



95 YEARS

**INDRAPRASTHA COLLEGE FOR WOMEN**  
(University of Delhi)



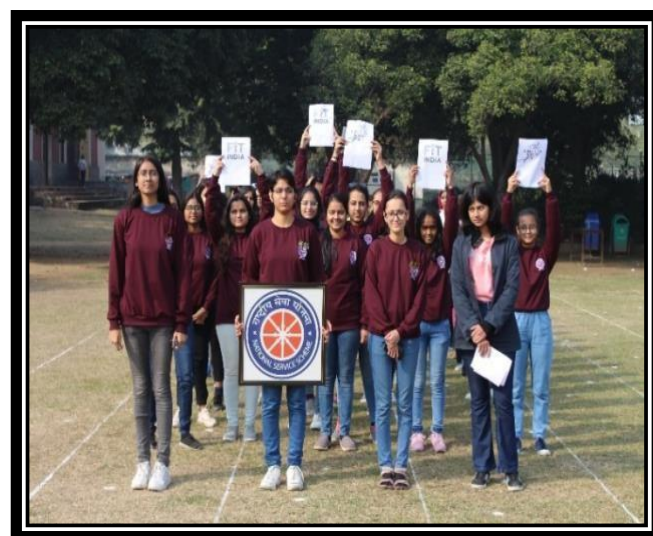
**NATIONAL SERVICE SCHEME**

**Report on**

**FIT INDIA WALKATHON**

On the 18<sup>th</sup> 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.



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

## Report on Celebration of Constitution Day

NSS Unit of Indraprastha College for Women celebrated constitution day on 20<sup>th</sup> 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.



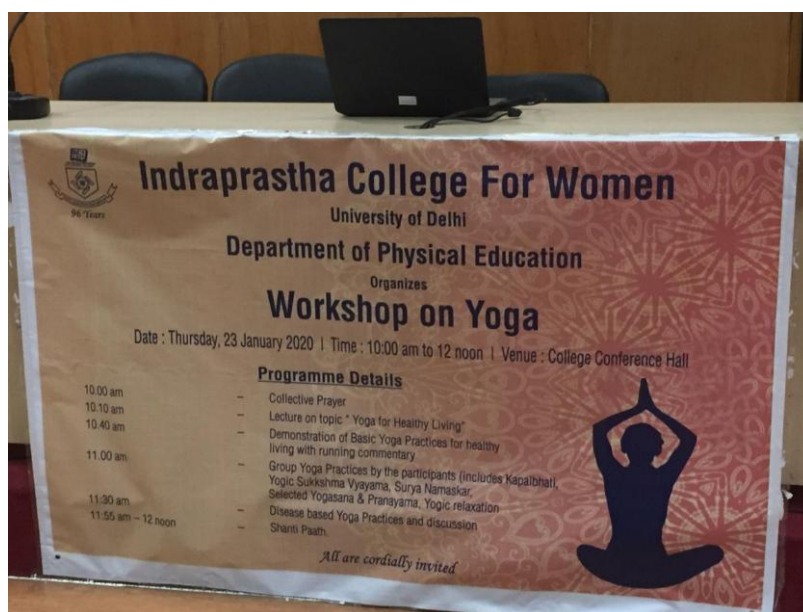
# INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

## 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 23<sup>rd</sup> 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 24<sup>th</sup> 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.

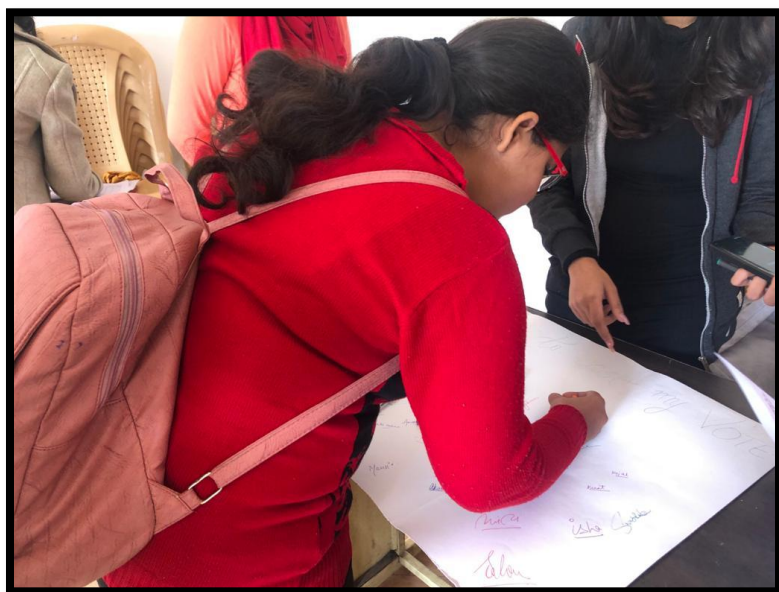
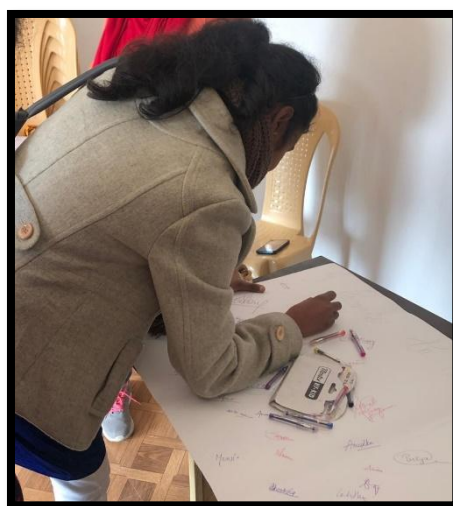
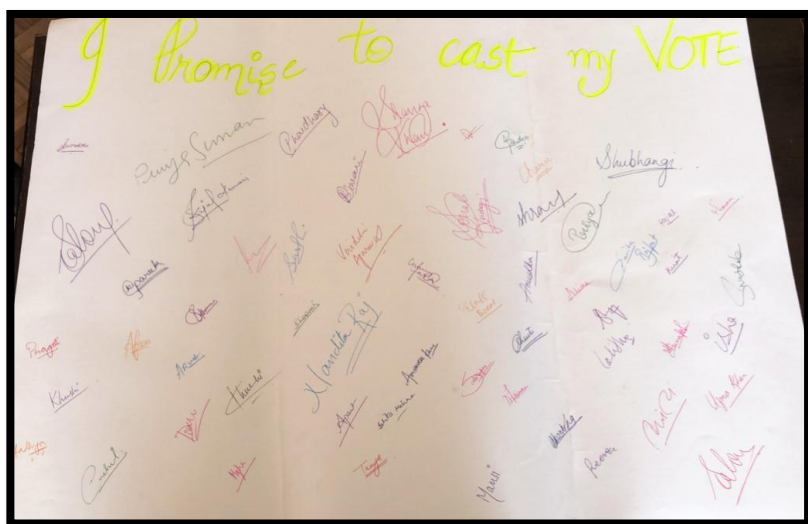


# INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

## Report on SVEEP CAMPAIGN EVENTS 1. Signature Campaign -22<sup>nd</sup> 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 12<sup>th</sup> 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 -23<sup>rd</sup> January 2020

On the 23<sup>rd</sup> 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, 1<sup>st</sup> year BA Program and Kavita Chaudhary, 3<sup>rd</sup> year BA Program student came first and second respectively.

*Some glimpses of the event:*



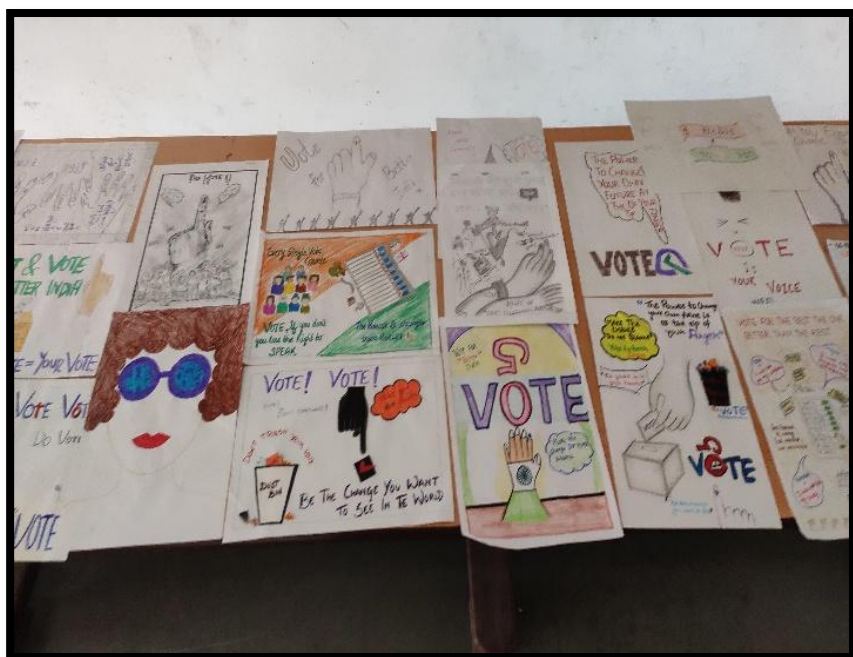
# INDRAPRASTHA COLLEGE FOR WOMEN (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME

## 3. Poster Making Competition -24<sup>th</sup> January 2020

On 24<sup>th</sup> 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:*





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

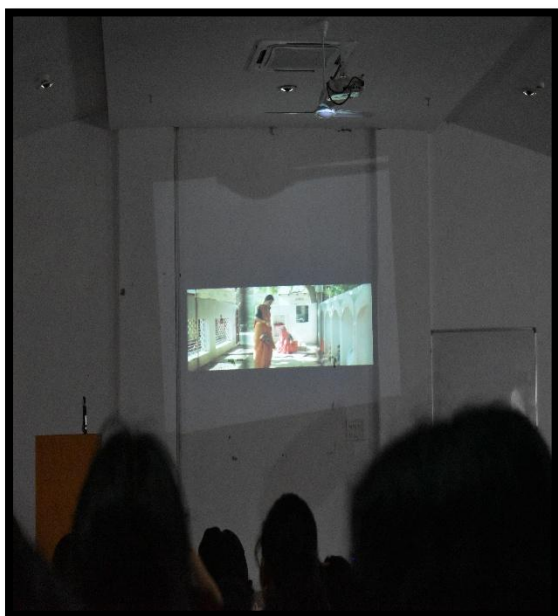
## Report on

### Celebration of National Girl Child Day

NSS Unit of Indraprastha College for Women celebrated constitution day on 24<sup>th</sup> 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 22<sup>nd</sup> 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 150<sup>th</sup> birth anniversary of Mahatma Gandhi, on 29<sup>th</sup> 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:





**INDRAPRASTHA COLLEGE FOR WOMEN**  
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## **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)

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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.







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(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:-*







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## 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:





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**INDRAPRASTHA COLLEGE FOR WOMEN**  
(University Of Delhi)



## **NATIONAL SERVICE SCHEME**

**January 2020**

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Some glimpse of the event:





96 Years

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(University Of Delhi)



## **NATIONAL SERVICE SCHEME**

### **February 2020**

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Some glimpse of the event:







**INDRAPRASTHA COLLEGE FOR WOMEN**  
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## **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 27<sup>th</sup> 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) -13<sup>th</sup> January 2020 to 6<sup>th</sup> 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)

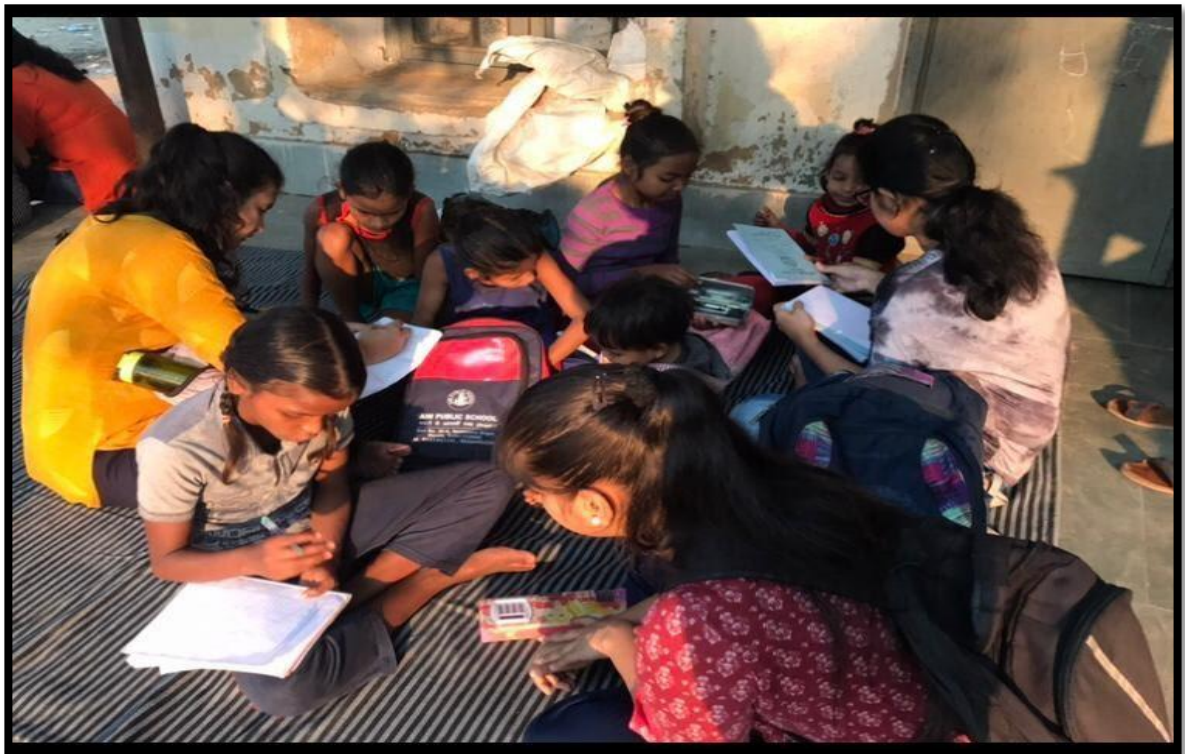
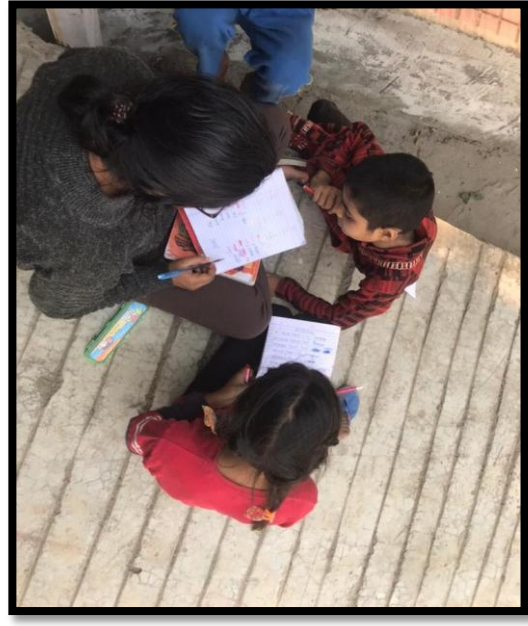
February - 4 week (24 hours)

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-PCW 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

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#### 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-







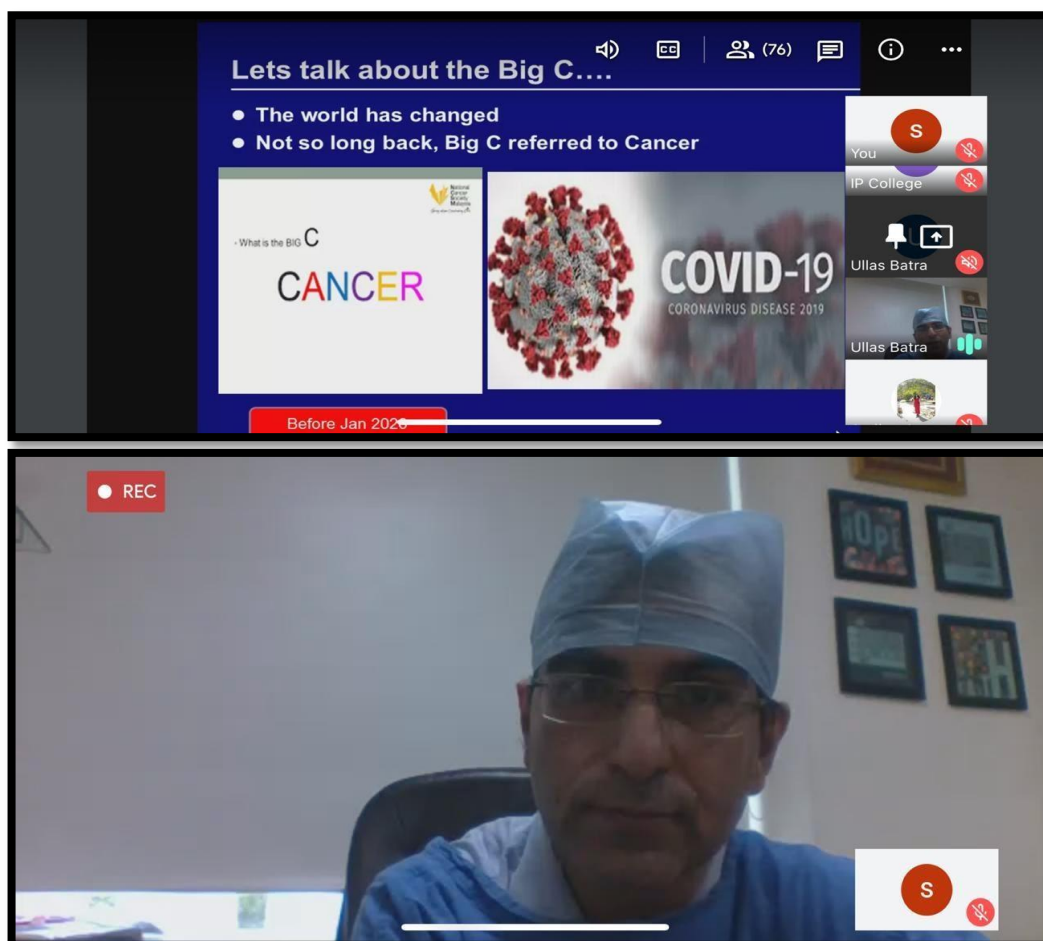
**Total number of hours given –**  
January- 22 NSS volunteer hours  
February- 24 NSS volunteer hours  
March – 20 NSS volunteer hours  
**Total- 66 NSS volunteer hours**

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 9<sup>th</sup> 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.



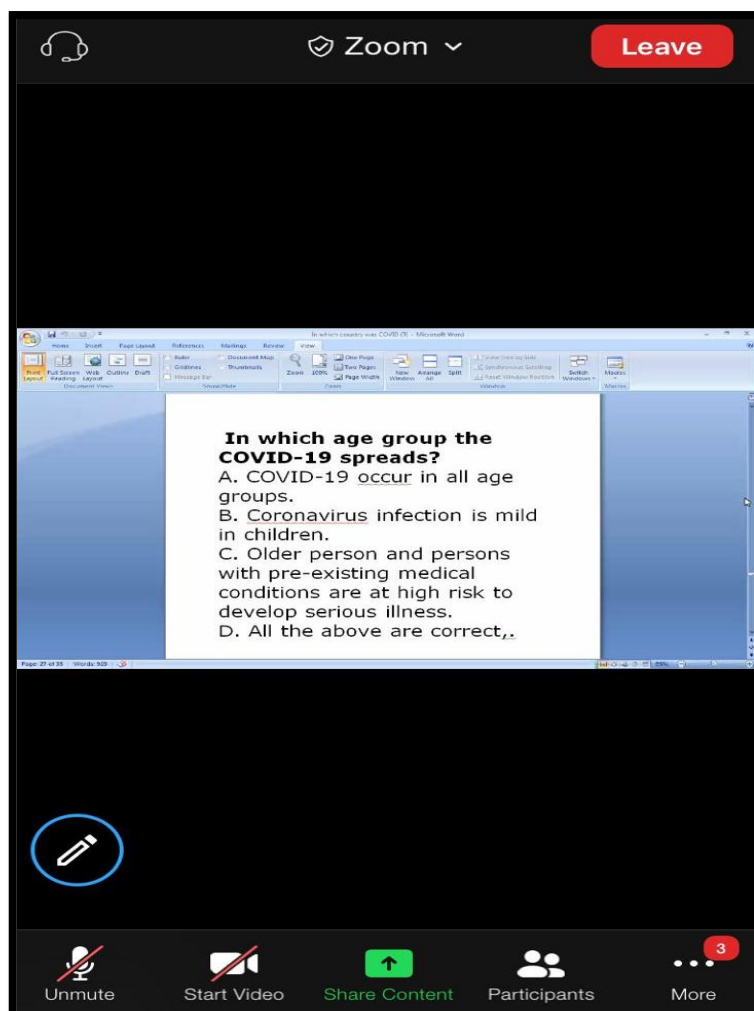
## NSS-IPCW fights COVID-19: Lockdown Activities

### Report

#### 1. Online Quiz

NSS unit, IPCW conducted an online quiz on the theme “Unravelling COVID-19” on the 20<sup>th</sup> 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 22<sup>nd</sup> 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 screenshots from a Zoom meeting. The left screenshot is a poster for an 'Online Open Mic' session. The poster is for the 'NATIONAL SERVICE SCHEME' at 'Indraprastha College For Women (University of Delhi)', which is celebrating its '96 Years' and '50' anniversary. The event is titled '+ Online Open Mic' and is 'On the theme Pre & Post Lockdown'. The date is '22nd May 2020', the time is '11:30 AM - 2:30 PM', and the venue is 'Zoom Conference'. Contact numbers for 'Vaidehi (9401471581)' and 'Isha (8448655239)' are provided at the bottom. The right screenshot shows the 'Participants (30)' list in a Zoom window. The list includes 'Surabhi (Me)', 'VAIDEHI AGARWAL (Host)', 'Anushka Arora', 'Aadhya Langar', 'Akanksha Singh', and 'Anjira Anmol'. Each participant has icons for mute, 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

Surabhi (Me)

VAIDEHI AGARWAL (Host)

Anushka Arora

Aadhya Langar

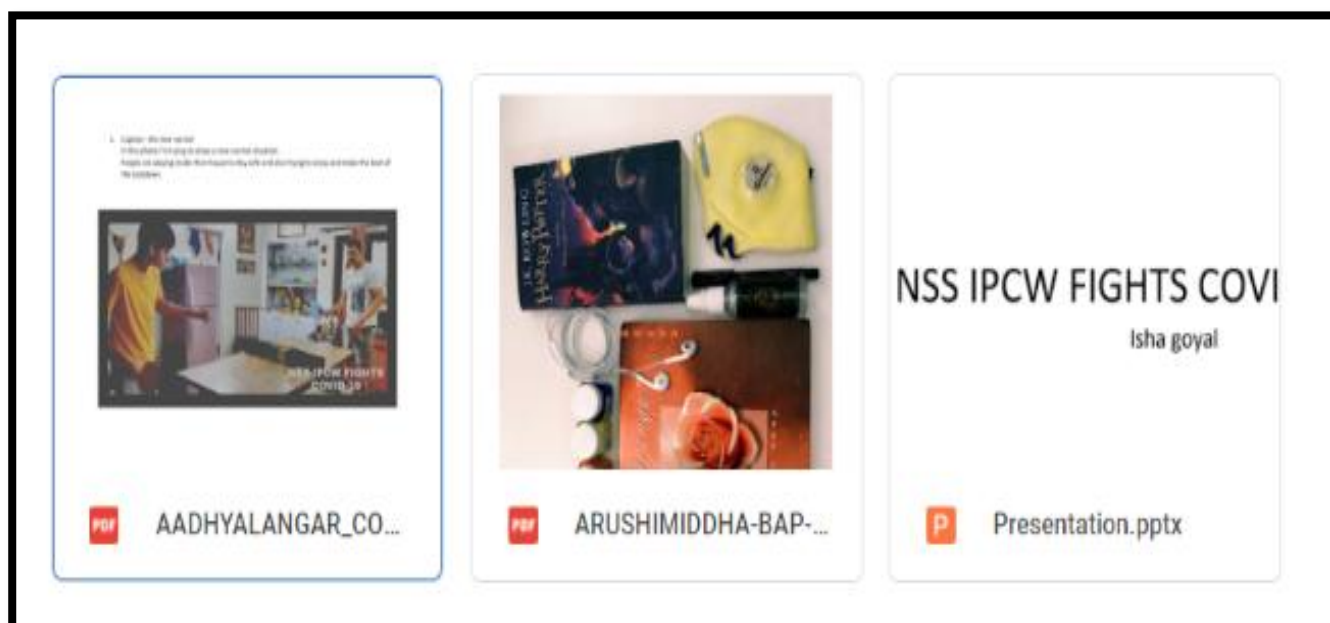
Akanksha Singh

Anjira Anmol

Invite Unmute Me Raise Hand

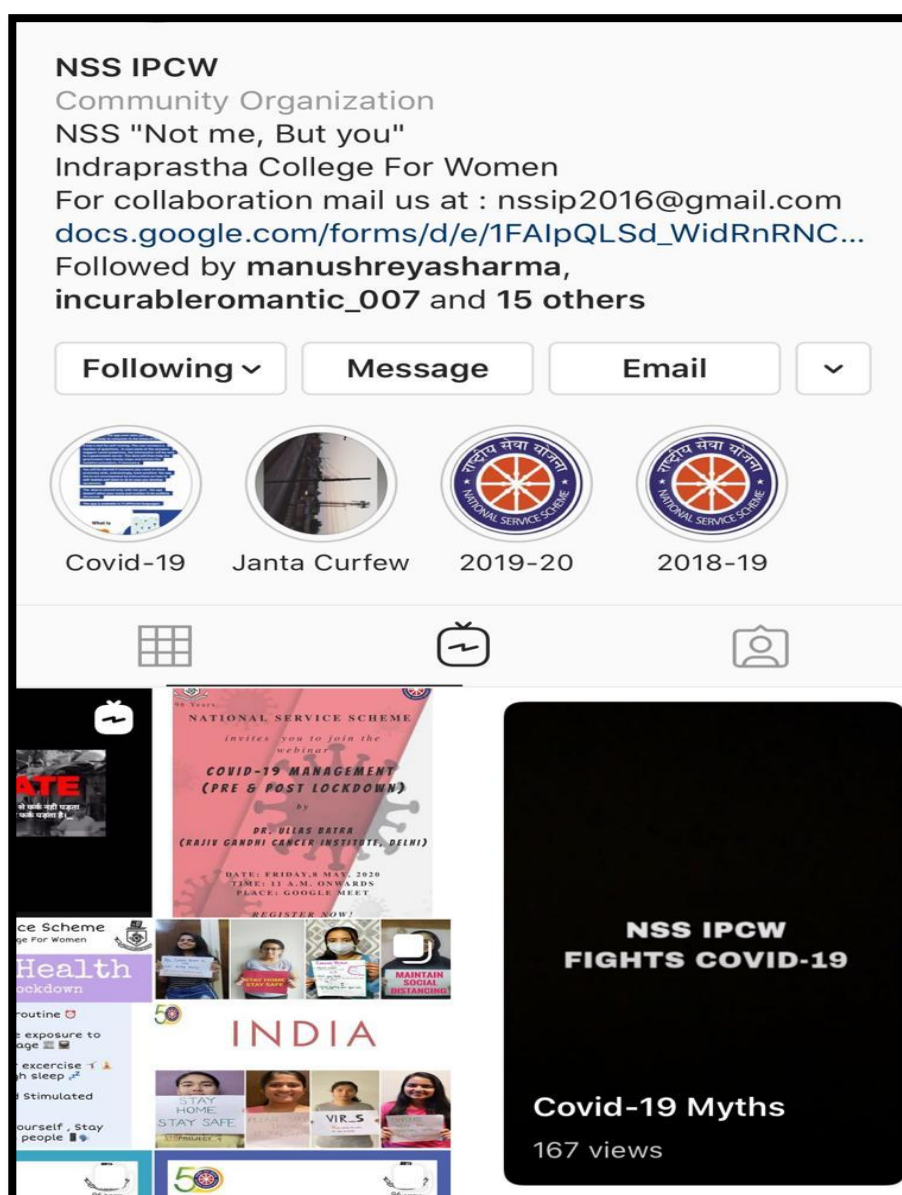
### 3. Online Photography

A Photography Activity themed “Quarantine life- My Perception” was conducted during the lockdown till 25<sup>th</sup> 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 28<sup>th</sup> 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.

**NSS-IPWV Fights COVID-19**  
**Domestic Violence in Lockdown**

Gender inequality has often resulted in an increase in reports of the situation present across the community. The coronavirus has proven the existence of an imbalance in our society that pervades the entire world and has led to the spread of this disease. The NSS-IPWV has been working to address this issue by providing support to the victims of domestic violence. The NSS-IPWV has been working to address this issue by providing support to the victims of domestic violence. The NSS-IPWV has been working to address this issue by providing support to the victims of domestic violence.

**PDF** Akanksha-sociology,1s...

The Indian women, an exponent of patriarchy has often given rise to the present in our society in order to punish for those violations of being violent and lock down has further accelerated this patriarchy. With the emergence of this disease, violence against women has become a worldwide phenomenon. A select collection of the previous projects of the NSS-IPWV is available. The NSS-IPWV has been working to address this issue by providing support to the victims of domestic violence. The NSS-IPWV has been working to address this issue by providing support to the victims of domestic violence.

**PDF** ANUSHKA\_PSYCH\_DO...

**NSS-IPWV fights COVID-19**  
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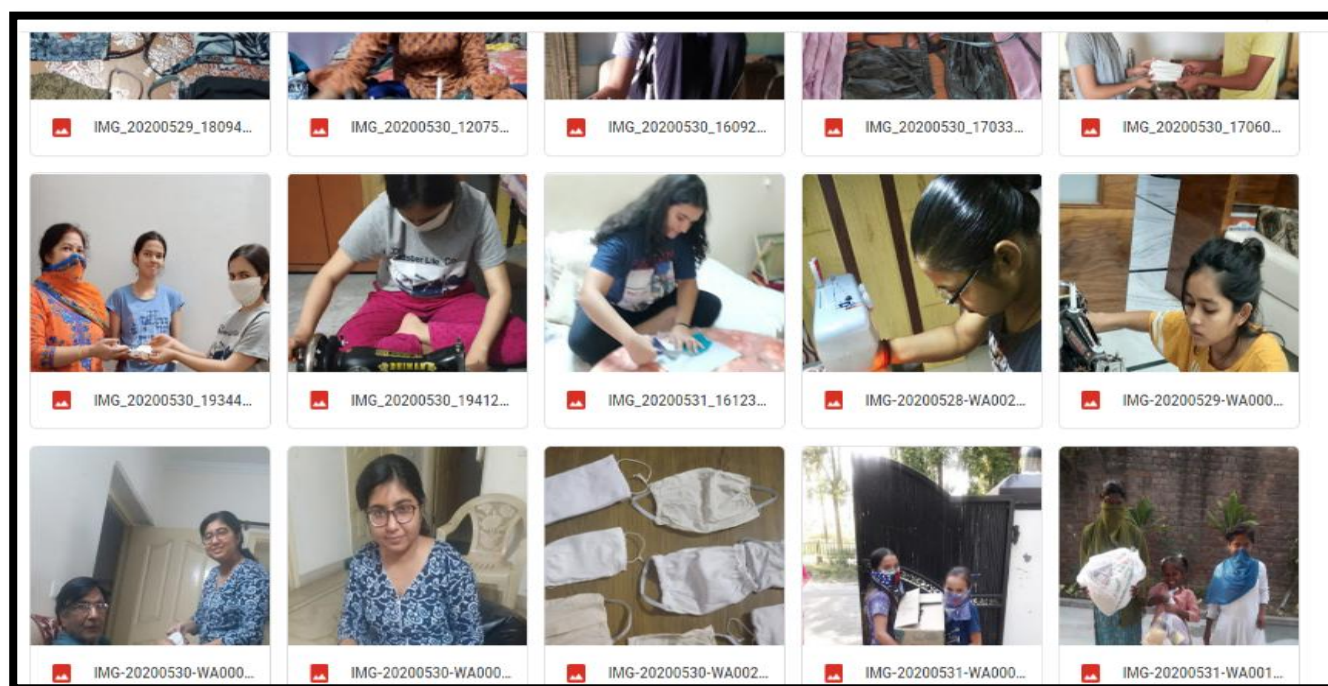
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**PDF** SANJANA - SANSKRIT ...

## 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

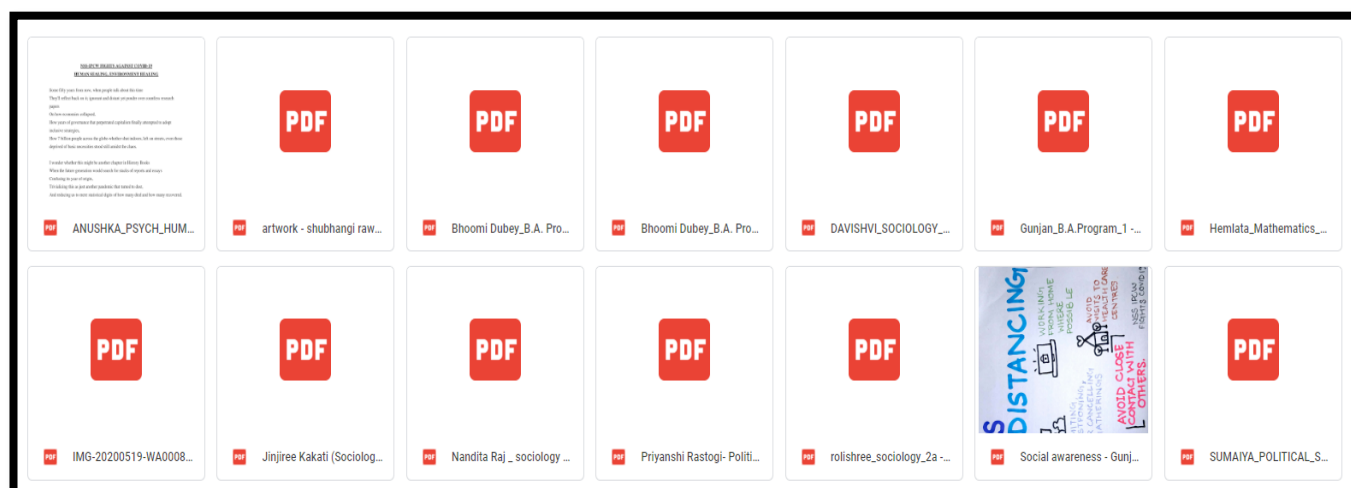
In order to spread awareness about COVID-19 and bust the myths that exist among the masses related to the pandemic, an online Poster Making activity was organised by the NSS Unit of IPCW. The theme was “Busting COVID-19 Myths”. The students were strictly advised to put up posters only with authentic 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.





## 8. Creative Artwork

Creative Artwork activity was conducted till 30<sup>th</sup> May, 2020. A total of 14 students participated and mailed their creative entries on the topic “Human Sealing, Environment Healing”. We received a variety of creative pieces consisting of self-composed poems, drawings, posters and write ups. Every participant expressed their thought in their own creative way revolving around the topic. Each and every piece was creative and touching the core of the current situation.



## 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 20<sup>th</sup> to 30<sup>th</sup> 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.

<p>The world is slowly opening up after months of lock down. Travellers, tourist places, beaches, restaurants, streets, offices have been once again with the bustle and bustle of daily life have been converted into ghost towns with empty streets. Massive restaurants have been placed on one floor - three balconies, college and school chairs to travel motorcycles and from on mass gatherings. The social and economic damage because of displacement of factory labour, daily wages, artists, small business enterprises, migrant labour, reduced producers, falling share markets, trading savings, are too huge to comprehend.</p> <p>As lockdown begins to lift, the country is facing the upshot even to normally avoid the Corona virus pandemic. The shopping malls, cinema, religious places, hotels, flights, restaurant parking, games, parks are still not functioning. It is clear the correct strategy of shutting down entire economy is not sustainable in the long run. An "exit strategy" - a way of lifting the restrictions and getting back to normal is being framed by the central and state government in India as we all realise that the Corona virus is not going to disappear. Numerous measures are being taken in order to prevent a second wave of this contagious disease. The strategy formulated by the Niti Aayog of the apex planning commission encompasses a six point plan that could be the road ahead for our country.</p> <p><b>1. Thinner lockdown in red zones with red-box confinement:</b> Red zones are those areas where large numbers of positive cases of the novel coronavirus disease have been reported. These areas are subject to strict restrictions made as curfew and house quarantine so as to bring them to normalcy and reduce the further spread of virus.</p> <p><b>2. Phased lifting and red zones, the new feature:</b> For people returning to work, or daily life, governments will become part of lifestyle. People will be required to wear masks, gloves</p> <p><b>PDF</b> <b>ANUSHKA_PSYCH_ES...</b></p>	<p>People say life is unpredictable, well it got proved right when all of a sudden, all our lives came to a halt. Our <i>Chhaya</i> got disrupted when an unknown virus came in and disturbed our lifestyle. The butterflies in us came to a stop and everything got shut down.</p> <p>Everyone welcomed 2020 as the beginning of a new decade with a great deal of hope and aspirations. All was going well - New Year's resolutions were made and broken, pledged to be followed up next year, new laws were being passed, everything seemed normal. However, it was all short lived when news started spreading across countries about an unknown disease which suddenly started infecting and killing thousands of people across globe. This infectious disease not only affected the lives of many but it changed the whole scenario of the world in just few days.</p> <p>The Corona virus pandemic has no doubt caused a lot of change in many people's lives. People's lives got affected, ranging from urbanites living shy of lives in a drawback for many businesses. Kids were happy thinking of no more going to school or college and being able to sleep up to their expectations. Adults were happy thinking of no more going to work from 9 to 5 and just taking around from 9 to 6. However, it also brought about misery to some sections of the society. There were people who did not have a house to get locked up in or did not get one square meal a day to even stay alive. But the most chaos came over the Animal Kingdom. Most people being locked up in did not</p> <p><b>PDF</b> <b>Jinjiree Kakati (Sociolo...</b></p>
<p>"Oh wow, I baked a cake today", "I took online dance classes in this quarantine", "Will you join me for lunch?" and so..... These are some of the common things we hear heard in this Quarantine. The daily scenario in our households would be <i>News channels</i> on the television or our mobile phones running about our phones or doing household chores. Few others complain about being locked down in their homes. Some of us are honing our creative skills or finally being able to spend some quality time with our loved ones. Some are just binge watching serials and movies, listening Billa Chao, Billa Chao, Billa Chao, Chao, Chao, Chao!</p> <p>But happy in our own little worlds, we sometimes fail to imagine the other side of the picture. The outside world, where people are starving and dying, the medical staff working day and night to ensure our safety, the police spending sleepless nights to keep us at home, essential service providers working, keeping at risk their own lives. Through this essay, I would urge people to question themselves, go on a self-inspection and ask, Am I stuck at home or am I safe at home. Has this pandemic deepened the divide in the society or has it opened our eyes to the already existing one? Roughly for our fellow beings comes only with the realisation of our privilege. The more fact that we are able to enjoy this worldwide pandemic as a vacation is a sign of privilege. This lockdown has directly attacked some sections of the society.</p> <p>It suddenly got clear when I hear the news of migrant workers being stranded and starving and dying. People are isolated from their families in this challenging time. We are lucky enough to be with our families, safe and sound with access to all essential services. So each one of us, being responsible citizens and moreover a part of NSS must show consideration and try our level best to do everything in our capacity to help those in need. Even little things</p> <p><b>PDF</b> <b>Rolishree_sociology2...</b></p>	<p>NSS UNIT-20 THE INDIA MOVIE CHAPTER-20 THE INDIA MOVIE</p> <p>Who would have imagined some months ago that a simple virus with no symptoms could turn the world upside down? Yes, the economy is at a standstill, death has taken its toll, thousands are being kept in lock up by the government or the citizens, awareness is fading from the hospitals.</p> <p>Quarantine was introduced in the Indian cities, but, no wonder, because of being a little privileged section of the society have succumbed to this state and have actually started missing new stuff. Mobilising our own cars, some of us have taken for workouts while on the other hand, some have found peace in their homes. We have become professional disease chirping like poultry, drinking, drinking, drinking and much more. During quarantine, when has become our go to movie. We do realise that thousands of people that are engaged in this pandemic, but, the most that we can do is donate and pray.</p> <p>There is a quote that makes me feel a better place whenever I read it. And that is, you create what you believe. Yes, this lockdown will end some day and that is when, we have to wear to respect these situations again. Not only regarding social distancing and hygiene in our regular lives, we have got to ensure empathy and equality. Remember, in times of disaster is a big breath of our system. Never turn down, we can only offer an uplifting hand. Instead of talking in religious and morals, we can only offer our support in our time, spend on the wealthy and actually grow together. Also, it's not just about the economic status, we should understand the true essence of our relationships and friendships, let us, go, if your relations surround this lockdown, don't stop or think back to their matters. Yes, as you, most importantly, should take the responsibility to break down of social conditions.</p> <p>Remember, we don't want to be the generation suffering from this pandemic, rather, we are</p> <p><b>PDF</b> <b>Shruti Bhageria-Comm...</b></p>

## 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.

