

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

**REOPRT  
(JULY 2020 TO JUNE 2021)**

**JULY 2020**

- ✚ Conducted a survey on **FOOD SAFETY AND FOOD SECURITY** related issues at the time of lockdown: This survey helps us to understand the challenges and scope associated with food security and safety which are closely related to our health
- ✚ Online quiz competition "**NATURALEZA**" on the occasion of **WORLD CONSERVATION DAY**: The aim of conducting this online quiz was to spread awareness among the students about the conservation of energy.

**AUGUST 2020**

- ✚ Online poetry competition "**POESIA**" on the occasion of **INTERNATIONAL YOUTH DAY**: The theme was **ROLE OF YOUTH IN MAKING INDIA SELF – RELIANT**.
- ✚ **ATMA NIRBHAR BHARAT** a series of event: Under this
  - We spread the importance of **ATMA NIRBHAR BHARAT** by posters.
  - Online quiz competition based on the theme- **ATMA NIRBHAR BHARAT**.
  - Online photography competition "**ARTSY LENS**": this competition was based on the theme – **SELF RELIANT INDIA**.
- ✚ Online debate competition "**WAR OF WORDS**": The motion of the debate was "**Has the constitution been successful in guaranteeing the rights of women?**"

**SEPTEMBER 2020**

- ✚ Online poster competition on the occasion of **WORLD OZONE DAY**: It's an intra-unit competition to spread awareness about the importance of ozone layer.
- ✚ Webinar "**GANDHIAN VALUES AND NSS**": the ideology of NSS is inspired by ideals of Mahatma Gandhi – **NOT ME, BUT YOU** Community before self! Our NSS unit attended this webinar and Bhavya Jain and Parul Sharma also made a presentation and spoke about the given topic.
- ✚ Online quiz competition "**RIVIERE**": The theme of quiz was **How well do we know the Rivers of the World?**
- ✚ Discussion and Webinar on **NEW EDUCATION POLICY**: In the discussion 45 volunteers and teachers discuss about different aspects of NEP and how they would be benefitted from it. In the webinar Professor Puranchand Tandon, Department of Hindi, University of Delhi and Dr. Sudhanshu Shukla, Chair of ICCR (Poland) were invited as the speaker. Several things were discussed like How it is different from previous policy, changes done in policies.
- ✚ A series of contest under **FIT INDIA MOVEMENT**
  - Day 1 – Online quiz competition "**NUTRICA0**": Based on the theme of Nutrition.
  - Day 2 – Online poster making competition "**FISICO CARTEL**": Theme – **FITNESS IS THE WAY OF LIFE NOT A DESTINATION**.
  - Day – 3 Online photography contest "**PICTURESQUE**": theme was **FITNESS IN THE TIME OF PANDEMIC**.
  - Day – 4 Healthy diet competition "**SALUTARE FAGITO**": In this participant has to prepare any healthy snack and mention all its ingredients and benefits.
  - Day – 5 Article writing competition "**ARTICULO**": Based on the theme-**HOW PHYSICAL ACTIVITIES HELP US TO COPE WITH STRESS**.

- Under this series a webinar “**YOGA – A PATH TO HOLISTIC HEALTH**” was also organized. The speaker for this webinar was Dr. Kush Panchal a yoga health guru, PHD in Dhyan yog from Rishikesh and accomplished international yoga trainer.

## OCTOBER 2020

- ✚ Online letter writing contest “**WHAT WILL BE YOUR LAST WORDS TO SHASTRI**”: it was organized on the occasion of Lal Bhadhur Shastri’s 116<sup>th</sup> birth anniversary.
- ✚ **SWACHTA PAKHWADA**: It was organized on the occasion of 151th birth anniversary of Mahatma Gandhi. In this cleanliness drive volunteers cleaned their houses, nearby surroundings and motivate their neighbors for the same.
- ✚ Online quiz competition “**CONSTITUICAO**”: It was organized to create awareness about our constitution.
- ✚ Pledge to Protect ourselves from COVID-19:
- ✚ Videos were made and circulated on social handles to spread awareness regarding importance of handwashing on **GLOBAL HANDWASHING DAY**.
- ✚ Talk session: It was organized to spread awareness regarding breast cancer. The title of this talk session was **SHOW CARE BE AWARE**. Volunteers present ppts related to symptoms, precautions and all.
- ✚ Pledge on the occasion of **NATIONAL UNITY DAY**

## NOVEMBER 2020

- ✚ 3-Day awareness campaign on the occasion of **Diwali**: Under this there were three themes- 1. **Be vocal for local** 2. **Be wise this Diwali by saying no to crackers**, 3. **Bring a smile- Donate**. Volunteers prepared posters and videos on these themes and circulate them on the social media handles.
- ✚ Talk session “**EXPLORING OUR CONSTITUTION – THE ROOT OF JUSTICE**” ON the occasion of **CONSTITUTION DAY**: Volunteers made power point presentations on various topics like What is constitution, need for constitution in democracy etc. and had a discussion on the same. And after presentation, Oath of the Preamble also took place.
- ✚ Awareness campaign on **INTERNATIONAL DAY OF ELIMINATION OF VIOLENCE AGAINST WOMEN**: Under these 3 events had took place. The 3 events were-
  - Mass awareness through poster and videos prepared by volunteers
  - A photography contest “**LASSIE CLICK**”
  - Mono acting competition “**SOLILOQUY**”
- ✚ Pledge regarding elimination of gender base violence.

## DECEMBER 2020

- ✚ Talk session on the occasion of **WORLD AIDS DAY**: Volunteers presented various slides on different topics and discuss about the causes.
- ✚ Online quiz competition on the of **NAVY DAY**
- ✚ Online event for **HUMAN RIGHTS DAY**: Volunteers prepared posters and videos, recite poem in the event. There was a short quiz also.
- ✚ Online event for **ENERGY CONSERVATION DAY**: Volunteers presented amazing presentations on different topics like energy efficiency and conservation, sustainable development etc. Some volunteers recited poetry. At the end students raised some questions urged other to take measures for the cause with a skit and all the participants including students and teachers took pledge.
- ✚ Awareness campaign on **ENERGY CONSERVATION DAY** under which volunteers prepared posters and videos and circulate them on their social media handles. we aware around 8833 people.

- ✚ **"WRAP THE SCRAP"** on **ENERGY CONSERVATION DAY**: This competition was based on the principle of 3Rs i.e., Reduce, Reuse, Recycle.
- ✚ Awareness on **HUMAN SOLIDARITY DAY**: It's a 7-day event in which volunteers prepared posters and videos and circulate them on social media handles. Total 42 volunteers participated in it and made 9246 people aware.

## JANUARY 2021

- ✚ Webinar **"SOCAL ENTREPRENEURSHIP-THE NEED OF THE HOUR"**: the speaker of this webinar was **Mr. Nivesh Raj**, social entrepreneur, co-founder-step up for the healthy India, UN secretary general envoy youth delegate, co-founder of the Leadership 30. He discusses about How social entrepreneurs can create value for society? How social entrepreneurs will help us fight covid-19 and build back better? many more such things.
- ✚ **"ADHYAAN"** a series of events on the occasion of **NATIONAL YOUTH DAY**: the events are:
  - Day-1 Quiz competition: The quiz was based on the theme-**LIFE AND TIMES OF SWAMI VIVEKANANDA**.
  - Day-2 Poster making competition: theme was **ARISE, AWAKE AND STOP NOT TILL THE GOAL IS ACHIEVED**. For these only handmade posters were allowed.
  - Day-3 Article Writing Competition: Theme for this was **THEY ALONE LIVE, WHO LIVE FOR OTHERS**.
  - Day-4 Open Mic an online poetry competition: it is based on the theme-**THE GREATEST SIN IS TO THINK YOURSELF WEEK**.
  - Day-5 Debate competition: The motion of the debate was **SCIENCE FOR PEACEFUL PURPOSES AND PROGRESS OF MANKIND**.
  - Day-6 Webinar: The theme was **SHAPING A YOUNG INDIA: THE ETERNAL IDEAS OF SWAMI VIVEKANANDA**. The guest speaker was **Mr. Sharad Vivek Sagar**, the founder and CEO of Dexterity Global, internationally awarded social entrepreneur, enlisted in 2016 Forbes 30 under 30. We got 312 registrations for the webinar but due to limitation only 100 participants were able to attend this webinar.
- ✚ **MISSION सुरक्षा** on the occasion of **ROAD SAFETY MONTH**: It's a series of events under which the following events took place:
  - Pledge was taken by volunteers and teachers.
  - Awareness spread through posters and videos prepared by volunteers.
- ✚ **स्वतANTRA** on the occasion of 125<sup>th</sup> birth anniversary of Netaji Subhash Chandra Bose: PowerPoint presentation were presented by volunteers; a short film screening and poetry recitation was also there which was related to the life and work of Netaji.
- ✚ Online debate Competition **"MENINA"** on the occasion of **NATIONAL GIRL CHILD DAY**: The motion of the debate was **WOMEN EMPOWERMENT IS A MYTH IN DEVELOPING COUNTRIES**.
- ✚ A short film screening event **"TRIAZEM"** on the occasion of **INTERNATIONAL EDUCATION DAY**: A short film- HE NAMED ME MALALA was presented.

## FEBRUARY 2021

- वार्तालाप **A MYTH BRUSTING INTERACTIVE SESSION**: The guest speaker was **Druga Tripathi Panna**, regional coordinator, Mahatma Gandhi Gramodaya University, Chirakoot, Madhya Pradesh. She shared her experience that how she defeats cancer. After that a small quiz was there and at last some myths about cancer were burst.
- ✚ Webinar **"CANCER AND THERAPIES-FIGHT TOGETHER FOR A CANCER FREE WORLD"**: the speaker of the webinar was **Dr. Vineet Govinda Gupta MBBS (AIIMS), MD medicines (AIIMS), MD Medical oncology (AIIMS-Gold Medalist),**

**ECMO(Europe), Consultant (Medical Oncology).** He talked about cancer, causes, and therapies.

- ✚ Crossword puzzle “**IMPLEXIS**” on the occasion of **NATIONAL WOMEN’S DAY**: it has 2 rounds-
  - **ROUND 1 LIFE AND TIMES OF SAROJINI NAIDU**
  - **ROUND 2 EMINENT WOMEN OF INDIA**
- ✚ **वार्तालाप - 2** : an event on **ROAD SAFETY CULTURE** which include several rounds like poetry round, question and answer round, crossword puzzle and riddles.
- ✚ A group discussion “**तेक**” on the occasion of **WORLD DAY OF SOCIAL JUSTICE**: the theme of the discussion was **CLOSING THE INEQUALITIES GAP TO ACHIEVE SOCIAL JUSTICE**.

## MARCH 2021

- ✚ **वार्तालाप- 3** on the occasion of **INTERNATION WOMEN’S DAY** : The event consisted of various rounds-
  - **ROUND 1 Poetry**
  - **ROUND 2 Short film -Imdaad**
  - **ROUND 3 Short Group Discussion**
  - **ROUND 4 Question and Answer**
  - **ROUND 5 Riddles**
- ✚ Online quiz competition in collaboration with **BLOOD CONNECT**: The theme of the event was **DONATE BLOOD SAVE LIFE**.
- ✚ Webinar “**LET’S BE AWARE**” in collaboration with **BLOOD CONNECT**: The speaker was **Ms. Siddhatri Sharma**. She explained the concepts like **Thalassemia**, components of **RBCs, WBCs**, How frequently a person can donate blood? Etc.
- ✚ A short film screening “**TRIAZEM-2**” on the occasion of **MARTYR’S DAY**: A short film named **INQUILAB ZINDABAD** was presented. Some volunteers recited poem and at the end there was a short quiz.
- ✚ A series of event “**NIRAM**” on the occasion of **NATIONAL WATER DAY**: Series of event under **NIRAM** –
  - Survey through questionnaire method.
  - **CAUSA** a case study competition.
  - **ANIMAIS** an activity which students show humane gesture of giving water to thirsty animals.
  - **PLANTACAO** a tree plantation drive.
  - **TARK 2** a group discussion which was based on the theme of valuing water.

## APRIL 2021

- ✚ A vaccination drive campaign “**VACCINE उत्सव**”: It’s a 4-day event.
  - Awareness campaign through posters and videos. Total 83 volunteers aware about 20000 people.
  - Survey related to vaccines.
  - **Vaartalaap 4 BREAKING THE MYTH** an interactive session on covid vaccination. The main guests of this event were **Dr. Ritu Chopra, Ms. Lalla Devi Sharma and Mr. Manuraj Pandey**. They share their vaccination experience, Dr. Ritu Chopra provide some useful information about vaccination, a short quiz was there and at last we break some myth regarding vaccine.
- ✚ A virtual tour “**HERITAGE WALK**” on the occasion of 75 years of independence under **AZADI KA AMRIT MAHOTSAV**: we virtually visited **AMER FORT – ROYAL HERITAGE OF RAJASTHAN**. And also discuss about some other heritage places.

#### ✚ 11-DAY CAMPAIGN ON COVID AWARENESS

- 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 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 their 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.

#### MAY 2021

- ✚ Volunteers worked as **Anti Covid Task Force** in collaboration with other colleges of University of Delhi at the peak time of CORONA in April and collected data of vacant beds in Hospitals, Oxygen suppliers, NGO's distributing food and provided this data to needy families.
- ✚ A short film screening "TRIAZEM-3" on the occasion of **Menstrual Hygiene Day**. The main idea behind marking this day is to change the social stigma associated with menstruation.
- ✚ Pledge on the occasion of **World No Tobacco Day**.

#### JUNE 2021

- ✚ In collaboration with SAKSHI, we organized a webinar on **STOP CHILD ABUSE AND POCSO ACT 2012** and discussed about the Rakshin Project.
- ✚ In collaboration with Delhi technological University presents "UMEED" (EK KIRAN). A series of events on the occasion of **INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING** were organized. The events are:
  - A movie was screened
  - A general talk session along with poetries, riddles, questions and answers, myths busting.
  - **GROUP DISCUSSION** based on the theme "don't fall into the trap of death".
  - **STORY TELLING COMPETITION** based on the theme "drugs are the enemies of ambition and hope"

- Webinar: the theme was “**DRUGS- THE DESTROYER OF ONE'S CONSCIENCE**”. The guest speaker was Mr. Suneel Vatsyayan (founder of nada India foundation, Karamveer Chakra awardee, Rotary Vocational service award).

✚ In collaboration with Keshav Mahavidyalaya, we organized “**UDAAAN**” a series of events on the occasion of **World against child labour**. The events are:

- **TRIAZEM 4**, a short film was screened on social issues.
- Online **POSTER MAKING COMPETITION** on the theme of **eradicating child labour**
- Survey through questionnaire method
- Organised an Instagram poll for the audience to poll for the questions.
- **GROUP DISCUSSION** based on the theme "**Child labour during Covid-19 pandemic and beyond the vicious disease targeting humanity**".
- **VARTALAP** with little tiny tots of an NGO, several rounds of different quizzes were there for our little guests.

✚ Power Point Presentation in collaboration with Keshav Mahavidyalaya on the occasion of **World Environment Day**.

✚ **USKAAN (one positive thought in morning can change your whole day)** project was started in collaboration with Keshav Mahavidyalaya. The main target of this project was to spread happiness all around us in such unprecedented times with the help of quotes, movies and songs.

A **WEBINAR** on the theme "**Finding peace amidst chaos**" was also organised under this project. The guest speaker of the webinar was Ms. Saumya Mathur (Psychotherapist and yoga instructor, Founder at Dhyanaa).

✚ **YOGA MAHOTSAV** was organised in collaboration with Keshav Mahavidyalaya from **7th June 2021 to 21st June 2021**. Each day volunteers performed the respective yoga asanas according to the disease discussed on that particular day and motivated others to do so.

- 7<sup>th</sup> June 2021 Hypertension (Day 1)
- 8<sup>th</sup> June 2021 Depression (Day 2)
- 9<sup>th</sup> June 2021 Asthma (Day 3)
- 10<sup>th</sup> June 2021 Sinusitis (Day 4)
- 11<sup>th</sup> June 2021 Diabetes (Day 5)
- 12<sup>th</sup> June 2021 Migraine (Day 6)
- 13<sup>th</sup> June 2021 Arthritis (Day 7)
- 14<sup>th</sup> June 2021 Thyroid (Day 8)
- 15<sup>th</sup> June 2021 Stomach disorder (Day 9)
- 16<sup>th</sup> June 2021 Back Pain (Day 10)
- 17<sup>th</sup> June 2021 Liver problems (Day 11)
- A **WEBINAR "Yoga beyond Asanas"** on 18<sup>th</sup> June 2021 and speaker was Ms. Neha Bansal, a Yoga teacher and a mental health practitioner.
- A **WEBINAR " Yoga and Martial Arts "** on 19<sup>th</sup> June 2021 and speaker was Mr. Kyoshi Shaurya Shandilya, Yoga practitioner and a Karate teacher.
- **TWO-DAY WORKSHOP "Yoga for Holistic well-being"** on 20<sup>th</sup> -21<sup>st</sup> June 2021 and speaker was Neeki Singh, International Yoga Coach, Director of ANS Trust.





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UNDER  
**स्वच्छता पखवाड़ा**



NATIONAL SERVICE SCHEME  
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UNDER  
**FIT INDIA MOVEMENT**



