

Activities organized by NSS, DDUC (Academic Year 2020-21)

The year 2020 can be summed up as the 'Corona Year'. It took a tiny virus to become 'The Great Disruptor' and bring the world to a grinding halt. The most evident outcome was of the world going online. Adapting to the circumstances, NSS DDUC too coped up with the new normal in the session of 2020-21. With the active participation of the volunteers and the effort to make this session effective, the following events were held successfully:

PROJECT CARE: The days of lockdown had been mentally very exhausting. The project was commenced in order to address the issue of mental health.

1. Instagram stories- Regularly stories were put up to ask questions regarding problems pertaining to their daily lives and well-being. We got good responses from different parts of the country.

2. 21 Days of Abundance- In this challenge designed and prepared by Mr. Deepak Chopra, participants had to dedicate their half an hour daily for 21 days. Daily tasks were given on the WhatsApp group which was expected to be completed within 24 hours. Around 21 volunteers could make it to the end.

3. World Mental Health Day (10th October 2020)- To remove the stigma that shrouds mental illness, we organised a Mental Health Awareness Quiz on World Mental Health Day through our Instagram handle. It was our attempt to spread awareness regarding mental health.

4. Mind Matters, A Workshop on Mental Well-being (24th April 2021)- NSS DDUC, in collaboration with Art of Living, organised a webinar on „Mind Matters, a Workshop on Wellbeing“. It was an enlightening conversation with Ms. Illorika Aggarwal. She highlighted the importance of mental well-being and also emphasized on the importance of meditation and pranayama for mental peace. Participants also practiced the various meditative exercises during the session.

5. Mental Health Awareness Video (2nd April 2021)- With the attempt to highlight the effects and behavioral changes inflicted by the negatively affected mental health, we shared a graphic video on our social media handle. It was also focused on igniting a spark of motivation in the lives of the affected.

PROJECT CHHOTI SHURUAT (4th July 2020)

On the occasion of Van Mahotsav 2020, we commenced our ambitious project “**Chhoti Shuruat**”. The project aimed to inculcate small habits towards sustainability into the daily lives of the volunteers. It was a long-term project whose clarion call was made on 4th July 2020. Various activities have been held year-round, a glimpse of which is as below:

1. Segregation From Home (4th July):

In collaboration with “Change in Range”, two activities were held **a) Separate and Compost-** Volunteers developed the habit of segregation and then composting, both aerobic and anaerobic, with suitable waste material. Waste was turned to gold. **b) Small Sustainable Steps-** Volunteers took a step towards sustainability by creating various artifacts from waste materials. The two principles of the three Rs, that is reuse and recycle, were executed by the volunteers through their creative arts.

2. It was an intra-college project wherein volunteers perform the above activities on a daily basis. They were asked to make a detailed report of the method of composting they used. We received active response and the volunteers made composting and the mantra of reuse, recycle and upcycle their habit. They shared their learnings, difficulties and personal tips along with the report. We regularly posted on social media all the guidance regarding composting that was provided by our collaborative team. We also shared and took part in a survey on waste segregation by Change in Range to spread knowledge about the same.

3. Parivartan Webinar Series: The incessant greed of humans is exploiting the nature on all fronts and draining its valuable resources into urbanization projects. This has taken a serious toll on the health of the planet and has to be addressed at the earliest. Understanding the fact, NSS DDUC in collaboration with IIT Delhi and different NSS units organised a webinar series “Parivartan – Change starts with YOU”. Three webinars were held wherein three respectable speakers enlightened us with their experiences, thoughts and plan of action.

a. On Sand Mining (16th July 2020)- the issue was addressed by Ms. Sumaila Abdulali, President of AAWAZ Foundation.

b. On Sustainability and Social Justice (24th July 2020)- the participants of the webinar were enlightened on the issue by Ms. Medha Patkar, founder of the Narmada Bachao Andolan.

c. On Start your own Garden (28th July 2020)- the step-to-step guide to start one’s own garden was provided by Dr. Vandana Krishnamurthy.

4. Online Awareness Drive against Single-Use Masks: We aimed to spread awareness among the masses about the extra tonnes of plastic waste being created by the use of single-use masks. Through our posts on our social media handles we made people aware of the various types of reusable masks available for the public. An Instagram quiz was also held.

The following information was also shared: **A)** Who should be using which type of mask? **B)** The difference between Cloth, Surgical and N95 Respiratory masks, **C)** How to dispose a used mask? **D)** How to reuse or sterilize masks? **E)** How to wear different types of masks safely?

5) Webinar on Sustainability (18th October 2020): In collaboration with Waste to Wonder, India, we organized a webinar on “Sustainability and Small Action to Reduce Waste”. It was

focused on the importance of assessing the impact of one's actions on the planet. By taking small steps to reduce our waste production we can create huge impact on the betterment of the planet.

6. Eco-Holi Celebration (29th March 2021): Holi, the festival of colors, fun and elation was celebrated by our environment-conscious volunteers in a sustainable way. The adrenaline rush was directed to a creative way. We organised a „Home-made natural DIY Holi color Making Activity“ wherein participants made Gulaal from natural ingredients which was both skin and eco-friendly. We shared the tutorial videos made by the volunteers on our social media handles.

7. Best-out-of-waste Activity: On the occasion of Earth Day and with the resolution to revamp the planet by opting for a sustainable lifestyle, we organised a Best-out-of-waste Activity. Volunteers showcased their talent and creativity through pretty crafts. It was our small contribution to educate others on the need to be responsible and sensitive towards the deteriorating planet. The pictures of the artifacts were shared on our social media handles.

PROJECT SAMVEDNA: An Empathetic Approach towards vulnerable animals Our team with the contribution of our empathetic volunteers started the initiative to take a positive step towards containing the cruelty done on helpless animals. Various activities were held to fulfill our duty towards humanity. Self-satisfaction was our biggest reward.

1. Animal Feeding Programme In our efforts to take care of the speechless vulnerable animals, feeding them has been our strongest armor. We carried on the programme on a daily basis after receiving active response from our enthusiastic volunteers.

2. Food-planet-health webinar (4th October 2020) In collaboration with Vegan Outreach a webinar was organised to spread awareness about the impact of food choices on animals and environment. A vegan lifestyle and its contribution in wildlife replenishment was discussed in the webinar. We had Ms. Aastha Gupta as the guest speaker. Certificates were provided to the attendees.

3. Vegan Challenge In collaboration with Vegan Outreach, a 10 weeks Vegan Challenge was organised wherein participants had to adapt a vegan lifestyle for 10 weeks and make their small contribution for the welfare of the animals. An additional certificate for service hours was given to the participants who successfully completed the challenge.

4. Webinar on Cruelty free India (24th January 2021) We, in collaboration with Cruelty-Free India“ organised a webinar on „Improved Animal Welfare: Steps towards a better society“. We had Ms. Jagriti Kaushik as the guest speaker. The talk highlighted on the poor livings and health conditions untamed animals are compelled to live in. The speaker made the attendees aware of how to create a cruelty free world for the vulnerable animals.

PROJECT SHAKTI

Women are the embodiment of beauty, strength, sacrifice and what not. Yet the prevailing ignorance has deprived them of their basic needs. Their health, especially their menstrual health, has often left unattended which has taken a toll over their physical well-being. With the aim of prioritizing women's upliftment and setting them free from the taboo that circumscribe them. Following activities were organised year-round.

1. Sirona Webinar (31st July 2020) To address the issue of menstrual health and hygiene, NSS DDUC in collaboration with Sirona, organised a webinar „Let's talk hygiene with Sirona“. We had Ms. Nikita Satija as our guest speaker. The attendees were made aware of their initiative of Sustainable Menstruation, keeping in mind the 21 UNDP SDGs. We had approximately 60+ participants in the webinar.

2. Red Spot Challenge (5th February 2021) On the occasion of Menstrual health and Awareness Day, in collaboration with Sacchi Saheli, we took a step forward to spread awareness on menstrual health. Volunteers shared their pictures with a red spot on their fist to break the taboo about menstruation. Boys and girls enthusiastically took part in the challenge and their pictures were shared by us through our social media handles.

3. Menstrual Health Awareness Day Celebration (5th February 2021) The day dedicated to the menstrual well-being of every single woman was celebrated by our team through organizing various online and offline activities. The main motive was to have a dialogue on the issue and not leave it untouched and surrounded with social stigma. The glimpses of the various activities held are: **a. Gift a Sanitary Pad-** volunteers participated in the activity by gifting a sanitary pad to a menstrual counterpart and especially the ones who are not able to buy the sanitary pads. **b. Exchange Greeting Cards-** participants distributed hand-made greeting cards to people of both the genders to raise awareness on the normalcy of menstruation and the necessity of menstrual hygiene. **c. Change your Display Picture and Status-** volunteers changed the display picture of their social media handles and updated their status making their social circle aware of the menstrual health of women. **d. _Ab Pata Chalne Do'-** leveraging the social media for society's upliftment, we posted some videos wherein girls shared their experiences they face during their menstrual period. It was an attempt to incite the sensitiveness among people who are unaware and deal with menstrual health irresponsibly. **e. Chat with elders and educate others-** a positive interaction on any issue is half the problem solved. Our volunteers, thus, interacted with their elders on the issue on menstrual health and hygiene and also educated their friends on the same. **4. International Women's Day Celebration (8th March 2021)** NSS DDUC in collaboration with Clovia Sanitary Pads and Divya Health and Hygiene organised a 'Sanitary Pads' Donation Drive' in Bharat Vihar, Dwarka Sec 15 area on the occasion of International Women's Day. It was our effort to make women aware of their health and menstrual hygiene. Our volunteers educated girls and women from remote areas about the same. We reached to around 100 women on the underprivileged section and distributed the sanitary pads. **5. Yoga For Women (22nd April 2021)** Yoga is highly beneficial and recommended to maintain the hormonal balance of women and improving their overall health. NSS DDUC in collaboration with NSS NSUT organised a workshop on "Yoga for Women Health and Hygiene

and cure of PCOD". Acharya Swati Jha educated the attendees of the benefits of Yoga and also informed them of the problem-specific Yogasanas and pranayama.

6. Workshop on Shadow Pandemic (30th April-1 st May 2021) When the world is focused on containing COVID-19, the violence against women and girls has intensified due to the very measures put to mitigate the spread of the former, say lockdowns. This domestic violence has been termed as "Shadow Pandemic". NSS DDUC, in collaboration with Project Raahat, organised a 2-day literary drive on the issue. The legal reliefs, need for financial independence, self-defense and psychological facet of the daunting challenge of domestic violence during pandemic was discussed.

BLOOD CONNECT X NSS DDUC

COVID pandemic brought to our attention the aspect of health. The issue of blood and its shortage in the medical sector was addressed through the programme. Following events were held under its aegis:

1. Webinar (26th September) - We had Ms. Pooja Mistry as the guest speaker how enlightened us on the „Blood Shortage in India“. More than 70 volunteers attended the session. The speaker informed us about the benefits of blood donation. Participants of the webinar were provided with certificates.

2. Poster Design Competition: An online poster-making competition was held on the theme „Blood Donation“. Certificates and customized gifts were provided to the winners.

3. Case Study Competition: The case-study competition of the BloodConnect Challenge on „Blood Donation“ was organised to stimulate the analytical ability of the participants. Certificates and customized gifts were given to the winners.

4. Let's be Aware Webinar (2nd May 2021) Thalassemia is a blood disorder that require regular blood transfusion. As we deal with the current pandemic, thalassemic patients are facing acute shortage of blood. To spread maximum awareness of this genetic disorder, NSS DDUC in collaboration with BloodConnect organized a webinar "Let's be aware about Thalassemia". We had Mr. Harsh Chaudhary as the guest speaker. He educated the attendees of the blood disorder and also bust the myths about blood donation. The webinar ended with a quiz round wherein volunteers actively participated.

TAP EMAG X NSS DDUC:

NSS DDUC in collaboration with TAP EMAG commenced the following challenges:

1. Cut the Strap Challenge (20th November, 2021): It focused to spread awareness on cutting the strap of the mask before disposing of. Volunteers actively took up the challenge and videos were shared on our social media handles.

2. Swap the Bottle Challenge: Aimed to direct people's focus on the havoc plastic bottles have created, the challenge was taken up by the volunteers swapping their regular plastic bottles with those of steel. Photos were regularly shared on our Instagram stories. a. Reasons to Swap- to encourage maximum people to take up this challenge we shared a post on our social media handles discussing about the 7 major benefits to opting a stainless-steel bottle over a plastic one. b. Experience of the participants-

through our Instagram stories we shared with others the story of the volunteers who took up this challenge, what compelled them to do so and how they felt after being a part of the change.

COLLCOM X NSS DDUC:

Addressing the cons of technology, NSS DDUC in collaboration with CollCom organised two webinars and two online competitions.

1. Digital Banking Frauds (4th October 2020)- It was a national level webinar with Sudhir Kumar Singh, banking expert, as the speaker. He brought into the notice of the participants the digital banking fraud being carried on by sophisticated criminal groups. He also enlightened us with the various safety measure to be taken in order to save oneself from being a victim.

2. Cyber Crime Awareness Webinar (21st February 2021) The webinar focused on all the aspects of cyber-crime and enlightened the participants of the safety and precautions from any such frauds. It was an intra-college event with Dr. Gaurav Kumar as the speaker. It was an interactive webinar and the speaker welcomed the views and opinions of the participants. This made the webinar more impactful.

3. Kuber Meme Komp- A Cyber Meme Competition It was national level competition wherein participants had to design creative and informative meme poster on cyber-crime issue. Top three scorers were given exciting gifts.

4. Reel to Real Competition- A Video Making Competition To create awareness on cyber-crime, participants had to make a video on any one type of cyber-crime and how to avoid being a victim of it. Top three scorers were given exciting gifts.

YOGA WEEK (21st - 27th June 2020)

The 6th International Day of Yoga was celebrated by our unit very enthusiastically. The theme of 2020 "Yoga at Home and Yoga with Family" was brought into play through the week-long events held to spread awareness among the public, especially the youth, about the benefits of including Yoga in our daily routine. **1. Yoga Challenge:** A Yoga Challenge was held to ignite the spark of competition and get the best performances from the zealous participants. They sent their photos and videos performing various asanas and pranayama at their home. The pictures were shared by us on our social media handles to encourage others to do the same. **2. Yoga Quiz:** A trivia quiz was held on 21st June 2020. The motive was to test, improve and expand the knowledge of the participants about the different facets of Yoga. Active participation was witnessed with 221 registrations and 125 timely responses. **3. Online Yoga Class:** NSS DDUC in collaboration with Art of Living took up the initiative of spreading the knowledge of performing Yoga properly through videos posted on the social media handles. **4. Social Media Awareness Drive:** The constraint of online mode was taken as an opportunity by us to spread awareness about the benefits of Yoga to the maximum number of people. We regularly posted about the procedure and benefits of different Yogasanas and Pranayama through our social media handles.

DONATION DRIVE FOR ASSAM FLOOD VICTIMS

Amidst the already challenging time of COVID, nature added to woes in Assam. The wrath of nature inundated Assam, badly affecting the life of millions. Unable to send the affected people any substantial help, a small monetary aid was provided by our unit.

RAKSHABANDHAN CELEBRATION (3rd August 2020) The relation of a brother and sister is the purest of all and Rakshabandhan is the festival to celebrate this sweet and sour relation. During the COVID crisis, our NSS team dedicated this Rakshabandhan to all the Corona Warriors who were away from their home and were not able to celebrate the festival with their siblings. Two online competitions were organised to mark the festival: Digital Poster Making Competition and DIY Rakhi Making Competition.

INDEPENDENCE DAY CELEBRATION (15th August 2020) Despite being in the online mode, the day was celebrated with many inter-college activities: Poetry writing and quiz competition were held. In the former, we received 15 entries while in the latter 120 responses were received. Instagram posts on the “Unsung Heroes” were updated commemorating the selfless service of the patriots who are often left unnoticed and unmentioned in the golden pages of India’s present and past.

NUTRITION WEEK (1st - 7th September 2020) The week was celebrated both virtually and physically. Online awareness posters were spread and volunteers in collaboration with Rise Foundation educated the slum children about the necessity and benefits of nutritional food.

FIT INDIA MOVEMENT (21st - 23rd September) Being a part of the ambitious Fit India Movement commenced by the Government of India, volunteers participated and performed various physical activities like running, skipping, walking, jogging or riding a bicycle. Pictures of the same were shared through our social media handles. They tracked their distance covered, while jogging or running, manually or by using different applications. The volunteers vowed to change their sedentary lifestyle into a physically-active one.

NSS FOUNDATION DAY (24th September 2020) On the occasion of 51st NSS Day, two volunteers presented the year-round report in the webinar with various NSS units of DU. Tree plantation was also done by the volunteers in their home. The experiences of NSS alumni were also shared to motivate our new volunteers to strive to serve the society with utmost dedication. We also shared a video prepared by our volunteers on Gandhian Value and NSS on our YouTube channel.

GANDHI JAYANTI (2nd October 2020) Following the footsteps of Mahatma Gandhi, our volunteers carried on the cleanliness drive near the premises of their houses. Photos and videos were shared through our Instagram handles.

VIGILANCE AWARENESS WEEK (27th October - 2nd November 2020) For a country to be successful the citizens need to be vigilant to not let the corruption hollow out the roots. Under the motto “Satark Bharat Samridh Bharat”, the week was celebrated through; **1. Integrity Pledge (27th October)** - The online Integrity Pledge was held on Google Meet with around 70 participants. **2. Vigilance Quiz (1st November)** - 100+ responses were received and e-certificates were awarded to the winners. **3. Study**

Circle- Formed with the motive of spreading awareness on Vigilance Awareness Week, volunteers actively studied the topic and came up with regular blogs.

UNITY PLEDGE (31st October) - Celebrating the anniversary of Sardar Vallabhbhai Patel, a Unity Pledge was organised to celebrate the unity amidst the diversity of our country. The pledge was held on Google Meet with around 70 volunteers of the college NSS unit.

DEEPAWALI CELEBRATION (8th - 14th November 2020) The festival of light was attempted to be celebrated in a sustainable and green way, focusing more on spreading happiness and smiles. Following initiatives were taken **1. EnvAct** - Under the Project Chhoti Shuruat, volunteers did sustainable activities by bringing into action the 3Rs of sustainability. Pictures were shared through our social media handles. **2. Donate Smiles** - Under Project Samarthan, volunteers donated masks, woolen clothes and sweets to the needy. It was ensured that we could bring a smile on the face of the poor in this festive season so that they won't feel excluded. **3. Show your Creativity** – In this festive season, volunteers set free their creativity and made beautiful artifacts. They decorated diyas, made handmade candles and rangolis. The pictures of the same were shared by us through our social media handles.

4. Annadanam (14th November, 2021) – Diwali is synonymous to sweets and snacks. Realizing this predominant belief, our volunteers served packaged food and sweets to the slum kids sponsored by SOVO and IDF. They also gifted some stationery items to the underprivileged kids. It was a great satisfaction for us to organise the food donation drive. Our team properly followed the COVID appropriate behaviour throughout.

5. Diwali Pledge (12th November) – Festivals should always be celebrated in their true essence and trying to bring that into play, our volunteers pledged to celebrate Diwali in a sustainable and green way. We had around 80 participants in the online pledge.

6. Drawing activity in Slum- We organised an interactive and fun Diwali Drawing Competition for the kids of the slum to ingrain in them the values of „Good over Evil“ and the ways to celebrate eco-friendly Diwali. The kids participated with great vigor to draw their interpretation of the festival.

7. Diwali Play– Our zealous volunteers prepared a short skit to spread the message of celebrating Diwali in a green, safe, happy and creative way, keeping the happiness and well-being of others before self. The volunteers prepared it in their respective homes and no COVID protocol was broken. We uploaded the video on our social media handles.

8. Vocal for Local Campaign- Under our Project Samarthan, we took up the task of spreading awareness about the various initiatives taken and products produced by the fellow citizens to start their micro-business. The campaign's mission was to support and also motivate others to support the local vendors rather than large corporates, by purchasing Diwali goods from the formers. Through our social media handles we promoted Kamdhenu Deepawali Abhiyan, various Diwali gifts that can help the local vendors and also the eco-friendly sustainable Diwali decoration ideas. It was our attempt to patronize local businesses and stand firmly with the government's initiative of Atma Nirbhar Bharat.

YUDH, PRADUSHAN KE VIRUDH (Red light on, Gaadi off) Contributing to the Delhi government's campaign „Red light on, Gaadi off“ our volunteers went out on the streets and highways to spread awareness about the hazardous effects of rising air pollution. Children were motivated to be a part of the campaign and they joined our volunteers with handmade posters and urged people to switch off their engines while waiting on traffic signals.

VIRTUAL ORIENTATION (26th November 2020) We welcomed our new volunteers to our family through a virtual orientation. Freshers showed great interest in the same. We made them aware of our past accomplishments and our future plans. We also shared a video on YouTube regarding our orientation.

CHRISTMAS CELEBRATION (25th December 2020) Under our Project Samvedna, the festival of Christmas was marked with a feeding programme of stray animals. Volunteers of our unit fed the animals keeping in mind the diet and requirements of the animals and also avoided the food material that is strictly prohibited for them.

CAREER GUIDANCE WEBINAR (27th December 2020) NSS DDUC in collaboration with Kalamkaar: The Literary Society of DDUC and Career Aspirants Club, DDUC organized a webinar on „Selection of Career after Graduation“. We had Dr. Mahesh Gadekar, Academic Chairperson, ISB&M as the guest speaker. He helped the participants and enlightened them on how to prepare for a group discussion, be confident during personal interviews and make one's presentation interesting. It was an educative and helpful webinar. Attendees were given participation certificates.

NATIONAL VOTER'S DAY (25th January 2021) The foundation day of Election Commission of India was marked by a pledge-taking ceremony through a virtual meet. The purpose was to encourage, facilitate and maximize enrollment in the Voter's List, especially from the young voters. Through the pledge we aimed to promote maximum and responsible participation in the electoral process of the nation. COVID-19 ORIENTED ACTIVITIES: The activities organised year-round had the protocols of COVID-19 as the prime focus. Following contributions were made by our NSS unit.

1. Online Awareness Drives- By leveraging the social media platforms to spread awareness on proper use of masks, avoiding single-use mask, SOPs and for universal vaccination acceptance through our social media handles. We also regularly posted the information shared by government.

2. Competitions COVID-19 focused two competitions, Hold your Slogan Competition and Short Video Making Competition, were organised to give a chance to the participants to bring out some ground-breaking ideas to curb the effects of the deadly virus. E-certificates and Instagram shoutout was given to first three winners.

3. COVID Safety Pledge (8th October 2020): As per the order of the Regional Directorate, NSS, an online pledge related to protection and awareness from Covid-19 was taken. Participants committed to be vigilant and not risk the life of ones own and that of others. They promised to follow the precautionary measures and encourage others to do the same.

4. Covid Warrior (April 2021): NSS volunteers made some posters to spread awareness regarding Vaccination festival, Vaccine hesitation etc.

ROAD SAFETY AWARENESS MONTH (18th January-17th February 2021) The month was celebrated to create awareness about road safety. It was our attempt, with numerous awareness posts shared on our Instagram handle, to make everyone's journey the safest. Dos and don'ts, golden rules for road safety, documentary screening and discussion was done. Video related accidents and the carelessness were shown to make everyone understand about all the mistakes. A short film on the life and the responsibility of driver was shown. The motto of Safe Road, safer journey was our prime focus.

APKI BAAT The initiative is commenced to bring into highlight the issues concerning the general public's daily life. IGTV videos are shared through our Instagram handles. The first video was dedicated to Stubble Burning.

SOCIAL MEDIA AWARENESS CAMPAIGN

Social networks have made the world a small village in terms of its impact on the world of communication, exchanging ideas and facilitating the transmission of information and news with others. They have become the most prominent aspect of modern media that has done a quantum leap in sharing information to even a person standing on the last strata of social ladder. During the time of social distancing and limited contact, social media became a beacon of light to provide a platform to interact and dissipate information and educate people about innumerable things. Leveraging this benefit of social media networks, we resort to it for spreading awareness on various issues.

1. International Plastic Free Day (3rd July 2020) It was our attempt to make people aware of the global catastrophe the plastic waste is leading us to and the immediate need to eliminate the use of single-use plastic bags. We encouraged the use of reusable cloth or jute bag.

2. World Nature Conservation Day (28th July 2020) We shared a video on our Instagram handle showing the beauty of nature and the immediate need to conserve it. A healthy environment today ensures the well-being of the future generation and thus, it is our duty to work for its conservation. Under our initiative "Time for Nature" volunteers made beautiful arts and crafts dedicated to environment conservation.

3. World Hepatitis Day (20th July 2020) A post was shared educating people on the prevention and cure from Hepatitis. The year theme "Hepatitis-free Future" was shared. We organised an Instagram Quiz on the same and the first three winners got an Instagram shoutout.

4. Global Tigers Day (29th July 2020) Through our post we tried to educate people about the reason for celebrating the day, when and how it came into existence and its contribution in enhancing the tiger's population worldwide. We posted some basic knowledge on tigers, like its types, their habits, their likes and dislikes and other fun facts. To commemorate the day, we organised an Instagram Quiz and the first three winners got an Instagram shoutout.

5. Health Tips (1st -7 th September 2020) On the occasion of National Nutrient Week, we shared a number of health tips and also the way to bring the year theme „Eat Right, Bite by Bite“ into action. We tried to encourage people to strive for a healthy lifestyle by the intake of proper nutrient and right exercises.

INTERNATIONAL DAY OF YOGA (21ST June 2021)

Yoga is a remedy for perfect harmony between the mind and body, between man and nature and between aatma and Parmatma. It is the mantra for a healthy life. Reckoning the significance of Yoga, the National Service Scheme, DDUC commemorated the 7th International Yoga Day with great zeal. Here is a glimpse of the week-long celebration on this day.

Yoga Workshop: A seven-day Yoga workshop was held commencing from June and ended on 20th June 2021. Acharya Shweta Jha enlightened the volunteers with the importance and procedure of various yogic asanas and pranayama. It was a once-in-a-lifetime opportunity for the volunteers to get such assistance. Total 40 volunteers enthusiastically participated in the event. Photos and videos were regularly shared by them.

Yoga Pledge: On the occasion of 7th IDY, we organised a webinar dedicated to the celebration of the day. A short presentation was given highlighting the significance of Yoga. Pledge for inculcating Yoga in our daily lives was taken by the volunteers. A total of 60 attendees took the pledge for a Yogic Jeevanshaili.

Social Media Awareness: Being confined to the online mode in the present COVID period, our NSS unit ensured to spread awareness through our social media handles. We regularly updated our Instagram stories to create maximum impact and encourage people to include Yoga in their lifestyle. This is a short glance at the myriad activities conducted by our team during this session. Though the mode has been online the zeal of the volunteers was unhindered. We aim at creating a greater impact through our attempts and bring out a grassroot level change.

PEHAL'21- THE ANNUAL FEST PEHAL

The annual fest of NSS DDUC, is the time of the session marked with the agglomeration of activities and initiatives. It is the time to celebrate the yearlong selfless volunteerism shown by the team members. Though the tough times of COVID19 posed a challenge to celebrate the fest in the conventional way, our team successfully culminated the 3-day event adapting the new normal. Competitions were held online and COVID appropriate behaviour was followed in the activities that had to be held in the offline mode. Following is the glimpse of the event that embellished our fest: • **Online Inter-College Competitions** ∞ **Case Study Competition:** Participants were given a case study on the topic 'Sustainable Waste Management System' and were asked to give some innovative and feasible methods to work in its direction. We were elated with the active responses received. More than 100 registrations were done. Winners were provided certificates and cash prizes. ∞ **Mono-Act Competition:** Creativity is a person's one of the most valuable asset that makes him stand out from the crowd. We tried to give another chance to showcase the talent of the participants through the competition. The topic provided was

'COVID19 and its impact on our social lives'. We were left spellbound by the entries received. Winners were awarded certificates and cash prizes. Hunt-it-Out Quiz Competition: Adding a pinch of knowledge and brainstorming, a multiple round quiz competition was held. Registrations were done and active responses were received. Winners were awarded certificates and cash prizes.

छाव : Plantation Drive : It marked the enthusiastic initiation of our fest on the morning of 10th April 2021. With scorching summers at the doorstep, it was our attempt to encourage people to plant more and more trees. Volunteers had to individually plant trees in their home or locality and take good care of it. It is our belief that a tree planted today will repay mankind forever.

Celebrating Smiles: No happiness can ever match the one that comes by bringing a smile to the face of the underprivileged. Not missing a single chance to do so, our team visited D Block, Gali No. 5, Bharat Vihar, Kakrola to spend some quality time with the slum kids. We organised an art and craft workshop and Kids' Talent Show. Our volunteers also sang songs for the kids which made them happy and feel prized. The tiny tots showcased their dancing skills while our volunteers charmed the kids by singing songs. It was a fun day.

Stationery Donation Drive: The gift of pen and paper is more powerful than the strongest armor. Acknowledging this fact, NSS DDUC in collaboration with Helping Hut NGO and Goel Book Depot organised a Stationery Distribution Drive. We gifted the kids with some basic stationery items and armed them with the tool of education. The smile on their faces made this event a success.









'Sustainability and small actions to reduce waste' in collaboration with 'Waste to Wonder India' on 18th October, 2020.



Plantation drive under Peהל 2021





Donate Smiles: 8 November 2020




Webinar on Cruelty Free India: 24 Jan 2021











National Voters Day 25 January 2021



We are ...

National Voter's Day
25th January, 2021
"Making our Voters Empowered, Vigilant, Safe and Informed"

शपथ

"एक भारत की नागरिक, लोकतंत्र में अपनी पूर्ण भागीदारी के लिए हम प्रतिबद्ध हैं कि हम अपने देश की लोकतांत्रिक परम्पराओं को बचाए रखेंगे। हम सचेत, निष्ठा पूर्वक और सक्रियता के साथ अपने नागरिक अधिकारों का उपयोग करेंगे, निर्णय लेते हैं, मत देते हैं, समाज में योगदान देंगे और किसी भी प्रकार के भ्रष्टाचार, भ्रम, धमकी, बाधक या अन्य किसी भी प्रकार के अवैध तरीके से अपने नागरिक अधिकारों का उपयोग नहीं करेंगे।"

Pledge

"We, the citizens of India, having abiding faith in democracy, hereby pledge to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement."

District Election Office, South West Delhi
Old Terminal Tax Building, Kapashera, New Delhi



Zoom Meeting Grid showing participants: E, D, A, P, a, and others.

We are ...

National Voter's Day
25th January, 2021
"Making our Voters Empowered, Vigilant, Safe and Informed"

शपथ

"एक भारत की नागरिक, लोकतंत्र में अपनी पूर्ण भागीदारी के लिए हम प्रतिबद्ध हैं कि हम अपने देश की लोकतांत्रिक परम्पराओं को बचाए रखेंगे। हम सचेत, निष्ठा पूर्वक और सक्रियता के साथ अपने नागरिक अधिकारों का उपयोग करेंगे, निर्णय लेते हैं, मत देते हैं, समाज में योगदान देंगे और किसी भी प्रकार के भ्रष्टाचार, भ्रम, धमकी, बाधक या अन्य किसी भी प्रकार के अवैध तरीके से अपने नागरिक अधिकारों का उपयोग नहीं करेंगे।"

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Pledge

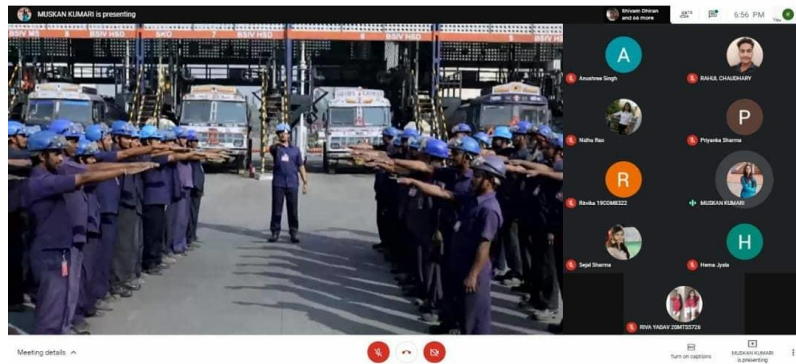
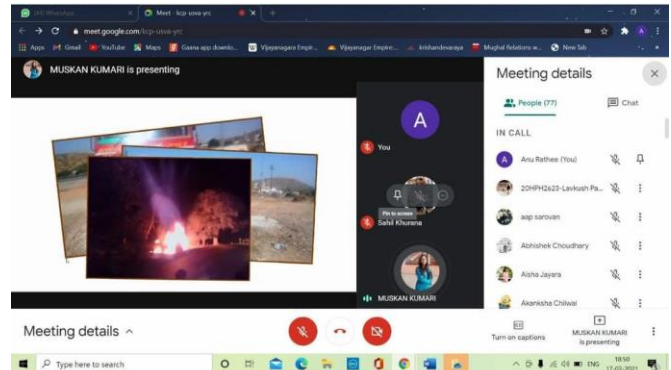
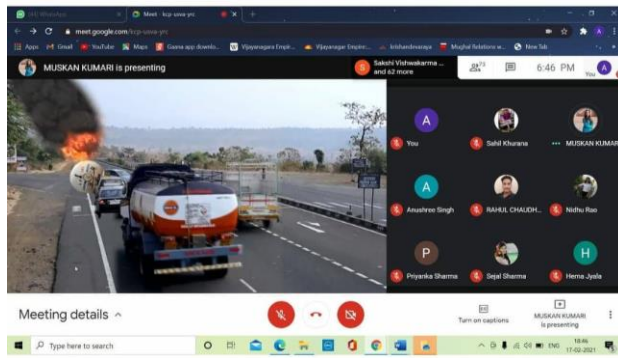
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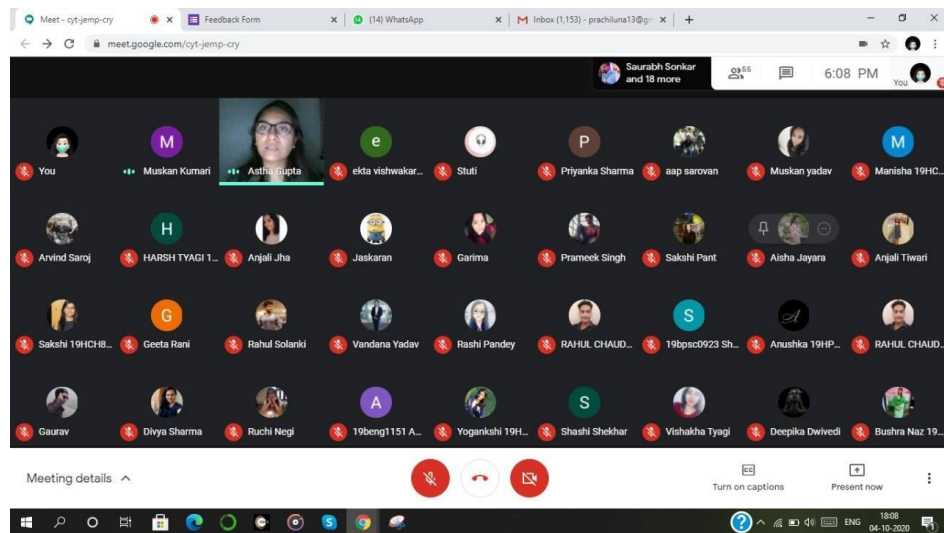
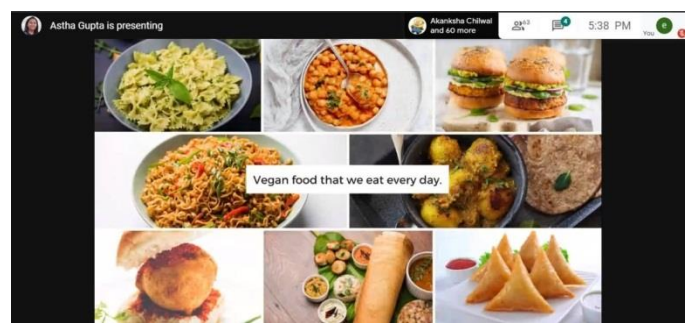
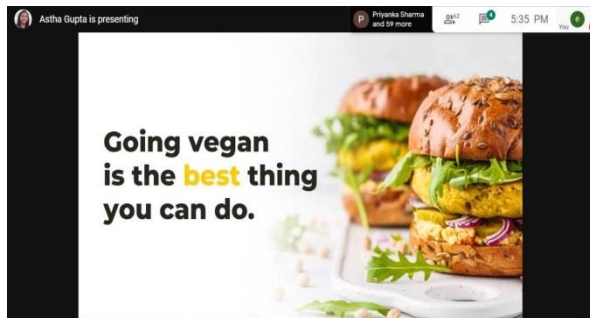


Zoom Meeting Grid showing participants: E, I, K, P, r, and others.


National Road Safety Awareness Month




FOOD-PLANET-HEALTH WEBINAR 4 October 2020



Yoga for Women Health and Hygiene



NATIONAL SERVICE SCHEME | DEEN DAYAL UPADHYAYA COLLEGE
In collaboration with NSS NSUT Organised webinar on
YOGA FOR WOMEN HEALTH AND HYGIENE (PCOD CURE)



Recording LIVE on YouTube

Speaker:
Acharya Swati Jha

15 August 2020



NATIONAL SERVICE SCHEME
Deen Dayal Upadhyaya College
University of Delhi

on the occasion of **Independence Day**,
presents you

Poetry writing
Deadline: 14th Aug, 2020
Language: Hindi/English
Submission address:
nssdduc2020@gmail.com
Send the entries in
audio or video form.
Entries will be featured on our
social media handles, as a tribute
to Independence Day.

Quiz Competition
(Independence Day Special)
Date: 15th Aug, 2020
Time: 7pm
Must join the WhatsApp
group mentioned in
registration form.
First three winners will be
awarded by E-certificates.

Program Officer : Dr Sachchidand Tripathi
Bhavouk (Vice President) : 9467747345

Follow us:
f i y t in

Online Covid 19 Awareness by NSS DDUC: 31 July 2020



**NSS DDUC urges you
TO AVOID SINGLE USE MASKS**

Single use masks once used, are landing up everywhere — from the roadside to the sea shores — giving rise to a new environmental issue of 'MASK POLLUTION'

It's estimated that the global use and disposal of masks and gloves will amount to 129 billion face masks and 65 billion plastic gloves for every month of the COVID-19 pandemic.

"With a lifespan of 450 years, these masks are an ecological timebomb given their lasting environmental consequences for our planet."

Its high time we realise not just how to judiciously use face masks but how to reuse, disinfect and discard this essential but biohazard commodity.

Swipe left >>>

WHO SHOULD BE USING WHICH MASK ?

- **CLOTH MASK**
Not ideally recommended when taking care of infected patients as they do not provide adequate protection but they are still better for routine use than not covering your mouth and nose. For the general public, if a face mask is not available at least a bandana or a scarf may be used to cover the face
- **SURGICAL MASK**
Loose-fitting, a disposable device made of polypropylene, may be effective in blocking particle droplets, splashes, sprays which may contain germs, keeping them from reaching mouth and nose – does not block small particles in the air that may be transmitted by nearby coughing or sneezing
- **N95 RESPIRATOR**
Not for routine use for the general public. It's made of polypropylene material. These respirators filter out at least 95% of very small (0.3 microns) particles. These respirator masks are capable of trapping 95%, 99% and 99.9% of particles, smaller up to 0.3 microns in size.

14 Feb 2021 Online Vaccination Awareness Drive



Red Spot Campaign



Yoga Day Celebration: 21 June 2020



Pledge Against Covid 19: 8 October 2020

Meet - ujb-vzrv-kor

meet.google.com/ujb-vzrv-kor

ekta vishwakarma is presenting

Shobhit Raj 19HPH... and 51 more

1:16 PM

You

प्रतिज्ञा

मैं ————— संकल्प लेता/लेती हूँ कि मैं कोविड-19 के बारे में सतर्क रहूँगा/रहूँगी और जुड़े और मेरे साथियों को इससे जुड़े खतरे को हमेशा ध्यान में रखूँगा/रखूँगी।

मैं इस बातक विचारणु के प्रसार को रोकने संबंधी सभी आवश्यक सावधानियों बरतने का वचन देता/देती हूँ। मैं कोविड से जुड़े आचार-अवहार का अनुसरण करने और दूसरों को भी इसके लिए प्रोत्साहित करने का भी वचन देता/देती हूँ।

मैं सदैव मास्क/केज कर रहूँगा/रहूँगी, विशेषकर सार्वजनिक स्थलों पर।

मैं दूसरों से कम-से-कम 2 फीट की दूरी बनाकर रहूँगा/रहूँगी।

मैं अपने हाथों को नियमित रूप से और अच्छी तरह साबुन और पानी से धोऊँगा/धोऊँगी।

हम एक साथ मिलकर कोविड-19 के विनाश इस लड़ाई को जीवेंगे।

Meeting details

Windows taskbar icons: File Explorer, Edge, Chrome, WhatsApp, Telegram, Messenger, Zoom, etc.

System clock: 13:16, 08-10-2020

