

NSS UNIT-INDRAPRASTHA COLLEGE FOR WOMEN

Report On

The Celebration of Fourth (4th) International Day of Yoga

Student volunteers of NSS Unit of Indraprastha College for Women participated in multiple programmes held in order to celebrate the spirit of 4th International Day of Yoga held on 21 June 2018.

A total of eight volunteers participated in a two days event organized by NSS Centre, University of Delhi. Volunteers from various NSS units of the university enthusiastically partook in this event which was held at Gandhi Bhawan. On 20th June, the volunteers undertook a rehearsal under the supervision of Dr Parminder Sehgal, NSS Programme Coordinator of the university and the students were given instructions for the next day's event.

On 21st June 2018, the International Day of Yoga was celebrated at Gandhi Bhawan with the active participation of NSS volunteers, Yoga Instructors and eminent personalities. The Chief Guest for this occasion was Prof. Yogesh Kumar Tyagi, Vice Chancellor DU and Dr. Varun Vir, (National General Secretary at Rashtra Nirman Party) was present there as the guest of honour. The event commenced with Dr. Varun Vir's address to the gathering of students and their families. He highlighted the benefits and significance of Yoga in one's life by reciting some beautiful shlokas in Sanskrit. The participant performed various yogasanas under the guidance of the instructors. The event ended with a vote of thanks by Dr Parminder Sehgal.

The Day was organised with great enthusiasm in our College. The students, staff members and the community celebrated it with their active participation in the programme on 21st June 2018, from 7.20 to 8.30 am in the College Lawns. Six NSS volunteers along with the PO participated in this early morning programme. The event started with the welcome speech by the principal, Dr. Babli Moitra Saraf, and was followed by a prize distribution ceremony for the winners of the essay competitions conducted by the college. The yoga session was conducted by the Yoga Instructor Mr. Umesh, with the assistance of the Yoga Instructor from the NSS-DU Centre, Ms. Alee Fatima. The students demonstrated various Yoga poses. The programme concluded with a question answer session and light refreshments.

Pictures from the above events are enclosed:

At NSS-DU Centre



At College





LAST DAY OF EVERY MONTH IS DRY DAY FOR TOBACCO IN DELHI

**GOVERNMENT OF NCT OF DELHI
STATE TOBACCO CONTROL OFFICE
DIRECTORATE GENERAL OF HEALTH SERVICES
Pt. Deep Chand Sharma Sahkar Bhawan, 2nd Floor, Phase -1
Sector -20, Dwarka, New Delhi-110075
E-mail: ntcpdelhistate@gmail.com**

FNo: 20(25)/ STCC/DGHS/2015-16/

Dated:

To

**Vice Chancellors, All Universities, Delhi
The Regional Health Directors, All Regions, GNCTD
The Director, Education, GNCTD
The Medical Superintendents(all Hospitals/dispensaries under GNCTD,GoI, MCD,
NDMC, Railways, ESI& others
All DCPs, Delhi Police/SHOs, All Police Stations
MCD/NDMC/Dept. Of Customs/excise/GST/Commissioner Food Safety Dept.
Chairman DTC/Indian Railways/DMRC
The CDMOs,/ ARDHSs, All regions**

**SUBJECT: PROPOSED ACTIVITIES ON DRY DAY FOR TOBACCO IN DELHI ON
30-06- 2018**

Madam / Sir

This is to inform you that the next Dry Day for Tobacco in Delhi will be observed on 30-06-2018. This time the focus will be again on Educational Institutes along with complete ban on prohibition of tobacco sale within 100 mtr radius of Educational Institutes throughout Delhi apart from the ongoing routine activities under Tobacco Control Program.

Our appeal to tobacco vendors to close the shops and appeal to general public not to use any tobacco products on this day should be reinforced.

All the districts and respective offices will organize sensitization meeting/ training/ workshop in their respective offices and educational institutes.

The District Officers/ Nodal Officers of the educational institutes and health facilities to look for

1. Any tobacco vendors within 100 metre radius of any educational institutions or Health facility and take appropriate actions. Non educational health facility to issue an Administrative order for prohibition of tobacco sale within 100 mtr radius in public interest.
2. Constitution of tobacco free school/college committee at each educational institution along with the notified Nodal officer.
3. Display of mandatory **tobacco free zone board** and **no smoking signage**.
4. Conduct special awareness/ sensitization programs.
5. Take appropriate action in case of violation as per **COTPA 2003 and Delhi Act 1996**.

The Nodal Officers of each hospital/ dispensaries/ educational institutes/ police stations/ bus depot/bus stop/ taxi & auto stand/Delhi metro are also requested to take self initiative for compliance of tobacco control legislation within their own premises and jurisdiction as per already issued instructions.

For the presence of tobacco sale within 100 mtr radius of educational institute/ health facility, Head/ Nodal Officer of the institute/ health facility are likely to be challaned if

Please note that non display of proper Tobacco Free Zone board & No Smoking signage attracts fine of Nodal Officer/ Head of the institute as per tobacco control acts.

Distt. Tobacco control teams under CDMOs to conduct awareness cum enforcement drive with special focus on the following violations & take appropriate action as per COTPA, 2003/Delhi Act 1996

- 1. Sale of loose cigarette / bidi /tobaccos**
- 2. Sale of tobaccos to minor less than 18yrs of age & absence of board mentioning that sale of tobaccos to children less than 18 yrs of age is prohibited**
- 3. Tobacco sale within 100 mtr radius of educational institutes & health facility.**
- 4. Smoking in public places.**
- 5. Sale of banned chewable tobaccos & inform deptt. of Food Safety, GNCTD**
- 6. Direct/indirect advertisement of Tobaccos**
- 7. Illicit trade/ absence of mandatory 85% pictorial health warnings on tobacco packets**
- 8. Special focus on e-cigarette /hookah bars**

The respective DCPs, are requested to act proactively in carrying out enforcement of various legal provisions under COTPA & also provide necessary support to district team in carrying out these drives. Delhi Police should pay special focus on raids in eateries/restaurants/hotels to completely prohibit hookah bars in Delhi. The raids to illicit trade needs to be intensified.

Dept. of Excise/Customs/GST are requested to conduct raids for the violations of direct/indirect advertisements of tobaccos & illicit trade of tobaccos without mandatory pictorial health warnings under section 5&7 of COTPA, 2003 apart from others.

MCD & NDMC officers including Municipal Health Officers & Health Inspectors and Food Safety Dept. Need to enforce all provisions of COTPA 2003 & Delhi Act 1996 with focus on prohibition of sale of tobaccos within 100mtr radius of educational institute, Ban on sale of loose cigarette, & chewable tobaccos, prohibition of hookah bars, Ban on direct/indirect advertisement of tobaccos and Illicit trade of tobaccos without mandatory pictorial health warnings.

The report of this awareness cum enforcement drive needs to be submitted to this office by evening of the same day which will be further sent to the higher authorities for review.

In view of above you are all requested to initiate the above activities in stringent manner in the larger public health interest.

Thanks & Regards

Dr S K Arora
Addl. Director
DGHS, GNCTD

Copy to:

1. Secretary Education, GoI
2. Secretary(H&FW), GoI
3. Commissioner, Delhi Police
4. DM/Chairman DLCC, all districts
5. Pr. Secretary(H&FW), GNCTD
6. Pr. Secretary Education, GNCTD
7. Commissioner, Transport
8. Director, NTCP, GoI
9. MD, DSHM
10. DGHS, GNCTD

INDRAPRASTHA COLLEGE FOR WOMEN

University of Delhi

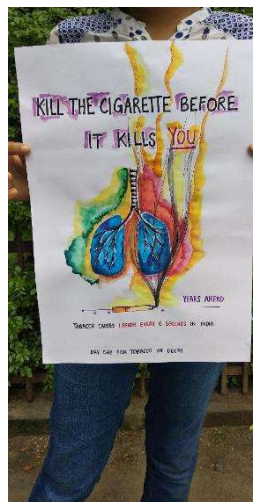
NSS UNIT

Report

Dry Day for Tobacco in Delhi

Following the instructions of the Government of the NCT of Delhi, the NSS Unit of the college observed Dry Day for Tobacco in Delhi for the month of July on the 31st by organizing a poster making competition on the topic "Say No to Tobacco". The purpose behind this event was to raise awareness against the ills of tobacco consumption amongst the youth. Students from several departments participated in the event with extreme enthusiasm, out of these, Anushka Singh (BA Hons. Economics) and Saniya Rafi (BA Hons. Political Science) won the first and second prize respectively. The judgement was made by a committee of judges based on different aspects such as how impactful the poster was and aesthetic schemes etc.

Enclosed are some pictures from the event:





STOP SMOKING BEFORE IT KILLS YOU

EVEN PASSIVE SMOKING KILLS 2x FASTER

NSS
DRY DAY FOR TOBACCO IN DELHI 31-07-18

KILL THE CIGARETTE BEFORE IT KILLS YOU

YOU'RE A FOOL IF YOU THINK SMOKING IS COOL

SMOKING KILLS SKILLS

MUSTS YOU TREE BEA PART OF EVERY DAY!

ride at own risk
CANCER
ASTHMA
CARDIO-VASCULAR DISEASES
COPD
EDENTULLISM

SMOKING makes you DISAPPEAR !!

2018 TOBACCO REALLY 2030 TIME TO FIT YOU

BEWARE!!
IT KILLS MORE THAN 600000 NON-SMOKERS EVERY YEAR!

Indraprastha College for Women

(University of Delhi)

NSS

Swachhta Pakhwada - Report

With reference to Action Plan of Swachhta Pakhwada received from Regional Director, Regional Directorate of NSS, Swachhta Pakhwada was observed from 1st August to 15th August, 2018, by the NSS units of the College with its spirit and devotion.

The drive was successful because of the active and committed participation of the NSS volunteers under the efficient leadership of Ms.Uma Roy and Ms.Rohini Yadav from NSS-IPCW and the wilful support of the college authorities. A total number of 44 NSS volunteers from the second and third year participated in the Swachhta Pakhwada from 1st August to 15th August, 2018. The participants were so involved that the participation in the events throughout the period was 159, and it is more than three times that of the number of volunteers.

The drive began with the Swachhata Shapath. It was followed by door-to-door campaigns, awareness regarding cleanliness, female hygiene, sanitation and waste management. A visit was also made to Defence colony slum in Vidhan Sabha and Meena Devi Jindal Hospital. Our volunteers also had an interactive session with children regarding cleanliness. Apart from this, sweeping & garbage collection drive was undertaken inside and strategic locations outside the college.

On 14th August 2018, a rally was conducted to raise awareness regarding cleanliness in the college.

The day-wise events undertaken by NSS-IPCW with the pictures are enclosed here with the report.

DAY 1: SWACHHTA SHAPATH



On the first day, Swachhta Shapath was taken in the presence of Programme Officer. There

DAY 2: CLEANING INSIDE THE COLLEGE



On 2nd day, the cleanliness drive was initiated from the NSS room by cleaning the areas in and around the room by ten volunteers, spending an hour.

DAY 3: CLEANING INSIDE THE COLLEGE



On 3rd day, **six** volunteers were involved in cleaning and collecting garbage around the canteen area for **an hour**.

DAY 4: CLEANING INSIDE THE COLLEGE



Sweeping around the gymnasium



Sweeping around the KG Hostel.

In the cleaning drive conducted inside the college **seventeen** volunteers participated with cheer for around **two hours**.

DAY 6: DOOR TO DOOR CAMPAIGN REGARDING OPEN DEFECATION



On 6th day, **seven** volunteers visited Defence colony slum in Vidhan Sabha. They engaged in a door to door campaign for **two hours**, where they raised awareness regarding open defecation. It was an interactive session with the community. Most of them were construction workers.

DAY 8: SWEEPING THE GARAGE DISPOSAL IN THE ADOPTED SLUM



On 8th day, for around **two hours**, **twelve** volunteers were engaged in sweeping and garbage disposal in the adopted slum in Defence Colony near Vidhan Sabha.

DAY 9: MOVIE SCREENING AND INTERACTIVE TALK SESSION WITH CHILDREN REGARDING CLEANLINESS



On 9th day, around **twelve** volunteers went to Defence colony and was involved with the young minds for **two hours**. The children were made aware of the benefits of cleanliness with the help of videos and movies. A group discussion was also organized among the children. It helped them to learn about hygiene and cleanliness.

DAY 10 & 11: CLEANING PUBLIC INSTITUTIONS



On 10th and 11th day, about **fourteen** volunteers spent around **an hour** cleaning and sweeping the area around the Civil Lines Metro station and Bus Stop.



DAY 13: INTERACTIVE TALK SESSION REGARDING CLEANLINESS



On 13th day, about **eleven** volunteers visited Meena Devi Jindal Hospital and interacted with the people for **an hour** and created awareness about the cleanliness.

DAY 14: SWACHHATA RALLY



On 14th day, a rally was organized inside College premises with a participation of **twenty** volunteers for **an hour**. The volunteers rose slogans regarding cleanliness and hygiene.

INDRAPRASTHA COLLEGE FOR WOMEN

University of Delhi

NSS Unit

Report

Kerala Flood relief donation drive

As Kerala is facing its worst floods in nearly a century with the death toll reaching close to 194 and over 3.14 lakh people have been moved to relief camps across the state, the path to recovery requires generous contribution from all the corners. To show our solidarity, the NSS Unit of Indraprastha College for Women in collaboration with School for Democracy conducted the donation drive, from 21st to 25th August 2018. The drive received immense support from the students. Students donated generously and prayed for the millions who are suffering from the worst floods in the country.

Flood relief materials were collected for the people of Kerala in the pavilion from 10:30 am to 3:00pm on all the days from 21st to 25th August except on the government holiday. The donations were made in the form of:-

1. Candles
2. Clothes
3. Footwear
4. Matchbox
5. Napkins
6. Bedsheets
7. Toiletries
8. Sanitary Pads
9. Raincoats
10. Utensils

The Volunteers sorted the relief material in different cartons and labelled them. The materials were despatched through School for Democracy.

Enclosed are some pictures from the collection drive:



Indraprastha College for Women

NSS Unit

REPORT

As per the instructions of the Government of NCT of Delhi, a **slogan writing competition** was organised by the NSS Unit of Indraprastha College for Women in the context of the DRY DAY for TOBACCO in Delhi on 30th August 2018.

Students from various departments of the college participated in the event with great enthusiasm. The main purpose of this event was to raise awareness among the students against the ills of tobacco. Amongst the students that participated two were selected as the winners of the competition. They are Simmi Sonker from B.A. Hindi (Hons.) second year who won the first prize and Shehreen Gauri from B.A. Programme who won the second prize. The judgement was made by a committee of judges based on different aspects such as how impactful the slogan was.

Enclosed are some pictures from the event:



INDRAPRASTHA COLLEGE FOR WOMEN

(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME

REPORT

ORIENTATION PROGRAMME 2018-19

The NSS orientation programme was organised on 7th September, 2018 from 12:30 to 2.30 pm in the Auditorium. The programme witnessed active participation of 449 students. The programme began with a short video, recalling the history of NSS. The emcees Priyanka Thakran and Ojasvi Gupta gave useful insight into the working of the organisation.

The Programme Officer of the new session, (2018-19) Mrs T. Jeya Christy introduced the newly appointed office bearers; Ms. Rohini Yadav, the President; Ms. Rupal Rana, the Vice President; and Ms. Suman Rana, the Secretary. Ms. Riya acquired the recently introduced position of Treasurer. As per the new decentralization policy adopted this year, four separate departments with specific responsibilities will function namely,

- Events department (managing programme organisation, reporting and anchoring etc.)
- Logistics department (providing off stage and infrastructural support etc.)
- Record maintenance & liaison (recording minutes of events maintaining all written records and liaison with all authorities etc)
- Creative department (social media management, IT, acting as a creativity reservoir etc.)

A supporting team, which constitutes of the previous office bearers, was also been established. The introduction was followed by a note by Mrs. Supriya Saha, the ex- Programme Officer of NSS, IPCW.

The Vice-President, Ms. Rupal Rana, explained the objectives of NSS. She then invited Ms. Mamta Mittal, a former core member of NSS, and a graduate of IPCW to share her experience.

The president, Ms. Rohini Yadav welcomed the fresh recruits and introduced them to the various precincts of NSS. She explained, the 'hours policy' and diary and record maintenance, and insight into the success of events conducted during the year 2017-2018, such as SVEEP, Swachhta Pakhwada, EOC and various other events.

The session also included information about the outreach programme, which was conducted by Ms. Tamanna. This was followed by an introduction of the

department representatives by the Secretary, Ms. Riya. The session ended on a successful note with a vote of thanks by the President.

Enclosed are some of the photos from the event:



**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NSS UNIT
REPORT On WORLD CLEAN UP DAY**

The NSS unit of IPCW participated in the world clean up day which was organized by United Nations and AISEC on 15th September 2018 from 10:00 am to 12:00 pm in the banks of the river Yamuna. The main purpose of the day was to keep the environment free of garbage by cleaning up the banks of the water bodies.



A team of 28 volunteers took part in the cleaning drive. They were provided with masks, gloves and T-shirts to collect garbage which was spewed at the river bank and to dispose them off. They also took up the responsibility of spreading awareness about the preservation of the water bodies from pollution and its resulting environmental degradation. The whole activity was undertaken by the NSS volunteers with full enthusiasm.





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT
On
49th NSS DAY - “SWACHHTA HI SEVA”**

National Service Scheme unit of Indraprastha College for Women celebrated 49th NSS Day on 24th September 2018 in the college auditorium from 10:30 am to 1:30 pm. The event commenced with a short film which stressed upon the adverse effects of pollution and the need to keep our surroundings neat and clean.

This was followed by an enchanting dance performance by the North East Society of the college which displayed the beauty of our nature. After which the PO Mrs T.Jeya Christy addressed the students and introduced the newly appointed President of NSS society Ms UlfatRana, and shared all the valuable inputs from the PO's Orientation, which was held on 20th September 2018.



It was followed by screening a short film, showing the activities conducted by the NSS team in previous academic year like Diwali Mela, annual NSS fest, and cleanliness drives etcetera. Volunteers who participated in ‘Swachh Bharat Summer Internship 2018’ shared their experiences and were presented with token of appreciation by the NSS PO.

The singing performance by Abhilasha Shukla, BA Programme student touched the right chord with the audience. Mrs SupriyaSaha the former PO presented certificates to the previous year's volunteers for devoting of their 120 hours to NSS work. BA programme students of 3rd year displayed an enthusiastic dance which was followed by a special performance by Aarti, a student from Equal Opportunity Cell. Her poem on cleanliness won a great applause from the audience. All this was followed by an interactive session during which NSS members shared their stirring experiences.



The event saw a vibrant ending with a remarkable performance by the Sukhmanch Theatre group, their act “Kudrat” was the main highlight of the day which focused on the urgent need to tackle the problem of pollution specifically that of Delhi. The energetic speech and interaction by the director of the drama, Ms. Shilpi Marwaha, enthralled the student volunteers.



The event concluded with the vote of thanks by Ms Rupal Rana, Vice President of the NSS unit.

Indraprastha College for women

University of Delhi

NSS

SVEEP - REPORT

The SVEEP program started with a meeting at the District Magistrate Office(central) on 14th September 2018 which was attended by the SVEEP team. In the meeting the rules for the enrolment of the new voters to the voter's list were discussed and the forms for the same were handed over. The volunteers from each department were chosen and engaged to encourage the students to fill in the forms by diverging important information related to the voter ID cards. The forms were made easily available to each and every eligible student in the college. Two volunteers were appointed to distribute forms in the pavilion for each date from 17th September 2018 to 26th September 2018 between 2:30 pm and 3:30 pm. About 149, Form-6 and 3, Constituency Change Form-8A was collected by the volunteers.

As per the instructions from the SDM, two day special camp was held on 27th September 2018 and 28th September 2018 from 10:00 am to 4:00 pm. The Booth Level Officers (BLO) led the camp. The officers helped the students to fill in the form, clear their doubts and also verified the filled forms. The officers were helped by the volunteers from the college.

On 27th September 2018, the State District Magistrate, Ms. Sashi Kaushal visited our SVEEP camp. All the voter id forms were collected by the nodal officer on 28th September 2018.

The NSS and NCC SVEEP ambassadors lead the camp successfully with the support of around 46 volunteers.





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT
World Heart Day**

On the occasion of World Heart Day, Indraprastha College for Women collaborated with the National Centre for Disease Control to conduct a poster making competition and a technical session on 29 September, 2018, with the theme 'My Heart, Your Heart'. The NSS Unit volunteered to organize both the events. A total of twelve students participated in the, on the spot poster making competition on 'Heart Solutions for Healthy Life' that commenced at 9:30 AM in the Activities Area, outside the new AV Lecture Theatre. The panel of judges for the same consisted of NCDC officials Dr Ramesh Chandra and Dr Girish Makhija; and Dr Vinita Kaul Dar from Commerce department, IPCW. Muskan Gupta, Swati and Debina Moirangtam won the first, second and third prize respectively, Pragya Rahi and Sonali Jain were awarded the consolation prizes. The results for the poster making were declared after the technical session and the winners were awarded with cash prizes by the NCDC.

The Poster Making Competition was followed by Technical Session on 'Heart problems: Burden and Risk Factors'. The speakers of the session Dr Anshu Sharma and Dr Rinku Sharma gave a detailed lecture on Non-Communicable and cardiovascular diseases. Dr Anshu Sharma explained the common risk factors of NCDs like tobacco, alcohol, obesity, poor diet and nutrition, blood glucose level, physical inactivity and raised blood pressure, diabetics etc., presenting a forewarning statistics of each. She highlighted the alarming increase of morbidity and mortality caused by NCDs and cardiovascular diseases. Dr Rinku Sharma talked about preventive measures suggesting modifications in everyday habits, stressing on the importance of a balanced diet, exercise, maintain BMI and timely check-ups. The talk was followed by an interactive session during which professors and students raised various questions.

The event concluded with the Principal, Dr Babli Moitra Saraf addressing the gathering regarding the importance of public health lecture and thanking both the guests from NCDC and the team of NSS volunteers.

Attached herewith are some of the pictures from the events:





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI**

**NSS Unit
Report On the Observance of
Dry Day for Tobacco**

The NSS Unit of IPCW, observed Dry Day for Tobacco by organizing a rally to spread the message 'Say no to tobacco' amongst the youth. The students made the posters with slogans. A total of 66 student volunteers joined in the march between 1:30 PM to 2:30 PM, they went around the college chanting slogans and carrying posters made by them.





**Indraprastha College for Women
University of Delhi**

NSS

Report On

'Observance of Swachhata Hi Seva from 15th September to 2nd October 2018'

As per the instructions of MHRD, the NSS unit of IPCW observed the 'Swachhata Pakhwaada' from 15 September to 2 October. Multiple activities were organised under the same, especially keeping in mind the NSS Day theme for the year - 'Swachhata hi Seva'. A documentary on 'Swachhata' was screened for the NSS Volunteers, followed by an hour long interactive session to discuss the role of youth in 'change' making and striving for a cleaner world. Sukhmanch Theatre Group was invited to the college in order to perform their street play 'Kudrat', to begin a conversation about the conservation of environment. The above one day event evoked a good response from the students, that is, around 464 students participated in the event. The fortnight long drive ended with a cleaning drive at the library grounds by a group of 12 NSS volunteers. It is a part of the initiatives that has been held every 15 days from July 2017, actively promoting Gandhian principles of cleanliness and furthering the Swachh Bharat mission to take our nation forward.

Attached herewith are some of the photographs from the events:







INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME



REPORT
Breast Cancer Awareness Talk

The NSS Unit collaborated with Intas Pharmaceuticals Ltd. in order to organise a talk marking October as Breast Cancer Awareness Month. Dr. Ullas Batra, a senior consultant and Chief of Thoracic Oncology at Rajiv Gandhi Institute and Research Centre delivered a talk on the topic **Changing lifestyle: Be aware on Risks of Breast Cancer** followed by a demonstration of Breast Self-Examination on 30th October 2018 from 12:30- 1:30pm in Conference Hall. The event started with welcome note by Principal, Dr. Babli Moitra Saraf followed by a token of appreciation presented to Dr. Batra. The objective of the talk was to raise awareness regarding breast cancer as a common ailment amongst women and it's curability. The talk was followed by question and answer session. It was, by the whole, an informative and successful event.

Attached herewith are some pictures from the event



Indraprastha College for Women

NSS Unit

Report

Run for Unity

Rashtriya Ekta Diwas or National Unity Day was observed on 31st October 2018 in Indraprastha Women in order to commemorate **Sardar Vallabhbhai Patel**. A total of ninety-three (93) NSS volunteers took the Unity Oath (Ekta Shapath) in the presence of the Program Officer and the office bearers. These volunteers then carried slogans and participated in Run for Unity organized in the college grounds in order to promote the idea of Unity in Diversity of the nation.

Attached herewith are some of the pictures from the event:

Students and Programme Officer taking the Unity Pledge



The Run after the Unity Pledge



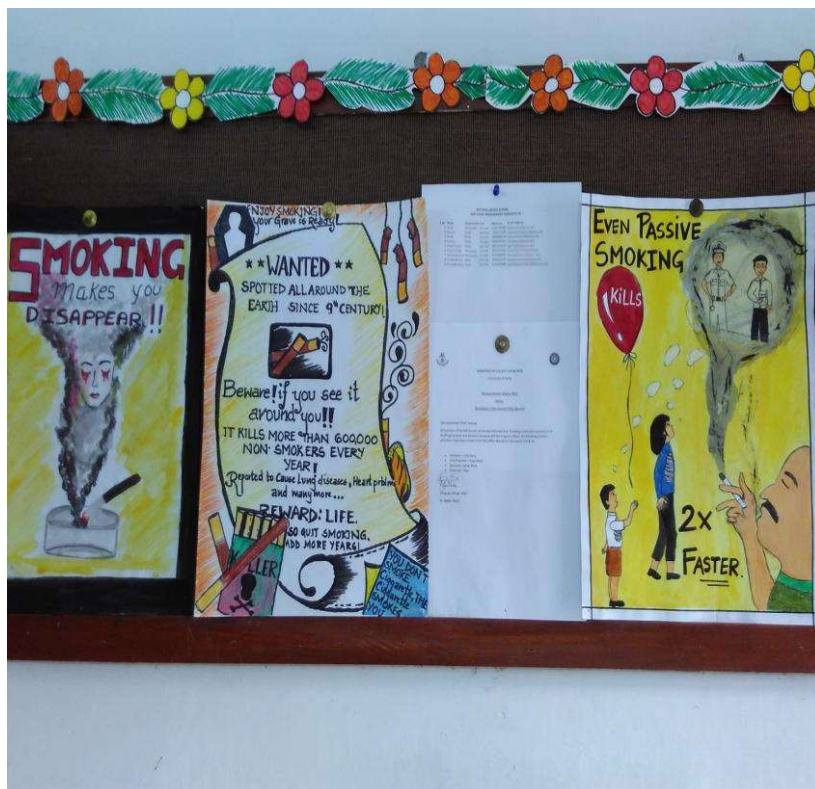
Few volunteers with placards



INDRAPRASTHA COLLEGE FOR WOMEN UNIVERSITY OF DELHI

NSS Unit Report On the Observance of Dry Day for Tobacco

The NSS Unit of IPCW, observed Dry Day for Tobacco on 31st October 2018, by organizing an Awareness Campaign regarding the evils of tobacco and to spread the message 'Say no to tobacco' amongst the youth. A total number of 9 students were involved in the event between 1:30pm to 2:30pm in NSS Room for preparing the posters and displaying on the notice boards.





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT On
Celebration of National Youth Day**

On 12th January 2019, NSS Unit organized a movie screening commemorating Swami Vivekananda on his birthday which is also celebrated as National Youth Day. The movie was based on a book- "Swami Vivekananda on Himself" which is a biography of Swami Vivekananda. The movie gave the students a glimpse of the multi-faceted personality of the swami from his early days.

It was followed by a discussion with the students where students discussed the teachings of Swami Ji and why he gave importance to the physical culture which became very important in militant nationalism at the turn of the nineteenth century.

It was, on the whole, a very insightful event.

Attached herewith are some of the pictures from the event



**Indraprastha College for Women
University of Delhi**

NSS

Report On

Voter's Awareness Forum and EVM Demonstration

As per instructions of the Chief Electoral Officer, NSS Unit set up a Voter's Awareness Forum under the SVEEP programme on 21 January 2019. The purpose of VAF is to create an informal forum for employees of an institution to generate discussion and awareness around electoral process. In this regard, a PowerPoint presentation was shown to the teaching and non-teaching staff of the college during a workshop.

Furthermore, under the guidance of Mr Pravesh from the election office, a demonstration on the usage of EVM and VVPAT took place. Student Volunteers participating in the workshop casted mock votes and enquired regarding the electoral process, voter identity card and related issues. The event ended with distribution of voter ID forms among the eligible students.



**Indraprastha College for Women
University of Delhi**

NSS

Report On

Make Roads Safer: Road Safety and First Aid Workshop

The NSS Unit of the college collaborated with the NGO MASH Project to organise a road safety and first aid workshop on 22 January 2019 at 1.30 p.m. in the AV lecture theatre. About 113 volunteers participated in the same in an effort to learn how to respond in case of emergencies. The trainer, Mr. Arun Kumar Baliyan gave demonstration of how to perform CPR, carry a wounded person, administer first aid for injuries, snake bites, epilepsy etc. The students learned through active and enthusiastic participation. The event concluded with the training feedback form.

Attached herewith are some of the pictures from the event:





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



REPORT- National Voters Day

National Service Scheme unit of Indraprastha College for Women celebrated 9th National Voters Day as per directions issued by Election Commission of India/CEO Delhi on 25st January 2019. On this occasion all the students and staff of Indraprastha College for women took National Voters Day pledge for ethical electoral participation. The pledge was read by the Principal Dr. Babli Moitra Saraf and was further repeated by the students and the Principal also told the students about the importance of exercising our voting rights. This was done in order to promote democratic electoral participation.





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT ON
Martyrs day (30th January 2019)**

The students and faculty members of the college observed the Martyrs day on 30th January 2019 by maintaining silence and by abstaining from work and movement for two minutes in memory of those who gave lives in the struggle for India's freedom. The principal, Dr. Babli Moitra Saraf honoured the Father of the Nation in her speech to the students and faculty, who have gathered in the Auditorium to observe the day in its spirit. This was followed by a screening of a documentary on Gandhi and a performance by Alaap, the Indian Classical Music Society.

Attached herewith are some of the pictures from the event:





INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME



REPORT

ROAD SAFETY WALKATHON

The NSS Unit participated in Road Safety Walkathon organized by Delhi Traffic Police at India Gate on 4 February 2019 Monday as an inaugural of 30th Road Safety Week which was scheduled from 4 to 10 February 2019. The walkathon started from India Gate C-Hexagon – Rajpath and culminated at Shastri Bhawan, covering a distance of around 1 km. The Commissioner of Police (Traffic) advised the students to follow rigorously all the rules regarding road safety. Around twelve NSS Volunteers participated in the walkathon, enthusiastically, by carrying placards and shouting road safety slogans.

Attached herewith are some of the pictures from the event



**Indraprastha College for Women
University of Delhi**

NSS

Report

#AbSamjhotaNahi Legal Rights Workshop

NSS Unit of the college collaborated with JOSH Talks in order to organise an interactive Legal Rights Awareness Workshop for women under their #AbSamjhotaNahi initiative on 8th of February. The speaker and activist Ms Devyani Verma began with gender sensitisation and introducing legal rights a female has access to today. She then moved on to discuss how to deal with workplace harassment and the functioning of ICC and CASH and the importance of UGC guidelines in preventing and remedying any cases of harassment. The importance of consent in every possible situation was also stressed upon. The session concluded with enthusiastic questions and queries from the audience.

Attached herewith are some of the pictures from the event:





**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI**



NATIONAL SERVICE SCHEME

REPORT ON

ANNUAL NSS FEST-KARTAVYA'19

National Service Scheme of IPCW organized its Annual Cultural Festival Kartavaya'19 on 5th April 2019 from 9.30 am onwards in the college Auditorium. The event started with an eloquent talk on Mental Illness on the sub topics; Symptoms and Ways to Deal and Nutritional Psychology, by Psychologists, Ms. Tanushree Sangma from Fortis hospital, who is an alumna of the department of psychology, and Ms. Kavya Singh from AIIMS, Delhi, respectively.



Principal Dr. Babli Moitra Saraf addressed the student gathering and appreciated their volunteering spirit. She also felicitated six interns of Swachh Bharat Summer Internship with certificate of completion provided by the Ministry of Human Resource Development.

The talk was followed by an Extempore Competition on the theme of Environmental Health. Around 15 students from different colleges of Delhi University participated in the competition.



An Online Photography Competition was also organized prior to the fest on the theme-Health and Sanitation which received 8 entries. The print out of all the entries were displayed outside the Auditorium to facilitate the judges to choose the winners

The declared winners of extempore competition and the online photography competition were honoured by certificates and prize money.

After a small break the event resumed for a Pop Quiz on Health in which the audience participated ardently. Students also presented cultural performances like fusion dance, song with musical instruments, poetry, etc.

Various stalls like kurti stall by Project Noor (Community Outreach Programme of IPCW), food stall, dream catcher stall, artifacts stalls were also put up in the corridor outside auditorium which attracted a lot of students and teachers.

The event concluded with vote of thanks by Rupal Rana, Vice- President of NSS Unit, IPCW.