

# **ANNUAL REPORT (2023-24)**

National Service Scheme,  
Deen Dayal Upadhyaya College,  
University of Delhi.

*Officiating Principal- Prof. Hem Chand Jain*  
*Program Officer – Dr. Sachchidanand Tripathi*

## **EVENTS IN THE SESSION 2023-24**

### **1) COUNCIL FORMATION**

The session for 2023-24 started with the council interviews that took place in mid-august in the presence of our Program Officer- Dr. Sachidanand Tripathi and Senior NSS Members.

September marked the beginning of the events after the new council's formation.

## **SEPTEMBER EVENTS**

### **1) BREAKTHROUGH NGO SURVEY**

Members of the BREAKTHROUGH NGO visited our college to conduct a survey on violence against women.

The survey was of 3 days which is 16,17 and 18 September 2023, which took place in our institution between 10 a.m. and 2 p.m., included several questions involving violence against women and harassment of women.

Additionally, they questioned the students on how they would handle and respond in similar situations.

Venue: - Room No. 609

No. Of Participants: - 120



## **2) WORLD CLEANUP DAY**

- Cleanliness Drive

In collaboration with BHUMI ORGANIZATION, the NSS unit of DDUC, held a cleanliness drive. It also marked the beginning of the term of the new core, counting as their first successful event.

The major goal was to increase awareness and address the problem of waste in our surroundings. For this, an area close to the college was chosen. With the help of five volunteers in each team, the surroundings were made cleaner by the collaborative efforts of everyone to gather multiple bags of trash.

Date: - 20th September 2023

Venue: - Outside College gate

Theme: - Let's Do It World

No. of Participants: - 50- 60



### 3) YOUTH CHOWPAL

"Rising against Gender -Based Violence"

In collaboration with BREAKTHROUGH, the NSS unit of DDUC visited Arya Auditorium, New Delhi wherein they learned about Violence against gender and against Women, also they learned about the mental health of today's young generation and how to deal with these problems, and to gain confidence to fight against violence.

Our President along with two Core members took part in this event and were awarded with a trophy to acknowledge our unit's efforts'.

Date: - 21st September, 2023

Venue: - Arya Auditorium, East of Kailash, New Delhi





#### 4) 54th NATIONAL SERVICE SCHEME DAY

- NSS Pledge

September 24th is observed as NSS Day since 1969 and is marked across all the colleges in the nation with great enthusiasm. After the independence of India, the University Grants Commission suggested there be voluntary national service in academic institutions.

“NOT ME BUT YOU” defines the philosophy of NSS.

The new Core Team took a pledge and swore to work diligently to reclaim and enhance the nation's freedom and integrity.

Date: - 23rd September, 2023

Venue:- Near Flag Post

Dress Code: - White Colour

No. of Participants:- 20



## **5) NSS ORIENTATION DAY**

NSS Unit of DDUC organised an orientation for the young and interested individuals who wished to contribute to the society in some way or other. We were joined by over 100 enthusiastic individuals who wanted to know more about NSS, and its workings and it is safe to say that the event was a hit among the students.

The event started with an icebreaker just so everyone could settle in and feel comfortable. Followed by an informative session on how NSS works and the '7 projects' that we focus upon. The events that took place in the last term, and what all qualities it imparted.

It concluded with a surprise game of 'Treasure Hunt', wherein the students were paired up. The winners of the Treasure Hunt got a hamper and an exciting chance to sit straight for the interviews. It's safe to say that everyone left with a satisfying smile.

Date: - 29th September, 2023

Venue: - Seminar Hall (509)

No. of Participants: - 100+



## **OCTOBER EVENTS**

### **1) WORLD MENTAL HEALTH DAY**

- Nukkad Natak

On World Mental Health Day, theatre head of NSS DDUC arranged a Nukkad Natak with a bunch of volunteers.

The main objective of this play was to increase awareness about the problems that students face in their day-to-day life, and that even though they might look fine, they are not actually.

The play narrated the story of two school friends who experience anxiety and depression during their time in school and college, as well as how they deal with the pressure from their parents and society.

The message that we wanted to impart reached the audience in all the right ways.

Date: - 10th October, 2023

Venue: - College Ground





## 2) ELECTORAL LITERACY CLUB

- Recruitment

Electoral Literacy Clubs are being set up in the country to promote electoral literacy in all age groups of the Indian citizens.

This is done by engaging them in different mind opening activities that check their current level of electoral literacy but in an apolitical, neutral and non-partisan manner.

The ELC club made Google Forms for registration, and they organised the entire recruitment process in online mode.

Date:- 14th October,2023





### 3) Sanitary Pad Distribution Drive

The NSS unit of Vivekananda College organized a Sanitary Pad Distribution Drive in collaboration with NSS Deen Dayal Upadhyay College in Bharti Vidhya Niketan School, Jhandapur, Sahibabad. The move was to spread awareness about menstrual hygiene among young girls who might have just entered this phase.

Date: - 17th October, 2023

Venue: - Bharti Vidhya Niketan School

Participants: - 100



#### **4) HEALTH AWARENESS SESSION**

- **Prevention of Fatty Liver**

Red Ribbon Club (RRC) of DDUC in collaboration with NSS unit of DDUC had organised an awareness program on the “Prevention of Fatty Liver” by Institute of Liver and Biliary science under project SMILES.

In addition to providing us with information on risk factors, dietary changes, and self-assessment with preventions, the session covered ways to prevent fatty liver in people between the ages of 18 and 25. These efforts are expected to build a community-driven platform for health and wellness that will benefit those who are at risk of living as well as our peers.

Date:- 20th October,2023

Venue: - Room no. 509

No. of Participants: - 60





## 5) NSS ENROLLMENT DRIVE 2023-24

“Service to Society, Strength to the Soul”

Our NSS unit rolled out the registration forms with a deadline set for 8<sup>th</sup> October 2023.

The responses to this Google form served as the basis for the selection process, which was followed by Group Discussion Rounds.

The concluding selections were made based on Personal Interviews.

70 enthusiastic volunteers from 1<sup>st</sup> and 2<sup>nd</sup> year made it into our team.

Date of PI: - 20th October 2023

Venue: - 308

Participants: - 100



## **6) FIRST MEETING WITH THE VOLUNTEERS**

Our unit held an icebreaker session for the newly joined volunteers to discuss how to perform community services and their role in contributing to the success of our unit.

Therein we held a 'Gratitude Letter Writing' session, this helped in connecting the volunteers with their emotions and gave a wholesome start to their new session.

The activity came under the garb of Bhumi NGO's 'Daan Utsav' events, which marked the spirit of Diwali.

Date: - 25th October 2023

Venue: - Room no.324

Participants: - 75



## **7) BLOOD DONATION**

- Donate Blood, Save Life

A Blood Donation Camp was arranged by our NSS unit and the RED RIBBON CLUB (RRC) in association with Blood Connect. Around 110 individuals which consisted of a mix of students and teachers came forward with the aim of donating blood in their mind.

The event was preceded by a session on 'Blood Donation' and how it saves many lives. Students were educated about the noble cause and result of donating blood. It aids in lowering stress, enhancing mental stability, enhancing physical health, and assisting in the release of bad emotions. Those who donated were given refreshments and rewarded with a certificate.

Date: - 27th October, 2023

Venue: - Room no. 308

Participants: - 110



## **8) RASHTRIYA EKTA DIWAS**

In India, October 31 is observed as National Unity Day. In 2014, the Indian government introduced it. The Day is observed to commemorate the birth anniversary of Sardar Vallabhbhai Patel, who was instrumental in bringing about India's political unification.

On October 31, NSS volunteers took a pledge to promote national harmony and raise consciousness of the value of maintaining unity. It confirmed that our people are inherently strong and resilient enough to withstand threats to the safety, integrity, and unity of our nation.

Venue: - Near Flag Post

Participants: - 25



## 9) FIT INDIA SWACHTA FREEDOM RUN 4.0

"Swachh Bharat, Swasth Bharat"

The National Service Scheme unit of Deen Dayal Upadhyaya College organized a 'Walkathon' which was a government initiative along with a 'Cleanliness Drive', that the volunteers took up on their own.

A set group of 30-35 volunteers went for it. They were further divided into teams of 5. Volunteers worked diligently to clean up the chosen area that was 'JJ Colony, Dwarka' and with their efforts aided the people living there to make that a better place. The cleanliness drive also came under Bhumi NGO's 'Daan Utsav' activities.

31st October 2023

Venue: - JJ colony (Slum area)

Participants: - 30-35





# NOVEMBER EVENTS

## **1) DONATION DRIVE**

The DDU College NSS unit organized a donation campaign in collaboration with Bhoomi NGO to make a difference. Two contribution boxes were set up, one at the college's main door and the other in front of the auditorium. Over the course of ten days, a group of dedicated volunteers took charge, not only collecting donation but also actively advertising the drive and encouraging students and faculty to participate.

5-6 boxes of clothing, stationary, and NCERT books were collected because of their efforts. In the spirit of generosity, it was decided to donate these to Bhoomi NGO. They were gracious enough to send one of their team members to collect the donations from the college.

Finally, these things made their way to worthy NGO members, symbolizing the essence of benevolence and community support. The initiative of the NSS unit not only highlighted the power of collective kindness, but also the significant influence

Date: - 11 November,2023



## 2) DIWALI

Diwali, the festival of lights, brings together not only families but also students from all walks of life to promote joy and generosity. While many students returned home for the holidays, their commitment to social work remained, leaving a heartwarming legacy in the community that extended beyond their homes. Their efforts were recorded in Google Classroom as proof of their unwavering dedication.

- 1) **Rangoli:** Volunteers decorated their homes with Rangolis, symbolizing not just colours and patterns but also unity and beauty.

Date: - 12<sup>th</sup> November 2023

Participants: - 17



II) **Children's Day:** To honour Jawaharlal Nehru's ideal of equality for children, the NSS unit prepared a far-reaching celebration. Volunteers contributed sweets to brighten the faces of underprivileged youngsters. It was a celebration of youth, friendliness, and the generosity of spirit.

Date: - 14<sup>th</sup> November 2023

Participants: - 6





III) **Bhai Dooj Bond:** Embracing the rich cultural heritage, the NSS unit of DDUC showcased the essence of Bhai Dooj through a unique lens. Volunteers extended the celebration beyond their own families, portraying the brother-sister bond.

Date: - 15<sup>th</sup> November 2023

Participants: - 11



Students weren't simply enjoying holidays at these gatherings; they were also weaving threads of compassion and solidarity, promoting a sense of community and belonging. Their activities went beyond the scope of the holiday season, leaving a legacy of generosity and social duty.

### **3) MIND MANAGEMENT SEMINAR**

Rashmin Pulekar, a renowned health coach affiliated with the Art of Living organization, led a thought-provoking session on mind control on November 30th, 2023. The seminar's goal was to delve into the complexities of managing one's thoughts and emotions to live a healthier and more balanced lifestyle. The workshop, which took place from 11:30 a.m. to 12:30 p.m. in Room 509,

enthralled listeners with fascinating discussions on various tactics and strategies for mental well-being.

Rashmin Pulekar engaged the audience in an interactive discourse, providing practical tools to traverse the intricacies of the mind, drawing on her expertise in mindfulness and holistic wellness. Participants left the session with a better understanding of mind management and helpful insights for cultivating a more harmonious relationship with their thoughts and emotions. Under Rashmin Pulekar's direction, the seminar proved to be an enlightening event, leaving a lasting impression on attendees' thoughts on mental wellbeing.

Date: - 30<sup>th</sup> November 2023

Venue: - Room no. 509

Participants: - 30



#### **4) DIVYA UTSAV**

The "In Hope: I Dare Divya Utsav" event was a monument to collaboration and support for those with disabilities on World Disability Day, celebrating the spirit of inclusivity and empowerment. This event aimed to build a more inclusive society and was organized by the Office of the State Commissioner for Persons with Disabilities, the Department of Social Welfare, and the Directorate of Education,



Government of Delhi, in partnership with the NSS unit of Maitreyi College. The event, held on the 4th and 5th of December from 10 a.m. to 6 p.m. at the Thyagraj Stadium, included a variety of entertaining activities catering to varied interests and aims.

The event began with a Green Craft Mela, which featured creative abilities while promoting sustainability and environmental awareness. The Art Fare provided an opportunity for art fans to discover and appreciate varied artistic expressions, while a seminar on 'Inclusivity and Access' provided a platform for valuable debates on establishing more accessible environments for individuals with disabilities. Simultaneously, there were projects focusing on youth job and skill development, providing them with practical instruments for their future aspirations. The cultural acts energized the celebration, celebrating the community's diversity and talent.

The event concluded with the Award Ceremony, which recognized individuals and organizations for their outstanding accomplishments. The event intended to increase awareness, promote understanding, and celebrate the accomplishments and capacities of people with disabilities through various events and engagements, promoting a more inclusive and supportive society for all.

Date: - 4<sup>th</sup> November 2023 and 5<sup>th</sup> November 2023

Venue: - Thyagraj Stadium

Participants: - 60







# JANUARY EVENTS

## 1) VIKSIT BHARAT

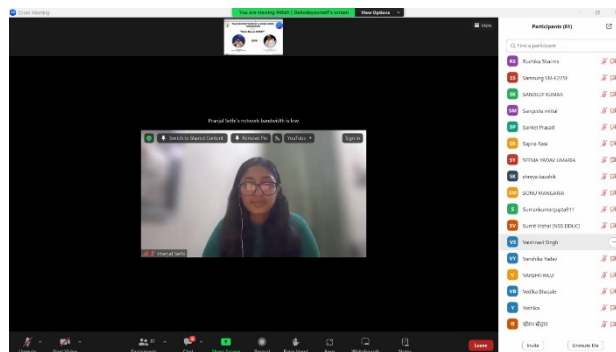
In collaboration with Team Dekodeyourself and Noble Work Foundation, the DDUC NSS unit conducted an instructive online webinar titled "Youth and Opportunities" under the banner of Vikshit Bharat (voice of youth)

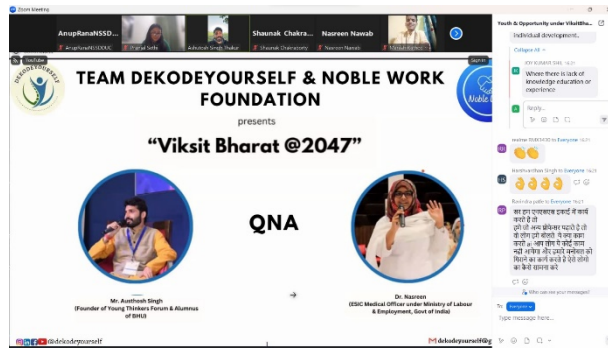
Our guest speakers were Dr. Nasreen, an ESIC Medical Officer under the Ministry of Labour & Employment, Government of India and Mr. Ashutosh Singh, the founder of the Young Thinkers Forum and a BHU alumnus.

Date:- 14<sup>th</sup> January 2024

Venue:- Zoom

Participants- 28





## 2) Deen Daan Utsav

All of the fellows and students of Deen Dayal Upadhyay College were invited to the "Ramutsav Mahaparva - Indian Cultural Renaissance" program. On January 22, 2024, 'Deep Daan Utsav' was arranged under this magnificent celebration.

In addition to illuminating our campus, the 5100 lamps that were lit during this ceremony will also help to propagate the ideas of prosperity, peace, and fraternity. Bhajan-kirtan, cultural events, and lamp lighting throughout the campus were all part of this initiative.

Additionally, as each and every one of our lamps is vital to our support, we are all expected to grace the occasion by enthusiastically contributing a lamp.

Date:- 22<sup>nd</sup> January 2024



### **3) POSCO ACT**

In collaboration with SAKSHI—The Rakshin Project, the National Service Scheme Unit of Deen Dayal Upadhyaya College, University of Delhi, organized a webinar on STOP CHILD SEXUAL ABUSE—POSCO ACT.

Sakshi specializes in stopping violence against women and children. The Rakshin Project seeks to prevent child sexual abuse and foster an accountable culture by addressing the stigma, shame, denial, and secrecy around gender-based violence.

Date:- 24<sup>th</sup> January 2024

Venue:- ZOOM Meeting

Participants:- 40

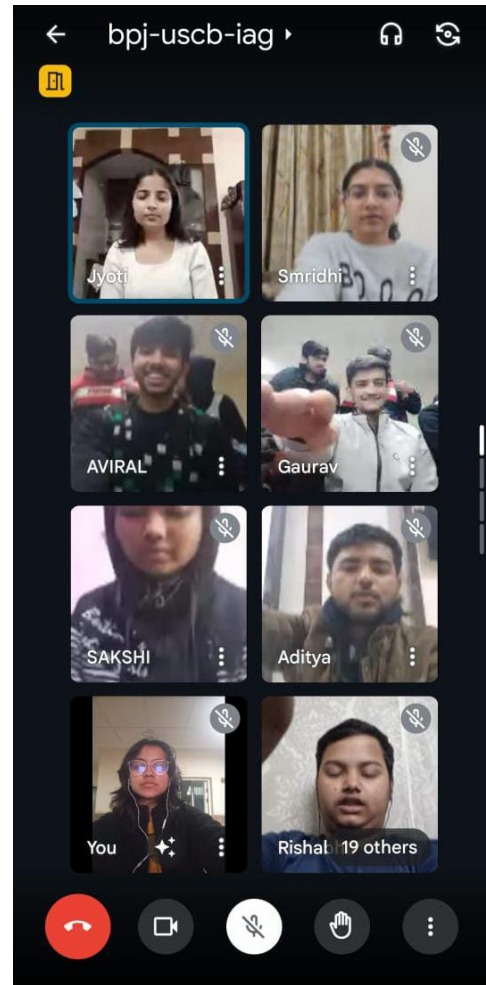
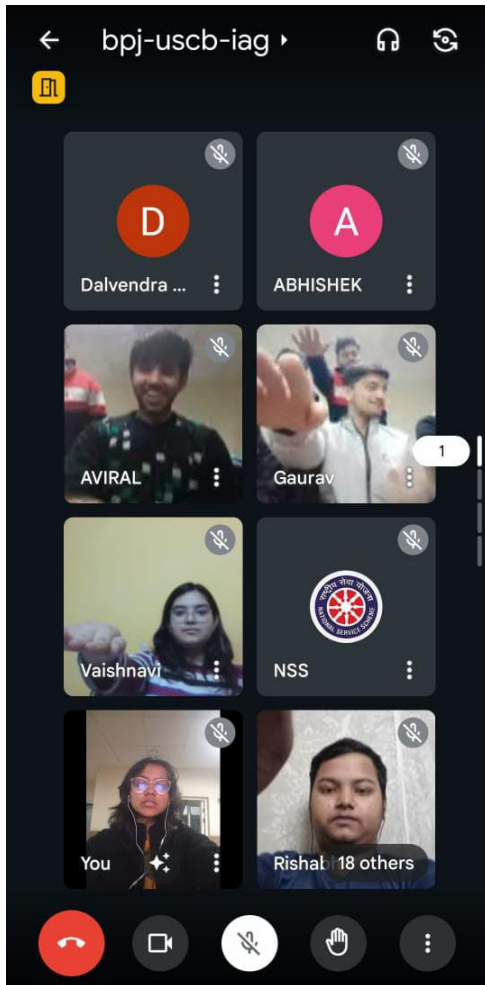
#### **4) VOTER'S PLEDGE**

On the occasion of the 14th National Voter's Day, the Electoral Literacy Club of Deen Dayal Upadhyaya College, University of Delhi, in collaboration with the National Service Scheme, held an online pledge with the theme Nothing Like Voting, I Vote for sure.

Date:- 25<sup>th</sup> January 2024

Participants:- 25





## 5) AWARENESS SESSION

National Service Scheme Unit of Deen Dayal Upadhyaya College, University of Delhi organised an awareness session in collaboration with Breakthrough, rising against gender-based violence. The event began at 1:30 p.m. on January 30, 2024, in Room 503.

Students from a variety of disciplines and NSS volunteers discussed the topic of "gender-based violence" and its various forms in detail. The significant attendance demonstrated the

significance of the subject, and the attendees' engaged participation and perceptive comments enhanced the event's success. In addition to increasing awareness, the NSS Unit's and Breakthrough's joint effort spurred a group resolve to combat gender-based violence.

Date:-30<sup>th</sup> January 2024



## FEBRUARY EVENTS

### 1) NUKKAD NATAK

National Service Scheme of Deen Dayal Upadhyaya College, University of Delhi in collaboration with Breakthrough Trust made efforts to aware the students about the issue of gender-based discrimination. The Sukhmach Theatre group performed a Nukkad

Natak in the college ground on the same theme on 6th February 2024 around 1pm.

Through the use of drama and theatre, it sought to recognize the numerous forms of gender-based violence that are pervasive in society. The audience consisted of NSS volunteers and other students. Later on, they took an active part in offering criticism and challenging the performance and some of its elements. Thus, the goal of cooperating to raise awareness about a safer and more just future was accomplished.

Date:- 6<sup>th</sup> February 2024



## **2) EMINENT TALK**

The National Service Scheme Unit of Deen Dayal Upadhyaya College, in collaboration with Breakthrough Trust, organised an Eminent Talk to address the pressing issue of Gender-Based Violence. The event took place on February 27th, 2024, starting at 1 pm, in Room 607 - B.

This program demonstrated our continued commitment to eliminating these kinds of societal inequities. The session featured renowned police officer SI Bharti Dahiya, who provided priceless ideas, experiences, and tactics for combating gender-based violence. The event's proactive approach to increasing awareness and giving people the confidence to take action against gender-based violence is what makes it significant. Many attendees' enthusiastic engagement helped to ensure that the event was a huge success.

Date:- 27<sup>th</sup> February 2024



## MARCH EVENTS

### **1) PLEDGE CAMPAIGN**



The Deen Dayal Upadhyaya College National Service Scheme Unit, in collaboration with Breakthrough Trust, organized a Pledge Campaign to tackle the urgent problem of Gender-Based Violence.

It was a moving demonstration of the community's desire to stop gender-based violence over the course of two days. Through this campaign, students—the future's leaders—came together to formally sign a declaration condemning all forms of gender-based violence.

Date:- 4<sup>th</sup> March 2024



## 2) BLOOD DONATION

Four volunteers from our DDUC NSS unit visited the Venkateshwara Hospital in Sector 18 to donate blood.



Among the four volunteers are:-

- 1) Aviral Kaushik
- 2) Pritideep
- 3) Vaishnavi
- 4) Priyanshi

Date:-6<sup>th</sup> March 2024



### 3) BLOOD DONATION

Four volunteers from our DDUC NSS unit visited the Venkateshwara Hospital in Sector 18 to donate blood.

Among the four volunteers are:-

- 1) Aditya Suman
- 2) Abhijeet
- 3) Ritesh
- 4) Anup

Date:- 9<sup>th</sup> March 2024



#### 4) VIDEO SCREENING

In collaboration with the Breakthrough Trust, the Deen Dayal Upadhyaya College National Service Scheme Unit conducted an important workshop on gender-based violence intervention strategies.

We investigated strategies for encouraging systemic change, challenging detrimental norms, and providing support to survivors through enlightening conversations and useful insights. Together, we reaffirmed our commitment to building a more secure and welcoming society for everybody during this session.

Date:- 11<sup>th</sup> March 2024



## 5) CLOSING CEREMONY

We have planned a number of impactful activities over the last few weeks to raise awareness of gender-based violence. In order to bring this effort to a close, we organized an outstanding closing celebration that included a provocative theatre performance by the Sukhmanch Team and a presentation honouring the NSS DDUC members and Breakthrough fellows who helped make these events possible.



## APRIL EVENTS

### **1) BLOOD DONATION CAMP**

On April 24, 2024, the DDUC NSS unit held a Blood Donation Camp in collaboration with the Red Ribbon Club DDUC and Chandra Laxmi Hospital, which resulted in multiple successful donations and the transmission of seamless hope and life.

Approximately 78 students donate blood.

The camp got off to a good start with an instructive lesson about blood donation in the morning led by a volunteer from Red Ribbon Club DDUC. Our volunteers continued to make successful donations throughout the day.

Refreshments and Certificates were also provided to the volunteers.



Date:-24<sup>th</sup> April 2024

Participants:- 78



## **2) CLEAN UP DRIVE**

The NSS unit of Deen Dayal Upadhyaya College, in collaboration with the "Why Waste Wednesday Foundation," conducted a clean-up drive across the college campus on April 24, 2024, at 1:30 p.m.

In collaboration with Earth Day Network India and the Why Waste Wednesdays Foundation, the government has developed a project called "Students vs. Plastics." This program aims to support Delhi's educational institutions in their efforts to reduce waste and promote sustainability.

This endeavour involved around 10-15 volunteers. They were divided into two groups to gather plastic debris. Their commitment to this cause, working towards a better, greener future, was extremely

motivating. During the collecting activities, students engaged in important debates, which fuelled their enthusiasm for environmental responsibility.

The endeavour resulted in a commemorative portrait, which captured the volunteers' joint efforts and symbolized their dedication to environmental protection. They not only collected plastic debris, but they also raised awareness, turning onlookers into witnesses to their effective actions.

Date:- 24<sup>th</sup> April 2024

Participants:- 15



# JUNE EVENTS

## **1) NATIONAL YOGA DAY**

In celebration of the 10<sup>th</sup> International Yoga Day, the National Service Scheme Unit of Deen Dayal Upadhyaya College, University of Delhi, held a week-long yoga session every day at 7 am from June 16 to June 22.

There were lots of volunteers there for this occasion. Participants were enthusiastic volunteers who performed a variety of asanas that improved their physical and mental health. Every class encouraged participants to lead healthy lifestyles and practice mindfulness.

The collaboration with Pavitram Yoga Retreat on June 21st, which provided an enhanced experience under professional instruction, was a particular highlight. This combined session attracted more people, promoted a sense of community, and highlighted the significance of yoga in daily life in addition to holistic health. The program was a huge success overall and inspired students to include yoga in their daily routines for improved health and well-being.

Date:- 16<sup>th</sup> June -22<sup>nd</sup> June 2024

Venue:- Google Meet

