

# **Community Outreach Program**

## **Report Jan 2021–Dec 2021**

Community Outreach Program of the college conducted the following activities from January 2021 to December 2021 through various ongoing projects of the college and departmental collaborations.

### **Project NOOR & IAYP:**

An online Orientation program was organized in the month of January 2021 for enrolling first year students in Project NOOR, the college Community Outreach Program and in the International Award for Young People (IAYP). Thirty volunteers were recruited in Project NOOR to share the load of community service in the two slum areas – Khyber Pass and Vidhan Sabha area near Civil Lines and SKA community at Sonia Vihar and nine students registered for IAYP.

Volunteers of Project NOOR also participated in a Distribution Drive to distribute stationeries to the children of the adopted slums later in the year in November 2021.

### **Parwaaz:**

Parwaaz, the Community Outreach Program of the Department of BA Program organized the following:

- A webinar on “Overthinking and its impact on wellbeing” in February 2021.
- Setting up COVID Help Desk – Sakhi in June 2021.
- One-on-One free counselling sessions with experienced clinical psychologists for the BA Program students and their families under “Connect with A Therapist: Mental Health Buddies” in June 2021.
- A series of webinars pertaining to “Overall well-being” during Covid -19 to address the symptoms, causes, preventive measures, diet and nutrition after contracting Covid in June 2021.
- A workshop on Art Therapy in July-August 2021.
- An Online orientation for the new students in October 2021 followed by a social media campaign on ADHD awareness and a workshop on Stress Management in the same month.
- “Psyche-splaining: Your Psychology Guide”, social media series by Parwaaz in November 2021
- In the same month two students received the UN Millennium Fellowship.
- “Therapy: Clearing the Doubts and Misconceptions”, social media series by Parwaaz members in December 2021.

### **Project Dhyan:**

Project Dhyan, the Community Outreach Program of the Department of Geography conducted the following:

- A two-day workshop on ‘Oral History’ in February 2021.
- From March to May 2021 students participated in the U21 RISE Showcase and Awards 2020, organized by Universitas 21, United Kingdom. Seven students got official entry to the RISE to represent University of Delhi.

- From June to October 2021, students also participated in SANNAM S4 Change Makers Competition by SANNAM S4 and six students were declared the finalists.
- Students also participated in the Millennium Fellowships from July to November 2021 and six students received the Fellowship.
- National Workshop on “Heat Waves and Urban Systems: Challenges, Preparedness and Management” later in the month of July 2021.

### **Departmental Webinars:**

- Webinar on Grief Management entitled “Managing Grief & Loss: Path towards Resilience” organized by the Department of Psychology in June 2021.
- The Department of English held a webinar on the Impact of Pandemic on Education in September 2021 entitled “What does Education Mean Really?: Understanding its Varied Impact Across Classes and Spaces”.
- An International Webinar Series spread over three sessions on Pandemic Ethics was organized by the Department of Philosophy under the theme “Pandemic Ethics: History and Credentials” in the month of September 2021.
- Webinar on Mental Health was organized by the Department of Political Science on the topic “Mental Health: Route back to Offline from Online” in November 2021
- Department of History hosted a webinar on “Zero Waste Philosophy” in Ladakh under the title “New Mountains of Waste in Ladakh” in December 2021.