



Vivekananda College

(University of Delhi)

ACCREDITED BY NAAC WITH 'A+' GRADE

Supporting Documents for: Criterion 7

7.2.1 - Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Practice 1: Collective Empowerment and Enriching Lives (NSS, SOCDC, Girl Up, French Deptt.)

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NSS

1. The NSS Vivekananda organized an event titled “**Mahila Rojgar**” on 26th August 2023, from 12 p.m. to 2 p.m. at the Jhilmil slum area. In collaboration with Even Cargo, the initiative aimed to provide door-to-door services for women, offering them job opportunities. The event focused on empowering women in the community by helping them access employment opportunities. The NSS team worked to ensure that women in the area were informed about these opportunities, encouraging their participation in the workforce.

Date: - 26 August, 2023

Venue: - Jhilmil Slum Area

Duration: - 12p.M- 2p.M

No Of Volunteers: -14



2. On 4th October 2023, NSS Vivekananda College organized a **Blood Donation Camp** in collaboration with Lion Blood Diamond, Delhi. The event aimed to encourage students and faculty to contribute to a noble cause by donating blood. It received an overwhelming response, with many volunteers coming forward to help save lives.

Name of the Event: Blood Donation Camp

Date: 4th October 2023

Venue: Vivekananda College

Duration: 10 a.m. - 4 p.m.

No. of Volunteers: 12



3. On 16th October 2023, NSS Vivekananda College organized a **Health Checkup Camp** in collaboration with Lion Club Delhi, Alaknanda, and Max Hospital. The camp aimed to provide free health checkups and raise awareness about the importance of regular health screenings. Students, faculty, and local residents participated, receiving consultations on various health issues and general wellness.

Name of the Event: Health Checkup Camp

Date: 16th October 2023

Venue: Vivekananda College

Duration: 10 a.m. – 2 p.m.

No of Volunteers: -22

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

"TAKE CARE OF YOUR BODY"

Free health check up for all the First years Students ,
College staff and Blood Donors.

MAX
Healthcare

1. BP / Blood Sugar
2. RBS/ Random Blood Sugar
3. BMD / Bone Mineral Density
4. Total Cholesterol Test
5. Consultation with General Physician
6. Dental Check-up by Clove
7. Eye check-up

DATE : 16th October ,2023
TIME - 10 am Onwards
VENUE - Sports Room

Scan to know more!

NSS PROGRAMME OFFICER
DR. SUBHASHREE BOSE

STUDENT COORDINATOR
MEHAK KALIA - 7257700680
SADHNA KUMARI- 6207787620

OFFICIATING PRINCIPAL
DR. IRINA NANDRAJOG



4. On 30th October 2023, NSS Vivekananda College organized a **Rally on Unity Day** to promote the importance of unity among citizens. The rally, held along the boundary walls of the college, aimed to spread awareness and encourage people to embrace diversity, harmony, and collective strength. Volunteers actively participated in the event, engaging

with the local community to emphasize the significance of unity in building a strong and inclusive society.

Name of the Event: Rally on Unity Day

Date: 30th October 2023

Venue: Vivekananda College

Duration: 11 a.m. – 12 p.m.

Number of Volunteers: 13



5. From 6th to 9th November 2023, NSS Vivekananda College, in collaboration with the North East Cell, organized a **donation drive** to support victims of the Sikkim and Manipur floods. The drive encouraged students and staff to contribute essential supplies such as clothes, food, medicines, and other necessities. Volunteers coordinated the collection and packaging of items, ensuring timely delivery to the affected regions. The initiative aimed to provide relief to the flood-affected people and showcase solidarity with the communities in distress.

Name of the Event: - Donation Drive with North East Cell for Sikkim and Manipur Floods

Date: - 6th – 9th November 2023

Venue: - Vivekananda College

Duration: - 3 Days



6. On 7th November 2023, NSS Vivekananda College organized a **Breast Cancer Awareness Drive** in collaboration with Max Hospital. The event aimed to raise awareness about breast cancer prevention, early detection, and treatment options. Volunteers engaged with students and faculty, distributing informational pamphlets and conducting interactive sessions to educate participants about the importance of regular screenings and self-examination. The initiative provided valuable resources and guidance, encouraging individuals to take proactive steps in maintaining their health.

Name of the Event: Breast Cancer Awareness Drive (Max Hospital)

Date: 7th November 2023

Venue: Vivekananda College

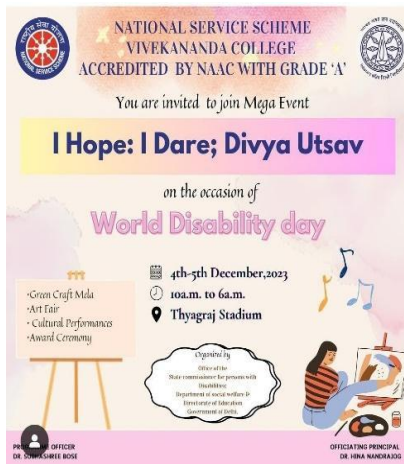
Duration: 11 a.m. - 12 p.m.

Number of Volunteers: 20



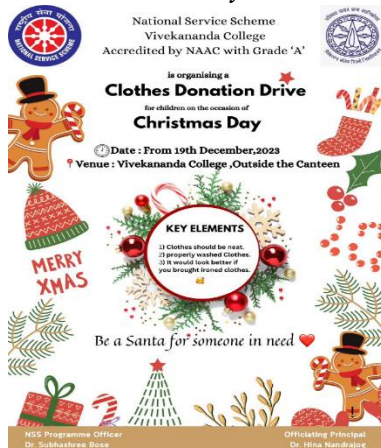
7. NSS VNC, in collaboration with NSS Maitreyi College, hosted an innovative event in partnership with the Office of the State Commissioner for Persons with **Disabilities**. The event focused on raising awareness about the challenges faced by individuals with disabilities and promoting inclusivity. NSS Volunteers volunteered in Divya Utsav and helped the disabled people who put up their stalls.

Name of the Event:- Divya Utsav
Date :- 4th And 5th December, 2023
Venue :- Tyagraj Stadium
Duration:- 2 Days (8a.M – 7p.M)
No Of Volunteers: - 58



8. NSS VNC organized a **Cloth Donation Drive** at Vivekananda College on 19th December, 2023. The event aimed at collecting clothes for the underprivileged sections of society. Students and faculty actively participated by donating gently used clothes.

Name of The event:- Cloth Donation Drive In College
Date:- 19th December, 2023
Venue :- Vivekananda College
Duration: One Day



9. On 30th December 2023, NSS Volunteers organized a **Cloth and Blanket Donation Drive** near Vivekananda College. The event took place from 11 a.m. to 12 p.m. with 5 dedicated volunteers participating in the initiative. The volunteers distributed clothes and blankets to the homeless and needy individuals in the area, aiming to provide them with warmth and support during the winter months. The drive reflected the spirit of giving back to the community and promoting social welfare.

Name of the Event:- Cloth And Blanket Donation

Date:- 30 December 2023

Venue:- Near Vivekananda College

Duration:- 11a.M- 12p.M

No of Volunteers:- 5



10. NSS Volunteers organized a **Cloth Donation Drive** on 2nd February 2024 at the Jhilmil Slum Area. Volunteers distributed clothes to the underprivileged, ensuring that the donations reached those in need. The initiative aimed to provide comfort and support to the community while fostering a sense of responsibility and compassion among students.

Cloth Donation Drive

Date: 2nd February 2024

Venue: Jhilmil Slum Area

Duration: 1 p.m. – 2 p.m.

No of Volunteers: -7



11. From 11th to 17th January 2024, NSS Volunteers organized **Road Safety Week** at Vivek Vihar Red Light. Thirteen volunteers actively participated, dedicating two hours each day to spreading awareness about traffic rules and road safety measures. The initiative aimed to educate commuters about the importance of following traffic laws, wearing helmets, and adhering to speed limits to ensure safety for all. Volunteers engaged with the public through interactive sessions and distributed informative material, making the week-long campaign impactful and enlightening.

Name of the Event:- Road Safety Week

Date :- 11th – 17th January 2024

Venue:- Vivek Vihar, Red Light

Duration:- 2 Hour Each Day

No of Volunteers:- 13



12. NSS Vivekananda College, in collaboration with Mr. and Ms. Whistle Smile, organized a two-day event, Smile Hunt, on 22nd and 23rd February 2024. The event provided free **dental checkups** for students, faculty, and staff, promoting oral hygiene awareness and offering professional guidance for **dental care**. This initiative aimed to encourage a healthier lifestyle and ensure the well-being of the college community.

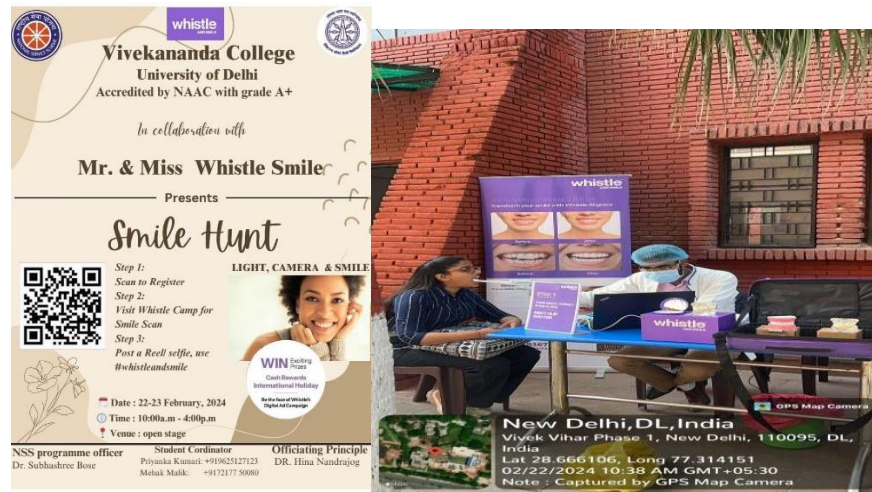
Name of event: Smile Hunt

Date: 22nd and 23rd February 2024

Venue: Vivekananda College

Duration: 10 a.m. – 4 p.m. (2 days)

No. of Volunteers: 54



13. NSS Vivekananda College organized a **Pad Distribution Drive** on 28th February 2024, in collaboration with the Ramindra Foundation. Free sanitary pads were distributed at two schools—National Herald Public School and Indal Memorial Public School. A total of 1,000 pads were provided, and the event included an awareness session to educate students about menstruation, breaking taboos, and promoting menstrual hygiene.

Event: Pad Distribution

Date: 28th February 2024

Venue: National Herald Public School and Indal Memorial Public School

Duration: 10 a.m. – 2 p.m.

No of volunteers: - 50



14. The NSS unit of Ramanujan College, University of Delhi, in collaboration with the NSS units of IIT Delhi, Maitreyi College, Vivekananda College, and Acharya Narendra Dev College, organized a joint **Cleanliness Drive at Lodhi Garden**. This event aimed to inspire participants to give back to nature and contribute to environmental sustainability. Volunteers actively cleaned the garden, promoted eco-consciousness among visitors, and demonstrated the collective responsibility of preserving public spaces.

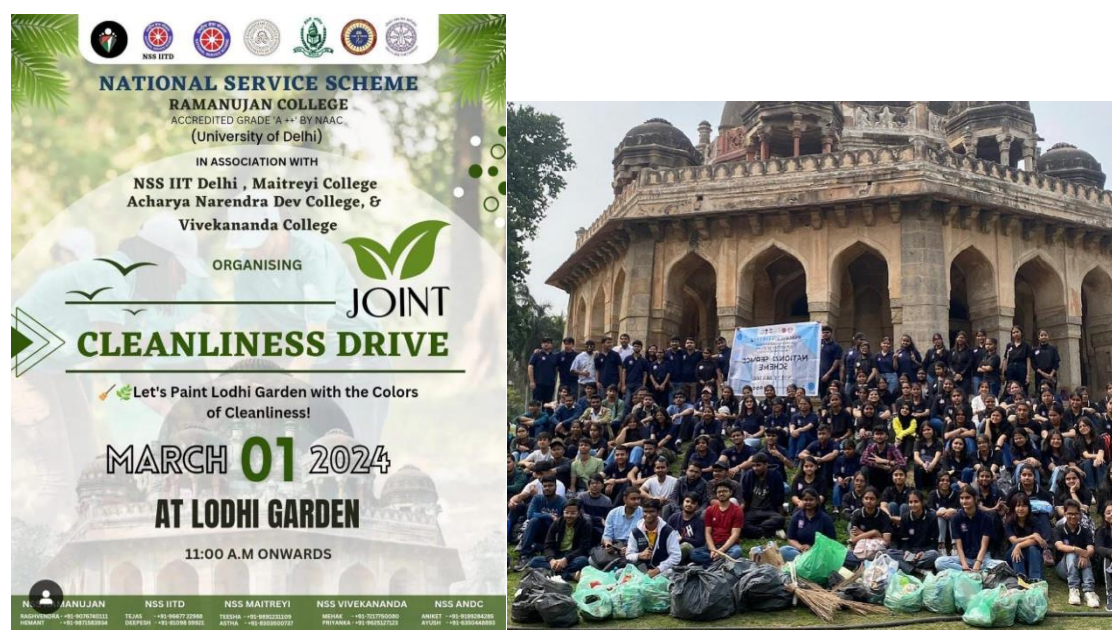
Event: Cleanliness Drive

Date: 1st March 2024

Venue: Lodhi Garden

Time: 10 a.m. – 2 p.m.

No of volunteers: - 40



15. The NSS unit of Vivekananda College, in collaboration with Nehru Yuva Kendra, organized a Running Competition to celebrate International Women’s Day. The event aimed to **promote fitness**, empowerment, and the importance of sports among women. NSS volunteers actively managed the event, ensuring its smooth execution and enthusiastic participation.

Event: Running Competition on the Occasion of International Women’s Day

Date: 8th March 2024

Venue: Vivekananda College, DU

Duration: 10 a.m. – 12 p.m.

Number of Volunteers and Participants: 26



अंतर्राष्ट्रीय महिला दिवस के उपलक्ष्य में नारी शक्ति फीटनेस दौड़ में भाग लेकर (टी-शर्ट, कैप, काफी मग, कलाई रिस्ट बैंड) प्राप्त करें

दिनांक: 08 मार्च, 2024

समय: प्रातः 10:00 बजे

स्थान: विवेकानन्द कालेज, विवेक विहार, दिल्ली

अंतर्राष्ट्रीय महिला दिवस के उपलक्ष्य में नेहरू युवा केंद्र संगठन, युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार महिलाओं के उत्थान, सशक्तिकरण एवं स्वास्थ्य के प्रति जागरूकता के लिए देशभर के सभी जिलों में नारी शक्ति फिटनेस दौड़ का आयोजन करने जा रहा है। जिसके अंतर्गत नेहरू युवा केंद्र जिला शाहदरा, दिल्ली द्वारा विवेकानंद कॉलेज के सहयोग से कालेज के प्रांगण में महिला/छात्रों की फिटनेस दौड़ का आयोजन किया जा रहा है। फिटनेस दौड़ में प्रथम, द्वितीय व तृतीय स्थान प्राप्त विजेताओं को उपरोक्त पुरस्कार प्रदान किए जाएंगे।

अतः सभी युवाओं से अनुरोध है कि कृपया फिटनेस दौड़ में प्रतिभागिता कर शिर्ष स्थान प्राप्त कर पुरस्कार प्राप्त कर गौरवान्वित करें।

SOCDC

16. Social Outreach and Community Development Committee (SOCDC) along with a NGO Slum Swaraj Foundation visited the **camp** in Jhilmil Colony, East Delhi to aware the children about classes that we are going to restart teaching them in the coming week in the nearby park. There were 4 members from the national team of SSF who visited the camp – Mr. Rahul, Mr. Hemendra, Mr. Rajnesh and Mr. Akash. 60 SOCDC members were divided into 4 groups, each group containing 15 members who were sent to different locations in the colony each group followed by each national team member. While visiting the camp, we told the children's parents that we would teach their children in the nearby park daily of nursery to 12th class students 6 days a week at 3-4 pm and also encouraged parents to send their children as we will also celebrate all the festivals with them. After that, we registered the children's name, their classes and their parent's contact number. Parents were very encouraging, children were very excited. The most convenient park was also selected and by calling cleaning workers at the work, thorough cleaning was done. The payment was made to cleaners by the national team. Parents were happy to know that their children will now be able to study and will get guidance. Overall the camp visit was successful and the members did very well interaction.

Camp Visit

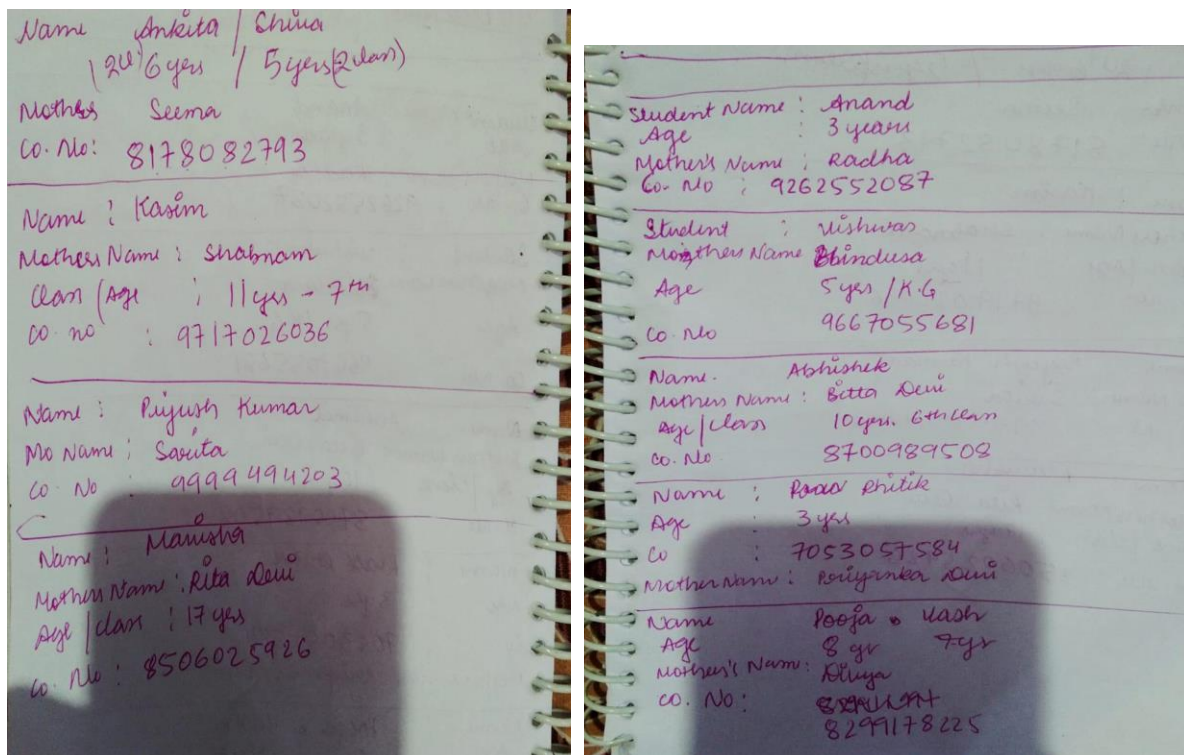
Date – 30th September 2023

Volunteers – Aashiya Mahajan, Aanchal Jain and 60 others (VNC students)

Teacher co-ordinator – Dr. Sandhya Jain, Dr. Gargi Sengupta



List of kids of Jhilmil Colony, interested to comp at VNC Camp



17. SOCDC along with Slum Swaraj Foundation organised **cloth donation drive** for the slum children and their parents. The procedure for donations started from 22nd Nov 2023 and lasted till 30th Nov 2023 inside the campus of Vivekananda College. Many students of our college participated in this drive enthusiastically and donated many clothes and other things as well. Finally, on 2nd Dec 2023, all the donated items were collected from the college and distributed among the children at the camp. The children also took part very excitedly in this donation drive. Overall, the drive was very successful and the volunteers executed it very smoothly and efficiently.

Event: Cloth Donation

Date: 2nd Dec 2023

Volunteers: Aanchal Jain, Aashiya Mahajan, Nikita Anand, Ayushi Patel, Ankreta, Simar, Somi, Manisha, Shahroon, Aliya, Anju, Mohini, Anju, Sneha,

Teacher Coordinators: Dr. Sandhya Jain and Dr. Gargi Sengupta



17. Slum Swaraj Foundation along with SOCDCC organized a small **donation** event on 7th Feb 2024 for the children at camp. It was made possible by the contribution given by one of our teachers in the college. The children are provided with stationary items along with a few eatables like chocolates and wafers. Thus, the event ended on a good note with many happy faces

Event: Donation Drive

Date: 7th February 2024

List of Volunteers: 17

Organised by: SOCDCC

Teacher Coordinators: Dr. Sandhya Jain and Dr. Gargi Sengupta



Girl Up

18. On October 13, 2023, **Girl Up Nazakat**, under the guidance of Dr. Vanita Sondhi, Convenor, proudly set up its 'First Ever Stall' at Vivekananda College during MERAKI, a flagship event organized by Convocare in observance of World Mental Health Month. The stall was part of **Project PRASHANSA**: Celebrating She Economy, showcasing ethically sourced products from women-owned small businesses. Featured items included beautifully crocheted glass bottle covers and bags, bookmarks, earrings, and diaries by Sarmaya, bracelets with self-care quotes by The Graphite, and cookies with affirmations by Frosted Crumbs. Engaging activities such as "Who's Back? - friendship test" and "Spin the Wheel - for self-reflection prompts" attracted enthusiastic participation, with winners receiving thoughtful gifts like scrunchies. The event was a tremendous success, made possible by the combined efforts of the Officiating Principal, Team Nazakat, Team Convocare, teachers, staff, and students, further promoting mental well-being and empowerment through creativity and collaboration.

Event: Meraki, 2023 (Project PRASHANSA)

Date: 13th October 2023

Organised by: Girl Up



19. On 24th November, 2023, **Girl Up Nazakat**, under the guidance of Dr. Vanita Sondhi, organized the inaugural field visit to **Aamdani**, an initiative by Saday with the purpose of **promoting their initiative** via our own social networking. During this visit, our team had the privilege of meeting some women and a skillful trainer who was volunteering to teach the women how to handicraft so that they can earn a livelihood for themselves. Project Aamadani was found and started by an anonymous person who thought of employing underprivileged women who'd be able to create materials required for crochet and beads business by minimal training. Remarkably,

they've garnered an impressive following of over 800+ followers on Instagram and various other platforms. Soon, they'll be launching their online stores where there will be an easier availability of the products made by them.

Event: Field visit to Aamdani

Date: 24th November 2023

Organised by: Girl Up



20. On 20th November, 2023, Girl Up Nazakat, under the guidance of Dr. Vanita Sondhi, orchestrated a school visit to MCD School in collaboration with Pratisandhi. With a singular mission: spreading awareness about the critical nuances of **good touch and bad touch among** male students from grade 2 to 7. Over 250 students were enveloped in an interactive and enlightening session, where they were each equipped with meticulously crafted colouring books demonstrating the intricacies of appropriate and inappropriate physical interactions. These colouring books, complemented by sketch pens and colouring boxes, served as channel for expression and comprehension, fostering a safe space for exploration and learning. The session deeply impacted students, educators, and staff, empowering young minds with tools to navigate complex social dynamics around boundaries. Through creative expression and dialogue, students became informed and confident in asserting their personal boundaries. By leveraging creativity, compassion, and collaboration, Girl Up Nazakat and Pratisandhi remain steadfast in their commitment to nurturing informed and resilient communities where every individual's dignity and well-being are safeguarded.

Event: MCD School Visit to create awareness about good and bad touch

Date: 24th November 2023


Organised by: Girl Up



French Department

21. Students of the Department volunteered as French Teacher to students of Class 5 at MCD schools of Central, East and South Delhi zone as part of **Josuman French Enrichment Program** run by Education Department of Municipal Corporation of Delhi (30th March 2024) This is a social initiative based project to enrich school children from economically weaker sections with new language and cultural skills:


- Tvisha Singh, Neelakshi Tyagi, Priyanshi Chauhan, Priyanshi Yadav, Avantika Harit, Akanksha, Kajal Sen, Ananya, Avni Preet, Riya Singh of BA(P) IIInd year.
- Aashna Viresh, Khushbu, Harleen Kaur, Tanishka Gaur, Olivia Sarkar, Jyoti Kumari, Palak Joshi, Palak Malhotra, Tiya Gehlot, Tanishka Gaur, Tulsi Gupta of BA(P) IIIrd year.
- *Event: Teaching French to students of MCD (Josuman French Enrichment Program)*
- *Date: 30th March 2024*
- *Organised by: French department*



नगर निगम प्राथमिक आदर्श बालिका विद्यालय

पुरानी सीमापुरी-1, हिंदी, दिल्ली-110095

व्य. वार्ड नं. E-26/27



Teaching Certificate

क्रमांक दिनांक 30/03/24

This is to certify that Mr. / Ms. Aashna Viresh successfully taught Josuman French Enrichment program for the academic session of 2023-2024 as approved and supported by MCD Education Director Shri Vikas Tripathi.

He / She taught French to our Grade V students for total of 36 hours during whole academic year under official French pedagogical mentorship and coordination of Dr. Deepika Mehta.

As Josuman French Teacher, He /She was active in extracurricular activities where students were prepared for school assembly to sing French poems and to participate in school's patriotic day celebrations. As a part of Josuman curriculum, from lesson plan till student's final evaluation, overall teaching performance was satisfactory.

I, as a School Principal, feel glad to observe positive enrichment in my students through Josuman program and our students enjoyed learning French language with Ms./Mr. Aashna Viresh

Her / His conduct was found professional and cordial with our school staff and students.

With best wishes for success in life ahead.

Principal Name, Reeta Sharma

Signature Reeta Sharma

शिक्षिका का नाम
 शिक्षिका का पता
 शिक्षिका का मोबाइल नंबर



Practice 2: Nurturing Conversations, Counseling, and Mentoring for Mental Wellness

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Convocare

Convocare has successfully organized various events to support its mission of creating a safe space for expression for students.

1. Mental Health Store

Mental Health Store at Pallavi fest (12th and 13th January, 2023). The aim of this event was to set up a stall to increase awareness of mental health. The stall showcased various mental well-being products and engaging activities, including positive affirmation frames, bookmarks, and "shoot for happiness" games. The event was a collaborative effort by the college's Applied Psychology Department, students, and faculty. The support and encouragement from the college's Principal Office added to the success, reflecting a strong commitment to promoting mental well-being within the college community.



2. Women and Emotions (21st February, 2023)

Convocare initiated the Women's Day Celebration by organizing a seminar on Women and Emotions emphasizing the significance of emotional expression and channelising of emotions. The seminar featured Dr. Deepika Dahima, an experienced psychologist and educator. She emphasized the significance of authentic emotional expression for women, aiming to help them lead purposeful, balanced lives. Her 10+ years of counseling, life skills training, and education support her expertise in this field.



3. Pop-up Stall at "Confab'23"

Pop-up Stall at "Confab'23" organized by Youth for Mental Health in collaboration with Friends' Corner, the Mental Health and Counseling Cell of Hindu College (27th February, 2023). Volunteers

of convocare set up a stall to increase awareness of mental health and as a fundraiser to support future initiatives and goals of Convocare. The stall, offered various products such as chocolates, bookmarks, dreamcatchers, stickers, and mirrors made by the volunteers. The stall generated some funds and raised awareness about mental well-being.



4. Mental Health Campus Drive

Mental Health Campus Drive in collaboration with Youth for Mental Health. (12th and 13th April, 2023). The aim was to raise awareness around youth suicide prevention through various activities and fun sessions on April 12th and 13th, 2023. The campaign focused on youth suicide prevention through engaging activities like sharing lived experiences, introspection, games, and open mic sessions on mental health. It aimed to raise awareness about youth suicide prevention. The event was open to all, fostering inclusivity and promoting open conversations about mental health challenges. The diverse program format ensured a holistic approach to addressing mental health issues.



5. Group Discussions on "Preventing Suicides and Promoting Mental Wellbeing in College Campuses"

On April 24th and 25th, 2023, group discussions were held with NIMHANS, Bengaluru, on "Preventing Suicides and Promoting Mental Wellbeing in College Campuses" and "Creating Youth-Friendly Health Services." In partnership with Y20 for the G20 Presidency, the event focused on empowering youth in mental health awareness and access to health services. Key ideas included emotional intelligence programs, psych camps, mentorship, and localized helplines. Despite challenges, these initiatives led to improved mental health support and awareness.



6. Workshop on 'Youth Suicide Prevention' in collaboration with Outlive (10th May, 2023)

The workshop was conducted in collaboration with Outlive, a suicide prevention initiative by Sangath, this workshop targeted students in New Delhi, Pune, and Mumbai to address mental health stigma and encourage help-seeking. The workshop focused on dispelling myths, identifying risk factors, and providing coping strategies for distress and crisis situations. It highlighted the importance of seeking support and discussed the creation of localized helplines for increased accessibility. Participants reported increased knowledge about suicide prevention strategies, mental health awareness, and a willingness to engage in conversations about mental health.



7. “Lumos”: Celebrating World Suicide Prevention Month, powered by Outlive (14th 14th September, 2023)

The objective of this event was to bust the stereotypes and destigmatise people about the myths related to Suicide an event was done in collaboration with the “Eartha Foundation’s Chapter VNC and powered by Outlive. The primary activity at the event was “Flip The Stigma” where a board was set up which contained sticky notes with stigmatized versions of commonly used phrases related to mental health on one side, and sensitive and empathetic ways of addressing these topics on the other side. Participants were asked to flip the sticky notes to educate them about the empathetic translations. Furthermore, various resources about suicide prevention provided by Outlive were displayed on a separate desk. The activity received an abundance of love and appreciation. The students showed a keen interest in the pamphlets and self-help materials available at the desk.



8. Meraki 2023 (13th October, 2023)

The aim of the event was to celebrate Mental Health Day and raise awareness about it This initiative was led by students from the Applied Psychology Department, in collaboration with YMH, powered by Amaha and featured by the WFMH global campaign 2023. The event focused on dispelling myths, raising awareness, creating interesting ways to create understanding about mental health through a variety of activities. It highlighted the use of expressive arts for mediating. The Event had a huge impact and was featured on the official website of WFMH Global Campaign 2023.It was well attended earned added appreciation from the faculty members.



9. Pop-up Stall at Diwali Mela (6th November, 2023)

With creativity and purpose, we devised engaging activities such as "A Cracker of Compliment" and "The Candle of Manifestation" to infuse the festive season with positivity and warmth. These interactive initiatives were carefully designed to uplift the spirits of the participants. The response to the activities surpassed our expectations. Through these endeavors, we not only achieved our fundraising goals but also succeeded in spreading joy and fostering a sense of unity within our community.



10. The Wall of Change (16th November, 2023)

The event, organized in collaboration with ILFAT (Integrated Leaders Forum Against Trafficking), aimed to support human trafficking survivors across India. The key activity involved erasing the "Wall of Shame," which contained negative messages often directed at survivors, and replacing it with the "Wall of Change" filled with messages of inspiration, positivity, and support. The initiative received positive feedback, with students actively engaging in creating the Wall of Change, fostering a supportive and empathetic generation for trafficking survivors.



11. Eating Disorder Workshop (20th February, 2024)

The event aimed to raise awareness about eating disorders and to create an ecosystem of support and acceptance to promote holistic health. A workshop was organized in collaboration with FREED, a non-profit organization dedicated to fostering conversations around eating disorders (EDs) in India. Guided by the expertise of Ms. Sanjana, our esteemed speaker, participants delved into insightful discussions uncovering the intricate connection between nutrition and mental well-being. Through introspective exercises, attendees (85+) navigated their personal relationships with food and body image, while also gaining valuable insights into avenues for seeking assistance.



12. Clownsling (9th March, 2024)

Members of Convocare participated in a field visit to CNBC Hospital under the expert guidance of the Clownslingers Foundation. They underwent comprehensive training in a workshop and then transformed into cheerful clowns, donning wigs, to alleviate the suffering and bring smiles to the faces of the children admitted as patients in the hospital. This initiative significantly contributed to alleviating the stress experienced by both the patients and their parents, fostering a warm and welcoming atmosphere. The Foundation members wholeheartedly appreciated the dedication and efforts of Convocare in this endeavor.



13. TEDx collaborative Event (19th march 2024)

On March 19th, we set up a stall at the TEDx event starting at 11 am. Our interactive exhibit featured a captivating game called 'Do Your Ping,' encouraging participants to engage in dares aimed at fostering self-love, gratitude, and self-esteem, alongside other affirmative self-qualities. Notably, the hair braiding station emerged as the standout attraction, drawing considerable interest. Additionally, we experienced brisk sales of our captivating stickers, while the mini vision board crafting activity proved to be an engaging endeavor, with some attendees opting to purchase individual images. Overall, the event proved to be highly profitable and a resounding success.



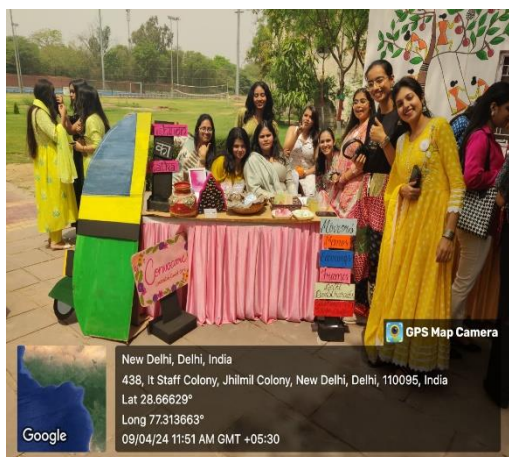
14. Pallavi (4th April, 2024)

On April 4th, Convocare participated in Pallavi 24, the annual fest of Vivekananda College, themed "Nari Shakti." The stall showcased self-care products and hair-braiding services while promoting mental health and women's empowerment. Interactive activities included "Khushiyo ka Matka" (a pot of affirmations), "Do What You Ping" (a ping-pong game fostering positive traits), and "Who's that Naari?" (dumb charades celebrating women achievers). The stall received enthusiastic participation, reinforcing Convocare's mission to promote well-being and celebrate empowerment.



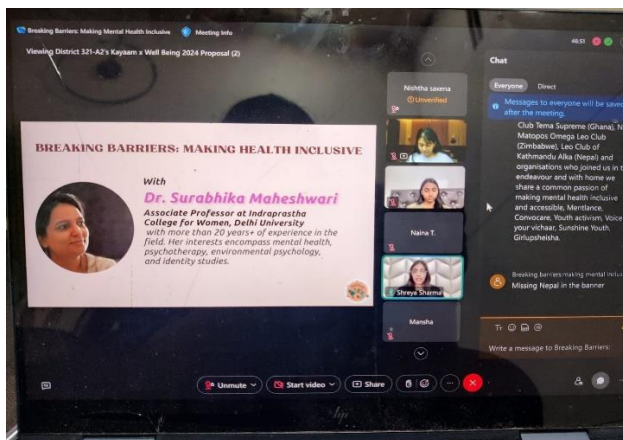
15. Prabha (9 April 2024)

On April 9th, Enactus Vivekananda College organized Prabha 2.0 with the theme 'Purani Dilli,' where Convocare set up a stall. The stall featured various items like to-do planners, earrings, studs, and positivity frames displayed within an old Delhi door prop. A "Khushiyo ka Matka" offered free affirmations, and shikanji was sold. The event's focus on mental health was complemented by games such as the Whisper Challenge and Dilli Dumbcharades, which involved guessing famous items from Purani Dilli. The event was a success, with high student engagement and a positive atmosphere.



16. Breaking Barriers: Mental Health Inclusivity (7 May 2024)

Convocare recently collaborated with the Leos district 321A2 to attend a webinar led by Dr. Surbhika Maheshwari, Associate Professor at Indraprastha University for Women, Delhi University. The webinar, titled "Breaking Barriers: Mental Health Inclusivity," featured thought-provoking questions from Dr. Maheshwari that sparked deep reflection and discussion among participants. It was fascinating to hear diverse perspectives from other students on the topic of mental health inclusivity. The session was highly educational and provided valuable insights, making it an enriching experience for all involved.



Featured at University of Glasgow

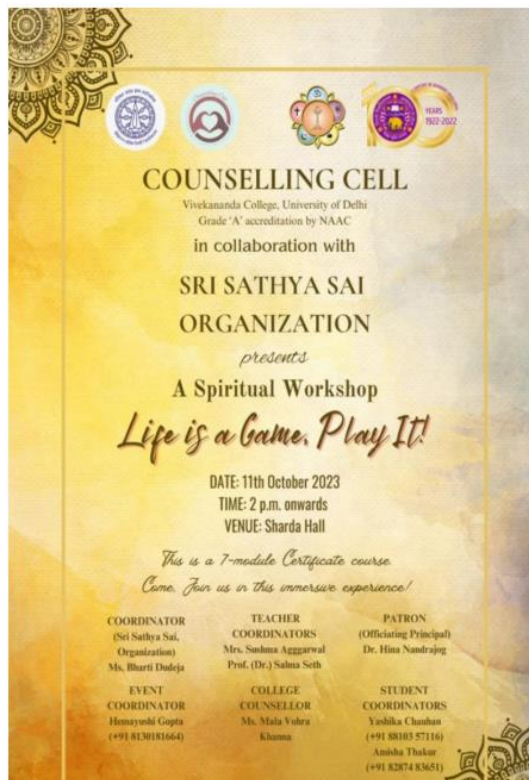
Convocare was proudly featured by Youth for Mental Health at the 5th International Mental Health Conference, organized by the University of Glasgow in Scotland on June 21, 2024. This prestigious event focused on addressing global disparities in mental health care through innovative and interdisciplinary collaboration, with the goal of empowering communities worldwide with effective and accessible solutions.

Our partnership with Youth for Mental Health has been long-standing and fruitful, involving collaborations on various events, reels, and activities. We remain dedicated to contributing to mental health awareness and advocacy, continuing our efforts to make a meaningful impact in this vital area.

Counseling

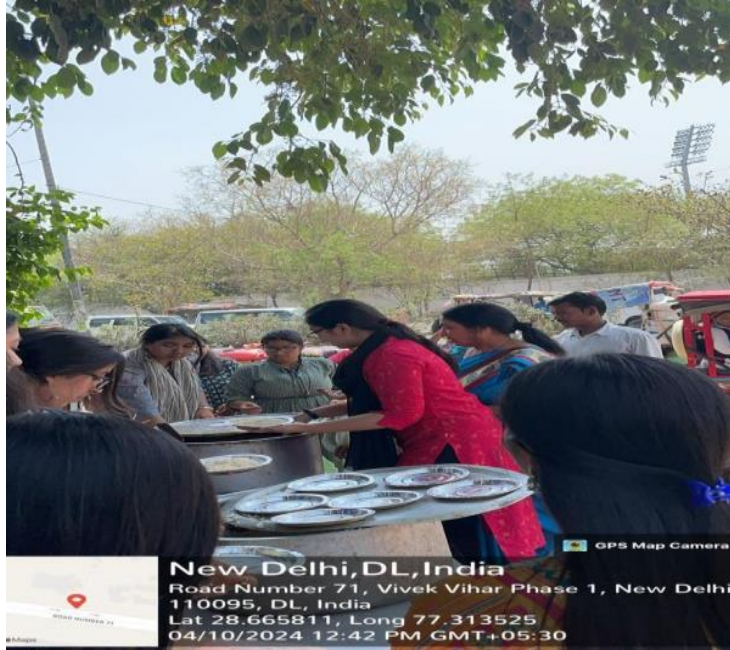
17. Life is a Game: Play it

The Counseling Cell of Vivekananda College, in collaboration with the Sri Sathya Sai Seva Organization (SSSSO), organized a spiritual workshop titled "**Life is a Game: Play it**" to help students recognize the importance of nurturing their inner selves (11th October 2023- 22nd February 2024). The workshop, held at Sharda Hall, featured eight modules, each focusing on different aspects of personal growth, with speakers from diverse backgrounds, including Ms. Bharti Dudeja, Dr. Preeti Mehra, and Mr. K. Sridhar. The **final module**, "Power of One," conducted on **April 10th, 2024**, emphasized recognizing one's potential to bring positive change. The event encouraged students to develop holistically and become the best versions of themselves.



18. Community Service

On April 10th, 2024, the Counseling Cell organized a **community service** event near the college campus, distributing food to around 250 people, including rickshaw drivers, laborers, and slum residents. Around 15-20 volunteers participated, finding satisfaction in the smiles of those they helped. The event reflected the spirit of giving back to society and fostering community support.



19. Autism Awareness Month

On April 20th, 2023, the Counseling Cell of Vivekananda College organized an activity for **Autism Awareness Month**. A board with posters displaying signs of autism, ways to help, and do's and don'ts was placed in front of Sharda Hall. Students were invited to write their thoughts or understanding of autism, with responses ranging from recognizing it as a serious disorder to noting traits like shyness and anxiety. The activity saw active participation, helping raise awareness among students about autism and ways to support individuals with it.



20. Emotional Kaleidoscope

On September 21st, 2023, the Counseling Cell of Vivekananda College, in collaboration with Eartha Foundation, organized an activity titled "**Emotional Kaleidoscope**." A board with six colored paper pockets, each representing different emotions, was set up in front of Sharda Hall. Students were asked to mark their current emotions with thumbprints or handprints and pick a

slip from the corresponding color pocket, performing a dare or prompt related to that emotion. The activity encouraged participation and self-expression, with some students opting to write quotes or share feelings openly.



21. Chatathon 3.0

The Counseling Cell of Vivekananda College organized **Chatathon 3.0 on mental health and well-being** with Rahat Foundation on 1st October, 2023. The event provided a platform for students to discuss mental health concerns and learn coping strategies. Dr. Sujata D. Sharma and



Prof. Aparna Khanna from Rahat Foundation led the session, addressing topics like stress, anxiety, and depression. Over 100 students participated, fostering a supportive environment and encouraging openness around mental health.

Mentoring

Total Number of Mentors: Total number of Mentees– 101 : 2189, that is, the Mentor-Mentees ratio in our College is 1:22