



विवेकानन्द कॉलेज
VIVEKANANDA COLLEGE

(दिल्ली विश्वविद्यालय)
(UNIVERSITY OF DELHI)

विवेक विहार, दिल्ली-110095
VIVEK VIHAR, DELHI-110095

GRADE 'A' ACCREDITED BY NAAC

VIVEKANANDA COLLEGE

UNIVERSITY OF DELHI

SUPPORTING DOCUMENTS FOR 3.4.3 (2020-21)

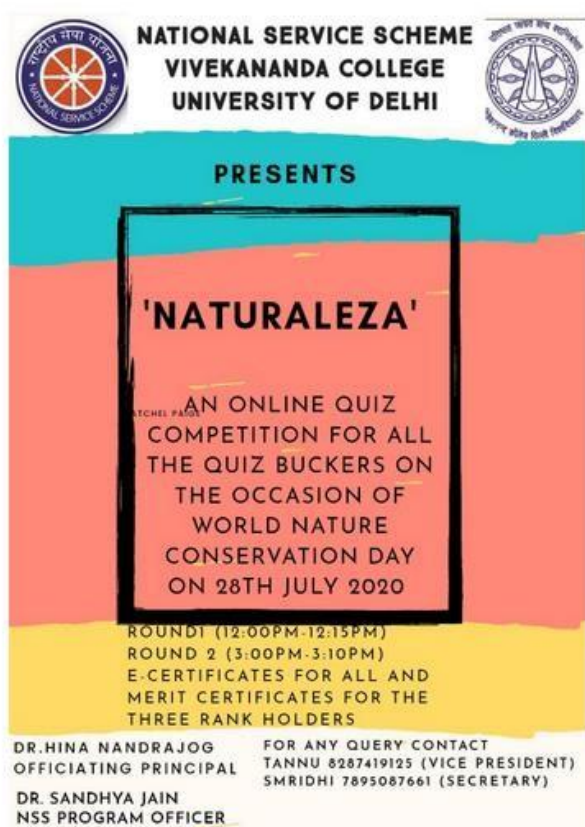
The supporting documents for Metric No. 3.4.3 have been uploaded on the college website.

S. No.	Organizing committee	Page no.
1	NSS, Vivekananda College	1-55
2	Social Outreach and Community Development Committee	56-65
3	IQAC, Vivekananda College	66-71
4	WDC, Vivekananda College	72-75
5	Department of Applied Psychology	76-77
6	Gandhi Circle Study committee	78
7	Vivekananda Committee	79-81

Events organized by NSS Vivekananda College

Online Quiz competition On Conservation of nature
By
NSS, Vivekananda College

An online quiz competition NATURALEZA was conducted by National service scheme Vivekananda College Delhi University on the occasion of WORLD CONSERVATION DAY using Google quiz platform on 28th July 2020. An online registration link was generated on 19th July 2020 and we received **189 Registrations**. Awareness regarding quiz competition was created through digital poster's. Students from various universities and colleges participated in this. There were two rounds i.e. Round 1 about nature from 12PM-12.15PM and Round 2 about conservation efforts from 3PM-3.10PM. Round 1 has 45 questions followed by Round 2 and it has 30 questions. There were 17 students who qualified round 1 and made it to round 2 out of which three students begged merit ranks. E-Certificates were provided to all.



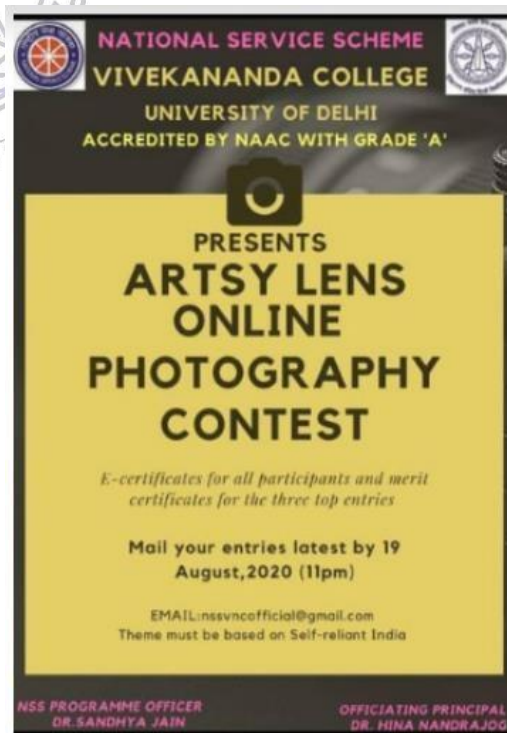
Atma Nirbhar Bharat**by****NSS, Vivekananda College****Online Quiz competition (Independence Movement and Self Reliant India)**

August 15, 1947 was a Red letter day in the history of India, when the country got her freedom. On the occasion of 74th Independence Day, an online quiz contest was organized by National service scheme Vivekananda College, Delhi University based on the theme of ATMA NIRBHAR BHARAT. An online link on the platform of Google Meet was generated.

18 Students from our NSS unit participated in this event and questions were based 'Independence movement' and 'Reliant India' as the mindset of the youth should focus on Vocal for local. Students also made posters based on the respective themes and awareness was created through various social media handles. Self-Reliant, Self-Sufficient, Self-Standing, Self-Supporting ... that the India of our dreams.

Online photography contest

An online photography contest ARTSY LENS was organized by National service scheme, Vivekananda College, University of Delhi based on the theme of SELF RELIANT INDIA. Posters were made to create awareness about the same and social media handles were also updated respectively. The contest was open to both phone and camera photographers, basic editing was also allowed. It was a creative event at which the participants got an opportunity to capture anything based on self reliant India. We received 18 entries from different colleges and amongst them three top entries for merit were selected. E-Certificates were provided to all and merit certificates for the three rank holders.



Webinar on New Education Policy : The Way Of Future

by

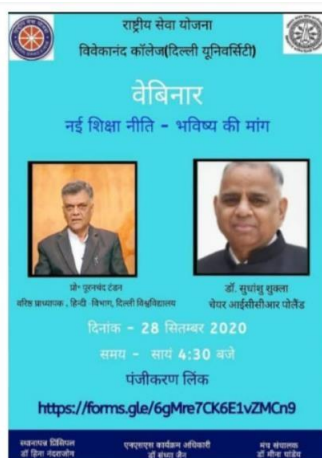
NSS, Vivekananda College

AN INVESTMENT IN KNOWLEDGE PAYS THE BEST INTEREST.....

“Its heartening that the National Education Policy has not raised concerns of bias. Every country reform its education system according to its national values and goals. The end goal is to make sure its youth is future-ready”- PM Narendra Modi

The New Education Policy 2020 seeks to introduce and implement a sea of changes across all levels of education in India, including the essential understanding of education in the country. For better clarification about NEP, Ministry of Education conducted a Webinar on creating awareness for national education policy -2020 on 16 Sep. **12 volunteers** of NSS unit of Vivekananda College attended this webinar and enhance their knowledge regarding NEP-2020. Under the NEW EDUCATION POLICY, NSS unit of Vivekananda College University of Delhi organized a discussion on 27th September 2020 at 4PM on Google meet platform where **45 volunteers** and teachers discussed about the different aspects of NEP and how they would be benefited from it, reforms in structure and curriculum of school and college, changes in pattern of examinations and focus on multilingualism in schools as one the biggest changes. NEP seeks to bring about is a focus on languages in schools. New Education Policy a new chapter. A webinar was also organized under the NEP 2020 as NEW EDUCATION POLICY: THE WAY OFFUTURE on 28th September 2020, Monday on Google meets platform at 4.30 PM. Professor Puranchand Tandon, Department of Hindi, University of Delhi and Dr. Sudhanshu Shukla, Chair of ICCR (Poland) were invited as the speakers of the event. Several things were discussed like How is it different from the previous policy, changes done in policy, reforms NEP aims to bring about and how does it seek to change the landscape of Indian learning. The new policy is based on the pillars of access, equity, equality, affordability and accountability will transform India into a vibrant knowledge hub. **93 participants** attended this webinar.

Dr. Kalam, “The purpose of the education is to make good human beings with skill and expertise. Enlightened human beings can be created by teachers.” Therefore, changes in New Education Policy are a major way to provide the nation better students, professional and better human beings.



Fit India movement

by

NSS, Vivekananda College

If the body is fit, then mind is a hit!

Fit India movement a nationwide campaign to encourage people to remain healthy and fit by including physical and sports in their daily lives. Under this movement NSS volunteer spread awareness regarding the importance of fitness through posters, which were posted on social handles. A series of contest was organized by our volunteers from 6th September onwards.

- Day 1 An online quiz competition NUTRICAQ was organized on 6th September 2020 based on the theme of NUTRITION. Let food be the medicine and medicine be the food. We received more than **50 entries**.
- Day 2 An online poster making competition FISICO CARTEL was organized on 7th September 2020 based on the theme FITNESS IS THE WAY OF LIFE NOT A DESTINATION. We **received 25 entries** in this contest.
- Day 3 An online photography contest PICTURESQUE was organized 8th September 2020 based on theme of FITNESS IN THE TIME OF PANDEMIC. We received **5 entries** in this contest.
- Day 4 I.e. An healthy diet competition SALUTARE FAGITO was organized on 9th September 2020 in which the participants has to prepare any healthy snack and mention all the ingredients and their nutritional group as well as their benefits. It should be nutritious and the entries in the form of selfies along with prepared food item. We received **5 entries** in this contest
- Day 5 An article writing competition ARTICULO was organized on 10th September 2020. The theme was HOW PHYSICAL ACTIVITIES HELP US TO COPE WITH STRESS. Both the mediums English and Hindi were there and participants has to write in any one of them. We received **10 entries** in this contest.

Posters regarding the events were created to generate awareness regarding the contest of fit India movement and social media Handles were updated regarding the same. Entries were received from different colleges for the participation in certain events. Deadlines were set for the last registration. The results were declared on 20th September 2020. E-Certificates were provided to all and merit certificates for all the rank holders. Under this campaign a Webinar YOGA-A PATH TO HOLISTIC HEALTH was also organized on 19th September where Dr. Kush Panchal a yoga health guru, PHD in dhyanyog from Rishikesh and accomplished international yoga trainer discussed about the benefits of doing yoga and also explained some exercise to the students and motivated them to do yoga atleast half hour a day and maintain this as their habit. The webinar was organized on Google meet platform from 6PM - 7.30PM. More than 50 participants were there. Being healthy and fit is a lifestyle. Under this campaign NSS volunteers of our unit are also doing physical activities regularly which includes running, jogging, brisk walk, cycling, kite flying, yoga, zumba, aerobics etc. To keep themselves fit and healthy as well as motivating their families to do the same as a fit and healthy body is the new fashion Statement.



Online quiz competition on Indian Constitution

by

NSS, Vivekananda College

“So long as you don’t achieve social liberty, whatever freedom is provided by law is of no

avail to you” Dr. B.R. Ambedkar

To create awareness about our constitution, our rights and our duties, NSS Unit Vivekananda College University of Delhi organized an online quiz competition CONSTITUICAO on 5th October 2020 on Google forms. The theme of the contest was The Indian Constitution. We received **67 entries** in total. It was a time based quiz competition. E-Certificates were provided to all and merit certificates for the first three rank holders. Constitution is not a mere lawyer’s document, it’s a vehicle of life, and it’s spirit is always the spirit of age.

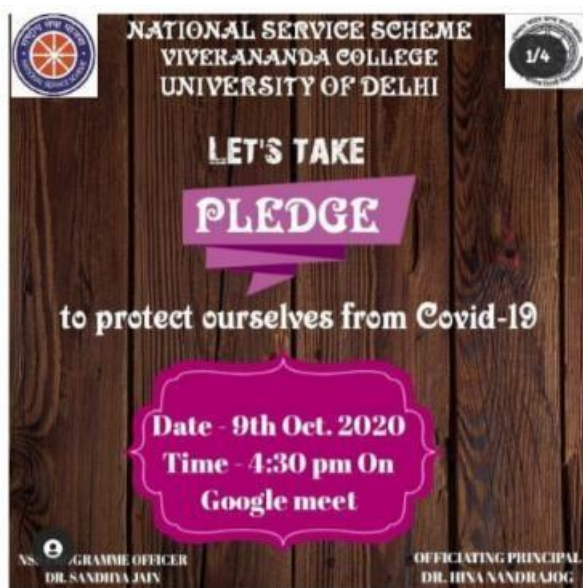


Pledge On COVID

by

NSS, Vivekananda College

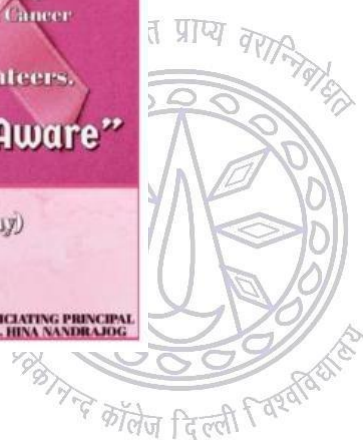
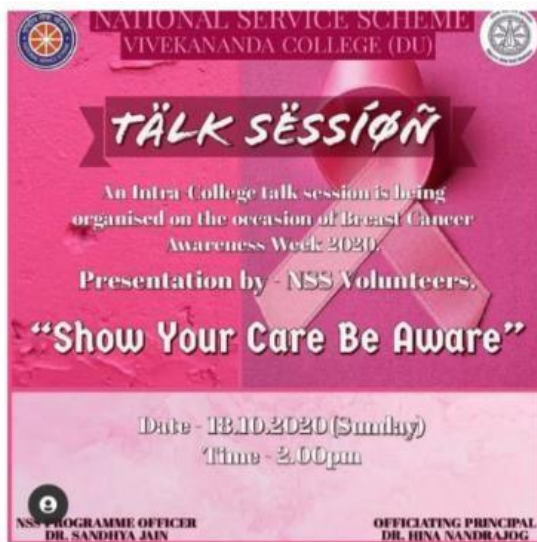
NSS Unit Vivekananda College, University of Delhi on 9th October 2020 at 4.30 PM decided to take a pledge to protect ourselves from COVID 19. There were total **23 volunteers** of the unit with coordinator and other teachers as well. Google meet platform was used. As we all know that COVID 19 is an infectious disease caused by a virus. Pledge was taken to take all necessary precautions to prevent the spread of the virus. The best way to prevent and slow down the transmission is to be well informed about the virus. Protect yourself and others from infection by washing your hands or using an alcohol based hand rub and not touch your face. Ensure that all the necessary precautions are taken. Social distancing to be maintained, not going out from their homes unnecessarily, proper sanitization after coming back from outside, wearing mask or cover the faces properly and Wash your hands thoroughly with soap and water are some key rules by which we can protect ourselves from COVID 19.



Talk Session on Breast cancer**by****NSS, Vivekananda College**

“Overcome through courage and strength!!”

A talk session was organized by NSS Unit Vivekananda College University of Delhi on 18th October 2020. The title of the talk session was SHOW CARE BE AWARE. The volunteers of NSS presented videos, PPT's regarding breast cancer. Some discussed the early signs and symptoms, causes and the curable measures for breast cancer. Volunteers also presented poems related to the topic. The aim of this talk was to create awareness regarding this disease and about its symptoms. 23 students and 3 teachers were participated.



Webinar on Stress Management

by

NSS, Vivekananda College

NSS UNIT Vivekananda College University of Delhi organized a webinar on Managing stress during tough times-dealing with online classes. The webinar took place on 26th October 2020 at 4.30 PM on Google meets platform. Gagandeep Kaur, Director of unique psychological services was the speaker of the webinar. As we all know that the coronavirus pandemic has become a norm and in order to adapt, schools across the country have switched to remote learning. Children have been asked to stay on track with their syllabus through an online learning model at home. This transition from classroom-based to online learning can be quite stressful for children as it is a change from their normal structure and they are not accustomed to the new way of learning. Due to stress, parents might start noticing behavioral changes in their children such as excessive arguments, refusals, opposition, defiance, or withdrawal. Discussion regarding the same took place and various ways to cope with stress were also talked. Students get to know about various coping strategies to deal effectively with their ongoing emotions and acknowledge their emotions. Also a survey was done that consists of demographic questions as well as different questions regarding stress to get a more deep insight regarding the same. There were questions regarding psychological, social, cognitive, physiological changes taking place during these tough times and how their sleeping and eating pattern is also affected. 63 participants were present in the webinar.

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

PRESENT

'WEBINAR'

Theme : Managing stress during tough times:
dealing with online classes

Gagandeep kaur
Director of Unique Psychological Services
Guest Lecturer at IILM University, Gurgaon
Works as a Graphologist for Indian Forensic
Organization (IFO)

Date 26.10.2020
Time 4:30 pm
Venue Google Meet

REGISTRATION LINK
<https://forms.gle/9SpZKLDV6c6oH6vx5>

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

3 Days Awareness Campaign on Diwali

by

NSS, Vivekananda College

An occasion to celebrate victory over defeat, light over darkness, awareness over ignorance, an occasion to celebrate life; On the occasion of Diwali NSS Unit Vivekananda College, University of Delhi organized a 3-day awareness campaign with various activities for the volunteers of the unit. The 3-day awareness campaign has different activities with the variety of themes and Sub-themes. Awareness regarding the campaign was generated through posters made by volunteers and later posted on the social media handles. The first theme of the campaign was "Be Vocal for Local" as our honorable Prime minister Mr. Narendra Modi focuses more upon "Vocal for local" to not just use domestically made products but also to promote them. Following the main theme, there were Sub-themes as well, which includes 'Usage of only Indian Diyas' and to use only indigenous products and handmade products for decoration (like Best out of Waste). Theme 2 was "Be Wise This Diwali by Saying No to Crackers" as all of us are very well aware about the amount of pollution and harmful gases released by these crackers and that pollute our environment and harm the air quality which later on takes upon the health of individuals. So keeping in mind all these factors, we wanted to promote a Green Diwali and a Safe Diwali for everyone. Theme 3 was to make everyone's diwali more happier - Bring a Smile: Donate. The campaign was held from 12th Nov-14th Nov. Volunteers of NSS participated in full-fledged enthusiasm and celebrated a happy safe Diwali. 12 volunteers participated in this awareness programme.

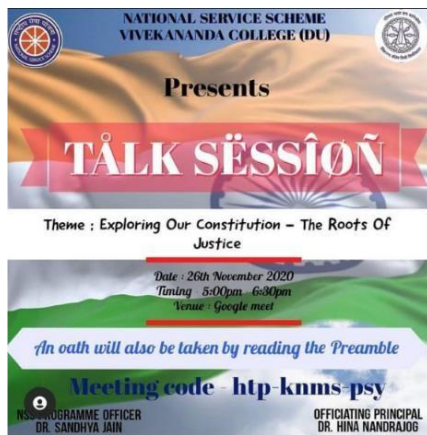


Power Point Presentation and Pledge
on Exploring Our Constitution-The Root of Justice

by

NSS, Vivekananda College

Cultivation of mind should be the ultimate aim of human existence - Dr.B R Ambedkar Constitution Day (or Samvidhan Divas), also known as National Law Day, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. A talk session EXPLORING OUR CONSTITUTION-THE ROOT OF JUSTICE was organized by NSS Unit Vivekananda College University of Delhi on the occasion of Constitution Day on 27th November 2020. Volunteers were provided with different topics to make presentations. Volunteers made power point presentation on various topics like what is Constitution, need for constitution in democracy, the constitution of India, organs of constitution, making of our constitution and many such topics like this. Volunteers presented their presentation, presenting their own slides and had a discussion about the same. 91 participants including two teachers took part in this. After the presentation, an oath of Preamble also took place.



Online quiz competition on Achievements and role of the Indian Navy**by****NSS, Vivekananda College**

"From ocean to sand I adore this land, No matter what happens, the Indian Navy won't be found resting" On the occasion of **Navy Day** on 5th Dec 2020, NSS Unit Vivekananda College, University of Delhi organized an intra quiz competition. Navy Day in India is celebrated every year to recognize the achievements and role of the Indian Navy to the country. Volunteers made posters regarding the Navy Day. Thereafter for the intra quiz competition awareness was created among the volunteers regarding quiz and then posted on social media handles. Volunteers participated in the quiz and E-certificates were provided to all.



Awareness on Human Right

by

NSS, Vivekananda College

On 10 December 2020, the NSS wing of Vivekananda College, University of Delhi hosted an online event for Human Rights Day. The event showcased amazing creativity by the NSS volunteers in the form of posters and poetry. To encourage the participants to widen their knowledge on the topic, a short quiz was also organized. In an initiative to raise awareness, volunteers prepared a video explaining different social situations and how the human rights are being exploited in them. The Talk Show was wrapped up with a pledge to follow, preserve and defend human rights and raise voice in case of anyone being deprived of them. There were 58 participants.

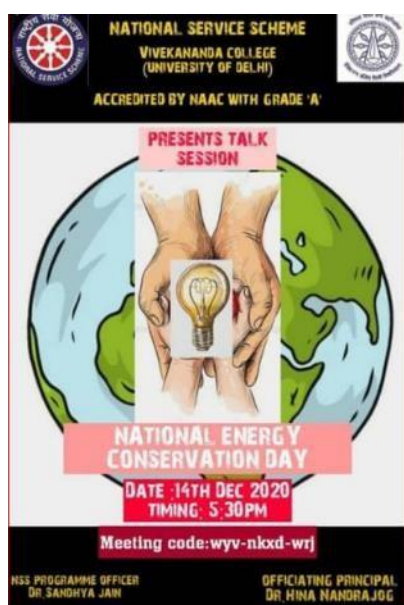


Talk Session on Energy Conservation

by

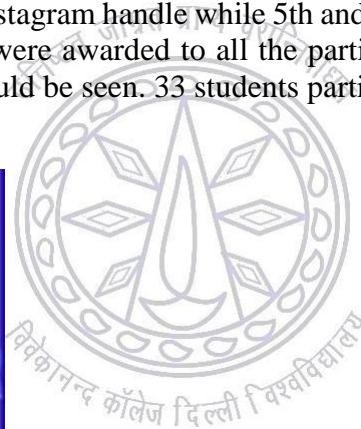
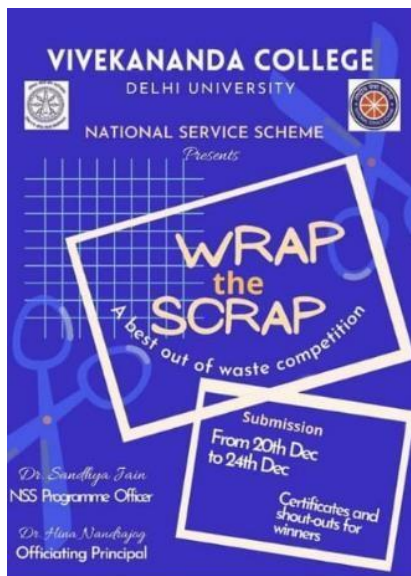
NSS, Vivekananda College

On 14 December 2020, the NSS Unit of Vivekananda College, University of Delhi organized an online event for Energy Conservation Day. NSS Volunteers did a spectacular presentation covering topics such as energy efficiency and conservation, sustainable development and different steps taken by national and international authorities to achieve these goals. Creativity flew with open colours when students recited some amazing poetry pieces. Students raised some important questions and urged others to take measures for the cause with a skit. The event wrapped up with teachers and students taking a pledge to work together to work for a more sustainable future. There were 50 participants including 2 teachers.



WRAP THE SCRAP COMPETITION on Reduce, Reuse, Recycle**by****NSS, Vivekananda College**

December 14 is being celebrated as the National Energy Conservation Day throughout the country every year since 1991. This is a day dedicated to an issue whose discussion and importance is ubiquitous throughout the world. So, the NSS unit of Vivekananda College conducted a best out of waste competition called 'Wrap the Scrap' which was based on the principal of the 3 Rs, that is, 'Reduce, Reuse, Recycle'. The purpose of the competition was to give the youth a push towards the path of sustainable development. This was achieved by instilling in them the ideas about how to use what they thought was waste and hence, reuse and recycle the things while reducing the waste. The competition was conducted from 20th to 24th December, under a 10 days long campaign for energy conservation. Top 3 participants were awarded with an appreciation post and a shout-out on the official NSS Instagram handle of the college, along with a winner certificate. 3rd and 4th runner ups received an E-certificate and a shout-out on aforementioned Instagram handle while 5th and 6th runner ups only got the shout-outs. Participation certificates were awarded to all the participants via mail. An enthusiastic participation by the students could be seen. 33 students participated.



Webinar on Social Entrepreneurship - the need of the hour during covid-19

by

NSS, Vivekananda College

"You have to see the failure as the beginning and the middle but entertain it as an end "

NSS unit Vivekananda College, University of Delhi organized a webinar on 1st January 2021. **Social Entrepreneurship - the need of the hour during covid-19** was the theme of the webinar. Mr.Nivesh Raj, social entrepreneur, co founder - step up for healthy India, UN secretary general envoy youth delegate, co founder of the leadership 30 was invited as the guest speaker of the webinar. The webinar took place at 4PM on Google meets platform. ` 91 students attended the webinar. Interactive session among students and speaker also took place and several questions were also put up by students that includes. How social entrepreneurs can create value for society? What role does social entrepreneurship play in society? What is important to you as a social entrepreneurs? How social entrepreneurs will help us fight covid - 19 and build back better? How do social entrepreneurs measure success? In covid times will social entrepreneur be a successful career choice..? All the questions were answered appropriately by the speaker.

"Don't let others convince you that the idea is good when your gut tell you it's bad"

National Service Scheme
Vivekananda College
(University Of Delhi)

Presents

"WEBINAR"

Theme - Social entrepreneurship- the need of the hour during Covid-19



NIVESH RAJ
SOCIAL ENTREPRENEUR | CO-FOUNDER-STEP UP FOR HEALTHY INDIA | UN SECRETARY-GENERAL'S ENVOY YOUTH DELEGATE | CO-FOUNDER OF THE LEADERSHIP 30

Date - 01/01/2021
Time - 4:00 pm
Venue - Google Meet

Meeting Code : vua-zrsc-tka

#E- Certificates will be provided to all#

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. NINA NANDRAJOG

A myth bursting interactive session on Cancer awareness

by

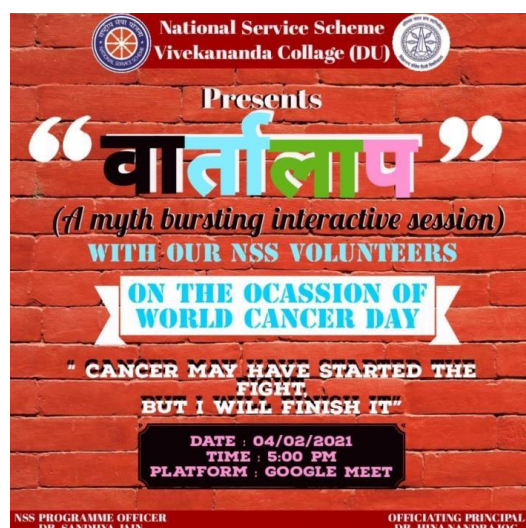
NSS, Vivekananda College

Cancer may have started the fight, but I will finish it.

On the occasion of World Cancer day NSS Unit Vivekananda College University of Delhi organized activities on two days:-

वार्तालाप "A myth bursting interactive session" was organized on **4th February 2021**. The aim of this session was to create and spread awareness among youth regarding cancer. The guest speaker of the session was Dr. Durga Tripathi Panna, Madhya Pradesh. She is 60 years old and is currently regional coordinator, Mahatma Gandhi Gramodaya University Chitrakoot, Madhya Pradesh. In addition working actively in the field of poor, destitute and de-addiction supported by Government of India. She discussed her life with the audience how she defeated cancer. She was diagnosed with high-grade cancer at the age of 30 but she did not lose hope and with her positivity and courage she defeated it. Besides it there was discussion about cancer and a small quiz on the same topic. The event took place on Google meets platform at 5PM. 74 participants attended this session.

A webinar was also organized on **9th February 2021**. The theme of the webinar was "Cancer and therapies-Fight together for a cancer free world". The webinar took place on Google meets platform at 5PM. The guest speaker for the session was Dr. Vineet Govinda Gupta MBBS(AIIMS), MD Medicine (AIIMS), DM Medical oncology (AIIMS-Gold Medalist), ECMO (Europe), Consultant (Medical Oncology). He talked about cancer, causes and the therapies which are used to cure the disease. These types of therapies help in the treatment that targets the changes in cancer cells that help them grow, divide and separate. He also told some myths related to this disease. He interacted with the volunteers as well. As volunteers asked a few questions from the speaker he answered them very well. 92 participants were there.



Conservation of Water

by

NSS, Vivekananda College

Conserve Water, Conserve Life! Don't let life slip down the drain.

The NSS unit of Vivekananda College, University of Delhi organized NIRAM (a series of events on the occasion of National Water Day) started from 21st March 2021

Water is the building block of life. A day dedicated to drawing attention to the water related issues that humans face in almost every country. A survey is a list of questions aimed at extracting specific data from a particular group of people. A survey on No Water, No Life was conducted in which questions regarding usage of water, conserving the water were asked from different individuals through questionnaire method. The survey helps in realizing the people how they are using and conserve the natural source and what all they can keep in mind and follow further.

A case study competition was also organized "CAUSA". Students presented different case studies on the value of water and conservation and further questions were asked which made them introspect deeply about their studies. 10 students participated in it.

No Life can exist without water! There was an activity "ANIMAIS" in which students showed the humane gesture of giving water to thirsty animals. The students realised that it could be a small token of help from our side to nature by providing water to animals. We all can follow this and it's a good deed and also we will be helping our environment. Humanity also insists us to do this. 12 volunteers participated in it.

Tree plantation drive was also conducted on PLANTACAO. The students planted a sapling near their home and watered it properly under proper care. Trees greatly contribute to their environment by providing oxygen, supporting wildlife, improving air quality, conserving water, preserving soil, and climate amelioration. 20 students participated in it.

A group discussion was also organized र्ा 2 on 4th April 2021. The theme of the discussion was valuing water. In the discussion students put forward their point of views regarding conservation of water. And right now how important it is to conserve. Through the enlightening discussion students realised the value of saving and conserving water. 85 participants were in the event.

NSS volunteers participated actively in all these activities, and there were learnings about the topic as well. E-certificates were also provided.

Covid Vaccine उत्सव

by

NSS, Vivekananda College

NSS unit Vivekananda College, University of Delhi organized a vaccination drive campaign Vaccine उत्सव from 11th -14th April 2021.

On day 1, 11th April 2021, Volunteers made posters and made people aware around them through posting them on their social media handles. 43 volunteers made 11,307 people aware.

On day 2, 12th April 2021 we organized an awareness drive campaign for the awareness regarding covid vaccine. Volunteers of NSS actively participated in the initiative in making people aware about vaccines. Volunteers made videos telling about the need and effectiveness of the vaccine. They also talked about the importance and need of vaccines, what could be the precautionary measures to prevent the virus, considering after effects of vaccines as normal etc. They also posted their self-made videos on their social media handles to make more and more people aware about the vaccination drive. Volunteers tried to make more and more people aware about the vaccination. Vaccines are safe, effective and lifesaving. 40 Volunteers made 9,603 people aware.

On day 3 & day 4 of Vaccine उत्सव 13th & 14th April 2021, we conducted a survey related to vaccines. The survey has various questions regarding vaccines like are you vaccinated if yes then which one Covishield or Covaxin, what were the symptoms that were there. Questions Like these were framed up in the survey. Volunteers circulated the survey amongst people and requested them to kindly fill up the form. The aim of this survey was to get information about vaccinated people and motivate to those who are still not vaccinated. There are so many myths about Covid vaccine so through this survey volunteers were trying to remove those myths and convincing them to get vaccinated. We received 342 responses through google form.

On day 4, 14th April 2021, we also presented “वार्त्ालाप-4” Breaking the Myths (An interactive session on Covid Vaccination) at 4:00 pm on Google meet. Around 45 participants make this session successful. The session begins with poetry round where some volunteers presents their views regarding Covid vaccination in the form of poem. After this round our 3 special guests Dr. Ritu Chopra, Ms. Lalla Devi Sharma and Mr. Manuraj Pandey who share their vaccination experience and Dr. Ritu Chopra provide very useful information regarding the vaccine. Then there was a quiz round to test and increase the knowledge of the participants about the covid vaccine. Everyone has participated in it. And this session end with the myths bursting round where we break many myths regarding the vaccine like it has a tracking device, it can change DNA etc. The session was very informative as well as interesting at the same time.

Day – 1(14th April)

Awareness on Covid 19**by****NSS, Vivekananda College****Report on Awareness drive of covid vaccination**

NSS unit Vivekananda College University of Delhi organized an awareness drive for covid vaccination. The campaign was carried out in the month of January'21. Volunteers of NSS made people aware through various means from 8thJan – 14th Jan 2021. As few volunteers circulated the posters regarding the vaccination on what's app. Some of them had a dialogue and discussion among people regarding the vaccination. Where as volunteers also posted the posters on their own social media handles so that everyone should know about the facts of the vaccine that made people more aware about the campaign as well as authentic information could be spread among masses. Total 80 volunteers participated in awareness drive.

“11-Day Campaign”On Covid Awareness

The **NATIONAL SERVICE SCHEME** of **Vivekananda College, University of Delhi** presents “**11-Day Campaign” on covid Awareness** which starts from 21st April 2021 till 1st May 2021 under a **hashtag- #stopthespread**.

This campaign was introduce to spread the awareness about the covid, covid, precautions, vaccination, and some solutions to stay unaffected in different regional languages so that the people can understand them easily.

Here are the tasks performed under this campaign:

- **DAY 1 & DAY 2 (21.04.21 & 22.04.21)**

On day 1 and day 2 we make the people aware about the precautions that we need to take against corona virus in the form of e-posters.

- **DAY 3 & DAY 4 (23.04.21 & 24.04.21)**

Spread the awareness about the dos and don'ts in corona time with the help of short videos. And an 8 day online survey was also started from day 2 for the people who are 45+ years old get the vaccine.

- **DAY 5 & DAY 6 (25.04.21 & 26.04.21)**

Prepare catchy slogans in different languages to hit the mind of people and make them aware.

- **DAY 7 & DAY 8 (27.04.21 & 28.04.21)**

Poem is one of the best ways to convey a message to the people, so our volunteers draft poems on corona in different languages and try to aware as many people as they can. And also share the correct way of wearing mask so that we can make ourselves really protected.

- **DAY 9 (29.04.21)**

On day 9 we encourage the people to get themselves registered for the vaccine with the help of a demonstration video on: How to register yourself for vaccination? And how can you increase oxygen level?

- **DAY 10 (30.04.21)**

On day 10 we make the people much more aware about HOME ISOLATION and what should they need to eat, what medication they require and how can they monitor they health?

- **DAY 11 (1.05.21)**

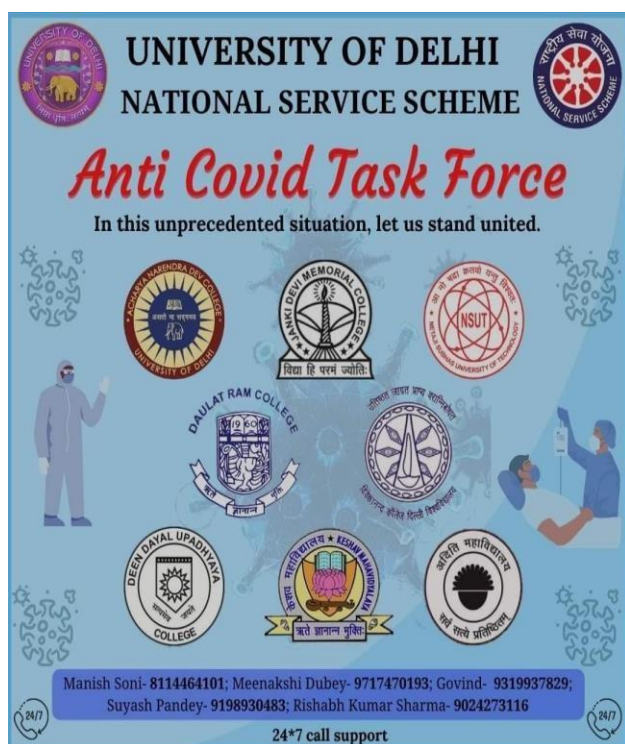
On day 11 SHCHEDULE FOR VACCINATION is share we the people so that they get to know what kind of schedule they need to follow before the go for vaccination.

Anti Covid Task Force

by

NSS, Vivekananda College

This task force was created by 7 NSS units of different colleges of university of Delhi and our NSS unit was also a part of it. Here we all worked in teams. We maintained two spreadsheets, one which contained the needs of the people and second which has the record of leads and the PR team make sure that the needed person gets the correct lead. We worked on different department like plasma requirement, oxygen department, hospital beds and ventilators, food and security etc. We tried to help as many people as we can. And our volunteers are also working with the same spirit.



Udaan A Short film screening**by****NSS, Vivekananda College**

There is no reason. There is no excuse. Child labour is an abuse.

As more people and social fora became more aware of this tragedy it's naturally discerning for them to make attempts to alleviate this archaic social evil rampant in developing and the underdeveloped countries. Child labor is a sensitive issue with several linkages and externalities, cannot have such a head on situation. In an attempt to abolish child labour NSS Unit of Vivekananda College and Keshav Mahavidyalaya, University of Delhi presented Udaan as a series of events for a week from 6th June – 12th June 2021 on the occasion of World against child labour.

Under Udaan NSS unit organized Triagem 4, a short film screening on social issues. Childhood should be about discovering the world around us and about uncovering the full potential of our own personality with all its beauty. The event was organized on 7th June'21 on Google meets platform at 3 PM. Movies always help in conveying the message to the audience directly and in a well versed way than any other means. There were 77 participants in this event.

Life of little ones are destroyed, when child labour is employed. On 9th June'21 Poster making competition was organized under Udaan. The theme of the competition was eradicating child labour. There were certain instructions for the participants that it should reflect your creativity, posters could be hand-made or digital, and should be relevant to the theme. The volunteers participated actively in the competition and showed their creativity to combat child labour. 45 students participated in this competition.

Cheap labour today, uneducated inefficient workforce tomorrow. Nss unit presented a survey on 9th June'21 under udaan on eradicating the child labour. The survey included various questions about what do you think child labour is, have you seen such act in your neighborhood, what actions you took, organizations to improve the situation. The volunteers were requested to forward the survey and encourage everyone to fill the survey as much as they can. The survey was conducted to come to a common consensus and on the overview of what others think about this cause. We received 140 surveys.

On 10th June'21 under the Udaan NSS unit organized an Instagram poll for the audience to poll for the questions. The poll started at 5 PM on official handle of NSS unit Vivekananda College. The poll had a variety of questions for the audience to answer in this or that manner. The poll helped us in gaining the insights about the thoughts of individuals on this cause. 39 responses were there.

On 11th June'21 र्ा 3 was organized under Udaan. A group discussion was organized on the occasion of World against child labour. The theme of the discussion was "Child labour during Covid-19 pandemic and beyond the vicious disease targeting humanity". Volunteers were provided with the chance to present their own points of views and discuss the topic. Active participation of the volunteers was there in the event and everyone shared their valuable perspectives on the topic. They thought poverty to be the cause of child labour while others think about illiteracy. All the complementary points were discussed on the platform. The

event took place on Google meets platform at 3.30 PM. 53 participants were present in this event.

NSS unit of Vivekananda College, Keshav Mahavidyalaya and Sri Aurobindo University of Delhi collaborated with each other and organized an event on 12th June'21. We presented वार्त्ालाप 4 on the occasion of World against child labour. In this event our guests were the little tiny tots of an NGO with whom several rounds of different quizzes were presented. The children were asked about their great personalities, fruits and vegetables, their hobbies and interests etc. Everyone participated in the event enthusiastically. There were 117 participants in this event.



Muskaan**by****NSS, Vivekananda College**

Be kind whenever possible. It is always possible. Be happy for this moment.

NSS unit of Vivekananda College in collaboration with Keshav Mahavidyalaya presented Muskaan (one positive thought in morning can change your whole day). It was started on 27th May 2021 and ended on 14th June.

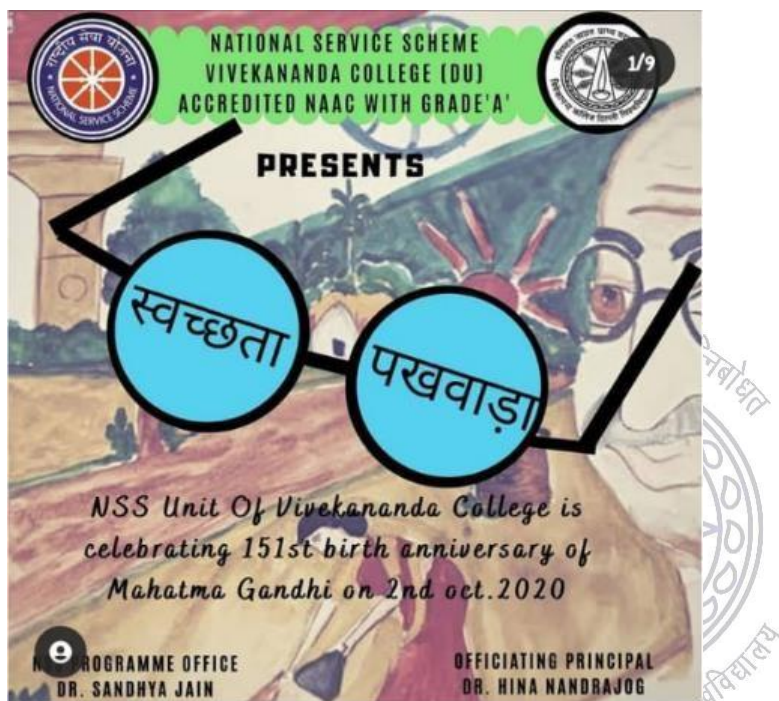
Under this, every day we used to release quotes of the day, song of the day, book of the day, and movie of the day. The main target of this project is to spread happiness all around us in such unprecedented times with the help of quotes, movies and songs. Listening to songs relaxes our mind, elevates our mood. Reading a positive quote a day helps in bringing positivity in our life and keeps the day refreshing. Reading is considered to be a good habit that helps us in improving our vocabulary as well as helps in keeping good and deep insights in our mind. Movies always act as a source of entertainment as well as lessons.

Some of the quotes that we released are: if I do but one thing today may I be human sunshine for someone, The days without difficulty are the days you don't improve, To live is the rarest thing in the world. Most people exist that is all. Some of the names of books that we released are: The songs of Achilles, Mrs. Funnybones, The diary of nobody, Wise and otherwise. Some of the names of songs that we released are: Chidiya etc. Some of the names of the movies that we released are: Welcome, Bawarchi, Baghban, Anand, Selected stories, Hindi medium etc. The platform was also open for the students to write about the reviews of the book and the best of them will get the shoutout at our social media handles.

This project ended with a webinar. In collaboration with Keshav Mahavidyalaya, University of Delhi we also organized a webinar under Muskaan. The guest speaker of the webinar was Ms. Saumya Mathur (Psychotherapist and yoga instructor, Founder at Dhyanaa). The theme of the webinar was "Finding peace amidst chaos". The webinar was organized on 14th June'21 on Google meet platform at 4 PM. The purpose to organise the webinar is to help people to find some peace in this rigid environment. As we all are surviving through the pandemic and hard times, it is always preferred to take care of our mental health. The session started with a check in within ourselves and our emotions that we are experiencing. She also discussed different activities that can help us remain calm during such difficult times. She also discussed some grounding breathing techniques to make us feel relaxed and calm. In the session she talked about different neurotransmitters in our body that help us in elevating our mood. 123 participants attended this webinar.

Swachh Bhart Abhiyan (SwachhtaPakhwada)**by****NSS Vivekananda College**

Green city clean city my dream city. To keep this motto in our mind, On the occasion of 151st birth anniversary of Mahatma Gandhi swachhtapakhwada was organized by NSS Unit Vivekananda College University of Delhi on 2nd October 2020. Be keen to be clean. Volunteers of NSS Unit participated in this drive of cleanliness. They cleaned their houses, nearby surroundings and motivated their neighbors and others to keep clean area nearby their houses and their societies. 17 Students were participated in this campaign.



RaktDanam

by

NSS Vivekananda College Collaborating with Blood Connect

The **NATIONAL SERVICE SCHEME** of **Vivekananda College, University of Delhi** presents RaktDanam – An online Quiz Competition in collaboration with **Blood Connect**. It was taking place on 7th March 2021, Sunday at 5:30 pm on Zoom App. The theme of the event was **Donate Blood save Life**, which is a very relevant theme. Around 70 candidates participated in the event. There were 15 multiple choice questions which were presented by one of our volunteers and each participant got 30 seconds to answer every question. All the participants have to write their answer in the chat box and send it only to the host, no one is allowed to send any answer to everyone, so that cheating or copying can be prevented. Once the quiz got over another volunteer presents a short film- “Donate Blood Save Life” which supply with the importance of blood donation, how we can help others, how can we save lives by donating blood at least once in our life.

By the end of the event, we got 2 winners. But the efforts of rest of the participants was appreciated by providing the E- certificates.

Here are some glimpses of the event:

National Service Scheme
Vivekananda Collage (DU)

In collaboration with
Blood Connect
 Presents
RaktDanam
An Online quiz competition
THEME - DONATE BLOOD SAVE LIFE
 On
 7th March 2021
 (Sunday)
 Time-5:30 pm
Platform-ZOOM
 Registration link -<https://forms.gle/SPTvECTJRP4FYXsu9>
 E-Certificates to all participants
 Exciting prizes for the winners

NSS PROGRAMME OFFICER
 Dr.SANDHYA JAIN

OFFICIATING PRINCIPAL
 Dr.HINA NANDRAJOG



Webinar on Donate Blood Save Life

by

NSS Vivekananda College Collaborating with Blood Connect Blood Connect

The **NATIONAL SERVICE SCHEME** of Vivekananda College, University of Delhi organizes a webinar *Let's Be aware!* in collaboration with **Blood Connect** to make the youth understand the importance of blood donation and bust the myths regarding the same. The webinar was taking place on 9th March 2021, Tuesday at 5:30 pm on Google Meet. The speaker of the session was **Ms. Siddhatri Sharma**.

Blood connect is a foundation which connect the blood donor to the person who is in need of it. The session provides the basic information about the blood and its components like RBCs, WBCs, and platelet. A person who is not having any health disease can freely donate blood in every 3 to 4 months. Blood donation not only help the needed person but also give benefits to the donor also. And by donating blood one time we can help 4 people. Ms. Siddhatri also give us the knowledge about the blood groups which is very helpful for us. She also explains the about Thalassemia, its types and the frequently its patients need the blood. The session was very interactive at the same time. The participants ask lot of questions like How does BTS meet the need of rare blood types? Anyone with skin problems like vitiligo can donate blood ? etc. and the speaker answered all the question very well. The session was very interesting, informative and interactive. It provides an insightful knowledge about the importance of blood donation. 57 participants were there in the webinar.





Bust Some Myths

LET'S BE AWARE!

BloodConnect and Vivekananda College brings to you

An Online Awareness Session
to discuss and learn about blood donation

DATE: March 9, 2021
TIME: 05:30 pm to 06:30 pm
PLATFORM: Google Meet

For Queries, Contact:
 Harasees Kaur: 7042956167
 Siddhatri Sharma: 94182 99099

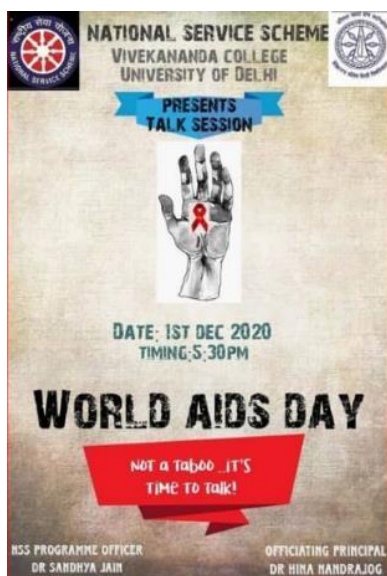

Guest Speaker:
 Siddhatri Sharma

Talk Session on World AIDS Day

by

NSS Vivekananda College

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.



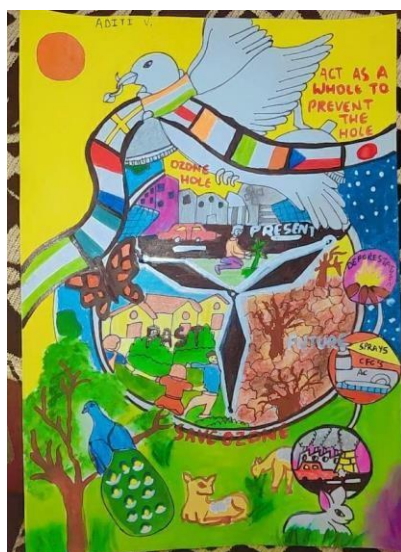
Awareness on World Ozone Day

by

NSS Vivekananda College

As umbrella protects us from rain, ozone protects the earth from sun. 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. 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.



Quiz Competition on World Rivers Day

by

NSS Vivekananda College

"Eventually all things merge into one, and a river runs through it".....

On the occasion of WORLD RIVERS DAY an online quiz competition **RIVIERE** was organized 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.

"A RIVER IS MORE THAN AN AMENITY. IT'S A TREASURE".....

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

Presents
"Rivière"
An online quiz competition on the occasion of world rivers day on 27th September 2020 at 11 am
Registration will be closed on 25th sept. 2020 (12 pm.)
Certificates of merit for the top three winners.
 Theme - *How well do you know the rivers of the world.*
 Registration link
<https://forms.gle/PKheSKu153gA1Pg7>

PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG

Pledge on National Unity Day

by

NSS Vivekananda College

Every citizen of India must remember that he is an Indian and he has every right in this country but with certain duties - Vallabhai Patel

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 organized a pledge session on this occasion on the Google meet platform and 24 volunteers took part in this.

**NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE
UNIVERSITY OF DELHI**

**Let's take
PLEDGE
on the occasion of
National Unity day 2020.**

**Date: 31st Nov. 2020
Time: 3:00 pm On
Google meet**

**PROGRAMME OFFICER
DR. SANDHYA JAIN**

**OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG**

**NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE
UNIVERSITY OF DELHI
ACCREDITED BY NAAC WITH GRADE A**

**PRESENTS
ON THE OCCASION OF
NATIONAL UNITY DAY**

ESSAY WRITING COMPETITION

**TOPIC: Togetherness leads to harmony.
Harmony leads to peace**

WORD LIMIT: 600-1000 WORDS

**Mail us your entries at: nssvncofficial@gmail.com
Deadline: 31 October, 2020 (6 pm)**

**Participation certificates for all and merit
certificates for the winners**

**PROGRAMME OFFICER
DR. SANDHYA JAIN**

**OFFICIATING PRINCIPAL
DR. HINA NANDRAJOG**

Vigilance Week

by

NSS Vivekananda College

Lets us join hands to fight against corruption.....

The Central Vigilance Commission has decided that this year the Vigilance Awareness Week would be observed from 27th October to 2nd November, 2020 with the theme Vigilant India, Prosperous India. To observe this Week NSS unit of Vivekananda College conducted various activities with zeal and enthusiasm.

The impetus on the thought that the development and progress of the nation take place when individuals and organizations are vigilant in safeguarding integrity as a core value. With this thought on 27th October 2020, NSS volunteers took a pledge for vigilant and prosperous India. It took place on Google meets platform at 5 PM. **SATARK BHARAT, SAMRIDDH BHARAT**. Total 18 volunteers took pledge.

On 29th October 2020 a Talk session was organized where NSS VOLUNTEERS participated and discussed about various topics like role of vigilance, why it is necessary, ethics and morals, ethical practices, corruption etc. through power point presentation. Total 42 volunteers and teachers participated in the talk session.

On 31st October 2020 an online quiz competition was organized by NSS Unit. The competition was based on the theme of vigilant India prosperous India. Online registration form was created and circulated among the students. 31 students participated in this quiz.

On 1st November 2020 an online debate competition was organized. The theme was vigilant India, prosperous India. The aim was to encourage all stakeholders to collectively participate in the preventive vigilance measures and fight against corruption, raise public awareness regarding the existence and gravity of and the threat posed by corruption. Total 23 attendees were there.

On 2nd November 2020 a webinar was organized by NSS Unit Vivekananda College University of Delhi. Mr. Harsh Deep Srivastava, Chief vigilance officer (Prasar Bharati) was the speaker of the event. The webinar took place on Google meets platform. He spoke on various types of vigilance, objectives, importance, manifestations of corruption, means of progressing through corruption-free engagements, and the impacts of vigilance in organisations. He insisted on how teaching institutes need to teach moral values to students, which would take care of corruption to a certain level. Total 67 attendees were there.

National Youth Day
by
NSS Vivekananda College

Take risks in your life. If you win, you can lead, if you lose, you can guide. On the occasion of National Youth Day NSS Unit Vivekananda College, University of Delhi organized Adhyan 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 Adhyan (5th January 2021) Quiz competition was organized** 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 organized** 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 organized** 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 organized** 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 organized** 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 organized** 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.

"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."

Short Video on स्वतंत्रता on the occasion of birth anniversary of Subhash Chandra Bose
by
NSS Vivekananda College

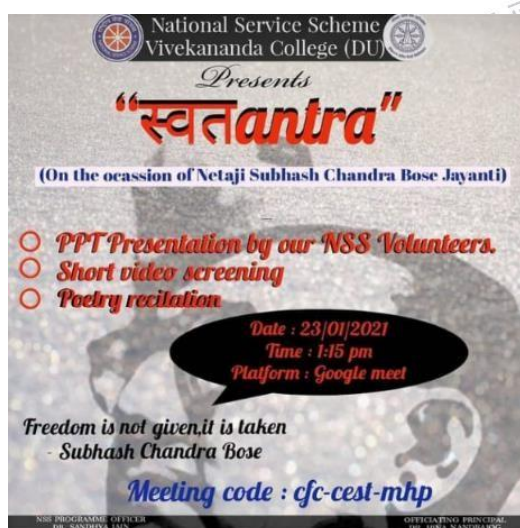
FREEDOM IS NOT GIVEN, IT IS TAKEN -Netaji Subhash Chandra Bose

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 organized 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.

Give me your blood, and I shall give you freedom - the quote by Netaji Subhas Chandra Bose sparked patriotism in the hearts of many Indians to join the fight for country independence. Even today, these words don't fail to inspire and move us.

Reality is, after all, too big for our frail understanding to fully comprehend.

Nevertheless, we have to build our life on the theory which contains the maximum truth.



Road Safety Month
by
NSS Vivekananda College

Report on ROAD SAFETY WEEK

Alert today – Alive tomorrow.
Normal speed meets every need.

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 organized an awareness campaign from 11th January 2021 - 17th January 2021.

On the Day 1 - Pledge regarding Road Safety was taken by NSS volunteers. **सड़क सरु क्षा जीवन रक्षा**। It was organized 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.

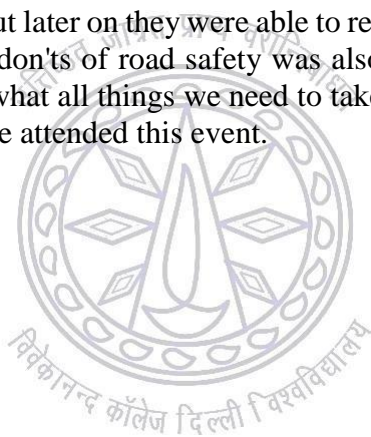
Report of Vartalap on Road Safety

NSS unit Vivekananda College University of Delhi presented वार्त्ालाप 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 वार्त्ालाप.

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.



Shaheed Diwas
by
NSS Vivekananda College

On the occasion of Martyrs day NSS Unit Vivekananda College University of Delhi organized 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.



Heritage Walk on Azadi ka Amrit Mahotsav
by
NSS Vivekananda College

On the occasion of completion of 75 years of India's independence, our Hon'ble Prime minister has launched 'Azadi ka amritmahotsav'. Under this initiative NSS Unit of Vivekananda College, University of Delhi organized a heritage walk virtually to Amer fort-Royal heritage of Rajasthan. The virtual walk took place on Google meets platform on 7th April 2021 at 4.30 PM.

Amer Fort or Amber Fort, located only 11 kilometers from the Pink City – Jaipur, is one of the most fascinating tourist hotspots in the state of Rajasthan. The main gate of the fort called Suraj Pol or 'Sun Gate' ('suraj' meaning sun and 'pol' meaning gate) leads to the main courtyard of the fort, Jaleb Chowk, where the army used to parade in front of the king and his courtiers. It was a very slightly experience for all the volunteers to visit such a glorious monument virtually. Amer Fort is full of historical saga and spectacular instances of mediaeval architecture.

The palace architecture is a wonderful blend of Hindu and Mughal architectural styles. The virtual tour through different lenses was a complete new whole experience that includes glances of Diwan -e-aam, Shiladevi temple, Chandra pol, old canons displaying on moon gate, the gorgeous and mesmerizing sheesh Mahal, amer palace and the garden.

After the virtual walk, discussion took place among volunteers where everyone shared their experience of visiting different heritage sites. Some cite about Red fort, Qutub Minar, Taj Mahal, Nalanda University, Humayun's Tomb etc. They discussed importance of some of these monuments and stories behind them. 85 participants were in the event.


 NATIONAL SERVICE SCHEME
 VIVEKANANDA COLLEGE (DU)
 

Presents

"HERITAGE WALK"

Full Tour Of Amer Fort

- Royal Heritage Of Rajasthan

Date : 07/04/2021
 Time : 4:30 pm
 Venue : Google Meet

Meeting code : cfj-uraa-may

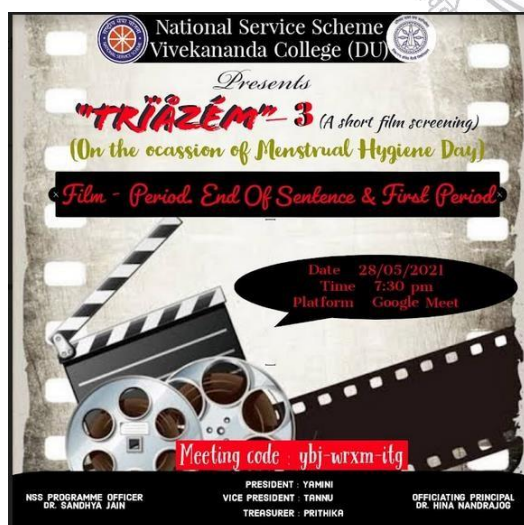
NSS PROGRAMME OFFICER DR. SANDHYA JAIN OFFICIATING PRINCIPAL DR. HINA NANDRAJOG	PRESIDENT YAMINI VICE-PRESIDENT TANNU SECRETARY SMRIDHI TRSURER PRITHIKA
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Short film screening on menstrual hygiene day
by
NSS Vivekananda College

NSS unit of Vivekananda College University of Delhi organized "**TRIAZEM**" - a short film screening. The event was organized 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.



Pledge and discussion on World No Tobacco Day
by
NSS Vivekananda College

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.

National Service Scheme
Vivekananda College (DU)

Organises

#iPLEDGE
On
WORLD NOTOBACCO DAY

Date : 31/05/2021
Time : 6:00 pm
Venue : Google meet

Meeting code :: gpv-zwne-byq

Nss Programme Officer
Dr. Sandhya Jain

President : Yamini
Vice President : Tannu
Treasurer : Prithika

Officiating Principal
Dr. Hina Nandrajog

PPT Presentation on World Environment Day
by
NSS Vivekananda College

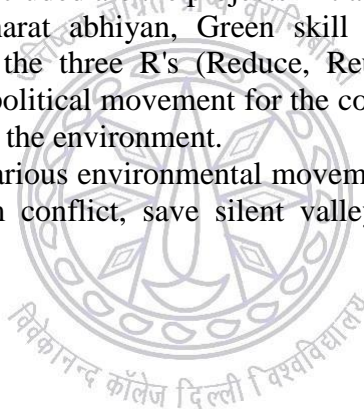
The environment is where we all meet, where we all have a mutual interest, it is the one thing all of us share.

NSS unit of Vivekananda College in collaboration with NSS unit of Keshav Mahavidyalaya presented **परिवेश** on the occasion of **World Environment Day**. It was organized 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 bachaoandolan, Chipko movement, Tehri dam conflict, save silent valley movement etc. 89 participants attended this event.



Yoga Mahotsav
by
NSS Vivekananda College

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 organized **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:

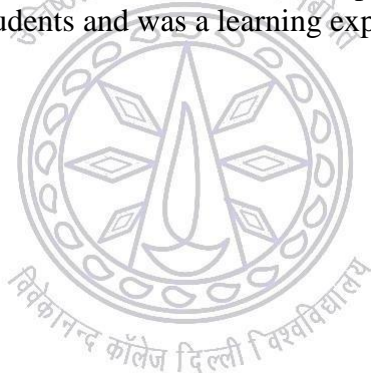
A webinar "Yoga beyond Asanas" was organized on 18th June 2021. The guest speaker was Ms. Neha Bansal, a Yoga teacher and a mental health practitioner. The webinar was organized on Google meet platform at 4 PM. The resource person discussed that yoga is not a journey but a destination. She discussed 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. KyoshiShaurya Shandilya, Yoga practitioner and a Karate teacher with 35 years of experience in Martial Arts. The webinar was organized 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.

These varied activities galvanised students to develop a keen interest in Yoga and its benefits for both the body and the mind. The webinars and workshops also generated awareness regarding its benefits among students and was a learning experience for all.



Ummeed - On International Day Against Drug Abuse And Illicit Trafficking
by
NSS Vivekananda College

Addictions make people do terrible things.

NSS unit of Vivekananda College University of Delhi in collaboration with NSS unit of Delhi Technological University presents "Ummed" (Ekkiran). The series of events was organized 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.

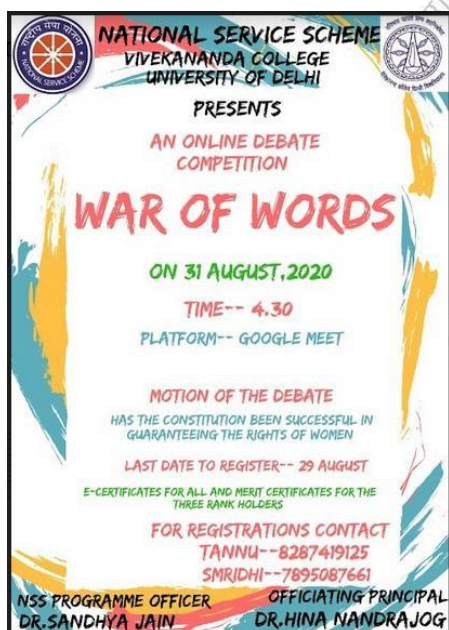
On 30th June'21 Tark (Group discussion) was organized. The theme of the group discussion was don't fall into the trap of death. In this group discussion every volunteer participated and put forward their perspectives and viewpoints about drug abuse. Also how can they be aware of the people? There were 43 participants in this event.

On 2nd July'21 Storytelling competition was organized. 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 organized. 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.

Online Debate Competition
by
NSS Vivekananda College

An online debate competition 'WAR OF WORDS' was organized by National service scheme Vivekananda College University of Delhi on 31st August. The motion of the debate was “**Has the constitution been successful in guaranteeing the rights of women?**”. Several entries were received from different colleges as awareness regarding the competition was created through various posters and social media handles were also updated regarding the same. The participant could speak either for the motion or against the motion, some participants argued for the motion and some against the motion. 3 minutes were given to each of the participants to express their views and a beep sound was created if anyone exceeds the time limit. The competition was worth enjoying for the audience. The competition revealed many aspects of the motion. Every debator was cheered up for their sharp arguments. At the end of the competition the results were declared three rank holders and two consolation prize winners were there and vote of thanks was delivered by our NSS program officer. E-Certificates were provided to all and merit certificates for the first three rank holders. 29 attended this competition including 13 participants and teachers.



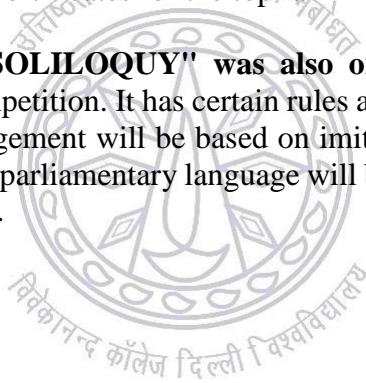
An awareness campaign on Elimination of violence against women
by
NSS Vivekananda College

"Break the silence when you witness any violence against the women and girls. Do not sit back and act" **An awareness campaign** was organized from **25th Nov-10th Dec 2020** for the elimination of violence against women. Violence against women continues to be an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls' human rights. All in all, the promise of the Sustainable Development Goals (SDGs) - to leave no one behind - cannot be fulfilled without putting an end to violence against women and girls. NSS volunteers participated actively in this drive and made masses aware about the cause through posters and videos. There were also different events that were carried out. It included photography contest and mono acting competition.

You don't take photograph, you make them

A Photography Contest - LASSIE CLICKS was also organized on **5th Dec 2020** and 4 students participated in the contest. The contest has certain rules and regulations plagiarism was prohibited, the photo must be theme oriented, provide suitable caption to the photo, basic editing is allowed. The photography should strictly be based on the given theme. E-certificates were provided to all and merit certificates for the top rank holders.

Mono acting competition "SOLILOQUY" was also organized on **7th Dec 2020** and students participated in the competition. It has certain rules and regulations as each participant would be given 5 minutes, judgement will be based on imitating skills, variety of voices and sounds imitated, no vulgar or unparliamentary language will be entertained. It was a solo event. Certificates were also provided.



Pledge on Elimination of violence against women
by
NSS Vivekananda College

Stop Violence Against Women

On 28th November 2020 a pledge session was organized by NSS Unit Vivekananda College University of Delhi regarding elimination of gender based violence. Volunteers took pledge and it was organized on Google meets platform at 4 PM. The pledge was taken to end up the violence against women and unpacking the impact of policies on gender based violence. 61 volunteers and 1 teacher took part in this.



Short film screening on Education of girl child

by

NSS Vivekananda College

Education is not the learning of facts, its rather the training of the mind to think.” — Albert Einstein.

On the occasion of International Education Day NSS Unit Vivekananda College University of Delhi organized a short film screening event **TRIAZEM**. Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mine worker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another.

"**HE NAMED ME MALALA**" was the movie that was screened to the volunteers.

He Named Me Malala is a 2015 American documentary film directed by Davis Guggenheim. The film presents the young Pakistani female activist and Nobel Peace Prize laureate Malala Yousafzai, who has spoken out for the rights of girls, especially the right to education, since she was very young. The film also recounts how she miraculously survived and has become even more eloquent in her quest after being hunted down and shot by a Taliban gunman as part of the organization's violent opposition to girls' education in the Swat Valley in Pakistan. The event was organized on 22nd January 2021. The event took place on Google meets platform at 4.30 PM. 72 participants were there.



Online Debate Competition
by
NSS Vivekananda College

When the girl's are educated their country becomes stronger and more prosperous.

On the occasion of National girl child day **an online debate competition MENINA** was organized by NSS Unit Vivekananda College University of Delhi on **24th January 2021**. The event took place on Google meets platform at 2PM. The participants can speak either in English or Hindi. The topic for the Debate was "Women's empowerment is a myth in developing countries". Participants can speak either for the motion or against the motion. The aim of this debate competition was to aware about importance of girl education. 108 registrations were there. Total number of participants who participated in the debate were 59. 107 were present during the competition. E-certificates were provided to all and merit certificates for the top rank holders.

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE (DU)

Presents
"MENINA"
(An online debate competition on the occasion of National Girl Child Day)

Motion - "Women's empowerment is a myth in developing countries"

1. Last date of registration : 22nd January 2020
2. You can speak either in Hindi or English
3. Participants can speak either for the motion or against the motion
4. Merit certificates for the winners and participation certificate for all

Date : 24/01/2021
Time : 2:00 pm
Venue : Google meet

Registration link : <https://forms.gle/NZ1YFch11fBGnt12j9>

NSS PROGRAMME OFFICER
DR. SANDHYA JAIN

OFFICIATING PRINCIPAL
DR. HINA MANDALING

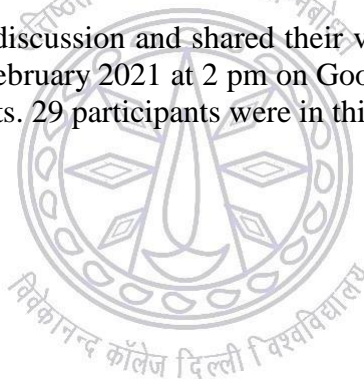


Group Discussion on Closing the Inequalities Gap to Achieve Social Justice**by****NSS Vivekananda College****Striving for social justice is the most valuable thing to do in life - Albert Einstein**

The NATIONAL SERVICE SCHEME of Vivekananda College, University of Delhi Presented 'Tark' a Group Discussion (GD) on the occasion of World Day of Social Justice. World Day of Social Justice (Social Justice Equality Day) is an international day recognizing the need to promote social justice, which includes efforts to tackle issues such as poverty, exclusion, gender equality, unemployment, human rights, and social protections. Many organizations, including the UN, American Library Association (ALA), and the International Labour Organization, make statements on the importance of social justice for people. Many organizations also present plans for greater social justice by tackling poverty, social and economic exclusion and unemployment. The United Nations General Assembly has decided to observe 20 February annually, approved on 26 November 2007 and starting in 2009, as the World Day of Social Justice.

The Theme of the group discussion was "Closing the Inequalities Gap to Achieve Social Justice."

Volunteers participated in the discussion and shared their valuable perspectives on the topic. The event took place on 21st February 2021 at 2 pm on Google Meet platforms. E-certificates were given to all the participants. 29 participants were in this event.



Crossword competition on Life and Times of Sarojini Naidu & Eminent women of India

by

NSS Vivekananda College

Women are the world's greatest inspiration. Let's praise our muses and never forget how amazing and wonderful they are. Respect and cherish them every single day. Happy National Women's Day!

National Service Scheme unit of Vivekananda College on the occasion of National Women's Day organized IMPLEXIS. Sarojini Naidu who was appointed as women Governor of India is an inspiration to all women across the country and that's why her birth anniversary is celebrated as National Women's Day. National Women's Day is observed to celebrate the social, cultural, political and economic achievements of women. The day also marks a call to action for accelerating women's equality.

There were some Important Rules of the competition. Two rounds of the crossword was there which were based on following themes:

ROUND 1 Life and Times of sarojininaidu

ROUND 2 Eminent women of India

28 Registrations were there for the event and 20 participants were there and 24 attended this competition including participants. E-certificates were provided to all

NATIONAL SERVICE SCHEME
VIVEKANANDA COLLEGE
 ACCREDITED BY NAAC WITH 'A' GRADE
 On the occasion of National Women's Day
 Presents
IMPLEXIS
 ROUND 1: Life and Times of Sarojini Naidu
 ROUND 2: Eminent Women of India

RULES:
 1. A maximum of 2 participants per team
 2. Solo participants are also allowed
 3. Registration is based on first cum first serve basis

Date - 14 Feb 2021
 Time - 4:00 p.m.
 Venue - Google Meet

Registration link :<https://forms.gle/4s7iRX6D4Yo7zaWGA>
 Last date for registration is 13 Feb 2021

NSS PROGRAMME OFFICER:
 DR. SANDHYA JAIN
 OFFICIATING PRINCIPAL:
 DR. HINA NANDRAJOG

PRESIDENT- YAMINI
 VICE PRESIDENT- TANNU
 SECRETARY- SMRIDHI
 TREASURER- PRITHIKA

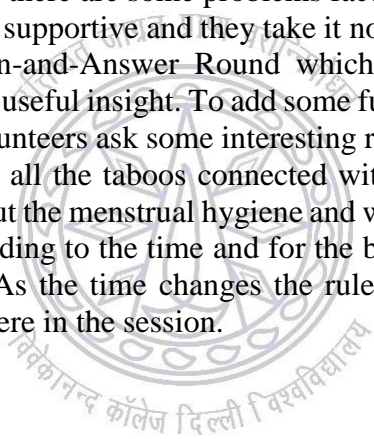
Online interactive session on Menstrual Hygiene

by

NSS Vivekananda College

The **NATIONAL SERVICE SCHEME** of **Vivekananda College, University of Delhi** presents वार्त्लाप-3 (An online interactive session) on the occasion of **International Women's Day**. The session was taking place on 5th March 2021, Friday at 4:30 pm on Google meeting. Around 24 participants was there in the meeting.

Poetry is the best way to express our feelings, so the session was started by the poetry recitation in which some of our volunteers present their feeling, their views, regarding menstruation. As we all know that movies are the best way to express something with an impactful message, so there was a short film screening also. The short film named *Imdaad* gives an important message that along with the girls the parents and school should taught the boys also about the menstruation so that it can be normalize in the society as the other things are. After this we have an amazing discussion about the problems and restrictions imposed on us during our menstruation cycle by our families and society and how we all face them. At the end of this discussion, we get to know that there are some problems faced by the girls or women but now a days the family become more supportive and they take it normally. After the very interactive discussion the was a Question-and-Answer Round which enhance the knowledge of the participants and provide them a useful insight. To add some fun in the event there was a Riddle round also. Here one of our volunteers ask some interesting riddles regarding the topic. And at the end of the event, we break all the taboos connected with the menstruation. This session provides useful knowledge about the menstrual hygiene and we all get to know that all the rules and restrictions are made according to the time and for the benefit of women. But the society transform them in their own. As the time changes the rule and restrictions also need to be change. 33 participants were there in the session.



Short film screening on Menstrual Hygiene Day

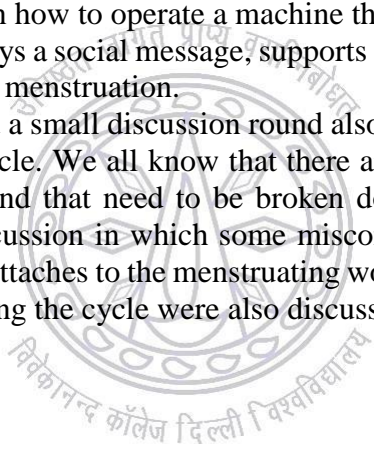
by

NSS Vivekananda College

NSS unit of Vivekananda College University of Delhi organized "**TRIAZEM**" - a **short film screening**. The event was organized 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.



Webinar on “Stop child abuse and POCSO act 2012”**by****NSS Vivekananda College**

Stop the silence, Stop the child abuse!

The NSS Unit of Vivekananda College and Keshav Mahavidyalaya in collaboration with SAKSHI (Equality is inclusiveness) organized a webinar on **Stop child abuse and POCSO act 2012**. The event was organized on 4th June 2021 at 5.00PM on Zoom platform.

Child sexual abuse is a significant but preventable public health problem. Many children wait to report or never report child sexual abuse. A short video was presented in the webinar related to child abuse. A thoughtful discussion also took place regarding the POCSO act. Also few preventive measures were also discussed. Volunteers were also informed about various emergency numbers to whom they can ring up if they saw any such situation or if a child is facing any abuse. Speaker also discussed about the Rakshin Project and how one can be a part of this project. 72 participants attended this webinar.

**KESHAV MAHAVIDYALAYA
AND
VIVEKANANDA COLLEGE**
University Of Delhi
National Service Scheme
in collaboration with
Sakshi
EQUALITY IS INCLUSIVENESS
organises
**WEBINAR ON
STOP CHILD SEXUAL ABUSE
AND
POCSO ACT 2012**
Date: 4th June (Friday)
Time : 5:00 pm
Platform : Zoom
Link:- <https://bit.ly/2TBKHTK>

Yamini (President) Vivekananda College	Muskan Saini (Secretary) Keshav Mahavidyalaya
Dr. Sandhya Jain (NSS Programme Officer) Vivekananda College	Dr. Richa Sharma (NSS Programme Officer) Keshav Mahavidyalaya

Social Outreach and Community Development Committee

DLSA Add on course

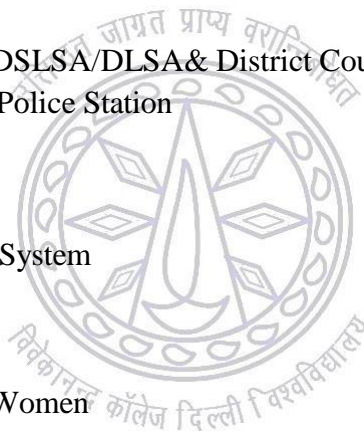
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Social Outreach and Community Development Committee and Delhi State Legal Services Authority (DLSA)

Add-On Course: **Course began on 22nd September, 2020 (15 hours course)**

This Online Add-On course which was free was organized by District Legal Services Authority (DLSA) in collaboration with VNC to increase awareness about DSLSA/DLSA and to increase legal literacy amongst college students. It helped the young generation to groom not only as more responsible citizens but also equipped and empowered them in claiming their legal rights and to seek redressal in case of any violation or denial of such rights. These courses have been offered in the past as well by DLSA and appreciated by students. However, unlike the past courses this course Sessions were interactive and included:

1. Virtual tours:
 - Virtual Tour of DSLSA/DLSA & District Court
 - Virtual Tour of Police Station
2. Constitution of India
3. Indian Criminal Justice System
4. Cyber Law
5. Laws for Protection of Women
6. Contractual Liabilities & Rent Laws
7. Rights of Children
8. Sexual Harassment of Women at Workplace
9. Right to Information Act



'Project Shakti'**by****Social Outreach and Community Development Committee and DLSA**

International Day of the Girl Child is an international observance day declared by the United Nations and celebrated worldwide every year since October 11, 2012. The day aims at creating more opportunity for girls and spreading awareness regarding gender inequality faced by girls worldwide based. As we are amidst the Pandemic COVID-19, we conducted the programs virtually. Registrations were taken with the help of Google Forms.

On this occasion of International Girl Child Day, Shahdara District Legal Services Authority (DLSA) in association with SODC (Vivekananda College) organized three day awareness-cum-activity program titled 'Project Shakti'. This project was conceived and initiated by Ms. Vidhi Gupta Anand (Secretary, DLSA) and was executed under the guidance of Social Outreach and Community Development Committee Convenor Dr Vanita Sondhi (Vivekananda College) .

A series of competitions were conducted for the students of Vivekananda College, according to the following schedule:-

S no.	Type of competition	Topic	Coordinators	Date
1	Slam Poetry	Fight for your rights	Dr. S. Verma (VNC) and Ms. Vidhi Gupta Anand (DLSA)	13 th October, 2020
2	Debate	Gender stereotypes	Dr. S. Verma and (VNC) Ms. Vidhi Gupta Anand (DLSA)	14 th October, 2020
3	Pledge Face painting	Voice of equality	Mr. Abhishek Bhaskar (VNC)and Ms. Vidhi Gupta Anand(DLSA)	27 th October 2020, (Results of face painting awaited)

Day 1

The day 1 of the Project Shakti was organized on 13th October 2020. The slam poetry competition was bilingual. Each participant presented one by one. Participants also followed the time limits. The judges for the event were Vidhi Gupta Anand, Secretary, DLSA Shahdara , Karkardooma Court, Delhi and Dr Saif Farooqi (VNC). The first prize was given to Surbhi Sharma, student of B.A. (H) Applied Psychology, Vivekananda College for her slam poetry titled "Enough No More". The second prize was a tie between Jyoti Mishra, a

student of M.A.Hindi, Vivekananda College for the poetry titled “मैं नीं भी वो बदी नहीं”
and Swati, a student of M.A.Hindi, Vivekananda College , for the poetry Titled "मैं औ मेिे
अधिर्ाि"

The first prize: Surbhi Sharma, student of B.A. (H) Applied Psychology, Vivekananda
College

How long will we plead, how long will we beg?

How long will the world pretend to be deaf?

To the earnest appeals of saving the soul

Of the girl child—ENOUGH ! NO MORE

No more will we say- “Please! Let her live!”

No more will we beg- “Please let her be born!”

We shall just shake the conscience of men

And question the integrity of one and all.

O mothers! Why have you been all so weak?

Our Indianness has made you so very meek,

You crumble under pressure and bow to commands

For your own child , you can't take a stand?

Absorb all strength from nature and from Gods!

Empower yourself and fight against all odds!

The world knows us as one word ‘WOMEN’

Let's show to them, ‘WE’ are the real ‘MEN’

If I am strong who will ask me to abort

The life of my daughter and cut it so short?

If I choose to give birth to my child

And I choose to be firm and not meek'n' mild,

How can anyone dare to force me to bow?

Come on let us make the whole world know!

”Play not with our lives , play not with our feelings

We are the better halves, not spineless weaklings”

O fathers wake up now! And change your mind set

Restrictions are good , give them to sons instead

Teach them to respect and honour their sisters

The cousins, classmates and their mothers.

Be firm and not be gentle, with your strong hold,

The sons would be considerate and daughters would be bold.

The cracks in the society are not caused in a day

We overlook these flaws and let insults sway.

If sons are taught to know the limit of their words

Then life will smoothly sail ,no girl will feel so scared.

Let no convict be spared, no law forgive all those

Who violate dignity of women who bring them shame and woes

If mothers and fathers join hands to shape character

Of their worthy sons and of their dear daughters,

If we don't turn our backs and prove tough fighters,

If we raise our voice against every defaulter-

We will not have to hang our heads in shame

Reading the newspapers will not be a pain

No GUDIYA will be teased, no NIRBHAYA will then die

No JESSICA will be shot , society will not cry.

SOCIETY WILL NOT CRY, SOCIETY WILL NOT CRY.

- --- Surbhi Sharma

Day 2

The day 2 of the Project Shakti was organized on 14 October 2020. A virtual meeting was arranged on the Google Meet Platform. The competition of Debate was organized on the topic 'Gender Stereotypes'. The judges for the event were Vidhi Gupta Anand, Secretary, DLSA Shahdara, Karkardooma Court, Delhi and Dr. Chandra Prakash Kapoor, Assistant Professor, Department of Applied Psychology, Vivekananda College, University of Delhi.

The Debate competition was bilingual. Each participant presented one by one. Participants also followed the time limits. The first prize was given Durga Dhyani, a student of B.A.(H) English, Vivekananda College. The second prize was given to Raichal, a student of B.A.(H) Political Science, Vivekananda College. The third prize was given Dhruvika Pandey, a student of B.A. (H) History, Vivekananda College.

Day 3

A Pledge ceremony was organized against Dowry on 27 October 2020. A virtual Meeting was arranged on the Google Meet Platform. The program was addressed by Vidhi Gupta Anand, Secretary, DLSA Shahdara, Karkardooma Court, Delhi. The rules and laws for Dowry were discussed by Ms Vidhi. After that a question/ answer session on the topic of Dowry were taken.

A pledge ceremony was also organized by the District Legal Services Authority girls took an oath to Boycott the evil practice of dowry in any and every form. A pledge against Dowry was taken by the students of Vivekananda College, Delhi University under the guidance of Vidhi Gupta Anand, Secretary, DLSA Shahdara. It was taken in Hindi by all those present (75 participants including organizers) in the meeting while the English version was also displayed.

मैं, ___ अपने पूरे होश हवास में, बिना बकसी दिाव, भय या ज़िंरदस्ती के, इस प्रथा के अथर्व उद्देश्य को ध्यान में रखते हुए और भारत की एक बजम्मेदार नागररक होते हुए, दहेज के ब्रिलाफ़ ये प्रण लेती हूँ बक

1. मैं पूरी तन्मयता से बववाह के सस् था को दहेज मुक्त कराने का प्रयास करं गी
2. मैं दहेज लेने या देने बकसी भी क ा य थें अपनी सहमती नहीं दूगी
3. मैं ना तो कभी दहेज लुंगी या दूगी
4. मैं दहेज लेने या देने वालों के ब्रिलाफ़ हमेशा अपनी आवाज ब्रिलुंद करं गी
5. मैं दहेज से जुड़ी हर प्रकार के गबतबवबि का ब्रिहक्कार करं गी

Be Your Own Lakshmi**by****Social Outreach and Community Development Committee****Report**

Be.artsy, India's premier social enterprise conducted a women-centric financial wellness webinar in association with VNC, "Be Your Own Lakshmi" for the students of Vivekananda College. Be Your Own Lakshmi (BYOL), shared insights with the women participants about the basics of financial concepts and how to manage their personal finances. The session helped to demystify concepts like inflation, compounding, investments, and savings. BYOL isn't merely about financial literacy for women, it's first about financial independence!

Date: 20th November, Friday

Time: 1:45 pm

Registration Link: https://www.surveymonkey.com/r/BYOL_Colleges

Zoom Meeting link:

<https://us02web.zoom.us/j/6074994590?pwd=WkFrY0dPMnFkKzhLeUtpc3l1bnFDdz09>

Meeting ID: 607 499 4590

Passcode: 1000



SSF and Saarthi initiative**by****Social Outreach and Community Development Committee and NGO (Slum swaraj Foundation)****SAARTHI INITIATIVE**

The Social Outreach and Community Development Committee (SOCDC), Vivekananda College, has continued to engage itself with social outreach and extension activities. One programme has partnered with Slum Swaraj Foundation (SSF) – an NGO and is focused on conducting regular educational camps for the slum children in Jhilmil Colony. Education is the first step in the making of an advancing society. Primary education is an out-and-out prerequisite for continuous development. Primary schools make influence on children's academic progress as well as their family background. The main objective of Slum Swaraj Foundation is to bring awareness among the children, open avenues of opportunities along with self-development and reduce inter-generational academic poverty. During the ongoing pandemic, college student members are engaged in the online '**Saarthi: Ek Ache KalKeLiye initiative**' to support students from nearby slum areas. The Saarthi initiative aims to establish a relationship between a teacher (Student member) and a student (underprivileged) on the basis of Intellectual Guardianship. With the concept of "**Each One Teach One**", it organizes a platform for the under resourced children to interact with a teacher/mentor during the lockdown period and continue their studies without any break. Due to a technological restrain in amongst the children, the mentors take about 3-4 online sessions with a child in a week. Mentoring includes teaching, moral support, educational guidance, social etc. via mobile. The initiative is running successfully and will continue till the reopening of the camp.

To continue with the above initiatives four online orientation programs for fresher's (15th January 2021, 8th March 2021, 13th April 2021 and 19th April 2021) were conducted with an aim to make them more aware of their social responsibilities and invite them to join the standing team. Registration forms for the same were circulated. Once joined all the team members were divided into sub-categories to begin their task.

Report on SSF

VNC Du camp

(programs conducted during lockdown)

Saarthi Initiative!

Slum Swaraj Foundation: 'Sarathi Initiative'

The entire world is suffering from Pandemic and many countries chose to lockdown the nations for a long period in order to prevent the spread to a large extent. Amidst the Pandemic ,

Slum Swaraj Foundation initiated "Sarathi ",an initiative to utilise the lockdown period efficiently.

The Sarathi initiative aimed for a virtual interaction with the kids of Slum areas ,and VNC camp being an eminent part of SSF took part in this initiative .

Under Sarathi initiative the members are guiding kids , teaching them their syllabus and also they conduct several co-cirricular activities virtually in order to maintain a balance and also for overall development of the kids.Since past few months the members are interacting with the kids via phone calls and Whatsapp . Besides this

the core team members organized events for kids like On August 15 th,2020 kids were asked to draw,paint sketch ,recite poetries and speeches and this due to uncertain circumstances year we virtually celebrated Independence day .Also the "Saarthis" are working hard to teach the kids and have found new ways of to make this one interesting for kids. Last year a kid from SSF also passed his 10th grade with a good Percentage .He thanked his mentors via a video message, and this was immense pleasure seeing our kids growing and doing excellent in their studies

However amidst all this network is a great trouble because of which many students can't get benefit of this initiative.

Currently the strength of students has been lowered due to connectivity issues and lack of gadgets but still we are trying to reach them.

We all believe that still there is a lack of awareness and in order to do the same we are planning to conduct lessons for our kids to tell them about

1. women health and hygiene
- 2.Good touch and bad touch
- 3.Mental health awareness

Also under sarathi initiative we made our students fill forms (by teleupchaar)regarding any health facilities if they require but there was no requirement of families as our team contacted them.

Also a scholarship form has been Circulated .

In future we all aim to conduct some online webinar for kids in collaborations with other NGOs on several issues which will help these kids to grow! Thank you

“Women & Social Justice A Dilemma”

by

SOCDC, NSS & DLSA

An online webinar was conducted by Social Outreach and Community Development Committee & NSS Unit of Vivekananda College, University of Delhi in association with Shahdara District Legal Service Authority. The theme of the webinar was “Women & Social Justice – A Dilemma”. Webex Platform was used for this very interactive and informative session. Mr. Harjeet Singh Jaspal shared his thought on the valuable theme. He made the session live by regularly interacting with students and by giving various examples. He explained about social justice, equality, equity, patriarchal system, feminism, empowerment etc. A lot of questions asked by students and were explained well. The session was very fruitful for students for enhancing their knowledge and clarity of thoughts. A total of 65 including committee members and students attended the session. The session was ended by the thank note of Dr. Sandhya Jain.



SOCIAL OUTREACH AND COMMUNITY DEVELOPMENT COMMITTEE
&
NSS UNIT OF VIVEKANANDA COLLEGE, UNIVERSITY OF DELHI
IN ASSOCIATION WITH
SHAHDARA DISTRICT LEGAL SERVICES AUTHORITY, NORTH-EAST & NORTH
PRESENTS
“WEBINAR”
Theme : *Women & Social Justice - A Dilemma*
Date : 5th April 2021
Time : 3:30-5:30 pm
Resource Person :
● Mr. Harjeet Singh Jaspal, Jd. Secretary, DLSA North, Bahini Court, Delhi
● Ms. Sharanya Menon, Counsellor, DLSA Shahdara
Link Of The Event : [Click here](#)
Officiating Principal: Dr. Hina Nandrajog
Coordinator DLSA Shahdara: Mr. Samrat
Convenor SOCDC & P.O NSS: Dr. Sandhya Jain

Project HUM (distribution of dry ration)

by

SOCDC & Seva Delhi Union

Serial Number	Name	Contact Number	Address	Requirement Type (Dry Ration/ Cooked Food)
1	Areeba	9910523948	E-80/399 ,Jhilmil Colony ,Kisna market	Dry Ration
2	Sameer	9811891327	A 113Jhilmil Colony	Dry Ration
3	Yash	8766202096	jhilmil colony pratapkhanda 253	Dry ration
4	Zoya	9910523948	ESC 399 Jhilmil Colony rajiv camp	Dry ration
5	Sidhant	8920026036	Krishna market Rajiv camp 80/82	Dry Ration
6	Suraj	8587096838	E-80-78 Jhilmil Colony Rajeev Camp Phase-2	Dry Ration
7	Shyam	9971518978	E-80/114 krishna market, jhilmil colony	Dry Ration
8	Sana	9953427976	E-80-388 Rajiv Camp Jhilmil Colony	Dry Ration
9	Durga	9990348668	351 Ambedkar Camp B Block Jhilmil Industrial Area	Dry Ration
10	Krishna	7290979309	E 80/158 jhilmil colony	Dry Ration
11	Kusum	9810791720	E80-113Jhilmil Colony	Dry Ration
12	Hasan	9717026036	ESE 6-70 Jhilmil Colony	Dry Ration
13	Qaasim	9717026036	ESE 6-70 Jhilmil Colony	Dry Ration
14	Aashiya	9910523948	E-80/399 ,Jhilmil Colony ,Kisna market	Dry Ration
15	Suraj	8882186544	E-80/78 , Kisna market, Jhilmil Col. ,	Dry Ration
16	Mantasha	9953427976	Krishna market,Sharda hospital , E-80/388 , Jhilmil Col.	Dry Ration
17	Kajal	8810201097	Jhilmil Col. , Pratapkhanda , Hno. 253	Dry Ration

Serial Number	Name	Aadhaar Number	Address	Requirement Type (Dry Ration/ Cooked Food)
1	Urmila Mishra	9477 1450 3250	E 52/108, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
2	Sheela Devi	3241 6656 4697	E 52/105, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
3	Aarti	2867 6326 2003	E 52/165, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
4	Geeta Dhinagan	8368 9246 7595	E 52/128, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
5	Madhu	2272 2828 9193	E 52/12, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
6	Manita	9412 0383 6758	E 52/238, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
7	Urmila Mishra	9477 1450 3250	E 52/108, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
8	Anita	5806 8129 9767	E 52/154, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
9	Sooni	8711 7082 4255	E- 52/109A, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
10	Sona	6785 7148 0495	E 52/108, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
12	Prempal	4867 4776 2647	E 52/135, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
13	Kailash	5839 9671 0649	E 52/212, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration

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9	Sooni	8711 7082 4255	E- 52/109A, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
10	Sona	6785 7148 0495	E 52/108, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
12	Prempal	4867 4776 2647	E 52/135, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration
13	Kailash	5839 9671 0649	E 52/212, Aradhak Nagar, Jhilmil, East Delhi	Dry Ration



Events organized by IQAC Vivekananda College

National Seminar on Environment and Urban Ecosystem

by

IQAC & Dept of EVS

Department of environment in collaboration with IQAC conducted National Seminar on 30th September 2020.

Topic name: Environment and Urban Ecosystem: from individual to ecological

Patron: Dr Hina Nandrajog, Officiating Principal, Vivekananda College

Covener: Dr Seema Sharma (Dept. of Environment), Co-covener: Mrs Purnima Vir (IQAC)

Speakers of the seminar

Number of participants: more than 100

Seminar brochure: word file attached

Paper presenter's registration list: excel sheet attached

Participant's registration list: excel sheet attached

Media Coverage: [Vivekananda College to organize National Seminar on "Environment and Urban Ecosystem: From Individual to Ecological" on Wednesday. - Asian Community News](#)

[Green Auditing Training Module can be made Course Module: Prof. C. R. Babu - Asian Community News](#)

Women Empowerment Webinar Series**by****IQAC, Vivekananda College****webinar entitled 'Shaping the Future Women Leaders'**

The IQAC team of Vivekananda College in collaboration with the IAS hub organized a Webinar on April 30, 2021 at 5 pm on the theme 'Shaping the Future Women Leaders'. The speakers were: Mr. M.K. Yadav (Ex- IB & Vigilance Officer, GOI who has mentored more than 400 IAS officers) and Ms. Ritika Jindal (youngest IAS Officer of the 2019 batch, from SRCC, DU topper, cleared IAS @ 22 years). They talked about the role of an IAS officer, examination pattern and changing trends, and how to become an IAS officer in the 1st attempt. IAS hub also provides scholarships by conducting an online free scholarship test. This NEEV is a social venture helping aspirants financially and providing personal mentorship as well. Both the speakers shared their vivid experiences of breaking the stereotypes. They informed that every year there are about 10 lakh aspirants out of which 6 lakh give the exam out of which 10, 000 clear the prelims out of which 2, 000 clear the mains and give the interview. 700-800 are final selections out of which 150 are IAS officers. The success story is between the age range of 21-35 (the prime time of one's youth) and 8 percent clear in the 1st attempt. This competitive examination pattern is not fixed and one size does not fit all. Hence, mentorship is very important. According to Mr. Yadav their IAS hub is AI testified (incubated by IIT Kanpur) which helps in identifying the gap areas of the aspirants, converting motivation into a discipline, and managing the ambivalence time. Ms. Jindal emphasised upon the consistency and perseverance in one's preparation, an inner fire, and on coaching. She said that coaching is not necessary but it is important because it provides mentors, good peer group, and smart studying (which includes analytical reasoning). Smart studying covers about 1½ hours of newspaper reading (Indian Express, Hindu, free resources on IAS website), reading NCERT books, specialised books, and extra resources. Preparing notes after 1-4 readings goes a long way. Ms. Jindal shared some videos and links with the IQAC team for the benefit of the students. It is a myth that only toppers become IAS officers. An average performer may, too, become an IAS officer with hard work, discipline, and dedication. Another myth is that these officers are corrupt. Ms. Jindal said that one can maintain one's integrity, carry one's own aura, and one's reputation travels. Stick to the law. After all, we join together to make the system democratic in nature. The webinar was

concluded with an interactive session with the students who cleared their doubts, anxieties, and fears. Finally, the speakers were thanked and their efforts were much appreciated.

webinar entitled “Her Healthcare: Demystifying Women’s Health and Hygiene”

The Internal Quality Assurance Cell of Vivekananda College, University of Delhi organized a webinar on “Her Healthcare: Demystifying Women’s Health and Hygiene” as part of a series on Women Empowerment on 11 May 2021 from 2:30 to 3:30. The webinar was conducted by the efforts of the Convener of IQAC Committee, Dr Vanita Sondhi, Co-Convener, Dr Salma Seth and Coordinator, Ms Vandana Rathore, Ms. Shafaq Zareen, Ms. Sheena Lama along with two student coordinators Ms. Priyanshi Bhatnagar and Ms. Yugmita Kesh.

The meeting link for the event was <https://meet.google.com/fxt-djwi-idx>. The event was simultaneously made live on Facebook.

The discussion was led by Dr Puja Sharma, a renowned obstetrician, gynaecologist and laparoscopy specialist in Delhi. A post-graduate of the prestigious King George’s Medical University and gold-medalist in surgery, Dr Puja has many papers and publications in national and international journals to her credit. She leads the Daksh Clinic in Hauz Khas and consults at Rainbow Hospital, Rosewalk Hospital, Apollo Cradle, and Fortis La Femme, among others. She specialises in adolescent health, high-risk pregnancy and laparoscopic surgery.

The audience included teaching and non-teaching staff of Vivekananda college along with some members from the slum area of the Jhilmil colony. The event was attended by women from many age groups; from 18-20-year-old college students, to the varying age groups of the staff members and participants from the Jhilmil areas, everyone found something to take away from the session. Approximately 51 people attended the event which includes teachers, students as well as 15 people were from the slums of Jhilmil colony.

This webinar was part of the comprehensive series of webinars planned by the Internal Quality Assurance Cell of the college. Understanding the physiological and psychological aspects of being a girl, a woman- are prerequisites to empowerment. Dr Puja Sharma accordingly spoke about the same. She highlighted the importance of complete knowledge as well as accurate information when making decisions, of not giving in to societal stigma and pressure, voicing issues, and taking charge of one’s own body. The students realised the importance of understanding their own bodies to accept it, and appreciate it, as they saw what was medically and accurately “normal” and when they need to seek professional help. She addressed issues about mental health in women, psychosexual health, infections, dermatological problems, chronic diseases as well as vaccines and screenings. She even touched on many sensitive topics related to pregnancy and sexual health. The event was followed by Q&A session.

We are really grateful to Dr HinaNandrajog, our Officiating Principal, non-teaching staff of Vivekananda College and the IQAC Committee, for providing us with support in the smooth conduct of the event.

webinar entitled Avenues “For Women in Academia: A Step Towards De-stressing the Academic Distress”

A webinar entitled *Avenues For Women in Academia: A Step Towards De-stressing the Academic Distress* was organized as a part of the “Women Empowerment Webinar Series” by the IQAC committee of Vivekananda College, University of Delhi on Friday, 21 May (2:30 PM), virtually on Google meet (via following meeting link <https://meet.google.com/kiv-qqed-gjc>).

The event took shape under the guidance of the respected principal, Dr. HinaNandrajog, convener of the IQAC committee, Dr. Vanita Sondhi, co-convener Dr. Salma Seth, and was coordinated by Ms. Sheena Lama. Also, student coordinator Aayushi (BA H English) helped to note attendance and take photos. In addition, the entire IQAC committee was involved throughout the process.

We invited Ms. Shraddha Namjoshi as the guest speaker for the webinar. Ms. Namjoshi is an Assistant Professor in the Department of Psychology, Faculty of Liberal Arts MIT WPU, Pune. She is an alumna of University of Surrey, UK, where she pursued Msc Health Psychology (2015-16). In addition, she is certified in REBT and Mental Health First Aid.

Besides the core organising team, the webinar was attended by other respected faculty members, Dr. Neeta Mathur, Dr. Ritika Nagpal, Dr. Shafaq Zareen and Ms. Vandana Rathore.

The webinar began on the welcome note where the coordinator introduced the speaker to faculty members including the convener and co-convener. After an exchange of greetings, the speaker was introduced to the house and she right away began with her talk. Since the topic of the webinar falls under the purview of mental health in relation to academia, Ms. Namjoshi discussed important issues like “stress, how to deal with stress, survivor’s guilt, mental health first aid” etc. The webinar, in fact, turned out to be quite interactive for Ms. Namjoshi engaged the house in an activity called “The Stress Bucket” and elicited response from faculty members and students regarding the same. Furthermore, she addressed around five majorly common questions related to the idea of stress and tried to provide possible solutions for the same. All in all, the webinar went smoothly and was of great help to students and teachers, alike. It was concluded with a vote of thanks to the speaker, respected principal, convener and co-convener of the IQAC committee. The webinar was attended by around a hundred students and was live telecasted on the college’s Facebook page.

webinar entitled “Breaking the Gender Stereotypes”

Internal Quality Assurance Cell (IQAC) team of our Vivekananda College has been organising a webinar series on Women Empowerment. This is, yet, another chapter in the series and the theme is 'Women Entrepreneurs: Breaking the Gender Stereotypes.'

This webinar was held on May 28, 2021 (Friday) at 2.30 pm. The invited speaker was Mrs. Rita Sengupta- a freelance consultant. She was the former director of NIESBUD (National Institute of Entrepreneurship and Small Business Development, Ministry of Skill Development and Entrepreneurship, Government of India). She has 34 years of experience in training, research, and consultancy in Achievement Motivation, Entrepreneurship Development and Education, Motivation and Excellence, Women Empowerment, Livelihoods and Micro-enterprise, Training Pedagogy, and Impact Assessment. Mrs. Sengupta has worked very closely with the Women Spring Board Programme of British Council and designed and delivered a program on Gender Equity through Entrepreneurship Development in more than 12 universities. Currently, she is the consultant with Rajiv Gandhi Foundation and visiting advisor to NIESBUD.

In her very engaging presentation, she highlighted that in order to bridge the gender gap in primary and secondary education, in their earnings, in their political participation and in decision-making, perception and thinking about women's productive and reproductive roles need to be changed. Gender mainstreaming is very important. Women empowerment shall be possible when women realise the power within. One way of doing so is through entrepreneurship. It is a process and experience which is learnt. It is a conviction which is to be internalised. It is a continuous process which works at two levels: external and internal (refers to your passion and self-fulfilling strategy).

Women enter into entrepreneurship due to multiple reasons, viz., economic factors, want to utilise their educational qualifications, due to husband and family support, availability of time and money, desire to be independent, and for personal satisfaction. Psychology plays a major role in entrepreneurship development. The stages involved are:

- Crisis helps in developing a passion to do something
- Identity Search (What to do?)
- Identity Formation (Who Am I?)

- Identity Establishing- includes women entrepreneurs breaking the conventional mind-set, balancing of roles, equal participation, economic urge, and internal locus of control.
- Triggering an action through positive self-concept and through developing of competencies (occupational competencies, social skills, operational and management skills, networking, empowering, sustenance and coping)
- Future Planning (taking feedback, use of intuition)

Mrs. Sengupta pointed out that there is women domination in food industries, handicrafts, and services sector but now they are also entering into the masculine business-like construction, transport, etc. Times are evolving and the government needs to do serious thinking about gender roles.

The webinar was concluded with a vote of thanks and with quotes of Ms. Nooyi and Ms. Kiran Majumdar Shaw.

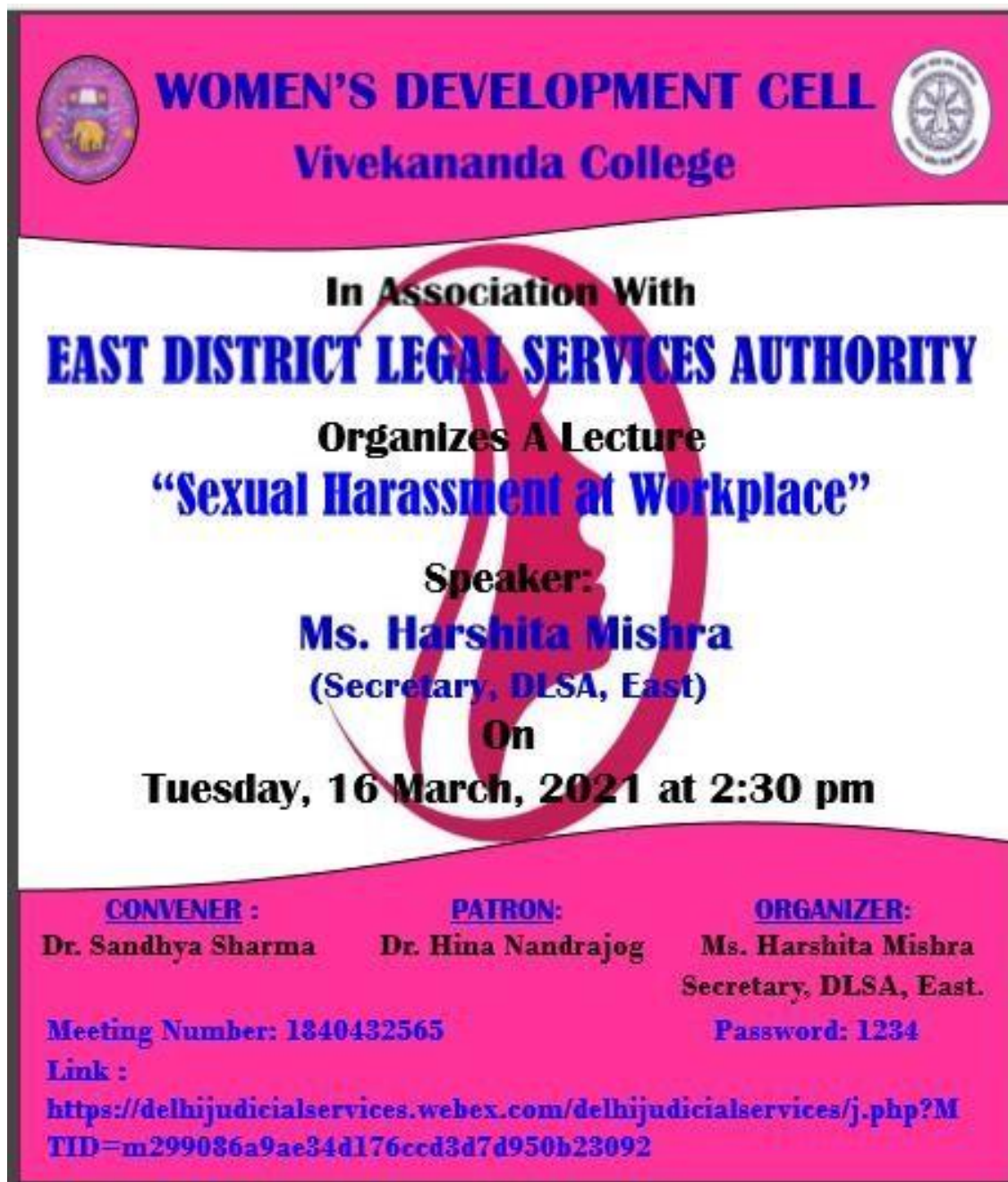


Events organized by WDC Vivekananda College

Lecture on Sexual Harassment at Work Place

by

WDC, Vivekananda College



WOMEN'S DEVELOPMENT CELL
Vivekananda College

In Association With
EAST DISTRICT LEGAL SERVICES AUTHORITY
Organizes A Lecture
“Sexual Harassment at Workplace”

Speaker:
Ms. Harshita Mishra
(Secretary, DLSA, East)

On
Tuesday, 16 March, 2021 at 2:30 pm

CONVENER : Dr. Sandhya Sharma
PATRON: Dr. Hina Nandrajog
ORGANIZER: Ms. Harshita Mishra
Secretary, DLSA, East.

Meeting Number: 1840432565
Link :
<https://delhijudicialservices.webex.com/delhijudicialservices/j.php?MTID=m299086a9ae34d176ccd3d7d950b23092>
Password: 1234

Interactive Live Session on Women Empowerment
by
WDC, Vivekananda College

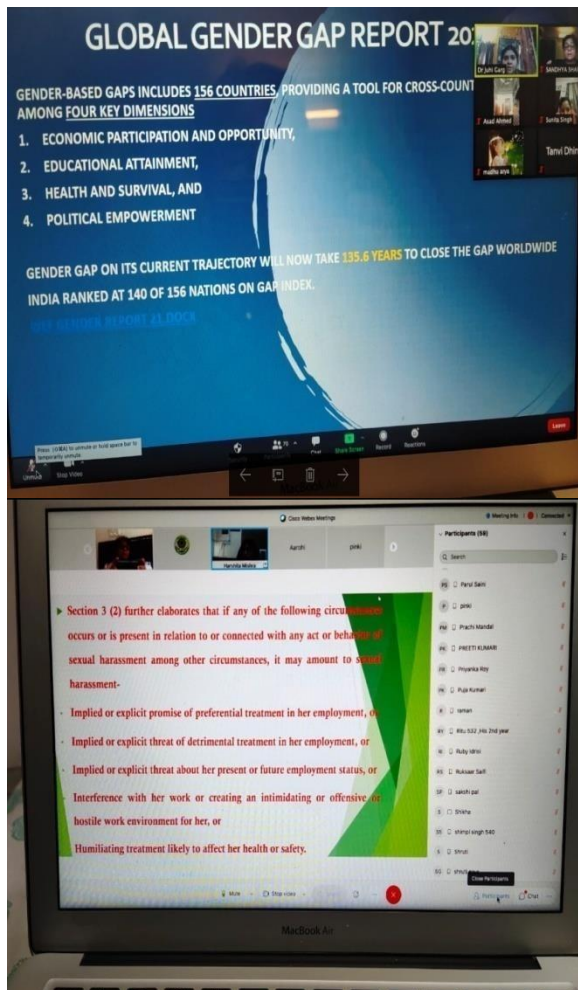


A Session On
WOMEN EMPOWERMENT
Organised By Women's Development Cell,
Vivekananda College, University of Delhi
NAAC Accredited Grade "A"
In Collaboration With UPES, Dehradun

		
Dr. Juhi Garg Associate Professor, School of Law, UPES Speaker	Dr. Hina Nandrajog Officiating Principal, Patron	Dr. Sandhya Sharma Convener, Women's Development Cell

15* April, 2021 : 12 Noon

<https://zoom.us/j/22136366773>



Women Thinkers of the World on International Women’s Day

by

WDC, Vivekananda College

International Women's Day
Women Thinkers Of the World

JESSICA BHATT
 FINAL YEAR STUDENT (B.COM)

MRIDULA JAIN, SHINGORA

- Shingora is synonymous with Mrs Mridula Jain, the Vice-Chairperson of the company whose brainchild it is. A force to reckon with, she continues to inspire a whole generation of young women entrepreneurs.
- Her initial journey was not easy. Born to a conservative family, Mridula was asked to prioritise marriage over her plans for higher studies.
- Later with the support of her husband, She not only completed her higher studies but also entered the shawl market with Shingora.
- She played a key role in establishing Shawl Club and Wool Association in Ludhiana.

Over 30 years of Experience in Textiles

Mrs Mridula Jain
 Founder - Shingora

SHINGORA

- She was also sponsored by the government to travel to Europe to study the wool industry.
- She brought a great leap in the entire woollen industry of India when she along with wool industry and Shawl Club convinced the government to make changes in law to allow import and use of power looms in textile industry.

• She has been conferred with numerous prestigious awards like Mahila Udyog Ratna in 1999, Dun & Bradstreet Exporters Excellence Award in 2015 beside many more, thus making her an international icon for all female entrepreneurs.

• Today, Shingora has 6 Exclusive Brand Outlets and more than 60 Multi-Brand Outlets across the country.

MANISHA BHATI, DREAMHUNT INDIA

When Pune-based Manisha Bhati was working in Deutsche Bank, she knew she wanted to be an entrepreneur. Her background in teaching had helped her understand that people of all ages were lacking soft skills.

She wanted to start a counselling and development company to help people with career counselling, personal, and professional development. Dreamhunt helped her in doing that.

Dreamhunt does one-on-one counselling and development sessions where they go with clients for movies, walks, and other fun activities.

Following this model of one-on-one sessions and group workshops, Dreamhunt has made Rs 20 lakh in under two years.

International Women's Day
Women Thinkers Of the World

THANKYOU

Events organized by Department of Applied Psychology

Panel discussion on MeHeal: Annual Mental Health Event

by

Department of Applied Psychology

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 enlightening 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. The idea was to bring about an awareness to the people that mental health is not only restricted to the field of psychology but it is important for everyone, no matter what field of work they belong to. First hand experiences of people from several walks of life helped in delivering this message.

Meheal was scheduled into 2 parts with a two-hour break in between so that the attendees could gain the most out of it without causing a strain to their eyes due to the online medium.

The program commenced at 10:00 am with a welcome note by **Dr. Hina Nandrajog**, the honorable principal of Vivekananda College. After the address, the event was kickstarted by showcasing the video of an exclusive interview of **Mr. Himmat Singh** taken by Kritika Grewal, a student of the college. Himmat Singh is an Indian Cricketer who was named in India's team for the 2018 ACC Emerging Teams Asia Cup. He talked about “Sports and Mental Health” mentioning how he deals with the pressures of the game and uses it for the best of his benefit.

This was followed by a panel discussion on “Media and Mental Health”, which was moderated by Kritika Grewal, included three distinct panelists from the field of media. The panel included **Mr. Harshit Bansal**, an Instagram inspiration and the founder of ‘Humans of Cinema’. **Ms. Shinata Chauhan**, a 20 year old Indian Model and beauty pageant titleholder, was the next panelist. The final member on the panel was **Ms. Ritu**, also known as **Albeli Ritu**, a well-known youtuber. They talked about how media impacts one’s mental health, the struggles they face and how they cope with them and their tips and advices for everyone from their learnings.

The next session that took place was by **Viraj Singh Katoch**, a young social worker and the Founder of Defx Talks. The theme of his address was “Defence and Mental Health” and it was moderated by Surbhi Sharma, another student of Vivekananda College. He shared the experiences faced by army personnel and how they deal with difficult situations. He included several anecdotes and excerpts from the interviews he took of the officers in the military. It was followed by an interactive session with the attendees.

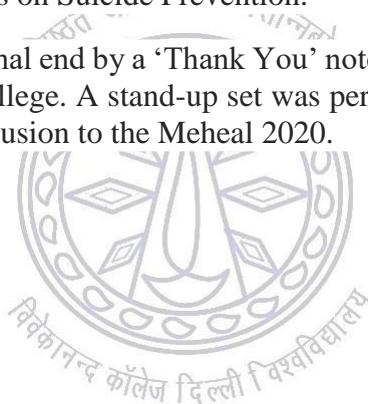
A workshop on expressive arts therapy was conducted by **Tanushree Sangma**, an Expressive Arts Based Therapist and Psychologist from Fortis Healthcare. She demonstrated how the medium of art can help one in coping with their negative thoughts. Some students of the college shared their artworks with everyone afterwards which led to the conclusion of her workshop.

The last speaker of the day, before the break, was by **Mihir Mhaskar** a second year law student and the founder of a Mental Health Support Group at National Law School, Bangalore. He conducted an extremely interactive session titled “The Rainbow Road” which aimed at spreading awareness about the mental health struggles faced by the LGBTQIA+ community. The session was moderated by Muskaan Agarwal and comprised mostly of several questions and answers between the attendees and the speaker.

After a 2-hour break, the second half of the event commenced with a panel discussion on “Creative expression and Mental Health”. It was moderated by Ishti Gupta and the respected panel of speakers included **Swati Barik**, a poet and a select writer with Terribly Tiny Tales; **Amit Gupta**, a budding artist and **VanikaSangtani**, a writer and the Founder of Denied. They each shared how their field of creative expression helps them in liberating their mind and finding happiness. After their respective speeches, the floor was opened to the attendees for their questions.

The final speaker of the event was **Jayant Singh**, and entrepreneur and the founder of Bid4Best whose session was on “Business and Mental Health”. He enlightened the audience about the pressures that one faces in the competitive world of business. After his insightful talk, a special session by the Final Year Students on “Suicide Awareness and Prevention”. It included videos and presentations which introduced, ways to help oneself and others, to everyone watching and also helped in raising awareness on Suicide Prevention.

The event was brought to a formal end by a ‘Thank You’ note which was delivered by Shohini, a second-year student of the college. A stand-up set was performed by Aakash Kumar to give a light-hearted and happy conclusion to the Meheal 2020.



Events organized by Gandhi Circle Study committee

Virtual talk on Mahatma Gandhi aur Mahila Sashaktikaran

by

Gandhi Circle Study committee

Gandhi Study Circle of Vivekananda College—a college committee to promote Gandhian values among students, held a virtual talk on Mahatma Gandhi and Women Empowerment on 16th April, 2021. The event was one of the first programmes chalked out by the committee for the academic year January 2021 to December 2021. The guest speaker for the event was Dr. Alok Bajpai, a renowned scholar and researcher on Gandhi, and former Nehru Memorial fellow. The event received a fairly good response from the participants which included both students and faculty members from the college including the committee members who were left mesmerized with the speaker's erudition and clarity of thought on Gandhi's contribution in empowering the women, in India and outside.

The talk began with the singing of one of Gandhi's favourite bhajans—Vaishnava Jan by Mansi and Pallavi, students from the Music Department under the supervision of Dr. Deepa Varshney. This was followed by the explanation of the song in Hindi by Dr. Dilip Jaiswal which, he said, had been originally composed in old Gujarati by Narsih Mehta in 15th century and evoked quintessential human traits and feelings like compassion, non-violence, empathy and affection.

Dr. Alok Bajpai started the talk by reflecting on popular attitude towards Gandhi when it came to the question of women in his personal as well as social life. He argued, "Mahatma Gandhi's contribution to Indian freedom struggle is vividly known to all of us in terms of his strategies and techniques of Satyagraha, non-violence, civil disobedience etc. to fight the colonial powers and how India as a nation pulled itself out of those clutches of domination and oppression. Yet, when it comes to talking about his role as a social reformer and challenger to patriarchal norms in the Indian society to bring women of all ranks and size on equal footing with their male counterparts, there is hardly any acknowledgment of this aspect of his life either in academia or public consciousness." To elaborate upon his main argument, he discussed many incidents from Gandhi's personal life and social interactions which not only highlighted a never-before-seen side of Gandhi to empower women but also busted many myths maligning his image during his interactions with women.

Before the close of the talk, Dr. Bajpai replied to questions from the audience with patience and utmost clarity.

The session ended with a vote of thanks to the honourable guest, Dr. Alok Bajpai from the convener of the committee, Mrs. Anita Bakshi. She listed the takeaways from the informative talk for both students and faculty members and thanked the audience for their overwhelming participation as well as the organizing team for a coordinated team work.

Events organized by Vivekananda Committee

An Interactive Discussion on Abhivyakti

by

Vivekananda Committee

An Interactive Discussion on “**Abhivyakti**” was organized by **Vivekananda Committee** of **Vivekananda college, University of Delhi** on **March 12, 2021**, from **3:00 P.M to 4:30 P.M.** on Google Meet Platform using link <https://meet.google.com/ucv-yxsj-mre> . The webinar commenced with a welcome note by Dr. Neeta Mathur, the Convenor of Vivekananda Committee. The theme of this session was **Arise! Awake! And Stop Not till the Goal is Reached**. This session was an interactive online discussion to raise awareness about the life and teachings of Swami Vivekananda .

This session comprises:

- 1) Poetry recitation: Many students shared self-composed poems on Swami Vivekananda.
- 2) Question and Answer Session: An open question answer session was organized based on the theme.
- 3) Crossword Puzzle and Riddles: Crossword puzzle was given to be solved for specific time limit.
- 4) Analysing Swami Vivekananda's quotes: Everyone shared their own opinion and experiences on given quotations of Vivekananda.

The session received enthusiastic participation from around **65 participants** especially college students. All session was handled by students. Students coordinators for this session were Yamini and Tannu.

The session concluded with a vote of thanks from Dr. Vivek, a member of committee.

Convenor

Members

Dr Neeta Mathur

Mrs. Anita Bakshi

Dr. Vivek Kumar Gupta

Mrs. Preeti Chhachhia

Beyond the Campus: Environmental Promotional Activities

National Seminar on Environment and Urban Ecosystem: From Individual to Ecological

by

ECO Club

Environment and Urban Ecosystem: From Individual to Ecological

Keynote address by Chief Guest

C. R. Babu, Professor Emeritus & Ex-Pro-Vice-Chancellor, University of Delhi

Launch of Green Auditing Training Module by Dept. of Environment, Vivekananda College, University of Delhi

Expert Panel discussion: Role and Responsibility of Academia, Industry, Policy and Media in Current Discourse of Urban Ecosystem and the Way Forward

Expert panellists:

Dr. RAJU EVR

Domain Expert in Environment & Sustainable Development, Ministry of Coal, Govt. of India

Dr. Sanjeev K Ahuja

Editor, Asian communitynews.com

Mr. Chetan Pathak

Project Manager, BSES, Delhi



National Seminar Abstract Brochure



Environment and Urban Ecosystem: From Individual to Ecological

**NAAC Accredited "A" Grade
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University of Delhi
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30th SEPTEMBER 2020

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