

REMINISCENCE



VIVEKANANDA COLLEGE, DU





**Dr. Hina Nandrajog
(Officiating Principal)**

Students of National Service Scheme (NSS) of Vivekananda College are to be appreciated for their dynamism and the desire to serve the country. The spirit of putting the interest of others before one's own interest is what distinguishes human beings from other life forms and inspires the hope of a world that is free of pain and sorrow. The field work of these students is an exemplar of dedication and hard work. As responsive young citizens of the country, they feel the suffering of others less fortunate and less privileged than themselves and their tender hearts are moved to express what they see and feel. This creative spark in young minds is a precious flame that needs to be preserved and channeled in the right direction to become a beacon of light for humanity. This magazine that the NSS students have put together is the outpouring of their hearts and will motivate many others to take up this noble work. Their beautiful minds have been expressed in touching words that compel readers to contemplate the reality that surrounds us.

I congratulate the NSS Coordinator of the college, Dr. Sandhya Jain and all the NSS volunteers for always striving for more and reaching for the stars.



Dr. Sandhya Jain
(NSS Programme Officer)

Mahatma Gandhiji well said, "The best way to find yourself is to lose yourself in the service of others."

Education is not worthy until and unless we don't have any feeling of social service and we don't use our education for the welfare of society. NSS is one of the platforms which helps the students to inculcate a sense of social service and motivate them to contribute for the betterment of the society. NSS also helps in developing the personality of volunteers.

Even during the pandemic, the energy of the NSS volunteers of Vivekananda College for doing something for the society never allows them to sit back. They organized many events on different topics like fit India movement, van mahotsav, yoga day etc. and participated in these events with full of enthusiasm. They conducted awareness campaigns on many issues like save a girl child and educate her, child abuse, women empowerment, child labour, breast cancer, covid vaccination etc. During the second wave, all volunteers were on their toes to help needy in arranging beds in hospital, oxygen cylinders, food facilities etc.

It is my privilege to be part of NSS unit of Vivekananda College.

I would like to thank all the NSS volunteers for their selfless efforts during the pandemic. I also congratulate the entire team of NSS for working tirelessly and successfully bringing out this e- magazine. I hope this would serve to highlight the activities undertaken by NSS unit of Vivekananda College in the session 2020-21. I wish all the very best to all the NSS members. My wish is that they continue to develop the spirit of service in bringing out a positive change in the society at a large scale.

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THE
POST
HOLDERS
SAID...



PRESIDENT
Yamini

“As we lose ourselves in the service of others, we discover our own lives and our own happiness.”
– Dieter F. Uchtdorf

This quote resonates within me whenever I think of the role of NSS in my life. My journey from being a volunteer to a president has offered me these lasting moments which I could not have experienced otherwise.

The responsibility of encouraging the entire team came at a time when the whole of humanity was struck by a calamity in the form of Covid-19 pandemic. Even in such a tough situation, our team held their heads high and tried their level best to come up as the most active unit in the college.

Just as a team is nothing without its players, similarly the NSS team would never have been able to make its mark without the ever enthusiastic volunteers who continued their services even during a very tumbled phase of their lives. I can never stop saying how fortunate I was to have such dedicated volunteers.

Our team wouldn't be complete without our Principal ma'am, Dr. Hina Nandrajog and our Programme Officer, Dr. Sandhya Jain who provided their unceasing support and guidance on crucial steps.

As Greg Kincaid said, "No matter how much falls on us. We keep planning ahead. That's the only way to keep the roads clear."

I say this with utmost satisfaction that NSS has duly instilled this kind of optimism in me; to never give up hope, to strive endlessly in order to become human sunshine for someone.

I extend my heartfelt gratitude to each and every person who was instrumental in the small yet significant part we were able to play in working towards humanity. We shall ever remain grateful to all those who played their significant roles in bringing our unit to where we stand today.

Thanking you with deep regards,

-Yamini.

“You only grow by coming to the end of something and by beginning something else.”

The NSS journey or as I can say "A life changing journey" for me, is not just an extraordinary one but something that I always wished to do.

The National Service Scheme taught me to work unconditionally, to help unconditionally and to share someone's problem unconditionally. I even got a chance to see the shining smiles of children when we used to teach them. We have shared a different bond with them as "one toffee for one right question".

The happiness that I get after helping someone is something which is beyond words.

The journey from a NSS Volunteer to the Vice President of NSS Vivekananda College, was in itself unexpected and memorable tale too. It's time to move forward while keeping these memories inside my heart and wishing for even more success in the coming future.

-Tannu.

VICE-PRESIDENT
Tannu



I joined NSS society during my second year with the desire to be a better individual for the society. However, I never imagined that I would get the opportunity to be a treasurer of the NSS society.

For me, I have covered two different journeys in a year. The first half as a volunteer, where I got the chance to participate in several events and connected with so many people, and the second half as a treasurer, where I got the chance to organize and manage the events with the other post-holders.

Every event was a new challenge to us but when there is a teamwork and collaboration, wonderful things can be achieved. With every event we learned to deal with it in a better way. This not only helped me by building my leadership and management skills but it also shaped me into a more responsible person.

It's really been a very well spent year of my college life where I created some good memories and where I got the chance to enhance my managerial skills. I would like to thank our NSS Programme Officer - Dr. Sandhya Jain, our Principal - Dr. Hina Nandrajog, fellow post-holders and all the volunteers.

As it is the end of my first year as an NSS volunteer, I hope that my next year will be as good as this and bless me with more opportunities.

-Prithika Rastogi



At the dawn of the year 2020-21, I extend my gratitude to the fraternity of National Service Scheme (NSS) for their support and co-operation. Once again time has flown by and we have completed one more glorious year full of laurels and events.

I joined the NSS society in my first year of college (2020) and now I leave this society with two years of memories and some of the fondest of them are those of my year as the Secretary. For me being nominated for the post was itself was a great achievement and I could not hope for more. Being the Secretary of the unit, it holds to be a courageous as well as challenging opportunity to take the unit ahead and to ensure group cohesiveness at the same time.

The past year has been a long lesson in leadership and in life and has taught me a great deal about myself. It made me realise that leadership is epitomized when we change ourselves before we change others. I was humbled by the brilliant ideas that volunteers would come up for the society, dealing with all the great minds under one roof, taught me managerial skills and the value of good listening and being inclusive in decision making.

I thank my cohesive team of teachers, post holders and volunteers whose infinite energy transforms every straining effort into a stupendous success. I would like to extend my heartfelt gratitude to our Principal ma'am and NSS programme officer who always motivated and encouraged to achieve goals. Her gems of wisdom will always be treasured.

The success tale of our society is well Heard. The saga will continue forever.

- Smridhi Rana



Volunteer Views

The year of 2020 was a turbulent time period for all of us, filled with uncertainty and ridden with year, we still did our best to keep moving forward.

The NSS unit of Vivekananda College loaded with courage and determination had their spirits high and kept striving towards their goal. They organized several extraordinary events throughout the year to fulfill their duties towards the society.

Let's see what the NSS volunteers have to say about their favorites!





SHREYA

NSS unit of Vivekananda College conducted a Group discussion on the theme "Child Labour during covid-19 pandemic and beyond the vicious disease targeting humanity" in collaboration with the NSS unit of Keshav Mahavidyalaya on 11 June 2021.

The Volunteers were very enthusiastic and each one of them actively put up their views. We had a great discussion. We got to know about Child Rehabilitation Fund, tracking activities, revised procedures to deal with corrupt practices etc.

All in all, it was a power-packed event which proved to be quite informative and enlightening for us as we all are now aware about how we can contribute our share in spreading awareness and eradicating this social evil.



JHANKAR

I want to share my view on the event which I like the most i.e. Finding Amidst With Chaos by Saumya Mathur. She is a psychotherapist and a yoga instructor. Through her session I learnt a lot like how we can manage stress, how we can keep ourselves happy in this tough time as we are facing so many difficulties due to Covid-19. She told us many ways to keep ourselves engaged by doing different type of activities such as meditation, listening to music, reading books and much more. She told us the importance of several hormones i.e. Oxytocin, dopamine, and serotonin and these are often referred to as our 'happy hormones'. I loved the session a lot and you can check out her videos on her Instagram handle, which is @dhyanaa.with.saumya.



GEETIKA

The talk session on constitution day organised on 26th November 2020 was the very first event I attended as an NSS volunteer. If it weren't for NSS, I wouldn't have gotten aware about constitution day and its significance. Despite being online, the event was organised and managed so well that it was interactive and there was contribution and participation from several volunteers.

During the event, volunteers presented their PPTs which were really informative and I personally got to learn a lot about Indian constitution, my rights, and how the constitution is put to practice. Every volunteer was given an opportunity to participate and engage in the session.



AAYUSHI

Organized by the NSS unit of Vivekananda College, a webinar on the theme "finding peace amidst chaos" was held on 14th July. The speaker for the event, Ms. Saumya Mathur was a very knowledgeable person and she offered valuable information regarding how to find peace in this chaos of pandemic and how to cope up with the grief that we had faced during covid-19.

I found this webinar really helpful as it was one of the most informative seminars I have ever attended. The speaker talked about various techniques to ease the anxiety and various methods to soothe ourselves amidst the chaos. At the end of the webinar, we had a practice time of self-compassionate breathing exercise. I would like to thank our NSS unit for inviting such an engaging, talented speaker and really looking forward to other events like this.



EKTA

I took part in a yoga session organised by the NSS unit of Vivekananda College in commemoration of Yoga Day. During the event, I volunteered to help by making sure that the posture of the students, while doing yoga, was correct.

It was a great opportunity for me to use my skills and help other people. The session did a great job by making people aware of the benefits of yoga and educating them on how it can help to combat dangerous diseases.



RITU

The debate competition organised by the NSS unit of Vivekananda College on the motion "science for peaceful purposes and progress of mankind" was an opportunity to speak in the favour or against of something that we almost have our whole life depending upon i.e. science. I myself participated in the debate and it was a great learning experience. During the debate, science was viewed for two different perspectives- a positive and a negative one. When we talk about the negative ones, we can say that it's something that is directly responsible for the degradation of the earth and the life we have on earth. Starting from pollution to the weapons used in wars, everything evolved through science. But, if we think about it we can see that it's not science that is to be blamed but rather it's the users of science. Living in this pandemic where everything is shut, science is the reason why things like education and jobs are still going on smoothly.



MUSKAAN

NSS team of Vivekananda college arranged a webinar in collaboration with an NGO, Saakshi, in order to raise awareness regarding child sexual abuse. The webinar was very informative. It had very briefly yet in an explanatory way told us about how not only children in lower class are affected by sexual abuse but children of higher and middle class are face these issues as well. The speaker focused on different aspects, about how a family reacts after getting to know what their child has been through by someone within the circle of their known people.

It also focussed on educating children to what really is sexual abuse, it taught them to stand for themselves and learn to say NO without any fear. The webinar really motivated me to be a part of the NGO and it also taught me to stand for myself if something is not right.



AYUSHI

The webinar organised by the NSS unit on the occasion of women and social justice was an amazing and learning session for me. The presentation was awesome with good slides that kept everyone engaged.

The webinar was really reflective for me. In this webinar I learnt about social justice and the need for equal rights and equitable opportunities for all. The thing that I loved the most was the emphasis on gender equity and how all human beings, be it men or women, are free to develop their personal abilities and make choices without the limitations set by stereotypes, rigid gender roles, political and other prejudices.

I find that these types of programs are great for raising awareness about social issues.





RAGHVEE

On 23rd March 2021, a movie screening was held by the NSS unit. The screening was organized for a movie named 'Inquilab' which is based on the life of brave freedom fighters, Bhagat Singh, Rajguru and Sukhdev.

The movie screening was organized to remember the sacrifice of our brave freedom fighters and to celebrate their death anniversary as 'Shaheed Diwas' or 'Martyr's Day'.

The movie was about two hours long and several volunteers and teachers were present there throughout the session. It was a very amazing and enlightening session for us.



POOJA

4 फरवरी को NSS विवेकानंद कॉलेज द्वारा विश्व कैंसर दिवस मनाया गया था। मेरे लिए यह वेबिनार अब तक का सबसे यादगार रहा। मुझे ये वेबिनार इसीलिए बहुत पसंद आया क्योंकि इसमें कैंसर जैसी बड़ी बिमारी से जूझने के लिए प्रोत्साहित किया गया था।

आज कैंसर से ठीक होने के कई तरीके हैं लेकिन पहले कैंसर जैसी बिमारी का कोई समाधान नहीं था। इसी बिमारी से ठीक होकर वेबिनार में हमारे बीच दुर्गा मैम आई जिन्होंने कैंसर जैसी बड़ी बिमारी को मात दिया और आज अपने सकारात्मक विचारों के कारण वह बिल्कुल ठीक हैं। उन्होंने वेबिनार में कैंसर और उसके दौरान अपने संघर्षों के बारे में बताया। उनकी सभी बातें सबके लिए बहुत प्रोत्साहित रही। उनका मानना था कि समय चाहे जैसा भी हो बिमारी चाहे कितनी भी बड़ी, हो मन का सकारात्मक होना बहुत जरूरी है।



MUSKAN

I learnt many new things during the two days' workshop on yoga for holistic well-being. The workshop was held on 20-jun-2021 and 21-jun-2021 in a virtual mode and was led by Ms. Neeki Singh, International yoga coach, director of ANS.

Through this workshop I learnt a lot about the importance of Yoga in our daily lives. As I know in this pandemic, we all are suffering from trauma or diseases and in this workshop, I learnt that by Yoga we can resolve several problems.

The speaker was professionally trained and yet she taught everything in a simpler manner for the sake of beginners. Before the workshop most of us didn't even know about the right way to exhale and inhale during exercise but she explained everything in an easy-to-understand manner.



SHUBHRA

On 7th april 2021, the NSS unit of Vivekanand college organised a talk session as well as a movie screening event named "Heritage walk", in which I got to know about Amer Fort, the royal heritage of Rajasthan. The beauty of the fort was clearly visible in the video which we were watching. The man in the video went to each and every corner of the fort to show us how beautiful and alluring it is. The view was spectacular and kept us glued to it. It was worth watching.

In relation to the video, the NSS president asked some questions related to the science behind the construction of the fort.

After this, I shared my own experiences about some historical monuments I had visited and also talked about their history and importance. We also talked about some problems associated with the sanitation of the heritage sites and how we can resolve them. It was a very enriching session.



TALENTS

Expression has no limits and boundaries
It can't be contained. There are no parameters
and no requirements for it. Through the different
forms of scribbled words and bright colours, our NSS
volunteers didn't stop their search for more learning and
more creativity to give a name & an expression to whatever
they see & feel. They tried to express themselves, their thoughts
and feelings, through different lines, shapes, and colors, through
different phrases and words. Although the efforts might seem small,
but there are wonders in it. Let's take a look at the work done by our vo-
lunteers in their wake of creation!

बचपन

सच कहते थे सब
बचपन से अच्छा कुछ नहीं होता
और बचपन का समय एक बार बीत जाए तो लौट कर नहीं
आता।

पहले स्कूल जाना मुसीबत लगता था
लेकिन अब वही स्कूल याद आता है।
दोस्तों के साथ न जाने कितनी मस्ती की
लेकिन अब उन्हीं दोस्तों से मिले ज़माना हो जाता है,
बचपन के वो दिन न जाने क्यों इतने याद आते हैं।
सच में वो बचपन ही बहुत प्यारा था
न किसी चीज़ की चिंता और न ही जिम्मेदारियों के बोझ ने
मारा था।

छोटी छोटी बातों में खुश होने का अलग ही मज़ा था
आज सब कुछ है लेकिन फिर भी वो बचपन जैसी खुशी
नहीं है चेहरे पर
क्योंकि पहले दिल से खुश होते थे और आज दिल
रखने के लिए मुस्कराते हैं।
सच में बचपन के वो दिन बहुत याद आते हैं ॥

—झंकार डोगरा

भारत सफर

खुशी थी , उल्लास था
के जशन की रात थी
पर काली स्याही से कम नहीं
क्योंकि आजादी पूर्ण नहीं
बटवारे के साथ थी।

भाईचारा था , अपनत्व था
के खूब एकता की झांकी थी
पर देश का अलग होना
दंगे की ही नहीं बल्कि,
धार्मिक मतभेदों की शुरुआत थी।

संविधान , अर्थव्यवस्था जैसे
चुनौती की हमने स्वीकार थी
नए मोड़ पर चल पड़ी
भारत की सरकार थी।

रूढ़िवादी सोच , गरीबी
जैसी मुशिकले की कई पार थी
भारत की सरकार प्रबल
हुई सबकी नजरें भारी थी

वर्षों की योजना ,
कुछ कर दिखाने की बारी थी
की स्वास्थ्य, शिक्षा में हुआ प्रबल
ओलंपिक में अब
जीत की तैयारी थी
ये भारत की गौरवशील
कुछ ऐसी एक कहानी थी।

झुंझ रहे हालातो में
जहां सबल देशों को
भारत से क्या आस थी?
पर सबसे आगे डिजिटल वर्ल्ड
वैक्सीन की शुरुआत थी

370 धारा , कश्मीर पृथक
के दिल पे घर हुई ये बात थी
इस बार
कश्मीर में भारतीय तिरंगा
गौरव गर्व की ये बात थी।
कुछ ऐसी मेरे भारत की
गौरव की कहानी थी।

आज के इस आधुनिक समय में युवा को संदेश देना चाहूंगी।

इसे आगे बढाना
हमने की शुरुआत है
थमना नहीं
बदलना है अब
जो विकास की बाधा है

नई सियहि नई कलम
चलो युवा तुम
शुरुआत करो
तुम उज्ज्वल करदो
तमस अंधेरी को
तुम ऊर्जा और प्रकाश बनो
तुम दबो नहीं
तुम स्वार्थी नहीं
ज़रा देखो और बदलाव करो
भारत का भविष्य हो तुम
चमको और विश्वास रखो।

—एकता शर्मा

MENTAL HEALTH

What a journey of better mental health needs is more sunlight, more peace and more understanding conversations.

Mental health is as important as the physical health. Mental health includes one's emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

In the present situation, distress and trauma have become painstakingly common. In this pandemic people have had to tackle very stressful situations and due to this they have been unable to focus on their mental well-being.

It's important to know that you don't have to control your thoughts or feelings. Although it might seem hard and scary, it's incredibly important to talk to someone trustable.

Moreover, there are certain social stigmas regarding mental health that we need to overcome. This can be done by community awareness and destroying the stereotypes and myths associated with mental health and healing.

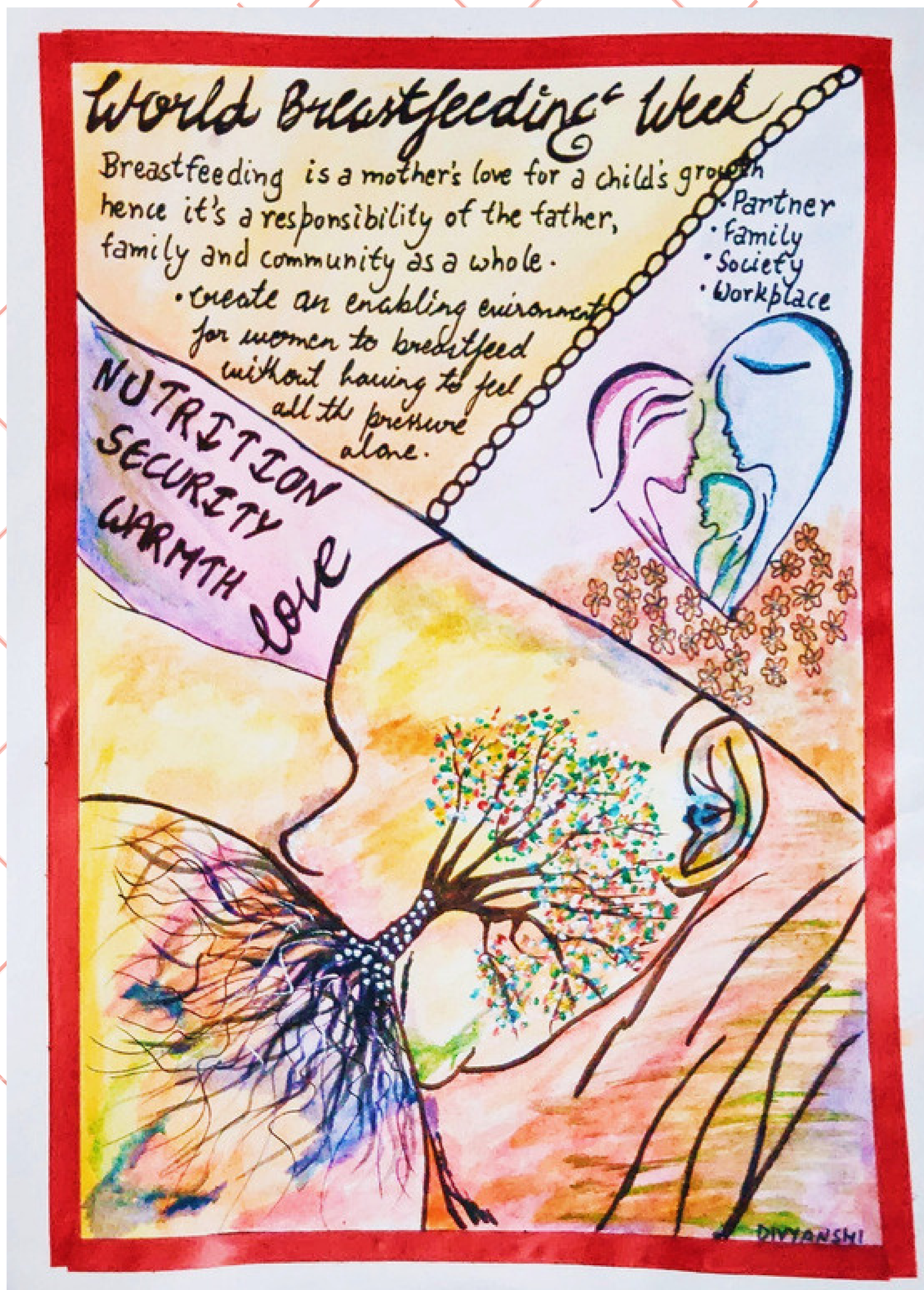
-Muskan Chaudhary



POSTERS/ PAINTINGS



▲ A self-explanatory poster on Covid-19, beautifully made by Ayushi Jain



▲ A very informative poster on a topic seldom touched upon, made by Divyanshi.



"The details of our memories fade with time. What stays behind are the feelings."

R E M I N I S C E N S E

This magazine has been designed reminiscing the academic year 2020-21 for us, brought to you by the NSS unit of Vivekananda College. It is designed and created by Manya Pahwa and the content is edited by Divyanshi (NSS Volunteers).



Manya



Divyanshi