



**INDRAPRASTHA COLLEGE FOR
WOMEN
(UNIVERSITY OF DELHI)**



98 YEARS

NATIONAL SERVICE SCHEME

ONLINE SEMESTER 2021

Programme Officer: Dr. Shubhra Seth

Office Bearers:

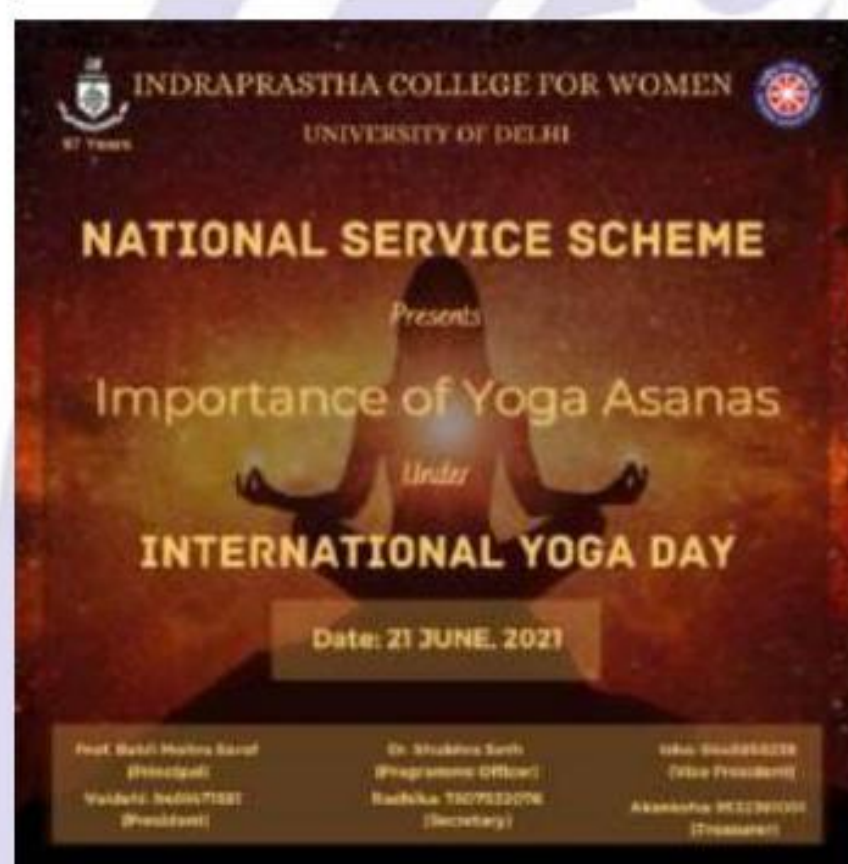
- *Dhriti Jain- President*
- *Riddhi Khanna - Vice-President*
- *Sarah Shaan- Secretary*
- *Srishti Rastogi- Treasurer*

Odd Semester Catalogue 2021-22

International Yoga Day: Importance of Yoga

On 10th June 2021, to spread awareness about the different forms of yoga asanas and the benefits that they have on human body and mind, the NSS Unit of IPCW, in observance of International Yoga Day, conducted an activity wherein the volunteers were asked to select any yoga asana of their choice and submit pictures of themselves practicing that asana with a description of how it benefits a person. Several responses were received.

Poster of the event:



Few entries for the event:



(Benefits of Vrikshasana)



(Benefits of Dhanurasana by a volunteer)

International Day of Yoga Day: Learning About Yoga Asanas

On 15th June 2021, to observe International Day of Yoga, the NSS unit of IPCW conducted an activity wherein the volunteers were asked to follow a step-by-step session of yoga by Ms. Fatima Alee and submit pictures of themselves practicing the asanas that were taught by her.

Poster of the Event:



Glimpses of the event:

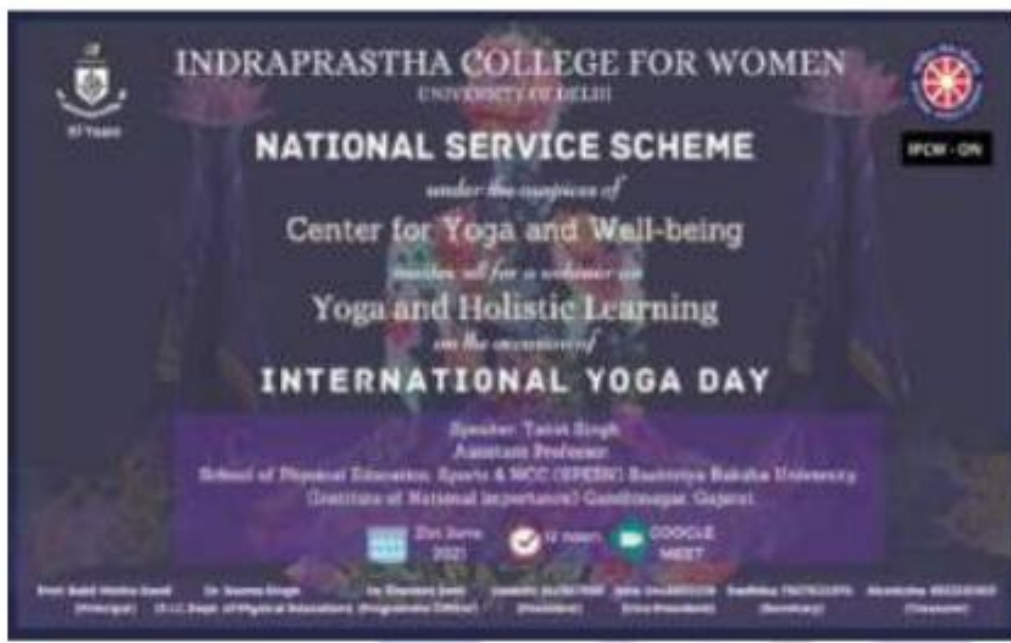


(A volunteer practicing an asana) (Volunteers practicing an asana taught by Ms. Fatima Alee)

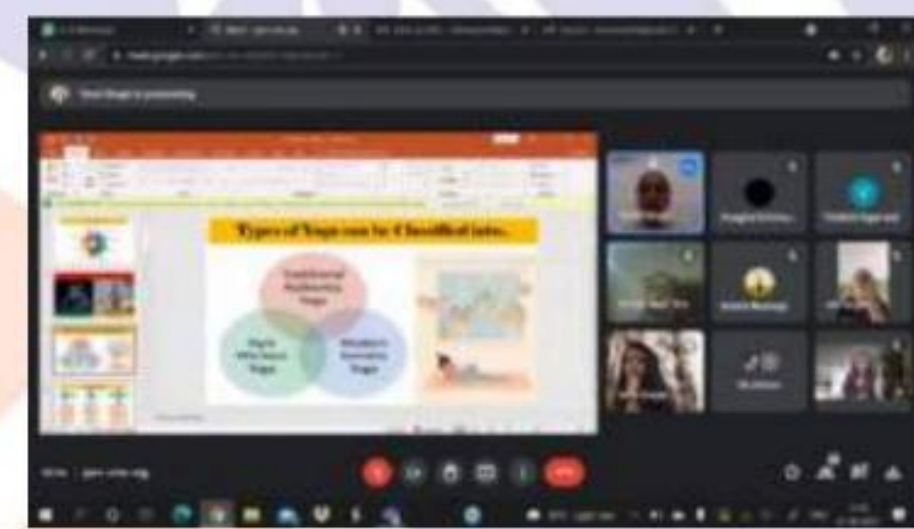
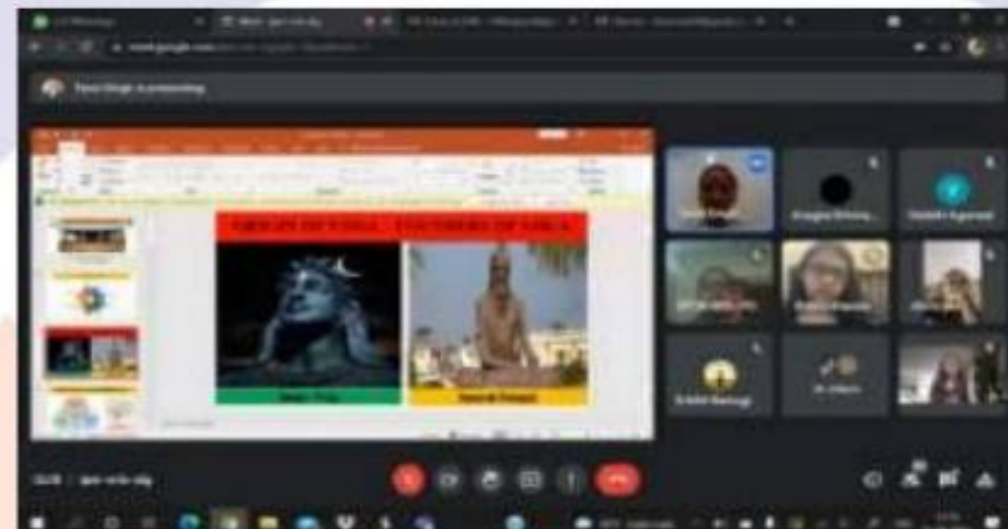
International Day of Yoga: Webinar on Yoga & Holistic Learning

The NSS unit of IPCW, under the auspices of Centre for Yoga and Well-being, conducted a webinar on Yoga and Holistic Learning, on the occasion of International Yoga Day on June 21, 2021 at 12:00 P.M. The session was conducted via Google meet platform with more than 40 participants. The guest speaker for the session was Ms. Tanvi Singh, Assistant Professor, School of Physical Education, Sports & NCC (SPESN), Rashtriya Raksha University, Gandhinagar Gujarat.

Poster of the event:



Glimpses of the event:



(Poster of the event being presented) (Origin of yoga being explained.) (Various classification of yoga)

Essay Writing Competition on Awareness regarding Drug Abuse and Illicit Trafficking

National Service Scheme, Indraprastha College for Women under the observance of International Day against Drug Abuse and Illicit Trafficking organized an Essay Writing Competition. The volunteers wrote descriptive essays on how they can create awareness about drug abuse and what are its long-term impacts on their well-being.

Poster of the event:



Few entries for the event:



(Essay by Prachi Harish Piryani)

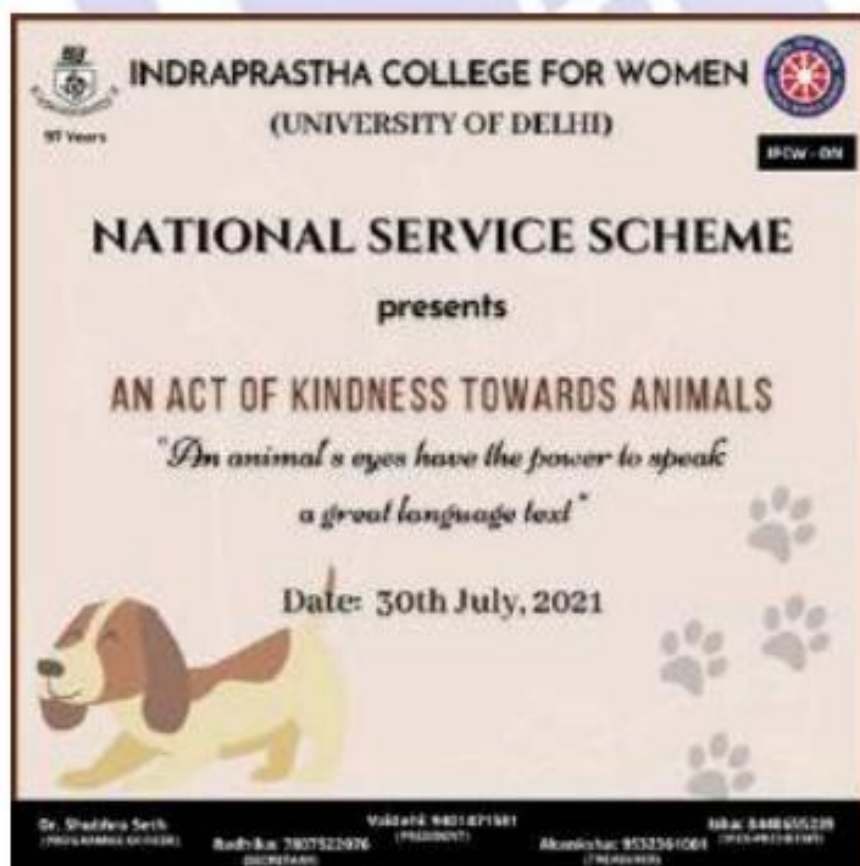


(Essay by Sarah Shaan)

“An Act Of Kindness Towards Animals”

‘An Act of Kindness towards Animals’ activity was organized on 5th June, 2021 to promote and create awareness about treating the animal species with love and respect. In this the volunteers were asked to carry out little acts of kindness towards animals in their neighborhood, be it keeping water on the terrace for the birds to drink, feeding the neighborhood cats and dogs, visiting and spending time at the local animal shelter or even helping to provide the animals with much needed homes. Several entries were received via Google form.

Poster of the event:



Entries:



(Volunteer feeding dog)



(Volunteer showering love on dog)

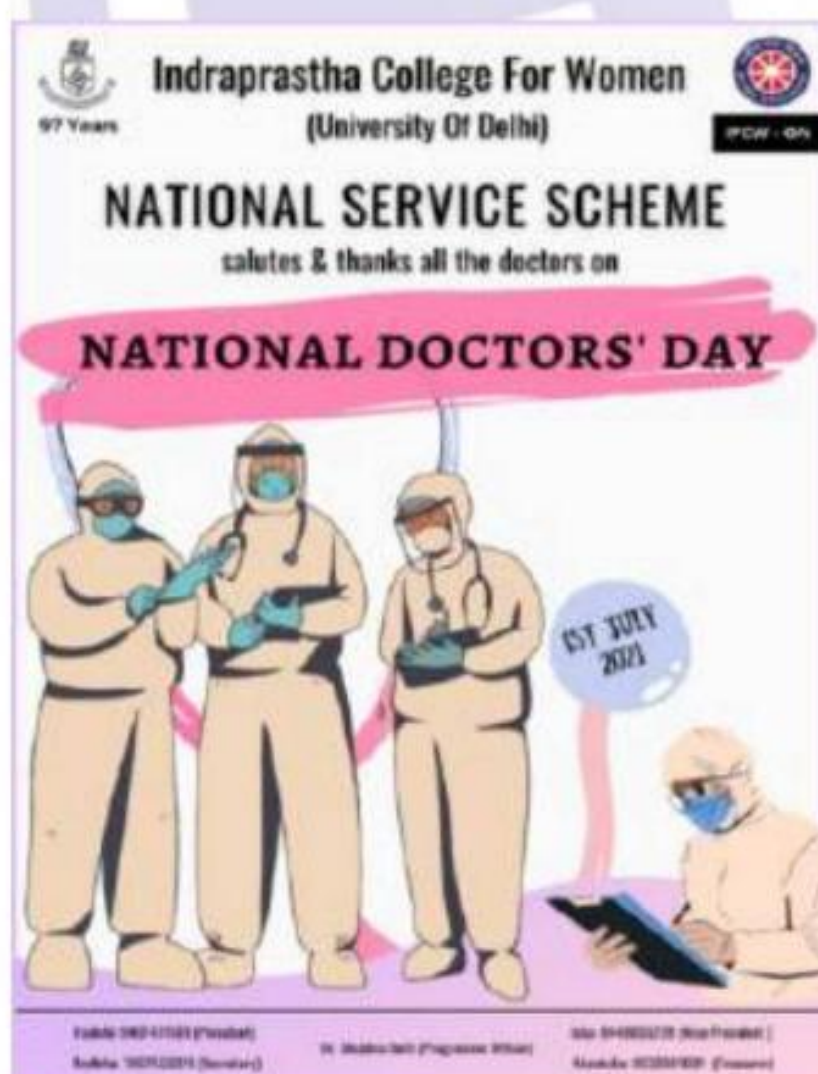


(Volunteer keeping bowl of water for birds)

National Doctor's Day-Video Making activity.

The National Service Scheme Unit of Indraprastha College for Women organized a video making activity to celebrate the Doctor's Day on 1st July, 2021. In this activity volunteers were asked to record a short clip of themselves thanking the doctors for their selfless service. Through this activity the volunteers could express their gratitude to the heroes of our nation.

Poster for the event:



Glimpse of the event:



(Volunteers sharing a message of gratitude for the doctors)

International plastic bag free day -Plantation Drive

The National Service Scheme Unit of Indraprastha College for women organized a Plantation Drive to celebrate the International Plastic Bag Free Day on 3rd July, 2021. In this activity, the volunteers were supposed to plant a sapling in an earthen pot and refrain from using any plastic bottle or mug. Several responses were received for the event via Google forms. The message behind using earthen pots highlights the importance that we all need to work towards making our environment plastic free.

Poster of the event:



Few entries for the event:



(Volunteer showing her potted plant) (Volunteer planting a sapling)

International plastic bag free day - Quiz Competition

A quiz competition was organized to spread awareness about the International Plastic Bag Free Day on 3rd July 2021. A series of questions were included in the Google form and the volunteers were required to answer those questions by filling the form. 28 responses were recorded for the quiz. The quiz proved to be a great source of knowledge as it covered many important facts related to harmful effects of using plastics.

Poster of the event:



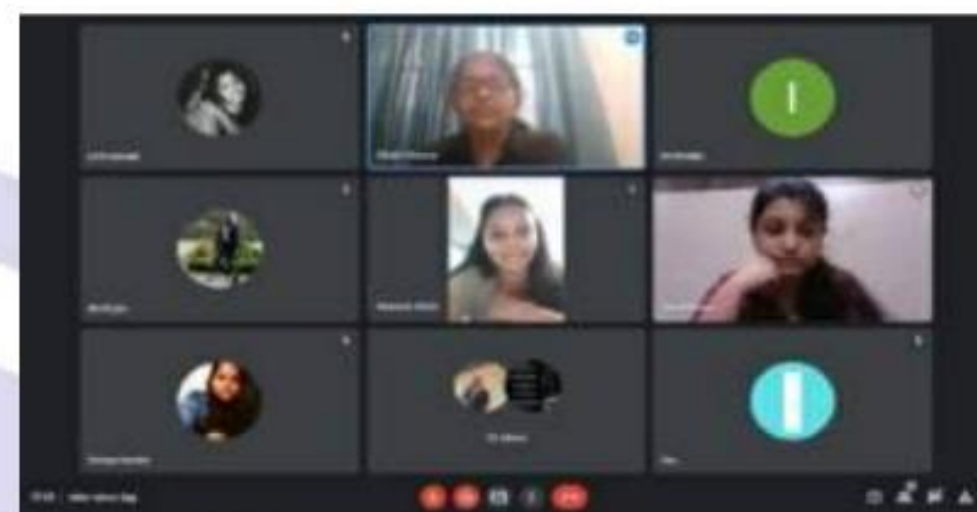
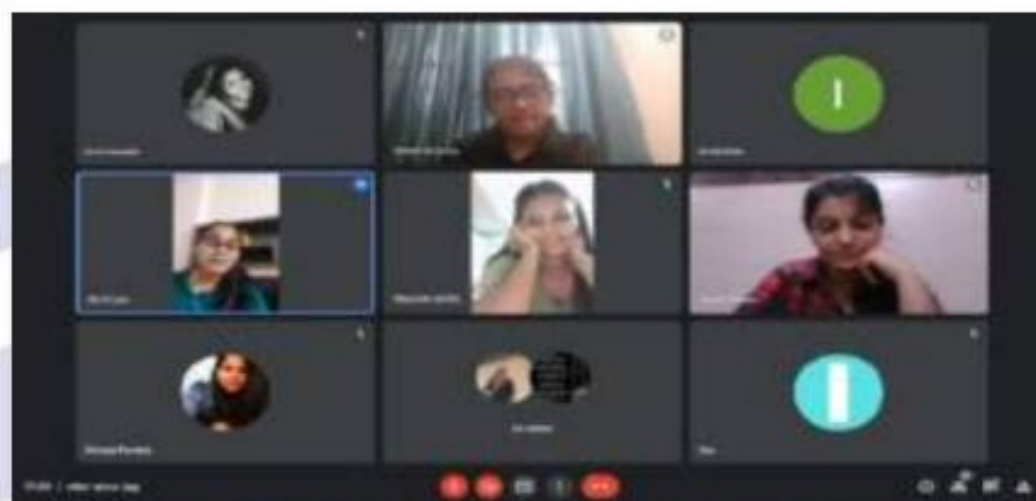
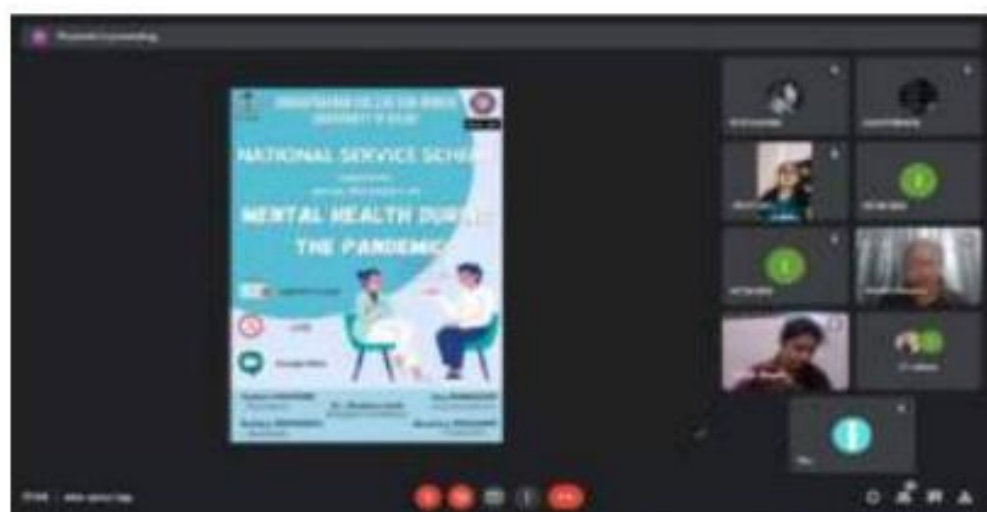
Mental Health during Pandemic - Group Discussion

The NSS unit of IPCW organized a group discussion on the theme 'Mental Health during Pandemic' On 19th July 2021. The event was conducted virtually on Google Meet platform at 5 pm with about many volunteers joining in. The session was held as a safe space for the volunteers to talk about their experiences during the pandemic when they were isolated from the rest of the world. Few volunteers shared about their dealings with life in the pandemic.

Poster for the event:



Glimpse of the event:



(Poster of the event being presented.) (Volunteers of NSS, IPCW speaking about their experience in Pandemic.)

Videos for Indian Olympic athletes

For the ongoing 2021 Summer Olympics, the National Service Scheme, Indraprastha College for Women encouraged the volunteers to make short videos of encouraging and inspirational messages for Team India to express their gratitude towards the participants and thanking them for making the country proud by 28th July,2021 via Google Forms. Several videos with beautiful messages were received.

Screenshot of few entries from the participants:



(In frame: Dhriti Jain)



(In frame: Prachi,NSS volunteer)



(Kritika, NSS,IPCW volunteer)

Webinar on “Effect of NEP 2020 on Youth Empowerment and Sports Development”

Under the observance of the first year anniversary of National Education Policy, the volunteers of National Service Scheme, Indraprastha College for Women were asked to attend the webinars organized by the Ministry of Education and Ministry of Youth Affairs and Sports. The event was organized on 4th August 2021. The theme for the event was “Effect of NEP 2020 on Youth Empowerment and Sports Development”. The entire event was conducted through the online platform. 8 volunteers attended the event and submitted their entries via Google Forms making activity fruitful and enriching, therefore, achieving the cause of the activity.

Glimpse of the Event:

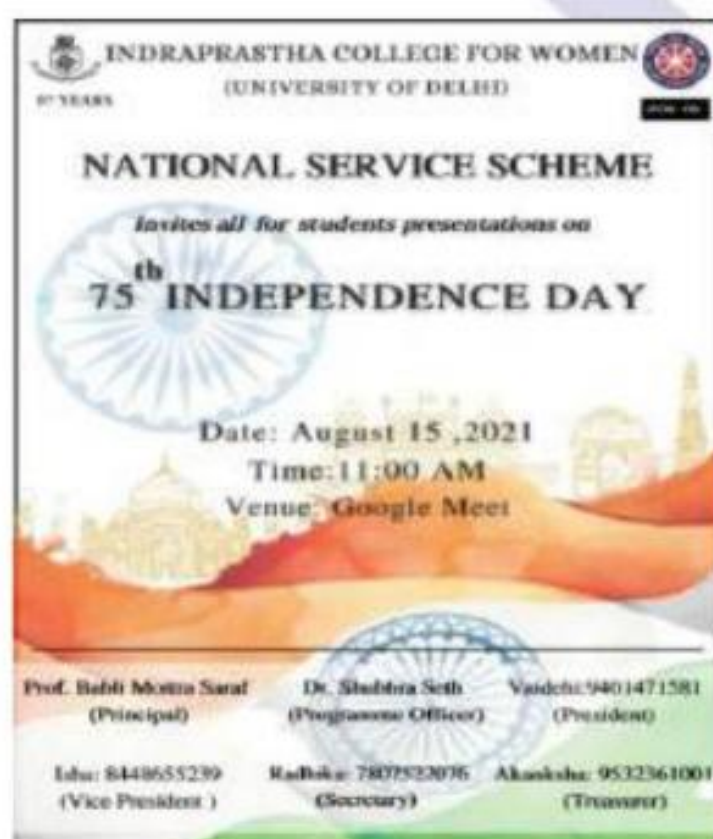


(NSS Volunteer attending the event) (Glimpse of the event from the Ministry of Youth Affairs and Sports)

Educational Celebration of Independence Day

National Service Scheme, Indraprastha College for Women organized an educational celebration on the occasion of the **75th Anniversary of our Independence Day**. The event was organized via Google Meet at 11 am on 15th August, 2021. All volunteers joined the event. The event had two PowerPoint presentations on **75 Years of Women in Politics** highlighting the contribution of women in Indian politics and detailed presentation on **100 Years of Dandi March**. The event embraced the spirit of patriotism and pride for our motherland.

Poster of the event:



Glimpse of the event:



(NSS President addressing the attendees) (Screenshots from the presentation on 100 years of Dandi March)

Fact sheet making activity

The National Service Scheme Unit of Indraprastha College for Women observed the 'Azadi ka Amrut Mahotsav' by organizing a Fact Sheet Making activity. In this activity, the volunteers had to make digital or handmade fact sheets on the topic of 'Objectives of Atma Nirbhar Bharat' and include its aspects such as its pillars, reforms etc. in order to make it more comprehensible for everyone. Several entries were received for the event via Google forms. Through this activity, the volunteers were made aware about the new initiative of the government of India i.e., Atma Nirbhar Bharat and its features and characteristics.

Poster of the event :



Entries received:



(Creative fact sheets made by volunteers)

Educating children (Swachhata Pakhwada)

The National Service Scheme, Indraprastha College for Women, brought an activity under the observance of “Swachhata Pakhwada” on 12th August 2021. In this activity, the volunteers were asked to teach young children about the benefits of recycling and help them understand the difference between recyclable bins and non-recyclable bins.

Poster of the event:



Glimpses of the event:



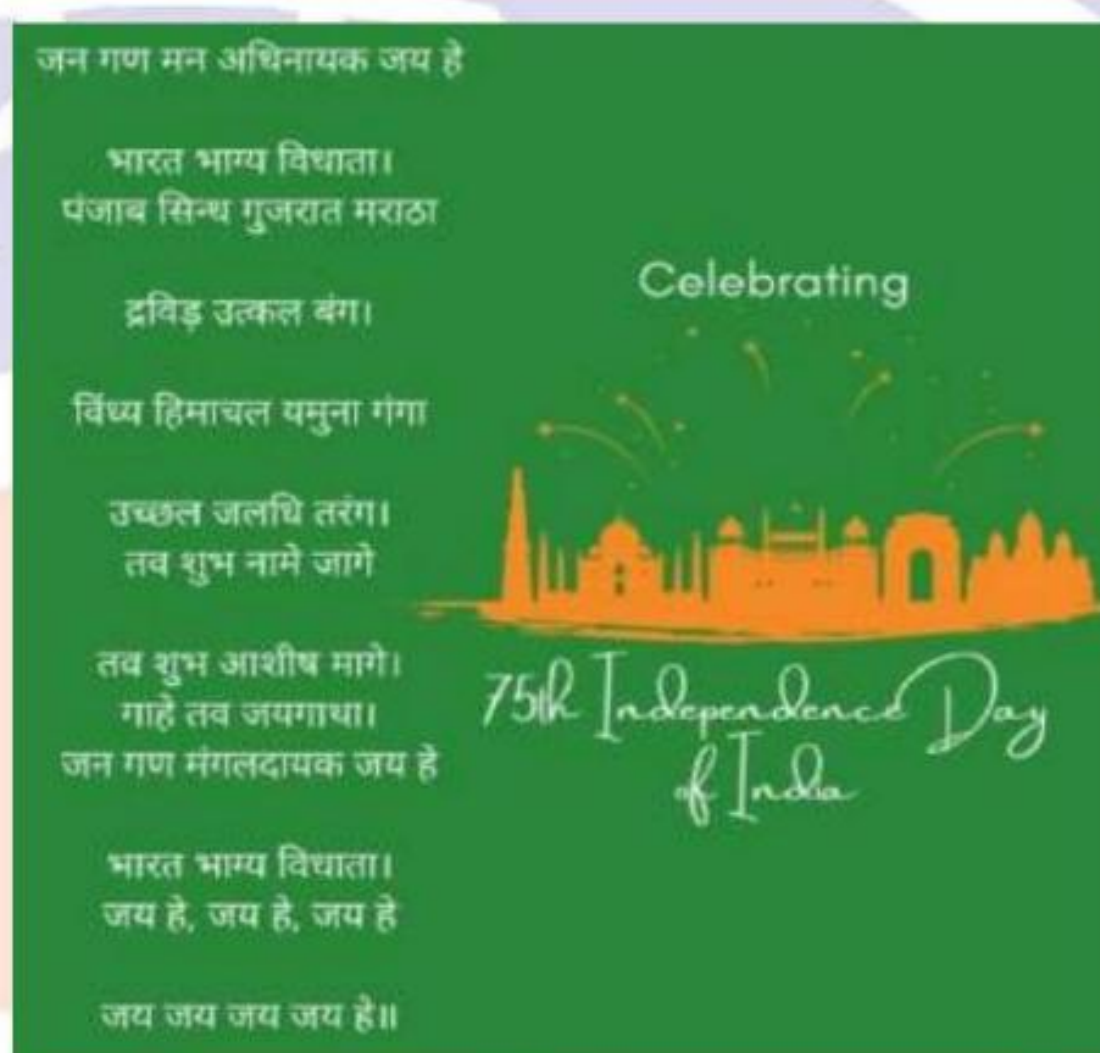
(Volunteers of NSS,IPCW teaching students about the benefits of recycling.)

Singing of the National Anthem

Under the observance of Azadi ka Amrut mahotsav, National Service Scheme of Indraprastha College for Women

organized an activity on the National Anthem of India, Jana Gana Mana. In this activity, the volunteers were required to create a unique rendering of the Indian National Anthem, by singing, playing an instrument or using any other form of art.

Entries received :

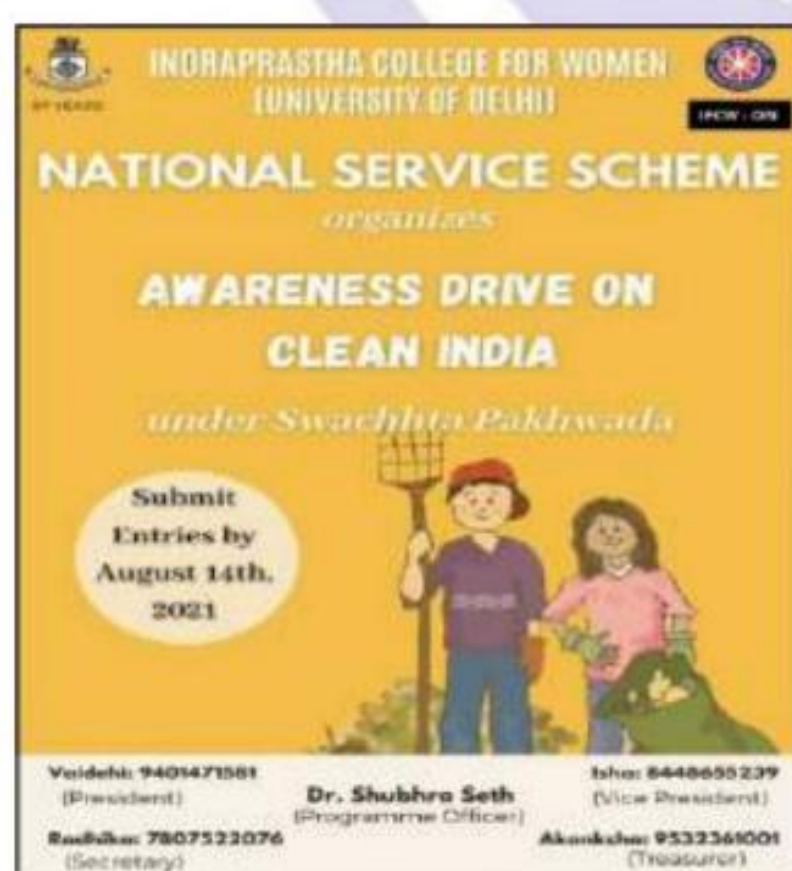


(Volunteer singing the National Anthem.) (Digital representation of National Anthem made by NSS, IPCW volunteer)

Report On Awareness Drive Under Clean India

National Service Scheme, Indraprastha College for Women brings an activity of Awareness drive under the observance of “Swachhta Pakhwada” on 14th August, 2021. In this activity, the volunteers were required to reuse and recycle old storage boxes or any kind of waste containers as bins or make them using waste products. The volunteers had an insightful session participating in the activity.

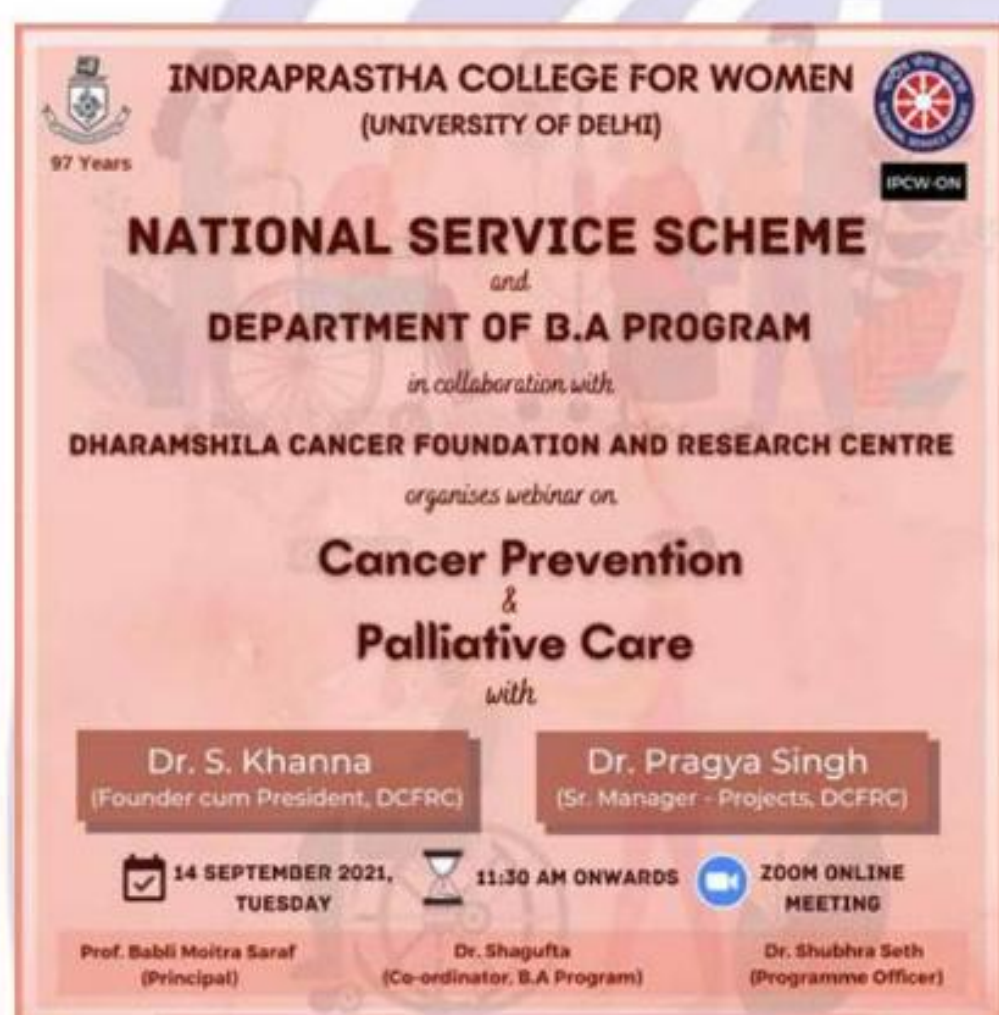
Poster of the event:



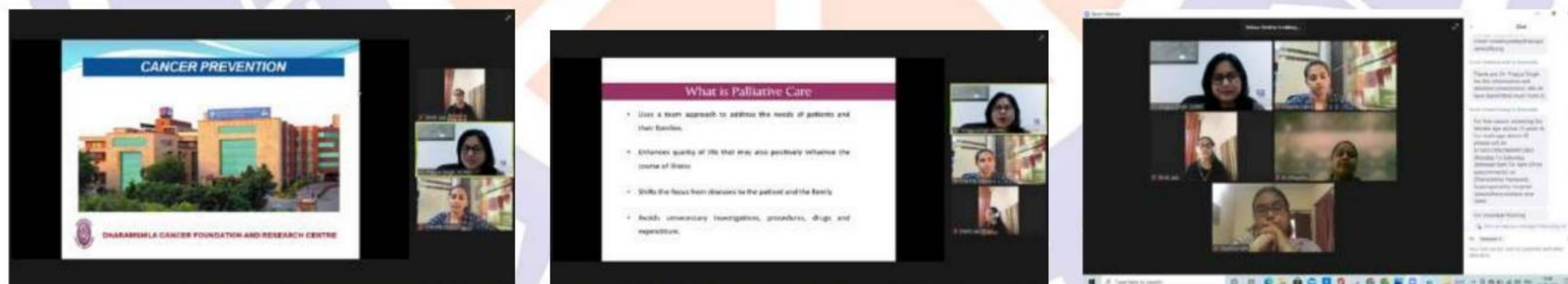
Webinar on Cancer Prevention and Palliative Care

On 14th September 2021, NSS unit of IPCW along with department of B.A Programme organized a webinar in collaboration with Dharamshila Cancer Foundation and Research Centre. The theme for the webinar was Cancer Prevention and Palliative Care. The chief speaker for the event was Dr. Pragya Singh, senior manager-projects DCFRC. The event included the NSS Unit Program Officer -Dr. Shubhra Seth and the B.A. Program Coordinator Dr. Shagufta was an enthusiastic participant. Dr. Pragya Singh shared the essential information on the dimensions of cancer prevention through a presentation. She described all possible processes and aspects of Palliative Care. The speaker also talked about the facility of various cancer related tests at Dharamshila Hospital. The event concluded with an insightful question and answer round with our speaker.

Poster of the event:



Glimpse of the event:



(Dr. Singh explaining about Cancer Prevention and concept of Palliative Care.) (Dr. Singh answering the queries)

ACTIVITIES UNDER NUTRITION WEEK

Cultural Healthy Food Competition (Poshan Mah)

The NSS unit of IPCW, organized a Cultural Healthy Food Competition under Poshan Mah to witness the Diversity in Food. Volunteers were required to click pictures of any healthy dish of their culture or state and upload them. Several entries submitted via Google Forms by 18th September 2021 depicting the diversity of cultures in India.

Poster of the Competition:



Entries received :



(Volunteers showing the healthy dishes from their states.)

Diet Chart Making Activity

The 'Poshan Mah' was observed by organizing a Diet Chart Making Activity under Nutrition Week. In this activity volunteers had to prepare a unique diet chart containing healthy yet modern food in the bracket of 2000 Calories/day. Through this activity the volunteers learned the importance of taking a healthy and nutritious diet.

Poster of the event:



Entries received for the event:

DIET PLAN (2000 CALORIES/DAY)

Breakfast: vegetable omelet

- 2 eggs
- 1 cup (20 grams) of spinach
- 1/4 cup (24 grams) of mushrooms
- 1/4 cup (23 grams) of broccoli
- 1 cup (205 grams) of sautéed sweet potatoes
- 1 tablespoon (15 ml) of olive oil

Snack: Greek yogurt with strawberries

- 7 ounces (200 grams) of plain Greek yogurt
- 3/4 cup (125 grams) of sliced strawberries

Lunch: quinoa with mixed vegetables and grilled chicken

- 1/2 cup (93 grams) of cooked quinoa
- 5 ounces (142 grams) of grilled chicken
- 1 tablespoon (15 ml) of olive oil
- 1 cup (180 grams) of mixed, non-starchy vegetables

Dinner: vegetarian chili

- 1/2 cup (121 grams) of canned, crushed tomatoes
- 1/2 cup (130 grams) of kidney beans
- 1/2 cup (103 grams) of butternut squash
- 1/2 cup (75 grams) of cooked sweet corn
- 1/4 cup (28 grams) of diced white onions
- 1/4 of a jalapeño pepper

Diet Chart

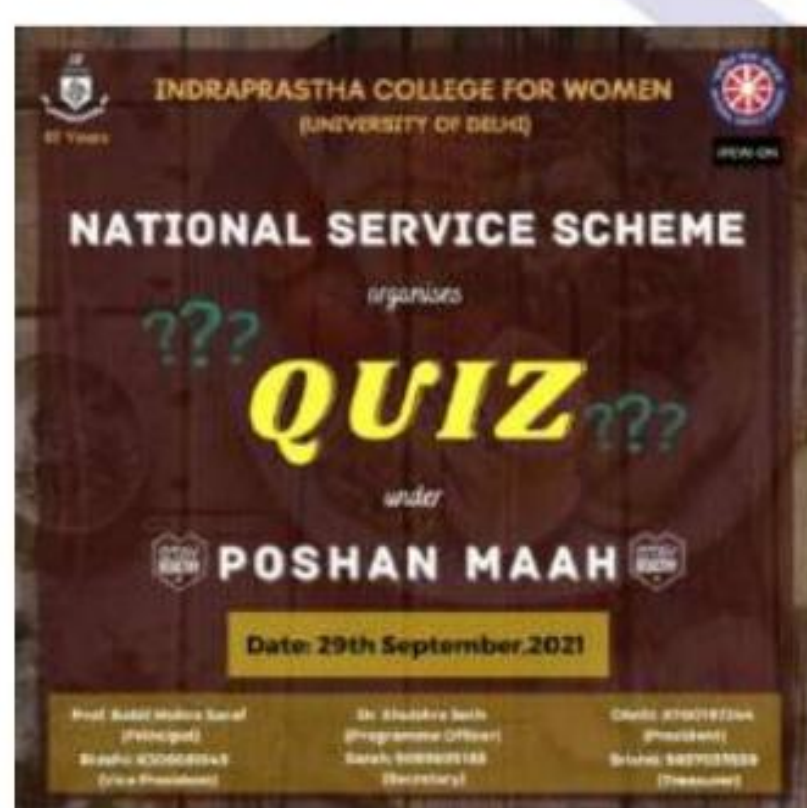
Days	Breakfast	Lunch	Dinner
Monday	Fresh Fruit Bowl	Veg Salad Tossed with Olive oil	Chicken Soup
Tuesday	Veggie Packed Omelette	Chicken Noodle soup	Healthy stuffed zucchini
Wednesday	Fresh Fruit	Indian Flat bread with split lentils soup	A subtle amount of rice with a side of Meat/fish
Thursday	Banana Bread	Loaded veggie sandwich	Veggie Mutton Delighted soup
Friday	Egg Whites with spinach	Vegetable Lamb Soup	Indian flatbread low on gluten with veggies
Saturday	Granola Bar	Chicken Caesar's Salad	Kidney bean soup
Sunday	Waffles, Fresh fruit	Veg Noodles	Naga style boil chicken stew with brown rice

(Creative diet charts made by the volunteers of NSS, IPCW)

Poshan Mah Quiz

The NSS unit of IPCW, organized a Quiz Competition under Poshan Mah. The Quiz was organized to share the knowledge among the participants related to the nutritional value, calorie intake and various other general information related to the regular food intake and its impact on our body in the form of questions.

Poster of the event:



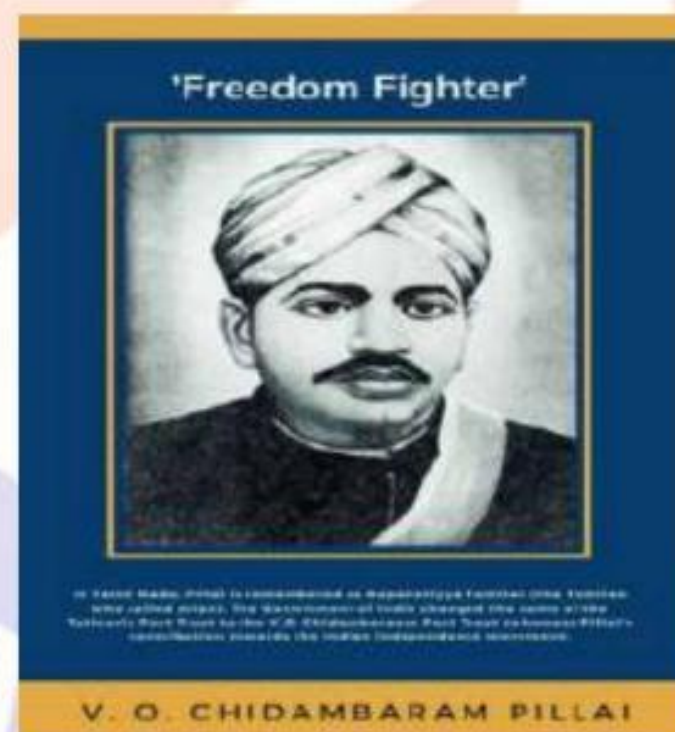
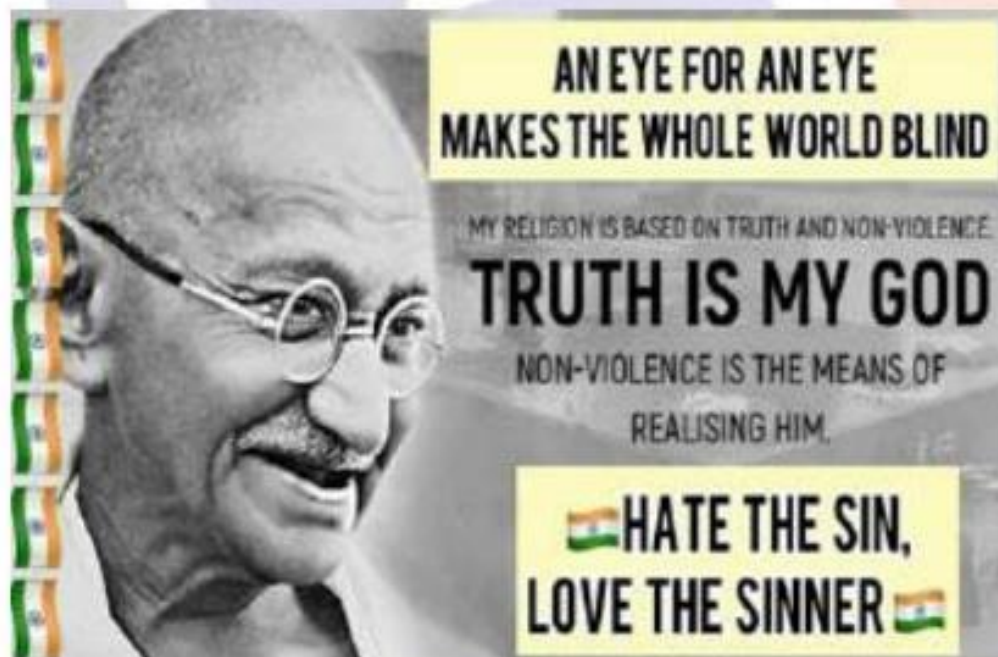
Poster Making Competition under Azadi ka Amrut Mahotsav

A poster making competition on celebrating the lives of freedom fighters under Azadi ka Amrut Mahotsav – 75 years of independence was organized. It was conducted to commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. The posters were based on freedom fighters and their glory. The volunteers included either a quote or an interesting fact of the freedom fighter in the poster. The entries were both digital and handmade.

Poster of the event:



Entries received:



(Posters designed by the volunteers of NSS,IPCW.)

Poster Making Competition (Tobacco Free Educational Institutions)

The National Service Scheme Unit of Indraprastha College for Women organized a Poster Making Competition on the topic Tobacco Free Educational Institutions. It could be either handmade or digital. Several responses were received for the event via Google forms by 28th September, 2021. The aim of this activity was to make volunteers aware about the importance of making educational institutes free from the usage of tobacco.


INDRAPRASTHA COLLEGE FOR WOMEN
 UNIVERSITY OF DELHI
 87 Years


 PCW-01

National Service Scheme

organized by

POSTER MAKING COMPETITION

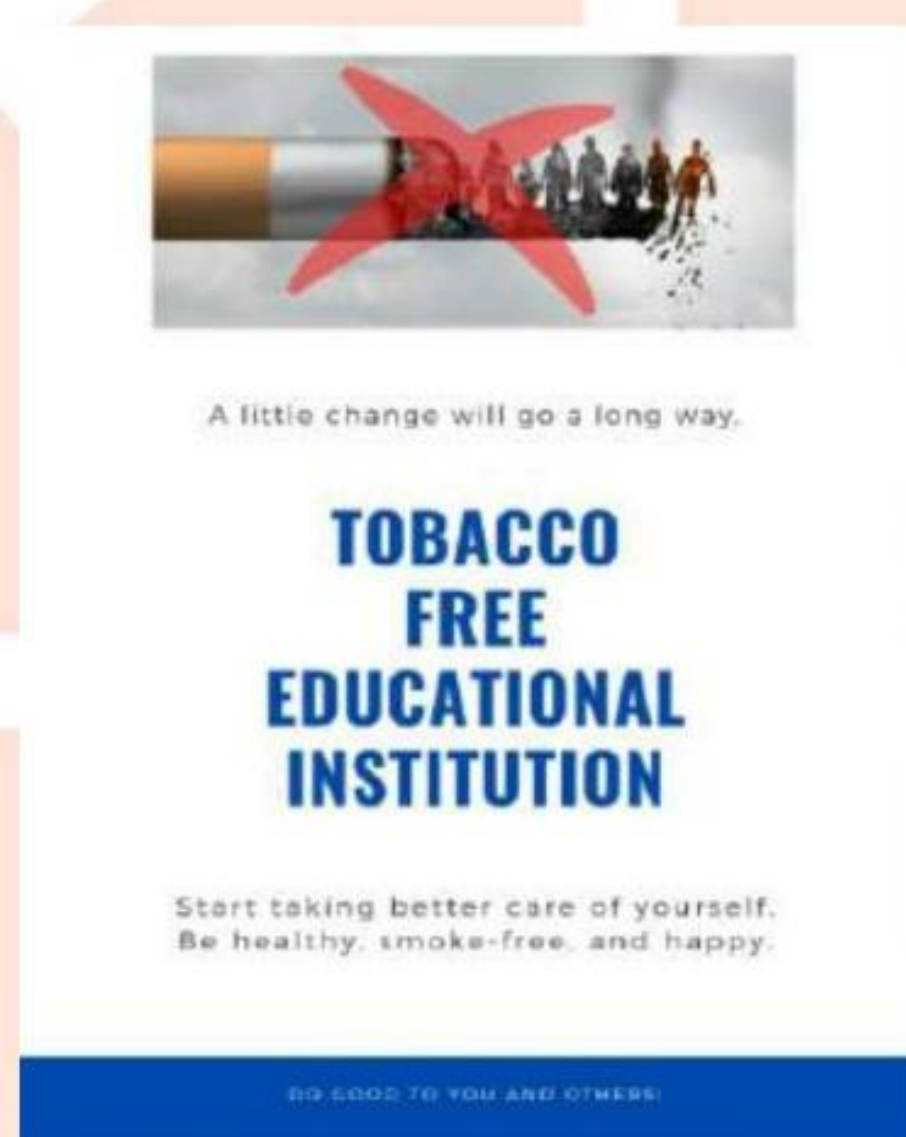
on

TOBACCO FREE EDUCATIONAL INSTITUTIONS

Date: 28th September, 2021

Prof. Gulab Mohan Saref (Principal) Room: 320/320/3A (Vice President)	Dr. Shashira Seth (Programme Officer) Room: 320/320/3B (Secretary)	Dr. Sri. Srinivasan (President) Room: 320/320/3D (Treasurer)
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A collage of medical icons including a first aid kit, syringe, ambulance, heart with ECG, stethoscope, bandages, pills, and a person with a starburst on their chest, set against a dark blue background.



ACTIVITIES UNDER NSS DAY

The National Service Scheme, Indraprastha College for Women organized a Plantation Drive to make Earth a cleaner and greener place to live in, with a goal of community service. The volunteers were requested to plant a sapling in their local surroundings and attach a picture of the same in a Google form by 24th September, 2021.

Scanned by TapScanner



Entries received:



(Volunteers of NSS,IPCW planting saplings in their home and locality)

NSS Day Webinar

National Service Scheme, Indraprastha College for Women organized a webinar on NSS motto – “Not Me But You” on the occasion of NSS Day. The webinar was conducted on Google meet from 3 pm onwards on 24th September, 2021. All NSS volunteers attended the webinar. The guest speakers for the webinar were Ms. Perna Mishra, District Coordinator with Samvedna, Madhya Pradesh and Ms. Shital Manek, Assistant Coordinator with Anandi, Gujarat. The speakers shared their experiences and guided students to selflessly work for the society. In continuation, a short video was played showcasing NSS IPCW's journey. NSS PO, Dr.Shubhra Seth was invited to give the closing remarks.

Poster of the Event:



Glimpse of the event:



(Screenshot of the poster being displayed) (Students attending the event and celebrating the essence of social service.)

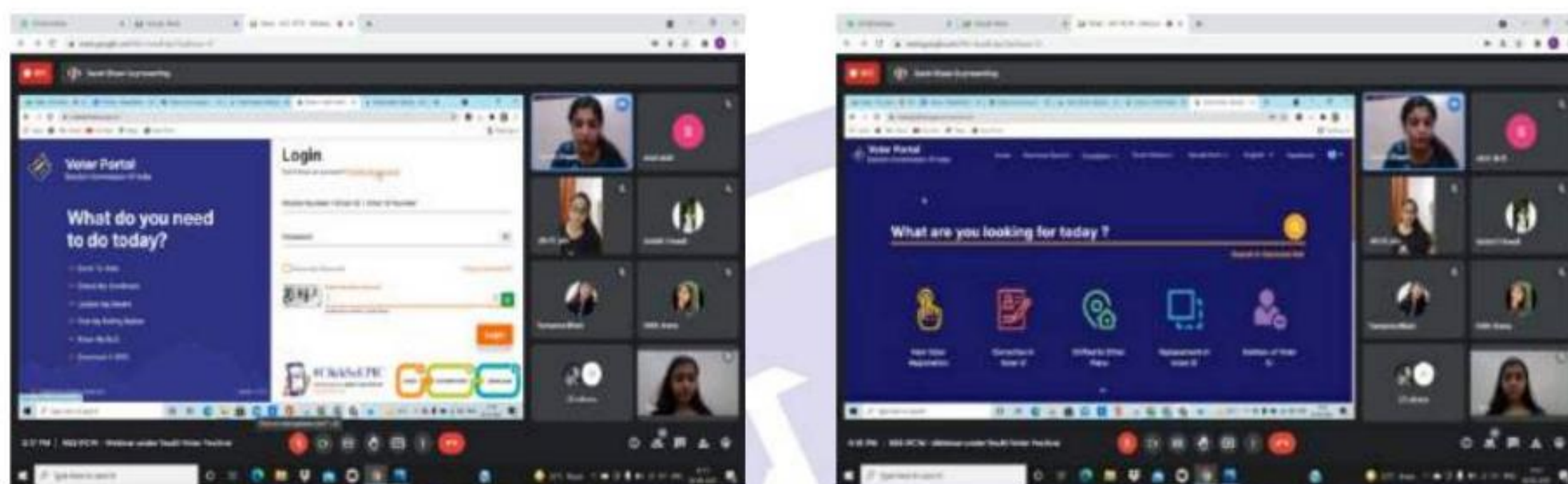
Voter ID Campaign under Youth Voter Festival

The National Service Scheme Unit of Indraprastha College for Women observed the 'Youth Voter Festival' by organizing a Voter ID Campaign on the 30th September, 2021. The session was done by Sarah, the general secretary of NSS wherein she taught the volunteers how to fill an online form to get their voter ID cards made. 56 volunteers registered and took part in the event.

Poster of the event:



Glimpse of the event:



(Volunteers understanding the operation of the portal for registration)



(Information leaflet to fill Voter ID Form online)

Report on Gandhi Jayanti Presentations

National Service Scheme, Indraprastha College for Women organized student PowerPoint presentations on the occasion of Gandhi Jayanti. The event was conducted on Google meet from 11:30 a.m onwards on 2 October, 2021. The event saw a participation of several members. The event began with an introduction of Mahatma Gandhi's contributions , conceptualizing of NSS and its motto, along with the continuing relevance of his teachings.

The first presentation explained in detail the NSS motto: Not Me But You from Gandhian perspective. The next presentation emphasized on Gandhian ideals of selfless nature, lesser consumption of resources, truth, self

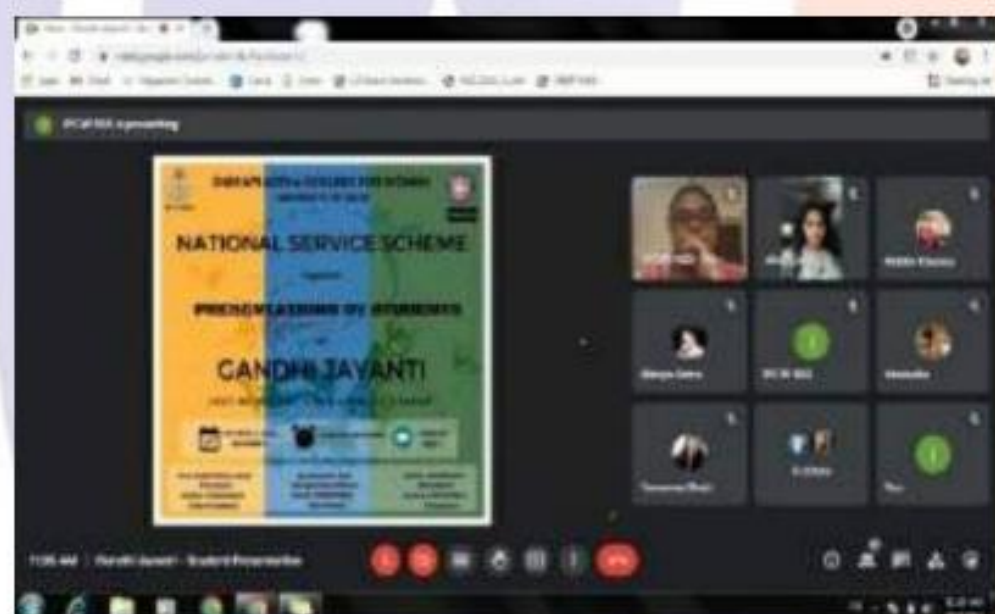
reliance, swadeshi movement, self discipline, equality, brotherhood, his views against untouchability and discrimination, non-violent peaceful movements and Satyagraha.

Program Officer of NSS IPCW, Dr. Shubhra Seth congratulated the presenters for the informative presentations. The event concluded with a thank you note by NSS President Dhriti Jain and emphasized on upholding the Gandhian values through community service by NSS.

Poster of the event:



Glimpses of the event:



(Poster of the event being presented)

(Screenshot from the presentation)

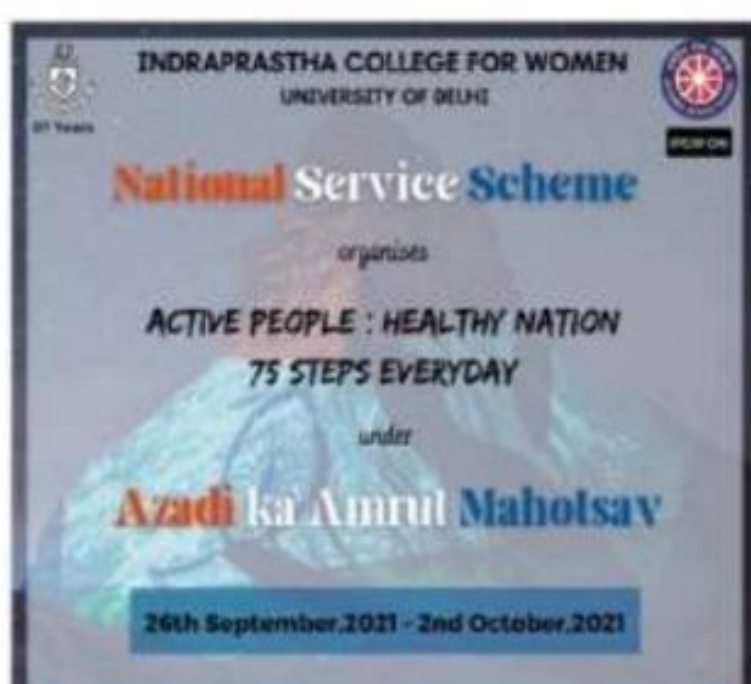
(Screenshot of the attendees.)

Activities under Azadi Ka Amrut Mahotsav

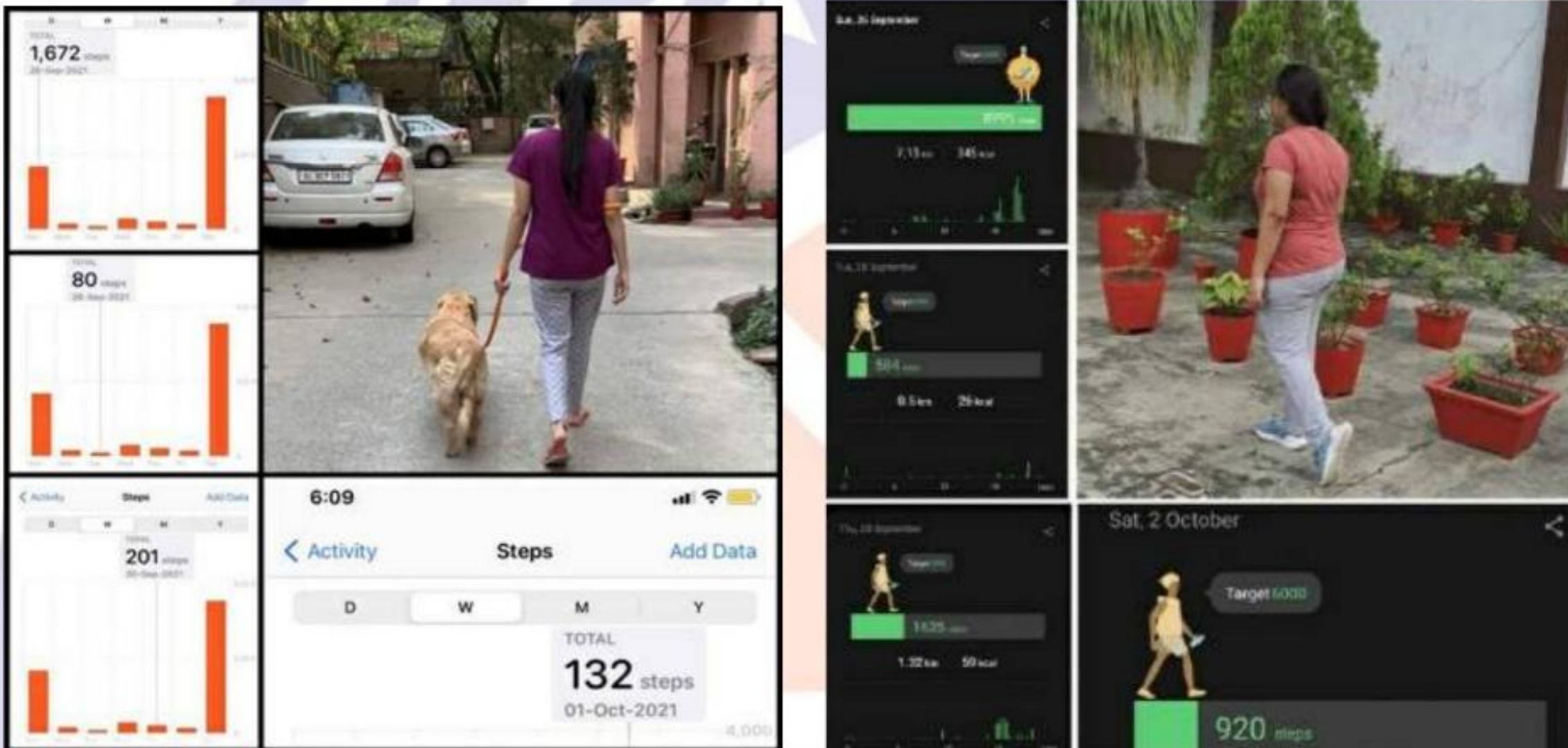
Active People: Healthy Nation- 75 steps everyday

Under the Azadi ka Amrut Mahotsav, the National Service Scheme Unit of Indraprastha College for Women organized an Active people: Healthy Nation-75 steps everyday from 26th September to 2nd October, 2021. In this activity the volunteers had to walk 75 steps everyday and take pictures of themselves and recorded steps and submit it via Google forms. Several responses were recorded for the activity. The aim of conducting this activity was to make the volunteers understand the importance of exercising and remaining healthy and fit.

Poster of the event:



Few entries received:

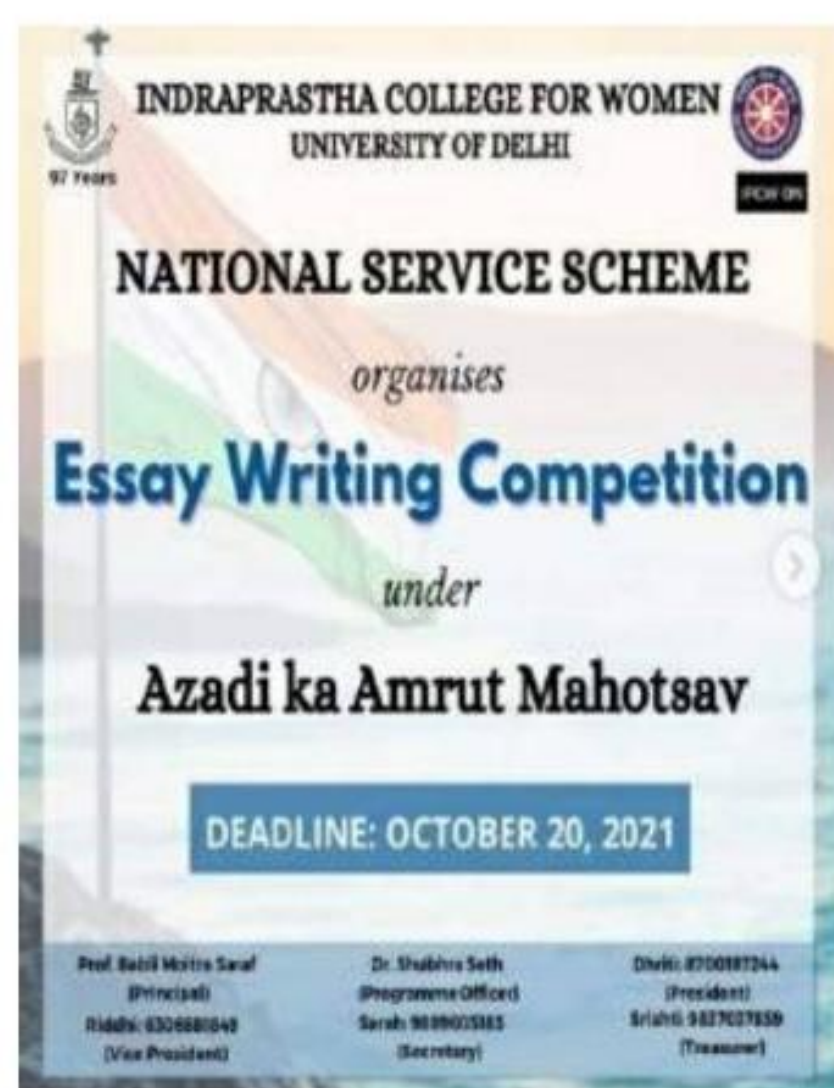


(A volunteer walking along with her pet.) (A volunteer carrying out the activity.)

Essay Writing Competition

The National Service Scheme Unit of Indraprastha College for Women organized an Essay Writing Competition under Azadi ka Amrut Mahotsav. The Theme for the competition was 'India@75 - India's Growth in The Primary Sector in the Past 75 years'. The volunteers were required to write an informative essay on the given topic, emphasizing on the aspects of growth, development, future prospects and expectations within the primary sector and upload it in the Google form provided by the unit by 20th October 2021. The competition helped volunteers to know more about the growth trajectory of India and getting familiar with the primary sector.

Poster of the event :



Entries:

India's Growth in the Primary Sector in Past 75 Years

What according to you is farming life about?

It's preserving land and the art of growing food for the future generations, while in the present giving the farmers a job to do that's part of a mission bigger than themselves. The farm shapes characters and teaches lessons for life. Those farms are the farmer's whole life.

One of the most principal sectors of the 'Indian economy' remains the primary sector which mainly comprises Agriculture.

The Agriculture Sector possesses the focal point of the audience in the Indian economy epitomizing three push regions:

(1) to advance comprehensive development, (2) to upgrade country pay, and (3) to support food security. It represents almost 14% of Gross domestic product, around 13 % of commodities, and supports half of the country's populace as its chief kind of revenue (58% of the labor force). Indian agribusiness has seen wide varieties in development execution during a range of sixty years after autonomy. The fluctuation was especially articulated because of the means idea of cultivating in India also, the area's weighty reliance on storms and other climatic boundaries. In the starting a very long time after the initiation of arranged turn of events, it was the green insurgency innovations that started up development in the area for almost thirty years. The effect of green upheaval tightened step by step towards the later long stretches of the last century. Financial changes started in the mid-nineties essentially affected agrarian areas, basically because of the opening up of the economy to outside contest, advancement of exchange, and liberation of information and other sub-areas. (to conquer troubles in distinguishing underlying breaks or mainstream speed increase and so on because of between year variances and to catch the impacts of significant changes in advancements and strategies on the area in different stages, an investigation dependent on decadal pattern development rates was done.

India has completed its 75 years of independence this year and embarked a journey of development and growth with an everlasting urge of doing better and better by each passing day.

With a massive population, favourable demographics, and a strong catch-up potential due to low baseline GDP per head, India is the world's fastest growing big economy. According to World Bank figures, India overtook France as the world's sixth largest economy in 2017, with a GDP of USD 2.59 trillion. According to a forecast by global consulting firm PwC, India was set to overtake the United Kingdom as the world's largest economy by 2019.

According to the IMF's Globe Economic Outlook report, India's GDP would grow by 7.5 percent in the 2019-20 fiscal year, maintaining a positive trend as the rest of the world struggles. "India's economy is likely to pick up in 2019," according to the research, "benefiting from lower oil prices and a slower pace of monetary tightening than previously envisaged, as inflation pressures relax." According to the Central Statistics Office (CSO), Ministry of Statistics and Programme Implementation (MOSPI), GDP growth in 2018-19 is expected to be 7.2 percent, up from 6.7 percent in 2017-18.

(Kirti, volunteer of NSS expressing her views.) (Kritika, another volunteer, expresses her views.)

Activities under Clean India Campaign

Video Making Activity on Safer Disposal for Single-Use Plastics

The National Service Scheme Unit of Indraprastha College for Women observed the Clean India Campaign by organizing a Video Making Activity on Safer Disposal for Single-Use Plastics. In this activity the volunteers had to think creatively and come up with innovative ways of disposing of single use plastic. Through this activity the volunteers could actually learn ways of how they could manage plastics and dispose of them safely without harming the environment.

Poster of the event:



Entries :



(A volunteer showing that plastic highlighting the usage of wooden

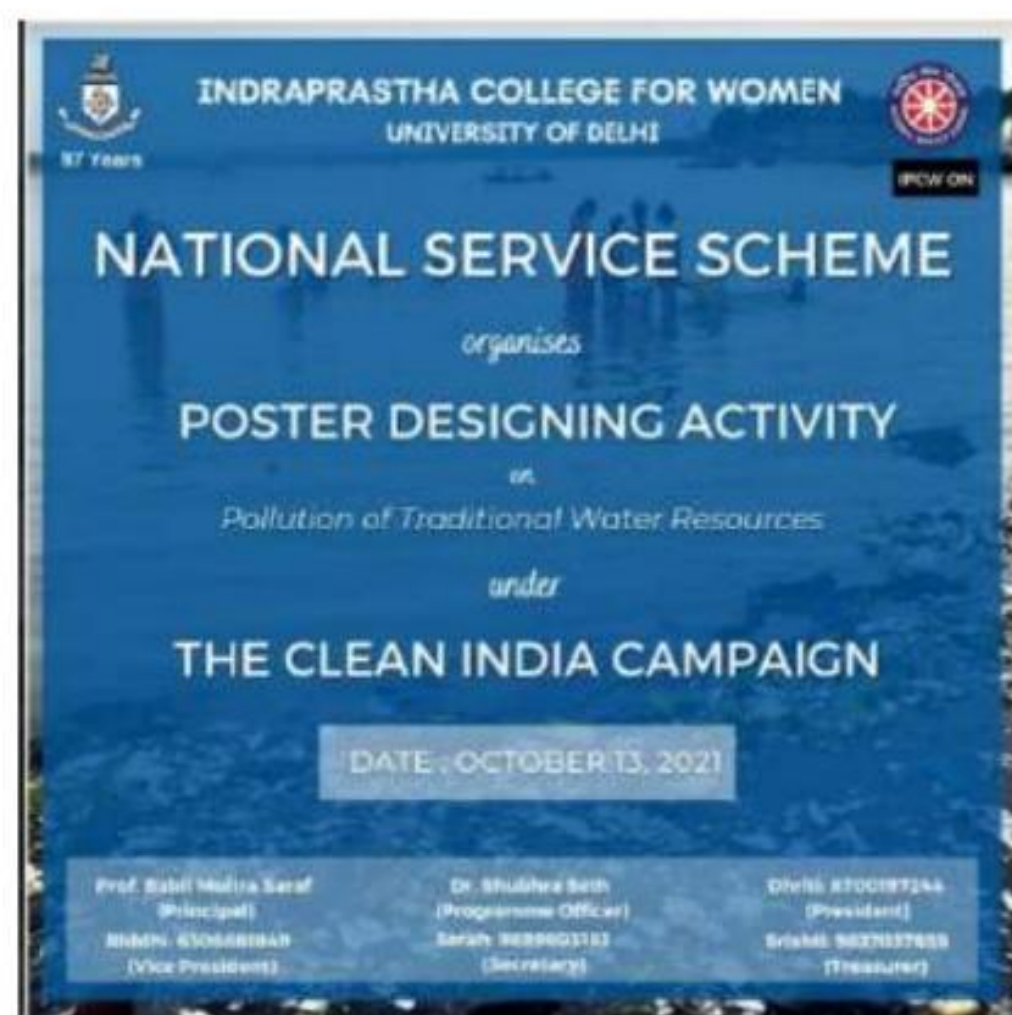


knives should not be used instead knives.)

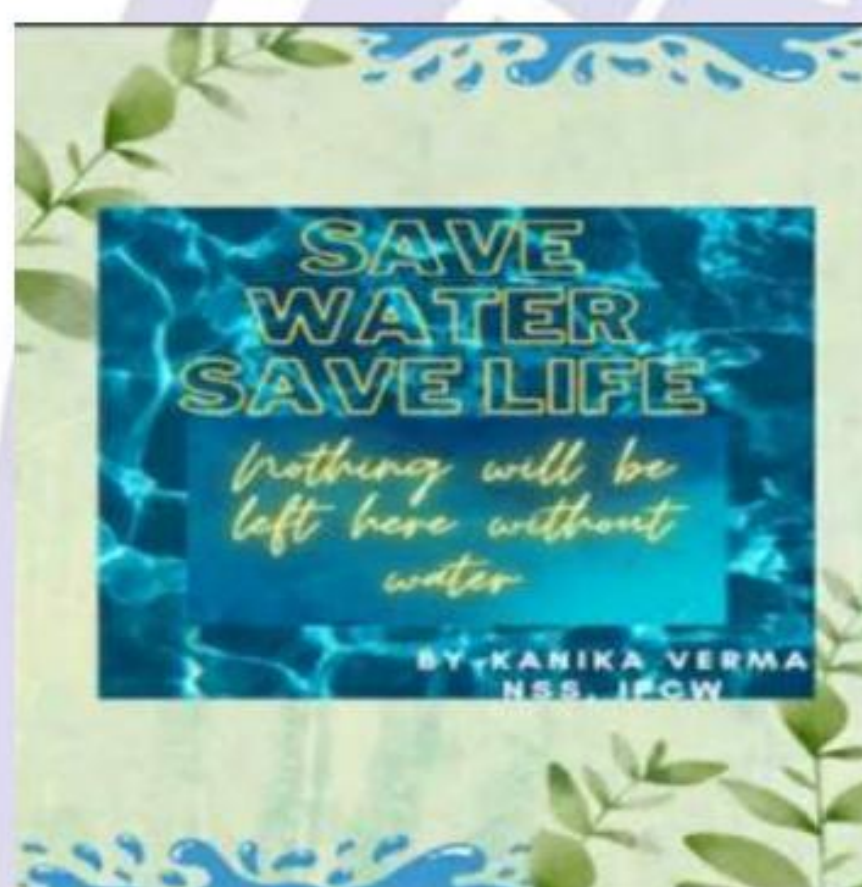
Poster Designing Activity: Pollution of Traditional Water Resources

Under the Clean India Campaign, the National Service Scheme Unit of Indraprastha College for Women organized a Poster Designing Activity on the topic Pollution of Traditional Water Resources. In this activity the volunteers had to make creative posters highlighting the theme and add slogans and important information on the topic. Through this activity the volunteers learnt the importance of managing our precious water resources and how we should take active initiative in protecting these water resources.

Poster of the activity:



Entries:



(Poster by Kanika, volunteer of NSS) (Creative posters designed by a volunteer)

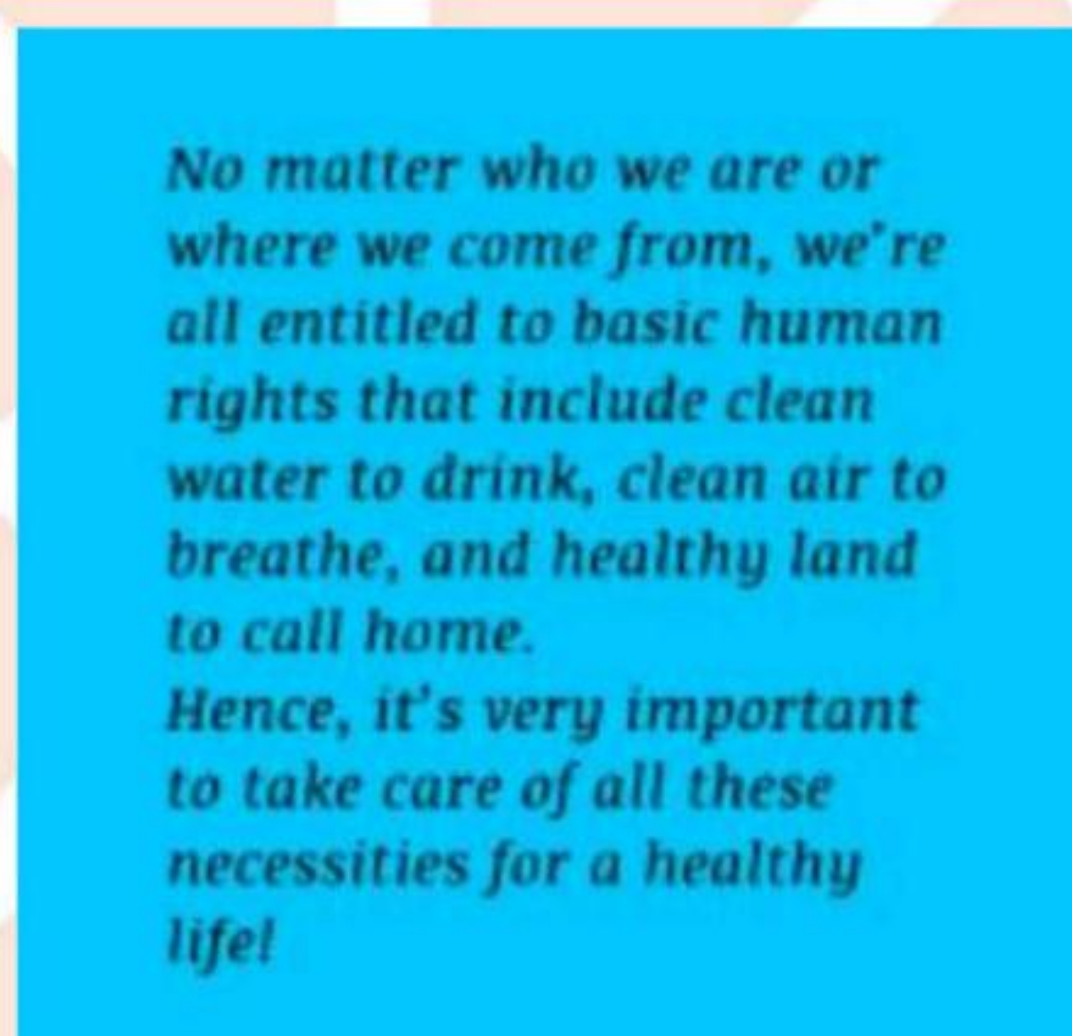
Message Writing Competition

The National Service Scheme Unit of Indraprastha College for Women organized a Message Writing Competition under the Clean India Campaign. The theme of the competition was 'Clean Rivers, Healthy India'. In this activity, the volunteers were required to write a message creatively on the given theme and upload their entries on the Google Form provided by the unit by 21st October 2021. Several volunteers volunteered and came up with creatively written messages. The activity helped volunteers to learn about the importance of clean rivers and promote the same. Thus, achieving the main purpose of the activity.

Poster of the event:



Entries:



(Messages written by volunteers of NSS,IPCW.)

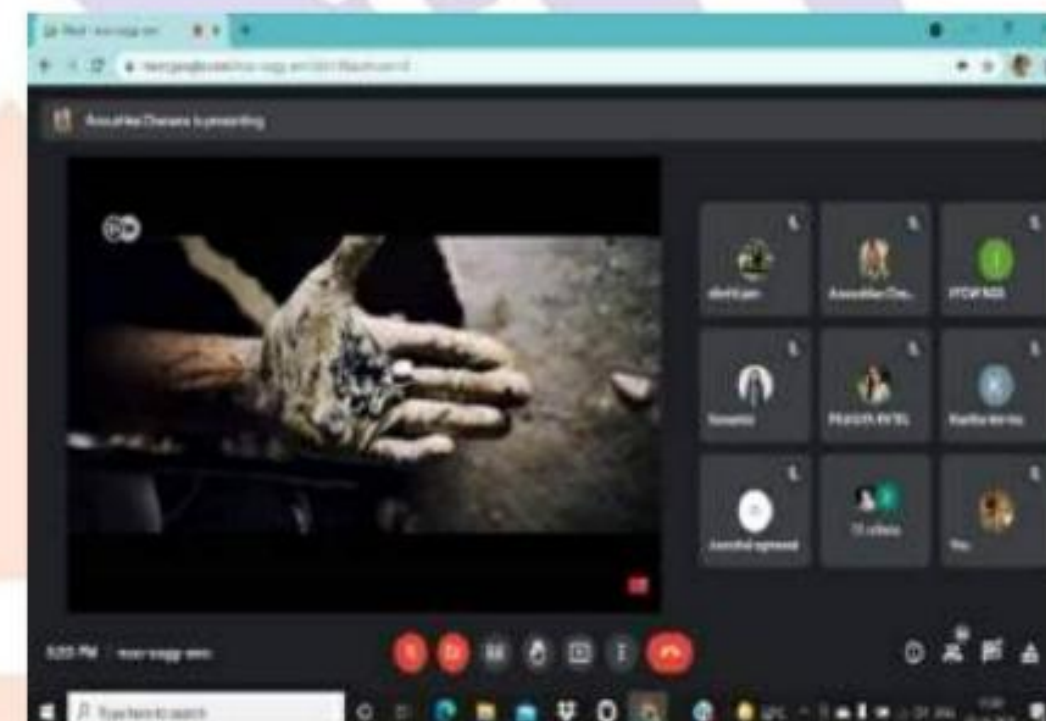
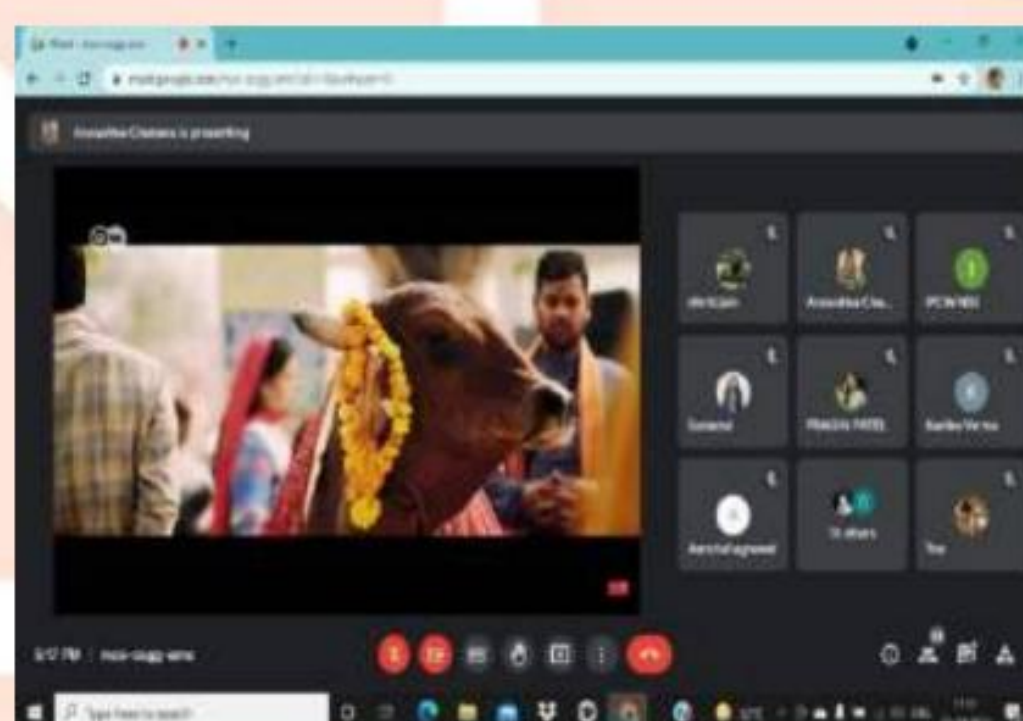
Documentary Screening of India: Drowning in Plastic

The National Service Scheme Unit of Indraprastha College for Women organized a Documentary Screening of India: Drowning in Plastic under the Clean India Campaign. The screening was done on the 22nd October, 2021. All volunteers attended the screening at 5 pm via Google Meet. The documentary aimed at sensitizing students about the issue of plastic pollution and how crucial it is to combat it. The screening was followed by a discussion over the impact of the documentary on volunteers. The event encouraged students to become more responsible citizens of the country.

Poster of the event:



Glimpse of the event:



(Screenshot of participants from the event.)

(Screen shots from the documentary.)

Plantation Drive

The National Service Scheme Unit of Indraprastha College for Women organized a plantation drive under the Clean India Campaign. In this drive, the volunteers took a picture of the seed with its name mentioned below and of themselves sowing it. Through this activity the volunteers could reflect on the importance of planting trees to keep our environment green.

Poster of the event:



Entries of the event:



(Volunteer planting seeds of ladyfinger.)

Plog Run Activity

The National Service Scheme, Indraprastha College for Women organized a plog run under the Clean India Campaign. In this activity, the volunteers were requested to go for a jog, pick up the waste they come across while jogging and attach the pictures on the Google form circulated for the event. This was an initiative towards keeping our cities clean and green.

Poster of the event:



Entries of the event:



(Volunteers participating in the Plog Run.)

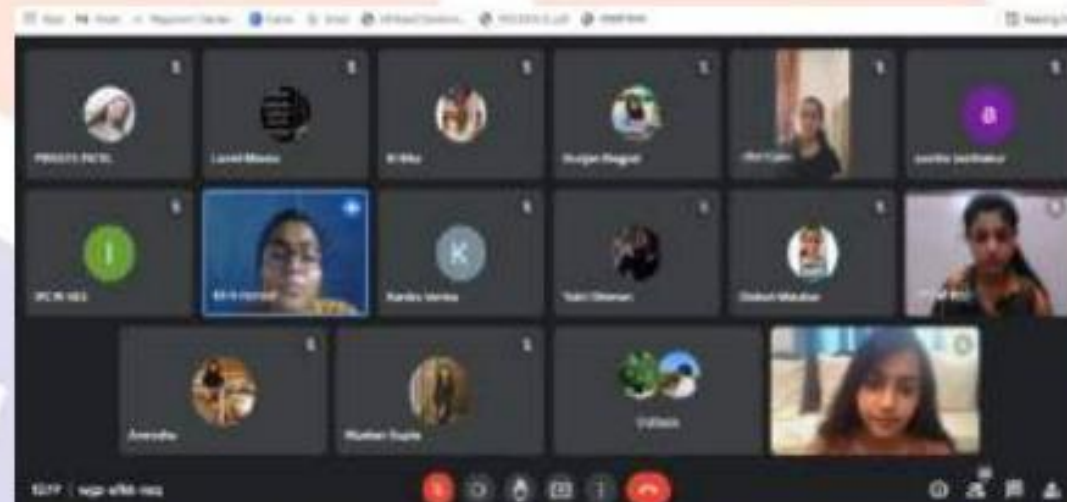
Jan Manch

On 10th October 2021, The National Service Scheme Unit of Indraprastha College for Women organized a Jan Mach under the Clean India Campaign. The theme for the event was 'Importance of Cleaning and Preserving Monuments' which aimed at highlighting the importance of preserving the cultural heritage of the country. The event took place through google meet platform at 12:00 noon with all volunteers joining in. The event required volunteers to speak, question and debate on the given topic within a specified time limit of 2 minutes providing a highlighted view of the theme. Through this event volunteers learned about the importance of monuments and why it is essential to keep them safe and sound.

Poster of the event :



Glimpse of the event:



(Poster of the event being presented) (Kirti, a volunteer presenting her views) (Volunteers presenting their views)

Activities under Rashtriya Ekta Diwas

PLEDGE TAKING CEREMONY

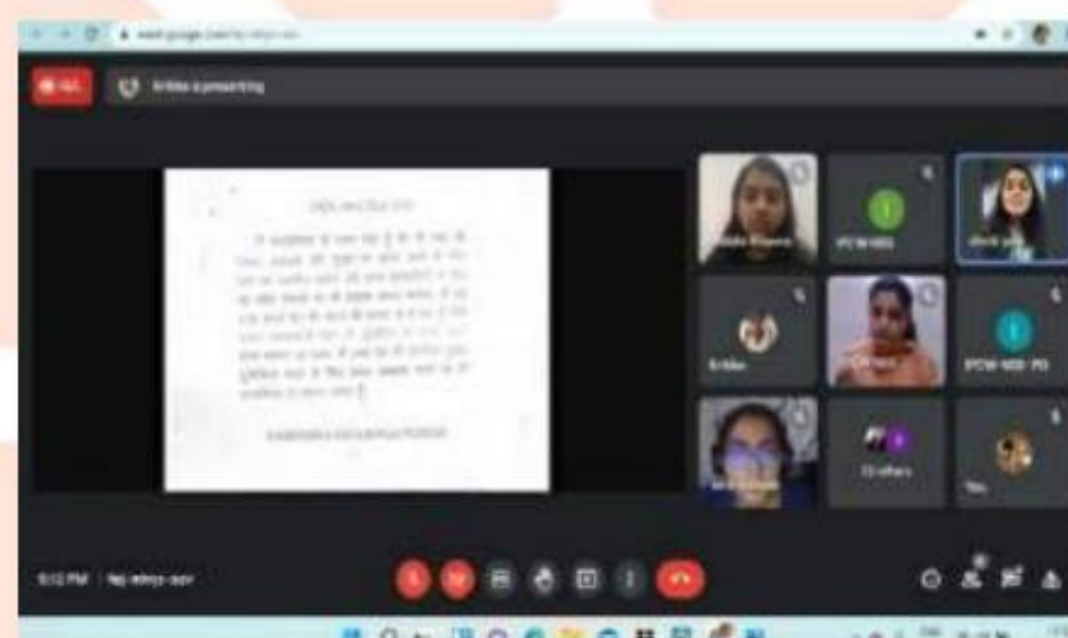
The National Service Scheme Unit of Indraprastha College for Women organized a Pledge taking ceremony with the Programme Officer, video-making competition and Quiz competition under Rashtriya Ekta Diwas on the 28th and 31st October 2021. The volunteers joined the event via Google Meet Platform. The Unity Pledge was taken by the

volunteers followed by a quiz competition. Questions revolving around Rashtriya Ekta Diwas were asked in the quiz and the volunteers answered them. The event was concluded with a vote of thanks.

Poster of the event:



Glimpse of the event:



(President of NSS taking the pledge bilingually on behalf of NSS)

(Quiz on Rashtriya Ekta Diwas)

VIDEO-MAKING ACTIVITY

A Video Making Activity under the Rashtriya Ekta Diwas was also organized. The theme for the video was India @75, Integrity and Security of Nation. The volunteers actively participated and made videos of their ideas and understanding of the theme.

Poster of the event:



Glimpses of the event:



(In frame: Aastha, NSS volunteer)



(In frame: Kirti, NSS volunteer.)

Activities Under Breast Cancer Awareness Month

Webinar on Breast Cancer Awareness

The NSS unit and BA Program of IPCW organized a Cancer Awareness webinar on Breast Health: An Integral Component of Women's Health in collaboration with Sanjeevani- Life Beyond Cancer on 29th October, 2021. More than hundred participants attended the webinar 4 pm onwards via Zoom platform. The guest speakers for the webinar were Ms. Florina Singh, Senior Programme Coordinator for Delhi and Chandigarh and Mrs. Supriya Gray, Cancer Victor from Chandigarh chapters of Sanjeevani-Life Beyond cancer.

The event started with the introduction of the speakers and a presentation on the working of Sanjeevani. The presentation was followed by the addressal of Ms. Florina Singh about the working of Sanjeevani in various parts of the country and a short description about Mrs. Ruby Ahluwalia, Senior Bureaucrat and founder of Sanjeevani-Life Beyond Cancer. The event was followed by the severity of Breast Cancer and the rise in the number of Breast Cancer patients in India. A short video was played related to improving one's immunity in order to fight cancer. Ms. Florina explained why cancer patients are increasing in number and further elaborated on a healthy and positive mindset throughout the day even while eating food and concentrated breathing techniques. She even elaborated on two ways that we can avoid negative thoughts which are journal writing and controlling our anger. Further Ms. Florina explained the various causes of Breast cancer, how an early diagnosis can cure it and also the risk factors related to cancer. A short video was played by Ms. Florina related to self-check of Breast Cancer in women. She further talked about the triple assessment of Breast Cancer in women.

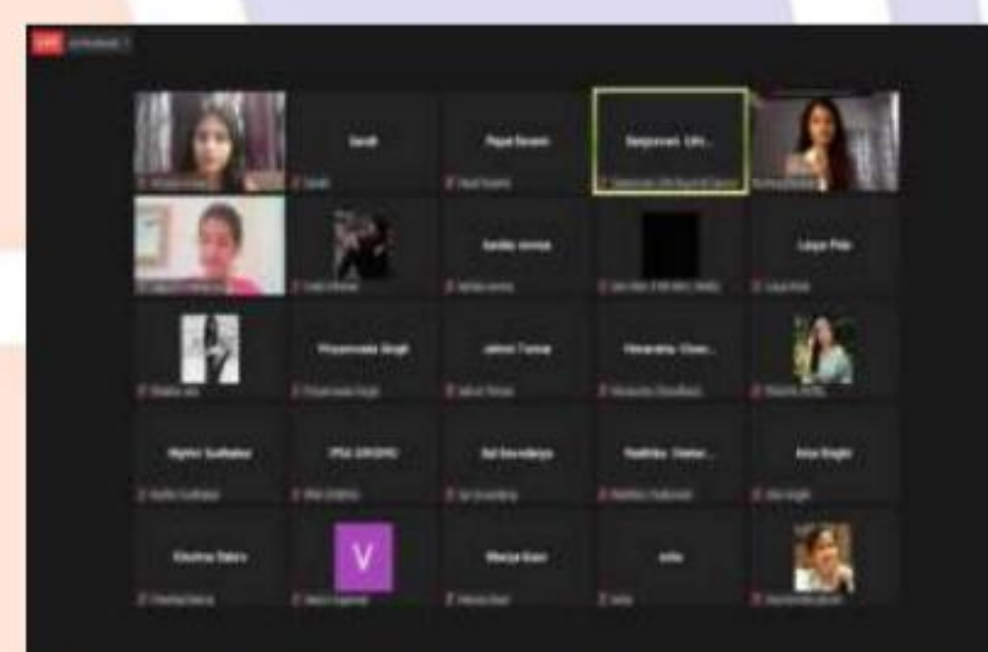
The event was followed by how we should be living with and in which manner we should treat a cancer patient. Mrs. Supriya Gray shared her experience on how she battled cancer and became a Cancer Victor. Her experience and positive attitude towards her battle of cancer motivated all the participants to have faith and believe in God to fight all the problems that may come their way. The event was followed by a quiz session conducted by Ms. Annu

Maurya from Sanjeevani and three participants were awarded as the winners and won surprise gifts at their postal addresses. Isha Singhi, Kaveri Gupta and Himanshu Choudhary were the first, second and third winners respectively. The event ended with a thank you note on highly positive and motivated spirits.

Poster of the event:



Glimpse of the event:



(Basic Do's and Don'ts being explained.) (Mrs. Supriya Gray sharing her experience) (Screenshot of the participants)

Breast Cancer Awareness Month

National Service Scheme, Indraprastha College for Women celebrates Breast Cancer Awareness Month and strives to create awareness about the impact of breast cancer. The volunteers were requested to click a photo of them holding a placard by writing any Message, Slogan or Myths and Facts around Breast Cancer Awareness and upload the same in the Google Form Link by 30th October, 2021. The volunteers were also requested to click pictures in a black t-shirt and a crossed pink ribbon on it in order to honor survivors, remember those lost to the disease and to support the progress we are making together to defeat breast cancer.

Entries received:



(A volunteer with slogan placards.)



(Volunteers paying tribute to the cancer patients and survivors.)



Activities under Vigilance Week

Video Making under Vigilance Week

National Service Scheme, Indraprastha College for Women organized a Video Making Competition under the Vigilance Week 2021 on 31st October, 2021. In this activity, the Volunteers were asked to take the Integrity Pledge with their family members to spread the message to all the stakeholders of the Society. The key strategy of this activity was to encourage all stakeholders to collectively participate in the prevention of and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of and the threat posed by corruption.

Poster of the event:



Integrity Pledge under the Vigilance Week 2021

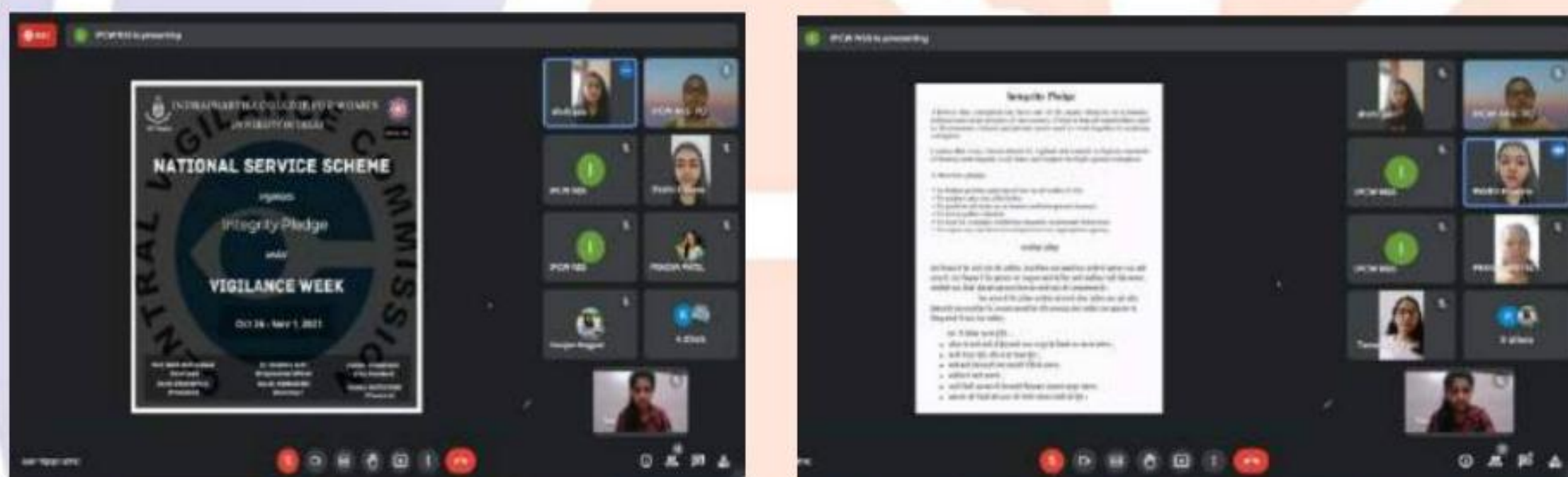
On 31st October 2021, The National Service Scheme Unit of Indraprastha College for Women organized an Integrity Pledge under the Vigilance Week 2021. The event took place through Google meet platform at 12:00

noon with all volunteers along with the Programme Officer joining in. Riddhi Khanna, Vice President, NSS IPCW took the pledge on behalf of the entire NSS unit. The pledge was taken in both Hindi and English.

Poster of the event



Glimpse of the event:



(Poster of the event being presented) (Volunteers taking the Integrity pledge)

Activities under Annual Diwali Utsav - Ānanda 2021

'Happiness can be found in the darkest of times, only if one remembers to turn on the light.'

The NSS unit of IPCW celebrated a virtual Festival Mela, Ānanda'21 with a set of various activities on Google Meet Platform and through Google form. The event was open for all students of IPCW.

Diwali brings with itself joy and prosperity and to spread that happiness around, the National Service Scheme, Indraprastha College for Women organized a Donation Drive under its Annual Utsav - Ānanda 2021. In this activity, the volunteers were asked to make donations of food items or sweets to the underprivileged, including their house help who work hard each day to make our lives easy and comfortable. The motive of this activity was to experience the joy of giving in its finest sense and learn the act of kindness and selfless service.

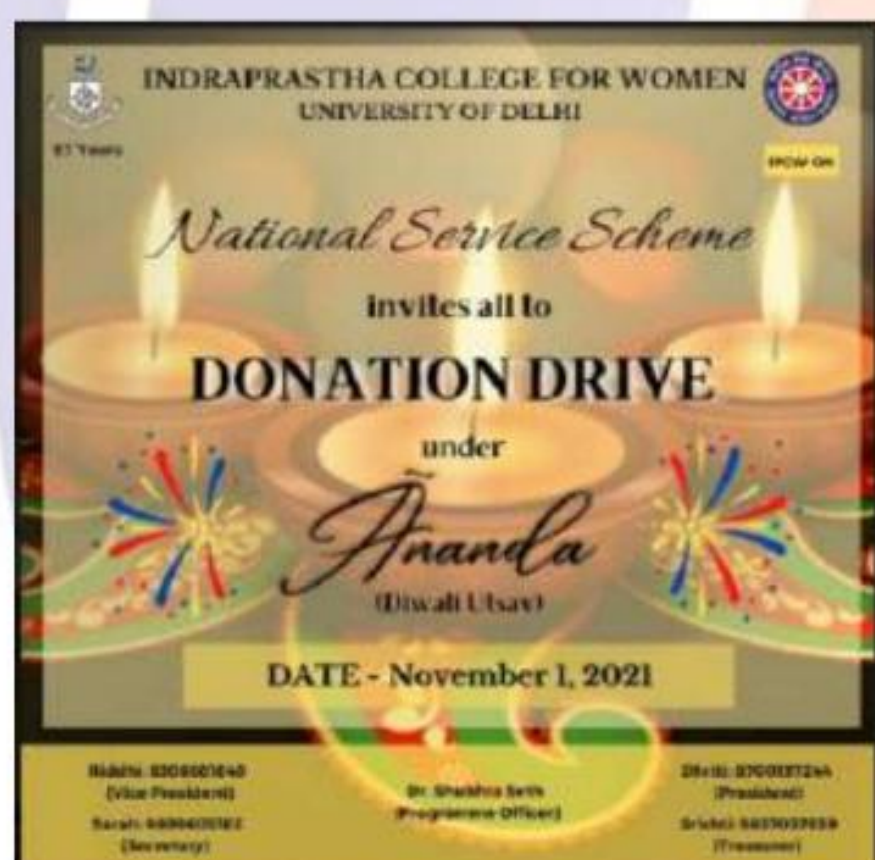
Another event conducted was Rang De - Diya Decoration and Rangoli Making Competition. While decorating their homes for Diwali, the participants were asked to make videos of themselves making a rangoli or decorating

diyas as well as click pictures after its completion and submit both the video and the pictures in the Google form link provided. The winners of the competition were given a shoutout on our official Instagram handle.

The third event was a Group Discussion organized on 1st November 2021. The theme of the discussion was 'Connect with Care' aimed at Celebrating the Golden Years with Nostalgic Stories to bring people together and celebrate during the season of festivity. The event took place through Google meet at 5 pm with all volunteers coming together. The session required attendees belonging to different states and cultural backgrounds to come together, talk and share stories from their childhood about the distinct ways in which they celebrate Diwali and other festivals. It was seen as a great way to showcase the unity and diversity of our nation, and how despite celebrating festivals in such diverse ways, we're all together as one nation - India.

Attendees from various backgrounds and cultures came together and shared their beautiful stories and 'what is the true meaning of Diwali for them'. This helped everyone to connect with each other. This was followed by some fun activities which involved a few games and healthy interaction. The event ended on a happy note and positive feedback from everyone.

Poster of Donation Drive:



Poster of Rang De- Diya and Rangoli Competition:



Poster of Connect with Care:



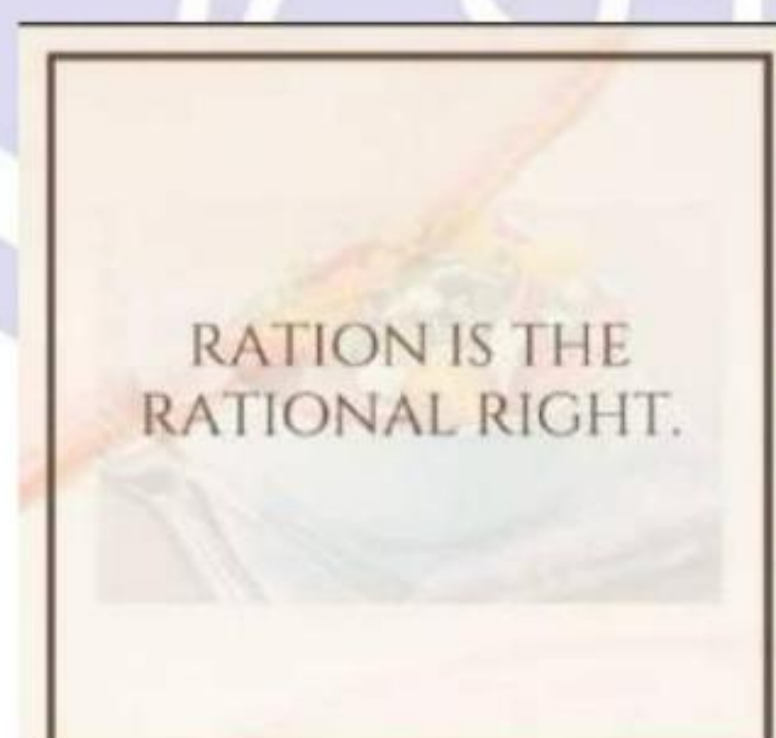
Tagline Creating Competition

The National Service Scheme Unit of Indraprastha College for Women organized a Tagline Creating Competition on 'One Nation One Ration Card Plan' under Azadi ka Amrut Mahotsav. In this activity the volunteers had to create an attractive tagline on the given topic and highlight the essence of the new initiative.

Poster of the event:



Entries :

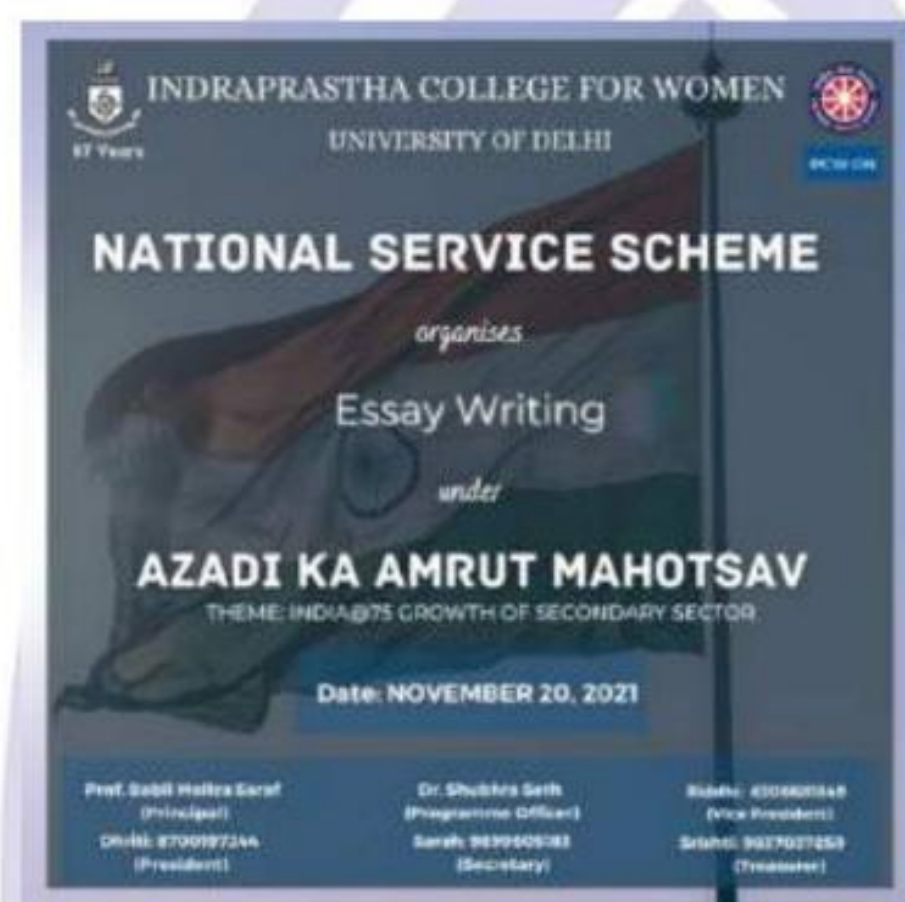


(Creative taglines created by NSS volunteers)

Essay Writing Competition

The National Service Scheme Unit of Indraprastha College for Women organized an essay writing competition on the theme 'India'@ 75 Growth of Secondary Sector' under the Azadi ka Amrut Mahotsav. The volunteers were required to write enriching essays highlighting India's growth in the Secondary Sector since Independence.

Poster of the event:



Entries received:



Activities on Constitution Of India Quiz Competition

The National Service Scheme, Indraprastha College for Women organized a Quiz Competition under Azadi ka Amrut Mahotsav on 24th November, 2021 from 5:00 pm onwards via Google meet. The theme of the event was "Constitution of India." Various questions revolving around the Indian Constitution were asked in the quiz. Rasika Mishra, an NSS volunteer was declared as the winner of the quiz session.

Poster of the event:



Glimpses of the event:



(A question on the Mini Constitution.) (A question on the Planning Commission) (Screenshot of the attendees)

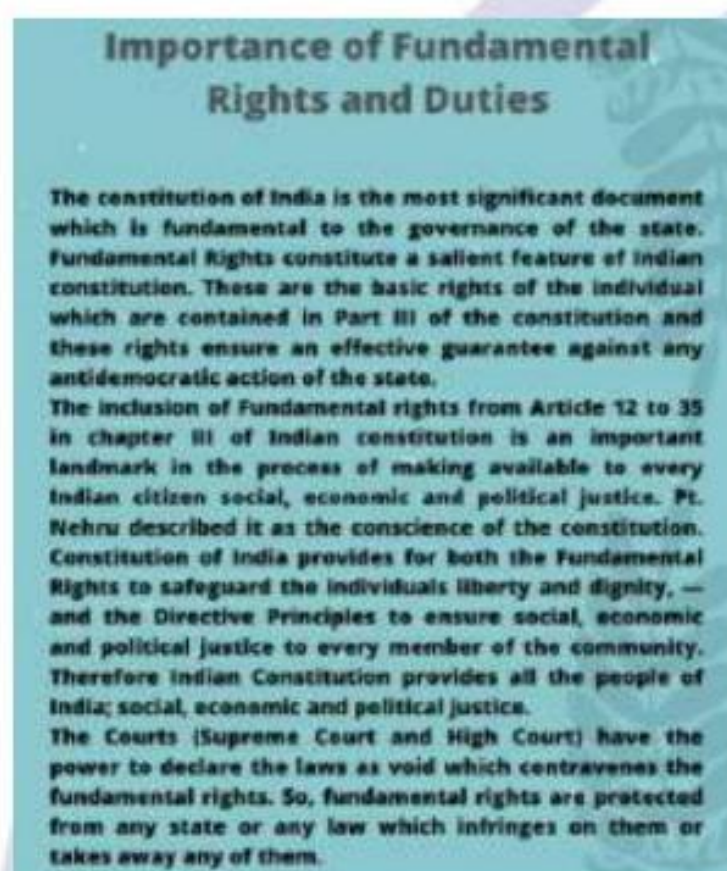
Creative Writing Competition

The National Service Scheme of Indraprastha College for Women organized a Creative Writing Competition celebrating Constitution Day under Azadi ka Amrut Mahotsav. The theme of the competition was 'Importance of Fundamental Rights and Duties in Present Day'.

Poster of the event:



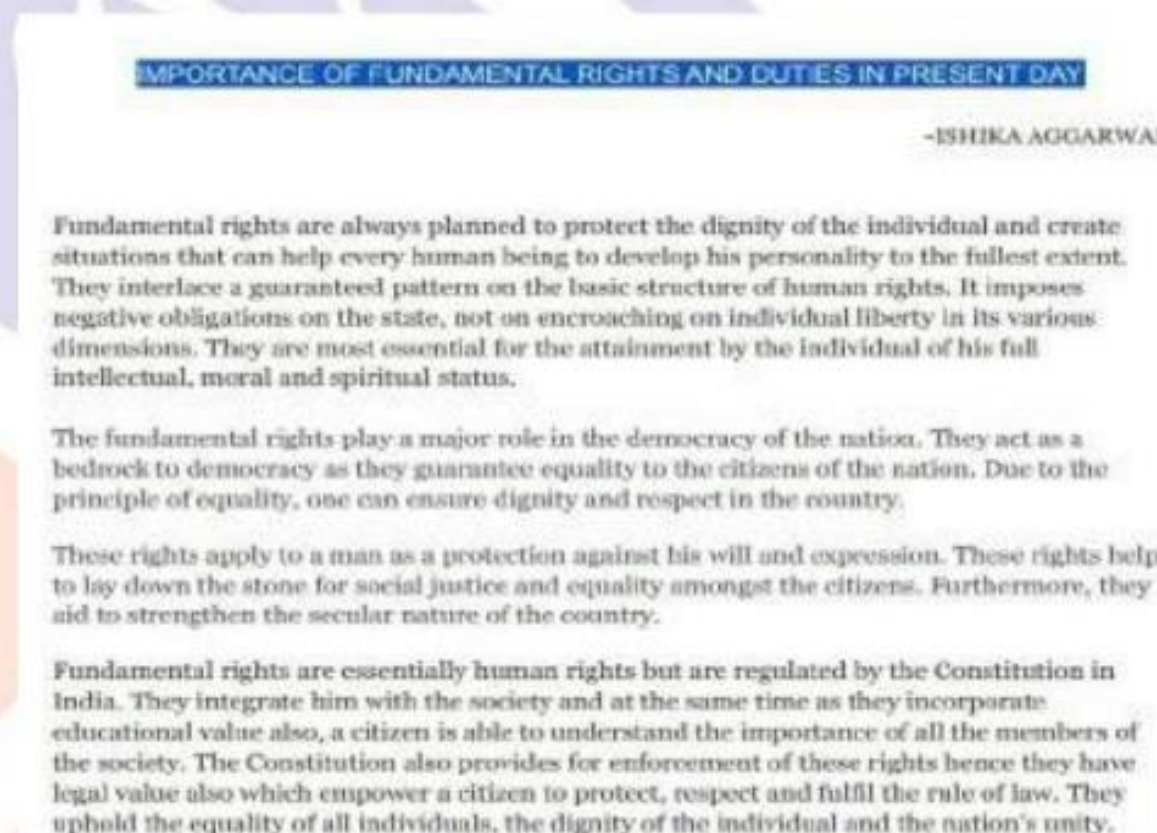
Entries:



(Entry shared by Riti)



(Entry by Kirti Mondal)



(Entry by Ishika)

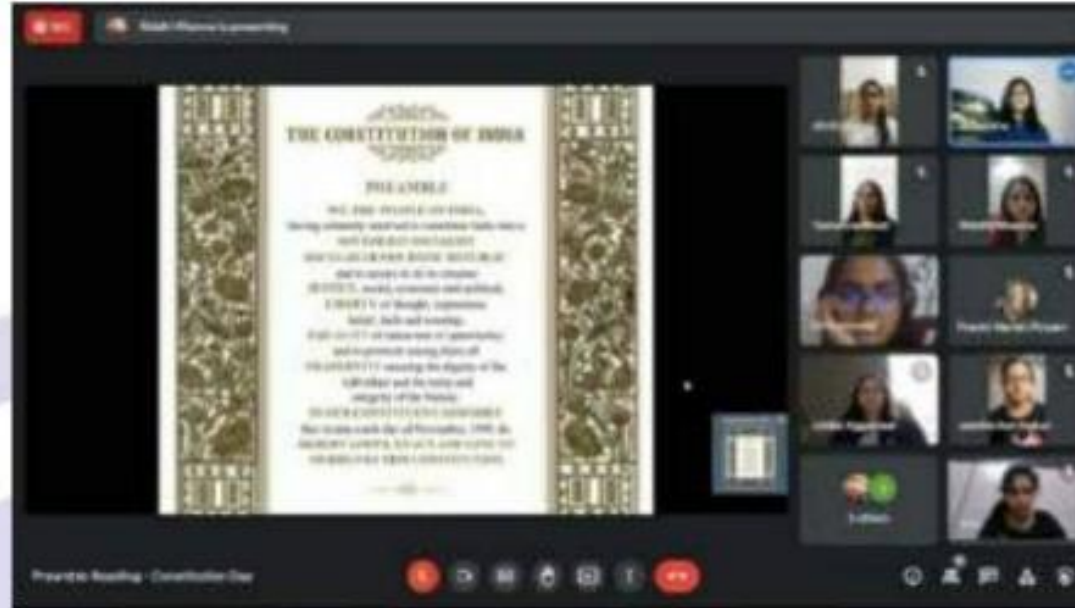
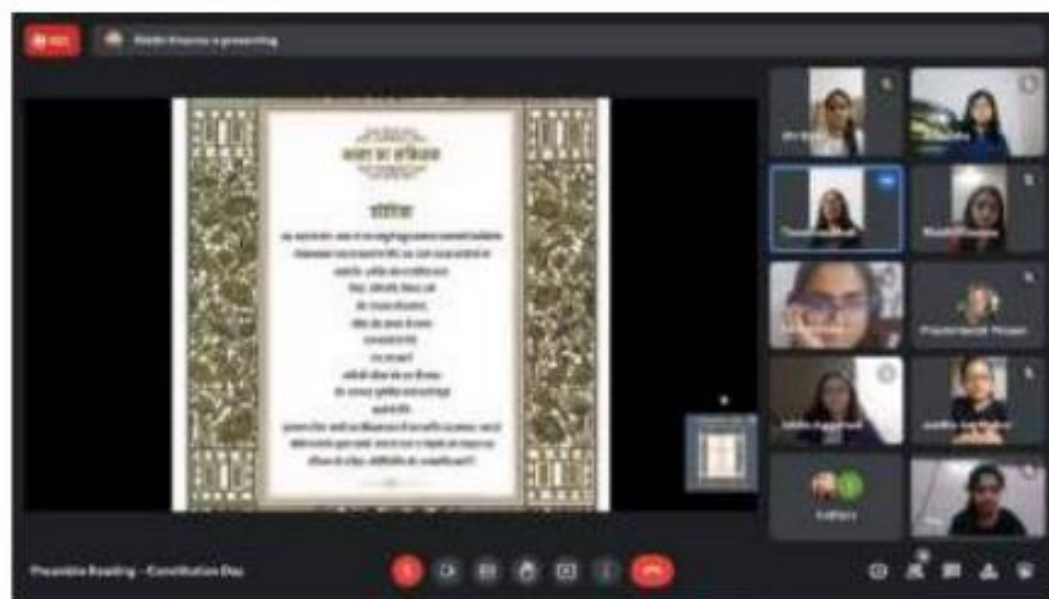
Preamble Reading

The National Service Scheme of Indraprastha College for Women organized a Preamble Reading in observance of Samvidhan Diwas which is celebrated on the 26th November every year. In this event the Preamble was read by a volunteer first in English and then by another volunteer in Hindi.

Poster of the event:



Glimpses of the event:



(The Preamble being read in Hindi and English by volunteers of NSS, IPCW) (Screenshot of the attendees)

Article Writing on National Education Day

The NSS unit of IPCW organized an Article Writing Competition celebrating the National Education Day. Volunteers had to submit their articles on the topic Recover and Revitalize Education from Online to Offline via Google Form.

Poster of the event:



Entries:

The Journey from Gurukul to rectangular screens on PCs

By Kirti

India has been in the limelight of the history of education across the world due to its glorious past. Education is perceived as one of the strongest weapons to not only change the world into a better place but it is also a necessity and right for every living being. Education has not only seen a drastic change in the evolution of mankind but the essence also changed in each era.

While only 12% of the world's total population was able to read and write in the early 1800s, by 2016 only 14-15% of the population remains illiterate by the sources of UNESCO & OECD. In Indian mythology teachers/Guru always had been placed on the top most hierarchy of esteemed and respectable occupation. Not only teaching has been considered as a noble job but also is also a way of serving one's nation. In ancient times we had Gurukul, a place where the students learned all the life skills and qualities required to live a healthy and prosperous life maintaining the decorum of being honest, disciplined, faithful and understanding spirituality in the simplest and earnest way.

The years 2020-2021 so far have been fatal to the world. These years with their deadly virus have brought along numerous challenges to the existing lives. Amidst all the chaos caused by the novel coronavirus the prominent one is the affecting and degrading quality of human life. Health is no doubt the primary concern of the government, but neglecting education and its quality will be a huge mistake. India being a developing nation holds a larger section of rural population, where people find it difficult to manage their daily meal, wouldn't it be a foolish act of negligence to accept that the current Education scenario is perfectly fitted into digital rectangular screens with platforms like Zoom, Google Meet, Microsoft Teams.

Students and the teachers are facing problems such that one could never think of before. Teachers who are trying their best to get familiar and habituated with the emerging technologies are facing incidents of ignorance and ill-behaviour by the students, also to mention it has been extremely difficult to always feel the same amount of energy and positiveness during the pandemic. It has its adverse effects on the students too, they are losing their interest in studies due to the chaos and uncertainty. Also, not to mention but with people losing their closed ones or families losing sources of daily income things have turned the reality into harsher than what we anticipated.

Offline education is the traditional counterpart to online education and the original method of learning that allows students to have regular face-to-face interactions with their peers and teachers. As much as online education is predicted to be the future of learning, it cannot replace the holistic aspect of offline education. Offline education is not severely affected by technical issues and provides an excellent opportunity for students to develop a strict schedule and adhere to it.

Moreover, offline education also allows teachers to monitor the responses and behaviour of their students and accordingly address them as and when required. Hence, no matter how advanced online education is, offline education will continue to play a vital role in the development of the students.

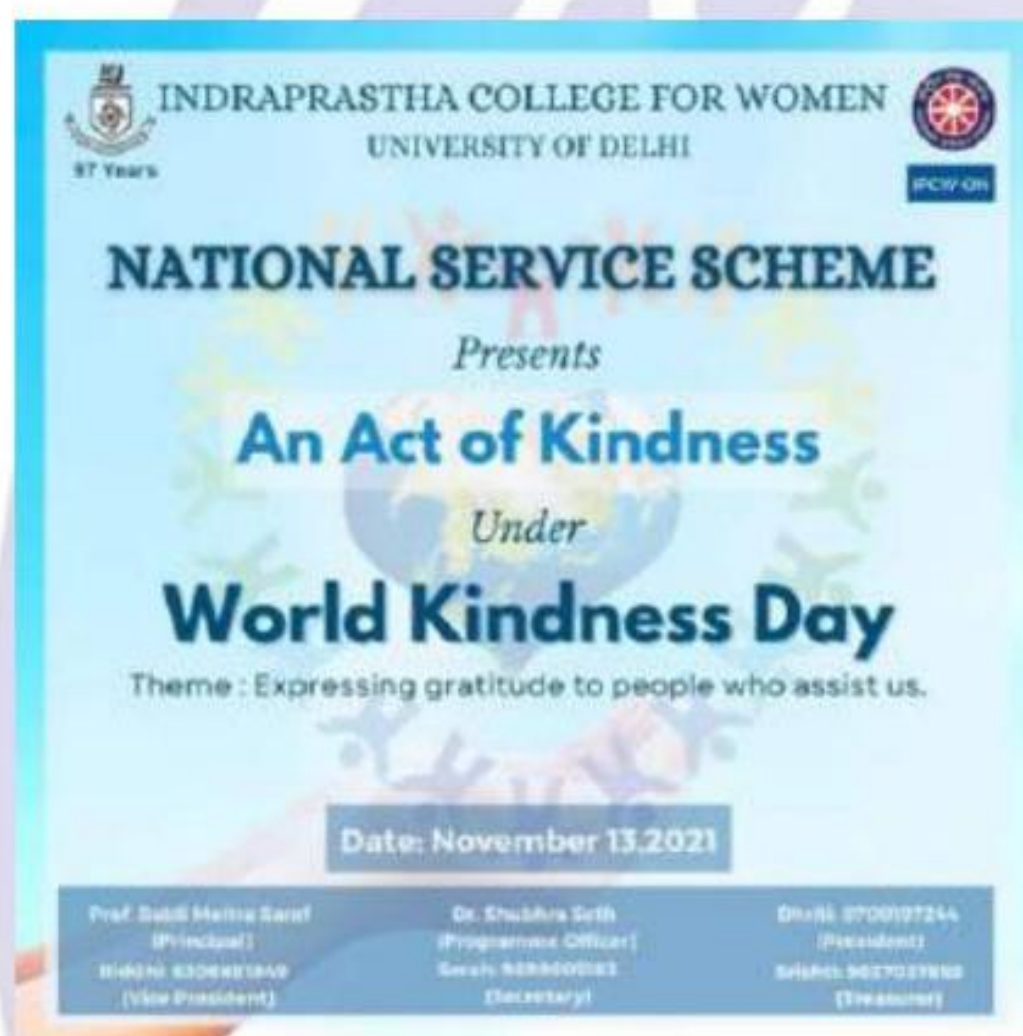
The main advantage of the offline study is that it has developed more understanding methods as compared to online study. The combination of teachers and students present in class provides comfortable ability to understand the topic in a better way. During an offline study in schools and colleges, the entire class-time is dedicated to teaching and learning. Offline classes are also available to those who do not have proper internet connections or to those who do not have any smartphones as most of the students don't have either of them.

Therefore, according to me, its high time we switch back to the offline mode of education. The situation is in control, students are vaccinated. If we compare both the modes of education, I'd choose offline over online.

An Act of Kindness

The National Service Scheme, Indraprastha College for Women is organizing An Act of Kindness on World Kindness Day, celebrated on 13th November 2021 around the world to highlight good deeds in the community focusing on the positive power and the common thread of kindness, which binds us. The volunteers were encouraged to express their gratitude to people who assist us. For example, house help, drivers, guards etc.; which can be done by giving them a small appreciation card or gift made especially for them or by taking time to talk to them and listen to their stories.

Poster of the event:



Webinar by Honda Motorcycle and Scooter Pvt Ltd.

The National Service Scheme Unit of Indraprastha College for Women in collaboration with the Safety Team of Honda Motorcycle and Scooter Pvt. Ltd. organized a Road Safety Webinar on 17th November 2021 at 4 pm on Google Meet Platform. The session was attended by more than 40 students.

The speaker for the session was Mr. Jatin Kataria, Chief Instructor and Trainer certified from Honda Motors, Japan with more than 6 years of experience in the Automotive Industry and expertise in Road Safety Training Workshops. In the session, Mr. Kataria engaged with the students while also using facts and figures of the traffic situations in India to help instill a responsible mindset in them towards road safety. The session covered a wide range of topics including the behavior and qualities that a driver and rider must assert on the road, the riding gears one should wear, the correct riding and driving postures one must have to avoid heavy injuries in case of an

Poster of the event:

Glimpse of the event:

[illegible]

(Screenshot from the event) (Video on why practicing road safety is important) (Screenshot of the attendees.)



Entries received:

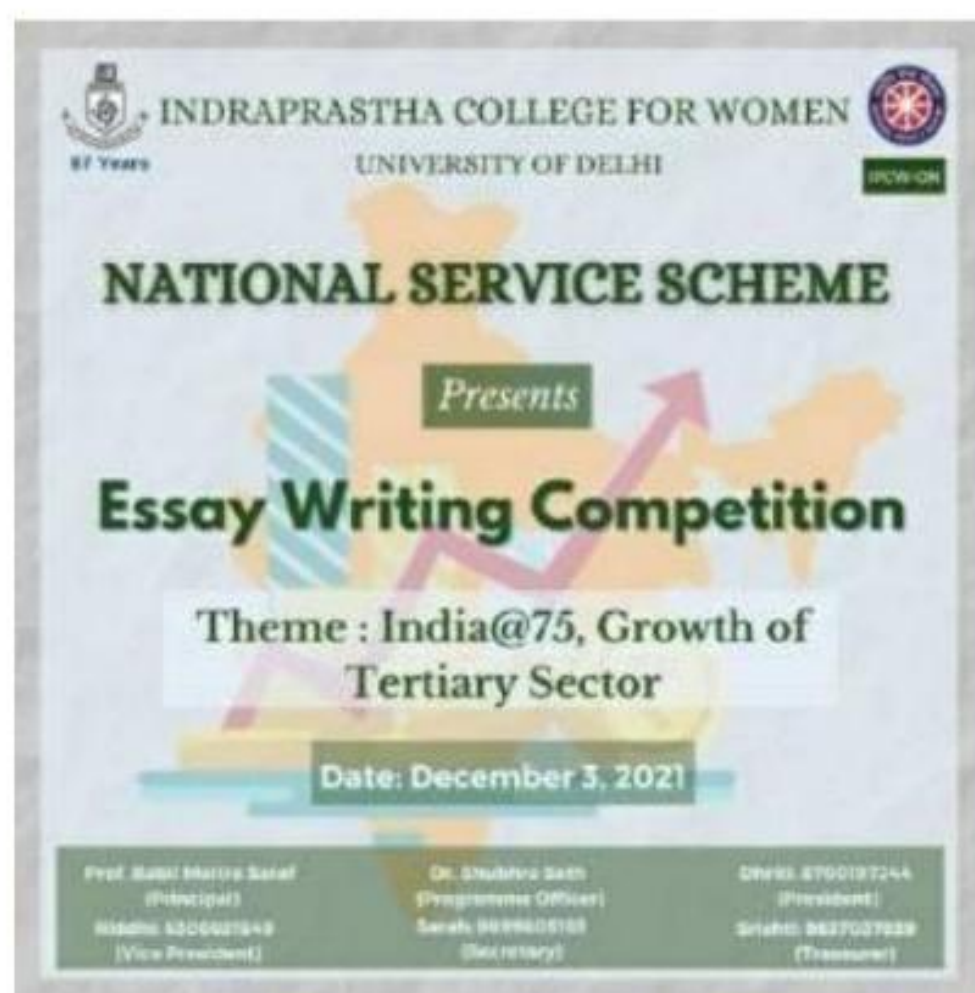


(Entry by a volunteer on River Ganga) (Entry by Ishika, on River Yamuna)

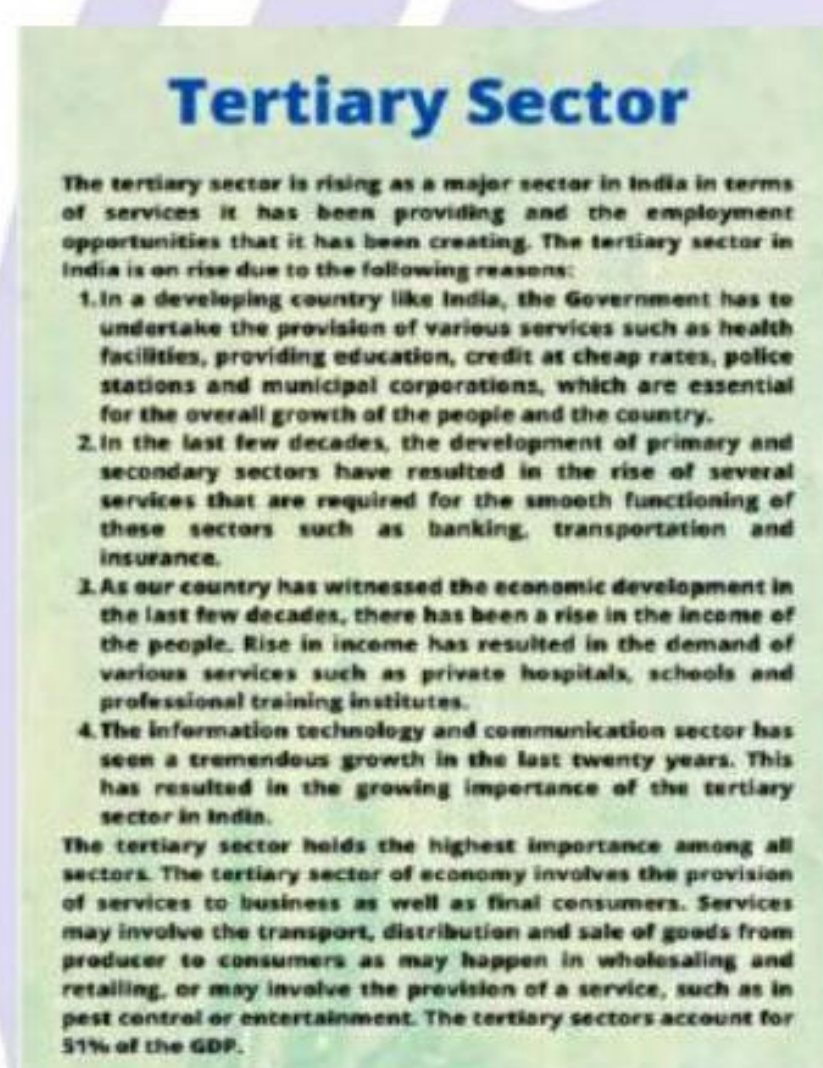
Essay Writing under Azadi ka Amrut Mahotsav

The National Service Scheme Unit of Indraprastha College For Women organized a third in the series of Essay Writing Competitions under the Azadi ka Amrut Mahotsav. The theme of the competition was 'India@75: Growth of Tertiary Sector in 75 years' with a word limit of 300 words. The volunteers presented their ideas articulately on how the tertiary sector of India has seen tremendous growth in the past 75 years and how it continues to contribute to a major portion of the economy.

Poster of the event:



Entries received:



(Entry by Riti)



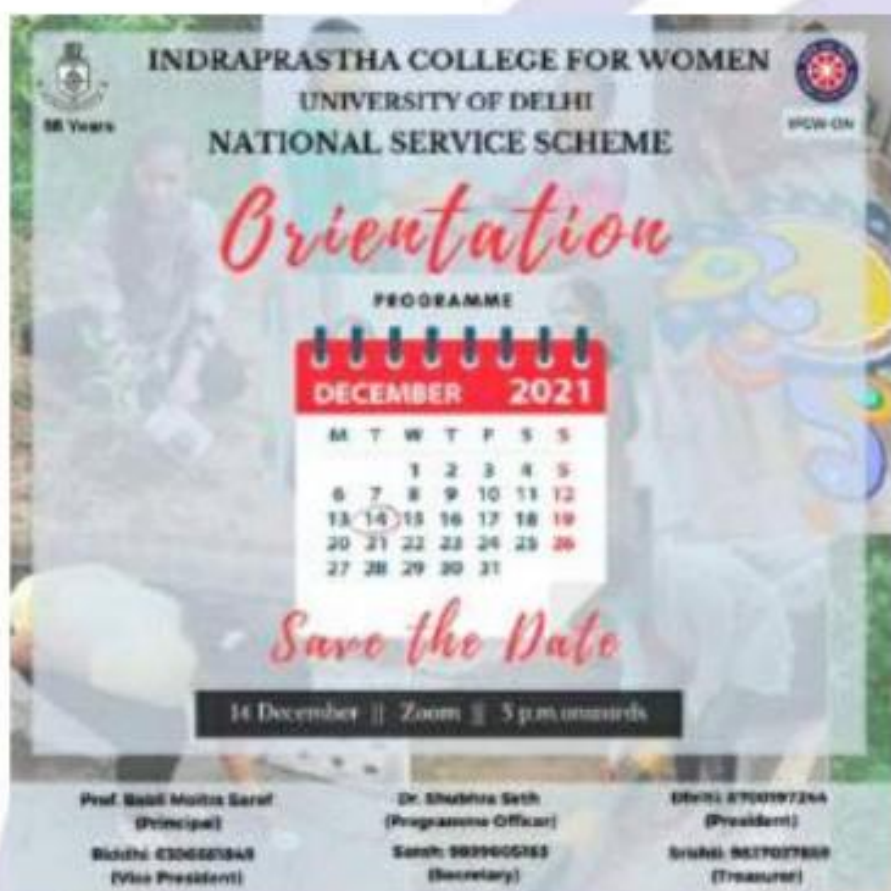
(Entry by Ishika)

Orientation Programme for First Year Batch 2021

On 14th December, 2021, the NSS unit of IPCW conducted orientation for the first-year batch from all departments of the college via Zoom platform. The event had around 384 attendees. The event began with a welcome address. Dr. Shubhra Seth the NSS Programme Officer gave an introduction and spoke about the commitment required while working with NSS. This was followed by the introduction of Office Bearers. Presentation of activities conducted by NSS in the year 2020 was shown by Dhriti Jain, President of NSS, IPCW. Equal Opportunity Cell and its functions were explained briefly, encouraging the students to take part actively. The hour requirement system and NSS diary was explained. Core team members and its description was also

briefly shared. Frequently asked questions (FAQs) were addressed by the Office Bearers. The two steps of recruitment - Google recruitment form and personal interaction round was explained to the first-year students which was then followed by Q&A session. The session ended with a vote of thanks given by Riddhi Khanna, Vice-President of NSS, IPCW.

Poster of the event:



Glimpses of the event:



(NSS motto being explained)



(Screenshot from Q&A Session)



(Screenshot of participants)