



# **Indraprastha College for Women (UNIVERSITY OF DELHI)**

## **NATIONAL SERVICE SCHEME**

**Even Semester 2022  
(January to May)**

**Programme Officer: Dr. Shubhra Seth**

### **Office Bearers:**

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

## **Activities under National Youth Festival**

The National Service Scheme Unit of Indraprastha College for Women virtually attended the Inauguration Ceremony of the 25th National Youth Festival conducted by the Ministry of Youth Affairs and Sports, on January 12th, 2022, to commemorate the birth anniversary of Swami Vivekananda. A total of 95 volunteers from NSS Unit attended the webinar.

### **Glimpses of the Event:**



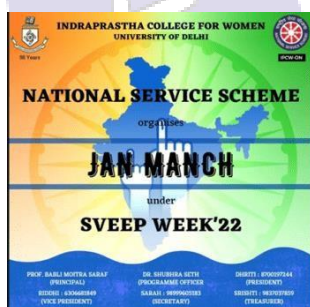
(Welcoming Hon'ble Prime Minister Shri Narendra Modi in the event) (Hon'ble Prime Minister Shri Narendra Modi addressing the youth)

## **Activities under SVEEP 2022**

### **Speech at the Jan Manch event**

The SVEEP week began with a Jan Manch on 21st January 2022. Several NSS volunteers voiced their opinions and valuable thoughts by giving a two-minute speech on the theme "How elections can help people from vulnerable sections of society to voice their opinions" This helped in creating awareness about the importance of voting in a democratic country. 75 volunteers joined this event with enthusiasm. The meeting ended with a vote of thanks and great zeal was shown by all the volunteers.

### **Poster of the Event:**



### **Glimpses of the Event:**

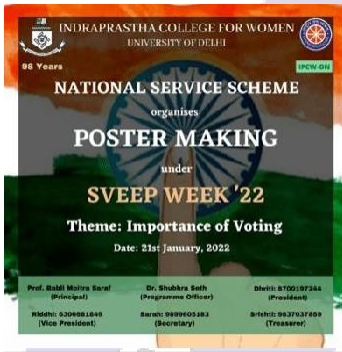


(Volunteer sharing her views)

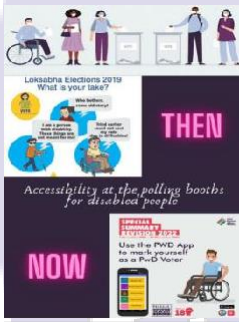
### **Poster Making Activity**

The National Service Scheme of Indraprastha College for Women observed the commencement of the SVEEP week by conducting a poster-making activity. The theme for the posters was "Accessibility at the Polling Booths for Disabled Citizens." The volunteers were required to submit their entries via Google Forms by January 23, 2022. About 33 creative entries were received on this informative topic, thereby achieving the purpose of the event.

#### **Poster of the Event:**



#### **Entries Received by the Volunteers:**



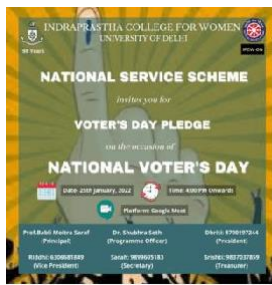
(Poster on the PwD App) (An informative poster by the volunteer)

### **Pledge taking for National Voters Day**

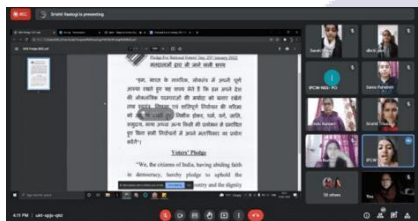
The National Service Scheme unit of Indraprastha College for Women organized a pledge-taking ceremony on the occasion of National Voters Day on 25 January 2022 at 4 PM via Google meet. This day is celebrated to encourage, facilitate and maximize enrollment for the new voters. The session commenced with the pledge-taking ceremony following which the process of registering oneself on the Voter's Portal was demonstrated by Sarah Shaan, the SVEEP ambassador of the NSS-IPCW team. The webinar endured an enthusiastic response by 61 volunteers who took the pledge to be responsible and fulfill their duty to vote. The session concluded with a vote of thanks by Riddhi Khanna, the Vice-President of NSS-IPCW.

#### **Poster of the Event:**

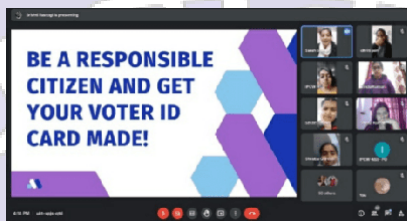




### Glimpses of the Event:



(Pledge-taking Ceremony)

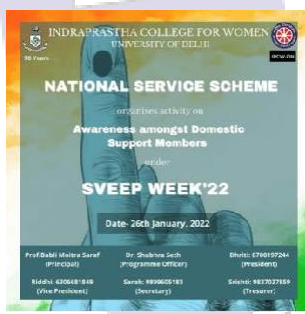


(Sarah Shaan explaining the steps registration)

### Activity on Awareness amongst Domestic Support Members

National Service Scheme, Indraprastha College for Women organized an activity on Awareness amongst Domestic Support Members under SVEEP'22. Volunteers were asked to urge their domestic support members to exercise their Right to Vote and talk to them regarding the importance of voting and other necessary details. 24 volunteers shared their experiences through pictures and write-ups via Google Form by 26 January 2022 along with their house help or watchman, etc. of their area, educating them about the same.

### Poster of the Event:



### Glimpses of the Event:



For this activity, I undertook an interview with the maid who works at my place and little did I know that a lot many people around us do not possess the kind of knowledge that we indeed take for granted in our lives. During the interview, I discovered that due to lack of information and workload, she often missed out on visiting the polling booth and casting her vote. Also, she asserted that all her life she has been voting for the political party that either her father used to support or for the party that her husband supported, and that she has never had any real say in the matter. This anecdote further emphasizes the degree to how deeply patriarchy has been embedded in our society. After hearing her out, I initiated to make her aware of her rights, including her right to vote and also to keep that information confidential and I also convinced my mother to give her a day off on the day of elections so that she could go to the polling booth and cast her vote. The experience was not only insightful but also fulfilling. I feel extremely fulfilled about the fact that I've made a little change in someone's mindset and understanding of things and have taken a small step on the path of spreading the message of democracy in the nation.

(Volunteer spreading awareness)

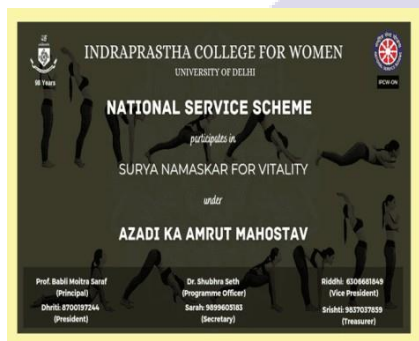
(A volunteer sharing her experience)

## **Activities under Azadi Ka Amrut Mahotsav**

### **Surya Namaskar for Vitality**

On 14th January 2022, the National Service Scheme of Indraprastha College for Women participated in the 'Surya Namaskar for Vitality' programme organized by the Government of India to mark the holy occasion of Makar Sankranti under the Azadi Ka Amrut Mahotsav. Through this activity, volunteers were charged with energy and zeal for the rest of their day.

#### **Poster of the Event:**



#### **Entries Received for the Event:**



**(Volunteer doing the Bhujangasana)**



**(Volunteer doing the Parvathasana)**

### **Students Presentation - Republic Day**

On 26th January 2022 at 12 noon, the National Service Scheme Unit organized Students' Presentations to celebrate the Republic Day on the Google Meet platform. The event was started by Riddhi Khanna- the Vice-President of NSS IPCW and was attended by more than 70 volunteers in which volunteers gave presentations on the topic India@75 under Azadi ka Amrut Mahotsav. All the presentations covered themes like progressive India and various Indian sectors like Roads and Highways, Education, Healthcare, Population, Environment, Science, etc. The presentations not only covered the 75 years of India but also gave hope and power for the coming 25 years. The event proved to be insightful for everyone and filled everyone with pride and enthusiasm.

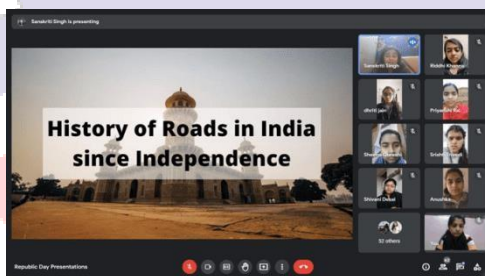
#### **Poster of the Event:**



### Glimpses of the Event:



(Presentation- I)



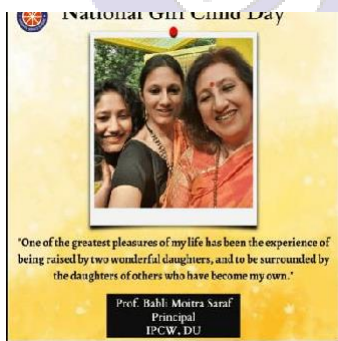
(Presentation-II)

### National Girl Child Day

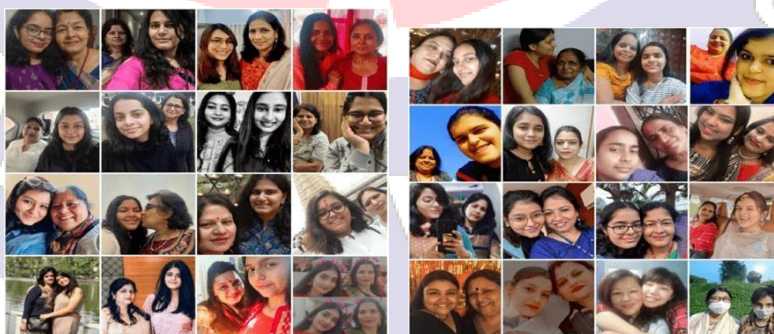
#### Selfie with Daughter

On 24th January 2022 the National Service Scheme participated in the activity 'Selfie with Daughter' organized by the Ministry of Women & Child Development; and Ministry of Youth Affairs and Sports to mark the occasion of the National Girl Child Day. The volunteers had to submit a selfie with either their mother or grandmother. Professor Babli Moitra Saraf, our Principal, also shared a loving message.

### Glimpses of the Event:



(Message by our Principal)



(Collages of volunteers' pictures with their mothers)



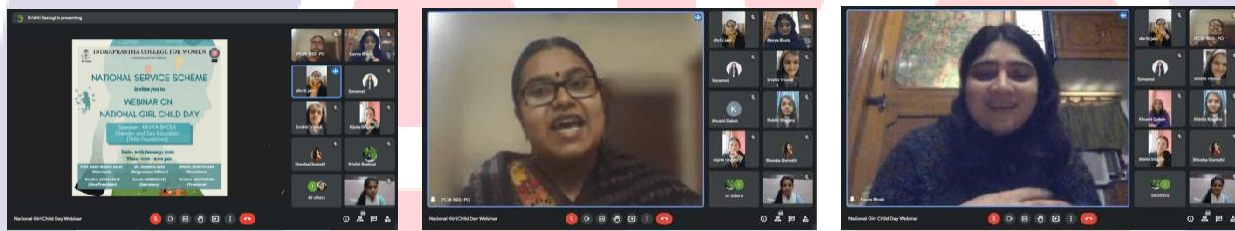
## **Webinar on National Girl Child Day**

On 24th January 2022, The National Service Scheme Unit organized a webinar on the occasion of The National Girl Child Day at 4 PM on the google meet platform. The session was started by Dhriti Jain- the President of NSS IPCW. The speaker for the event was Ms. Kavya Bhola- a Gender and Sex Educator, a founder of TARA Foundations working towards Transformative Actions for Reformed Attitudes, and an alumna of IPCW. Ms. Kavya spoke about different gender biases that are created in society and how women are perceived in modern times. She talked about her journey as the founder of the TARA foundation and various communities she had been working with towards bridging the gender gap. The session was ended by Riddhi Khanna- the Vice-President of NSS IPCW with a vote of thanks.

### **Poster of the Webinar:**



### **Glimpses of the Event:**



**(Poster of event being presented) (Dr. Shubhra Seth, PO, welcome address) (Ms. Kavya giving talk)**

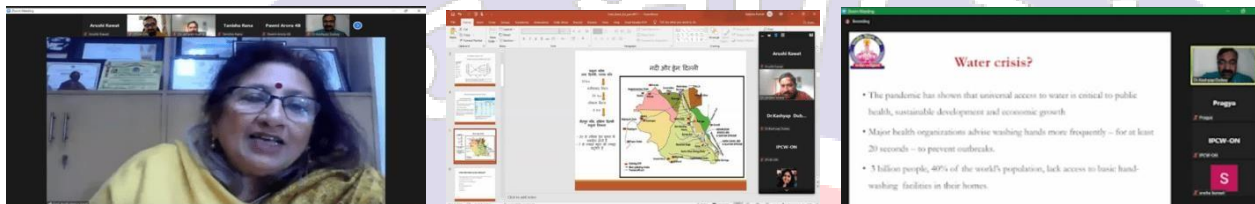
## **Workshop on 'Nadi ko Jano' Campaign**

On 27<sup>th</sup> January 2022, The National Service Scheme Unit of Indraprastha College for Women in collaboration with the ECO Club organized a workshop on 'Nadi ko Jano' Campaign in association with Bharatiya Shikshan Mandal, Delhi Prant. The workshop was conducted by Prof. Kashyap Dubey, Resource person, Nadi ka Jano campaign, Delhi Prant along with Dr. Sanjeev Kumar, mahasanchalak, Nadi ko Jano Abhiyaan, Delhi Prant. Prof. Babli Moitra Saraf, Principal, Indraprastha College for Women, also graced the workshop with her presence and insights. The event was conducted online, through the zoom platform at 3:30 P.M with around 195 people joining in. The workshop was attended by both faculty members and students of the college. The campaign was launched by the Honorable Minister for Education Shri Dharmendra Pradhan. This campaign for mapping the real time date of rivers will be a great boon to the national policymakers.

### **Poster of the Event:**



## Glimpses of the Event:

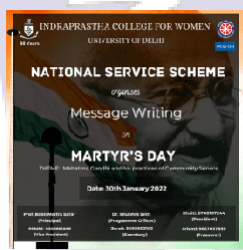


(Prof. Saraf giving welcome address) (Dr. Sanjeev Kumar & Prof. Dubey explaining about the campaign)

## Message Writing- Martyrs' Day

The National Service Scheme organized a Message Writing Activity in observance of Martyrs' Day on 30th January 2022. Martyrs' Day, also known as Shaheed Diwas, marks the death anniversary of Mahatma Gandhi. The theme of the activity was 'Mahatma Gandhi and his practices of Community Service'.

## Poster of the Event:



## Glimpses of the Event:

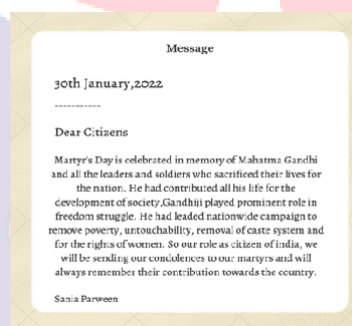
**Mahatma Gandhi and his practices of Community Service**  
By Kiran Mondal (11 and 12 Year)

As Pandit Nehru said "The light has gone out of our lives... Yet I am wrong, for the light that shines in this country was no ordinary light... And a thousand years later, that light will be seen in this country, and the world will see it... For that light represented the living Truth."

For Gandhi "Truth is God". Indeed, even nonbelievers don't question the force of Truth. A searcher after Truth shows at least a bit of kindness as delicate as the lotus, and as hard as Granite. Gandhi depicted himself as a searcher after Truth. He accepted that one should look for and follow Truth in each field of life. One should seek after the journey of Truth provided that one has a logical attitude and was able to try and go by proof. He, consequently, directed tests in each field of life. All nations ought to all things considered disregard viciousness and war. We ought to endeavor to follow what Mahatma Gandhi, the witness of Ahimsa, inspired all individuals to follow, for example, the guideline of peacefulness.

It is pretentious of the individuals who accept the opportunity as allowed to sit in judgment on those for whom opportunity was to a great extent a luxury. For most political decisions, Independence was an amazing result that should not be underestimated of contention and misery. It is a stressful indication of philosophical desperation that we have nearly failed to remember the man and his goals who gave us the opportunity.

The most critical and rising symbol of India's opportunity development was and will forever remain Mahatma Gandhi. He had pulled off an about thought - protection from oppression through mass, peaceful common resolution or Satyagraha - in unspeakably complex conditions. India's astounding triumph against the British would not have been imaginable without his use of a kind blend of individual trustworthiness, unyielding will, greatness, otherworldly - astuteness and intriguing political shapings.



## Messages sent by volunteers



## **Video Making Activity- Awareness regarding COVID Vaccine Rollouts**

The National Service Scheme organized a 'Video making' activity for spreading awareness regarding COVID Vaccine rollout for teenagers and booster shots that the Government of India declared would be able to administer from January 3, 2022. In this activity, volunteers had to prepare a video acknowledging the need and importance of getting vaccinated. The volunteers gained insights on healthy and active participation as a citizen for a national purpose by being united.

### **Poster of the Event:**



### **Glimpses of the Event:**



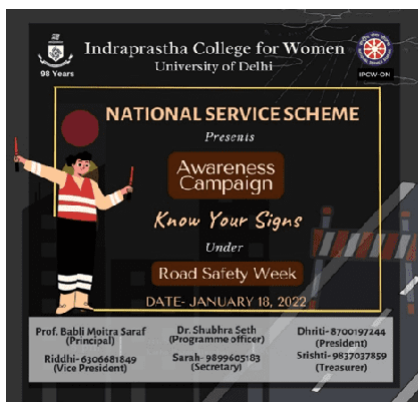
(Volunteers spreading awareness and encouraging people to get vaccinated)

## **Road Safety week**

### **Awareness Campaign- Know Your Signs**

The National Service Scheme observed Road Safety Week and conducted an activity as part of an Awareness Campaign about road signs. 61 unique responses were received. The purpose of the activity was to create awareness about road signs that participants might not have had prior knowledge of, and thus take a step forward towards being safer on roads.

### **Poster of the Event:**



### **Glimpses of the Event:**



**(Volunteer Holding the Speed Limit Sign)**



**(Volunteer Holding the Falling Rocks Sign)**

### **Orientation on NSS Hours system**

The National Service Scheme Unit of Indraprastha College for Women organized an orientation on 15th January at 5 PM for the newly recruited volunteers from the first and second years. Dr. Shubhra Seth- Programme Officer of NSS IPCW along with Dhriti Jain- the President of NSS IPCW welcomed the newly recruited volunteers and gave detailed information about the workings of the Unit. Information was shared about the technical and the editorial team of the NSS IPCW and all the queries of the volunteers were appropriately addressed.

### **Glimpses of the Event:**



**(Dr. Shubhra informing about the hour system)**



**(A screenshot of the participants)**

### **Video/Reel Making**

On 3rd February 2022, the National Service Scheme Unit of Indraprastha College for Women organized a video/reel-making activity under the SVEEP (Systematic Voter's Education and Electoral Participation) week. The theme of the videos and reels was "Participation of Women in Elections". 27 well-researched and informative videos were received through Google forms, which highlighted the contribution of women in elections.

### Poster of the Event:



### Glimpses of the Event:

Women turnout during India's parliamentary general elections was 65.63%

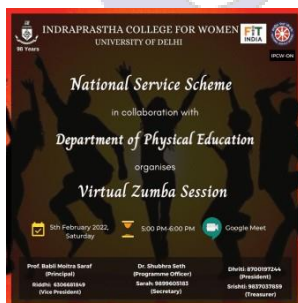


(Snapshots of videos and reel submitted by volunteers)

### Zumba Session

On February 5, 2022, the National Service Scheme Unit of Indraprastha College for Women organized a Zumba Session in collaboration with the Department of Physical Education of the college at 5 pm through Google Meet. Srishti Rastogi, the treasurer of the NSS IPCW, introduced and welcomed the members of team Afroza (the western dance society of IPCW) to take over the session. The session started with a warm-up, which was followed by cardio dancing on some lively beats. This event was attended by 37 volunteers and they were guided throughout the full one-hour session of the entertaining workout. The session ended with a vote of thanks by Srishti Rastogi. This Zumba session left the volunteers in high spirits and with positive energy to go on with their day.

### Poster of the Event:



### Glimpses of the Event:





(Volunteers doing warm up)



(Volunteers' participation)



(Team Afroza taking the session)

## Pulses Donation Drive

On the occasion of World Pulses Day, the National Service Scheme of Indraprastha College for Women, University of Delhi, organized a Pulses Donation Drive on 10th February 2022, with the motive of helping the needy and the underprivileged.

### Glimpses of the Event:



(Volunteers donating pulses to needy and underprivileged)

## Expressive Arts Workshop

The National Service Scheme organized an Expressive Arts Workshop in collaboration with Manmarziyan – Full of Art on February 16<sup>th</sup>, 2022. The session was held via Google Meet at 5PM, and in total 50 attendees took part in the workshop. With the aid of PowerPoint presentation the importance of self-care was explained, along with a hands-on project with ease. Ms. Japneet Kaur Anand talked about taking part in activities that are reflective and bring us calm and peace as a form of self-care. The workshop was concluded as Sarah Shaan gave a vote of thanks to Ms. Anand for taking the session, and to the volunteers for their participation.

### Poster for the Event:



### Glimpses of the Event:



(Ms.Japneet Kaur Anand explaining the essence of self-care) — (One volunteer's expressive art)

### Cleanliness Drive

The National Service Scheme unit of Indraprastha College for Women organized a Cleanliness Drive under the Swachhta Pakhwada campaign 27<sup>th</sup> February 2022 onwards. The volunteers present on the campus performed the activity in the college itself, and outstation students were advised to conduct around their neighborhood. They cleaned the neighboring areas including all kinds of plastic waste materials ensuring proper waste disposal. The volunteers understood the importance of clean and hygienic surroundings, and grew sensitivity towards the environment through this activity.

### Poster of the Event:



### Glimpses of the Event:



(Volunteer cleaning the college campus) (Volunteer cleaning around her house)

### Activities under Azadi Ka Amrut Mahotsav

#### Video Making Activity

National Service Scheme, Indraprastha College for Women organized a Video Making Activity under the ongoing Azadi Ka Amrut Mahotsav. The theme of the activity was 'Your vision of India 2047'. Volunteers were free to explore their creativity in a two minutes video. Creative entries with thoughtful ideas were shared by the volunteers.

### **Poster for the Event:**



### **Glimpses of the Event:**



(Videos by volunteers)

### **Creative Writing Competition**

The NSS Unit organized a Creative Writing Competition under Azadi Ka Amrut Mahotsav to observe Shaheedi Diwas and to pay homage to those who fought for our nation's freedom. The volunteers submitted a small write-up in their own creative ways. The theme for the competition was- 'Contribution of Shaheed Bhagat Singh in the Indian Independence'.

### **Poster of the Competition:**



### **Entries Received for the Competition:**





"They may kill me, but they cannot kill my ideas. They can crush my body, but they will not be able to crush my spirit"

Shaheed Bhagat Singh is among the rare figures from India's freedom struggle who is celebrated today by all sides of the political spectrum. The Left celebrates his socialist ideology, the Right his patriotism and nationalism, while the Congress acknowledges the revolutionaries' contribution to the movement without necessarily agreeing with their methods. Bhagat Singh played a great role in the Indian freedom struggle. The most important thing which is required in the struggle for freedom is the united people. Bhagat Singh played a great role in uniting people. He got himself hanged to show the people of his nation that if he could sacrifice his life for his country, then they should also do the same and join the freedom struggle. And really his sacrifice didn't go in vain, the whole country got united and started protesting against the Britishers in the way in which they could. Some people stopped paying the land tax, others started participating in the various freedom movements. He wanted the freedom of his nation from the British rule and for this, he was ready to take a different test, and he took that test by sacrificing his own life. He believed that the goals were not achieved easily, one had to work for them tirelessly. And so, he along with his other fellow beings threw a bomb in a very unskilled way and got themselves arrested. This was the most important way in which he contributed in the struggle for freedom. In short Bhagat Singh gave us a reason for freedom. He had written on every aspect for the time being. Along with this he also provided a huge resource for the youth of our nation. The knowledge of the politics, rural society, etc which our youth can acquire from Bhagat Singh's writing is not breadth reach of anyone's legacy. We had great treasures of patriotism in our history which is quite rare in world's history. But the contribution of Bhagat Singh is not only about patriotism but an ideology which has the solutions for every root cause.

## (Volunteers sharing her thoughts on the contribution of Shaheed Bhagat Singh)

### Poster Making Activity under Swachhta Pakhwada

On 4th March 2022 at 1:30 PM, the NSS Unit of Indraprastha College for Women, University of Delhi organized a Poster Making Activity under Swachhta Pakhwada. It was an offline activity conducted on the lawn in front of the NSS room. Those volunteers who were not present on campus submitted their posters via a google form. A total of 43 volunteers were present to make posters who explored their creativity through their posters and tried spreading awareness about cleanliness.

#### Glimpses of the Event:



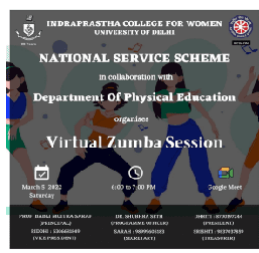
(Volunteers making their posters in front of the NSS Room lawn)

(Posters by Volunteers)

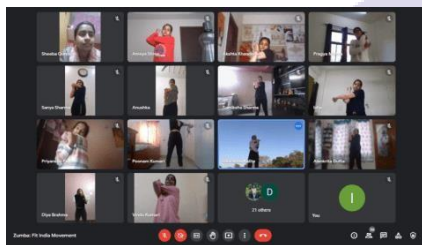
### Report on Zumba Session

The National Service Scheme conducted a virtual Zumba session in collaboration with the Department of Physical Education on 5 March, 2022 under the FIT India Movement. The members of Western Dance Society of the college- Afroza started the event with some light warm up stretching along with lively music followed by some cardio exercises, freestyle dancing and ended the session with some cool down stretching. It was a refreshing and wonderful session for all the participants.

#### Poster of the Event:



### Glimpses of the Event:



(Participants with Afroza members)



(Volunteers sharing their experiences)

### **We (Women) Matter - An Expressive Arts Workshop**

The National Service Scheme organized an Expressive Arts Workshop by Ms. Japneet Kaur Anand (Founder, Manmarziyan - Full of Art) for all the volunteers on 8th March 2022 (Tuesday) from 1:30-2:45 pm at The New Seminar Hall. The seminar was started with full of zeal along with participation by the host herself, the volunteers had an extensive round of introduction with movements, followed with expressive art form and finally ended with fun game sessions in group. Every volunteer came forward, participated and expressed themselves. And a total of 51 volunteers were present. The meeting ended with a vote of thanks and great zeal was shown by all the volunteers for the on campus seminar making it a huge success.

### Poster of the Event:



### Glimpses of the Event:

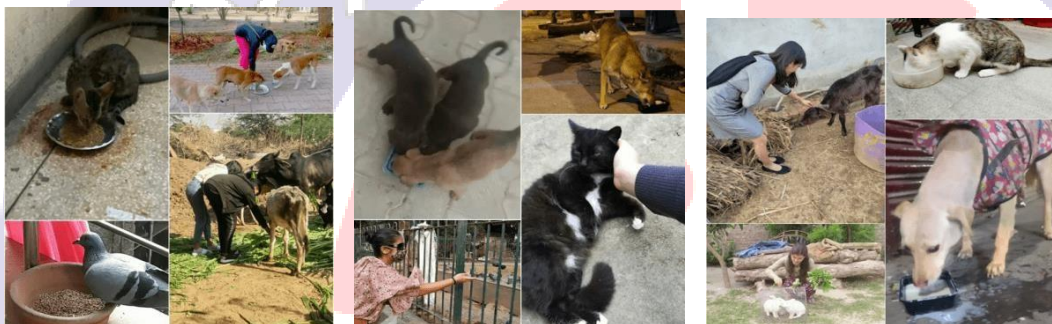


(Volunteers expressing their art forms) (Volunteers showing their art forms)

### **An Act of Kindness towards Animals**

The NSS Unit organized an activity- An Act of Kindness towards Animals to promote and create awareness about treating the animal species with love and respect. For the same, the volunteers were requested to carry out acts of kindness towards animals in their neighborhood, be it keeping water on the terrace for the birds to drink, feeding their neighborhood cats and dogs, visiting and spending time at the local animal shelter or even helping to provide the animals with much needed homes. The volunteers were required to take a picture of one such act and attach the same in google form. A total of 38 responses were received from the volunteers who expressed their love and care for animals. The volunteers were encouraged to not limit this act of kindness for just one activity, but to continue it in the long run.

#### **Glimpses of the Event:**



(Volunteers feeding animals and showering their love and care on them)

### **Carousel Making Activity**

The National Service Scheme organized a Know Your Rights – A Carousel Making Activity under the theme of World Consumer Rights Day. The volunteers had to prepare at least 4 slides on the topics ranging from the list of consumer rights, their importance as well as how to access them. Students made beautiful carousel posts including 4-8 slides, creatively explaining basic consumer rights. 24 responses were received via Google Forms. The Volunteers understood the importance of being aware of their rights entitled to them and further enhanced their knowledge of careful consumer behaviour.

#### **Poster of the Event:**





## Glimpses of the Event:

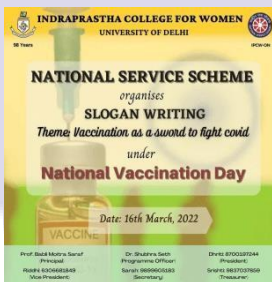


(Informative carousels prepared by the volunteers)

## Slogan Writing Activity

The National Service Scheme Unit of Indraprastha College for Women organized a Slogan Writing Activity under The National Vaccination Day. The theme for the activity was 'Vaccination, a sword to fight covid'. The activity was conducted in online mode and volunteers were required to attach their slogans in the Google Form. The activity allowed NSS volunteers to explore their creativity and also learn and promote the importance of vaccination in the society, thereby, achieving the purpose of the activity.

## Poster of the Event:



## Glimpses of the Entries:



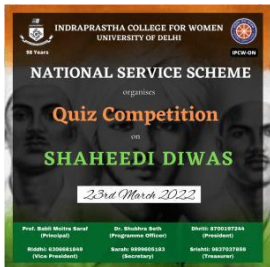
(Creative slogans written by volunteers) (Handmade poster with slogan)

## Quiz Competition

National Service Scheme, Indraprastha College for Women organized a Quiz Competition on Shaheedi Diwas to observe Martyrs' Day and to pay homage to all the freedom fighters. The Quiz Competition made each and

every participant and the audience refresh the history and stories of freedom fighters who fought for the independence of our country.

### **Poster of the Event:**



### **Poster Making and Slogan Writing Competition**

The National Service Scheme Unit of Indraprastha College for Women organized a Poster Making and Slogan Writing Competition under SVEEP'22. The theme for the activity was 'My Vote is My Future: Power of One Vote'. The activity was conducted on the IPCW campus on 28th March 2022 at 1:30 P.M. The activity allowed various NSS volunteers to interact with each other and explore their creativity. This activity was designed to educate citizens, electors and voters about the electoral process in order to increase their voter awareness. This activity was designed to educate electors and voters about the electoral process and spread voter awareness. It helped the volunteers realize the importance of voting in the present times and inspired each of them to become responsible citizens of the country and participate in the voting process of the nation.

### **Poster of the Event:**



### **Glimpses of the Event:**



(Volunteers showing their posters & slogans) (Volunteers making Posters/Slogans)

## **Blood Donation Awareness Session**

National Service Scheme, Indraprastha College for Women organized a blood donation awareness session in collaboration with blood connect on 2nd march, 2022 via Google meet at 6pm. 69 volunteers were present. The session commenced with an introduction to the speaker - Kanishka - by Srishti Rastogi, the Treasurer of NSS, IPCW. Kanishka briefly talked about Blood Connect. Then, she talked about the importance of donating blood by the youth with the help of a presentation. She explained the process of donating blood and the criteria to be fulfilled. She busted some myths surrounding blood donation and conducted a small activity to realistically demonstrate the amount of pain felt during drawing of blood. Further, data was presented through graphs showing the decline in the no. of donors during covid and the increase in camp donors that turned into walk-in donors indicating awareness. She further conducted a quiz and there was active participation by the volunteers. Information was provided about the criteria a regular donor, a recovered donor, and a vaccinated person should know before donating blood during the pandemic. She explained the several benefits of blood donation. A diet chart was presented with the aim to help improve hemoglobin levels. She elucidated on the initiatives of blood connect regarding blood donation and their current pan India awareness drive 'BAANT LE BANDEYA' and their aim to normalize blood donation. Volunteer participation was encouraged in the awareness drive. She elaborated some more about Blood Connect and addressed doubts. Finally, the session was concluded as Srishti gave a vote of thanks addressing Kanishka and the volunteers for their participation.

### **Poster for the Event:**



### **Glimpses of the Event:**



(Speaker explaining the benefits of blood donation) (Slide showing the need of blood donation)

## **Report on Pariksha Pe Charcha**

On 1st April, 2022, National Service Scheme of Indraprastha College for Women virtually attended an interactive program 'Pariksha Pe Charcha' addressed by Hon'ble Prime Minister Shri Narendra Modi at 11:00 A.M. Volunteers attended the session being live streamed in the college auditorium. It was an extremely informative and encouraging session, it further helped inculcate important values into volunteers. The volunteers thoroughly enjoyed the session.

### **Glimpses of the Event:**





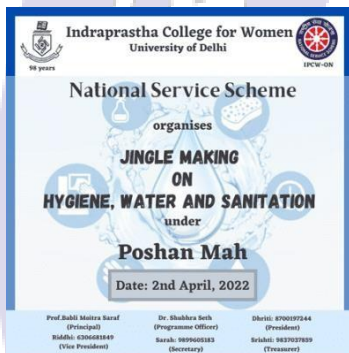
(PO and Office Bearers attending the session) (Volunteers attending the session from the auditorium)

## Activity under Poshan Mah

### Jingle Making Activity

On 2nd April 2022, The NSS Unit of Indraprastha College for Women, University of Delhi organized a Jingle Making Activity on Hygiene, Water, and Sanitization under Poshan Mah.

### Poster of the Event:



### Glimpses of the Event:

अगर स्वच्छ नहीं होगा जल  
तो कैसे जी पाएगा भारत का आज और कल  
if you want to live your life without fear  
keep your surroundings crystal clear



### Jingle

Let us not give in to our greed,  
Water is what we'll continue to need.  
Let us all take a vow  
Save water somehow

(Jingles with the message on cleanliness). (A jingle on the topic Save Water)

## Activity under Project Nidaan

### E-Waste Collection Drive

National Service Scheme in collaboration with Centre for Earth Studies , Indraprastha College for Women organized an E-Waste Collection Drive under Project Nidaan. E-Waste or Electronic Waste refers to discarded or non-usable electronic items or their parts such as old charging cables, DVDs, keyboards, pen drives, etc. Living in a digital world for the past two years, it is evident that each one of us must have accumulated e-waste in some form or the other. Therefore, the NSS Unit of the college helped to collect the discarded items from the students and the teachers of IPCW on the college campus for three days, 20, 21 and 22 April 2022 from 10:30 AM-2:30 PM at the College Pavilion.

### **Poster of the Event:**



### **Glimpses of the Event:**



(Volunteers working for the E-Waste Collection Drive)



(Faculty member giving E-Waste)

### **Activities under Kartavya'22**

#### **KARTAVYA'22 Opening Ceremony + Seminar with Women Entrepreneurs and Millennium Fellows**

The National Service Scheme unit of Indraprastha College for Women, University of Delhi, held its Annual Inter-College Event – Kartavya'22 – in the month of April. The themes for this year were: Sustainable Development Goals, and Women Entrepreneurship. The opening ceremony of Kartavya'22 was held on 12th April, 2022 at 12 noon in the Seminar Hall of the college. The event began with a talk on 'Women Entrepreneurship and Community Development.' The speakers for the talk were alumnae of Indraprastha College for Women – Ms. Baani Dua, founder of Baansri, and Ms. Vidhi Jain, founder of Ishkaara. The talk was followed by presentations by the Millennium Fellows of IP College for Women.

### **Poster for the Event:**





### Glimpses of the Event:



(Kartavya participants)



(Ms. Vidhi Jain giving her talk)



(Dr. Shubhra Seth giving welcome address)

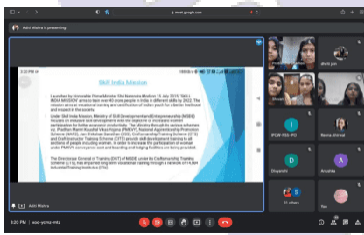
### Maqaam – The Public Policy Making Competition

Under its Annual Inter-College Event – KARTAVYA'22 – the National Service Scheme unit of Indraprastha College for Women, University of Delhi, organized a Public Policy Making Competition titled Maqaam on 12th April 2022 at 3:00 PM. Public policy making can be characterized as a dynamic and interactive system through which public problems are identified and resolved through the creation of new policy or reform of an existing policy. Participants were given a theme that they were required to follow: Skill India and Women Entrepreneurs. Participants were asked to present their work on a Google Meet, whose link was circulated.

### Poster of the Event:



### Glimpses of the Event:



(Participant presenting Skill India Mission) (Harshita Rainu explaining the policy)

## Seher – the Photo Essay Competition

Under its Annual Inter-College Event – KARTAVYA'22 – the National Service Scheme organized a Photo Essay Competition titled Seher on 8th April 2022. A photo essay is required to tell a story or evoke emotion from its viewers through a series of photographs. Participants were given two themes, the first one being 'Sustainable Development Goals in the Everyday', and the second being 'Inspiring Journeys' – from a Woman to a Woman Entrepreneur. Participants were asked to upload their entries in a Google Form that was circulated. Rules and regulations of the competition were explained through posters.

### Poster of the Event:



### Glimpses of the Event:



(Entry of the 1st Position Winner – Prerana Kiran of Sri Guru Nanak Dev Khalsa College)

## Riwaayat – The Magazine Cover Designing Competition

Under its Annual Inter-College Event – KARTAVYA'22 – the National Service Scheme organized a Magazine Cover Designing Competition titled Riwaayat on 9th April 2022. Passionate artists were given through this competition an opportunity to showcase their skills and celebrate their art. Two themes were given to the participants, the first one being Women Entrepreneurs: the Past, the Present and the Future, and the second being Evolution of Women Entrepreneurship – from Ancient Period till Modern Day. Participants were asked to upload their entries in a Google Form that was circulated. Rules and regulations of the competition were explained through a poster.

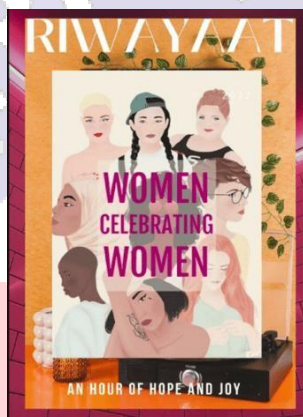
## Poster of the Event:



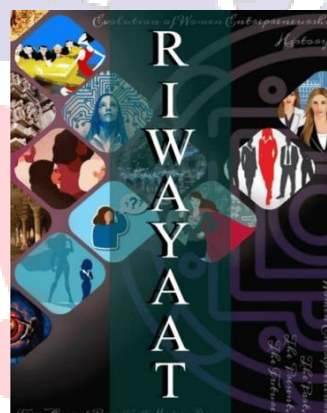
## Glimpses of the Event:



(1st Prize Winner: Muskan Yadav)



(Entries of the 2nd and 3rd Winners respectively)



## Activities under Azadi Ka Amrut Mahotsav

### Best Out of Waste Activity under Azadi ka Amrut Mahotsav

The National Service Scheme organized a Best Out of Waste Activity under Azadi ka Amrut Mahotsav. The volunteers were required to create a useful thing out of the waste material available at home and were free to explore their creativity.

## Poster of the event:





### **Entries received:**



(Lord Ganesha made out of used paper)

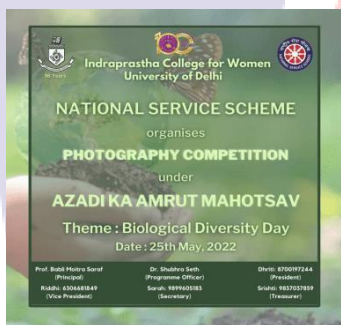


(Beautiful showpiece made with the help of plastic and paper)

### **Photography Competition under International Biodiversity Day**

The National Service Scheme organized a Photography Competition under International Biodiversity Day in the ongoing celebration of Azadi ka Amrut Mahotsav. The theme for the competition was Biological Diversity Day. Volunteers were required to take pictures of Biodiversity around them and upload them in the Google Form. They were free to explore the areas around them and even the college campus as it provides a wide variety for the same. 44 volunteers shared beautiful pictures 25th May, 2022.

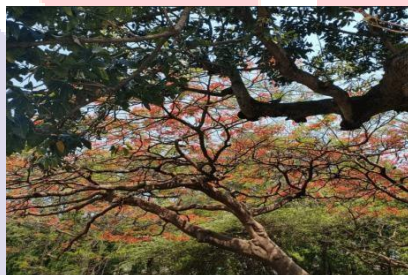
### **Poster of the competition:**



### **Entries for the competition**



(Animals on campus)



(A volunteer shared a photograph of a tree)

### **Poster Making Competition on Anti-Terrorism Day**

National Service Scheme, Indraprastha College for Women organized a Poster Making Competition under Anti-Terrorism Day. Volunteers were free to explore and share their photos via Google Form. The competition helped in spreading awareness about how terrorism is one of the most inhuman activities that harms thousands of lives at once.

#### **Poster of the Competition:**



#### **Entries of the Competition:**



(A handmade poster)

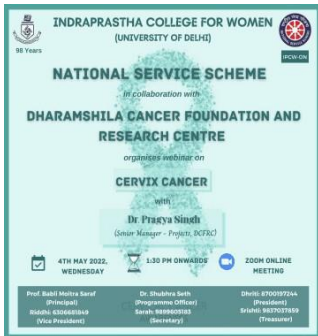


(A digital Anti-Terrorism poster promoting peace and harmony)

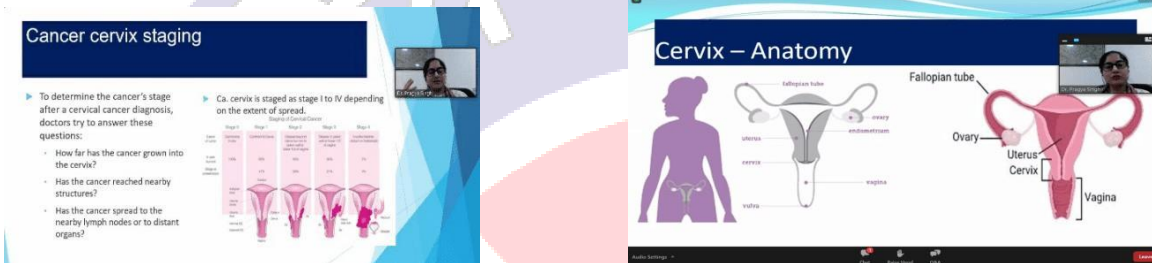
### **Webinar on Cervix Cancer Awareness**

The National Service Scheme, Indraprastha College for Women with Dharamshila Cancer Foundation and Research Center, Delhi organized a webinar on Cervix Cancer via Google meet on 4th May 2022 at 1:30pm. 53 volunteers were present. The session commenced with an introduction to the speaker - Dr. Pragya Singh, Senior Manager of Projects at DCFRC by Sarah Shaan, the General Secretary of NSS, IPCW. Dr. Pragya explained the anatomy of the cervix. She explained the process of diagnosis using the Pap Smear testing and how the different stages of cancer can be determined by answering certain questions. She explained some of the most common causes of Ca. Cancer. The session was concluded as Sarah Shaan gave a vote of thanks addressing Dr. Pragya Singh and the volunteers for their participation. It was an extremely knowledgeable and important session for the volunteers and they had a great learning experience through it.

## Poster of the event:



## Glimpses of the event:



(Stages of Cervix Cancer being explained) (Dr. Pragya explaining the anatomy of the cervix)

## Webinar on Breast Cancer Awareness

The National Service Scheme, Indraprastha College for Women with Dharamshila Cancer Foundation and Research Centre, Delhi organized a webinar on Breast Cancer via Google meet on 7th May 2022 at 1:30pm. The session commenced with an introduction to the speaker - Dr. Ramesh Dawar, Vice President at DCFRC by Sarah Shaan, the General Secretary of NSS, IPCW. Dr. Ramesh started with explaining the malignant and benign type of cancer in detail. She then went on to discuss the history of cancer in India and talked about the common cancers in India and its burden. She elaborated on the various causes of cancer- primary, secondary and tertiary and about various interventions for the prevention of the same. The session was concluded as Sarah Shaan gave a vote of thanks addressing Dr. Ramesh Dawar and the volunteers for their participation. The talk succeeded in achieving the objective of the talk, which was to raise awareness regarding breast cancer as a common ailment amongst women and its curability when diagnosed early.

## Poster of the event





## Glimpses of the event



(Dr. Pragya explaining the treatment and rehabilitation options of cancer patients)

## Quiz Competition – Rabindranath Tagore Jayanti

On the occasion of Rabindranath Tagore Jayanti, the National Service Scheme organized a Quiz Competition on 9<sup>th</sup> May 2022. Tagore was a revolutionary poet, who penned our national anthem. He was a recipient of the Nobel Prize in Literature and his contributions are invaluable in a variety of subjects including literature, art, politics and music. The aim of the competition was to make the volunteers aware about the life and times of a man who is an important part of India's independence and history. **Poster of the Event:**



## Face Painting under World Technology Day

National Service Scheme, Indraprastha College for Women organized a Face Painting Activity under World Technology Day. The volunteers were free to explore their creativity and share their photos or videos via Google Form.

## Poster of the activity:



### **Entries Received:**



### **Centenary Celebrations of University of Delhi 2022**

On Sunday, May 1 2022 University of Delhi completed 100 years of academic excellence and celebrated this glorious occasion with the presence of the Hon'ble Vice President of India and the Chancellor of University of Delhi , Shri M. Venkaiah Naidu, the Hon'ble Minister of Education and Minister of Skill Development and Entrepreneurship Shri Dharmendra Pradhan and the Hon'ble Vice Chancellor Prof. Yogesh Singh.

The event started with the National Anthem and followed up with a cultural program. A dedicatory coin was released on the event alongside a memorial centennial stamp, memorial century volume and the Delhi University Undergraduate Curriculum Framework-2022 (Hindi, Sanskrit and Telugu renditions). The century website was inaugurated and the designer of the centennial logo of DU, Kritika Khinchi was congratulated. Kritika is presently pursuing her graduation in Gargi College.

A total of twenty-five members from the College community including faculty and students attended the programme in person led by the Principal, Prof. Babli Moitra Saraf. The Program was spectacular and one of a kind.

### **Logo Of The Event:**



### Glimpses of the event:



(The Centenary Celebration Coin)

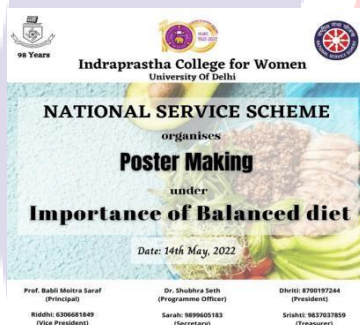


(The Principal of IP College along with faculty members)

### Balanced Diet Poster Making Activity

On 14th May 2022, National Service Scheme of Indraprastha College for Women organized a poster making activity on the topic 'Balanced Diet'. Volunteers were required to make posters that emphasize the need or the composition of a balanced diet. A balanced diet is an important aspect of being healthy and must be incorporated in our daily lives. Through this activity the volunteers learned the importance of a balanced diet and its benefits.

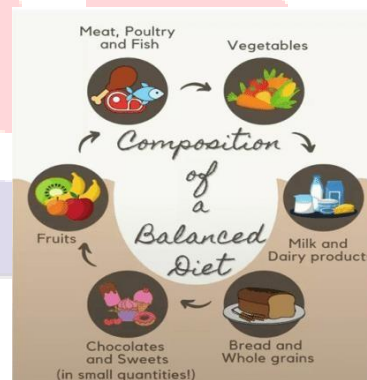
### Poster of the event:



### Glimpses of the event:



(Poster on importance of a balanced diet)



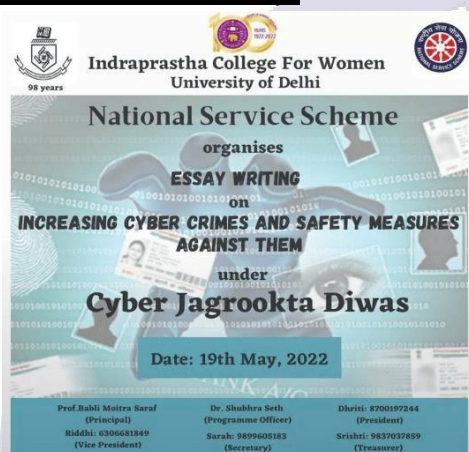
(Poster on components of a balanced diet)



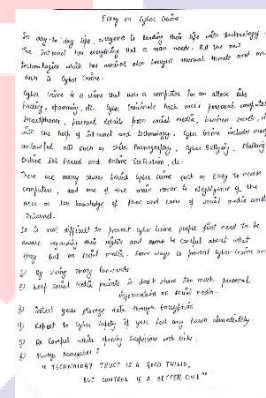
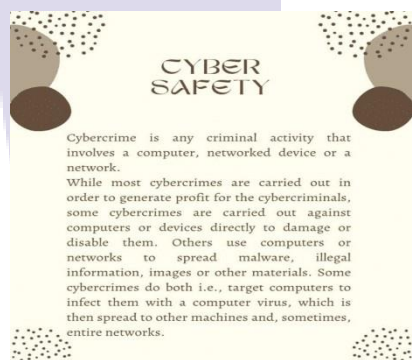
## Essay Writing under Cyber Jagrookta Diwas

National Service Scheme, Indraprastha College for Women organized an Essay Writing Competition under Cyber Jagrookta Diwas. Volunteers were required to write an essay on cybercrime and safety measures against it. As we are living in an era where social media presence is considered to be very important, it is prime to know as well as share the consequences that follow them.

### Poster for the activity:



### Entries received:



(An essay about how the Cyber World can be misused by people and what are various safety measures)

## Logo Designing Activity – Beti Bachao Beti Padhao Yojana

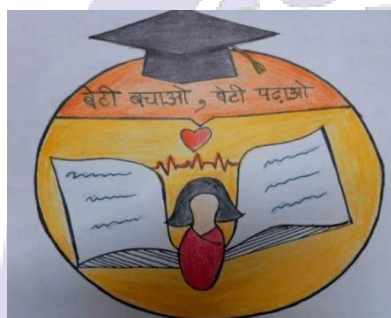
Under the aegis of Beti Bachao Beti Padhai Yojana, the National Service Scheme unit of Indraprastha College for Women, University of Delhi, organized a Logo Designing Activity on 2nd June 2022. This scheme, as launched by our Hon'ble Prime Minister, aims at empowering girls by providing them education. The motive of organization of this activity was to raise awareness about the same by designing logos.



### Poster of the Event:



### Entries received:



### Slogan and Poster Making Activity under World Environment Day

The National Service Scheme organized a Slogan Writing and Poster Making activity under World Environment Day. The aim of this activity was to raise awareness about degrading environmental conditions and to encourage the volunteers to take positive environmental actions, to help create a better future. The activity helped the volunteers to focus on the need to live sustainably in harmony with nature, and our possibilities for shifting to a greener lifestyle through both policies and individual choices.

### Poster of the activity:



### Glimpses of the activity:



(Creative poster designed by a volunteers on the World Environment Day)

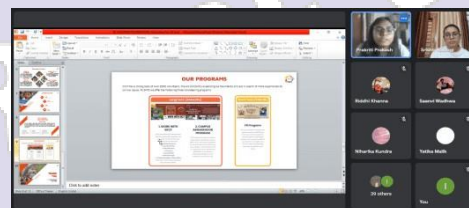
### Webinar on Education for All

The NSS Unit of Indraprastha College for Women in collaboration with an NGO that works for underprivileged children- SK Children Foundation organized an interactive session on Education for All on 15 June 2022. The session was attended by a total of 46 volunteers. Srishti Rastogi, the Treasurer of NSS, IPCW started the session by introducing the NGO and welcoming the speaker- Ms. Prakriti Prakash. Through her presentation, Ms. Prakriti, the content head of the organization, discussed education as a basic need, rather than a privilege. Moving further, she told about the founder and how the organization was started. Then, she discussed the various projects that the organization is working on like Project Udaan, Project Sarvashiksha, etc. She discussed how SK Foundation, with an equal emphasis on education and extra-curricular activities, has impacted more than twenty thousand lives. Additionally, she also discussed in detail the volunteer programs at their organization. Towards the end, Ms. Prakriti took up questions from the volunteers. Srishti Rastogi ended the session with a thank you note.

### Poster of the Event:



### Glimpses of the Event:



(Ms.Prakriti discussing the wide horizons of the NGO) (The speaker sharing the internship programme)