



INDRAPRASTHA COLLEGE FOR WOMEN

(University of Delhi)

National Service Scheme (NSS)

Notice

Declaration of selected Office Bearers

2nd September 2019, Monday

All members of the NSS Society are hereby informed that following a meticulous application process and personal interview with the Programme officer the following students have been selected as Office bearers for the academic session of 2019-20 :

- President- Reet Agarwal BA(H) Philosophy 2nd year
- Vice President-Swastika BA Programme 2nd Year
- Secretary - Sonali Rastogi BA(H) Sociology 2nd year
- Treasurer - Aditi singh BA(H) Geography 2nd Year


T. Jeya Christy
(Program Officer, NSS)
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**INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



**REPORT
On
5th INTERNATIONAL DAY OF YOGA**

NSS volunteers of Indraprastha College for women participated in various programmes organised at University and College level to celebrate the 5th International Day of Yoga. At University level it was a two days event organised by the NSS centre in which four volunteers from our unit participated. The event was held at Gandhi Bhawan on 20th and 21st June 2019 from 7 to 8am. Students and staff from all over the University took part in it. On 20th June 2019, the participants rehearsed yoga for an hour.

On 21st June 2019, the 5th International Day of Yoga was celebrated with active participation of NSS and NCC volunteers and faculty and staff members from the University of Delhi. The vice chancellor of the University of Delhi, Professor Yogesh Kumar Tyagi, was the chief guest of the event. The event started with the NSS song which was followed by the wonderful display of the yoga skills by the participants for an hour. The chief guest addressed the gathering and delivered a message highlighting the importance of yoga in life. The achievers were honoured with certificates. The event ended up with the distribution of light refreshments to the participants.

Yoga day was celebrated with great enthusiasm in our College as well. Students, teachers and the non-teaching staff participated in the programme. The event started with a welcome speech by the sports coordinator Dr. Seema Singh followed by a speech by the Principal, Dr. Babli Moitra Saraf, which included the announcement that a 'Yoga Centre' will be inaugurated in the College to facilitate the staff and the students to practice yoga skills regularly. This was followed by the demonstration of yoga skills by the college yoga team and the participants from 7:30 to 8:30am. Four NSS volunteers participated in the programme. The Yoga session was conducted by yoga instructor Ms. Alee Fatima. The event ended up with the distribution of light refreshments to the participants

Attached here with are some of the pictures from the events:

NSS VOLUNTEERS AT GANDHI BHAWAN





**INDRAPRASTHA COLLEGE FOR WOMEN
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NATIONAL SERVICE SCHEME**



REPORT ON

Jal Shakti Abhiyan- Water conservation

In reference with directions received from Regional Director, NSS, Regional Directorate of NSS, Ministry of Youth Affairs & Sports, Government of India, the NSS Unit of Indraprastha College for Women created awareness for water conservation through Nukkad Natak performed by the noted theatre group Sukhamanch Theatre on 29th July 2019 from 1.30 pm. to 2.30 pm. The artists performed with great enthusiasm. It was really entertaining as well as it delivered a very strong social message. The purpose behind the event was to raise awareness regarding water conservation. The event was conducted in the Activity Area and it attracted a good number of students who attended the campaign which induced them to support the water conservation efforts in a proactive manner. The theatre group gave a very impactful performance which made the student realize the need for water conservation and created the necessary awareness.

Attached herewith are some of the pictures from the events:



Artist from Sukhmanch theatre performing in IP





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National Service Scheme

Report On Swachhta Pakhwada

With reference to Action Plan of Swachhta Pakhwada received from Regional Director, Regional Directorate of NSS, Swachhta Pakhwara was observed from 1st August to 14th August, 2019, by the NSS units of the College with its spirit and devotion.

The cleanliness drive was successful because of the active and committed participation of the NSS volunteers and the cooperative support of the college authorities. It witnessed active participation from the second and third year NSS Volunteers, at a maximum of 15 on a daily basis and a total participation of around 150 volunteers up to 14th of August 2019.

The drive began with the Swachhta Shapath(Oath). It was followed by door-to-door campaigns, awareness regarding cleanliness, female hygiene, sanitation and waste management. A visit was also made to **Khyber pass slum area** and **Meena Devi Jindal Hospital**. Our volunteers also had an interactive session with the young children regarding cleanliness. Apart from this, sweeping & garbage collection drive was undertaken inside and at the strategic locations outside the college.

On 14th August 2019, 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 were more than **twenty five** participants who took the oath on that day.

DAY 2: CLEANING INSIDE THE COLLEGE



On the 2nd day, the cleanliness drive was initiated from the NSS room by cleaning the areas in and around the room for **an hour** with the help of around **10** volunteers.

DAY 3: CLEANING INSIDE THE COLLEGE



On 3rd day, around **10** volunteers were involved in cleaning and collecting garbage around the Kalavati Gupta Hostel for **an hour**.

DAY 5: CLEANING INSIDE THE COLLEGE



On day 5th, cleanliness drive conducted inside the college **15** volunteers participated with cheer for around **one hours**.

DAY 6: DOOR TO DOOR SWACHHTA AWARENESS IN SLUM AREA



On 6th day, for around **three hours**, **fifteen** volunteers went to the slum area in Khyber Pass and spread awareness about personal hygiene and cleanliness.

DAY 7: CLEANLINESS DRIVE IN SLUM AREA



Sweeping Student's Activity Area & Cleaning study Area



On 7th day, around **15** volunteers went to Khyber Pass and was engaged in cleaning of **slum area's Student Activity and Study Area** for **two hours**. A group discussion was also organized among the children. It helped them to learn about hygiene and cleanliness.

DAY8: CLEANING METRO STATION



On 8th day, around **15** volunteers spent around **an hour** cleaning and sweeping the area around the Civil Lines Metro station.

DAY 9: AWARENESS AT HOSPITAL



On 9th day, around 15 volunteers visited Meena Devi Jindal Hospital and interacted with the people for **an hour** and created awareness.

DAY 10: CLEANING BUS STAND



On 10th day, around 10 volunteers spent **an hour** on cleaning and sweeping civil lines bus stand.

DAY 13: POSTER MAKING



On 13th day, around 10 volunteers made posters with slogans about cleanliness.

DAY 14: SWACHHATA RALLY



On 14th day, a rally was organized inside College premises with a participation of 20 volunteers for **an hour**. The volunteers raised slogans regarding cleanliness and hygiene.



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NATIONAL SERVICE SCHEME



REPORT ON
Participation in the WASTE MANAGEMENT WORKSHOP organized by CES - IPCW

Indraprastha college for women , Centre of Earth Studies, as a part of 'Waste Management Drive' on campus, organised a waste management workshop with the help of Chintan (NGO) on 19th August, 2019 from 11:30 am onwards in the college Auditorium , which was also telecasted in four other venues in the college campus.

The event started with the Principal's address, which emphasized about swachhta abhiyaan and rain water harvesting installation in campus and hostel. She further informed that this work shop was organized as per the MOU signed with Chinan.

Ms. Rachel from Chintan made a detailed presentation about the devastative effect of the extensive use of plastics and the preventive and proactive steps to be taken to have a sustainable environment. The event was interactive and ended with a video display portraying the need for the waste management.

Twelve NSS volunteers helped the CES to organize the event along with the student volunteers from its member departments. **The NSS volunteers were inspired to take up the cause of waste management in the college campus as a yearlong programme.** The event was well attended by the entire college community.





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NATIONAL SERVICE SCHEME

REPORT ON

FIT - INDIA Video Conference

NSS unit of Indraprastha College for Women, University of Delhi, attended a video conference on FIT India taken up by the Minister of Youth affairs and Sports at 11.00 am on 23rd August, 2019 as per the instruction received at short notice from NSS-DU. The conference was held in AV Lecture theatre and attended by around twenty volunteers and NSS Programme Officer.

The honourable Minister of Youth affairs and Sports, Mr. Kiren Rijiju, put forth Prime Minister Narendra Modi's vision of a FIT India. He informed that an advisory committee comprising members of Indian Olympic Association (IOA), National Sports Federation (NSF), government officials, private bodies and celebrated fitness enthusiasts has been formed to advise the government on the "FIT India Movement" which will be launched by Prime Minister Narendra Modi on August 29, 2019.

The main objective of this FIT movement is to inspire general public to inculcate physical activities and sports into their daily lives for the improvement in their physical fitness and well-being.

The Conference concluded with an introspective call by Kiren Rijiju to participate in the event and to be serious about fitness in life.





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NATIONAL SERVICE SCHEME

REPORT ON

LIVE STREAMING OF THE FIT INDIA MOVEMENT LAUNCHING

On the occasion of National Sports Day, the honourable Prime Minister Mr. Narendra Modi launched FIT INDIA MOVEMENT at Indira Gandhi Stadium Complex on 29th August 2019. The live screening of this event was organized by Indraprastha College for Women in association with the NSS unit of the college.



The event was attended by all staff members and the students who were present on that day. Highlights of the programme included the opening speech by Minister of Youth Affairs and Sports, dance performances, speech by honourable Prime Minister and the FIT pledge by the participants.



The main purpose of the launching of this movement was to create awareness among youth regarding fitness through exercise, walking, dancing and other activities. The Prime Minister asked the students to carry the message and create awareness in their households and society at large for creating a healthy India. The event concluded with the national anthem.



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NATIONAL SERVICE SCHEME
REPORT

ORIENTATION PROGRAMME (2019-20)

The NSS Orientation was organised on 30th August, 2019 from 2.50 to 4.30 pm in the Auditorium. The programme witnessed enthusiastic participation of 200 students from various departments. The programme started with a short video, recalling the history of NSS.

The Programme Officer gave an intriguing speech on the opportunities offered by NSS wherein she incorporated every detail associated with NSS. She emphasised on the importance of voluntary social service and character building through NSS. Later, she acknowledged the work of the previous year's office bearers and then introduced the newly selected office bearers;

- President - Ms. Reet Agarwal
- Vice President - Ms. Swastika
- Secretary - Ms. Sonali Rastogi
- Treasurer - Ms. Aditi Singh.

She instituted the supporting team, which constitutes of the previous office bearers, for the purpose of advising and guiding the new team. She explained the NSS guidelines and the decentralized policy of NSS regarding its functioning through separate departments namely,

- Events department (planning and organizing, reporting, anchoring etc.)
- Logistics department (providing off stage and infrastructural support etc.)
- Record maintenance and liaison (maintenance of all records, MOM, accounts, bills, etc., and liaison with all authorities.)
- Creative department (social media management, IT, photography, videography, etc.)

The President made the students aware about the intricacies of NSS and introduced them to various precincts of NSS through a PPT. The former President of NSS explained the objectives and the functioning of the NSS and shared her experience with the audience.

The former Vice President of NSS made a report on all the events hosted by the NSS in the previous year. This was followed by the brief insight into the various activities managed by the EICs (EOC, Swachhta Pakhwada, SVEEP and Out Reach) of the previous year and the proposed activities of NSS.

The session ended on a successful note with a vote of thanks by the Vice-president.

Enclosed are some glimpses from the event:



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Report

iSAFE LAUNCH EVENT

IIT Delhi launched the iSAFE campaign for ensuring Road Safety on Saturday, 7th September 2019. Three volunteers participated in it. It aimed at the contributions youth could make to help the government to make Indian roads safer. The program began with the introduction about the need for sensitizing people for road safety. The 3 pillars of the campaign are **Technology, Unified Approach and Youth**. With help of advancement in technology, the IITians have created an Automatic Accident Detector and a Crash Analysis Data Provider Device.. The campaign is being spread in 5000+ colleges and schools to promote a Unified Approach towards the issue. The youth is being targeted by providing **First Responders Training and Defensive Driving Training** since majority of the population of our country is shared by the youth.

The key areas of work in the campaign are Pre-emergency and Prevention, Reducing the Impact of Crash and Post-emergency measures. Sixty two innovative implementations were put forward by students of IIT Delhi to ensure road safely and all of them were widely accepted nationally. The campaign has been associated with 6 ministries of India and has got a tender worth 8 crores passed by the government for the cause.

Following the introduction was a panel discussion by various directors of the campaign. They shared different measures to be taken by the youth to ensure road safety in our country. The launch was attended by students from 12 cities across the country with great vigour and enthusiasm. The campaign was initiated by two IIT students and was then launched by Nitin Gadkari, Union Minister for road and transport affairs and now has more than 40,000 students working towards the goal. The campaign has reached to more than 3 million people and 28 cities across India. The program ended with the launch of the trophy by the panel members which would be won by any school or college from India for its contribution towards the aim of the campaign.





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REPORT

ELECTORAL VERIFICATION PROGRAMME

The NSS unit of IP College as a part of voters awareness programs has conducted rigorous awareness campaign for ELECTORAL VERIFICATION PROGRAMME from 17th to 23rd September, covering the entire college community, viz., teaching and non teaching staff, students, hostel staff and the staff quarter community.



Three days special camp was conducted from 20th to 23rd of September. On 20th September it was for the NSS volunteers and on 21st and 23rd September for the Visually Challenged students. The students were facilitated through NVSP (National Voter Service Portal), to open their account and verify theirs and their parent's electoral details.



They were made aware of the various single window electoral services provided by NVSP through PPTs and video presentation. The students' queries were also addressed as far as possible.



On 21st and 23rd September the Electoral verification programme was conducted for visually challenged students of the College. They were also helped to open an account through NVSP and verify theirs and their parent's electoral details. Around ten volunteers of NSS assisted the VCs to check their data in the portal.



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NATIONAL SERVICE SCHEME

REPORT On NSS DAY 2019-20

On 24th September, 2019, the NSS unit of Indraprastha College for Women celebrated its 50th years of service. The theme of the 50th NSS day was "Swachhta hi Sewa" with the objective of spreading awareness among the students about the need for cleanliness and the harmful effect of the use of plastics. The event started with NSS Anthem which was followed by an incredible performance by the members of the Indian Music Society of IPCW which was followed by a documentary screening on the bad effect of using plastics.

The P. O. of our NSS unit addressed the volunteers by giving a brief account of the number of events conducted by NSS IPCW in the year 2018-19 and briefed the students about the upcoming events and encouraged them to reduce the usage of plastics. The successful volunteers who have completed 240 hours and 120 hours in the previous year were felicitated with a certificate. The Core team for the year 2019-20 was introduced to the audience. This was followed by a wonderful song by the visually impaired students of IPCW

Later, a quiz was conducted on the life of Mahatma Gandhi which was hosted by the president of NSS which witnessed a great participation from the audience. Various cultural events (poetry, dance, and songs) brought justice to the theme and also made the occasion more enjoyable. A bird's eye view of the previous year activity was presented to the audience through a PPT. It was followed by a movie screening, viz., " Bag it" which focussed on the adverse effects of plastic and suggested the ways through which the society can resolve the menace created by the plastic in the environment.

The event ended with a Padyatra, with the purpose of revisiting the Dhandi march undertaken by Gandhiji and to remind them to follow the path shown by Mahatma Gandhi. Around seventy volunteers participated in it with slogans and play cards. Here are some glimpses of the event:







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REPORT

E-WASTES COLLECTION DRIVE – First Drive (25th Sep '19)

On 25th September, 2019, NSS unit of Indraprastha College for Women in collaboration with Centre for Earth Studies under the “Project Nidaan” organised a e-wastes collection drive. It was a call for an effective disposal of all the useless earphones, mobile phones, computer hardware and other electronic wastes from the college community.

The drive was organized for four hours from 10:30 AM to 2:30 PM in the college pavilion. It witnessed active participation from teachers and few students. About 123 items of e-wastes were collected which included wires, DVDs, earphones, mobile phones, plugs, computer pins, floppies and various other items. They were collected in the designated bins with the proper record of items and their quantity. The bins and the detailed list of collected items were handed over to the authorised teacher representative from the Centre of Earth Studies for its further handling. Around ten volunteers participated in this drive.





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REPORT

AMBASSADORIAL LECTURE SERIES

On 25th September, 2019, Delhi School of Transnational Affairs, University of Delhi conducted an Ambassadorial Lecture Series at 10 am at Convention Hall, Viceregal Lodge. The eminent speaker the German Ambassador, Mr. H. E. Walter J Lindner, along with the members of German Embassy was invited to deliver a lecture on “Public Diplomacy: Leaving the Cage”. Fifteen NSS members of IPCW unit attended the event.

The event commenced with the National Anthem and lighting of the torch. Professor Yogesh K. Tyagi, Vice Chancellor, University of Delhi presided over the function and welcomed the guests. The purpose of the lecture was to enlighten the students on diplomacy. The important message to the students was that, “The secret to make a difference in any job is to be authentic and yourself”.

The lecture focussed on climate change, politics, global warming, resources and population growth. The major take away from the lecture was that the young students possess ‘smart and fresh’ mind and have the potential to find the solutions and should find the solutions. The picture of the world 50 years, from now, is ‘scary’ and it is important to do something, otherwise ‘we might lose the earth’.

The lecture was interactive. There were questions related to various fields with active participation of students. The lecture ended with the message that students must try to make the world a better place.





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NATIONAL SERVICE SCHEME REPORT ON ANEMIA TEST CAMP

On 26th September, 2019, the NSS unit of Indraprastha College for Women celebrated Poshan Maah as a part of Poshan Abhiyan, Government of India, by conducting an Anemia Test Camp from 9:30 am to 2.00 pm and an health talk from 2.30 pm to 3.30pm for the entire college community, viz., teaching and non teaching staff, students and hostel staff.

Approximately 1,200 people from the entire college community came for the Anemia Test, which was carried out by using digital hemoglobinometer, and those who were found to be anemic were given Iron Folic Acid tablets as per the requirements.

Following the Anemia Test camp, a talk was held for an hour where the doctor discussed the importance and numerous benefits of Iron, Protein and Vitamin C rich foods and specifically about scientific diet for a healthy life style. The session was insightful and interactive, as many of the queries and doubts were clarified by the speaker Dr. Gautam Singh. It ended with the vote of thanks by the President of NSS.





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NATIONAL SERVICE SCHEME

REPORT

150TH BIRTH ANNIVERSARY OF MAHATMA GANDHI –

E-Wastes Awareness Campaign & Collection Drive

On 30th September and 1st October, 2019 NSS unit of Indraprastha College for Women in collaboration with Centre for Earth Studies organised a E-wastes awareness campaign and collection drive to mark the 150th birth anniversary of Mahatma Gandhi. It was a call for an effective disposal of all the unused earphones, mobile phones, computer hardware and other electronic wastes from the college community.

On 30th September, 2019, a room to room awareness campaign regarding the e-waste management was conducted by nine volunteers. On 1st October on the eve of the 150th birth anniversary of Mahatma, to uphold his values regarding swachhta, the collection drive was held for four hours, from 10:30 AM to 2:30 PM at the college pavilion.

It witnessed good number of participation from students as well as teachers. About 52 items which included speakers, cable wires, plugs, drivers, earphones, iron box and other electronic wastes were collected and the handing over was done as usual. Around eight volunteers were involved in this collection drive.





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NATIONAL SERVICE SCHEME Report

FIT INDIA PLOG RUN

On 2nd October, 2019, to mark the 150th birth anniversary of Mahatma Gandhi, students of Indraprastha College for Women organised a PLOG RUN in the college at 10:00 AM as a part of FIT INDIA movement as per the directions from the Directorate of NSS, Ministry of youth affairs and sports.

The students went for an hour plogging in the college grounds with the concept of fitness and cleanliness, that is, while running they have to pick the trash to compel a bigger change in the environment. About 27 students participated actively in the run including NSS and non-NSS members of the college. They were also joined by the **college community** including teachers, non-teaching staff and their family members. While jogging the students collected plastic and other waste lying around the campus and disposed them off in the designated dust bins. The campaign proved to be a successful one in the way it brought people together in the noble cause of fitness and cleanliness for a healthy lifestyle.

Some glimpse of the event:





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NATIONAL SERVICE SCHEME REPORT

PLASTIC WASTE SHRAMDAAN

On 2nd October, 2019, to mark the 150th Birth anniversary of Mahatma Gandhi, NSS unit of Indraprastha College for Women in collaboration with Centre for earth studies organised Plastic waste shramdaan on the directions of various ministries of the GOI, viz., Ministry of Youth Affairs and Sports, Ministry of Jal Shakti and Ministry of Human Resources Development.

The event started with a note by our respected Principal Dr. Babli Moitra Saraf, she emphasized the students about the importance of cleanliness and administered the pledge in order to keep our environment clean. It was followed by the shramdaan activities for one and a half hour. The waste was collected from all around the college and segregated it into biodegradable and non-biodegradable wastes and accordingly they were disposed off in the designated blue and green coloured bins.

The event was successful because of the presence of the college community which included 27 students both NSS and non-NSS, teachers, non-teaching staff and their family members. The campaign brought all people together to work for a cause.

Some glimpse of the event







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NATIONAL SERVICE SCHEME

Report

Community Mobilization for Plastic Waste Shramdaan and curbing of SUP

On 2nd October, 2019, on the occasion of 150th Birth anniversary of Mahatma Gandhi, an awareness rally as a part of Plastic waste Shramdaan was organized by the NSS Unit of Indraprastha College for Women as per the directions from the Regional Director, Regional Directorate of NSS, Ministry of Youth Affairs and Sports. It was done with the objective of spreading awareness against the harmful and fatal effect of using plastics and how it can be tackled successfully by bringing changes in our lifestyle.

The **college community**, viz., the NSS and non-NSS students, the teachers, non-teaching staff and their family members, actively participated in the **rally** and also in this **drive** by collecting the plastic waste from in and around the college campus and properly disposing them off in the designated bins. The NSS volunteers visited the **adopted slum** and conducted an awareness rally about the evil effects of the use of plastics and the ways to manage them. The volunteers through these rallies (**IPC**) and e-campaigning (**IEC**) educated and mobilised the people regarding the curbing of single use plastics as well as about the necessity of the transformation.

Some glimpse of the event:



At the **adopted Slum**



Inside the College with the **College Community**



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NATIONAL SERVICE SCHEME

NSS ENROLLMENT WORKSHOP

Report

On the 17th of October, NSS organised diary enrollment workshop in Seminar room. The workshop was conducted specifically for the first year NSS volunteers, though the second year NSS volunteers were allowed too. The main aim of the workshop was to make the volunteers aware of the nitty gritty of filling NSS diary.

Diary maintenance is an integral part of NSS. All the volunteers are required to maintain their diary and update it for every event. Thus, the workshop was essentially for this purpose. The office bearers spearheaded the workshop and helped the students fill their diary. Hours distribution for EOC, E- Waste collection drive, SwachhtaPakhwara, and various other events, were announced by the office bearers. Followed by a briefing about the structure of the diary i.e. division of odd-even semester and college and ministerial activities. The students were made to fill their odd semester diary sheet. Later, the second year NSS volunteers, too, helped the first years in diary filling and attended them individually.

The workshop was successfully conducted and witnessed a gathering of 95 NSS members. The students were equipped with a basic understanding of the structure of diary. The event terminated with the collection of the filled diaries.





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Report

The First Arun Jaitley Memorial Lecture

On the 29th of October 2019, Twenty NSS volunteers were selected, to represent our college, Indraprastha College for Women, in the first Arun Jaitley Memorial Lecture in the Convention Hall, Viceregal Lodge.

Honourable Vice President of India, Sh. Venkaiah Naidu, who is also the chancellor of the University of Delhi addressed the students. The gathering hosted NSS volunteers from various colleges affiliated to the University of Delhi. Vice-President M. Venkaiah Naidu stressed the need for parliamentary reforms while addressing The First Arun Jaitley Memorial Lecture organised by Delhi University on Tuesday. He praised the late former finance minister, saying that his was a multi-faceted personality, and was a true leader of the nation.

Mr. Naidu, also the Rajya Sabha Chairman, said the problems in the parliamentary system include the declining number of sittings of legislatures, continuous blockade, lack of constructive criticism, increased legislatures with criminal records, absenteeism from parliament, inadequate representation of women, increase in money and muscle power in elections, lack of inner democracy in functioning of the political parties among others

He said there is a need to improve the representation of women, stronger rules with regard to attendance, regular reports on the performance of legislators, the need to make effective interventions with regard to criminality and unethical conduct among legislators, the need for simultaneous elections and more. He added that the government should respond more to the queries and concerns raised by the opposition for democracy to prevail. The event concluded with refreshments provided by the organisers.

Our volunteers at the event :



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NATIONAL SERVICE SCHEME **Report**

NATIONAL UNITY DAY

National Service Scheme, Indraprastha College For Women, University Of Delhi successfully organized the event for National Unity Day on the occasion of 162nd Birth anniversary of SardarVallabhbhai Patel at the college ground on 31st October 2019. The volunteers enthusiastically took pledge and promised to share the message with fellow countrymen following which they all participated in the run for unity. They were also encouraged by their office bearers to take part in discussion on National Unity . NSS volunteers were touched by the depth of the issue and promised to worktowards it. It was a power packed session and a learning experience for the new NSS volunteers. It ended with a note to stay united and that it is time to realize the power of being united. Some glimpse of the event :





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NATIONAL SERVICE SCHEME

DENTAL HEALTH CHECK UP CAMP Report

NSS IPCW organised a Dental Check-up Camp on 4 November 2019 in the AV Lecture Theatre of the college, keeping in mind the vitality of oral health in achieving a good life. Doctors from Maulana Azad Institute of Dental Sciences conducted the check-up with the collaboration of Leo Club, University of Delhi.

The event received good response from the college community with 391 checkups. The students, teaching and non-teaching staff attended the camp from 9:30 am to 1:30 p.m. The dental check-up camp was followed by an hour interactive talk and skit conducted by the Doctors. The talk was instructive, which covered up important topics related to dental care, manner of brushing, maintenance of oral hygiene and the precautionary dental care during pregnancy.

The programme ended with a vote of thanks.

Some insights from the event-





INDRAPRASTHA COLLEGE FOR WOMEN



NATIONAL SERVICE SCHEME

(2019-2020)

NIDDAAN PAKHWADA

SHRAMDAAN

IN COLLABORATION WITH

CENTRE FOR EARTH STUDIES

NidaanPakhwada: Day 1

Date: 20th October, 2019

E- campaigning on NSS Instagram page and through WhatsApp

NSS under *NidaanPakhwada* tried to create awareness about waste segregation and harmful impacts of non-compliance to the segregation method. In order to reach and impact a larger audience, NSS circulated posters and pictures of waste segregation. Posters were shared on our Instagram page with a motive to increase visibility of our initiative and to reach out to different colleges and universities. WhatsApp, too was used excessively to give reminders and update about our initiative. Evidently, social media proved a great medium to create awareness about our initiative and imparting an impetus to our cause.

Some insights:



NidaanPakhwada: Day 2

Date: 21st October, 2019

Classroom campaigning and awareness around the college

NSS volunteers spread awareness about the hazardous impact of not practicing proper waste segregation method at homes and in college and other public spaces. Personal interaction was sought to indulge the people with this initiative. NSS volunteers roamed in very corner of the college and interacted with students from different departments. Students, too, showed interest in our initiative and sought their allegiance.

NSS volunteers advocated the abolition of single use plastic, they encouraged the students to use sustainable products. Emphasis was laid on the practice of waste segregation and identifying the correct dustbins for different waste materials.

Volunteers involved:

There were total twelve volunteers who campaigned in the college campus. The volunteers divided the entire college campus into twelve parts i.e. one division to be covered by one volunteer.

Problem faced:

- Lack of willingness to hear about the initiative
- Despite of campaigning during collection drive against e-waste, a good turn up was not seen

Some insights of our initiative:



NidaanPakhwada: Day 3

Date: 22nd October, 2019

Open mic session on how to reduce plastic waste

NSS under *NidaanPakhwada* organised an open mic session on 22nd October, 2019 in student activity area. The topic of the session was '**Ways to reduce plastic waste**'. The session was open to all the departments.

The session was instrumental in initiating a conversation about plastic waste and ways for containing it. Methods such as refusal to use plastics, substituting to sustainable products, reduction in personal consumption of plastics, etc. were proposed for reducing one's plastic footprints. The session concluded with a promise to safeguard our nature and minimum usage of plastics.

Volunteers involved:

There were ten student participants along with NSS volunteers who presented their thoughts and ideas boosting the enthusiasm of the community present nearby.

Photos of the event:



NidaanPakhwada: Day 4

Date: 23rd October, 2019

Promoting No Single Use Plastic in Festivals' Mela

Student's Union organised Festivals' Mela on 23rd October, 2019. The event witnessed a huge gathering of students from diverse department. Students put up their stall at the event. NSS too, put up a gaming and food stall in the Festivals' Mela.

The event served as a great opportunity to showcase a sustainable way to celebrate festivals. NSS Stall used wooden spoons, paper and glass plates to serve the students. Plastic was completely discouraged at our stall. Thus, a lot of students showed interest in our stall and encouraged other stall owners to resort to sustainable products.

Some glimpses from the event:



Problem faced:

- In spite of advocating against the use of plastic and campaigning for segregation of waste at the source, by the end of Festivals' Mela student did not pay heed to our initiative and did not use proper dustbin to dump their waste.



NidaanPakhwada: Day 5

Date: 24th October, 2019

Movie Screening

A movie screening was organised by NSS under the *NidaanPakhwada* on October 24, 2019 in old seminar room of the college. The event started at 2.30 pm and was extended till 3.30 pm. The topic of the event was 'hazardous impact of Plastic'.

The intended idea of the event was to create awareness against the use of single use Plastic. Plastic contributes to the maximum amount of waste by humans. Through this movie screening we hoped to contribute in mitigating the negative impacts of Plastic on human and animal health. A short movie based on the negative impact of Plastic was screened. The movie showed the hazardous effect of Plastic on sea animals. Small animals get captured in the plastic bag and die. The movie sent a chill to the audience present in the hall. The movie also laid emphasis on the use of viable alternatives easily and cheaply available in the market. The movie laid a ground for serious introspection by the students.

The event was successful in floating new ideas on containing the menace of Plastic and reducing our individual plastic footprint.

Some glimpses from the event:



NidaanPakhwada: Day 6

Date: 25th October, 2019

Photography competition

A Photography competition was conducted by NSS under *NidaanPakhwada*. It was open to all the students of different department. The students were asked to send their entries to the official mail of NSS IPCW. Phone photography was also allowed. The theme for the competition was **Waste Management**. The competition was open only for the students of Indraprastha College for Women.

The theme was chosen as to incorporate every initiative under *NidaanPakhwada*. The students were encouraged to be creative and real. The entries sent showed a stark reality of people ignoring basic waste segregation method. Total 20 entries were received by NSS. The winner of the competition was Surabhi (1 year ,BMMMC). she received a certificate of appreciation and her entry was featured on NSS IPCW official Instagram and Facebook handle.

The winner entry:



Some other entries received by NSS:



NidaanPakhwada: Day 7

Date: 30th October, 2019

Waste collection drive in college and hostel

NSS volunteers under *NidaanPakhwada* initiated a waste collection drive in college and hostel. In the college, NSS volunteers spread awareness about the correct usage of dustbin and encouraged students to practice waste segregation at the source. Items collected were plastic bottle, pen caps, straws, Chip's packets and chocolate wrappers. The item collected were thoroughly segregated and deposited in correct dustbins in the college.

In hostel, NSS volunteers went to every room and collected plastic and reusable waste. Items collected were newspaper, wrappers, used notebooks and paper. Hostellers were impressed with our initiative and suggested regular collection drive.

Volunteers involved:

There were total eight volunteers who participated in the collection drive. Four volunteers were given charge of KalawatiGupta Hostel and two-two volunteers were assigned for I.P. hostel and college campus.

Pictures of item collected in:

1. I.P. Hostel



2. K.G. Hostel



3.College



Response:

- Hostel students were impressed by our initiative and showed full-fledged support to our waste collection drive.
- Hostellers suggested for conduction of such drives regularly.
- Plastic wrappers and bottles were collected and dumped in proper dustbin.

NidaanPakhwada: Day 8

Date: 31st October, 2019

Awareness about waste management in slum

NSS volunteers under *NidaanPakhwada* spread awareness about waste management and segregation techniques in its two adopted slums in Khyber Pass and Defence Colony. Volunteers interacted with the people residing in the slum and encouraged them to practice segregation at the source. Children, too were encouraged not to throw waste here and there, instead use dustbins.

The condition in the slum was very pathetic, but efforts were made to undo the mess. NSS volunteers made the people aware about the hazardous impact of not practicing waste segregation on environment, and eventually on them. Through this awareness campaign we hoped to inspire them to take active steps in this direction and provide a healthy future to their children.

Volunteers involved:

Two volunteers were given the responsibility of spreading awareness in the mentioned slums.

Some insight from the awareness drive:



Response:

- Young children joined our campaign
- Adults were apprehensive about our initiative
- Lack of knowledge about waste management
- Lack of positive attitude of the people living in the slum

So, we have to think how can we make it a more grounded project so that every social group considers this.

NidaanPakhwada: Day 9

Date: 1st November, 2019

Quiz on Indian system of Waste Management

NSS under *NidaanPakhwada* organised an online quiz on 1st November, 2019. NSS official Instagram and Facebook handle was used for the smooth conduction of the event.

Quiz questions ranged from early practicing of waste management to contemporary practice of waste management in India. The quiz tested the fundamental knowledge of the students. It was aimed to make the students aware about the various waste management technique.

Around 45 students participated in it and the winner of the quiz was Kavita Chaudhary (3rd Year BA Program) who got a score of 7 out of 8.

Resposes:

Out of the total 45 respondents, majority of them scored above average, yet many students failed in the questions related to waste segregation. This shows that in spite of knowing the negative impacts of E-waste and practises of improper waste management, students hardly pay attention to the initiation, which was evident during E-waste collection drive as well.

NidaanPakhwada: Day 10

Date: 5th November, 2019

Awareness Skit by NSS volunteers

On 5th November,2019, members of the NSS cadre of Indraprastha College for Women,in collaboration with Centre for Earth Studies, under *Project Nidaan*,organised a skit- '**Merashersaaf ho,aurusmemerabhihaath ho**' (**My city should stay clean,and I too should contribute to its cleanliness**). The skit was held in the afternoon hours,at 2.30PMin the student activity area.

The skit was about people facing problems in their daily lives because of improper waste management systems. Chintu (the protagonist) was adamant on making the city cleaner by himself. He thought that all he needed to do was take a broom and start cleaning the streets and roads of the city, in order to make them disease and germ free.By the end of the play,he realised that contribution to the cause of a clean and healthy neighbourhood should be made by all, that is necessary to achieve the goal.He decides to make people living close to his residence aware of the effects and hazards of living in a filthy environment and the benefits of living in a clean one.He also decides to call for a tree plantation campaign,and make people aware of the dangers and the fear of a tree-less future. The members used many popular Bollywood songs, with changed lyrics,which aimed at highlighting the importance of a clean neighbourhood. The skit also highlighted the importance of team work,team spirit and community activity. Later on,the members also had an interactive session with the crowd,who were all students and faculty of the college.



Volunteers involved:

Total five students participated in the skit, with one protagonist-a boy, named Chintu, his parents, and two narrators.

Response:

- Students turned up in good number for the event
- Students enjoyed the skit, and gave valuable inputs after the skit.
- Skit managed a good turn up as opposed to the movie screening and open mic.

Conclusion

Two-weeklong event was actively participated by NSS volunteers. They tried to create awareness about waste management through interaction and e-campaigning. People showed enthusiasm in the initiative, and gave valuable suggestions. However, when it came to implementation people failed to live by their words.

Many students still not practice waste segregation and management, and use wrong dustbins to throw their wastes. Regular reminders are required to ensure their participation in the initiative. Many students try to avoid interactive session on topic such as e-waste or Plastic. But inspite of this people are gradually accepting the alternatives suggested by our volunteers.

Many students have abandoned the use of plastic bag and bottles and instead use jute bags and metal bottles. There is a change of perception because of this initiative. A conversation has started around proper waste management and many students have volunteered for the same. Students are optimistic for a change and have pledged their allegiance to our cause. This paradigm shift has been possible through the tireless devotion of the volunteers and initiation of *NidaanPakhwada*. NSS volunteers are still striving to change people's attitude and improve the waste management of our country.

Alternatives and suggestions proposed by students:

- Jute bag instead of plastic bag
- Glasses instead of plastic bottles
- Metal straw instead of plastic straw
- Not using plastic files for submission of assignment
- Menstrual cups instead of regular sanitary napkins



INDRAPRASTHA COLLEGE FOR WOMEN

(University of Delhi)



NATIONAL SERVICE SCHEME

E-WASTE COLLECTION DRIVE

Report

On 6th November 2019, NSS unit of Indraprastha College for Women in collaboration with Centre for Earth Studies under the "Project Nidaan" organised an E-waste Collection Drive which was a call to the students, teachers, non teaching staffs and the public to bring their useless earphones, mobile phones, cables and other electronic wastes. A campaigning for the same was done by the volunteers a day before, that is, on 5th November 2019. The volunteers visited each and every classroom, department room, library as well as several other places. Enthusiastic and cooperative attitude was shown by the people towards the cause.

The drive was organised for 4 hours from 10:30 AM to 2:30 PM in the college pavilion.

It witnessed good participation of the public. People came up with their e-wastes which were cautiously checked by the volunteers and were then properly kept in the assigned dustbins, which were further sent for its proper disposal. About 16 items were collected which included chargers, earphones, cables, headphones.

The drive helped in disposing the e-waste collectively. It helped in preventing the people from throwing these sorts of harmful waste here and there and also helped in educating them about the needs and ways of proper disposal of such wastes.

NATIONAL SERVICE SCHEME

CELEBRATION OF FESTIVE MELA AND CHILDREN'S DAY

Report

On the **23rd of October**, the NSS unit of IPCW participated in the “Festivals’ Mela” organised by the Students Union of our College, by putting up a **stall for food and games**. It witnessed enthusiastic participation from the students and the event spread a joyous festival vibe.

NSS IPCW had set up the stall with a vision to **donate the profit** from the stall for some social cause. NSS managed to collect a decent amount at the Festivals' Mela. It was decided to use that money to donate to the children living in the adopted slum of NSS.

With the approval of the Principal, the amount was donated to the children from **Kyber Pass** and **Defence Colony** on **14th November, 2019**. The office bearers and the NSS outreach volunteers celebrated the **Children’s Day** with the children from the adopted slum by distributing sweets and gifts. Around **60 children** were identified from both the adopted slum and each child received a pack of useful stationery and a jute bag. They were happy to receive gifts and promised to use them for their studies.

It was a soothing and satisfying experience for the volunteers. The experience validated the motto of NSS, that is, ‘**Not me but you.**’





NATIONAL SERVICE SCHEME

REPORT on

ASSISTANCE TO EOC - July 2019 to November 2019

The Equal Opportunity Cell and Enabling Unit (EOC&EU) of the college function as a separate unit housed in college campus. The unit is equipped with computers installed with screen reading and OCR software, scanning devices and Braille printer. EOC and NSS have been coexisting together and works in tandem. NSS volunteers provide assistance to the visually challenged students through the following activities:

1. Internal Writing-

Total no of internals- 45(approx.)

Total no volunteers- 45 (approx.)

Total hours- 90 (45×2 hours each)

In internal writing, volunteers write the internals of the specially-abled students: They dictate the answers and the volunteers write them down. Medium of internal varies, but preferably volunteers well-versed in Hindi are preferred. Internals are scheduled during normal college hours. NSS volunteers are advised to report 10 minutes before the internals. The volunteers are granted class waivers and NSS hours.

2. Recording

Total no of recording- 31 (approx.)

Total no of volunteers- 40 (approx.)

Total hours- 80 (40×2 hours)

Volunteers record the notes and chapter wise content of the students with special abilities-by reading it out loud-in their recording equipment. Volunteers with good speaking and understanding of the subject are encouraged to participate in this activity. Alike internal writing, medium of recording varies. Volunteers get NSS hours but are not provided any class waivers for this and are asked to come during their free slots in college.

3. Assignment writing

Total no of assignment- 37(approx.)

Total no of volunteers: -37 (approx.)

Total hours-185(37×5hours)

In Assignment Writing volunteers make their assignments as per the instructions of the VC students. Mostly, they provide the required reading material but sometimes volunteers guide them in their research for the materials and assist them in the presentation and completion of the assignment. Volunteers make these assignments at their home or during their free slots during the academic engagements in the college. The volunteers gain NSS hours for their assistance.

4. Enabling unit assistance (2:30-4:00)

Total no of days- 60 (approx.)

Total no of volunteers- 60 (approx.)

Total hours- 90 (60×1.5hours)

In the Enabling Unit, assistance volunteers go to the EOC-EU and perform tasks according to VC students' requirements. They work there from 2.30pm in the afternoon to 4.00pm in the evening. Volunteers are sought for various tasks, like making résumé, completing notes etc. Time contributed by the volunteers may fluctuate according to VC student's needs.

5. Events

NSS Volunteers also provide assistance to the VC students to help them conduct or participate in different college and inter-college events. Volunteers help the students by ensuring safe commutation between different venues. On stage assistance including anchoring, stage setting, props arrangement etc., are also provided by NSS volunteers.

NSS- EOCEvents

- Electronic Verification Programme

Electronic Verification Program was conducted on 21st and 23rd September, 2019, for the visually challenged students of EOC. They were also helped to open an account through NVSP and verify theirs and their parents' electoral details. A total of 10 NSS volunteers assisted them.

Apart from these events, all NSS Events encourage participation from the EOC.

- The EOC students prepared an act on NSS DAY, conducted on 24th September, 2019.
- EOC students attended the Anemia Health Check-up, conducted on 26th September, 2019.
- They also attended the Oral Health Check-up camp, conducted on 4th November, 2019.

EOC aims to provide equal access to resources for the differently abled and creates an empowering environment for them to get support in terms of infrastructure and academics. NSS provide assistance in the aforementioned activities and help them in their cause. NSS

volunteers have relentlessly engaged with EOC and help them to create a conducive environment for their development.

Few glimpses of the Odd semester session of 2019-20 :





INDRAPRASTHA COLLEGE FOR WOMEN
(University of Delhi)



NATIONAL SERVICE SCHEME

REPORT on

Out Reach Activities in NSS Adopted Slum – July to December 2019

The NSS volunteers are actively involved in the Project NOOR, the Community Outreach Programme of our College. The project believes that education plays a significant role in empowering society and securing a rightful place for everyone. Apart from imparting education, the Project continues to in still virtues of equality and fraternity by eliminating social evils such as discrimination on the basis of religion, caste, gender, etc among children.

As a part of this project around *twenty one NSS volunteers* had worked in the **Vidhan Sabha Area** and **Khyber Pass**, which are the **adopted slums** of the NSS, during this odd semester session. The students worked from 2.50pm to 4.50 pm on all seven days in the week, in the adopted slums.

VIDHAN SABHA AREA

Around **ten** volunteers went regularly to teach 30 children of this community. The children were taught various subjects, as per their needs. The volunteer also taught lessons on moral education to the children. More focus was put on providing attention to the individual needs of the children. It was realized that to sensitize people towards different social issues, it is difficult to conduct a single workshop for all age groups.

KHYBER PASS

This semester, around **eleven** volunteers associated with the project were engaged in the Khyber Pass area, with a total of 40 kids, and taught them with utmost passion and interest. Special emphasis was also laid on inculcating moral values in the students. Apart from academics, the volunteers tried to build healthy relations among the children by trying to eliminate social evils such as discrimination on the basis of religion, caste, gender etc. Volunteers also took special measures to build trust on the field. It was ensured that there is one to one interaction with parents and the community on a regular basis. Special emphasis was also laid on adult literacy classes and curriculum designing.

Tenure for this semester - (September 2019- November 2019)

Number of working days, month wise-

September- 29 days

October – 31 days

November – 14 days

Per Student Analysis, Month Wise

September- 4 Week – **24 Hours**

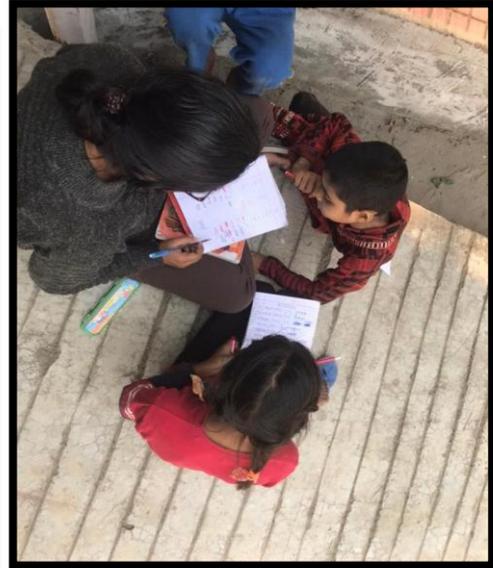
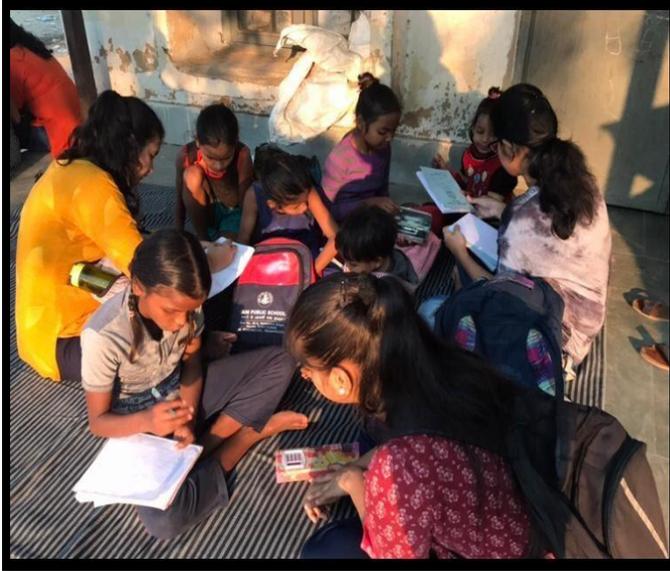
October- 4 Week – **24 Hours**

November – 2 Week – **12 Hours**

Per volunteer hours -60 hrs

Total number of hours – (21 X 60 hrs) 1260 total NSS hours.

Few glimpses of 2019-20 session-



- Other than teaching there are various other activities as well which are conducted our adopted slums.

NSS- OUTREACH EVENTS–

1. SWACHHTA PAKHWADA

Regional Directorate of NSS, Swachhta Pakhwara was observed from 1st August to 14th August, 2019, by the NSS units of the College with its spirit and devotion. The cleanliness drive was successful because of the active and committed participation of the NSS volunteers and the cooperative support of the college authorities. It witnessed active participation from the second and third year NSS Volunteers, at a maximum of 15 on a daily basis and a total

participation of around 150 volunteers up to 14th of August 2019. The drive began with the Swachhta Shapath(Oath). It was followed by door-to-door campaigns, awareness regarding cleanliness, female hygiene, sanitation and waste management. Our volunteers also had an interactive session with the young children regarding cleanliness. Apart from this, sweeping & garbage collection drive was undertaken inside and at the strategic locations outside the college. On 14th August 2019, a rally was conducted to raise awareness regarding cleanliness in the college.

On 6th day, for around 3 hours, 8 volunteers went to the slum area in Khyber Pass and spread awareness about personal hygiene and cleanliness. On day 7th: 8 NSS volunteers conducted cleanliness drive for around 3 in slum area was organized.



Few glimpses of the event-

- Total number of hours given - 24 hours. (6th day)
- Total number of hours given – 24 hours (7th day)

2. COMMUNITY MOBILIZATION FOR PLASTIC WASTE SHRAMDAAN AND CURBING SUP

On 2nd October, 2019, on the occasion of 150th Birth anniversary of Mahatma Gandhi, an awareness rally as a part of Plastic waste Shramdaan was organized by the NSS Unit of Indraprastha College for Women as per the directions from the Regional Director, Regional Directorate of NSS, Ministry of Youth Affairs and Sports. It was done with the objective of spreading awareness against the harmful and fatal effect of using plastics and how it can be tackled successfully by bringing changes in our lifestyle. *The 12 NSS volunteers* visited the adopted slum and conducted an awareness rally about the evil effects of the use of plastics and the ways to manage them, for 2 hours. The volunteers through these rallies (IPC) and e-campaigning (IEC) educated and mobilized the people regarding the curbing of single use plastics as well as about the necessity of the transformation.

Some Glimpses of the event-



-Total number of hours given- 24 hours

3. CHILDREN'S DAY CELEBRATION

On the 23rd of October, the NSS unit of IPCW participated in the "Festivals' Mela" organized by the Students Union of our College, by putting up a stall for food and games. It witnessed enthusiastic participation from the students and the event spread a joyous festivalVibe.NSS IPCW had set up the stall with a vision to donate the profit from the stall for some social cause. NSS managed to collect a decent amount at the Festivals' Mela. It was decided to use that money to donate to the children living in the adopted slum of NSS.With the approval of the Principal, the amount was donated to the children from Khyber Pass and Defence Colony on 14th November, 2019. *The 3 office bearers* and the NSS outreach volunteers celebrated the Children's Day with the children from the adopted slum by distributing sweets and gifts. Around 60 children were identified from both the adopted slum and each child received a pack of useful stationery and a jute bag. They were happy to receive gifts and promised to use them for their studies. It was a soothing and satisfying experience for the volunteers. Total number of hours given - 6 hours

Some glimpses of the celebration-





INDRAPRASTHA COLLEGE FOR WOMEN
(University of Delhi)



95 YEARS

NATIONAL SERVICE SCHEME

Report on

FIT INDIA WALKATHON

On the 18th of January NSS IPCW conducted FIT INDIA WALKATHON as directed by the Ministry of Youth Affairs and Sports, Government of India. The event was conducted on the college Sports Ground, and as many as 40 volunteers of the NSS unit walked in the ground with posters in hand and with the objective to promote and support the Fit India campaign launched by the government. The event started at 1.30pm and was extended till 2.30 pm.

The event was successfully conducted, and volunteers vowed to remain fit and engage in regular exercises. With this objective in head, the volunteers partook in this activity with unison.



Report on

Celebration of Constitution Day

NSS Unit of Indraprastha College for Women celebrated constitution day on 20th January, 2020 as directed by Deputy Secretary (CDN), Ministry of Human Resource Development, Department of Higher Education, CDN.

A movie screening of Article 15 was held in the old seminar room from 1.30 pm onwards. A gathering of 45 NSS volunteers and 15 participants were observed.

The movie's central theme resonated with the relevance of the Constitution Day. It was helpful in making the students aware of their constitutional rights and duties. Students actively attended the whole screening. The movie screening concluded by taking a pledge, and vowing to uphold the dignity of our constitution by becoming an aware citizen.



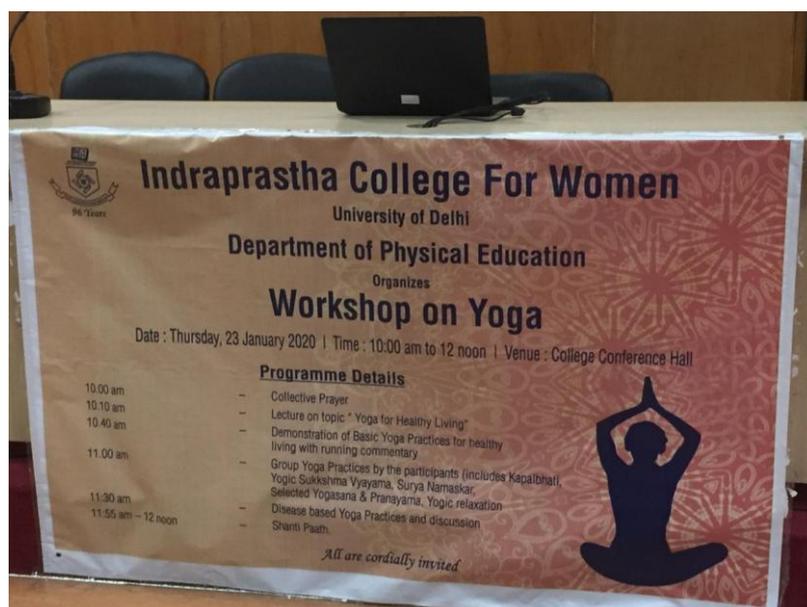
INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

Report on

Participation in the YOGA Workshop

In view of the growing awareness about the benefits of yoga, the department of Physical Education of Indraprastha College for Women conducted a Yoga Workshop, on the 23rd of January, in the College Conference Hall. NSS, which also advocates with the same objective took active part in the event. Nearly, thirty NSS volunteers were the beneficiaries of the event. The event commenced with a collective prayer and was followed by a lecture and presentation on the topic “Yoga for healthy living” by Mr. Vinay Kumar Bharti. They demonstrated different yoga Aasanas, such as, kapalbhati, Surya namaskar and pranayama.

The focus was mainly on the benefits of yoga, that is, how yoga relaxes the mind and body and instigates positive energy. It ended with a session on 'Yoga for the diseased', in which the precautions and the exercise which are to be avoided was discussed and demonstrated. The workshop was informative and holistic.



INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

Report on Voters' Day Pledge

The Voters' Day Pledge was conducted on 24th January, 2020, by the NSS unit of Indraprastha College for Women, as directed by Election Officer, Office of the Chief Electoral Officer-Delhi. The event witnessed around forty NSS volunteers and fifty other participants. The pledge was held in the front lawn of the college at 11.30 am, and the Principal of Indraprastha College for Women administered the oath.

The Voters' Day Pledge is a healthy reminder to the students of an institution to cast their vote positively in every election. The Pledge is an important medium to communicate the essence of a healthy democracy. The students participated in the event with enthusiasm and in full spirit.



Report on SVEEP CAMPAIGN EVENTS 1. Signature Campaign -22nd January 2020

NSS in collaboration with NCC unit of Indraprastha College for Women in association with SVEEP under the aegis of Election Commission of India organized various events for the Voter Awareness Week. The First Activity that was conducted was the Signature Campaign on 12th January 2020. Students including NSS/NCC volunteers and members of other Society participated in the event and signatures were collected on the poster, making a promise to vote this election. The main objective of the campaign was to urge young students who are eligible to be a part of the electoral process and take a pledge to exercise their franchise in the upcoming elections to strengthen the democracy of the country.

Here is a glimpse of the campaign:



INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

2. Indian Electoral System- Open Quiz -23rd January 2020

On the 23rd of January, NSS unit of Indraprastha College for Women organised an open quiz in the Student Activity Area of the college. This open quiz was conducted in the light of the election system of India and keeping in view the upcoming elections in Delhi. The event received a whopping participation.

There were 3 rounds and a total of 25 students participated in the same. The question covered a vast scope- For e.g., What was the year in which EVM was used for the first time? What is the smallest constituency of Delhi in Lok Sabha General Election?, etc. The participants competed commendably. At the end of the third round Surabhi, 1st year BA Program and Kavita Chaudhary, 3rd year BA Program student came first and second respectively.

Some glimpses of the event:



3. Poster Making Competition -24th January 2020

On 24th of January, NSS unit of Indraprastha College for Women organised a poster making competition in front of the AV Lecture Theatre. The theme of the competition was- Right to Vote. A total of 26 students participated in the event, including NSS and non-NSS volunteers.

Students actively participated in the event and gave colour to their imagination. Students through their posters urged the other students to exercise their right to vote and be an aware citizen of this country. Posters were exhibited in front of the AV Lecture Theatre. There were two winners, viz., Ms. Vaishnai from Political Science (H) part two and Ms. Ruchika Mahala, from Geography(H) part two, who stood first and second respectively.

Some glimpses of the event:



Report on

Celebration of National Girl Child Day

NSS Unit of Indraprastha College for Women celebrated constitution day on 24th January, 2020 as directed by the Regional Director, Regional Directorate of NSS & Ministry of Youth Affairs and Sports, Government of India.

A movie screening of 'Nil Battey Sannata' was held in the AV Lecture Theatre from 1.30 pm onwards. It witnessed good participation from the students and among them there were around thirty five NSS volunteers.

The movie's central theme resonated with the relevance of the Day. It was helpful in making the students aware about the prejudices surrounding girls' education. The movie was used as an awareness programme to enlighten the students to use their privilege of education for a just cause. The movie screening concluded by solemnly vowing to fight for girls' education and well-being.



INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

Report on Martyrs' Day 2020

The College held a sombre and solemn gathering on the occasion of Martyrs Day, on 30th January, 2020. The assembly comprised the students, faculty and was chaired by the Vice Principal, who gave a speech regarding the 'Message of Peace' sent by the Father of the Nation, and its inspiration for the youth of India. A student recited a poem by the well known Hindi poet, Ram Dhari Singh Dinkar in appreciation of the efforts and perseverance put in by the Mahatma for the Indian freedom movement. This was followed by Vaishnav Janato, favourite hymn of the Mahatma, sung by the Indian music society of Indraprastha College, Alaap.

The event was attended by the NSS Volunteers and the whole college community. The event evoked Mahatma Gandhi's spirit by paying him tribute through various performances. Western music society, Cadenza, gave a melodious rendition of Eric Whitaker's, 'The Seal Hymn'. The program ended with yet another performance by the Indian Music Society, Alaap on Raghupati Raghav.



INDRAPRASTHA COLLEGE FOR WOMEN
(UNIVERSITY OF DELHI)
NATIONAL SERVICE SCHEME
Report on

ROAD SAFETY WORKSHOP

Road Traffic crashes has been such a worriment in India, it's high time people understood this. Keeping this in mind, National Service Scheme, IPCW, conducted a Road Safety Workshop in collaboration with the Indian Road Safety Campaign in the A V Lecture Theatre in the college, on the 22nd of February, from 1.30 pm onwards. The traffic police officers from the Civil Lines Police Station were there to conduct the workshop.

The lecture was attended by around 50 students, including NSS volunteers. The workshop aimed at making the students aware of the measures the government has been taking to keep the accidents under containment. The officers were open to questions and queries the student advanced, thus making the session engaging and a two-way communication.

The workshop was not only zeroed on making people realize that the figures on traffic crashes in India are stupefying, but also focussed at making the youth think on the problem at hand and ponder hard over the solution. It was shocking to hear that the most number of deaths in accident are caused due to the delay in treatment. The workshop was enlightening as well as interactive.





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI)



NATIONAL SERVICE SCHEME

Report on Participation in One Day Human rights Session by NHRC

On Saturday, 29th February, 2020, two volunteers from the NSS unit of Indraprastha College for Women represented the college in an event organised by the NSS unit of Motilal Nehru College in collaboration with the National Human Rights Commission (NHRC).

The event began with two representatives from NHRC, explaining the volunteers about the importance of this organisation. They explained how this committee, even though owned by the government did entertain complaints against-not only government officials who would exploit the masses-but also politicians who were used to having their way with the law. They emphasised on the importance of NHRC and how it strengthened the citizens' rights in the country. Not only that, the NHRC representatives also explained the structure of the organisation: NHRC is a multi-member body which consists of a Chairman and seven other members. Out of the seven members, three are ex-officio member. President appoints the Chairman and members of NHRC on recommendation of high-powered committee headed by Prime Minister. The representatives also explained how the complaint can be lodged in Hindi, English, or any language recorded in the eighth schedule of the Indian Constitution for free. It was an informative workshop.

A declamation competition was organised by the host college, wherein students spoke at length for a period of three minutes, on topics related to human rights, such as 'Human trafficking is a human rights violation', 'Role of media in the protection of human rights', and 'Human rights are superior to animal rights'. The event was enthralling.

Here are some glimpses of the event:





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN
(University Of Delhi)



NATIONAL SERVICE SCHEME

REPORT on **Open Mike Session** *(On the eve of 150 years celebration of birth of Mahatma Gandhi)*

As a mark of the celebration of 150th birth anniversary of Mahatma Gandhi, on 29th of February the students of NSS-IPCW organized an Open Mike Session for the students of the college. They were given a platform to share their views on the topic Truth, Non-violence and Social Harmony. It was conducted in the Student Activity Area at 11 am.

The participants shared their views about the ongoing social uprisings in the city and connected them with their views on Non-violence and Truth. The spectators actively participated and were highly impressed and mesmerized. As it was not structured it facilitated a healthy discussion and gave an opportunity for them to express their feelings and their take on the prevailing social issues.

Some glimpse of the event:





96 YEARS

INDRAPRASTHA COLLEGE FOR WOMEN (University of Delhi)



NATIONAL SERVICE SCHEME

REPORT on

E-WASTE COLLECTION DRIVE

The NSS unit of Indraprastha College for Women in collaboration with **Centre for Earth Studies** organised a **three-day E-waste Collection Drive on 4th, 5th and 6th of March, 2020**, under the **Project NIDAAN** which aims at “zero waste generation” in the college campus. This was a call to the students, teachers, non-teaching staffs and the other college community to bring their electronic wastes such as discarded earphones, useless mobile phones, broken cables, non-usable irons etc.

Campaign for propagating the message was also organised a day before the drive. Students visited each and every class, department room, library as well as the canteen and many other places to persuade everyone to bring such wastes. To spread awareness about what constitutes E-Waste, a list and e-posters, defining the same, were also circulated online

Each day the drive was organized for four hours from **10:30 AM to 2:30 PM in the college pavilion**. And around 8-10 volunteers were allotted the duty in slots of one hour for the collection of the wastes.

It witnessed applaudable participation of the college community. Every e-waste item was cautiously checked by the volunteers before keeping it in the assigned dustbin, which were later sent for its proper disposal. A total of **110 items were collected** which included about 11 items on the first day, 82 items on the second day and about 17 items on the third day of the drive. The collected items included discarded earphones, CDs, mobile phones, cables, chargers, floppies etc. A good response was seen by the students as well as staff members.

The drives proved to be a successful initiative as it made people aware that E-waste is also dangerous. The outcome of the initiative is that students themselves are asking about the next collection drive that means they know that E-Waste has to be disposed in a particular manner.



NATIONAL SERVICE SCHEME

Report on

INTENSIFIED MISSION INDRADHANUSH (IMI 2.0) (Jan to May 2020)

NSS IPCW, conducted a session on immunisation and vaccinations as per the NSS-DU guidelines, that were, to engage with kids for generating awareness and mobilization among families reluctant for vaccination in the adopted slum with an aim to rapidly boost up full immunization coverage to more than 90% and sustain it thereafter. It was conducted for three months, January, February and March.

31th January, 2020

The talk aimed at making the children of the nearby slums of Defence Colony and Khyber Pass, aware about the importance of immunization, vaccinations, viruses, viral diseases and the preventive measures. Around eleven *NSS volunteers* conducted a general talk/discussion regarding polio vaccines and other such vaccinations they should have received. The children were also asked to visit the nearby hospitals for monthly check-up. They were educated on their general hygiene to protect themselves from the current spread of the deadly Corona virus. *This session was for 2 hours.*



26th February,2020

The second month of the awareness on immunization and vaccination campaign had around *twelve NSS volunteers*. As a feedback process a quiz was conducted wherein the children were asked about the vaccine and its affects and how it helps them and the community. *This session was for 2 hours.*



4th of March,2020

In the last month around *ten NSS volunteers* tried their best to make the children family members aware about the pandemic. They educated the children and their families about the importance of immunization and vaccination and ensured from their families that the children will follow and up hold the hygienic habits and life style. This session was for two hours.





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN (University Of Delhi)



NATIONAL SERVICE SCHEME

REPORT on 150 years celebration of birth of Mahatma Gandhi

September 2019

On 24th September, 2019, the NSS unit of Indraprastha College for Women celebrated its 50th years of service. A quiz was conducted on the life of Mahatma Gandhi which was hosted by the president of NSS which witnessed a great participation from the audience. The event was followed by a Padyatra to encourage everyone to walk on the path shown by Mahatma Gandhi which saw the enthusiastic participation of more than seventy volunteers.

Here are some glimpses of the event:-





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN (University Of Delhi)



NATIONAL SERVICE SCHEME

October 2019

On 2nd October, 2019, to mark the 150th Birth anniversary of Mahatma Gandhi, students of Indraprastha College for Women gathered in the college for cleanliness drive with an objective of reducing the plastic waste and to imbibe among the college community the need for cleanliness.

The event started with a note by Respected Principal Dr. Babli Moitra Saraf, who spoke on the importance of cleanliness and took pledge along with the students to keep our environment clean. This was followed by a Cleanliness Drive for one and half hours, wherein the students collected the waste all around the college, segregated it into biodegradable and non-biodegradable wastes and deposited them in the designated (Blue and Green colored) bins.

Around twenty seven students participated actively in the drive including NSS and non-NSS members of the college. The teachers too joined hands with the students in making India a cleaner nation. They were also joined by 10 children of the non-teaching staff residing in the campus itself. The campaign proved to be successful one as it brought all people together to work for a cause.

Glimpses of the event:





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN (University Of Delhi)



NATIONAL SERVICE SCHEME

January 2020

The College held a sombre and solemn gathering on the occasion of Martyrs Day, on 30th January, 2020. The assembly comprised of the students and the faculty. It was chaired by the Vice Principal, who gave a speech regarding the 'Message of Peace' sent by the Father of the Nation, and its inspiration for the youth of India. A student recited a poem by the well known Hindi poet, Ram Dhari Singh Dinkar in appreciation of the efforts and perseverance put in by the Mahatma for the Indian freedom movement. This was followed by Vaishnav Janato, favourite hymn of the Mahatma, sung by the Indian music society of Indraprastha College, Alaap.

The event was attended by the NSS Volunteers and the whole college community. The event evoked Mahatma Gandhi's spirit by paying him tribute through various performances. Western music society, Cadenza, gave a melodious rendition of Eric Whitaker's, 'The Seal Hymn'. The program ended with yet another performance by the Indian Music Society, Alaap on Raghupati Raghav.

Some glimpse of the event:





96 Years

INDRAPRASTHA COLLEGE FOR WOMEN
(University Of Delhi)



NATIONAL SERVICE SCHEME

February 2020

As a mark of the celebration of 150th birth anniversary of Mahatma Gandhi, on 29th of February the students of NSS-IPCW organized an Open Mike Session for the students of the college. They were given a platform to share their views on the topic Truth, Non-violence and Social Harmony. It was conducted in the Student Activity Area at 11 am.

The participants shared their views about the ongoing social uprisings in the city and connected them with their views on Non-violence and Truth. The spectators actively participated and were highly impressed and mesmerized. As it was not structured it facilitated a healthy discussion and gave an opportunity for them to express their feelings and their take on the prevailing social issues.

Some glimpse of the event:





NATIONAL SERVICE SCHEME

REPORT on

ASSISTANCE TO EOC - Jan 2020- May 2020

The Equal Opportunity Cell and Enabling Unit (EOC&EU) of the college function as a separate unit housed in college campus. The unit is equipped with computers installed with screen reading and OCR software, scanning devices and Braille printer. EOC and NSS have been coexisting together and works in tandem. NSS volunteers provide assistance to the visually challenged students through the following activities:

1. Internal Writing-

Total no of internals- 19 (approx.)

Total no volunteers- 19 (approx.)

Total hours- 38 (19×2 hours each)

In internal writing, volunteers write the internals of the specially-abled students: They dictate the answers and the volunteers write them down. Medium of internal varies, but preferably volunteers well-versed in Hindi are preferred. Internals are scheduled during normal college hours. NSS volunteers are advised to report 10 minutes before the internals. The volunteers are granted class waivers and NSS hours.

2. Recording

Total no of recording- 24 (approx.)

Total no of volunteers- 24 (approx.)

Total hours- 48 (24×2 hours)

Volunteers record the notes and chapter wise content of the students with special abilities-by reading it out loud-in their recording equipment. Volunteers with good speaking and understanding of the subject are encouraged to participate in this activity. Alike internal writing, medium of recording varies. Volunteers get NSS hours but are not provided any class waivers for this and are asked to come during their free slots in college.

3. Assignment writing

Total no of assignment- 23 (approx.)

Total no of volunteers: - 23 (approx.)

Total hours- 115(23×5hours)

In Assignment Writing volunteers make their assignments as per the instructions of the VC students. Mostly, they provide the required reading material but sometimes volunteers guide them in their research for the materials and assist them in the presentation and completion of the assignment. Volunteers make these assignments at their home or during their free slots during the academic engagements in the college. The volunteers gain NSS hours for their assistance.

4. Enabling unit assistance (2:30-4:00)

Total no of days- 45 (approx.)

Total no of volunteers- 45 (approx.)

Total hours- 67.5 (45×1.5 hours)

In the Enabling Unit, assistance volunteers go to the EOC-EU and perform tasks according to VC students' requirements. They work there from 2.30pm in the afternoon to 4.00pm in the evening. Volunteers are sought for various tasks, like making résumé, completing notes etc. Time contributed by the volunteers may fluctuate according to VC student's needs.

5. Events

NSS Volunteers also provide assistance to the VC students to help them conduct or participate in different college and inter-college events. Volunteers help the students by ensuring safe commutation between different venues. On stage assistance including anchoring, stage setting, props arrangement etc., are also provided by NSS volunteers.

EOC- Events

- Samarthya: EOC major event is its annual fest, Samarthya. EOC celebrated Samarthya on 27th February, 2020. It was a whole day event and required constant assistance of the NSS volunteers.

Various competitions were held throughout the day. Competitions like Quizzing, singing, play etc. were conducted. Venues like, conference hall, seminar room and auditorium were chosen for each competition. All the competitions were inter-college. All events required NSS volunteers to help the participants in commuting between different venues.

The fest witnessed an overwhelming gathering of approximately 100 participants from different colleges, NSS volunteers and students of the college. The entire event was successfully conducted and earned the praise of various faculty members of the college, including EOC convenor. NSS volunteers were praised for their active participation and presence throughout the event.



The semester relatively had less number of working hours, as a result, the number of activities and events were reduced. However, even during the pandemic NSS volunteers are in constant touch with the EOC students for helping them in making their assignments and submitting it virtually. NSS and EOC are functioning during these tough times together.



INDRAPRASTHA COLLEGE FOR WOMEN
(University of Delhi)



NATIONAL SERVICE SCHEME

REPORT on

Out Reach Activities in NSS Adopted Slum – Jan to May 2020

The NSS volunteers are actively involved in the Project NOOR, the Community Outreach Programme of our College. The project believes that education plays a significant role in empowering society and securing a rightful place for everyone. Apart from imparting education, the Project continues to in still virtues of equality and fraternity by eliminating social evils such as discrimination on the basis of religion, caste, gender, etc among children.

As a part of this project around *twenty one NSS volunteers* had worked in the **Vidhan Sabha Area** and **Khyber Pass**, which are the **adopted slums** of the NSS, during this even semester session. The students worked from 2.50pm to 4.50 pm on all seven days in the week, in the adopted slums.

VIDHAN SABHA AREA

Around **ten** volunteers went regularly to teach 30 children of this community. The children were taught various subjects, as per their needs. The volunteer also taught lessons on moral education to the children. More focus was put on providing attention to the individual needs of the children. It was realized that to sensitize people towards different social issues, it is difficult to conduct a single workshop for all age groups.

KHYBER PASS

This semester, around **eleven** volunteers associated with the project were engaged in the Khyber Pass area, with a total of 40 kids, and taught them with utmost passion and interest. Special emphasis was also laid on inculcating moral values in the students. Apart from academics, the volunteers tried to build healthy relations among the children by trying to eliminate social evils such as discrimination on the basis of religion, caste, gender etc. Volunteers also took special measures to build trust on the field. It was ensured that there is one to one interaction with parents and the community on a regular basis. Special emphasis was also laid on adult literacy classes and curriculum designing.

Tenure for This Semester-

(January 2020 – March 2020) -13th January 2020 to 6th March 2020

Number of Working Days

January – 19 Days

February – 29 Days

March – 6 Days

Per Student Analysis, Month Wise

January – 3 weeks (18 hours)

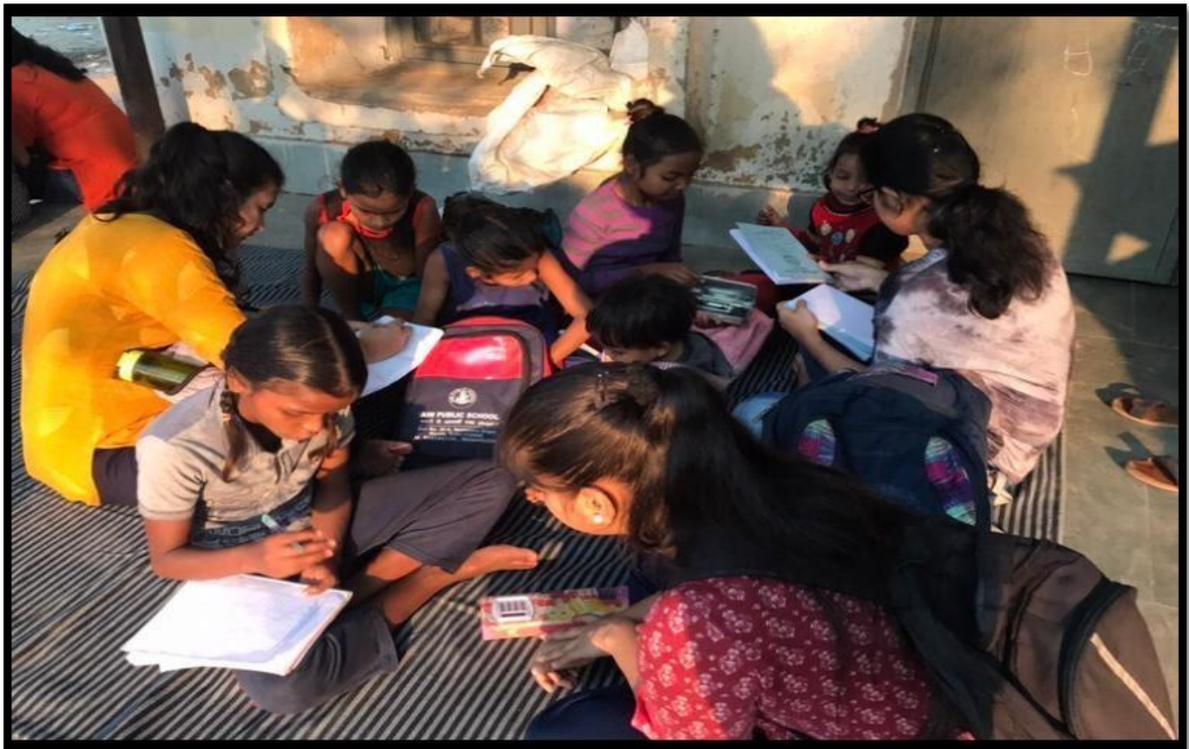
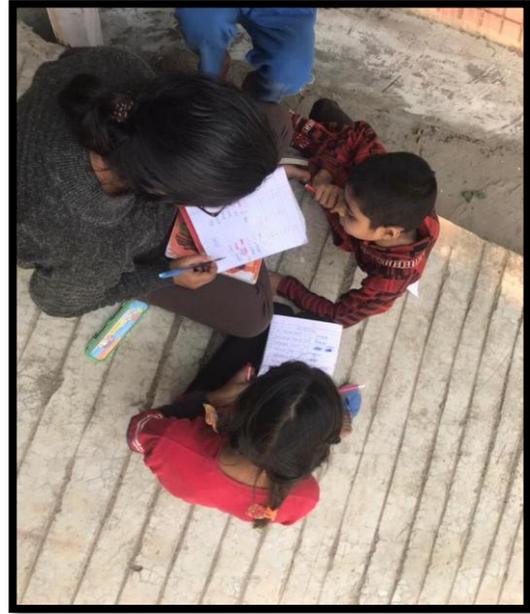
February - 4 week (24 hours)

March - 1 week (6 hours)

Per volunteer hours -48 hrs

Total number of hours – (21 X 48hrs) 1008 total NSS hours.

Few glimpses of 2019-20 session-



Other than teaching in this semester NSS-IPCW conducted one event on our adopted slums.

NSS- OUTREACH EVENTS–

IMI 2.0 SESSION

NSS IPCW, conducted a session on immunisation and vaccinations as per the NSS-DU guidelines, that were, to engage with kids for generating awareness and mobilization among families reluctant for vaccination in the adopted slum with an aim to rapidly boost up full immunization coverage to more than 90% and sustain it thereafter. It was conducted for three months, January, February and March.

31th January, 2020

The talk aimed at making the children of the nearby slums of Defence Colony and Khyber Pass, aware about the importance of immunization, vaccinations, viruses, viral diseases and the preventive measures. Around eleven *NSS volunteers* conducted a general talk/discussion regarding polio vaccines and other such vaccinations they should have received. The children were also asked to visit the nearby hospitals for monthly check-up. They were educated on their general hygiene to protect themselves from the current spread of the deadly Corona virus. *This session was for 2 hours.*

26th of February, 2020

The second month of the awareness on immunization and vaccination campaign had around *twelve NSS volunteers*. As a feedback process a quiz was conducted wherein the children were asked about the vaccine and its affects and how it helps them and the community. *This session was for 2 hours.*

4th of March, 2020

The last month around *ten NSS volunteers* tried it's best to make the children family members aware about the pandemic. They educated the children and their families about the importance of immunization and vaccination and ensured from their families that the children will follow and up hold the hygienic habits and life style.. This session was for two hours.

Some glimpses of the event-





Total number of hours given –
January- 22 NSS volunteer hours
February- 24 NSS volunteer hours
March – 20 NSS volunteer hours
Total- 66 NSS volunteer hours



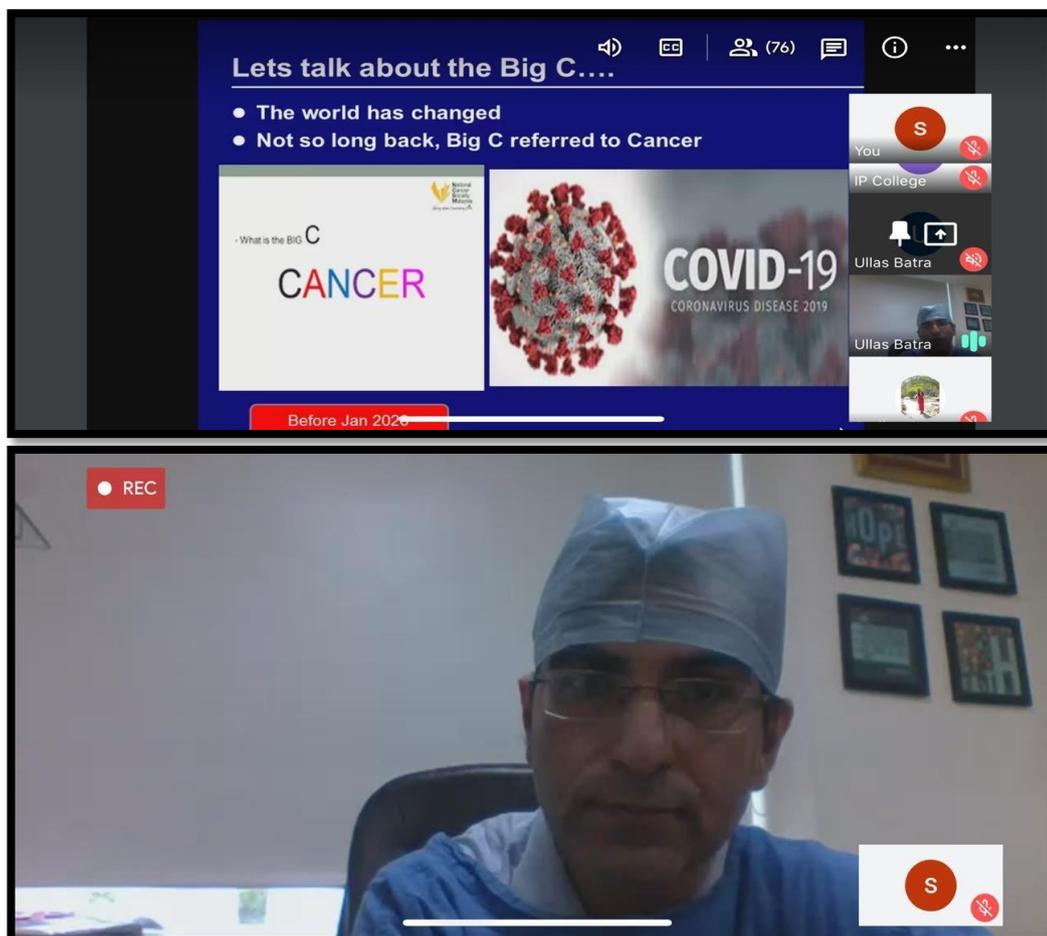
NATIONAL SERVICE SCHEME

Report on

Webinar: Covid-19 Management (Pre & Post Lockdown)

The NSS Unit of IP College conducted a Web Seminar on the topic Covid-19 management (Pre& Post Lockdown) on 9th May, 2020 to cope up with the ongoing Covid-19 Pandemic. The speaker of the seminar, Dr Ullas Batra who is the Chief of Thoracic Medical Oncology and Fage Senior Consultant at Rajiv Gandhi Cancer Institute & Research Centre, Delhi gave an informative presentation covering various aspects of the Covid-19 Disease, from its origination to the current situation in different countries. He talked about common myths floating around and gave tips on how one can take precautionary measures and take better care of their health during the lockdown, and even after it. He also gave an insight into how the health-care workers are dealing with the current situation and coping with the stress.

The presentation was followed by a question and answer round, where the participants got their various queries about the disease answered. The two - hour webinar was attended by around 80 people, which included NSS volunteers (*around fifty*), Students and Faculty members of the college. He encouraged us to be positive and take as many precautions as possible since the fight against this pandemic is a long journey to go.





NATIONAL SERVICE SCHEME

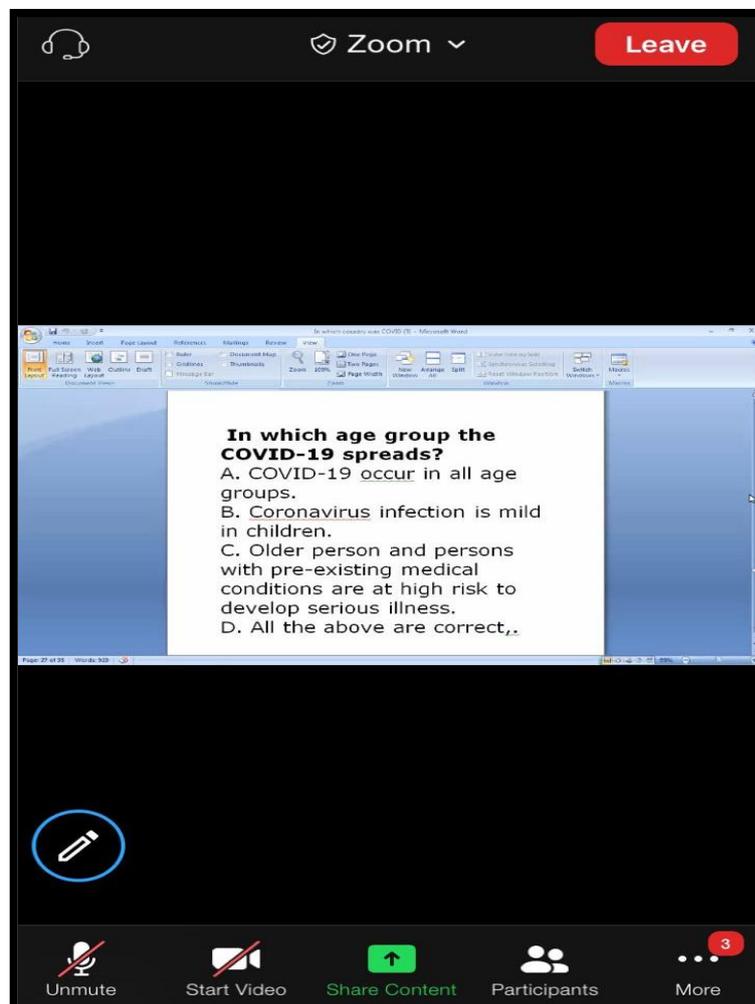
NSS-IPCW fights COVID-19: Lockdown Activities

Report

1. Online Quiz

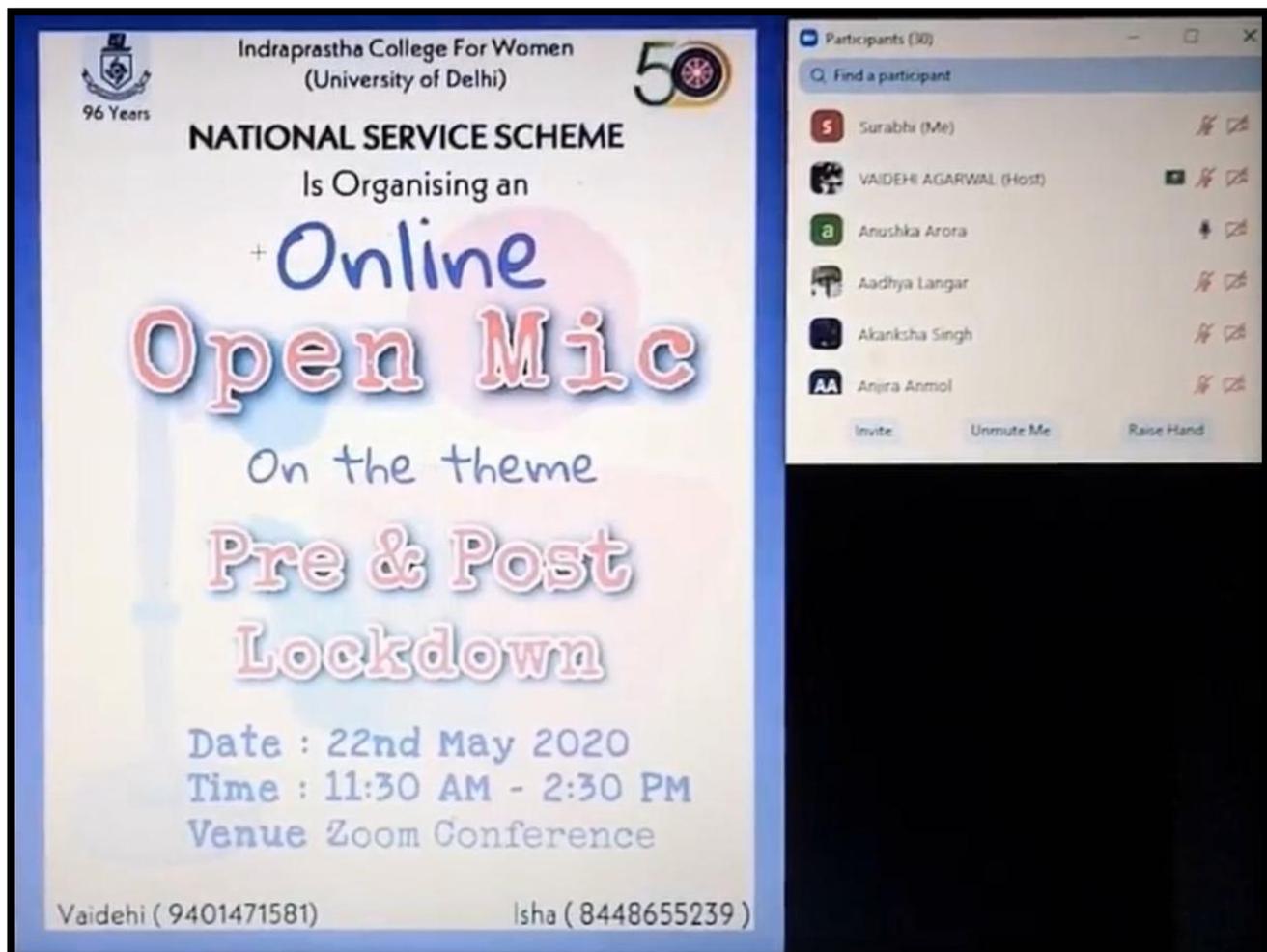
NSS unit, IPCW conducted an online quiz on the theme “Unravelling COVID-19” on the 20th of May, 2020. Awareness is the key to protect oneself and the society. And to spread awareness in an interesting way is more helpful in understanding the situation and retaining the information. Hence, we resorted to adding some fun and relief to the current situation of the students and make people aware too. The event received the virtual presence of more than 30 NSS participants. The participants participated very enthusiastically.

The event was conducted in 3 rounds with four teams of 7 to 8 members each. The final round was “Who Answers First”. The quiz spanned over a wide variety of questions from international affairs to basic questions on personal hygiene.



2. Open Mike

The NSS unit organized an open mike session for its volunteers on 22nd May, 2020 on the topic “Pre and Post Lockdown”. The session was bilingual in which 13 volunteers participated. Many volunteers shared their experiences and stories of the lock down period. Some volunteers narrated self-composed poems on the theme. It ended up with an open discussion regarding the new normal which the student as a community member as well as a college/PGI/hostel student should adopt during the lock down and the post lock down period. The students were apprehensive about the adjustments which they may have to face after the lock down.



The image is a composite of two parts. On the left is a Zoom meeting invitation poster for an 'Online Open Mic' session. The poster is for the National Service Scheme (NSS) at Indraprastha College For Women, University of Delhi, celebrating its 96th anniversary and 50th NSS anniversary. The event is on May 22nd, 2020, from 11:30 AM to 2:30 PM, via Zoom. Contact numbers for Vaidehi (9401471581) and Isha (8448655239) are provided at the bottom. On the right is a screenshot of the Zoom 'Participants (30)' window. It shows a list of participants: Surabhi (Me), VAIDEHI AGARWAL (Host), Anushka Arora, Aadhya Langar, Akanksha Singh, and Anjira Anmol. Each participant has icons for muting, video, and chat. At the bottom of the list are buttons for 'Invite', 'Unmute Me', and 'Raise Hand'.

Indraprastha College For Women
(University of Delhi)

96 Years

50

NATIONAL SERVICE SCHEME

Is Organising an

+ Online

Open Mic

On the theme

Pre & Post
Lockdown

Date : 22nd May 2020
Time : 11:30 AM - 2:30 PM
Venue Zoom Conference

Vaidehi (9401471581) Isha (8448655239)

Participants (30)

Find a participant

5 Surabhi (Me)

VAIDEHI AGARWAL (Host)

a Anushka Arora

Aadhya Langar

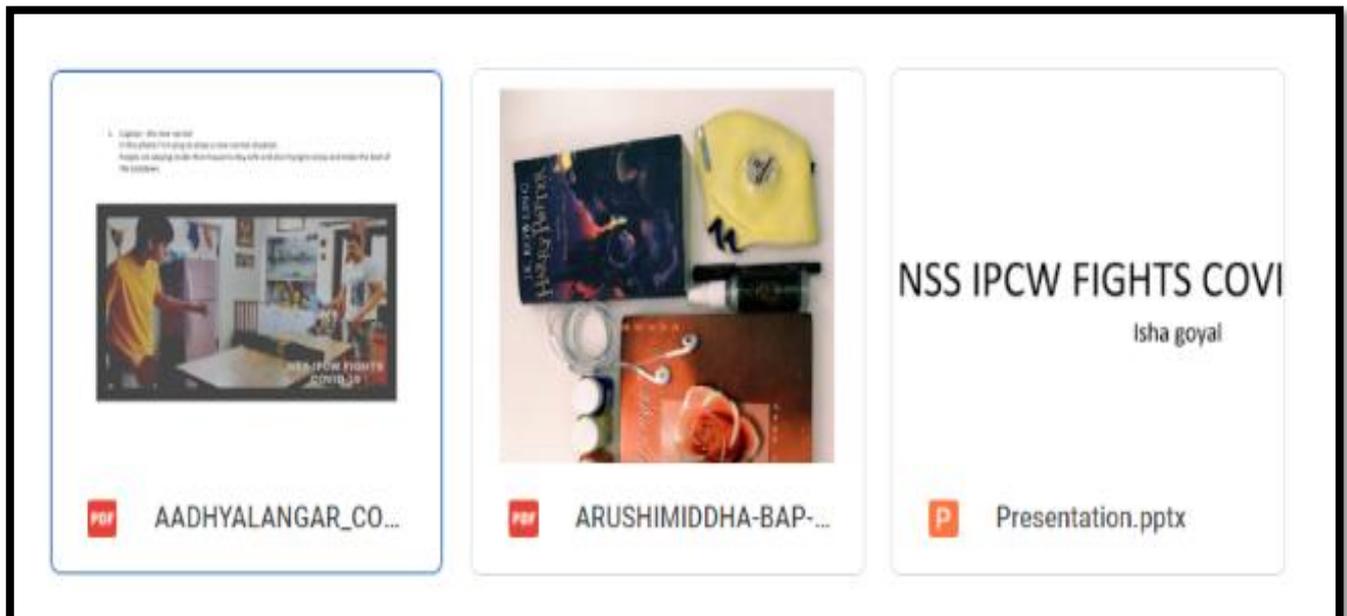
Akanksha Singh

AA Anjira Anmol

Invite Unmute Me Raise Hand

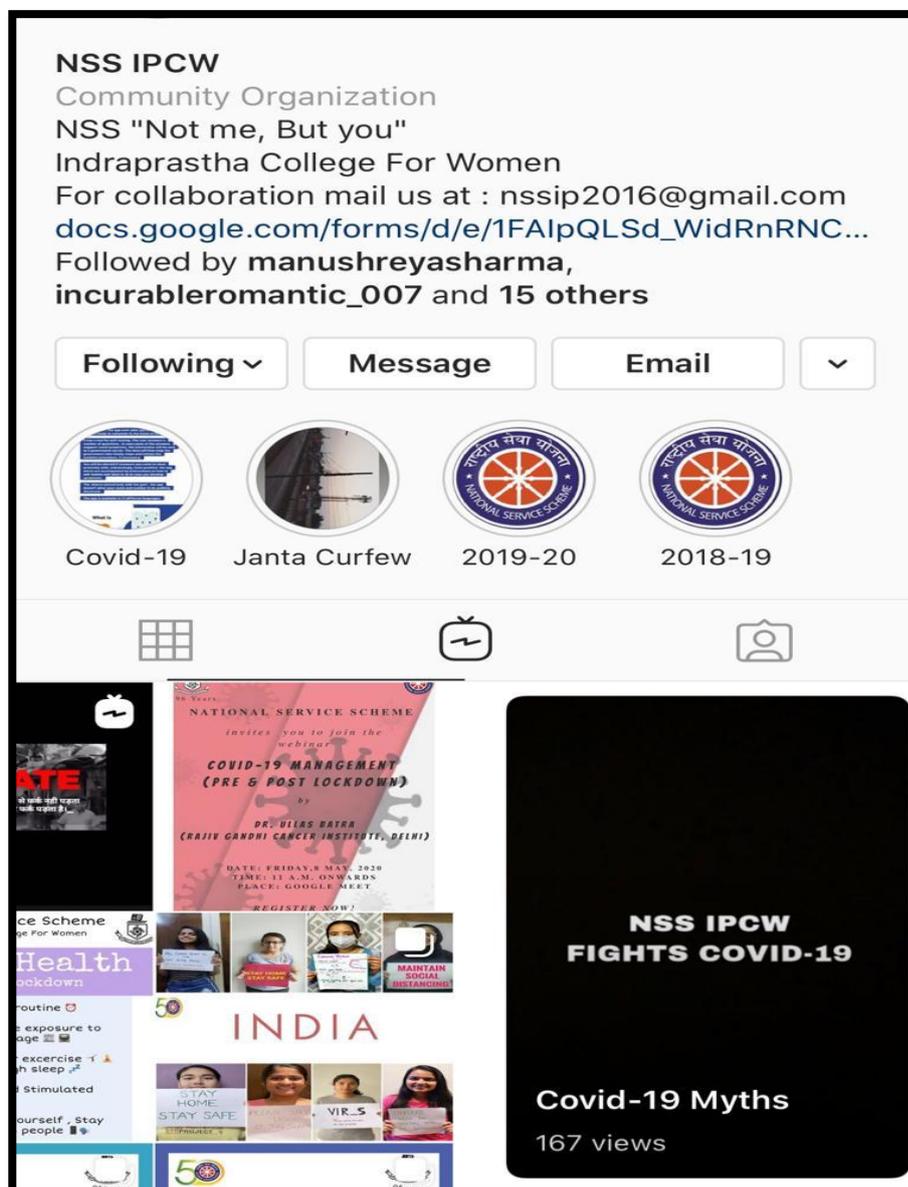
3. Online Photography

A Photography Activity themed “Quarantine life- My Perception” was conducted during the lockdown till 25th May 2020. Total of 10 NSS volunteers participated in the event. They were required to send their best shots that depicted the theme of Quarantine and each participant could send a maximum of ten entries. The participants used their creative skills and clicked photographs that subtly or loudly spoke about life in Quarantine. The photographs were individualistic and differed in perspective yet had the same underlying message. While some captured people sitting next to the window reading, some captured nature at its purest. Overall, the activity was a great success and helped us to collect some really beautiful shots.



4. Social Media Awareness

From the beginning of the lockdown, as a means to create awareness for the ongoing pandemic through the medium of social media, NSS IPCW took inputs from its volunteers for its awareness campaign. The campaign included volunteers supporting Janata Curfew, pledging and requesting others to stay at home. Informative videos and photographic material were used which aided in spreading awareness on topics such as myths of COVID-19, problems faced in education during lockdown, life pre & post lockdown etc. Around 25 volunteers participated in this social media awareness. The inputs received by the volunteers were uploaded on NSS's official Instagram and Facebook handle.



5. Creative Writing

A creative writing activity was conducted till 28th May, 2020 in which around 6 students participated. The students had to send their write ups on topics provided. The topics were Domestic Violence during Lockdown and Child Abuse in Lockdown. Disconnection from social support systems is one of the reasons for an increased risk of domestic violence during these times and it involves a pattern of psychological, physical, sexual, financial and emotional abuse. Clearly majority believes that the cases of both have increased during the lockdown. It was a great opportunity to know about these issues from various perspectives.

The collage displays six student-written essays on domestic violence during lockdown. Each entry includes a title, author name, and a PDF icon. The essays are:

- AKANKSHA-SOCIOLOGY,1s...**: Title: "NSS-IPCW FIGHTS COVID-19 Domestic Violence in Lockdown Period".
- ANUSHKA_PSYCH_DO...**: Title: "NSS-IPCW Fights COVID-19 When will there be a lockdown in domestic violence?".
- creative - shubhangi ra...**: Title: "NSS-IPCW Fights COVID-19 When will there be a lockdown in domestic violence?".
- creative - shubhangi ra...**: Title: "NSS-IPCW Fights COVID-19 When will there be a lockdown in domestic violence?".
- creative writing-kirti-po...**: Title: "NSS-IPCW Fights COVID-19 When will there be a lockdown in domestic violence?".
- SANJANA - SANSKRIT ...**: Title: "NSS-IPCW Fights COVID-19 Domestic Violence in Lockdown Period".

The essays discuss the impact of lockdown on domestic violence, the role of social support systems, and the need for government intervention. They also mention the National Commission of Women (NCW) and the National Commission for Women (NCW) as key organizations involved in addressing these issues.

6. Mask making at home

Realising the fact that skills are also important with awareness, NSS IPCW conducted a socially productive activity of “Making Masks at Home”. A total of 25 volunteers took part in this lockdown activity. They were strongly advised to make effective masks as per the guidelines given by the Ministry of Health and Family Welfare. A google form was circulated among the volunteers and were asked to fill the form with some required details and attach three photographs by the volunteer, first one, while making masks, second one, while distributing the masks to their family members, and the third one is the picture of the total number of masks made. All twenty-five volunteers participated with great enthusiasm and it turned out to be a really useful and productive activity.



7. Digital Poster Making

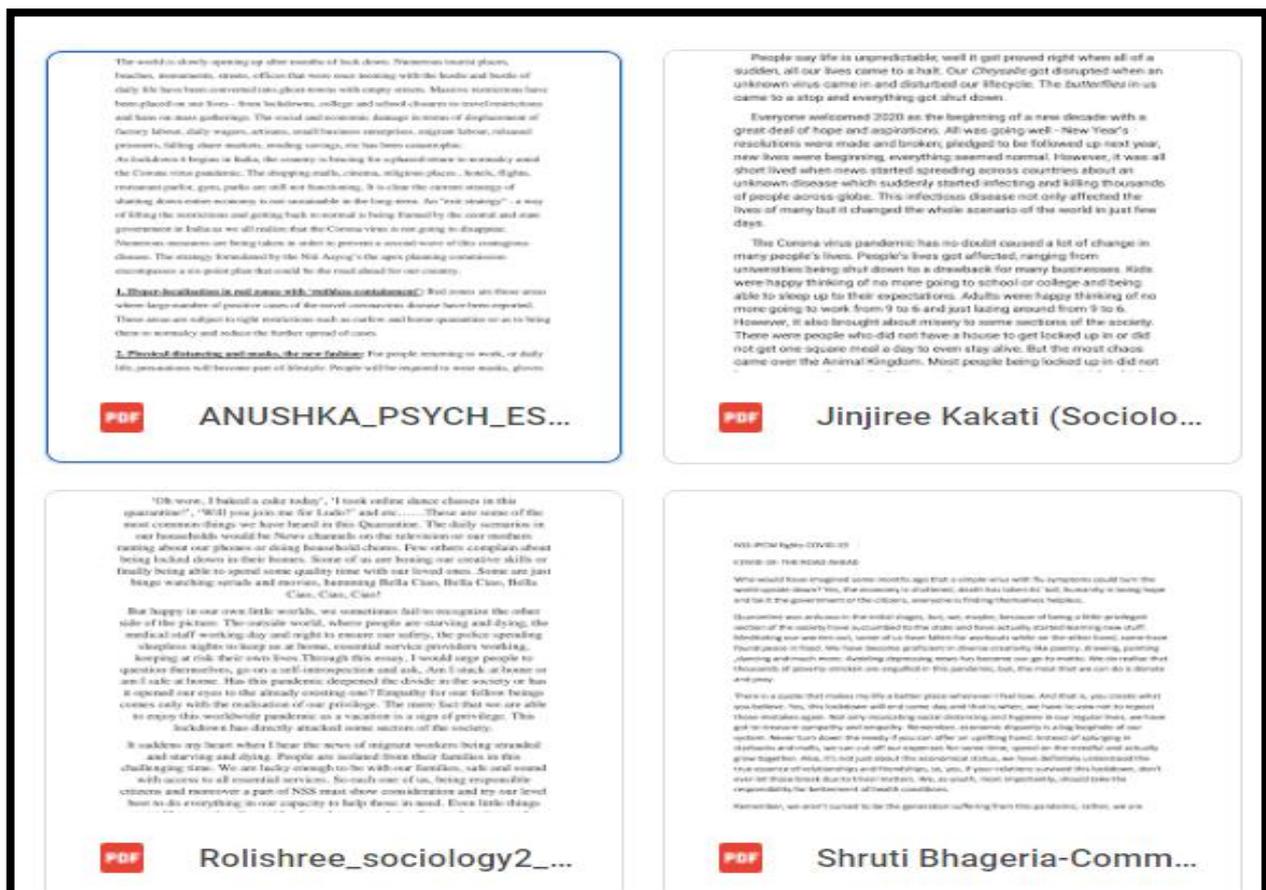
In order to spread awareness about COVID-19 and bust the myths that exist among the masses related to the pandemic, an online Poster Making activity was organised by the NSS Unit of IPCW. The theme was “Busting COVID-19 Myths”. The students were strictly advised to put up posters only with authentic information and make sure that the posters look eye-catching and appealing. The students participated enthusiastically and we received an overwhelming response from 26 volunteers.



9. Essay writing

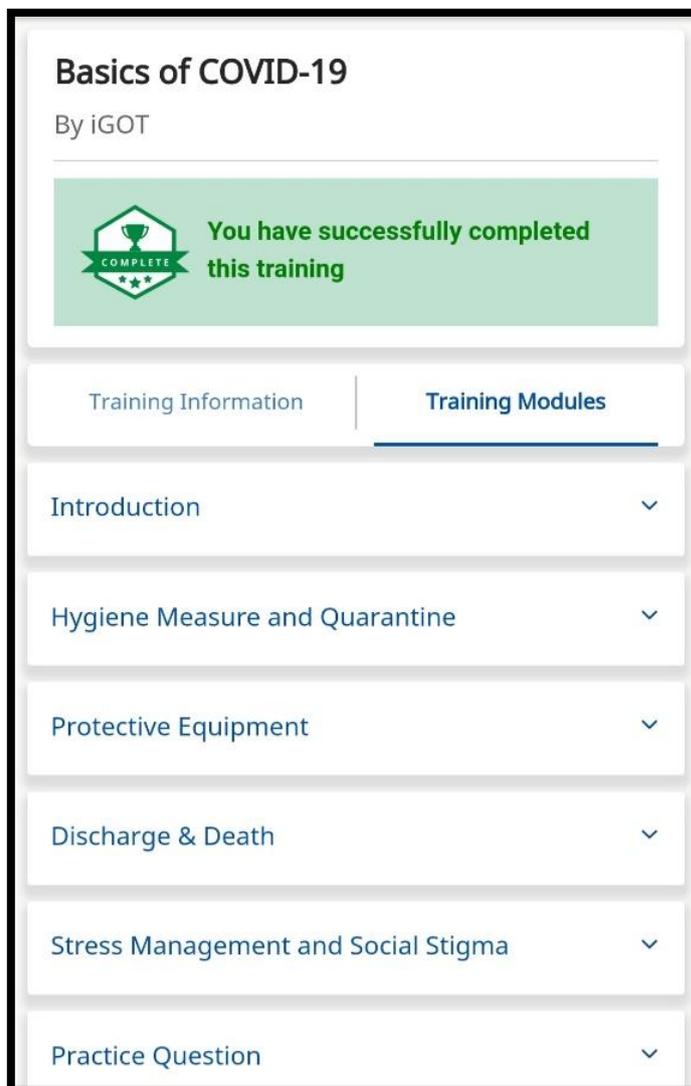
In view of the lockdown and the pandemic, NSS-IPCW conducted an Essay Writing Competition for the NSS members to give them a medium to express their views on the scenario. The topics for the essay were 1.) Lockdown: A Perspective; and 2.) COVID-19: The Road Ahead. It was conducted from 20th to 30th May, and seven well-written and elaborate essays on the topics were received.

The portrait these writers paint of a world under quarantine is multifaceted. Our worlds have contracted to the confines of our homes, and yet in some ways we're more connected than ever to one another. We feel fear and boredom, anger and gratitude, frustration and strange peace. Uncertainty drives us to find metaphors and images that will let us wrap our minds around what is happening.



10.Diksha Training

In midst of this pandemic, it becomes increasingly important for the youth of the nation to understand the disease and the situation and to know the tactics to avoid it. Hence, the volunteers of NSS IPCW were instructed by the Regional Director of NSS to undertake the training “Basics to COVID-19”. The training is an initiative taken by the Integrated Government Online Training (iGOT) under the Department of Personnel & Training of the Government of India. The training can be completed either using the browser once the registration is completed or by using the mobile application, Diksha. Around 39 NSS IPCW volunteers have completed the training and got the certificate. The rest are undergoing the training currently.



Basics of COVID-19
By iGOT

 **You have successfully completed this training**

Training Information | **Training Modules**

- Introduction
- Hygiene Measure and Quarantine
- Protective Equipment
- Discharge & Death
- Stress Management and Social Stigma
- Practice Question