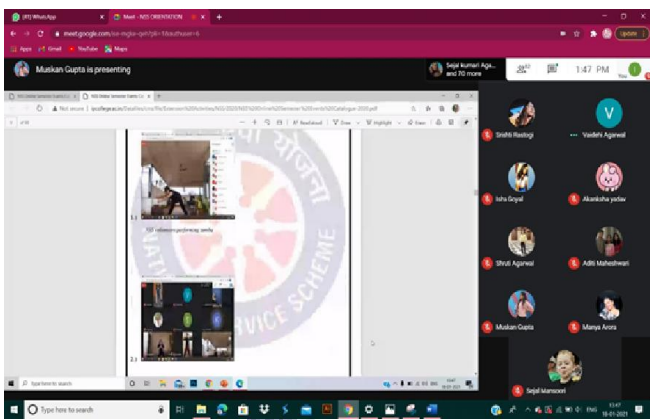
## ORIENTATION PROGRAMME FOR FIRST YEAR STUDENTS

On 19<sup>th</sup> January, 2021, the NSS Unit of IPCW conducted orientation for the first-year students in 4 different batches for all departments of the college. Presentation of activities conducted by NSS in 2019-20 were shown along with glimpses of activities undertaken during the COVID-19 pandemic. Equal Opportunity Cell and its functions were explained briefly. The commitment of 120 hours of service in a year and the diary system were explained by the NSS Programme Officer, Dr. Shubhra Seth to each batch and students were encouraged to take part actively in varied activities conducted by NSS.





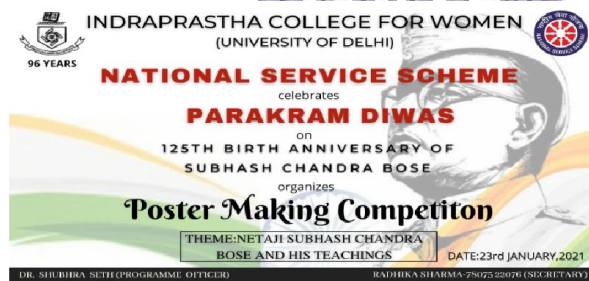
(Poster of the event)



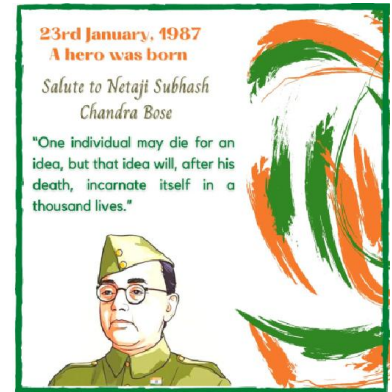
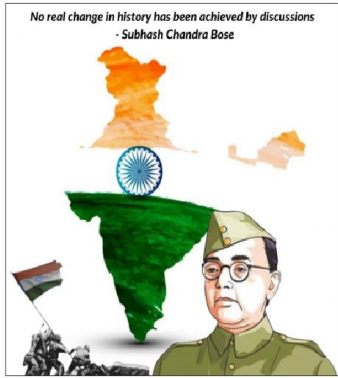
(Presentation of activities conducted by NSS in 2019-20 was shown along with glimpses of activities undertaken during the COVID-19 pandemic)

### POSTER MAKING COMPETITION

On 23<sup>rd</sup> January, 2021, to mark the birth anniversary of Netaji Subhash Chandra Bose, a poster making competition was conducted. The theme of the poster was 'Netaji Subhash Chandra Bose and his teachings'. About twenty entries were received from the volunteers.



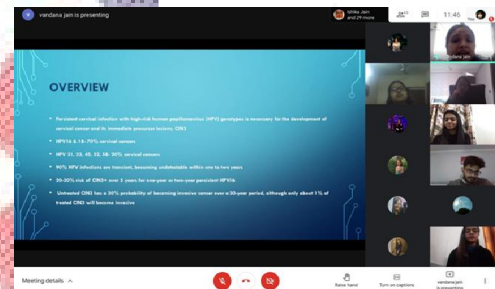
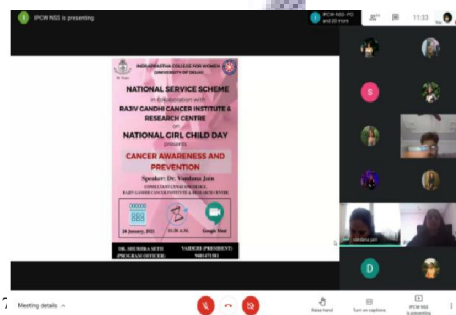
(Poster of the event)



(Posters made by NSS Volunteers)

## NATIONAL GIRL CHILD DAY

On 24<sup>th</sup> January, 2021, in observance of the National Girl Child Day, a webinar on Cervical Cancer Prevention and Awareness was organized, in collaboration with the Rajiv Gandhi Cancer Institute and Research Centre. Dr. Vandana Jain, the speaker of the session, discussed the topic of cervical cancer in detail.



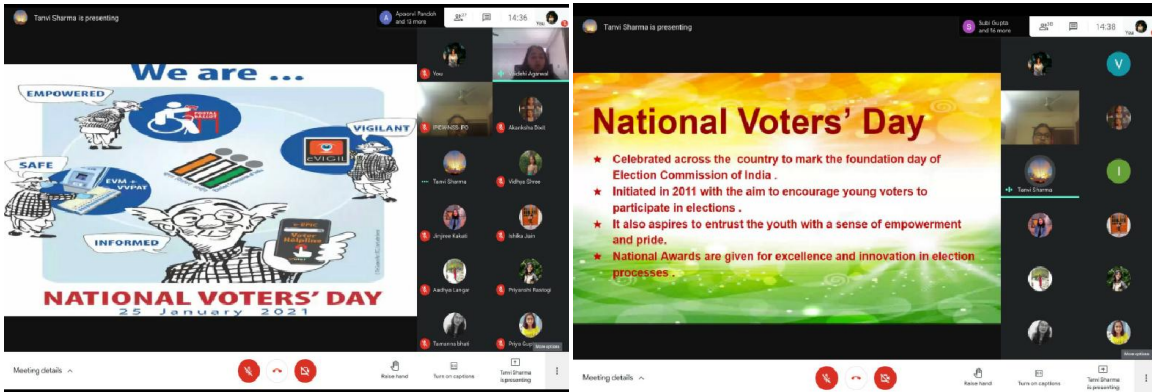
(Dr. Vandana Jain explaining the different strains of the virus that cause cervical cancer)

## NATIONAL VOTERS' DAY

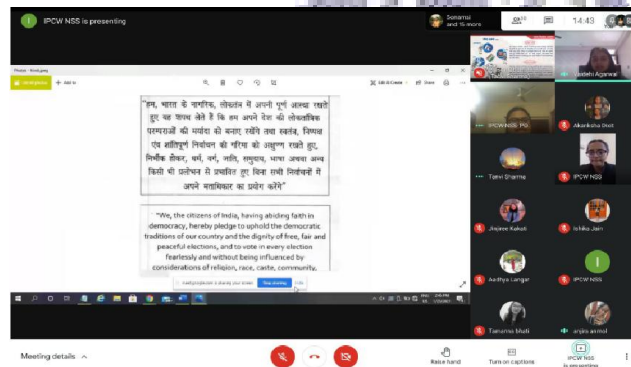
NSS Unit, IPCW celebrated the National Voters' Day on 25<sup>th</sup> January, 2021 by bringing together its volunteers for an informative session via a power-point presentation on voters and voting rights in India followed by pledge taking.



(Poster of the event)



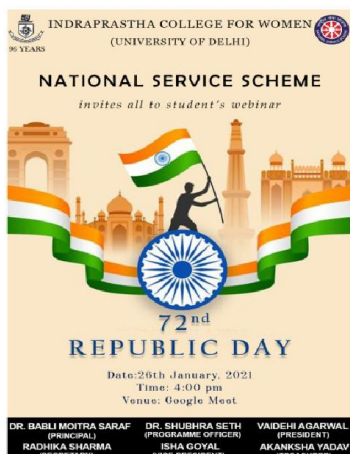
(Presentation also discussed various aspects that the day highlights such as importance of voting as a fundamental right given 'every vote matters', significance of Election Commission and other information)



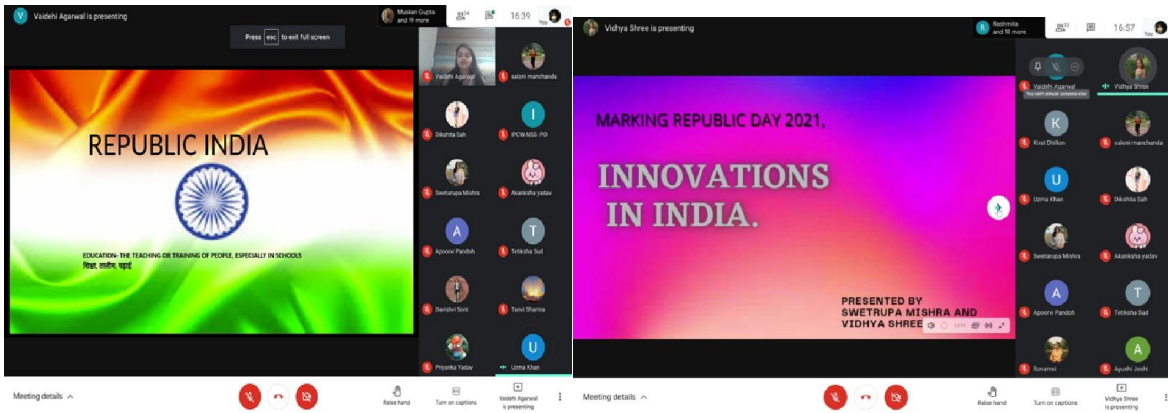
(Pledge taken in Hindi and English by all the members of NSS, strengthening the members' will to vote, for it is what a democracy seeks at its core)

## STUDENTS' WEBINAR ON REPUBLIC DAY

On 26<sup>th</sup> January, 2021 marking the 72<sup>nd</sup> Republic Day, a students' webinar was conducted, where short presentations were done by the NSS volunteers on various aspects under the theme 'Republic of India'. The topics presented by the volunteers were Constitution, Education, Rights of Women, Innovation in India, Sustainable Development and India during lockdown 2020.



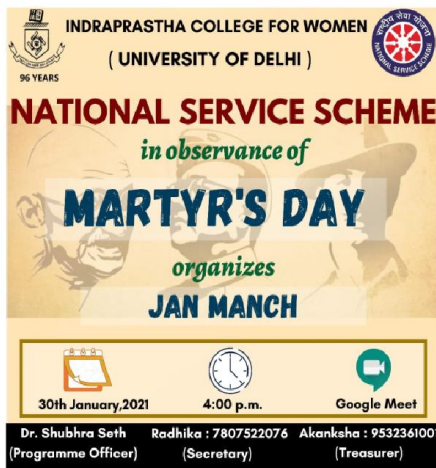
(Poster of the event)



(Presentations on Education and Innovation)

## JAN MANCH- MARTYR'S DAY

On 30<sup>th</sup> January 2021, the NSS unit of IPCW conducted “Jan Manch”, an open house activity, in observance of Martyr’s Day, wherein participants expressed their views on national leaders who lost their lives during the freedom struggle, via presentations and speeches. The event commenced at 4 pm with over 30 participants joining via Google Meet.



(Poster of the event)



(An informative presentation on the importance of observing Martyr’s Day)

## NCW FOUNDATION DAY

Dr. Shubhra Seth, Programme Officer attended the 29th Foundation Day of the National Commission for Women as an invitee. The Foundation Day function on January 31, 2021 felicitated the " Covid Women Warriors: The Real Heroes". The event was held at Vigyan Bhawan, New Delhi and awarded women health care workers, doctors, police personnel and sanitation and cleanliness staff across various states.



(Dr. Shubhra Seth attending the event at Vigyan Bhawan)

## ORIENTATION FOR NEW VOLUNTEERS

Orientation program for new volunteers was held on 1st February , 2021. The session had 30 volunteers participating on the Google Meet Platform. The Programme Officer Dr. Shubhra Seth explained the hour system followed by NSS and motivated them to participate sincerely in all the activities to be hosted by the NSS. The volunteers were briefed about the Equal Opportunity Cell and diary system.

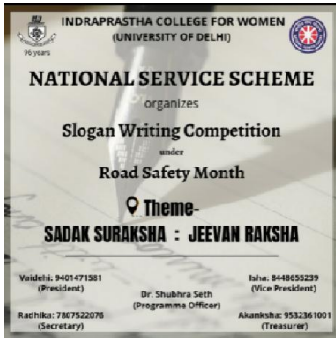
On 3<sup>rd</sup> February 2021, the Office Bearers of NSS Unit, IPCW along with the Equal Opportunity Cell, explained in detail the roles, responsibilities, hours of NSS volunteers regarding students with disabilities. The session ended with a detailed Q and A round with the volunteers.



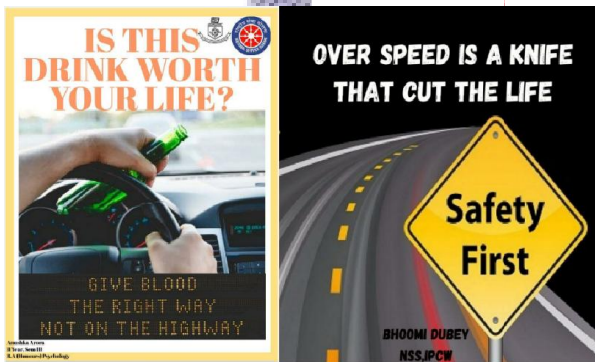
## ROAD SAFETY WEEK

### SLOGAN WRITING COMPETITION

A slogan writing competition on the theme 'Sadak Suraksha, Jeevan Raksha' was organised on 2<sup>nd</sup> February, 2021 under the observance of 'Road Safety Month'. About fifty responses were received for the event with powerful slogans about road safety rules. The entries were submitted via Google forms by 2<sup>nd</sup> February, 2021.



(Poster of the event)



(Slogan raising awareness regarding drink and drive rules and over-speeding)

### AWARENESS CAMPAIGN

An awareness campaign on 'Road Signs' was organised as the second activity under the Road Safety Month. Volunteers were asked to hold a road sign in their hand and click a photo and entries had to be sent via Google form. Volunteers showed their active participation and 67 unique entries were received by 5<sup>th</sup> February, 2021.



(Poster of the event)



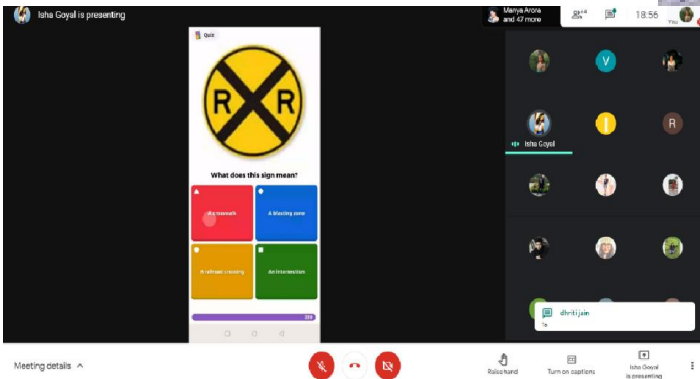
(Volunteer holding a Load Limit and Give Way Road Sign)

## QUIZ COMPETITION

A quiz competition under road safety month was organised on 8<sup>th</sup> February, 2021. 64 attendees joined via Google meet platform at 6:30 pm and among them 27 were participants. Theme of the quiz competition was national road safety to create awareness about road safety measures to reduce the risk of accidents.



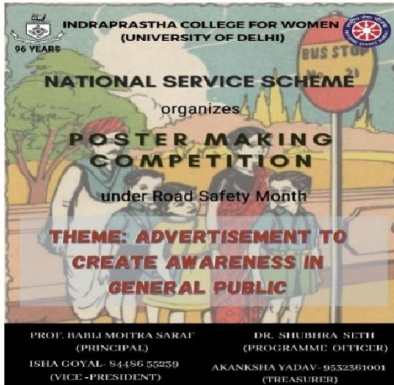
(Poster of the event)



(Question presented to the Quiz participants)

## POSTER MAKING COMPETITION

A poster making competition on the theme 'Advertisement for creating awareness among the general public regarding road safety' was organised by NSS team, IPCW. 33 attractive posters were received via Google forms by 10<sup>th</sup> February, 2021, expressing their stance on this very significant topic.



(Poster of the event)



(Informative posters stressing on following traffic rules)

## CREATIVE WRITING COMPETITION

A Creative Writing Competition was organised on the theme 'How to make our roads more safe'. 21 unique entries were received from the volunteers in both handwritten and typed format with creative titles in the Road Safety Week observance.



(Poster of the event)

I need you to stay one more day

It's a holiday and my dad finally agreed to take me away  
From the boring works and the online world  
As we started down our walk, the green signal dropped  
My dad held my hands tight, as cars moved left and right  
He pointed to that one car, overspeeding  
Like there's no other being  
He asked me to make a promise if I wanted my own car  
That my seatbelts will be the priority to avoid all scars  
He wanted me to keep safe distance from the vehicles and those living  
And not to be distracted by my phone while I'm driving  
Things he always tells me and now it has become like a chronic-  
'Never stick hands outside the vehicle'  
'Always get out of the car at the curb side'  
'Never drink and drive'  
That sidewalks are for walking and not for driving  
Is to be apprehended by every person, intum saving another from dying  
That one should not drive when you are drowsy  
It may just be a ride but for someone it could be their life, you see  
As we reached the park, from where one could see the most beautiful skies  
I promised him not to compromise  
My father knows that a girl like me is brave enough to arise  
Fighting all odds in a society where people think girls can't drive  
On our road back home, we stopped, looked and crossed to take a bus  
That's when my father told me to know the meaning of traffic signs  
If one is careful in crossings, both roads and pedestrians  
It can give one more day to all terrestrials.

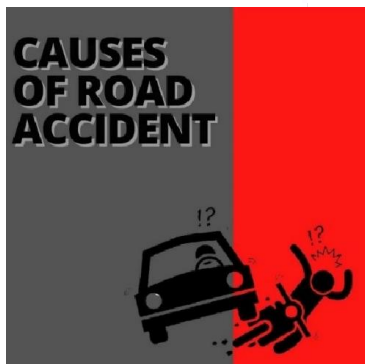
(A poem depicting a father explaining the importance of road safety to his daughter)

## VIDEO MAKING COMPETITION

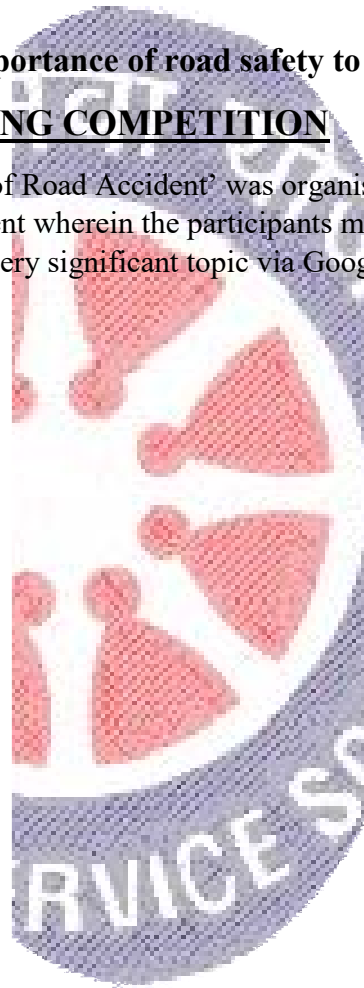
A video making competition on the theme 'Causes of Road Accident' was organised under 'The Road Safety Month'. Several responses were received for the event wherein the participants made thought provoking and impactful videos, expressing their thoughts on this very significant topic via Google forms by 17<sup>th</sup> February 2021.



(Poster of the event)

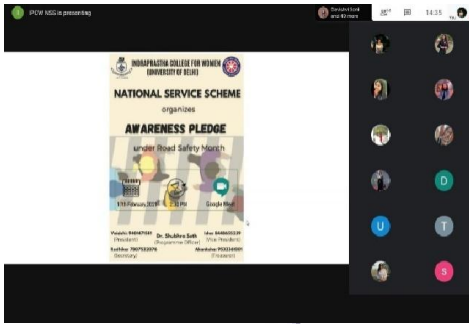


(A glimpse from a video highlighting the act of road accidents)



## AWARENESS PLEDGE TAKING CEREMONY

An awareness pledge taking ceremony was conducted on 17<sup>th</sup> February, 2021. 56 members participated via Google Meet. The Secretary of NSS Unit, IPCW Radhika Sharma, read the pledge and was followed by other members present in the meeting. The event ended with the comments on increasing awareness and upcoming activities by the President of NSS, IPCW, Vaidehi Agarwal.

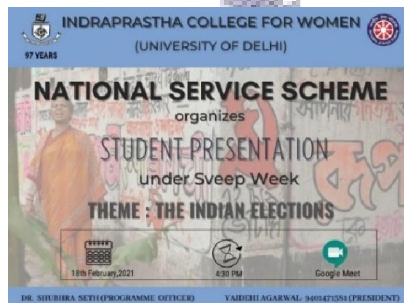


(Poster of the event)

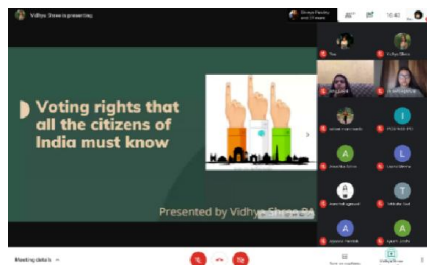
## SVEEP WEEK

### STUDENT'S PRESENTATION COMPETITION

A student presentation competition under the theme The Indian Elections was organized on the 18<sup>th</sup> of February, 2021. The event commenced via Google Meet platform where about 60 volunteers attended the event. The NSS unit showed active participation in the activities carried out under this week. 6 presentations were showcased on this topic and the Program Officer Dr. Shubhra Seth enlightened the volunteers on this topic.



(Poster of the event)



(A PowerPoint presentation on the theme being presented)

## DEBATE COMPETITION

A debate competition was organized on the 19<sup>th</sup> February, 2021. The theme of the debate was 'One Nation, One Election'. The event commenced via Google meet where about 50 volunteers attended the event. The participants were divided into two teams, the proposition and the opposition. The participants questioned each other then it was followed by questions from the audience. The event was extremely informative.

### (Poster of the event)



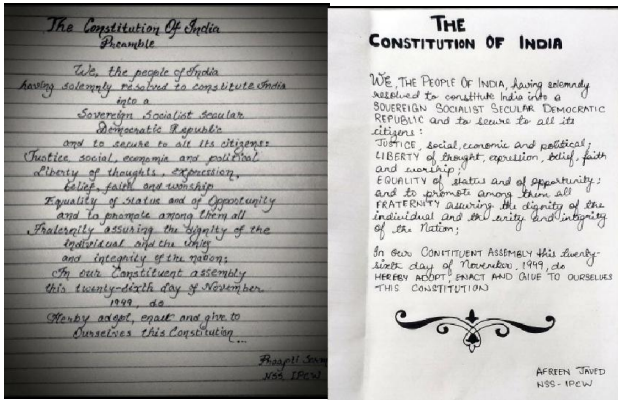
### (Participants interacting with each other through meet)

## CALLIGRAPHY COMPETITION

A calligraphy competition was organized under the SVEEP week. 22 responses were received for the event which had to be submitted via Google forms by 21<sup>st</sup> February, 2021. In this activity, the volunteers wrote the Preamble of the Constitution in creative calligraphic ways.



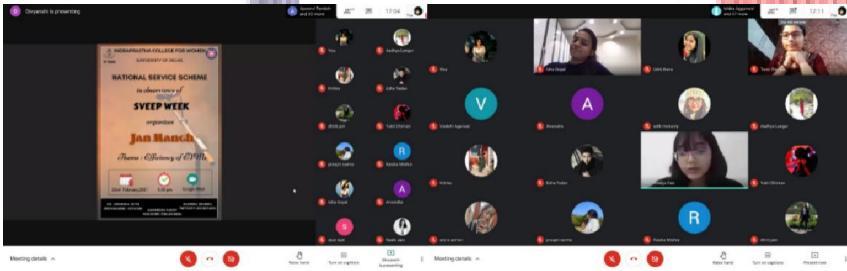
### (Poster of the event)



(Entry by volunteers)

## JAN MANCH

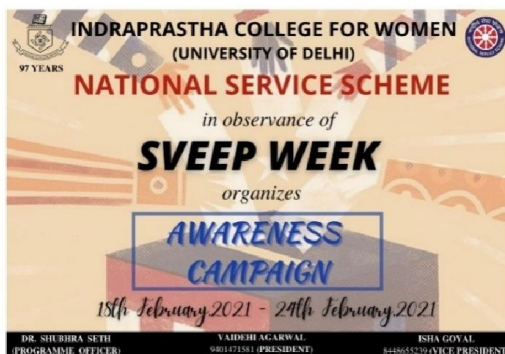
An open house activity under the SVEEP week was organized on the 22<sup>nd</sup> February, 2021. The theme of the open house was 'Efficiency of EVMs'. The event commenced via Google meet where about 50 volunteers took part in the event. This activity included an interactive discussion, laying emphasis on the importance of debate and conversation among the youth of the nation.



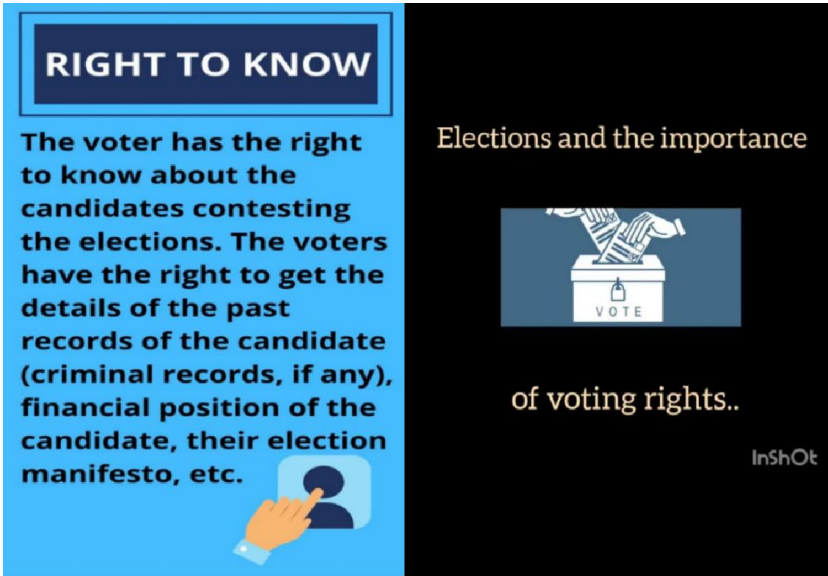
(Poster being presented to the participants and volunteers interacting with each other)

## AWARENESS CAMPAIGN

An awareness campaign was conducted under SVEEP week. In this activity, volunteers had to create awareness on elections, voting rights through videos or reels. 12 unique entries were received via Google form by the 22<sup>nd</sup> February, 2021.



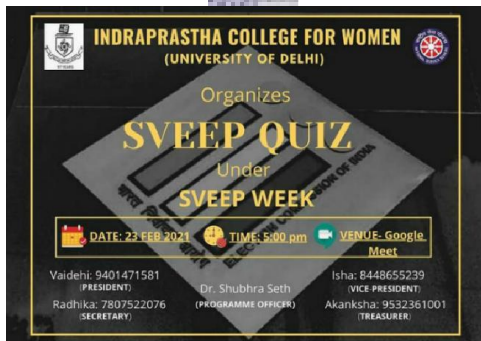
(Poster of the event)



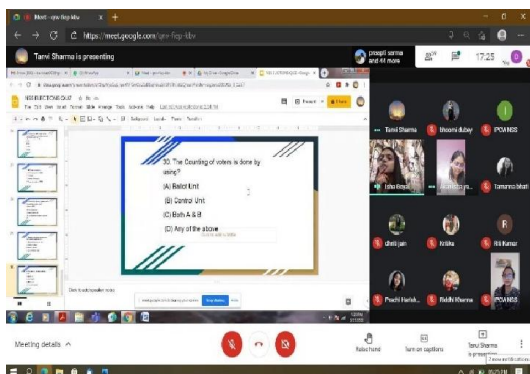
(Entries showing the importance of the right to know)

## QUIZ COMPETITION

A quiz competition was organized on the 23<sup>rd</sup> February, 2021. The event was conducted via Google meet where 60 volunteers joined the event. The quiz questions were displayed via a power point presentation. The event was very informative where the volunteers were enlightened about efficiency of EVMs, functions of Election Commission etc.



(Poster of the event)

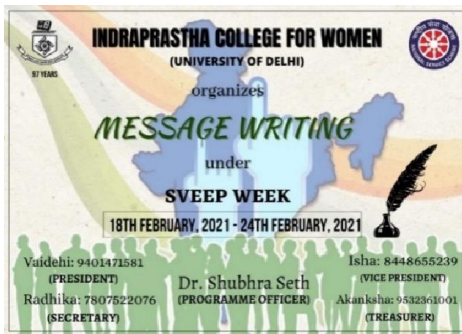


(A question asked about the counting of votes in Indian Electoral system)

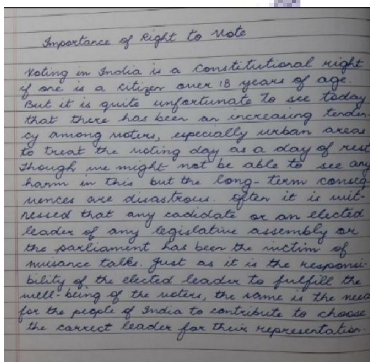


## MESSAGE WRITING COMPETITION

A message writing competition was organized as the last activity under the SVEEP week. Volunteers submitted their entries via Google forms by 25<sup>th</sup> February, 2021. In total 17 entries were received for the event. In this activity volunteers wrote a message for their countrymen informing them about the right to vote and its importance.



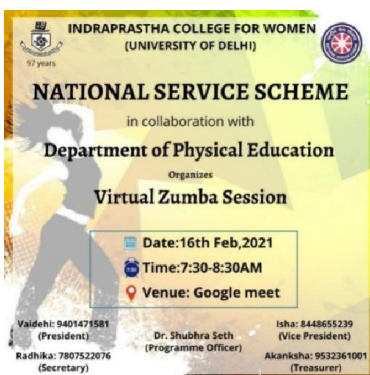
(Poster of the event)



(Importance of the right to vote)

## ZUMBA SESSION

A virtual Zumba Session in collaboration with the Department of Physical Education was conducted on 16<sup>th</sup> February, 2021. Several volunteers joined via the platform of Google Meet at 7:30 a.m. The members of team Afroza (the Western dance society of IPCW) started the fitness routine with some lively beats and asked everyone to follow their steps. The event ended after an hour, full of entertaining workout and energetic activities.



(Poster of the event)

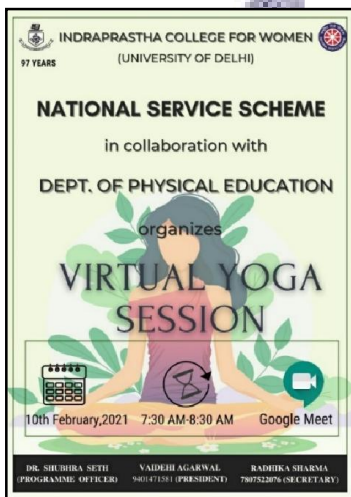


(Team Afroza beginning the Zumba session with warm up joined by NSS volunteers)

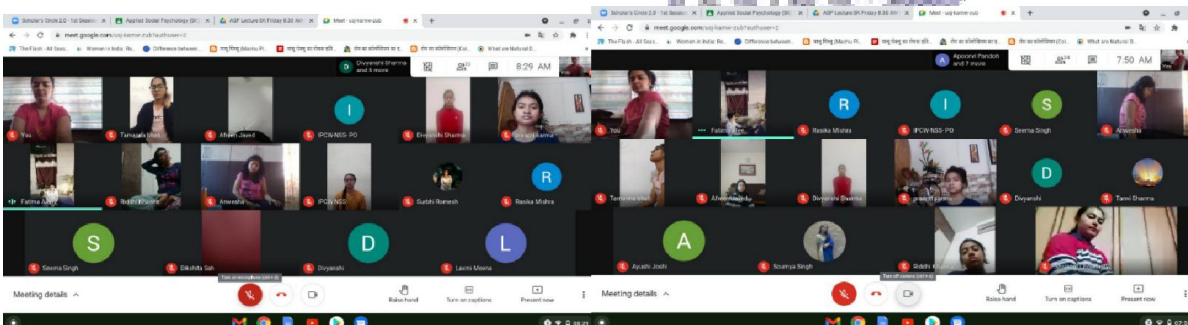
## YOGA SESSION SERIES

### FIRST VIRTUAL YOGA SESSION

On 10<sup>th</sup> February 2021, the NSS Unit of IPCW conducted the first virtual yoga session for the year 2021, in collaboration with the Department of Physical Education, IPCW. The session was conducted through Google meet at 7:30 a.m with several volunteers joining in. All the volunteers performed different asanas such as Gyan Mudra, breathing exercises and stretching. The session went for an hour and ended with all the volunteers feeling energetic and rejuvenated to start their days.



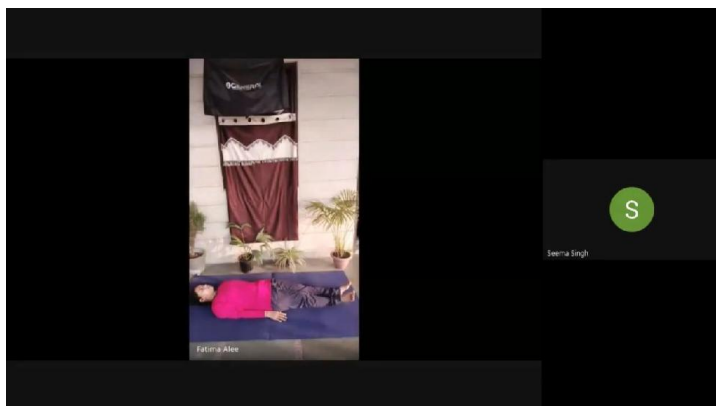
(Poster of the event)



(Volunteers actively indulging themselves in various asanas)

## SECOND VIRTUAL YOGA SESSION

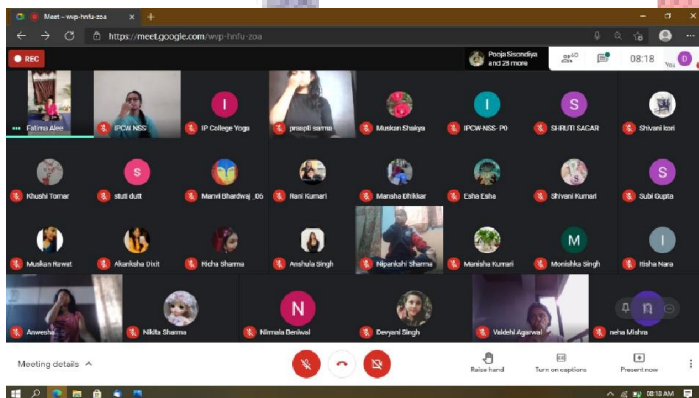
The NSS Unit organised a second yoga session in collaboration with the Physical Education Department on 17<sup>th</sup> February, 2021. The session was conducted on Google meet. A recorded session was played and members were asked to follow the asanas performed by the instructor. The session also focused on the meaning of yoga providing explanation on its relevance and benefits. The session continued for an hour and ended with some observations from the Sports teacher, Dr. Seema Singh and a thank you note from the President of NSS, IPCW.



(Ms. Fatima Alee explaining the yoga position)

## THIRD VIRTUAL YOGA SESSION

On 25<sup>th</sup> February, 2021, the NSS unit of IPCW organized a virtual yoga session in collaboration with the Department of Physical Education of IPCW. The session was conducted on Google Meet platform with 60 volunteers joining in, at 7:30 a.m. Ms. Fatima Alee guided the volunteers through the session with various asanas. The session went for an hour and the volunteers felt lively and spirited to start their day, therefore achieving the cause of the session.



(Volunteers actively performing various asanas)

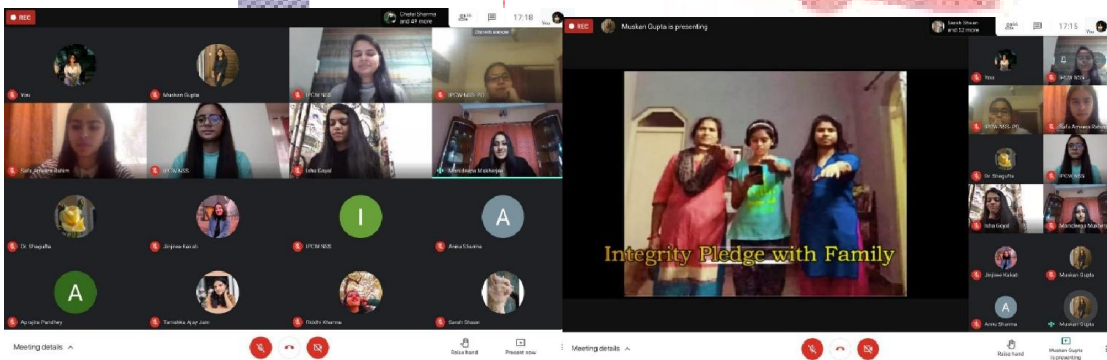
## INTERNATIONAL WEBINAR ON WELFARE SERVICE AND ALUMNA CONNECT

An international webinar on welfare service and alumni connect was conducted on 26<sup>th</sup> February, 2021. The event took place on Google meet with 67 participants. The speakers for the event were Ms. Monideepa Mukherjee (President, Welfare Committee, The Graduate Institute, Geneva, Switzerland) and Ms. Safa A. Rahim (Masters Candidate at The Graduate Institute, Geneva and Alumna of IPCW, 2016-2019 batch). The webinar was informative and helped participants to know about the working of the welfare committee and their

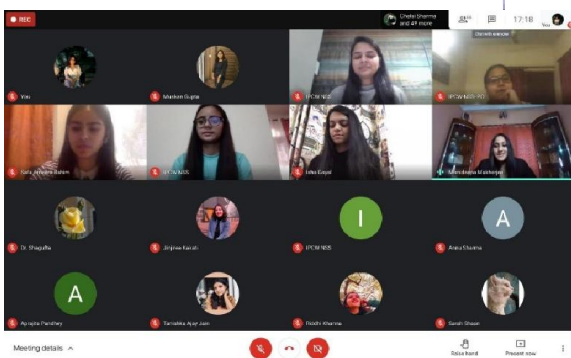
effort to create awareness about welfare related issues for foreign students. The event ended with an interesting Q and A session about the questions from the audience regarding welfare, education and life abroad and were addressed in detail by the guests.



(Poster of the event)



(Shots from video briefing the activities organised by NSS, IPCW)



( Monideepa Mukherjee and Safa A. Rahim, the guest speakers interacting with volunteers)

## SWACHHTA PAKHWADA

### PLANT A SAPLING ACTIVITY

'Plant a Sapling activity' was organized under the Swachhta Pakhwada. In this activity the volunteers moulded used plastic bottles into decorative pots and sowed their favourite vegetable or flower seeds in it. 23 responses were received via Google form by 4<sup>th</sup> March, 2021.



(Poster of the event)

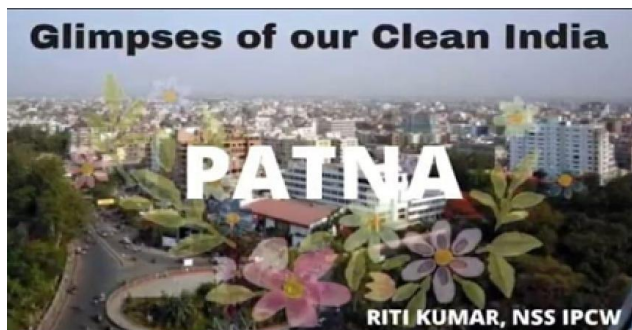


(Few entries by volunteers)



### CLEAN INDIA ACTIVITY (VIDEO MAKING)

A video making activity 'Glimpse of our Clean India' was organized under the Swachhta Pakhwada . In this activity the volunteers made videos showcasing greener ways of disposing waste. Several responses were received via Google form by 5<sup>th</sup> March, 2021.



(Video prepared by Riti Kumar on Patna)

### MONO-ACTING ACTIVITY

A mono-acting activity was observed under Swachta Pakhwada. In this the volunteers had to do a mono-act on spreading the message about cleanliness and how important it is to keep our country clean. They had to showcase the ways to keep India clean. Few unique and creative entries were received from the volunteers via Google forms.

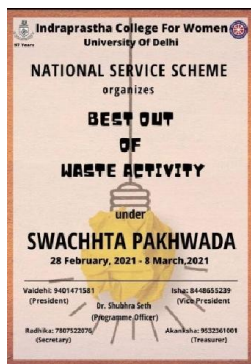
(Poster of the event)



(A volunteer acting out how to dispose plastic food wrappers)

### BEST OUT OF WASTE ACTIVITY

Best out of waste activity was conducted under the Swachhta Pakhwada. About twenty five unique and innovative responses were received. In this activity volunteers were encouraged to reuse the waste materials and create something amazing out of it. The event saw some really amazingly creative entries.



(Poster of the event)





(Few entries by NSS volunteer)

### DESIGN YOUR OWN CLOTH BAG ACTIVITY

The National Service Scheme Unit conducted 'Design my Cloth Bag Activity' under Swachhta Pakhwada. 21 responses were received for the event wherein the participants prepared carry bags from cloth which is biodegradable in nature. The entries were submitted via Google forms by 11<sup>th</sup> March 2021.



(Poster of the event)



(Beautiful cloth bags made by NSS volunteers)

## CLEANLINESS DRIVE

The National Service Scheme Unit organised a Cleanliness Drive under Swachhta Pakhwada on 13<sup>th</sup> March 2021. Several responses were received for the drive via Google Form. The Participants went on to clean the environment around them, picked up waste, threw them in the right dustbin and made a difference with their efforts to the environment. Through this activity they felt the feeling of care for mother Earth and also inspired others around them.

### **(Poster of the event)**



**(NSS volunteers cleaning the garden)**

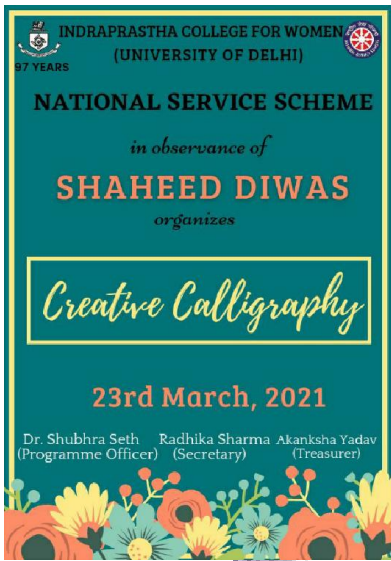
## SHAHEED DIWAS

### CREATIVE CALLIGRAPHY

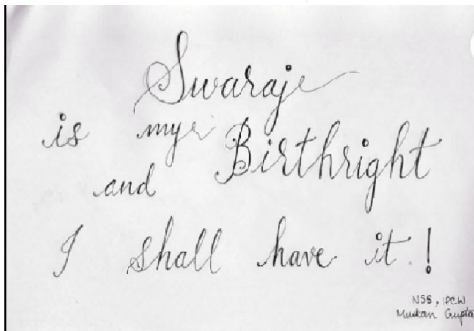
On 21<sup>st</sup> March 2021, the NSS unit of IPCW organized the first activity under the observance of Shaheed Diwas, Creative Calligraphy. The volunteers were requested to pick a quote by any freedom fighter they feel inspired by and write it in their own creative and attractive ways and send their entries through a Google Form, by 23<sup>rd</sup> March 2021. About twenty five commendable responses were received for the activity.

### **(Poster of the event)**





(Calligraphy submitted by volunteers)



### IMMORTAL IDEAS INCARNATED

On 23<sup>rd</sup> March 2021, the NSS Unit organized an activity, Immortal Ideas Incarnated, under the observance of Shaheed Diwas. In this activity, volunteers were required to select an inspiring quote from one of the freedom fighters and submit a write up on it. The activity received several moving and thought provoking entries submitted via Google forms by 24<sup>th</sup> March.

(Poster of the event)



INDRAPRASTHA COLLEGE FOR WOMEN

(UNIVERSITY OF DELHI)



## NATIONAL SERVICE SCHEME

organizes

IMMORTAL IDEAS INCARNATED

under

SHAHEED DIWAS

on

DATE : 23RD MARCH, 2021

FOR FURTHER INFORMATION, CONTACT:

VAIDEHI: 9401471581 | ISHA: 8448655239

DR. SHUBHRA SETH: PROGRAMME OFFICER



### "The tongue pierces deeper than the spear." – Begum Hazrat Mahal

If someone deserves to be known as 'valour's minion', it definitely is Begum Hazrat Mahal. She was one of the first freedom fighters of the War of Independence against the British and did not give in to their offer of giving any favours to her. Her determination and fighting spirit commend her at the highest level of being an idol.

For me, this quote is really very inspirational because this gives us the sign that it's not always about fighting wars but we can do good of others and of country by standing for truth even by our speech.

The Begum worked in association with Nana Sahab and later joined the Maulavi of Faizabad to attack Shahjahanpur. But when the British troops repeatedly attacked her kingdom in 1858, she had to ultimately retreat. Yet, she did not give up till she could. When her forces lost ground, she fled from Awadh and tried to set up soldiers at other places. Unfortunately, she was forced to accept defeat.

Her defeat made her unable to establish herself and her son again in Awadh. She rightfully blamed the British of poisoning the minds of the natives into submission using discontent as a pretense. She demanded the restoration of her family as rightful rulers to the kingdom of Awadh.

Not only was she a revolutionary, the Begum was also a social activist. She established social equality between people of all castes and religions. She left for Nepal after a brief period in Terai. All her wealth was spent in sustaining the one hundred thousand refugees who travelled with her to Nepal, all seeking asylum there. It is ironical since had it not been for the help from the King of Nepal, the Begum's fairly fought war could not have been defeated. She rejected the British's offer to return to her kingdom with a hefty pension while she would work under them. Even though she was asked to return and face trial, she was allowed to stay at Nepal till her death in 1879.

The story of the brave warrior queen can also be sought to be known more about from a documentary film directed by Mohiuddin Mirza and produced by the Films Division. It was screen in the presence of Kaulob Qadir Meerza, the great

grandson of Begum Hazrat Mahal and Manzilat Farima, her great granddaughter. She is the true role model of revolution for all women, breaking gender and religious divisions and fighting bravely like a queen!

By :-

Uzma Khan

NSS, IPCW

### Immortal Ideas Incarnated

*"Dushman ki goliyon ka hum samna karenge, Azad' hee rahain hain, Azad hee rahenge"*

-Chandra Shekhar Azad

There have been many fighters who lost their lives so that we lived under the roof of an independent India. Amongst many such patriots, one was Chandra Shekhar Azad. 'Azad'- the self taken title by Chandra Shekhar proved to be very influential and revolutionary for the freedom of our country. He gave the youth inspiration by participating in the non cooperation movement just at the age of 15 years.

I personally think that this quote by Chandra Shekhar Azad is one of the strongest quotes given by our freedom fighters. The meaning of this quote is so very deep that it still gives chills to those who understand the patriotism and nationalism related to it. He was adamant to believe that Indians are free and will remain free. Challenging the powers of the British officers who were at the time superior and dominant, portrays how fearless and courageous Azad was. It is believed that Azad kept a bullet to shoot himself if ever he was caught by British troops. It was this slogan that he screamed all the time. Many people believe that he died by shooting himself as he did not want to die in the hands of white officers. This quote is so powerful and empowering, that it gives a different meaning to all the contemporary problems. I believe it gives a sense of freedom to all the people having problems in their lives. It makes them believe that their soul is free, free of all the boundations and pain they feel. It gives them the reason to combat all the problems and help their soul to live freely.

*He wanted to remain free. He lived in freedom and died in freedom.*

By

Stuti Dutt

NSS

IPCW

**(Write-up on an inspirational quote by volunteers)**

## VISIT TO AMAR JAWAN JYOTI

### Cleanliness drive under AZADI KA AMRIT MAHOTSAV

In observance of Azadi ka Amrit Mahotsav, launched by the Hon'ble Prime Minister to celebrate 75 years of India's independence, the NSS Unit of IPCW, organized a cleanliness drive in the grounds adjacent to the war memorial Amar Jawan Jyoti on 31<sup>st</sup> March, 2021. Around 10 NSS volunteers reached the location at 12:30 p.m and cleaned the surrounding area of the memorial. Each volunteer picked up the waste that was littered in the grounds and disposed it off in a proper manner.



(Volunteers disposing waste in the adjacent grounds of the memorial, Amar Jawan Jyoti)

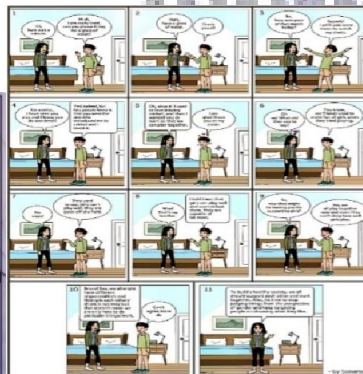
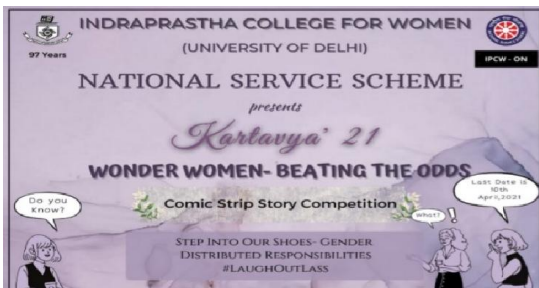
## **KARTAVYA 2021 ( Annual Inter-College Event of NSS)**

In the annual Inter-College Event of NSS, Kartavya 2021, several online competitions were organized with attractive cash prizes for all NSS volunteers across the University and a webinar was held on the theme , 'Women- Carriers of Change'. The two days online event saw wide and enthusiastic participation by NSS volunteers.

### **COMIC STRIP COMPETITION**

A Comic Strip Story Competition was organized under the Annual Inter- College Event, Kartavya'21. The topic of the competition was 'Step Into Our Shoes- Gender Distributed Responsibilities'. 10 unique and creative entries were received via Google form, from various colleges and the deadline of the event was 10th April, 2021.

**Poster of the event**

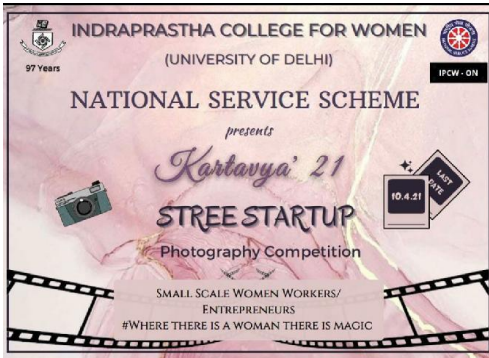


(Entry from Sonamsi- First Prize)

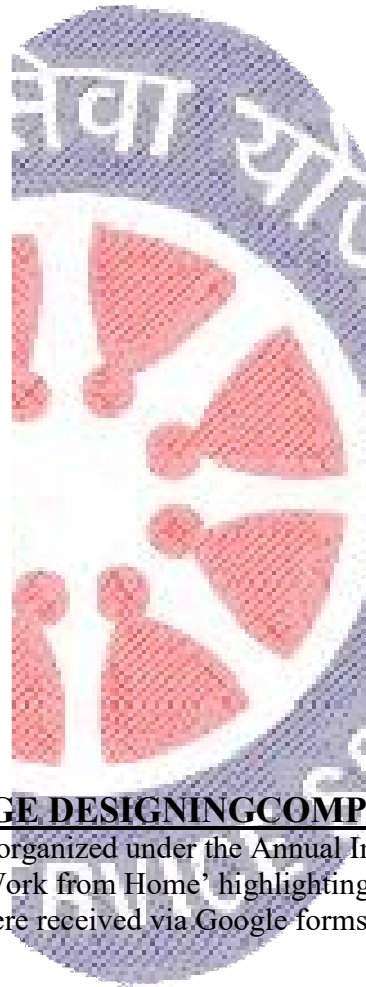
### **PHOTOGRAPHY COMPETITION**

A photography competition was organized under the Annual Inter- College Event, Kartavya'21. The theme for the competition 'StreeStartup' revolved around small scale women workers/entrepreneurs. 17 entries were received for the competition via Google forms from various colleges.

(Poster of the event)



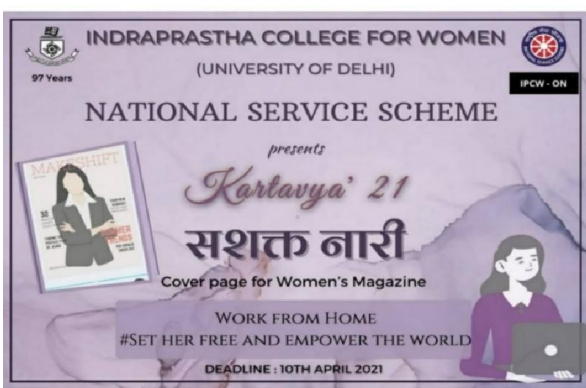
(Entry by Ishika- Third Prize)



### MAGAZINE COVER PAGE DESIGNING COMPETITION

A magazine cover page designing competition was organized under the Annual Inter- College Event, Kartavya'21. The theme for the competition was 'Work from Home' highlighting how women are becoming self-sufficient in recent times. 19 creative entries were received via Google forms by the 10th April, 2021 from various colleges.

(Poster of the event)



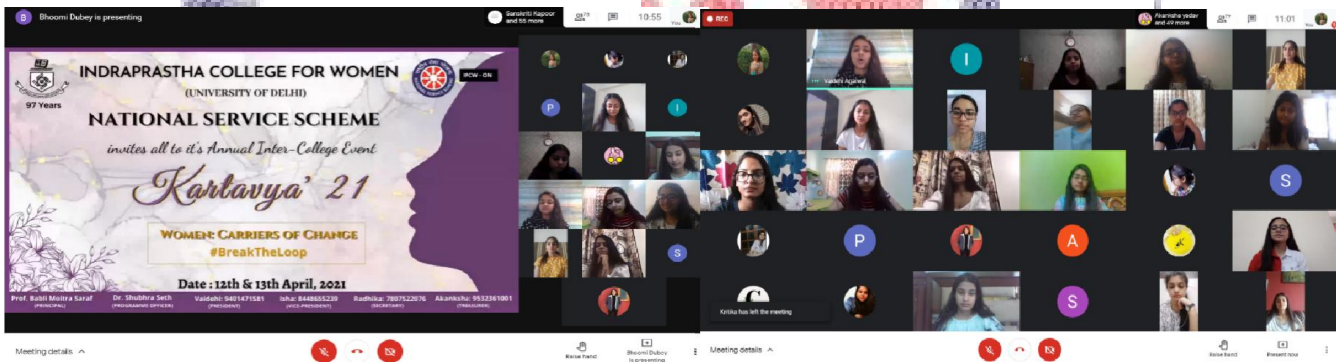
## ( Entries )



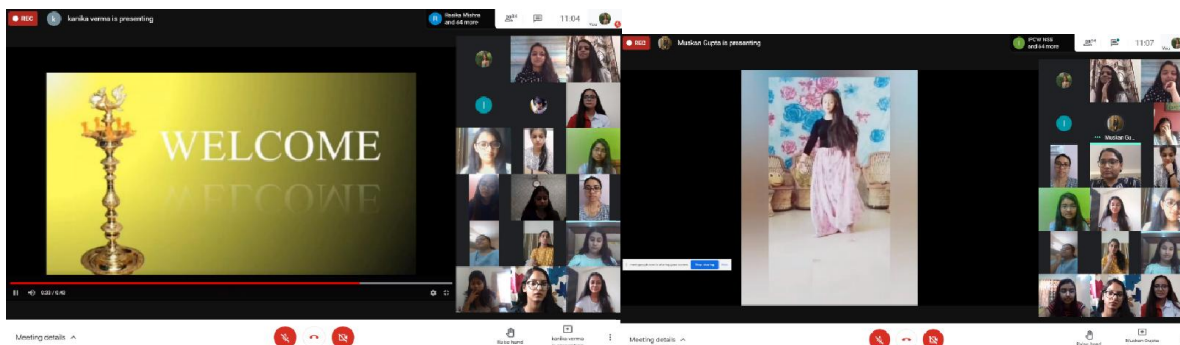
## OPENING CEREMONY, KARTAVYA'21

The Annual Inter-College fest, Kartavya'21 was celebrated on the 12<sup>th</sup> and 13<sup>th</sup> of April, 2021. The opening ceremony was conducted virtually via Google meet platform on 12<sup>th</sup> April with about 80 volunteers participating in the ceremony. The event began by the office bearers explaining the theme of Kartavya'21, 'Women- Carriers of Change'. The event was followed by a vibrant cultural programme. The ceremony concluded by opening Kartavya'21, the two days exciting fest with lot of activities.

## ( Poster of the event )



## (Office Bearers welcoming all to the event)

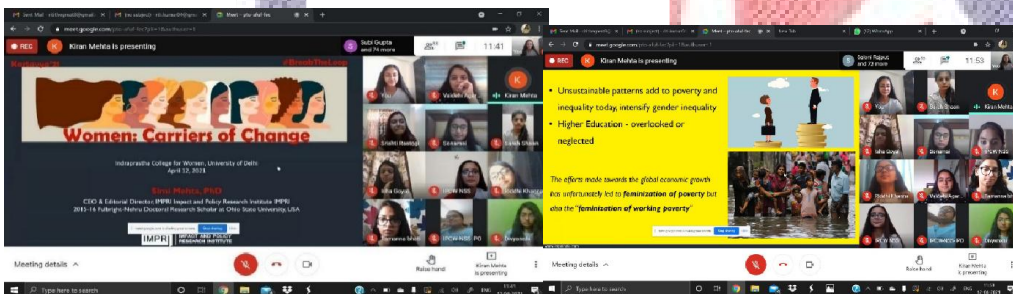
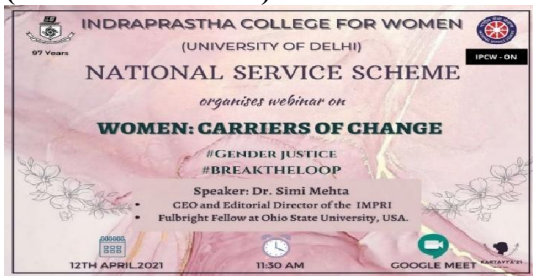


## (Virtual lamp lighting by the Programme Officer)

## WOMEN : CARRIERS OF CHANGE WEBINAR

A special session was conducted under the Annual Inter-College Event, Kartavya'21 on the topic Women: Carriers of Change. The event commenced via Google Meet platform with about 90 volunteers taking part in it. Dr. Simi Mehta, CEO, IMPRI the guest speaker for the session, talked about how there have been indispensable measures for women to break the loop in patriarchal society. The session helped the attendees gain a lot of knowledge about how the world is driving towards unsustainable living standards and how even the 17 sustainable development goals are not possible to achieve by 2030. Towards the end, NSS, IPCW celebrated Vaccine Utsav by a video presentation to create awareness about Covid 19 vaccination among the attendees.

### (Poster of the event)

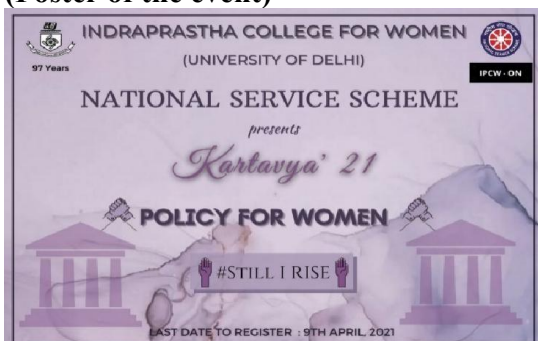


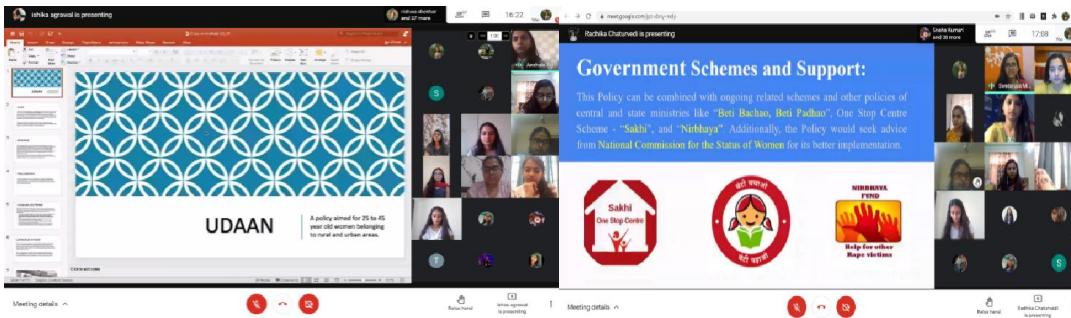
### ( Dr. Simi Mehta presenting on the theme Women: Carriers of Change)

## POLICY MAKING COMPETITION

A Policy Making Competition was organized under the Annual Inter-College Event, Kartavya'21. About 60 participants joined in the event via Google Meet. This session 'Policy for Women' provided an opportunity to put forward our own demands and ideas to help in women empowerment. Policies had to be drafted for both rural and urban women. Various aspects were highlighted through the policies proposed by the volunteers like Menstrual Hygiene, equality of opportunities etc. The winners were given cash awards as well.

### (Poster of the event)



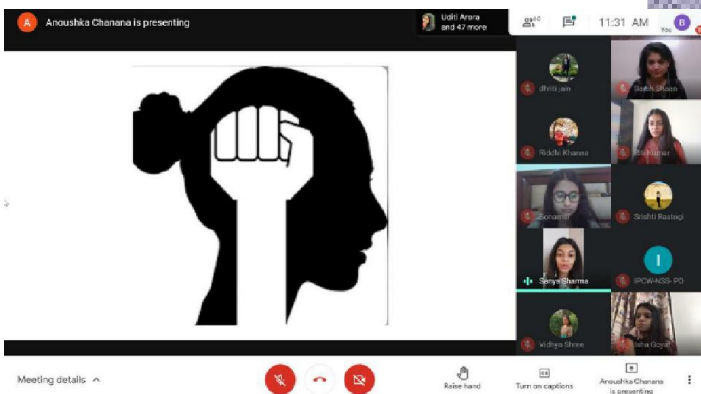
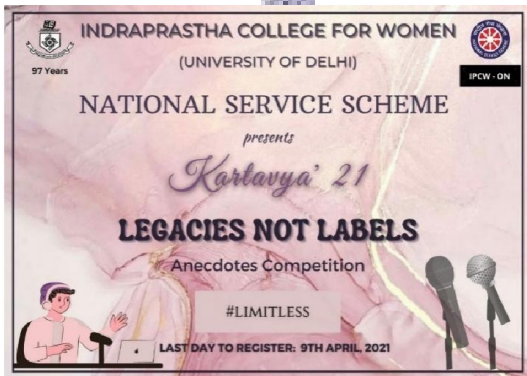


( Presentation on Udaan Policy and National Sex Education Policy)

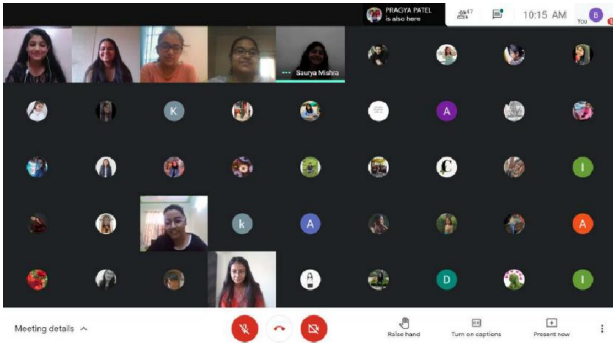
## ANECDOTES COMPETITION

‘Legacies not Labels’ the Anecdotes competition was organized under the Inter-College Event, Kartavya’21. The event commenced on the 13<sup>th</sup> April, 2021 via Google meet platform. A total of 50 volunteers joined in the event. The theme of the competition ‘Limitless’ highlighted the limitless contribution of women in the society. Participants were required to put their creative minds together and respond to each unique proverb and picture presented in front of them in their own witty ways within the given time frame.

(Poster of the event)



( Participant Sanya Sharma presenting her Anecdote)

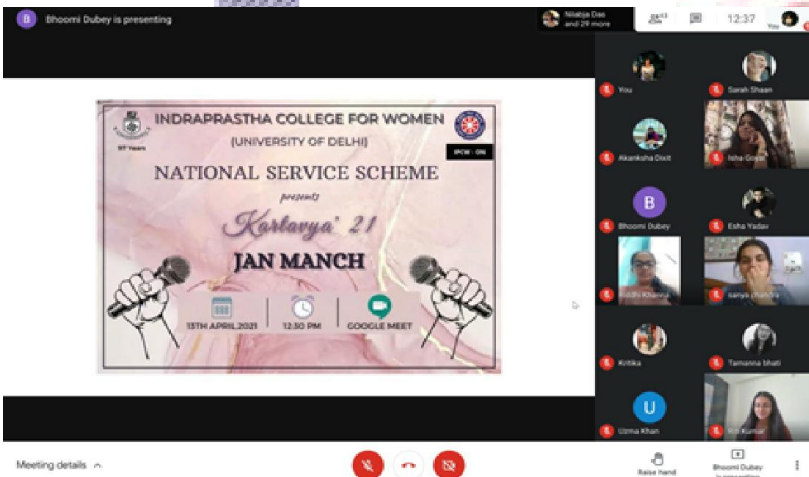


**( Guest judge Saurya Mishra interacting with the attendees)**

## JAN MANCH- KARTAVYA'21

Jan Manch, an open house event, was conducted under the Annual Inter-College event, Kartavya'21. The event was organised on 13th April 2021, the second day of the fest on Google meet platform. It commenced at 12:30 p.m with 58 people joining in, including around 15 participants from various colleges. Through this activity, participants were encouraged to showcase their talent in the form of music, poetry, dance, skits etc.

**(Poster of the event)**



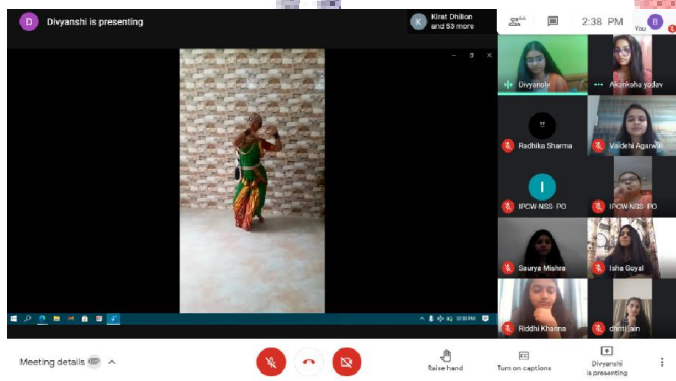
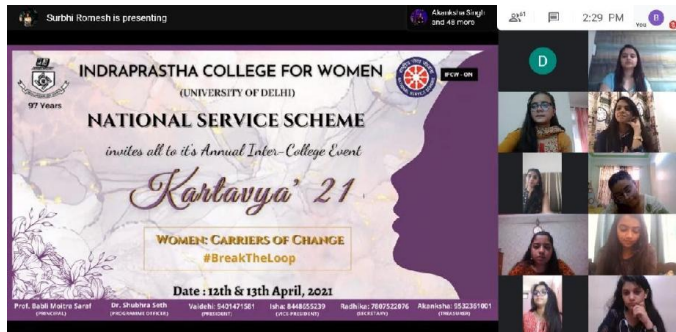
**(NSS volunteer and participant, Riti Kumar sharing her poetry in Jan Manch)**



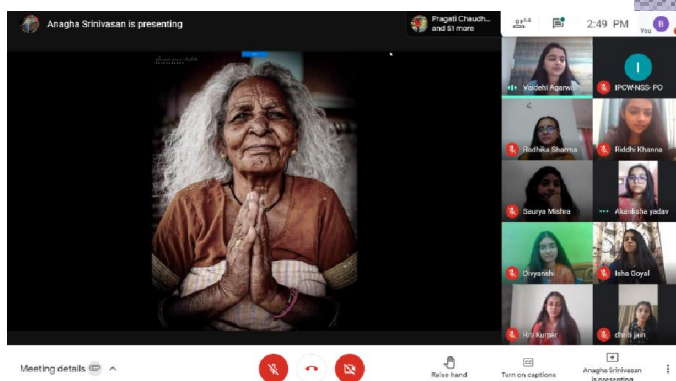
## CLOSING CEREMONY-KARTAVYA'21

Kartavya'21, the annual event, was celebrated on 12<sup>th</sup> and 13<sup>th</sup> April, 2021. The closing ceremony of the event was conducted on 13<sup>th</sup> April, 2021 at 2.30 p.m. The ceremony included a note of gratitude for the participants, attendees and the judges. This was followed by a beautiful dance performance by one of the volunteers and concluding comments by the Programme Officer of NSS, IPCW, Dr. Shubhra Seth who appreciated team for their hard work and diligent effort and thanked all participants. The event also included the declaration of the results of all the competitions held under Kartavya'21.

### (Poster of the event)

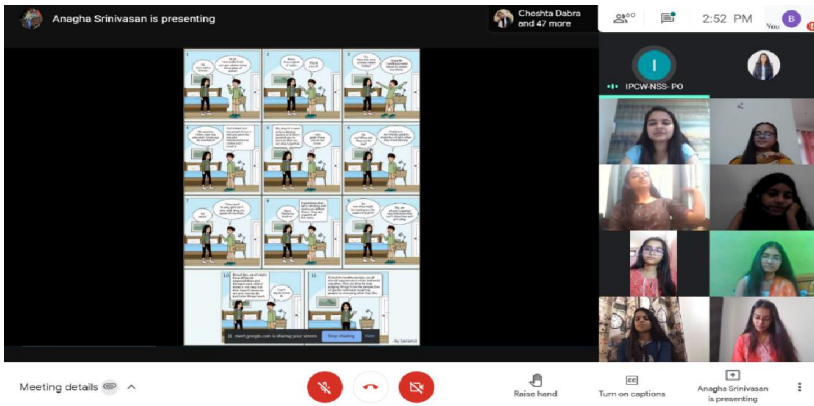


### (Dance performance by one of the volunteers)



### (Winning entry, Photography competition by Piyush Arun)



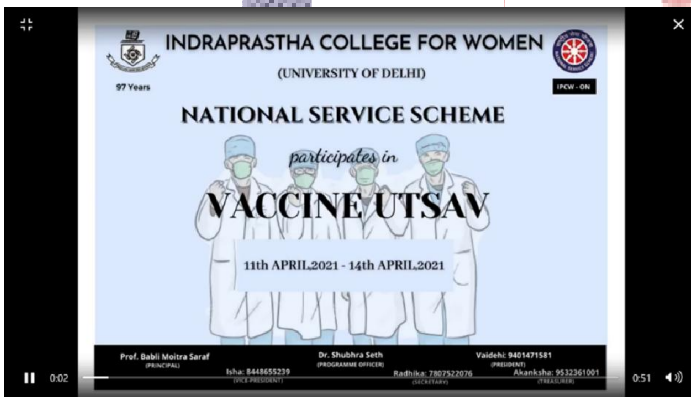


(Winning entry, Comic strip competition by Sonamsi)

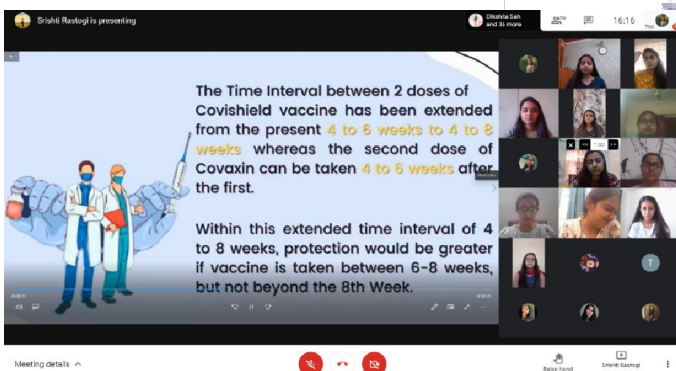
## VACCINE UTSAV

An awareness video on COVID-19 vaccination was played on various events of the annual event, Kartavya'21, which included webinar on women: carriers of change, policy making for women and Jan Manch. The video included the statistics of infected people in India, information on the two vaccines which are currently administered across the country and that it is administered without any cost at government health facilities, time interval between two doses, who are all currently administered and details about vaccination certificate. This video was aimed at creating utmost awareness among the participants of the event.

(Glimpses of the event)



(Video presentation on Vaccine Utsav)



(Video presentation on Vaccine Utsav played at policy-making competition)

## CARING FOR THE ELDERLY TO PROTECT AGAINST COVID

On 19<sup>th</sup> April 2021, the NSS unit of IPCW conducted an important activity under 'Fight Against Covid', which aimed at making the elderly aware about the second wave of Covid-19 pandemic in India. This activity encouraged the NSS volunteers to teach the elders around them about different precautionary practices, such as, social distancing, wearing masks while leaving the house etc.

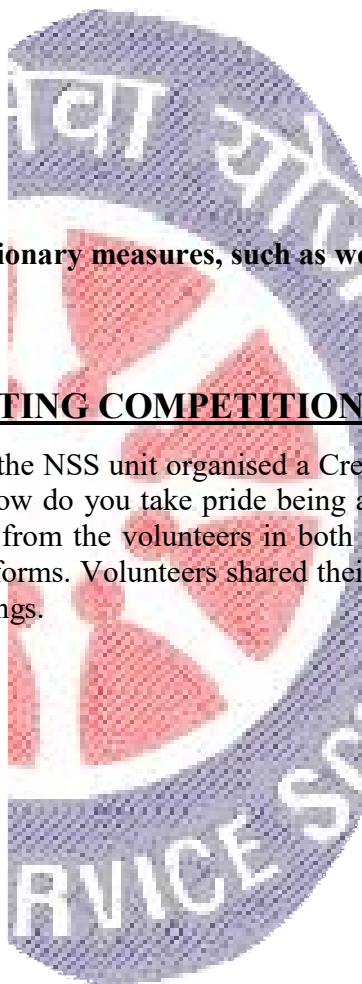


**(NSS volunteer teaching an elderly about precautionary measures, such as wearing masks properly and hand sanitization to avoid Covid-19 infection)**

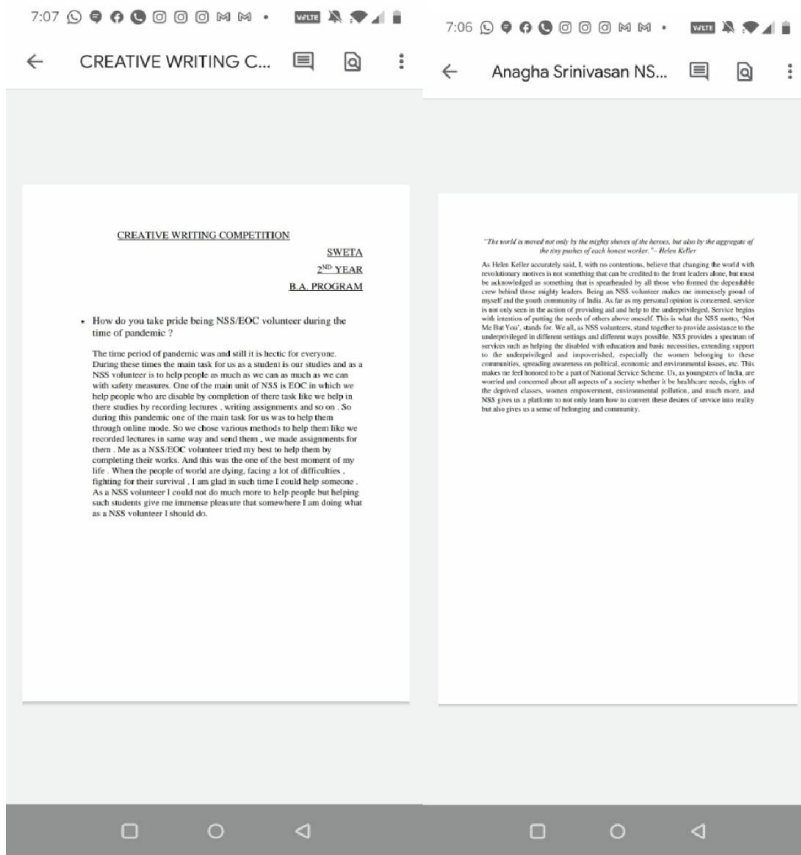
## CREATIVE WRITING COMPETITION

Under the observance of National Volunteer Week, the NSS unit organised a Creative Writing Competition, on 21st April, 2021. The theme for the activity was 'How do you take pride being an NSS/EOC volunteer during pandemic times?'. 21 unique entries were received from the volunteers in both handwritten and typed format with creative titles by 23rd April, 2021 via Google forms. Volunteers shared their wise thoughts and expressed gratitude to be able to help others through their writings.

**(Poster of the Event)**



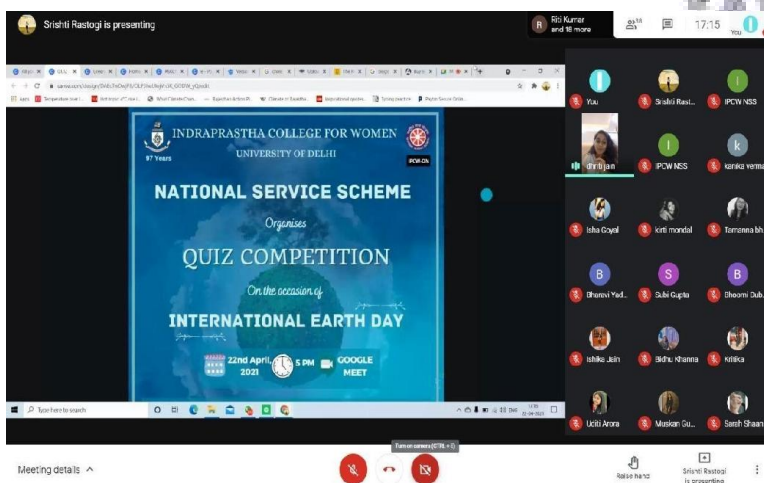
## (Few entries of the event)

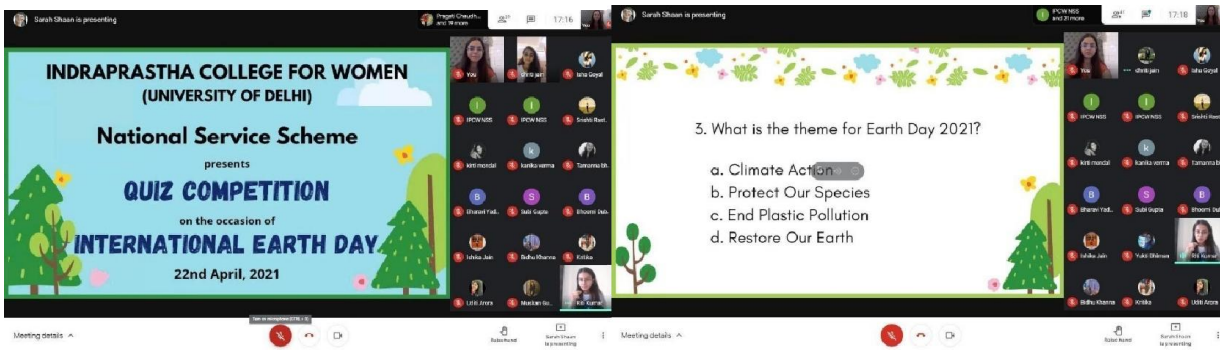


## EARTH DAY QUIZ COMPETITION

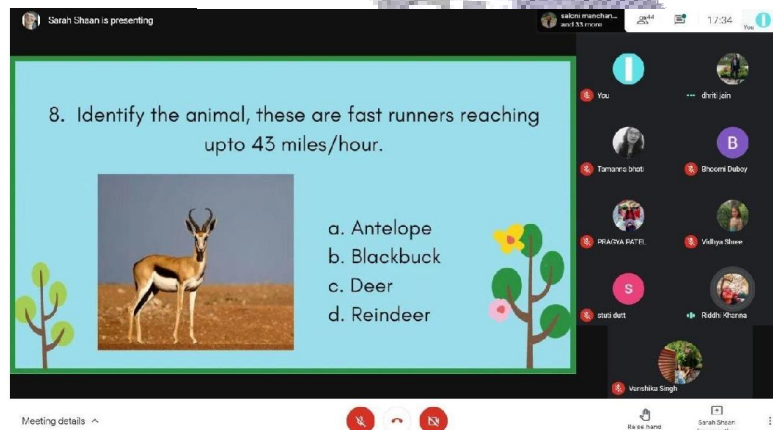
On 22nd April 2021, the NSS unit of IPCW organized a Quiz Competition, on the occasion of International Earth Day. The competition commenced at 5 p.m, with about 40 attendees on the platform of Google Meet. Numerous interesting and intriguing questions about different domains relating to the environment and the wildlife were asked and those who knew the answer were asked to respond in the chat box of the meet. All the attendees actively participated and exhibited their wide knowledge on the topics.

## (Poster of the event)





(Commencing Quiz Competition on International Earth Day)



(Quiz questions being presented on the screen)

## COVID CARE 101

On 23<sup>rd</sup> April 2021, the NSS unit of IPCW conducted an activity called “Covid Care 101”, under ‘Fight Against Covid’, which aimed at helping the masses gain a better understanding about how they can protect themselves and their loved ones from infection during the Covid-19 pandemic. Under this activity, the volunteers were required to make informative reels/videos on cautionary methods to stay safe and avoid the risk of getting infected by Covid-19, such as, how to practice social distancing, importance of wearing masks, sanitizing, significance of washing hands from time to time etc.

(Poster of the event)



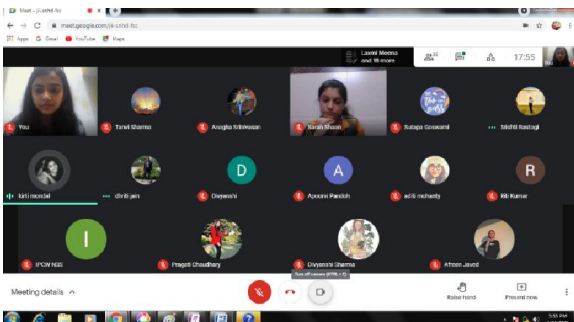
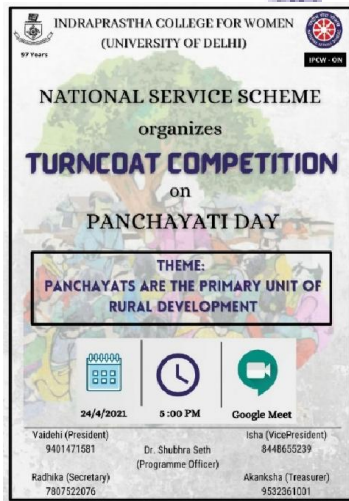


(A volunteer's video on awareness about ways to protect oneself from Covid-19 infection)

## TURNCOAT DEBATE COMPETITION

On 24<sup>th</sup> April 2021, The National Service Scheme Unit organized a Turncoat Debate competition in observance of Panchayati Day. The theme for the competition was 'PANCHAYATS ARE THE PRIMARY UNIT OF RURAL DEVELOPMENT' which aimed at highlighting the importance of village panchayats. The competition took place through Google meet platform at 5:00 p.m with 40 volunteers joining in. Few volunteers participated, along with active participation from the audience making the competition insightful and fun

(Poster of the event)



(Volunteers interacting with each other)



## **COVID AWARENESS: CUMULATING IMPORTANT INFORMATION**

On 26<sup>th</sup> April 2021, the NSS Unit organized an activity under 'Fight Against Covid-19', called, "Covid Awareness", wherein the volunteers were involved in cumulating and verifying information on healthcare and social support facilities for those suffering from Covid-19, in order to contribute towards making knowledge about the available resources as widely accessible as possible. The volunteers searched and verified information regarding available healthcare facilities for Covid-19 patients in their own city or state. All the data was compiled separately for different cities and states and spread across as many intersections as possible. The data was collected through Google forms and could be updated till 30th April 2021.

Glimpse of the activity:

### AVAILABILITY OF OXYGEN

oxy kit	9990254141	Delhi NCR		Available
Ram Rahim	7984376847	Gujarat	Ahemdabad	Available
Freedom Yuva Group	7600676899	Gujarat	Rajkot	Available
Nishant Khagram	8758770770	Gujarat	Rajkot	Available
Kishore Hapaliya	9825507171	Gujarat	Rajkot	Available
max air pvt ltd	8860436739	Haryana	Manesar	Available

-ISHIKA AGGARWAL, NSS IPCW

**(Information regarding oxygen availability in Delhi NCR, Gujarat & Haryana, cumulated by a volunteer)**

### COVID 19 RESOURCES (BILASPUR,C.G.)

#### UPDATED AND VERIFIED RESOURCES

NAME OF THE ORGANISATIONS/SOURCES	LOCATION	CONTACT NUMBER
Ekta Blood Bank	Magarpara Road, Bilaspur	9644108882
Bilasa Blood Bank	Above Bhawe Ali Chambers, CIMS	8602056422
District Blood bank	Telipara Road	8644108882
Shrawan Shrivastava	Vijaya puram	7724893830
MEALS		
Abhishek Pandey	Vijaya puram	9131616610
Apurva	All across Bilaspur	7000657472
COVID Meals	All across Bilaspur	7898760003

**(Information regarding blood banks and food availability in Bilaspur cumulated by a Volunteer)**



## POSTER MAKING ACTIVITY

National Service Scheme organised a Poster Making Activity to create awareness about Covid-19 disease and its spread. The volunteers had to design a poster, either handmade or digital, on how to self monitor the symptoms of the disease like oxygen level, body temperature etc. 11 unique and creative entries were received from the volunteers.

### (Poster for the event)

INDRAPRASTHA COLLEGE FOR WOMEN  
UNIVERSITY OF DELHI  
97 Years

NATIONAL SERVICE SCHEME  
Organises  
POSTER MAKING COMPETITION  
Under  
**FIGHT**  
AGAINST COVID-19

Deadline-29th April, 2021

Vaidehi: 9401471581 (President)  
Dr. Shubhra Seth (Programme Officer)  
Radhika: 7807522076 (Secretary)

Isha: 8448655239 (Vice President)  
Akanksha: 9532361001 (Treasurer)



## MANAGING COVID AT HOME

- Monitor oxygen levels
  - > 95 Normal level
  - 95-90 Alarming
  - < 95 Contact doctor immediately
- Keep note of body temperature
- Steam and gargle twice a day
- Take prescribed medicines on time
- Monitor your symptoms
- Report any discomfort to your doctor immediately

## Defeating COVID-19

Wear Your Mask

Download Arogya Setu App

Maintain social distancing.

6 FT.

Disinfect your deliveries

DELIVERY

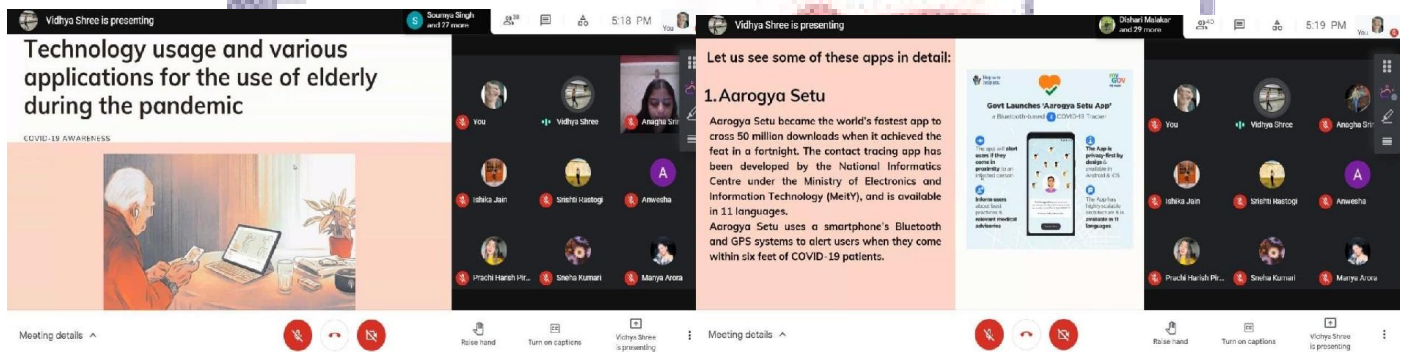
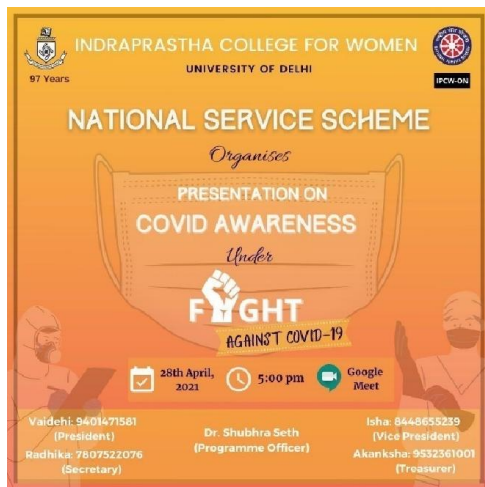
Disinfect your hands here.

### (Poster about self-monitoring the COVID-19 symptoms and some tips to protect ourselves)

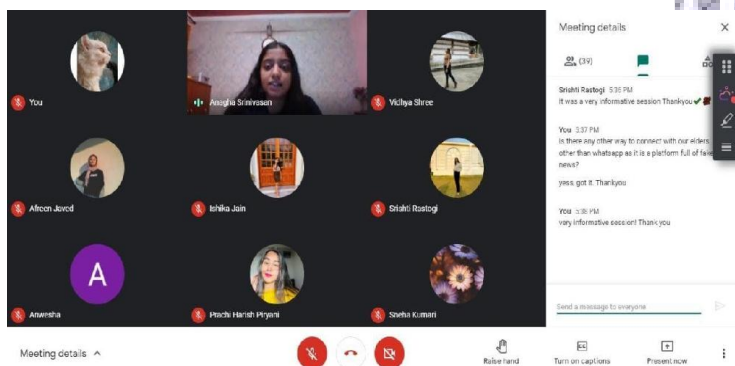
## PRESENTATION ON COVID AWARENESS

On 28<sup>th</sup> April 2021, the NSS Unit organized a presentation on Covid 19 Awareness, which aimed at teaching the elderly some ways to use technology which will help them safely sustain themselves during the pandemic. The session commenced at 5 p.m, with about 40 attendees on the platform of Google Meet. An NSS volunteer, Vidhya Shree, prepared an informative presentation on different digital applications and devices that the older adults of the community can use, in order to acquire various facilities. The event ended with some questions from the audience which were answered by the presenter. All the attendees found the event to be extremely informative and insightful.

### (Poster of the event)



### (A slide on Aarogya Setu, a contact tracing application)



### (Attendees' questions being answered by the presenter)

## COVID-19 VACCINE AWARENESS FOR 18 AND ABOVE

The NSS Unit took an initiative to spread awareness about the Covid-19 Vaccine Rollout for adults above the age of 18. A comprehensive video with verified information was shared via various social media platforms by NSS volunteers. 32 volunteers sent the screenshots of their posts and stories on various social media platforms via Google Forms by 1st May,2021.



## YOGA FOR UNITY AND WELL-BEING

NSS, IPCW joined hands with Heartfulness Institute and their partners to celebrate 'Yoga for Unity and Well-being'. It is an ongoing virtual program launched by the Hon'ble President of India, Shri Ram Nath Kovind from 14th March 2021 till 21st June 2021. The deadline to register for the event was 18th May, 2021. Thirty two participants registered for this program. In this program, many qualified experts from the field of yoga schools will collectively offer traditions of yoga to the world for global well-being and unity.

**(Poster of the event)**



## REPORT ON HELPLINE SHARING ACTIVITY

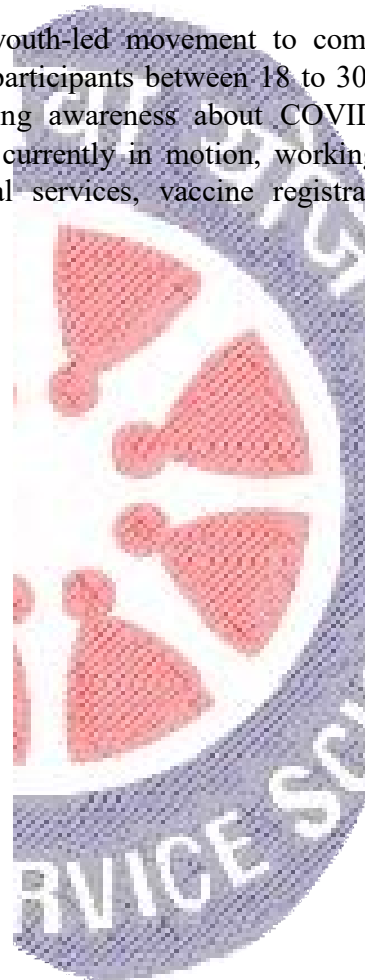
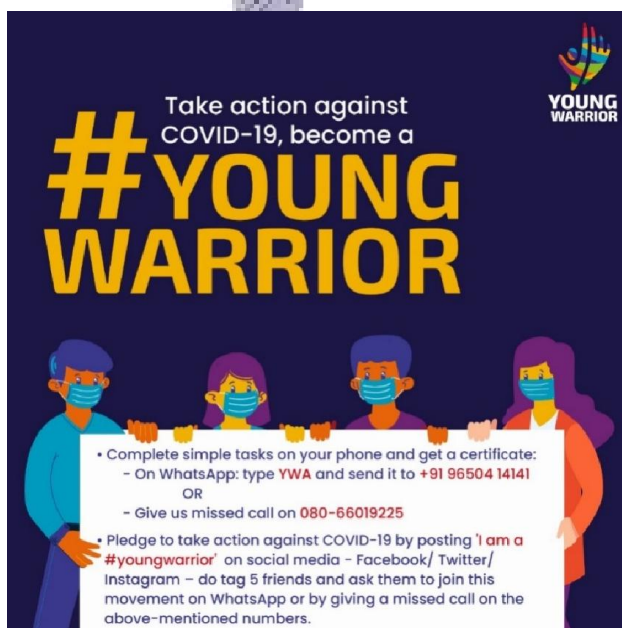
On 12<sup>th</sup> May, 2021, any of the NSS volunteers working with COVID-19 help lines, were asked to share the information of the helpline. This was aimed to help with accessibility of authentic information to the people in need. Few responses were received from NSS volunteers who were personally working with these

organisations. The impact of the COVID-19 pandemic is drastically changing the lives of people. Living in these circumstances can be tough for everyone especially with their social, physical and mental wellbeing. These are testing times and it requires everyone's cooperation, no matter how little the contribution is, anyone can make a difference.

## YOUNG WARRIOR MOVEMENT

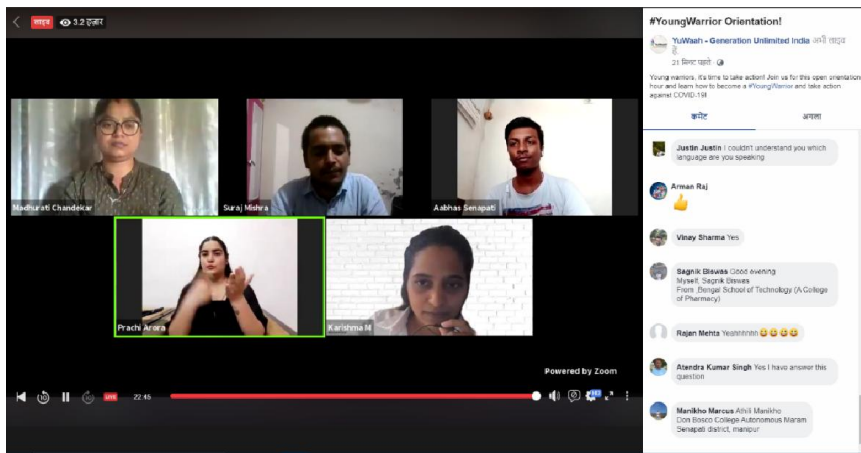
The National Service Scheme Unit organised a youth-led movement to combat Covid-19 called "Young Warrior Movement". This movement is to engage participants between 18 to 30 years in a series of easy and real-life tasks such as vaccine registration, creating awareness about COVID-appropriate behaviour, and promoting access to healthcare. The movement is currently in motion, working towards achieving goals of promoting access to verified health and essential services, vaccine registration, COVID-19 appropriate behaviours, myth-busting and so on.

**(Poster of the event)**

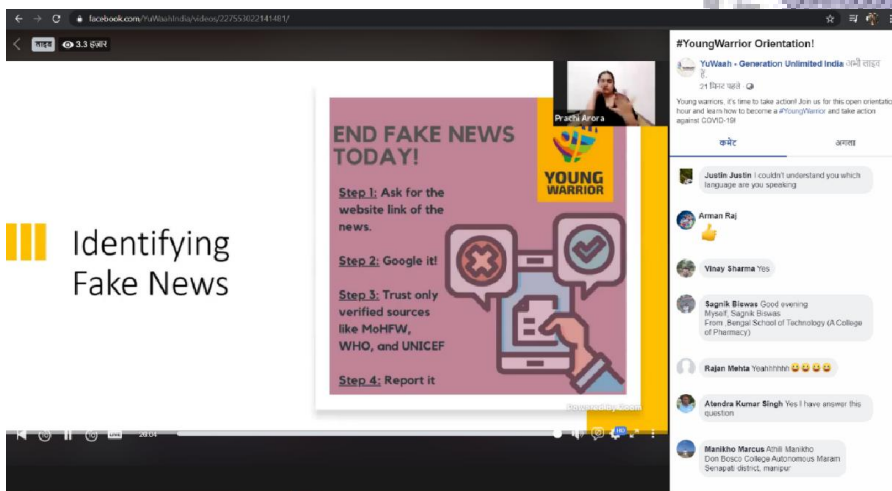


## YOUNG WARRIOR MOVEMENT ORIENTATION

On 27<sup>th</sup> May 2021, the volunteers of the NSS unit of IPCW attended an orientation session on #YoungWarrior movement that was held by YuWaah- Generation Unlimited India. The orientation session was held live through the platform of Facebook. The NSS volunteers actively attended this orientation and learned how to combat online fake news and the ways by which they can become responsible youngsters of India during the pandemic.



(Speakers explaining different aspects of the #YoungWarrior movement)



(Speakers explaining the steps of ending online fake news)

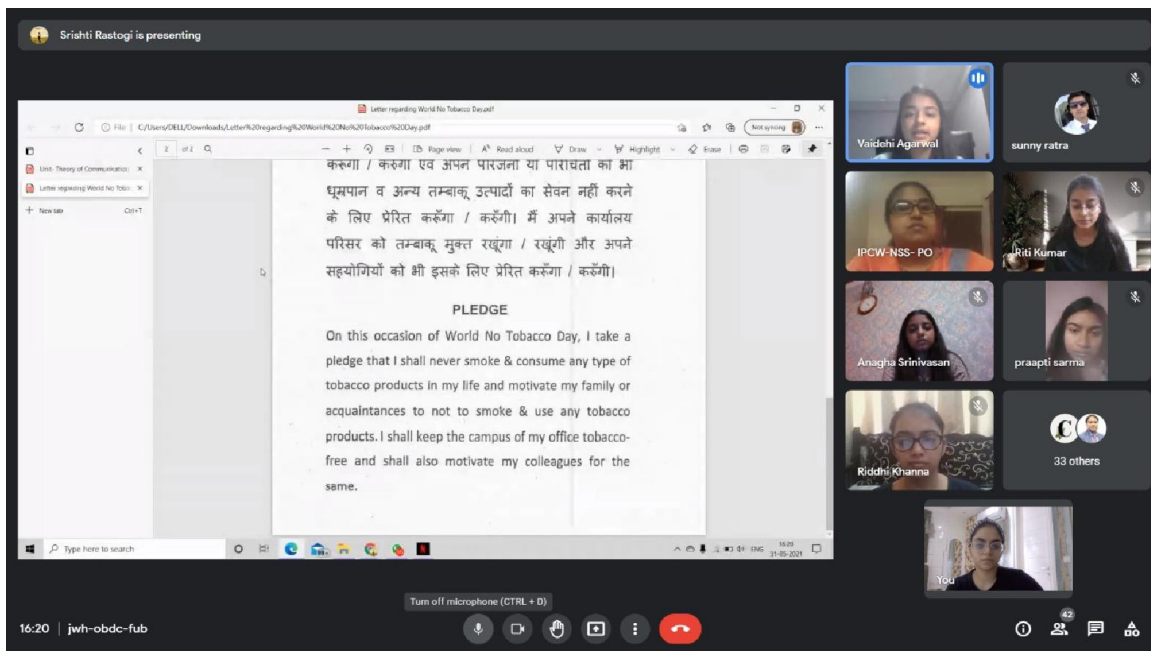
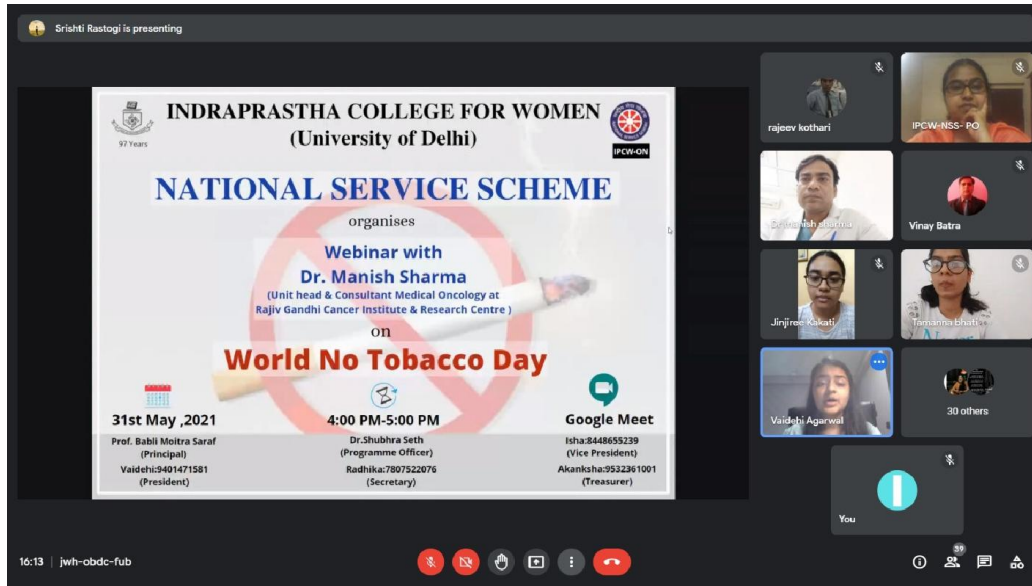
## World No Tobacco Day Pledge and Webinar

On 31<sup>st</sup> May 2021, The National Service Scheme Unit organized a webinar in observance of World No Tobacco Day. The aim of the webinar was to create awareness and discuss health consequences of tobacco use. The session was conducted via Google meet platform at 4:00p.m with around 50 participants joining in. The guest speaker for the session was, Dr. Manish Sharma, The Unit Head and Consultant Medical Oncology at Rajiv Gandhi Cancer Institute and Research Centre, Delhi.

The event started with all the volunteers taking pledge against smoking or use of tobacco. The pledge taking ceremony was conducted in both Hindi and English by the Programme Officer and NSS President. Following this, Dr. Manish Sharma proceeded with the webinar with the help of a power point presentation for better understanding. Dr. Sharma began by discussing the statistics of smokers in India, that is, how many people in India smoke, gender distribution, etc. He also talked about continuous increase in use of tobacco in the country. He also shared his knowledge about different components of tobacco such as nicotine and carbon monoxide which serves as the main reason for addiction and harmful diseases, respectively. He further explained about the harmful effects of cigarettes and e-cigarettes and explained how tobacco is cause of many major health issues

like cancer. At the end of the session, questions were taken up from the audience making webinar more insightful.

(Few pictures of pledge taking and webinar)



Dheeraj Sachdeva is presenting

## Long term health effects of tobacco

### Risks from Smoking

Smoking can damage every part of the body

Cancers	Chronic Diseases
Head or Neck	Stroke
Lung	Blindness
Leukemia	Gum infection
Stomach	Aortic rupture
Kidney	Heart disease
Pancreas	Pneumonia
Colon	Hardening of the arteries
Bladder	Chronic lung disease & asthma
Cervix	Reduced fertility
	Hip fracture

16:40 | jwh-obdc-fub

Turn on camera (CTRL + S)

Chelsi Sharma, Dheeraj Sachdeva, Vaidehi Agarwal, Dheeraj Sachdeva, Riti Kumar, Isha Goyal, Jinjiree Kakati, 38 others, You

Meet - jwh-obdc-fub

meet.google.com/jwh-obdc-fub?pli=1&authuser=1

aditi mohanty and 11 more

16:34

You, rajsev kothari, Dr. manish s..., IPCW-NSS-PO, Shishir Rastogi, Isha Goyal, Chelsi Sharma, Tamanna bh..., dhriti jain

Dheeraj Sach..., Ishika Aggar..., Vaidehi Agar..., Priya Gupta, Vinay Batra, ankur pacha..., Supreet Wad..., Laxmi Meena, praspti sarma

Soumya Raj, Riddhi Khanna, Anagha Srin..., IPCW NSS, Ishika Jain, Sanskriti Ka..., Manya Arora, IPCW NSS, Tetiksha Sud

sunny ratra has left the meeting

Sarah Snaan, saloni manc..., Dishari Mala..., Bidhu Khanna, Anoushka Ch..., Neeraj Aggar..., Divyanshi, Shreya Pand..., Jinjiree Kakati

Meeting details

Raise hand, Present now

Type here to search

37°C, 16:34, 31-05-2021