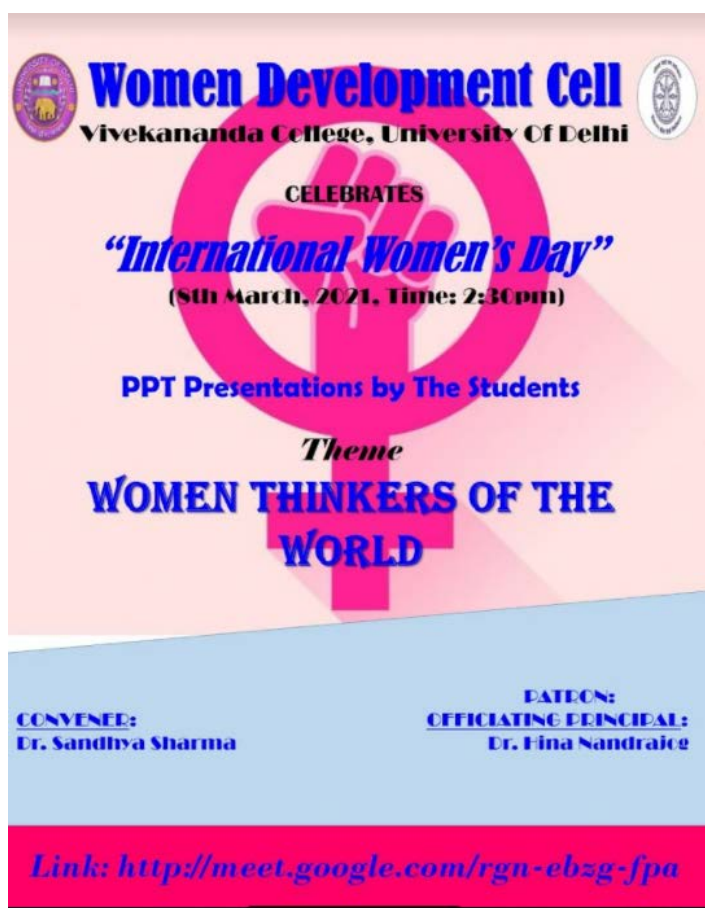


Institution celebrates / organizes national and international commemorative days, events and festivals

Reports

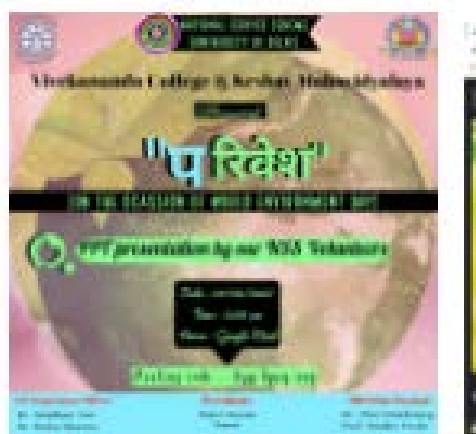
1. **International Women's Day** was celebrated by WDC, SOCDC and the Political Science Department by organizing various events and lectures. Two students each, from the Departments of Commerce, English, History and Political Science, were selected to prepare and present power point presentations on great women thinkers of the world. The event began on Monday, 8 March 2021, at 2.30 p.m. on Google Meet with the link <http://meet.google.com/rgn-ebzg-fpa>. The event was attended by around 80 students and was a success in terms of sharing of knowledge and information regarding influential women thinkers from all over the world. It was a team work by Sandhya Sharma as Convener and Sunita, Anchala Paliwal, Chaandreyi Mukherji and Shikha Garg.



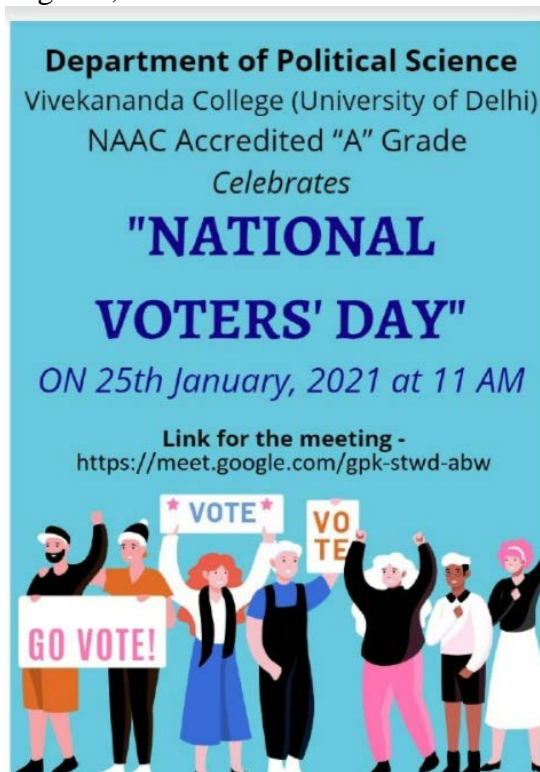
2. **World Environment Day** (organized by EVS and NSS): The environment is where we all meet, where we all have a mutual interest, it is the one thing all of us share. NSS unit of Vivekananda College in collaboration with NSS unit of Keshav Mahavidyalaya presented परिवेश on the occasion of **World Environment Day**. It was organised on 5th June 2021 at 2.00PM on Google meets platform. World Environment Day aims to encourage awareness among people for the protection of the environment. Raising awareness on the environmental issues such as Marine pollution, human overpopulation, global warming, sustainable consumption, and wildlife crime. The theme for 2021 was "Ecosystem

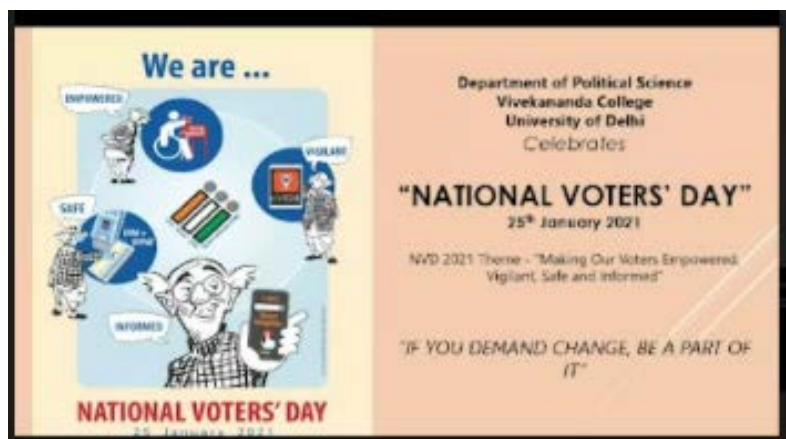
restoration". A thoughtful and enlightening video was also presented on the meet regarding the restoration of our ecosystem. The Powerpoint presentation was prepared by the volunteers and they presented the presentation with some beautiful images and the vision and objectives of the topics provided to them. The topics that were included are the projects initiated by the government to conserve the environment (Swachh Bharat abhiyan, Green skill development, Project tiger etc). Volunteers also talked about the three R's (Reduce, Reuse and recycle). Environmental movements are the social and political movement for the conservation of the environment for the improvement of the state of the environment. Volunteers also talked about various environmental movements i.e. Narmada bachao andolan, Chipko movement, Tehri dam conflict, save silent valley movement etc. 89 participants attended this event.

THIS EVENT



3. **National Voters' Day** (Political Science Dept.): On National Voter's Day, the department organized a Quiz competition for students on the theme "Making our Voters Empowered, Vigilant, Safe and Informed".





4. **World Mental Health Day** (Applied Psychology Dept.): The Department of Applied Psychology, Vivekananda College, University of Delhi organized an online event on the 10th of October 2020, on the occasion of World Mental Health Day. The event was called “MEHEAL 2020” and it both, an abbreviation for Mental Health for all and a word play at Me-heal which meant self-healing. It was conducted on the online platform **Google meet** and live streamed on **Youtube**. The event featured several panel discussions and speakers enlightened the attendees about the challenges in their respective fields and how they cope with them, with a special emphasis on the importance of mental health.



5. **Menstrual Hygiene Day** (NSS): NSS unit of Vivekananda College University of Delhi organized "TRIAZEM" - a **short film screening**. The event was organised on 28th May'21 on the occasion of menstrual hygiene day. The main idea behind marking this day is to change the social stigma associated with menstruation. The date May 28 was chosen to observe the day because on an average the menstrual cycle for most women is 28 days and the menstruation period for most women is for five days. Hence, the date was kept as 28/5. Film screening was a great idea to convey any social message to the society through visuals

and to create awareness regarding the same. Two movies were presented and the platform was Google meet. One of them was "Period end of sentence" and the second one was "First period". Period end of sentence is a short documentary movie that follows a small group of women leading a quiet sexual revolution and they learn how to operate a machine that makes low cost, biodegradable sanitary pads. The movie conveys a social message, supports and empowers the women to shed the taboos in India surrounding menstruation.

After the movies were screened a small discussion round also took place in which girls shared their experiences during the cycle. We all know that there are some myths and taboos which are prevailing in our society and that need to be broken down so some of them were also discussed there. A healthy discussion in which some misconceptions were also talked about and the stigma that the society attaches to the menstruating women. What all hygienic practices that need to be maintained during the cycle were also discussed. There were 60 participants in the event.



6. **World Ozone Day** (Garden committee and NSS): On the occasion of WORLD OZONE DAY NSS unit Vivekananda College University of Delhi organized an intra-unit poster making competition on 16th September 2020. Handmade as well as digital posters were made by students. An intra-unit poster making competition was organized. The main focus was to create awareness regarding ozone day and the importance of ozone layer as earth without ozone is like a house without roof. As umbrella protects us from rain, ozone protects the earth from sun. The main focus was to create awareness regarding ozone day and the importance of ozone layer as earth without ozone is like a house without roof. Ozone is not just a layer but a protector. Students made such attractive posters with slogans and facts written on them. We received 9 entries and top three rank holders were there. GO GREEN..GO GENIUS !, STAMP THE CARBON,STAND TALL AND STITCH THE OZONE LAYER.

LAYER.



7. **World Rivers Day:** On the occasion of WORLD RIVERS DAY an online quiz competition RIVIÈRE was organised by NSS Unit Vivekananda College University of Delhi on 27th September 2020. The theme of the competition was HOW WELL DO YOU KNOW THE RIVERS OF THE WORLD. Different questions related to rivers were there not only of indian rivers but also of the world. 33 participants were there and quiz was conducted on Google forms. There were three rank holders. E-Certificates were provided to all and merit certificates for the first three rank holders.

67% 1:04 pm

docs.google.com/forms

RIVIÈRE QUIZ

Questions Responses 33 Total points: 30

33 responses

Not accepting responses

Message for respondents

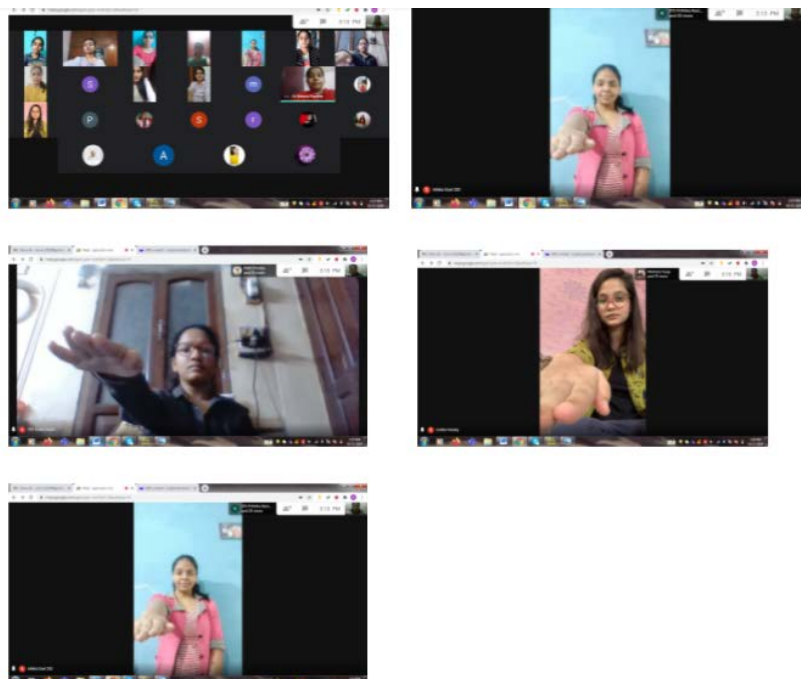
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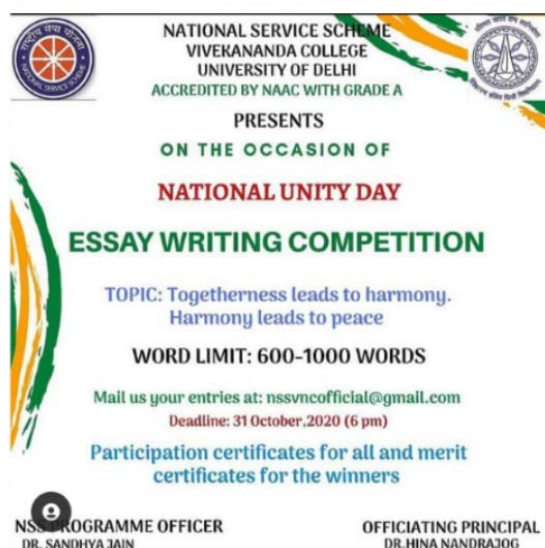
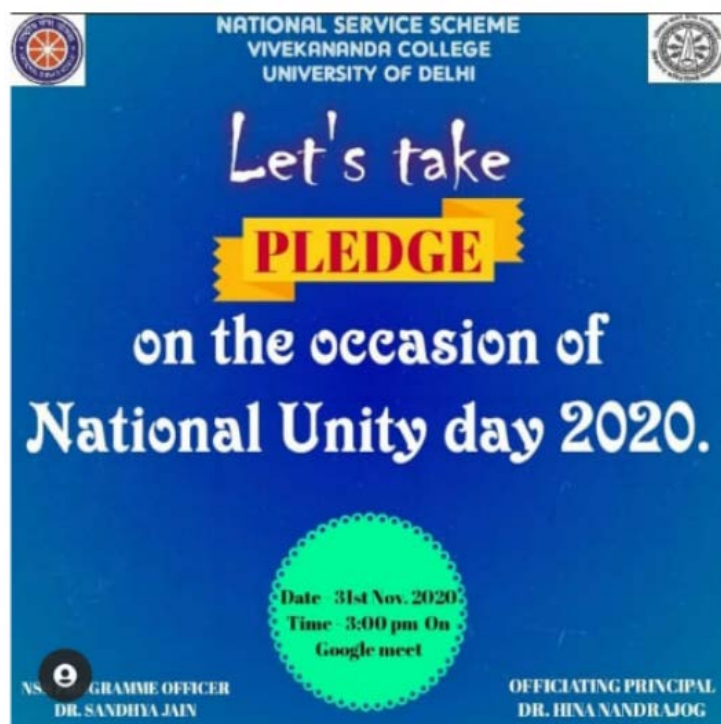
Summary Question Individual

ajaykumar30@gmail.com



8. **National Unity Day:** Rashtriya Ekta Diwas or National Unity Day is celebrated on 31st October every year since 2014 to mark the birth anniversary of Iron Man of India--Sardar Vallabhbhai Patel. This year marks the 144th birth anniversary of the freedom fighter and an ace politician. Sardar Patel played a major role in the integration of India (Ek Bharat) from over 560 princely states. To acknowledge his efforts in uniting the nation, India celebrates National Unity Day or Rashtriya Ekta Diwas on his birth anniversary. NSS unit Vivekananda College organised a pledge session on this occasion on the Google meet platform and 24 volunteers took part in this.





9. **Vigilance Week:** To observe this week (27th October to 2nd November 2020) NSS conducted various activities with zeal and enthusiasm. Students took a pledge for vigilant and prosperous India- Satark Bharat, Samriddh Bharat.

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents

"TALK SESSION"

On the occasion of "Vigilance Awareness Week 2020"

"सतर्क भारत समृद्ध भारत"

PPT Presentation by NSS Volunteers

Meeting Code : iqr-myvp-pix

Date: 29/10/2020
Time: 4:00pm
Venue: Google meet

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents

"Observance Of Vigilance Awareness Week"

27th October 2020
PLEDGE

29th October 2020
Talk session

31 October 2020
Quiz

1st November 2020
Debate

2nd November 2020
Webinar

PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Let's take

PLEDGE

For "Vigilant India Prosperous India"

Date: 27/10/2020
Time: 5:00 pm
Venue: Google meet

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents

“VIGILANCE”

An online quiz competition on 31st Oct 2020 at 5:30 pm.
Deadline for registration - 29th Oct. 2020(4 pm)
Merit certificates for the winners.

Theme “सतर्क भारत समृद्ध भारत”

Registration link <https://forms.gle/PEF5aQRCXsBuzt49>

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents

“TALK ÀTHLON”

An online debate competition on 1st November 2020 at 4pm on Google meet.
Deadline for registration - 31st Oct.2020 (11 am)
Participation certificates for all and merit certificate for the winners

Theme - “Vigilant India Prosperous India”

Registration link <https://forms.gle/UX6fRk3D8IqWPPRJA>

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents

“WEBINAR”

Theme - Vigilant India Prosperous India

Speaker - Mr. Harsh Deep Srivastava
Chief Vigilance Officer, Prasar Bharti

Participation certificates for all.

Registration link <https://forms.gle/rTFe2Xond2zmsxwudf>

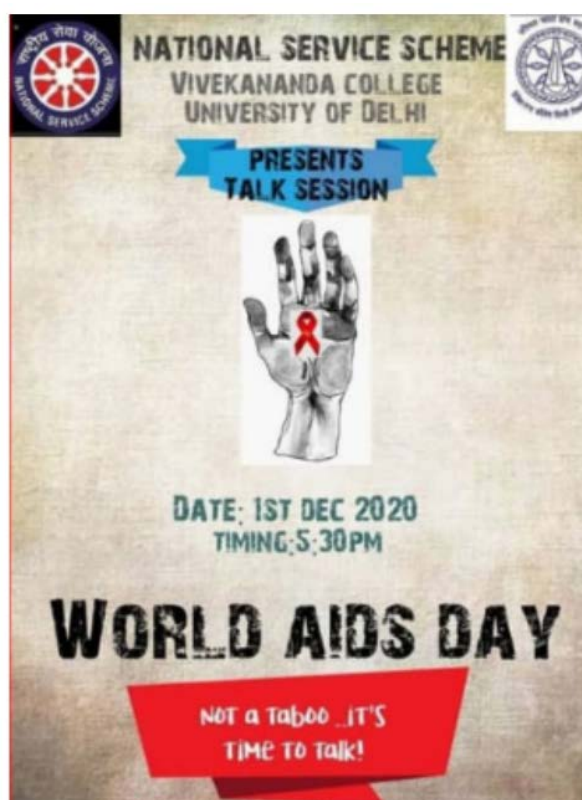
Date: 02.11.2020
Time: 12:00 pm
Venue: Google meet

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

10. **World AIDS Day:** World AIDS Day takes place on 1 December each year. It’s an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related

illness. Founded in 1988, World AIDS Day was the first ever global health day. On this occasion talk session took place on 1st December 2020 at 5.30 PM on Google meets platform. Volunteers of NSS presented various slides on different topics and discussed about the causes. There were various topics like why the day is important, what can we do, different fundraising organisation, what is the significance of Red ribbon etc. Awareness among the students were created from the talk session. 71 participants were there.



11. **National Youth Day:** On the occasion of National Youth Day NSS Unit Vivekananda College, University of Delhi organised Adhyयन a series of events from 5th January-12th January 2021.

- You cannot believe in God until you believe in yourself. On the first day of Adhyयन (5th January 2021) Quiz competition was organised and the theme was "LIFE AND TIMES OF SWAMI VIVEKANANDA". 107 students participated in the quiz and it was held on Google meets platform.
- Do one thing at a Time, and while doing it put your whole Soul into it to the exclusion of all else. On the second day (6th January 2021) Poster Making Competition was organised and the theme was "ARISE, AWAKE AND STOP NOT TILL THE GOAL IS ACHIEVED". Only handmade posters were allowed. We received 17 entries for Poster Making Competition.

- Strength is life, weakness is death. Expansion is life, contraction is death. Love is life, hatred is death. On the third day (7th January 2021) Article writing competition was organised and the theme was "THEY ALONE LIVE,WHO LIVE FOR OTHERS". The participants could write article in either English or Hindi medium. The article has the word limit 600 to 900. We received 29 entries for article writing competition.
- Take risks in your life, If you win, you can lead! If you loose, you can guide! On the fourth day (9th January 2021) OPEN MIC an online poetry competition was organised and the theme was "THE GREATEST SIN IS TO THINK YOURSELF WEAK". The poetry should be self-made and it could be in Hindi or English. It was held on Google meets platform. We received 63 registrations for poetry competition.
- All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark. On the fifth day (10th January 2021) Debate Competition was organised and the theme was "SCIENCE FOR PEACEFUL PURPOSES AND PROGRESS OF MANKIND". Participants can speak either for the motion or against the motion. It could be in Hindi or English. We received 67 entries for debate competition.
- Talk to yourself once in a day, otherwise, you may miss meeting an excellent person in this world. On the sixth day (12th January 2021) a Webinar was organised and the theme was "SHAPING A YOUNG INDIA : THE ETERNAL IDEAS OF SWAMI VIVEKANANDA". The guest speaker of the day was Mr. Sharad Vivek Sagar, the founder and CEO of dexterity global, internationally awarded social entrepreneur, enlisted in 2016 Forbes 30 under 30. We received 312 registrations for webinar but due to limitation of google meet only 100 participants were able to attend this webinar.

National Service Scheme
Vivekananda College
(University Of Delhi)

ON THE OCCASION OF "NATIONAL YOUTH DAY"
Presents Adhyan "A series of events"

- 1. Quiz Competition**
on 5th January 2021
- 2. Poster Making Competition**
Submission starts from 6th January 2021 till 9th January 2021
- 3. Article Writing Competition**
Submission starts from 7th January 2021 till 11th January 2021
- 4. Open Mic** on 9th January 2021
- 5. Debate Competition** on 10th January 2021
- 6. Webinar** on 12th January 2021

#E- CERTIFICATES WILL BE PROVIDED TO ALL#

PROGRAMME OFFICER
DR. SANDHYA JAIN
Mail us for any query : nssviveofficial@gmail.com

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG



NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE
ACCREDITED BY NAAC WITH 'A' GRADE

Organises
Adhyan
Day 1
Quiz
Competition


Theme: Life and times of Swami Vivekananda
DATE: 5TH JANUARY 2021
Time - 6:00 P. M.
Registration link : <https://forms.gle/xgvqgX1d1D1H1pwbJS>

■ Merit certificate for the top 3 winners ■

NSS Programme Officer
Dr. Sandhya Jain

Officiating Principal
Dr. Hina Nandrajog





National Service Scheme
Vivekananda College (DU)
Accredited by NAAC With 'A' Grade

Organises
Adhyan
Day 2
Poster Making Competition

Theme: Arise, awake and stop not till the goal is reached

- Only handmade posters are allowed
- Submit your entries at - nssvncofficial@gmail.com
from 6th Jan 2021 to 9th Jan 2021 (till 11:00 P. M.)

E-certificate for all the participants #
Merit certificate for the top 3 winners #
Appreciation post and shout out at our social media handles

NSS Programme Officer
Dr. Sandhya Jain

Officiating Principal
Dr. Hina Nandrajog



National Service Scheme
Vivekananda College (DU)
Accredited By NAAC with 'A' Grade



Organises

Adhयन

Day 3

Article Writing Competition


Theme: They alone live, who live for others

- Article can be in Hindi or English
- Word limit 600 to 900
- Submit your entries at -
nssvncofficial@gmail.com
from 7th Jan 2021 to 11 Jan 2021
(till 4:00 P. M.)


E- Certificate for all the participants #
Merit certificate for the top 3 winners

Nss Programme Officer
Dr. Sandhya Jain

Officiating Principal
Dr. Hina Nandrajog



National Service Scheme
Vivekananda College (DU)



Organises

Adhयन (Day 4)

OPEN MIC

(An online poetry competition)

Theme : The greatest sin is to think yourself weak

1. Last date of registration : 8th January 2021 (11:59pm).
2. Poetry should be self made.
3. It can be in Hindi or in English.
4. Merit certificates for the winners and certificate of participation for all.

Date : 9th January 2021
Time : 4:30 pm
Venue : Google meet

Registration link : <https://forms.gle/P7FS4EW6pHfYVNSQ9>

N. PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

National Service Scheme
Vivekananda College (DU)

Organises
Adhyan (Day 5)
Debate Competition

Motion - Science for peaceful purposes and progress of mankind

1. Last date of registration 8th January 2021.
2. It can be in Hindi or in English.
3. Participants can speak either for the motion or against the motion.
4. Merit certificate for the winners and participation certificates for all.

Date - 10 January 2021
Time - 4:30 pm
Venue - Google meet

Registration link : <https://forms.gle/sV9tPYKYi4QfzSud7>

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. RINA NANDRAJOG

National Service Scheme
Vivekananda College (DU)

Presents
ON THE OCCASION OF NATIONAL YOUTH DAY
Adhyan (Day 6)
"WEBINAR"

Theme : *Shaping a young India : the eternal ideals of Swami Vivekananda*

Mr. Sharad Vivek Sagar
The founder and CEO of Dexterity Global |
Internationally Awarded Social Entrepreneur |
Enlisted in 2016 Forbes 30 under 30 |

DATE : 12/01/2021
TIME : 2:00 PM
PLATFORM : GOOGLE MEET

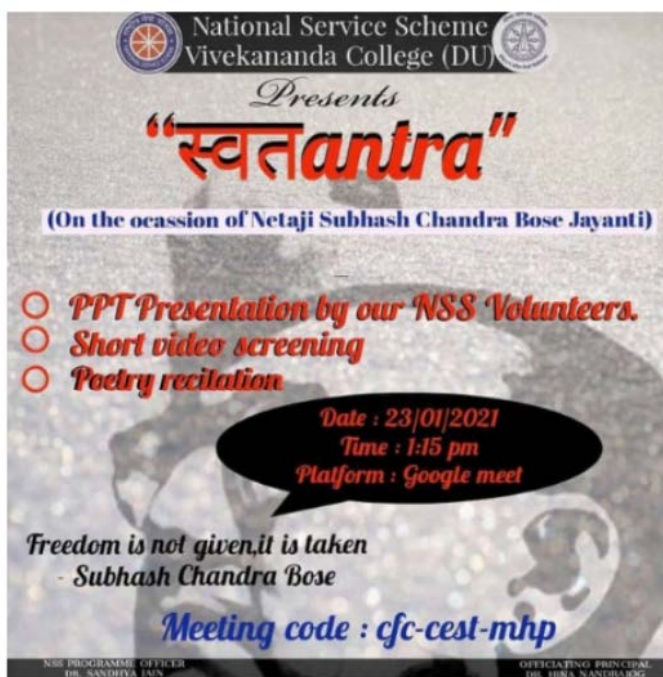
Registration link : <https://forms.gle/dupXGquvG9mP8zc9>

& Certificates will be provided to all

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. RINA NANDRAJOG

12. **Birth anniversary of Subhash Chandra Bose:** An event-Swatantra was organized which comprises of three events- Presentation making, Short video screening on his life and Poetry recitation. Remembering India's great patriot and iconic hero of our freedom struggle, Netaji Subhash Chandra Bose on his 125th Birth Anniversary. NSS unit of Vivekananda college, Delhi University organised **स्वतंत्रता** on 23rd January 2021. It comprises up of three events which included PPT Presentation on Subhash Chandra Bose and his life. A Short Video screening on his life and Poetry Recitation was also there. The event took place on Google meets platform at 1.15 PM.



13. **Road Safety Month:** The Road Safety Week happened across India from 11th January 2021 to 17th January 2021. It was the 32nd road safety week that was being observed. The one-week long initiative across the subcontinent aims at making the streets safer. Many methods of spreading awareness will be implemented to ensure that India's roads can edge closer to becoming a completely accident-free zone. Volunteers of NSS unit Vivekananda College University of Delhi organised an awareness campaign from 11th January 2021 - 17th January 2021.

- On the Day 1 - Pledge regarding Road Safety was taken by NSS volunteers. सड़क सुरक्षा जीवन रक्षा। It was organised on Google meets platform at 6 PM. 62 participants were there.
- On Day 2 - Public awareness regarding traffic rules.
 - --Necessary to wear helmet while riding
 - --Not to use mobile phones while driving
 - --Speed limits
- On Day 3 - How to reduce road accidents ?
 - Do not drink and drive. If you go out and plan for party always use a designated driver or a ride service.
 - Weather conditions can play a major factor in car accidents. To avoid accident, don't drive in rain
 - To prevent a road accident, always look for sign and obey the proper right-of-way before you make a turn.
- On Day 4 - How to improve road signs ?
 - The Safety edge is a simple engineering solution that can help save lives.

- Reduce traffic speeds, build complete streets, dedicate spaces for pedestrians, use data to detect problem areas.
- On Day 5 - Improve public transport
 - Create customer oriented and efficient public transport system for the entire urban area with reliable and high quality services.
 - Change the overall image of public transport by using new technologies and providing new types of services.
- On Day 6 - Speed limits for vehicles
 - Speed limits in India vary by state and vehicle type.
 - The M1 category includes most passenger vehicles that have less than 8 seats.
- On Day 7 - Measures to address risky behaviour
 - Develop the right attitude about driving, always wear your safety belt.

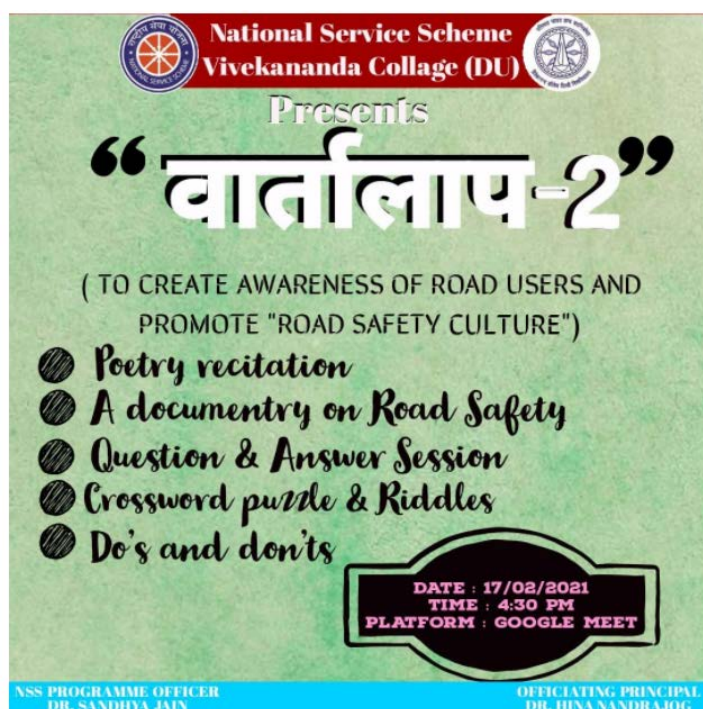
Volunteers made posters to spread awareness and posted them on social media handles. 73 volunteers actively participated in the drive.



NSS unit Vivekananda College University of Delhi presented वार्तालाप 2 to create awareness of road users and promote road Safety culture. The event took place on 17th February 2021 on Google meets platform at 4.30 PM. Volunteers of NSS participated actively in वार्तालाप.

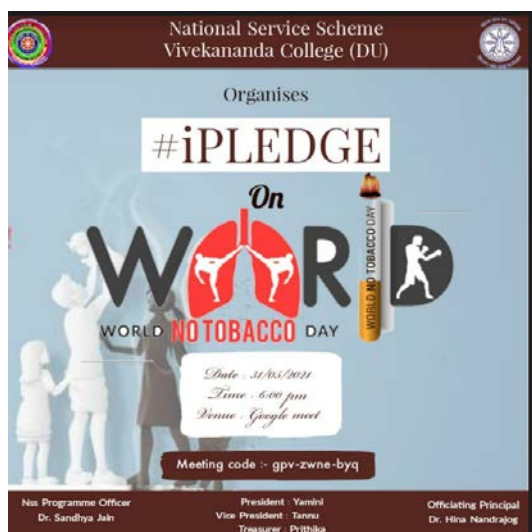
Poetry recitation was also there as volunteers recited poems. A documentary on road safety was also there. Many methods of spreading awareness will be implemented to ensure that India's roads can edge closer to becoming a completely accident-free zone. Question answer interactive session was also there. Public awareness regarding traffic rules. Necessary to wear helmet while riding, Not to use mobile phones while driving, Speed limits etc were

also discussed. Volunteers actively participated in this round and responded quickly. Crossword puzzles and riddles were also there. It was a tricky and hit round in which initially students took time to respond but later on they were able to respond quickly. It was a fun round. Awareness regarding do's and don'ts of road safety was also discussed among volunteers. In this everyone discussed about what all things we need to take care off and what things need to be avoided. 64 participants were attended this event



14. **Shaheed Diwas:** On the occasion of Martyrs day NSS Unit Vivekananda College University of Delhi organised TRIAZEM-2, a short film screening on 23rd march 2020 on Google meets platform. Film screening brings people together for discussion. The film that was screened was INQUILAB. The movie that was screened gave us an important message on martyr's. As the word Inquilab suggests long live the revolution. We all know that the word Inquilab Zindabad was the slogan used during the times of freedom. Poem recitation was also a sub event that was conducted, as poetry is the best way to express our feelings. Some volunteers presented their poetry regarding martyrs. After the movie was screened and the volunteers recited the poem a quick question answer round was conducted and a healthy discussion on martyr's took place where volunteers put forward their opinions and point of views. Total number of attendees were 39.
15. **World No Tobacco Day:** NSS unit of Vivekananda College University of Delhi organized pledge on the occasion of World No Tobacco Day. 31st May is observed as World No Tobacco Day. The day is observed to spread awareness about the harmful effects of tobacco on health. The campaign also tries to reduce the prevalence of diseases and deaths due to the consumption of tobacco. Spread love and not smoke. Volunteers of the unit took pledge to

say no smoke or use any tobacco and also will try to encourage people to quit smoking and stop using the tobacco products. 39 volunteers took the pledge to say no to this.



16. **Yoga Mahotsav:** In collaboration with NSS unit of Keshav Mahavidyalaya, NSS unit of our college organized Yoga Mahotsav from 7th June 2021 to 21st June 2021. Each day volunteers performed the different yoga asanas and discussed how to overcome diseases through yoga. Different webinars were organized like “Yoga beyond Asanas”, Yoga and Martial Arts and a two-day workshop on “Yoga for Holistic well-being” was also organized. Yoga happens beyond the mat. Anything you do by paying due attention to how you feel is doing yoga. Your body exists in the past and your mind exists in the future. In Yoga, they come together in the present. Under the guidance of Dr. Sandhya Jain, NSS Programme Officer of Vivekananda College, National Service Scheme (NSS) of Vivekananda College collaborated with Keshav Mahavidyalaya and organised **Yoga Mahotsav** from **7th June 2021 to 21st June 2021**. NSS volunteers participated in this Mahotsav and prepared presentation slides. The volunteers demonstrated the presentation on Google meet platform and several volunteers discussed the content given in ppt. The topics that were included in the PPT ranged from discussing particular diseases, signs and symptoms, risk factors and causes, food habits for the disease, warm up exercises, yoga asanas. Each day volunteers also performed the respective yoga asanas according to the disease discussed on that particular day and motivated others to do so.

7th June 2021	Hypertension (Day 1)
8th June 2021	Depression (Day 2)
9th June 2021	Asthma (Day 3)
10th June 2021	Sinusitis (Day 4)
11th June 2021	Diabetes (Day 5)
12th June 2021	Migraine (Day 6)
13th June 2021	Arthritis (Day 7)
14th June 2021	Thyroid (Day 8)
15th June 2021	Stomach disorder (Day 9)
16th June 2021	Back Pain (Day 10)
17th June 2021	Liver problems (Day 11)

NSS volunteers gathered information and performed different asanas for the particular disorder and generated awareness among the audience regarding the same.



The nature of Yoga is to share the light of awareness into the darkest corners of the body. **International Yoga Day** celebrates the physical and spiritual prowess that yoga has brought to the world stage. As a part of these celebrations under 'Yoga Mahotsav' the following events were conducted:

- A webinar "Yoga beyond Asanas" was organized on 18th June 2021. The guest speaker was Ms. Neha Bansal, a Yoga teacher and a mental health practitioner. The webinar was organised on Google meet platform at 4 PM. The resource person discussed that yoga is not a journey but a destination. She discussed Yoga-Chitta-Nirodh. 'Being kind to yourself and being honest to yourself' is the mantra she told students about. Volunteers also asked several questions as to how yoga can help in improving one's mood, how we can make our body flexible, and how yoga helps in concentration. She also discussed yoga, asanas, pranayama, breathing exercises, and meditation. Deep breathing, listening to light music, doing japa, chanting Om, could be some of the ways. A healthy discussion took place on this. She also recommended some books to read like Yoga Patanjali, Patanjali Yog by Swami Vivekananda etc. Deep breathing exercises were also performed during the session under her guidance and she also told about certain rules to be observed while performing these exercises.
- On 19th June 2021 a webinar was conducted on "Yoga and Martial Arts". The guest speaker of the webinar was Mr. Kyoshi Shaurya Shandilya, Yoga practitioner and a Karate teacher with 35 years of experience in Martial Arts. The webinar was organised on Google meet platform at 5 PM. He discussed the interrelatedness of yoga and martial arts. He also discussed the chakras and the nadis in the body. Volunteers also asked about his travel experiences in various parts of the world. He talked about the sense of alignment and the demonstrations of children with disabilities.
- On 20th-21th June 2021 a two-day workshop was conducted on "Yoga for Holistic well-being". The guest speaker of the webinar was Neeki Singh, International Yoga Coach, Director of ANS Trust. Warm up exercises, stretching exercises, daily practice yoga asanas were performed by the volunteers under the guidance of Ms. Neeki Singh. She also encouraged the students to perform some breathing exercises and Pranayama techniques. She discussed the importance and benefits of techniques

17. International Day Against Drug Abuse And Illicit Trafficking: NSS unit with NSS unit of Delhi Technological University presents "Ummed"- a series of events on the occasion of International day against drug abuse and illicit trafficking.


- On 26th June'21: Drug usage being glorified is one of the major reasons people fall into the vicious cycle of drug use. So to make the students aware of the same cause a movie was screened for the students on Google meet platform at 4:30 PM. The movie shows that inner strength and one's determination plays an important role above any addiction. There were 68 participants in this event.

- On 28th June'21 Vaartalap (a general talk Session) was organized. In the session, there were poetries, riddles, questions and answers, myths busting sessions. The volunteers participated in this talk Session and talked about the various reasons one falls into the pit and how they would help someone to come out from this vicious cycle. There were 80 participants in this event.
- On 30th June'21 Tark (Group discussion) was organised. The theme of the group discussion was don't fall into the trap of death. In this group discussion every volunteer participated and put forward their perspectives and viewpoints about drug abuse. Also how can they be aware of the people? There were 43 participants in this event.
- On 2nd July'21 Storytelling competition was organised. The theme of the competition was drugs are the enemies of ambition and hope. The participants had to mail their own entries and the participants were also selected for the next round. E-certificates were also given to the participants.
- On 9th July'21 a webinar was organised. The theme of the webinar Drugs- the destroyer of one's conscience. The guest speaker of the webinar was Mr. Suneel Vatsyayan (founder of nada India foundation, Karamveer Chakra awardee, Rotary Vocational service award). The webinar took place on Google meet platform at 4 PM. He discussed various means through which one could be involved in such abuse, how to overcome this etc. 111 participants attended this webinar.


National Service Scheme
(Vivekananda College)
 in collaboration with
National Service Scheme
(Delhi Technological University)
 presents

॥ म्मीद एक दिवस
 (On the occasion of International Day Against Drug Abuse and Illicit Trafficking)


Addiction Makes Good People Do Terrible Things

Yamini (President) Dr. Sandhya Jain (NSS Programme Officer)





॥ म्मीद एक दिवस
 26 June to 04 July, 2021


Film Screening
 4:30 PM
 Saturday, 26 June, 2021


Addiction Makes Good People Do Terrible Things

Yamini (President) Dr. Sandhya Jain (NSS Programme Officer)





॥ म्मीद एक दिवस
 26 June to 09 July, 2021

" Webinar "
 Theme : Drugs - A destroyer of one's conscience


Mr. Suneel Vatsyayan
 (Founder of the Nada India Foundation,
 Karamaveer Chakra Awardee,
 Rotary Vocational Service Award)

4:00 PM, Friday, 9 July, 2021

Registration Link : <http://bit.ly/3xNqSrk>

Note : E-Certificates will be provided to all.

Yamini (President) Dr. Sandhya Jain (NSS Programme Officer)