

## Deen Dayal Upadhyaya College

### National Service scheme

#### **Activities organized by NSS DDUC (Academic Year 2019-20)**

##### **Orientation Programme (Date: 13 August, 2019)**

The NSS, DDUC team organized a programme for the upcoming interested students. It all started with the arrival of chief guest 'Miss Anaya' from connecting dream foundation for the project kilhari. Our Program Officer (PO) Dr. Sachchidanand Tripathi welcomed the chief guest and following the Indian traditions, lamp lighting was done. The participation of the students were really enthusiastic. Miss Anaya told about connecting dreams and project kilhari, the students were also interested in asking questions about it. Kashish, president of NSS, DDUC presented a presentation about NSS, its motto, logo, past activities, upcoming events, achievements. PO Dr. Tripathi introduced the core team and post holders for 2019-20 with a great pleasure and motivated students to become a part of NSS. Dr Rajkumari S.Devi, Dr. Mamta A Wagh, Dr. Sudhir Verma and Dr. Sandeep Kumar from NSS Committee have also addressed students.





### **A rally "Jal hi jeevan hai" (Date: 1-2 August, 2019)**

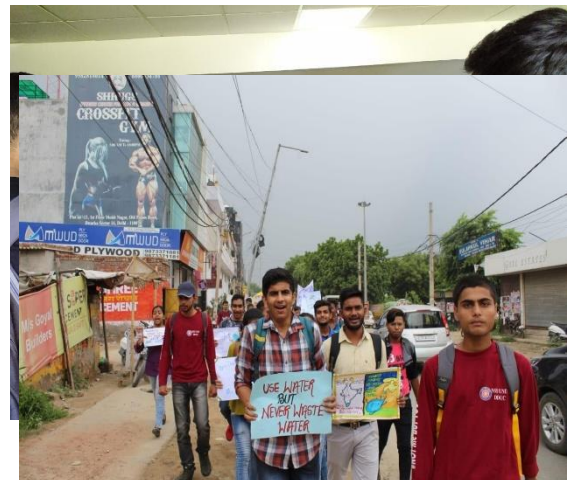
The volunteers of NSS, DDUC organized a rally "Jal hi jeevan hai" under the Jal Shakti Abhiyan at the college premises and nearby locality on 1st 2nd and 3rd August. Students from various courses and years participated. Even some volunteers who are not a part of the society were there in the rally. They generated awareness among the students, teachers, and staff members and nearby locality residents about the problem of water wastage with placards and slogans. Almost 75 students participated in the rally and marched along the streets of nearby localities shouting slogans to save water for about a distance of 1.5 kilometers.



The volunteers also spread awareness about the serious matter in the adopted slum area and taught children to save each drop of water. The rally was very successful because of the dedicated volunteers who gave us full support and cooperation.

Total volunteers: 100

Interaction with people: 150-200









## **The Flood Donation Drive (Date: 25 July -3 Aug 19)**

The volunteers of NSS, DDUC organised a flood donation drive for the victims of Assam and Bihar floods, in the college premises. The students, teachers, staff and non-staff members participated in the drive.

In this one week drive, NSS volunteers encouraged everyone to donate things like old clothes, grains, blankets, medicines, plastic items, books, money so that people suffering from flood calamity could get some relief.

A huge amount of donation came under this drive and it made this drive successful due to the support and efforts of everyone in the college.

## **Fit India Movement (Date: 29 August 19)**

29 August, the national sports day, celebrations began with a movement to bring out a healthy India. A fit India with this vision of fit India. 10 students were fortunate enough to go at Indra Gandhi international stadium, Delhi sharp at 7am, they listened to the addressed by health minister. After a colorful presentation of indigenous material art form, dances and sports, PM Narendra Modi paid tribute to Dhyan Chand “fitness has always been an integral part of our cultures. But there is indifference towards fitness issues now. Modi said. The launch was also attended by sports minister Kiren Riju and national sports awards 2019 winners among others.

The prime minister congratulated the winners of national sports awards and lauded India's sporting achievements. PM Modi also administered a fitness pledge on the occasion.

The other volunteers attended the live screening of the same that was arranged in the college itself. The volunteers took the fitness pledge with great enthusiasm. Also promised to stay healthy themselves and also promote health. All were greatly inspired by Prime Minister's speech. The teaching and non-teaching staff was also present there. All the student's teachers and non-teaching staff made the screening a successful one and the volunteers went to stadium were also really inspired.







### **NSS EDUCATION AWARENESS DRIVE (Date: 2 Sept.19)**

On 2nd September, an education awareness campaign was organized in the slum area. The volunteers were really excited for the campaign. Volunteers went home to home to aware people about the importance of education in our lives and how we, in the slum, work for overall development of children along with studies. The parents were convinced that there will be additional activities where their children could learn something new and that too free of cost. They understood the importance of skill development, personality development and agreed to send their children to learn such skills.

The results were seen the next day as the number of children in the school. Increased by a noticeable amount.

Thus, we can say that it was a successful campaign.





## THE PLANTATION DRIVE (DATE: 9th & 6th September, 2019)

The NSS unit of Deen Dayal Upadhyaya College organised a Plantation Drive on 6th September and 9th September. The motto behind this initiative was to make our college's environment a little better with more greenery and to make people aware of it. The drive was conducted on the college grounds.

A group of enthusiastic volunteers of NSS and the LIC team along with our respected Principal Dr. Hem chand Jain participated in the drive on 9th of September. They planted more than 40 saplings of herbal plants not only in the college garden but also near the college hostel areas.

The team planted these saplings around the college premises to raise awareness and consciousness about environment among the masses. The entire college welcome the initiative and supported the endeavour wholeheartedly.

The drive was a huge success empowering people with substantial knowledge of environment and plants.





## **THE NSS DAY (DATE: 24th September, 2019)**

National Service Scheme, Deen Dayal Upadhyaya College organised a special street play 'DASTAK' by Asmita Theatre Group on 24th September, 2019. The event was held on the college grounds around 10 am. They performed on contemporary social issues. The theme 'DASTAK' was based on atrocities on women. The street play started with a sight of harrassing women and eve teasing by men. Then, it proceeded with issues of female foeticide, acid attacks etc. The play was intertwined with heart-wrenching and ironic movements infused with humour. The group was much disciplined towards their art and the impact of their performance was so intense and powerful as every face in the audience was drought with emotions. It was a very inspiring and an eye opening play for all of us.

National Service Scheme, Deen Dayal Upadhyaya College also organised an awareness session with DATRI blood stem donors. The members of DATRI told us about the speciality of a stem cell with its method of donations. For example - Collecting blood-forming cells for bone marrow transplants through peripheral blood vessels or directly from bone marrow.

The session was very interactive, everybody actively participated in the session. At the end, more than 70 students get themselves registered as stem cells donors. The motive behind this was to make people aware about the importance of stem cells hold towards a person having blood related disorders.



## **BLOOD DONATION CAMP (DATE: 25th September, 2019)**

NATIONAL SERVICE SCHEME, Deen Dayal Upadhyaya College organised a blood donation camp in collaboration with ROTARY CLUB. A team of 8-10 doctors came for collection of blood.

The activity of blood donation was started by the volunteers of NSS, the students across campus along with teaching and non-teaching staff of the college.

The camp also conducted some checkups to spread awareness about Anemia, Thalassemia etc. medicines were also distributed. A proper procedure were followed including all essential checkups and tests for the blood donation with precautions.

There was an overwhelming response from students and other donors a total of 65 units were collected in the camp. Over 180 students get themselves registered for different checkups and tests. Some of the donors who could not donate this time were assured for donation in the next camp. A Certificate of appreciation, donation card, refreshment and a medal was given to each donor as a token of gratitude.

It was a huge success overall.





### **STRESS MANAGEMENT SESSION-CUM-WORKSHOP (DATE: 30th September, 2019)**

National Service Scheme, Deen Dayal Upadhyaya College organised a session-cum-workshop on stress management. And how it helps in attaining better IQ, EQ and SQ.

The Sahaja Yoga expert and speaker Mr. Anish Kohli, the Director of Australia's largest telecom MNC's India and south-asia unit addressed us. He explained us the importance of Balanced Kundalini system in human body. Sahaja yoga activates our Kundalini system that helps one to connect with the divine energy. He further led the session to a practical sahaja yoga activity in which the volunteers along with teachers actually went through the entire process of Kundalini awakening and felt the cosmic energy in their own bodies. Just for a few seconds, everybody really felt thoughtless.

The session was a huge success. Following the daily routine of yoga, creates wholesome and salubrious effects on the mind, body and soul.





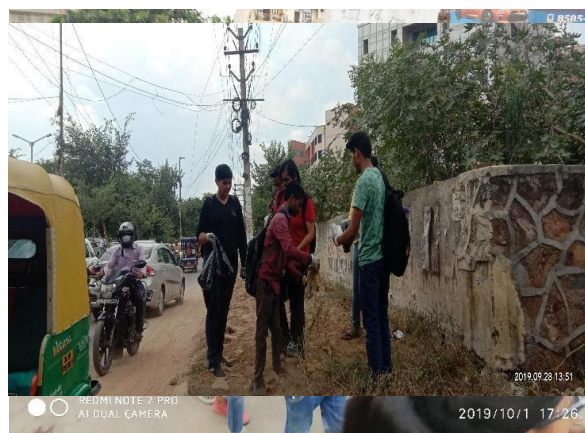
## **The cleanliness drive (Date: 11-08-19 to 02-09-19)**

National Service Scheme, Deen Dayal Upadhyaya College organised a cleanliness drive around college areas and the premises. The motto behind this was to remove plastic.

Large number of NSS volunteers took part in this program and helped in cleaning the area. This drive was conducted from 11th September, 2019 to 2 October, 2019 every day. We collected all kinds of wastes like plastic, wrappers, polythene, bottles and etc. during the drive from college neighborhood areas and also from Inside College. We also conducted a rally during the drive to aware people and try to convince them to keep their environment clean and to minimize the use of plastic.

This year on 2nd of Oct 2019, the whole nation celebrated 150th birth anniversary of the Father of Nation.

The main purpose of this programme was to create awareness regarding Cleanliness and its benefits and to raise consciousness about environment.





## **WORLD SPACE WEEK (DATE: 4TH AND 5TH OCTOBER, 2019)**

National Service Scheme celebrated World Space Week with Vyoma: The Astro club Society, Deen Dayal Upadhyaya College on 4th and 5th October, 2019. The week was celebrated with the slum children from Rise Foundation and Prerna Niketan Sangh. We know the impact when education combines with extra-curricular activities and overall develop a child's personality. On 4th October, it started with a skit "AKASH KI SER" through which we expressed the solar system and space. The children watched it with rapt attention. We organised a quiz "CHAND KO BHUJO" on space to test their knowledge and to make the event more enthralling. The volunteers were very surprised to see that the children were able to answer all the questions correctly. Thereafter, we distributed exiting prizes to the children.

On 5th of October we organised a drawing competition "CHITRKALA" in both the slums. The slum children were very enthusiastic through the entire event. They got to learn more about the space and the universe.

The main motive behind this event was to bring out interest among kids in the fields of space and astronomy. The event was very successful and inspiring for all of us.







## **Youth Exchange Programme (DATE: 22 October 2019)**

Our office bearer, Upasana Sharma represented the NSS unit of DDUC in a Youth exchange programme organized by Ministry of youth affairs and sports.

It was an interaction programme with 50 foreign youth delegates of Indian origin. Programme was graced by the presence of Programme Coordinator, NSS, and Delhi University. All the delegates were delighted to know the work NSS does for the society.

It was such an enlightening session for both foreign delegates and NSS volunteers.





## **THE DIWALI WEEK (DATE: 21<sup>st</sup> to 25<sup>th</sup> December, 2019)**

National Service Scheme unit of Deen Dayal Upadhyaya College celebrated diwali week "UJJWAL" and organized several events.

NSS organised a pledge on cracker free diwali. The motto behind this was to encourage people to celebrate a cracker free green Diwali. Our principal Dr. HC Jain, our teacher convener along with some other faculty members and the volunteers of NSS enthusiastically participated in the pledge.

NSS organised various competitions - dia decoration competition, online slogan writing and digital poster making competitions.

Students across college enthusiastically participated in these. The theme was 'the real meaning of diwali'.

Dia decoration competition was organised on 24th October. Each volunteer decorated numerous dias with dedication of gifting them to the orphanage children.

The winners of respected competitions were announced online on instagram.

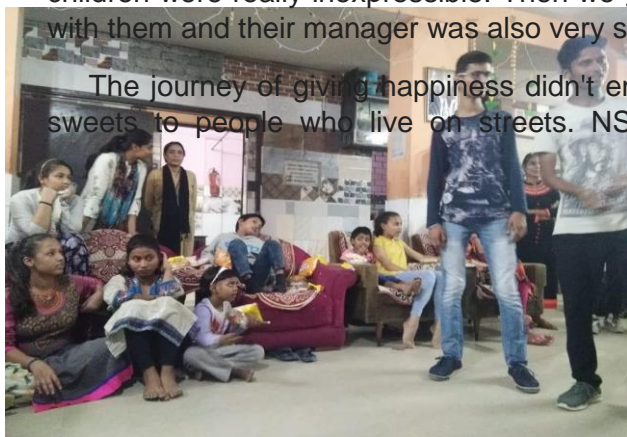
On 22st October NSS conducted a conspicuous campaign on cracker free diwali around college areas. We interacted with the local people and tried to convince them to celebrate a green Diwali.

On 23rd we operated another campaign in slum areas. Our volunteers prepared a skit on the theme to celebrate a cracker free diwali spreading the consciousness about the same. We successfully covered all the near areas and the slum areas and had a great time celebrating diwali with the kids.

On 25th october, National Service Scheme Deen Dayal Upadhaya College organized a visit to an orphanage, Bal vihar Children home located in sec -1 under Diwali week 'Ujjwal'. We shared clothes, sweets, stationary, diyas, decorating materials and lots of happiness with the girls.

We donated things but the wow element is that the diya which we donated was decorated by NSS volunteers in a diya decorating competition and the decorating materials too. In Orphanage we played a skit on 'how to celebrate Green Diwali'. The expressions of happy children were really inexpressible. Then we gave them sweets boxes. We danced and sang with them and their manager was also very satisfied with our visit.

The journey of giving happiness didn't end there. On our way home, we gave food and sweets to people who live on streets. NSS DDU was pleased to do this noble cause.











## **WORKSHOP ON POCSO Act (DATE: 15th November, 2019)**

National Service Scheme, Deen Dayal Upadhyaya College in collaboration with SAKSHI (a registered org.) organised a workshop on POCSOA on 15th November, 2019. The workshop was held in the college around 1 pm. They explained us about child sexual abuse and the horrors it carry through a real life story of a girl who was abused by her own father.

They first handed us a pre assessment form. Then, it proceeded with various interactive activities wherein volunteers were divided into groups and played a blind fold game. They made us understood the entire concept of child abuse and also stated some signs to aware us so that we alert the authorities in those circumstances. They focused not only on protection but also its prevention. At the end of the workshop they gave us certificates.

The basic idea behind this workshop was to create consciousness about child sexual abuse among the people.



## **Unity Pledge** (DATE: 31<sup>st</sup> October, 2019)

National Services Scheme Deen Dayal Upadhaya College took unity pledge on 31 October 2019, on the occasion of 144th birth anniversary of Sardar Vallabhbhai Patel. As the first Deputy Prime Minister and Home Minister of the country, Sardar Patel steered the country through turbulent times.

Sardar Vallabhbhai Patel leaves behind a rich legacy of unity and integrity. His toils and efforts which managed to stitch together the numerous small and often conflicting princely states into the colorful tapestry that makes up Indian society have been recognized by the Government of India and since 2014 his birth anniversary, 31 October, is commemorated as National Unity Day (Rashtriya Ekta Diwas).

We proudly salute Sardar Vallabhbhai Patel's on his birth anniversary in the hope that the youth of the country shall imbibe the same sense of national pride and unity as demonstrated by Sardar Patel.





## Vigilance week (DATE: 1<sup>st</sup> November 2019)

On 1st November, students of Deen Dayal Upadhyaya College, University of Delhi observed the Vigilance week. The theme for this year was Integrity- a way of life to demonstrate a fight against corruption, the students took an oath to not be a part of corruption in any way. They engaged in a healthy discussion too.

Thereafter, some students presented their hand made posters on the theme for the poster making competition.

At last, we ended it with a rally in the college premises shouting slogans against corruption.

The event made us realize how we as responsible citizens can act to diminish corruption and establish integrity in our social sphere, eventually for the betterment of our nation.



## **HEPATITIS SESSION (DATE: 15<sup>th</sup> January, 2020)**

National Service Scheme, Deen Dayal Upadhyaya College in collaboration with RANN FOUNDATION organised an informational lecture on 15th January, 2020. The workshop was held in the college around 12 pm. The main focus of the session was on Viral Hepatitis. That, there are 5 types of hepatitis A, B, C, D and E in total. Out of which Hepatitis B and D are incurable and thus can be very severe. Especially Hepatitis B (a viral infection), acting as a "silent killer" in the liver, inside body. The virus is most commonly transmitted from mother to child during birth and delivery, as well as through contact with blood or other body fluids. It is also an STD (sexually transmitted disease)

They made us understand the ponderosity of this viral hepatitis in our daily lives and also stated some signs to aware us and advised us to get immunized so that we can actually prevent it from happening and spreading.

The basic motive behind this session was to create consciousness about Viral Hepatitis among the people.





## **International Girl Child Day (24th January, 21)**

On the occasion of International girl child Day, 24th January, NSS, Deen Dayal Upadhyaya college, organized a speech competition on the topic: "Empowering girls for a brighter tomorrow".

10 contestants presented their views on the topic and shared how and to what extent that see the change.

It not only helped them to develop their speaking skills but also made them ponder over sensitive issues related to women present in our society.



## **HEALTH CHECK UP CAMP (DATE: 20<sup>th</sup> January, 2020)**

NATIONAL SERVICE SCHEME, Deen Dayal Upadhyaya College organised a free health checkup camp on 20 January, 2020 in collaboration with THYROCARE. A team of 3-4 doctors came for the checkups.

Thyrocare provided these following tests -Free sugar test. Other tests included thyroid test, vitamins that were on a marginal price for the students.

In collaboration with PHYSIO CARE AND RELEIF CENTER, the physiotherapist and psychiatrist provided checkups for physical and mental health.

There were a lots of students consulting about problems related to back pain or neck pain including teachers, ironically it's not even the proper age to have these kinds of pains.

As for mental health, the students consulted themselves for stress, anxiety, concentration related problems and many more.

We had approximately 160 students and 10-15 teachers who came for the checkups. Overall, it was a really good and informational camp where people get know more about their bodies along with mental health on a new level.



## **CLIMATE CONCLAVE (Date: 18<sup>th</sup> January' 20)**

NATIONAL SERVICE SCHEME, DEEN DAYAL UPADHYAYA COLLEGE organised CLIMATE CONCLAVE in collaboration with GREENLCO FOUNDATION on 18th January, 2020. School teachers across Delhi NCR were invited.

In India, and in many parts of the world, climate education has been included as a part of the curriculum in schools and colleges. But what about practical knowledge that we need our young generation to apply it to their own lives and not just their studies.

We united in this event in panel discussion to discuss the importance of this matter among teachers and all those ways we can follow to make this happen at school level.





## **Republic Day (Date: 26<sup>th</sup> January' 20)**

India celebrated her 71th Republic Day on 26th January 2020. Joining the nation in the celebration was NATIONAL SERVICE SCHEME, DEEN DAYAL UPADHYAYA COLLEGE with over 40-50 children, teachers and community members of our slum.

We celebrated this day to instill the feeling of patriotism in children. They dedicated various poems to our great martyrs who sacrificed their lives for us.

Volunteers, children, siblings, teachers and staff members got a platform to meet and greet, showcase talent through dances and acts and address important issues during such a gathering. Sweets were distributed at the end. Their talent and pride promise a bright future for the nation.



## **SWACHHATA PAKHWADA (Date: 16<sup>th</sup>-31<sup>st</sup> Jan 2020)**

NSS DDUC organized a grand Swachhata Pakhwada from 16th January to 31st January. There were several activities organized in order to sensitize volunteers regarding cleanliness and its importance. This helped us to contribute our bit towards serving the environment.

### **List of activities undertaken:**

#### **Swachhata pledge (16th Jan)**

All volunteers participated in taking an oath of maintaining clean surroundings and encourage others as well.

#### **Talk show on cleanliness (17th Jan)**

A talk show was organized in collaboration with Vrikshit Foundation which motivated students greatly towards performing cleanliness drives.

Poster Making Competition was organized on 20 January in which many volunteers participated and displayed their talents. The theme for the same was cleanliness and its impact.



**Cleanliness drive** around college campus was organized on 21st January. 15-18 volunteers participated with full vigour and we aimed at cleaning the portion in front of the college thereby collecting a lot of trash. Volunteers found great satisfaction after doing the task.

**Plantation drive** in college was organized on 23rd January where we planted saplings and took oath to protect and take care of them.

**Speech competition** was organized on 24th January on the topic "forest conservation".

**Cleanliness drive in hostel** was organized on 25th January where the volunteers who are hostel residents participated to keep the hostel premises clean thereby motivating other residents too. They cleaned the floors, scrubbed the mess slabs and tables and spread awareness regarding the same.

**Best out of waste competition** was organized on 27th January to encourage students to think out of the box and create useful items out of waste. This promotes reusing.

**Drive on water conservation** was organized on 28th January in order to aware students regarding the wastage of water and how to prevent it at all costs. We covered the whole campus checking for dripping taps and leakages. We had a small rally too in the campus.

**Prizes** were distributed for the competitions on 31st January and the pakhwada was culminated.





### **STREET PLAY (Date: 12<sup>th</sup> February' 20)**

NSS DDUC organized a street play on the theme "climate change". It was written and performed by 14 of our volunteers. It not only helped them to understand the situation better but gave them an opportunity to put their talents to use. We performed the play in the college campus as well as our adopted slum where a huge crowd gathered to watch. It definitely affected everyone and encouraged them to make small changes in their lifestyle to save the deterioration of our environment.





### **EYE CHECK UP CAMP (Date: 7<sup>th</sup> February' 20)**

Eyes are the windows of the soul. Eyes play a vital role in our day to day lives and are perhaps the most precious gift we have. It can become embarrassing if we fail to recognize a person due to lack of good vision. However, health consequences of bad vision can be far worse.

NATIONAL SERVICE SCHEME, DEEN DAYAL UPADHYAYA COLLEGE organized a free EYE CHECK UP CAMP in collaboration with COOLWINKS on 7th February, 2020. Over 200 students along with teaching and nonteaching staff participated in the event.

COOLWINKS organized proper check-ups with machines and all February sultant was also present there for the student's guidance.

If the volunteer was normal after the check-up then, they sent them to the consultant so that they can take certain measures to keep their eye normal. If the case was otherwise, they immediately gave the student his or her correct eye no. with proper consultation.

It was a successful event.



### **Poly Cystic Ovary Syndrome (Date: 20<sup>th</sup> February' 20)**

NATIONAL SERVICE SCHEME, DEEN DAYAL UPADHYAYA COLLEGE in collaboration with PCOS SOCIETY and IMPETUS WELL BEING organized a seminar on Poly Cystic Ovary Syndrome (PCOS) on 20th February 2020, which was addressed by a renowned gynecologist, D.r Reeta Bakshi. According to Dr. Bakshi, PCOS is becoming more and more evident in the younger generation these days due to lifestyle changes and hormonal imbalances caused by lifestyle choices.

She said that the initial symptoms of this syndrome do not appear until it has become fully developed, which is why several lakhs of young women are suffering from this disease in the country. . It is the leading cause of female infertility and a precursor for other serious conditions including obesity, type 2 diabetes, cardiovascular disease and endometrial cancer.

There were over 50 girls who participated in the session.



We discussed about the period myths, whether they're true or not. We talked about how we can prevent ourselves from this disorder and all the measurements to keep ourselves healthy.

The session was very interactive girls openly asked their doubts to know more about vaginal hygiene.

The main objective behind this session to spread awareness about PCOS.



## **CORONA AWARENESS REPORT (Date: 5<sup>th</sup> April, 2020)**

NSS DDUC, in the time of corona, spread awareness among people to be serious about their hygiene and to stay at home. We did this through our social media platforms. The volunteers made several videos featuring themselves and used them to aware their friends and family.

Volunteers also made masks at home and taught others as well. Some of them also donated these to the less privileged people in their neighborhood.

One of our volunteers got some local help and distributed ration in the nearby slum area. We have been trying to circulate all the measures as told by the government and all necessary information regarding it. We also urged volunteers not to share any news until it's confirmed. We stand with humanity, fighting together against this virus!

