



96 YEARS



INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME

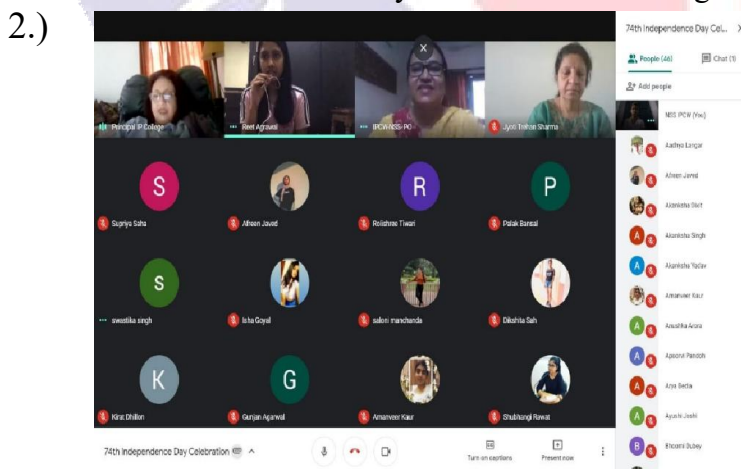
ONLINE SEMESTER, 2020

Programme Officer: Dr. Shubhra Seth

Office Bearers:

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

1.) NSS Pledge read by the Principal , Prof. Babli Moitra Saraf

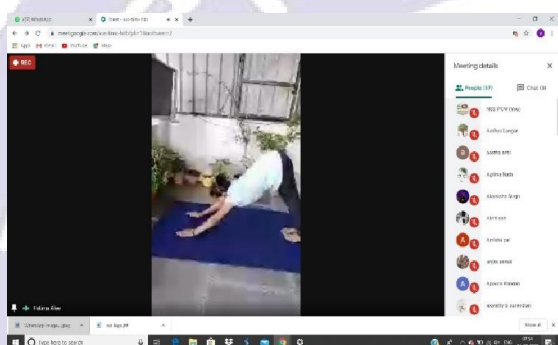


FIT INDIA MOVEMENT

Week 1: Wellness Journey(1st- 9th September)

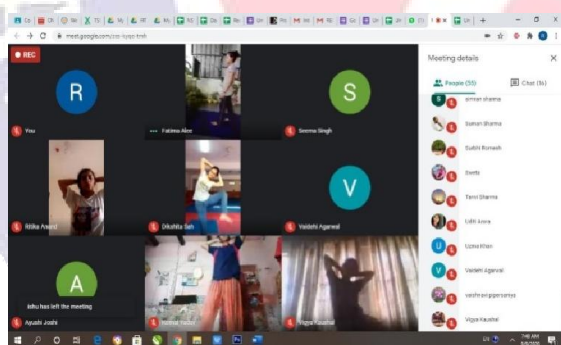
Virtual Yoga Session

During the first week of the Fit India Movement observed by NSS IPCW, an activity under #Wellnessjourney was conducted. On 4th September 2020, a virtual yoga session in association with the Physical Education department of the college was conducted on Google Meet. On 9th September 2020, a virtual yoga session in association with the Department of Physical Education of the college.



1.)

Ms. Fatima Alee demonstrating yoga asana

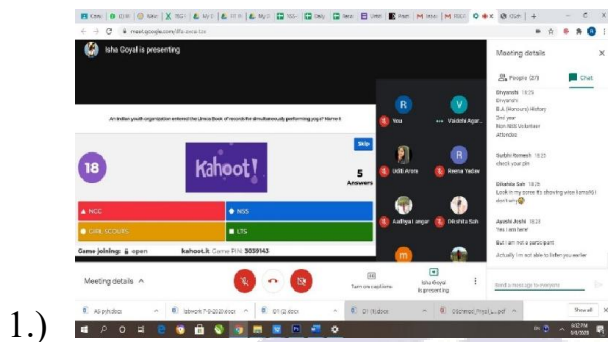


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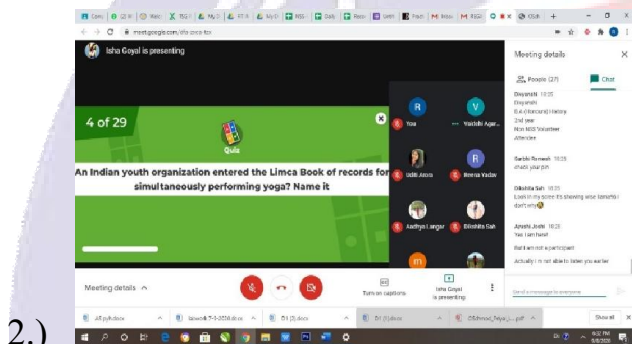
NSS volunteers performing yoga asana

Quiz

On 8th September 2020, a quiz on 'Ancient Sports and Yoga', was organized by the NSS Unit of IPCW.

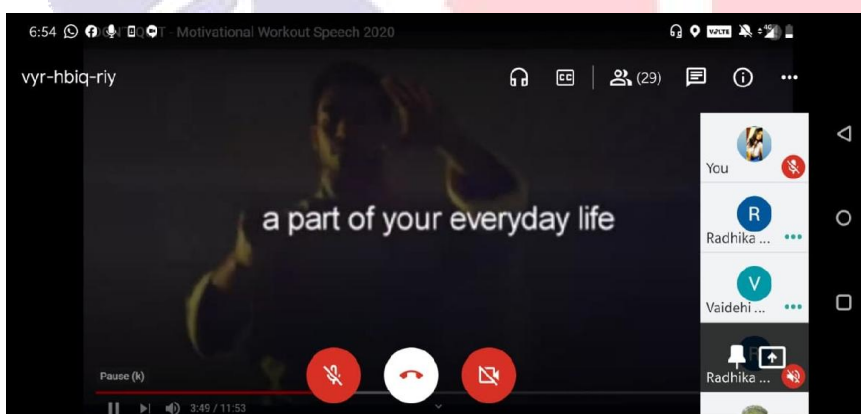


Quiz conducted on online platform, kahoot, on Ancient Sports and Yoga



Video Screening

On 9th September 2020, a video screening event was conducted by NSS, IPCW, which started at 6:30 pm on Google Meet. The name of the documentary that was showcased was "Don't Quit".



Video Screening done through Google meet to encourage the spirit of fitness in NSS volunteers

Yoga Asana

Yoga Asana was organised for the week. For this activity, a Google form was circulated among the volunteers, through which they were asked to submit their entries doing a yoga Asana, along with stating its importance.



NSS volunteers performing different yoga postures.

Week2: Good Food Good Mood (10th-16th September)

With the motive to spread awareness about healthy nutritional food and its impacts on people's lifestyles, NSS, IPCW observed the 'Nutritional Week'.

Poster Making Activity

On **17th September 2020**, a poster-making competition, on the theme of 'Good Food, Good Mood' was held.

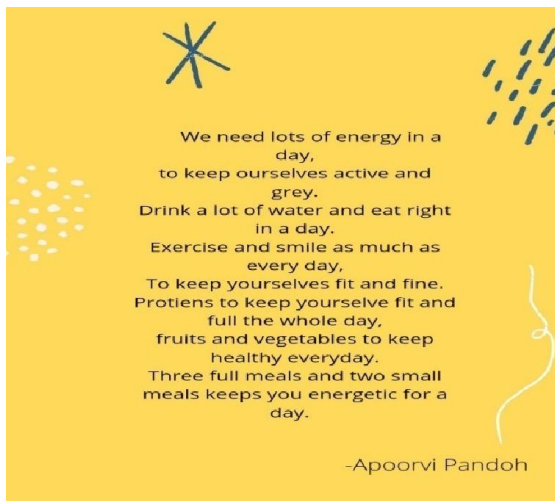


NSS volunteers shared poster through which they encourage balanced diet and healthy nutrition.

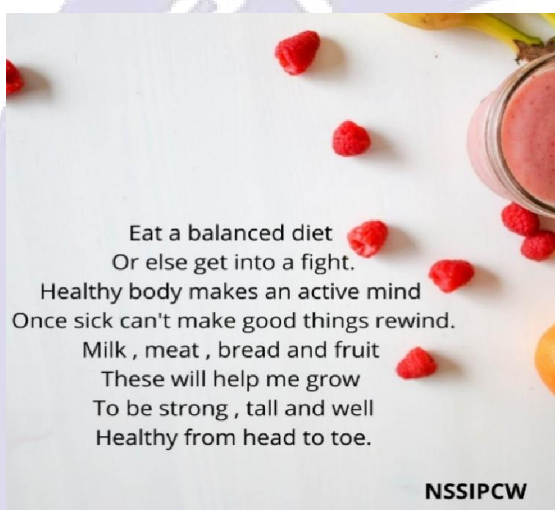


Jingle Making Activity

On **18th September 2020** a jingle writing competition was held, wherein the participants had to write innovative jingles on the theme of 'Nutrition'.



1.)



2.)

NSS volunteers shared jingle through which they communicated importance of healthy nutrition

Group discussion on Nutrition

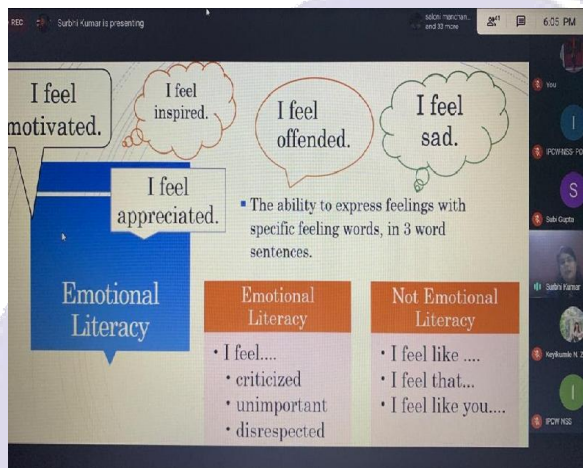
Lastly, on **19th September 2020**, a group discussion about nutrition was organized. Under this activity, participants gave detailed insights into the nutritional values of their diet.

Week 3: Aashavein (17th-23rd September)

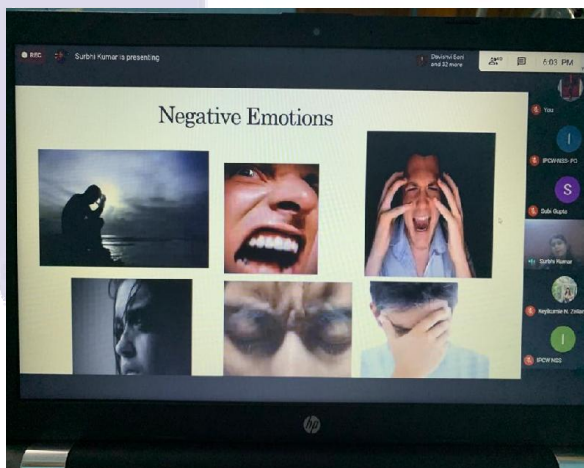
Interactive Session on Mental Health in the times of Uncertainty

NSS, IPCW conducted an online interactive session on "Mental Health in the times of Uncertainty", with Ms. Surbhi Kumar, Assistant Professor, Department of Psychology, IPCW on **21st September 2020**.

1.)



2.)

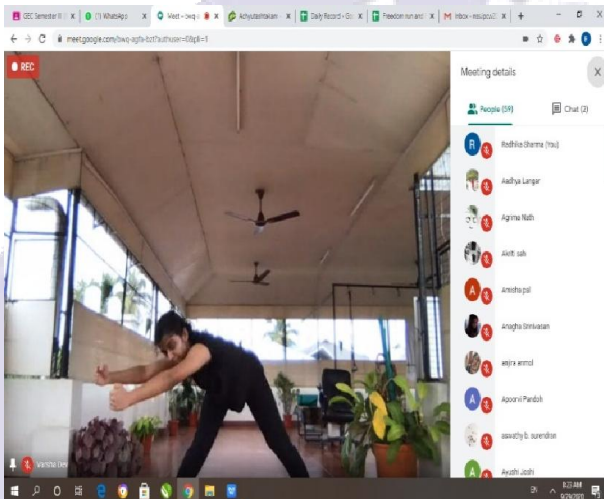


Ms .Surbhi Kumar shared presentation on Mental Health during the times of Uncertainty amidst the ongoing pandemic.

Week 4: Environment Friendly(24th-30th September)

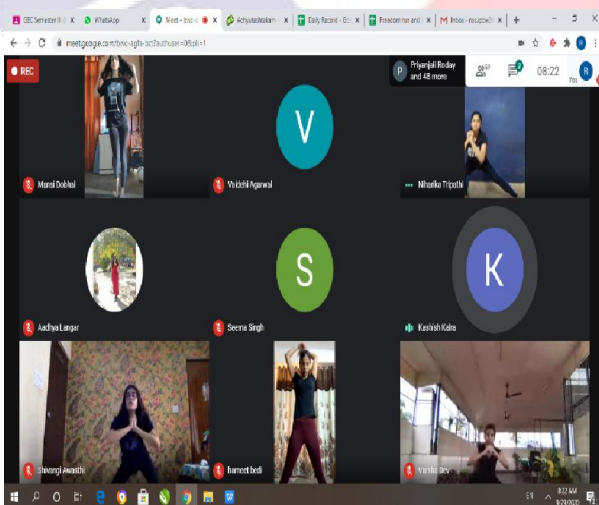
Freedom Run

On **29th September 2020**, an online fitness activity called “Freedom Run and Fitness Routine”, in collaboration with the Department of Physical Education was conducted.



1.)

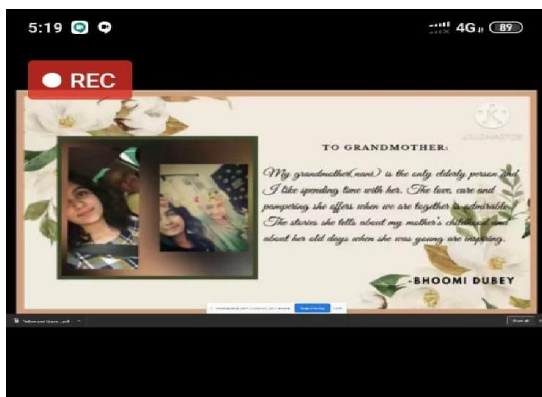
NSS volunteers performing zumba



2.)

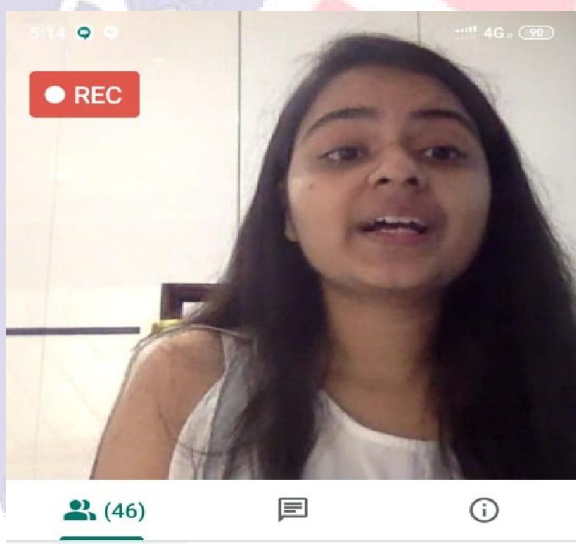
Connect With Care

On **2nd October 2020**, the NSS Unit and Gandhi Study Circle together organized an online program to celebrate Gandhi Jayanti. The theme of the event was 'Connect with Care'.



1.)

Video made on the stories shared by NSS volunteers on connecting with the elderly in their family and neighbourhood



2.)

With this event, the five-week long observance of Fit India Movement and its lively events and activities, came to a conclusion.

Plog Run



1.)

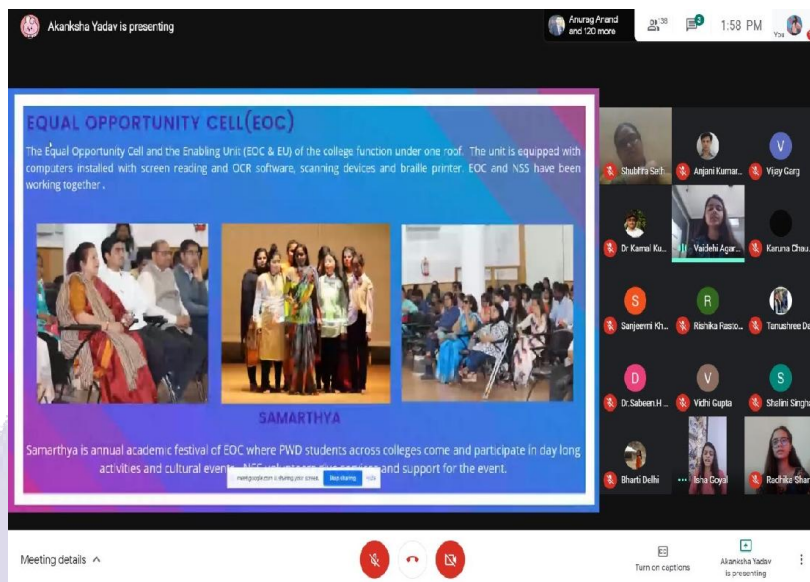
NSS volunteers shared their pictures taking the Plog Run



2.)

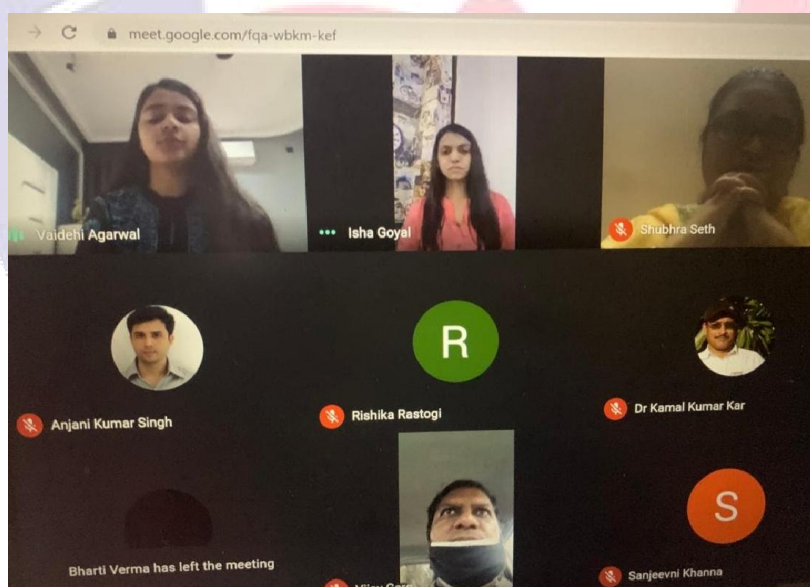
NSS DAY:

The NSS Day was celebrated on **September 24th, 2020** in two sessions, morning and evening. NSS Centre, DU organized an event during the day. The event was themed on Gandhian Principles and the NSS Unit of IPCW gave an encouraging presentation to all the other colleges of DU present in the event.



1.)

Presentation on activities undertaken by NSS,IPCW during the pandemic

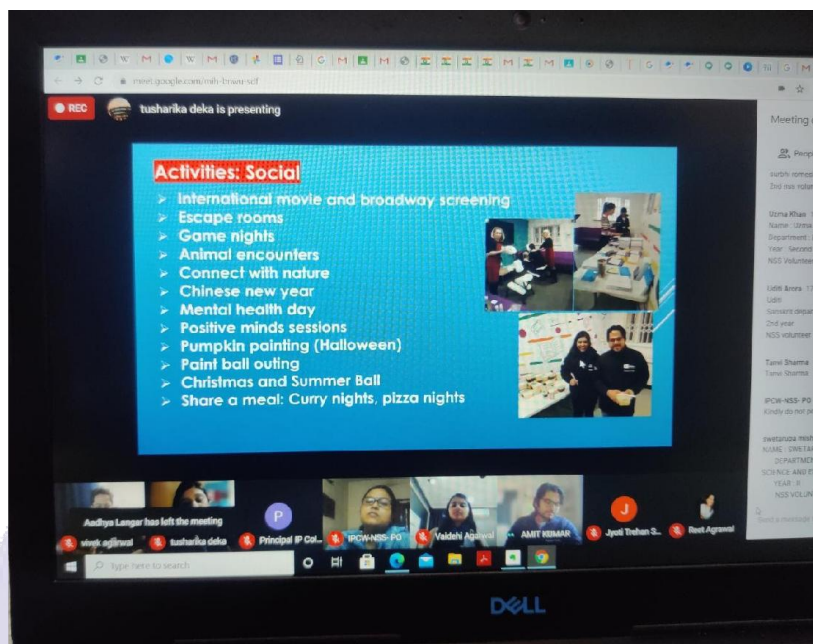


2.)

President of NSS,IPCW gave a presentation on all activities conducted through the lockdown period and online semester in the event organized by NSS Centre.

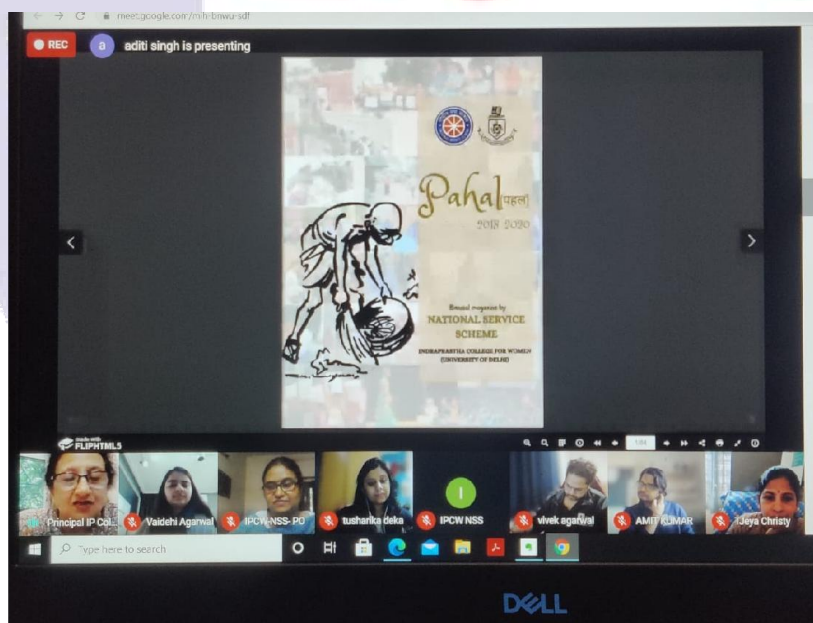
NSS UNIT, IPCW in continuation of honoring this day and the motto: 'Not Me, But You', organized an online overseas event at 5 pm. The event was graciously attended by the Principal Prof. Babli Moitra Saraf, the NSS Magazine 'Pahal' was released by her on the same day. The overseas

speakers for the event were Doctoral Researchers and Students Welfare Services Members from University of Nottingham, United Kingdom : Ms. Tusharika Deka, Mr. Amit Kumar and Mr. Vivek Agarwal.



3.)

Presentation by speakers from University of Nottingham, United Kingdom.



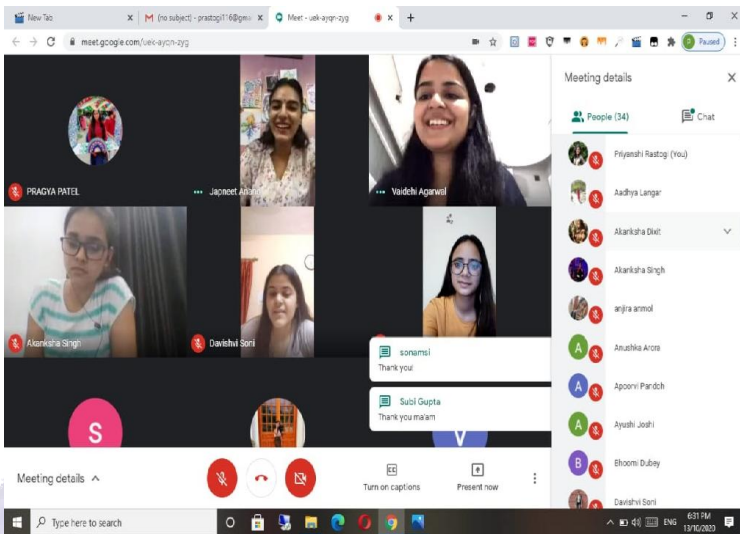
4.)

Release of 1st Biennial NSS Magazine, Pahal by the Principal, Prof. Babli Moitra Saraf

MENTAL HEALTH and WELLNESS WEEK:

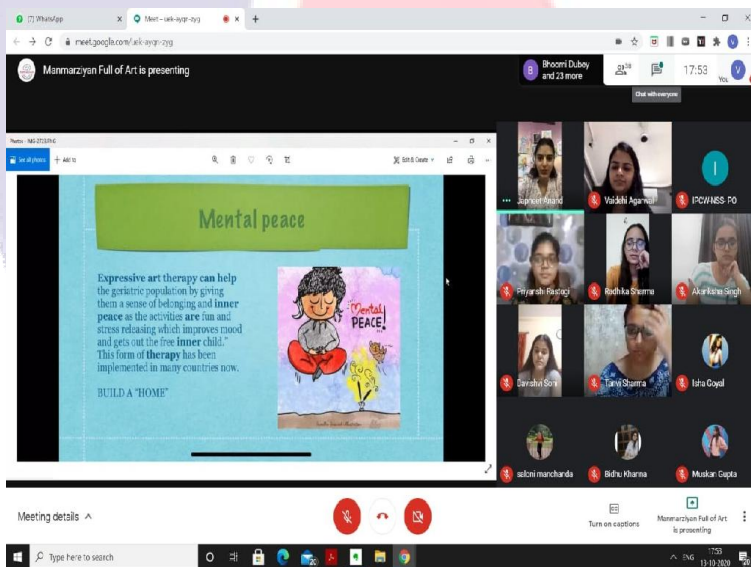
Expressive Art Therapy

On **13th October 2020**, the NSS Unit of IPCW, conducted a webinar on Expressive Art Therapy with Japneet Kaur Anand, who is the founder of Manmarziyan- Full of Art.



1.)

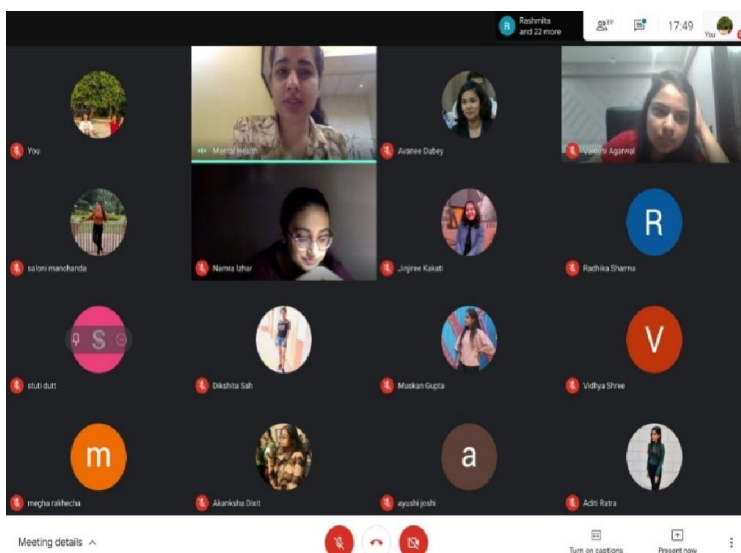
Introduction of the speaker, Ms. Japneet Kaur Anand, by President of NSS,IPCW



Presentation by Ms .Japneet Kaur Anand on Expressive Art Therapy.

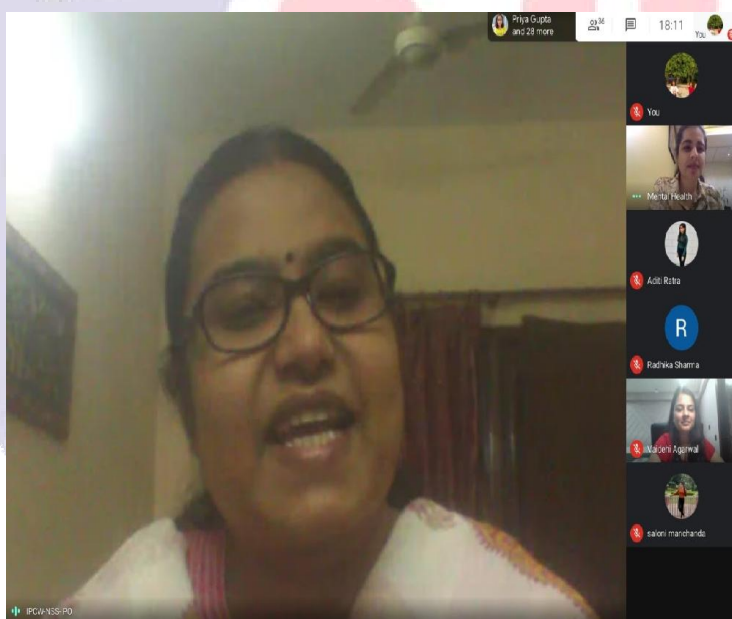
INTERACTIVE SESSION ON EMOTIONAL WELL BEING

On **19th October 2020**, an interactive session on Emotional Well-being was conducted. The speaker of the event was Ms. Nishtha Narula, who is a Lead-Counselling Psychologist and Program Manager at Fortis Healthcare Limited, Delhi.



1.)

Presentation by the speaker, Ms. Nishtha Narula



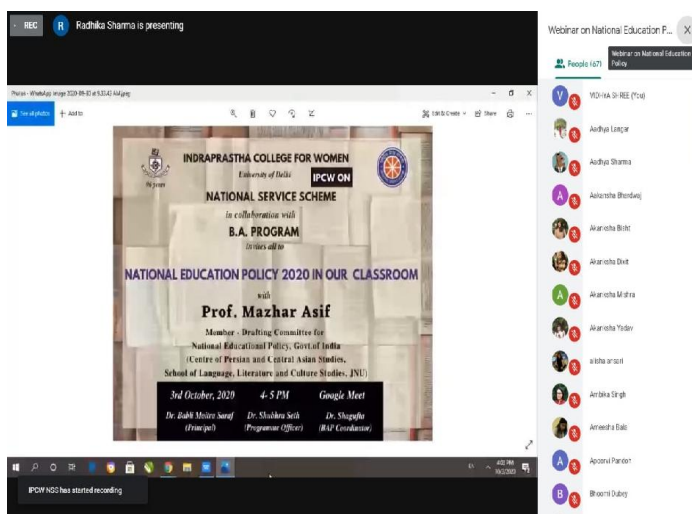
2.)

Dr. Shubhra Seth, Programme Officer of NSS,IPCW concluded the session by thanking the speaker and underling the importance of mental and emotional well being for all students in the online semester.

WEBINAR ON NATIONAL EDUCATION POLICY:

The NSS Unit of IPCW in collaboration with Department of B.A. Programme conducted a webinar on National Education Policy with Prof. Mazhar Asif, Professor, (Centre of Persian and Central Asian Studies, School of Language, Literature and Culture Studies, JNU) and a member of the Drafting Committee for National Education Policy, Government of India on **3rd October, 2020**

1.)



Presentation by Prof. Mazhar Asif on National Education Policy

2.)



Event attended and addressed by the Vice Principal , Dr. Jyoti Trehan Sharma and B. A Programme Coordinator , Dr. Shagufa

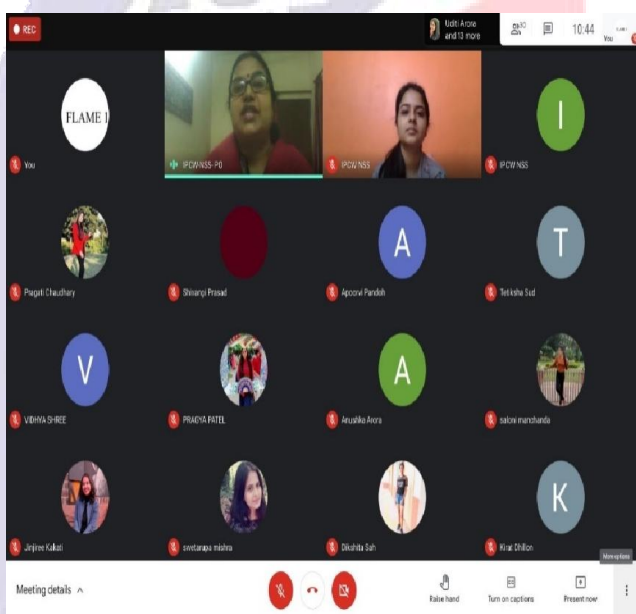
NATIONAL CONSTITUTION DAY:

On **26th November 2020**, the NSS Unit of IPCW organized a preamble reading ceremony along with a presentation in observance of the Constitution Day of India.



1.)

Presentation on Fundamental Rights and Duties

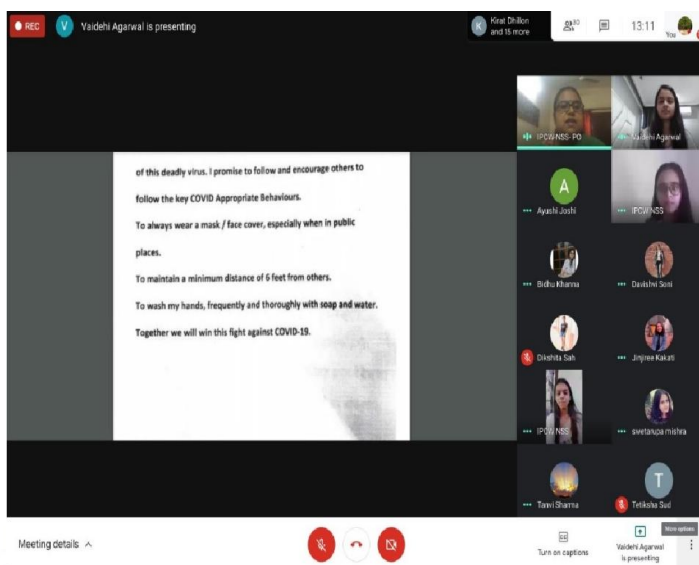


2.)

Preamble Reading Ceremony

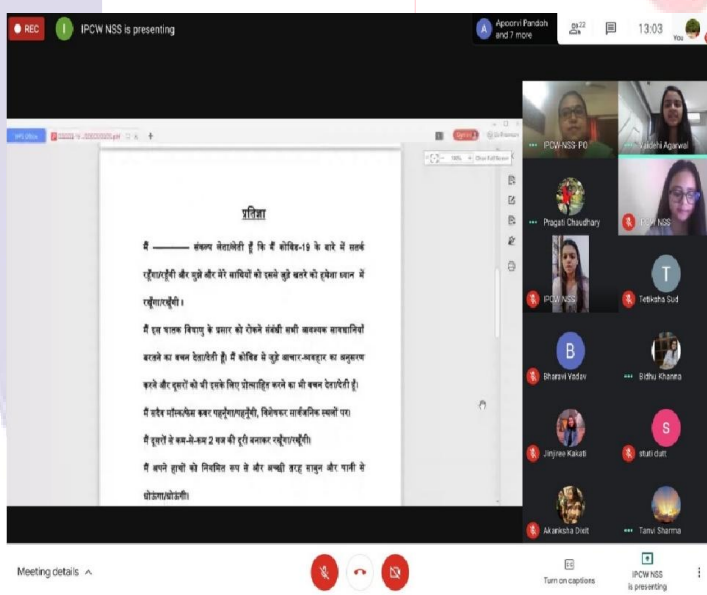
PLEDGE ON COVID-19 AWARENESS:

On **8th October 2020**, NSS Unit of IPCW organized Covid-19 Awareness Pledge on Google Meet platform. The Pledge was taken by all the volunteers and NSS Programme Officer Dr. Shubhra Seth in English and Hindi. The session was concluded by requesting volunteers to spread the awareness in their neighbourhood.



1.)

Pledge taken by NSS volunteers in English



2.)

Pledge taken by NSS volunteers in Hindi

Outside Campus Activities

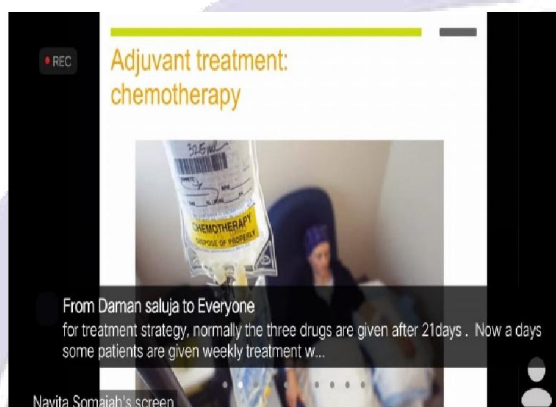
NSS, JNU

NSS, JNU organized a webinar on The NSS E-Convention- The Leaders of Today and Tomorrow which was graced with the presence of the Guest of Honour Prof. M. Jagdesh Kumar (Vice-Chancellor, JNU, New Delhi), Chief Guest of the event Shri Gaurav Kumar Shah, IPS (Director

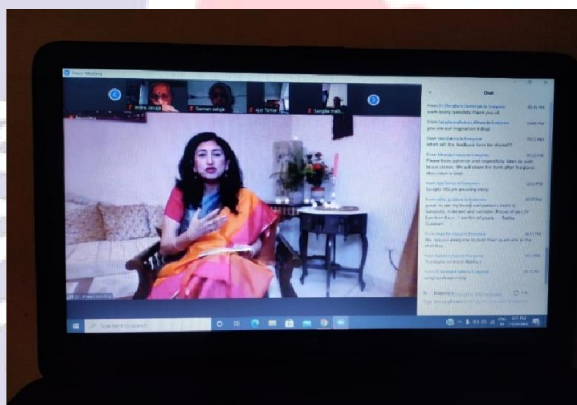
NSS and Deputy Secretary, Govt. of India, Dept. of Youth Affairs and Sports) and Dr. Anil Kumar (Asst. Professor, Greek Chair, SLL & CS, JNU, New Delhi)

NSS, Miranda House

NSS, Miranda House organized a talk on Breast Cancer- A Success Story, Time to Change the Tide in India which was blessed with the supportive presence of Dr. Navita Somiah, Dr. Rekha Kumari and Dr. Nisha Vashishta. The symposium discussed various aspects of breast cancer.



1.)



2.)

NSS, SVC

NSS, SVC conducted an Online Case Study Competition Adhyayan which saw the participation of few NSS, IPCW volunteers. It was conducted in two rounds, first round being on **21st September 2020** and second round being on **24th September, 2020**, both organized on Google meet platform.

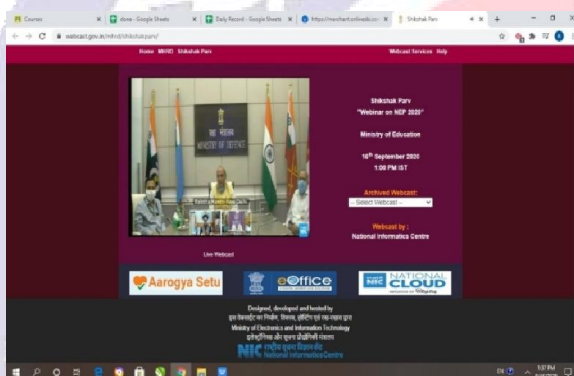
NSS, DU

NSS/NCC/NYKS/UBA organized a webinar on **16th September, 2020** on National Education Policy 2020. The event was a part of SHIKSHA PARV which was conducted from **5th September 2020 to 25th September 2020**

1.)



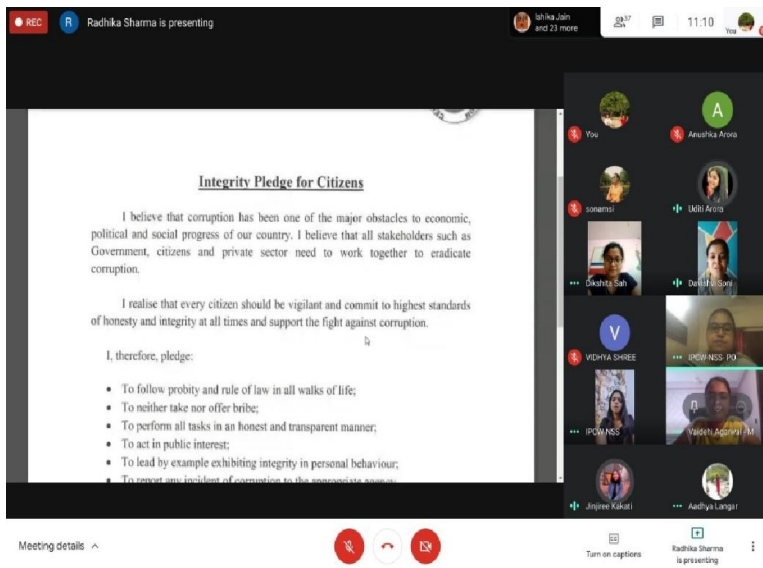
2.)



VIGILANCE AWARENESS WEEK:

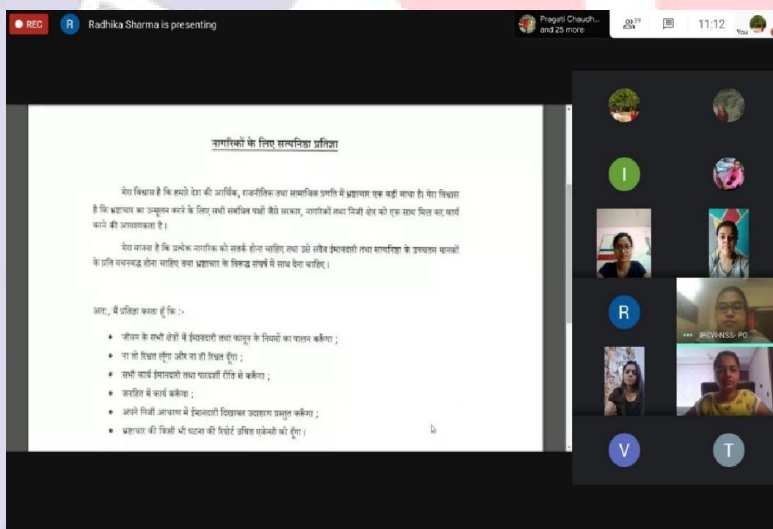
Integrity Pledge

On **27th October 2020**, the first activity of the week was conducted, wherein the NSS volunteers took the Integrity pledge which emphasized on the need for rising against corruption.



1.)

Pledge taken by NSS volunteers in English



2.)

Pledge taken by NSS volunteers in Hindi

Integrity Pledge with family

On **28th October 2020**, Integrity Pledge Taking ceremony with family was organized.



1.)

NSS volunteers shared their picture while taking pledge with their families.

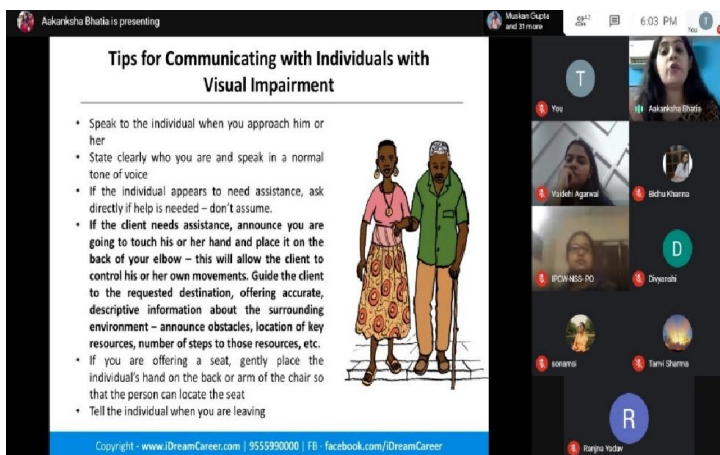


2.)

Webinar on Inclusion, Special Needs and NSS

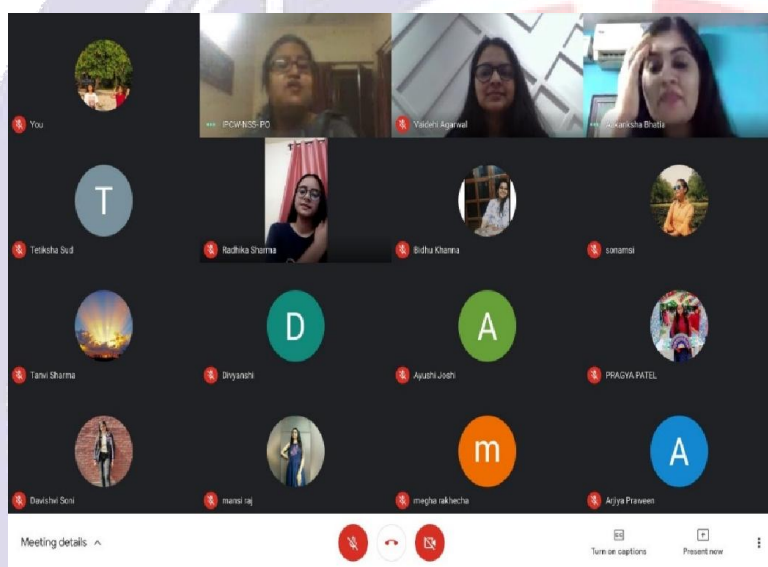
On **29th October 2020**, a webinar on Inclusion, Special Needs and NSS was conducted. The speaker of the event, an alumna of IP College for Women, Ms. Aakanksha Bhatia spoke about how most people consider the idea of inclusion as something institutional but in fact it is not, it is a way of life.

1.)



Presentation by Aakansha Bhatia on Inclusion and Special Needs

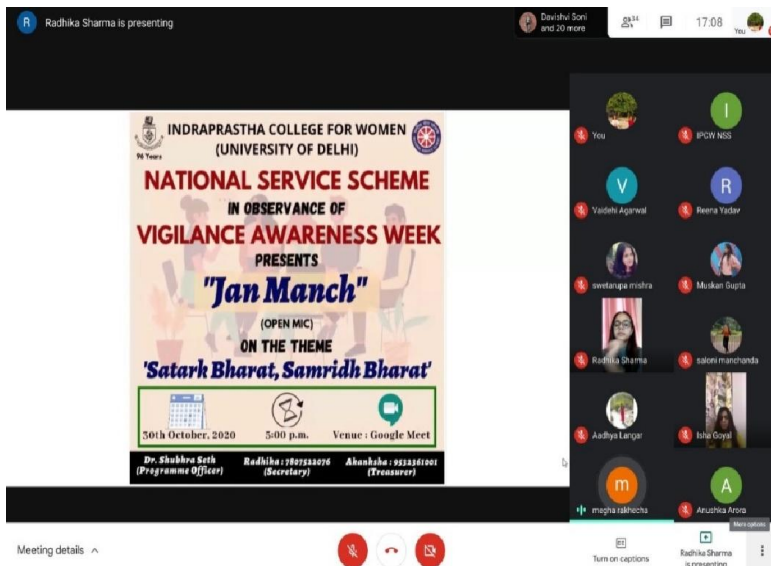
2.)



Members from Equal Opportunity Cell of the College also joined the event

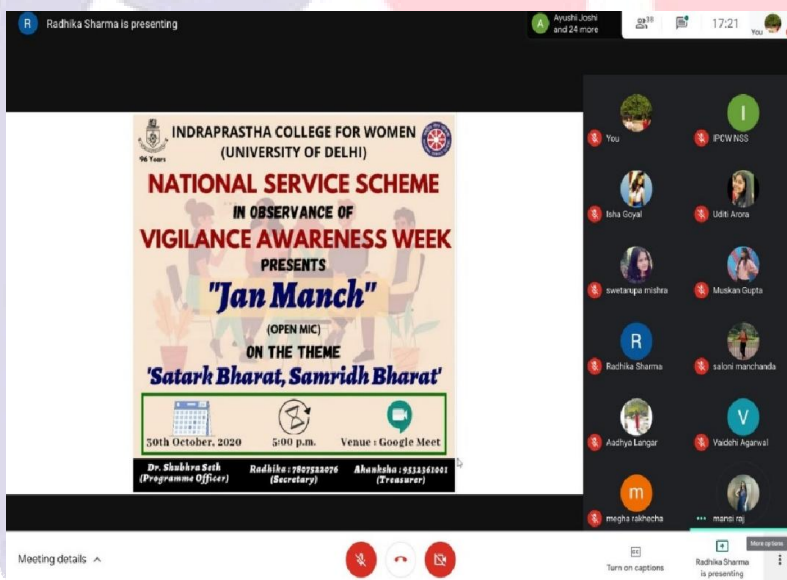
Jan Manch

On **30th October 2020**, an open conversation activity called “Jan Manch” was conducted, wherein the NSS volunteers expressed their views and beliefs on the theme “Satark Bharat Samridh Bharat”. Everyone vocalized their outlook on the importance of being a vigilant and alert citizen in the process of building a corruption-free nation.



1.)

Different NSS volunteers shared their viewpoint on the theme “Satark Bharat Samridh Bharat”



2.)

The session ended by volunteers stating different measures to curb corruption

Community Connect

On **1st November 2020**, an activity called 'Community Connect' was conducted, wherein the NSS volunteers were encouraged to create awareness about corruption and its impact on civic lives amongst their neighbours, in order to expand the chain of alert and vigilant citizens.



1.)

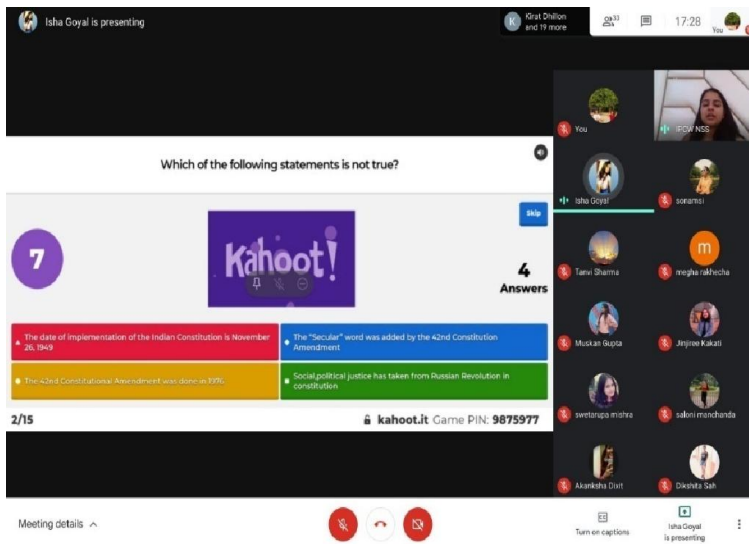
NSS volunteers shared their picture while talking to their neighbours and motivating them to be a part of corruption free nation



2.)

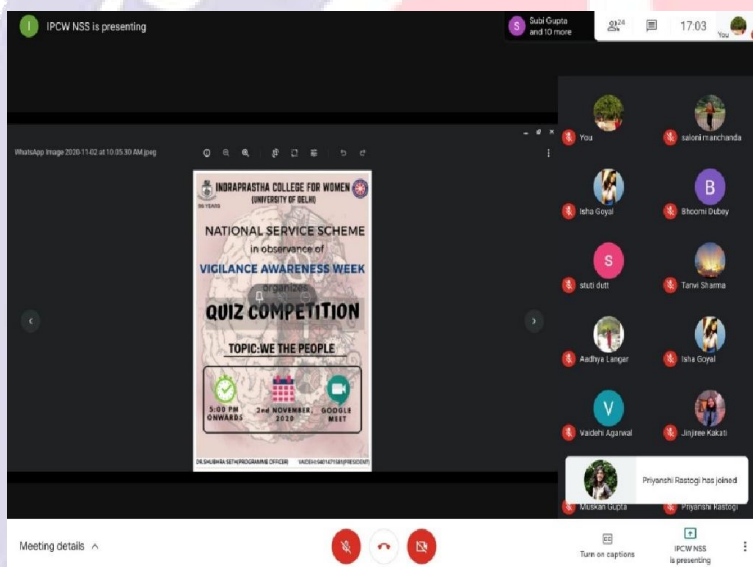
Quiz

On **2nd November 2020**, marking the end of the week, an online Quiz Competition was organized on the topic- 'We the People'. The quiz dealt with varied topics that centered around Indian Constitution.



1.)

Quiz was played on online platform, kahoot



2.)

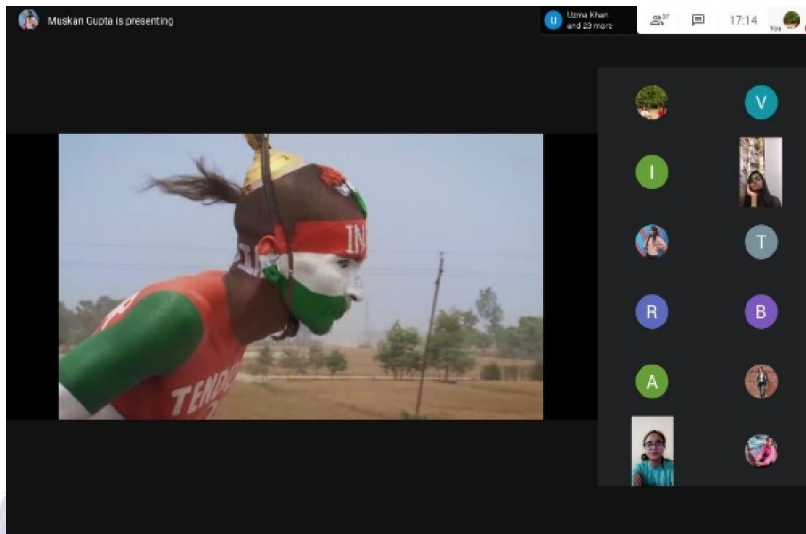
Different teams participated in the quiz with enthusiasm and sporting spirit.

RASHTRIYA EKTA DIWAS:

During the last week of October, the NSS Unit of IPCW began a week-long celebration of 'Rashtriya Ekta Diwas', which falls on **31st October** of every year, marking the birth anniversary of

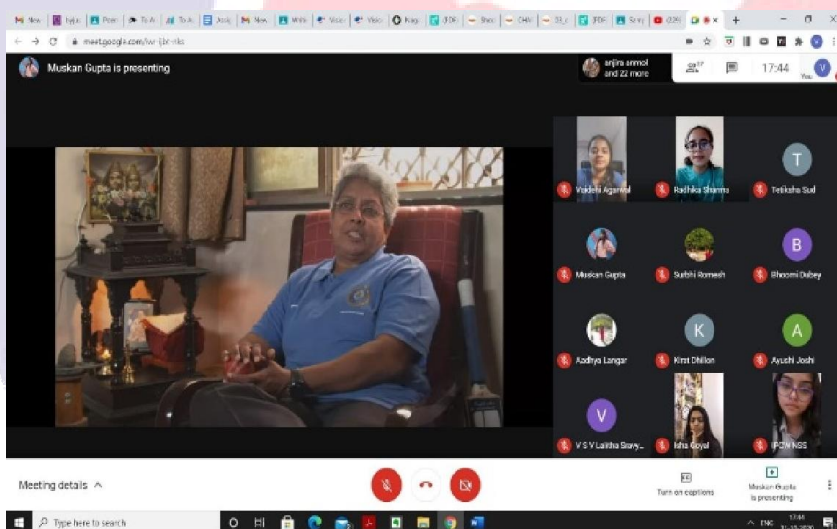
Sardar Vallabhbhai Patel. It included a different Competition, documentary screening and pledge taking ceremony.

Documentary Screening



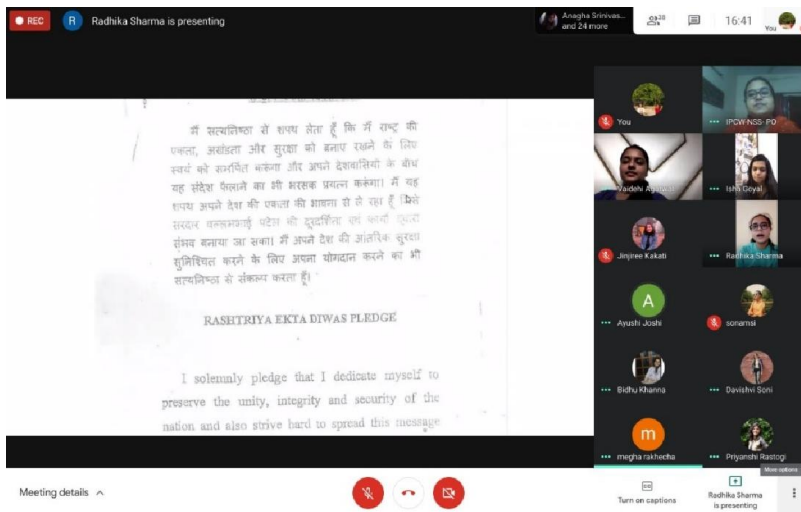
1.)

Screening of documentary, Beyond all Boundaries,

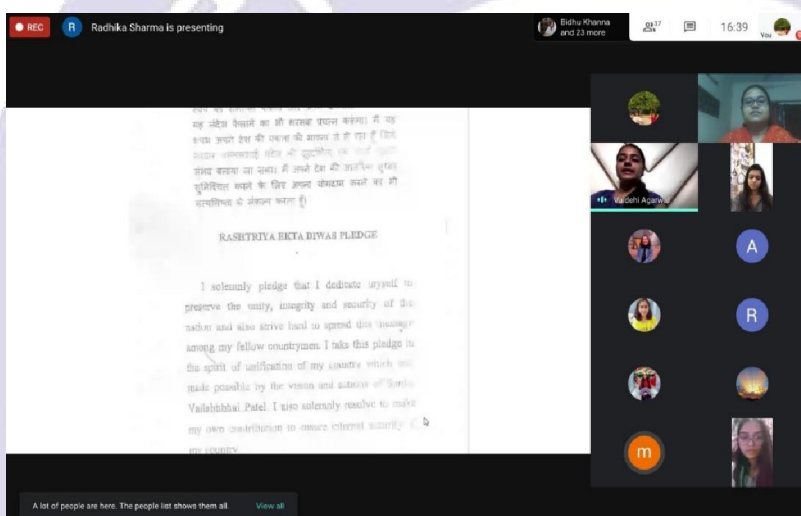


2.)

Pledge taking Ceremony



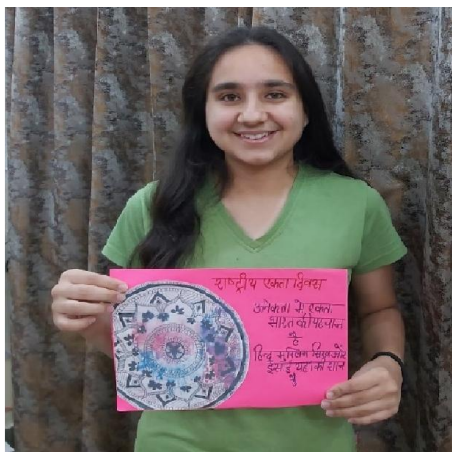
Pledge taken by NSS volunteers in Hindi



Pledge taken by NSS volunteers in English

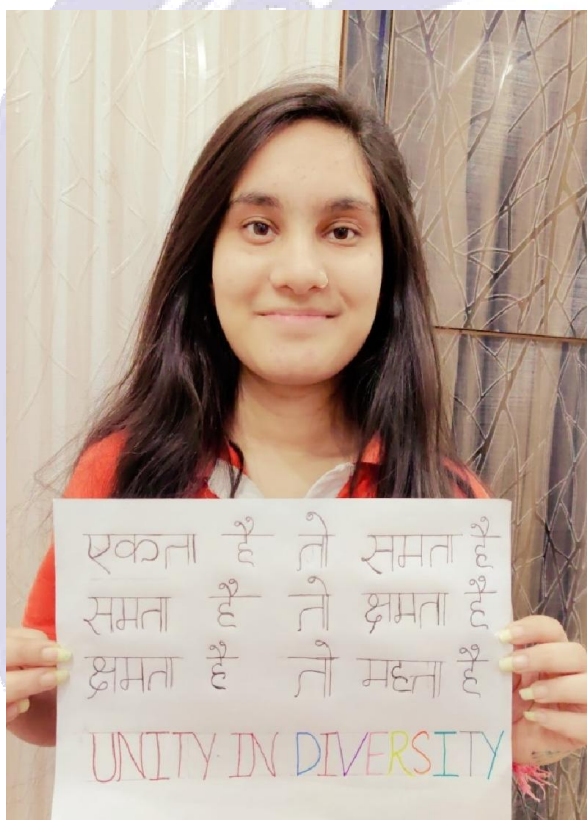
Slogan Writing Competition

1.)



NSS volunteers shared their picture while holding slogans in their hands

2.)

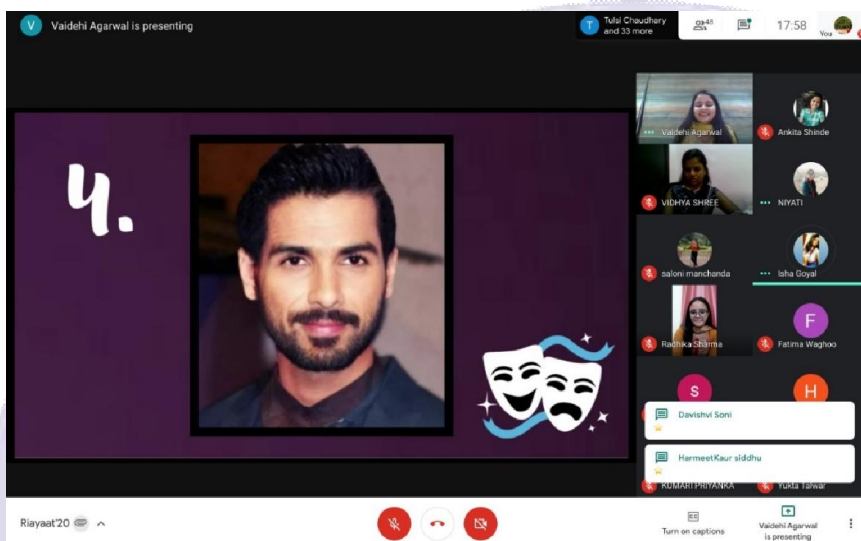


RIAYAAT'20

On **10th November**

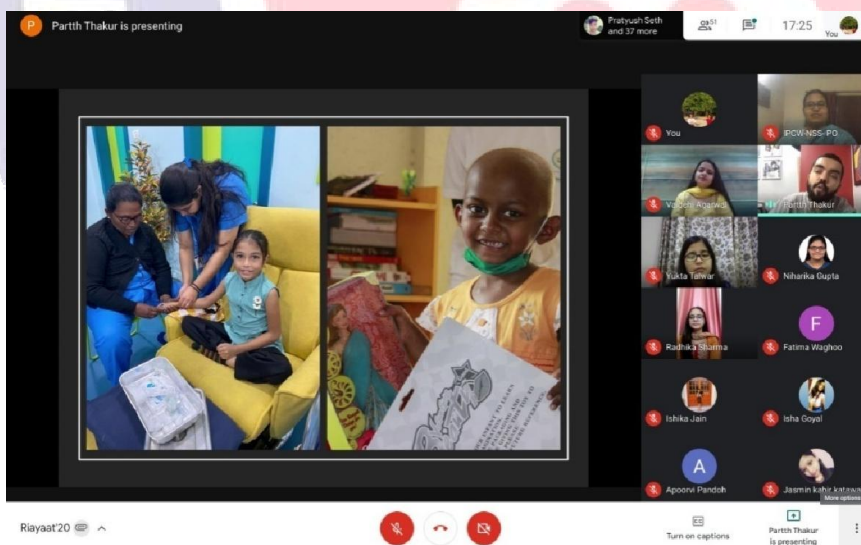
2020, the NSS Unit of IPCW celebrated a virtual festival celebration, Riayaat'20. The events for the evening started with a presentation on Thalassemia Awareness by the Wishing Factory. After the awareness programme there were some fun games and Bingo for everyone to participate.

1.)



Fun activities and games played by NSS volunteers

2.)



Presentation on Thalassemia Awareness by the Wishing Factory