



NSS REPORT

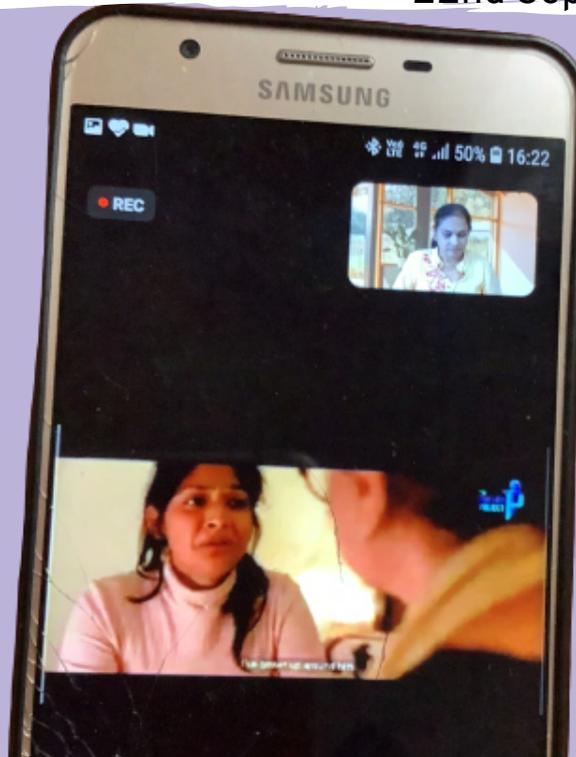
Swami Shradhdhanand College

University Of Delhi



WEBINAR WITH SAKSHI NGO

22nd September 2021



The webinar with sakshi NGO on 22 september 2021 focused on an initiative called The rakshin project ,It aimed at spreading awareness about child abuse .volunteers of NSS unit of Swami shraddhanand college actively participated in the webinar they talked about prevention of The abuse with reference to POSCO act and dealt on identification of the abuse and counseling of the abused children. There were power point presentations and videos by the ngo to make the topic understandable The question answers asked in between in the chat box helped the volunteers to learn about it in a better way. Overall the webinar was a great success.

NSS ORIENTATION

24th September 2021



Orientation Programme for sept2021:

The Core members of the unit conducted a Google meet for introducing National service scheme to the newly joined volunteers. They were told about its significance in society, the colours of NSS badge red and blue, Lakshay Geet and the wheel which is taken from the sun temple. The Orientation session helped volunteers to know more about NSS. They were also told about the adopted village and the functioning of NSS. Volunteers were also told about the skills they hold and about their goal toward the society.

FIT INDIA FREEDOM RUN 2.0

1st October 2021



Fit India Freedom Run 2021:

INDIA FREEDOM RUN 2.0 was organised by NSS Unit of Swami shradhanand college to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign was on the concept of "Physical/Virtual Run" to encourage fitness and help Volunteers get freedom from obesity, laziness, stress, anxiety, diseases etc.

CLEANLINESS DRIVE

7th October 2021

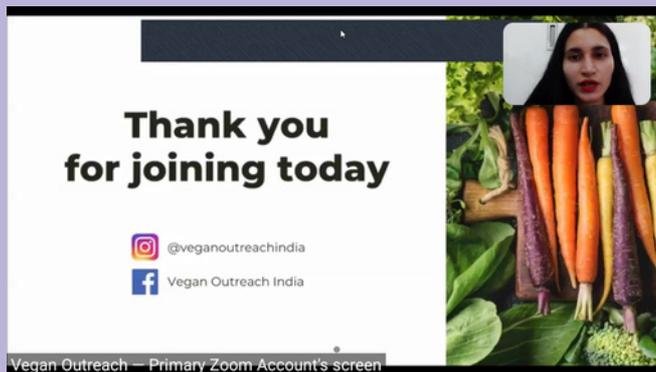


Cleanliness Drive:

On 7th October NSS joined hands with NYKS and conducted a cleanliness drive to clean Mini stadium of Alipur, Delhi. This was all done to commemorate 75th year Independent India under Azadi ka amrit mohotsav and Clean India

WEBINAR WITH VEGAN OUTREACH

17th October 2021



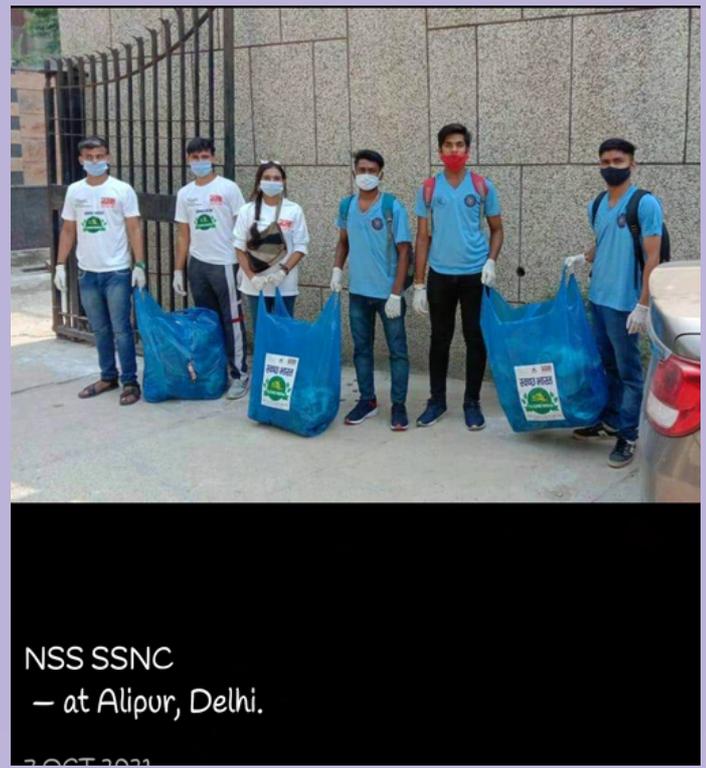
Webinar with Began outreach:

The webniar spread awareness about the animal cruelty behind the animal based products used in our day to day life. Volunteers actively participated and asked questions from time to time.

Vegan lifestyle doesn't mean compromising with protein or our needs. There are substitutes for the same. For example cow milk can be replaced by soya milk.

CLEAN INDIA DRIVE

22nd October 2021



Clean India Drive:

Clean India Drive conducted on 22nd October received active participation of volunteers. The roads were cleaned and all the plastic waste was picked up. Civil defence also joined hands to help in the drive. An awareness rally was also conducted inside Alipur village. At the end, volunteers also cleaned GBSSS School situated in Alipur, Delhi.

CLEANLINESS DRIVE

26th October 2021



Volunteers did a nukad natak on 26 October 2021 to spread awareness regarding clean India at 'Sahidi Samarak Hall'. Respected District Magistrate graced the occasion as cheif guest and motivated volunteers by this speech. The efforts of volunteers were applauded.

WEBINAR ON NEP

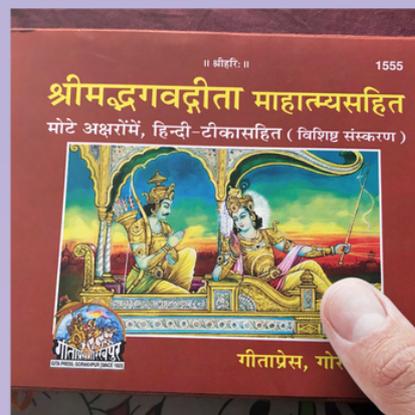
18th November 2021



National webinar on use of scientific terminology in New education policy was conducted by ministry of education. Vounteers joined the online meet and learned about the methods by which technical knowledge can be translated and used in regional languages. A familiar language boost up the learning and the things become easier the understand. Realising the dependency of technology on English, Volunteers found the addition of technical terminology on regional languages the need of the hour.

GEETA MAHOTSAV

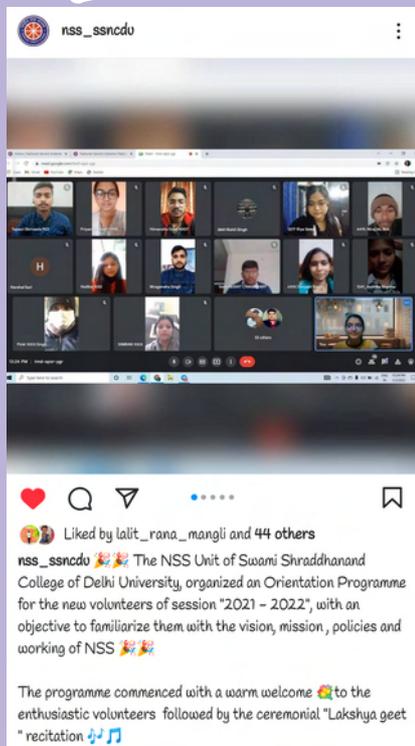
14th December 2021



Geeta Mohotsav was celebrated at Dayal singh college in collaboration of NSS,NCC,IIT and IIM. Students gathered in huge numbers.The importance of Geeta in our life was talked upon.Every participant received a geeta at the end of the session

ORIENTATION PROGRAMME

3rd January 2022



The core members of the unit conducted an online orientation programme on 3rd of January for the new NSS volunteers. The orientation started off by the lakshya geet and then the volunteers were given a brief idea about what actually NSS is, what all services they need to provide, how to work as a team and contribute to the nation, what all events will be held, different types of camps, how many hours need to be completed, how to achieve the certificate etc. Later on, the core team shared their experiences and presented their 'Nainital Trip' clippings which were quite interesting and amazing and the fact that they provided their service in Nainital as well was quite amusing. The volunteers were rejuvenated after the orientation-they were full of energy and enthusiasm as they were now about to have a fresh start and a part of a hardworking unit.



ESSAY AND SPEECH SUBMISSION

(NATIONAL YOUTH FESTIVAL) 8th January 2022

On an auspicious occasion of National Youth Festival, the volunteers were given a task on 8th of January to write an essay on 'India of My Dream-Vision@2047' as well as a speech on the topic- '120 years of Swami Vivekananda'. The volunteers actively participated for the same and presented their talent and skill through their essays and speech.

WEBINAR WITH NSS HINDU COLLEGE

12th January 2022



NSS unit of swami shradhanand college participated in an event organised by NSS Hindu on the occasion of National Youth Day. The program was meant to motivate youth to make efforts for country's development. The occasion was graced by Dr kiran bedi and capt. Dr sunaina Singh. The speech given by these eminent women personalities motivated youth to not only become Good citizens but also to contribute their best for the country

NYF DAY WITH PM

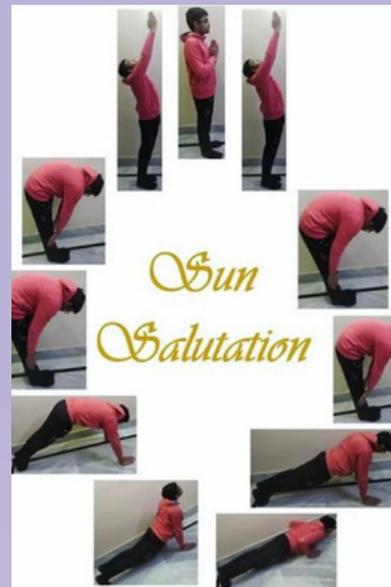
13th January 2022



The NSS Unit of SSNC celebrated national youth festival to commemorate the birth anniversary of youth icon Swami Vivekananda, organized by the Ministry of Youth Affairs and Sports, Government of India in collaboration with one of the State Government on 13th of January and the theme for National Youth Day 2022 was "It's all in the mind," a key teaching of Swami Vivekananda. The Prime Minister stressed that today, if the youth of India has the charm of technology, then there is also the consciousness of democracy. Today, if the youth of India has the ability for hard work, then there is also clarity about the future. PM remarked that today's youth has a 'Can Do' spirit which is a source of inspiration for every generation. Since covid cases were at a peak, many of us couldn't join the PM in Puducherry so an online platform was made available for the youth where our volunteers registered themselves and many educational information and content was passed onto the volunteers through this platform. It was an amazing session despite it being in online mode.

SUN SALUTATION

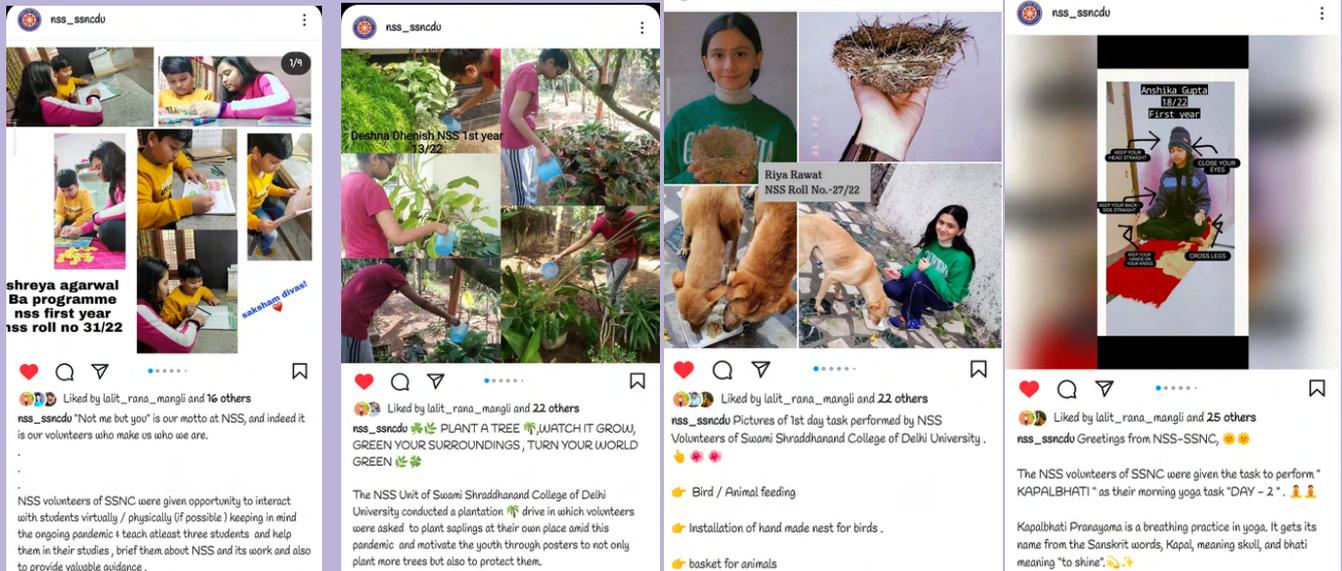
14th January 2022



The NSS Unit organized Sun Salutation on the occasion of Makar Sankranti on 14th of January. The volunteers actively participated in the task and gave salutations to the Sun. Volunteers were quite acquainted with Surya Namaskar- the knowledge and the purpose behind the salutations and how to do the asanas properly. Many volunteers gave their salutations to the Sun and made it a joyous event.

FIT INDIA MOVEMENT

22nd - 31st January 2022



The NSS Unit of SSNC organized a 10 Day Program of NSS activities on the occasion of 'Fit India Movement' from 22nd of January to 31st of January.

The activities included:

The volunteers were also asked to do an early morning yoga session with their family members or friends daily for these 10 days and in the evening they were asked to do any exercise of their choice along with their family members or friends daily in order to stay fit and healthy as we know "HEALTH IS WEALTH". The volunteers showed their full enthusiasm for all the activities, yoga and exercise sessions and made it a success.



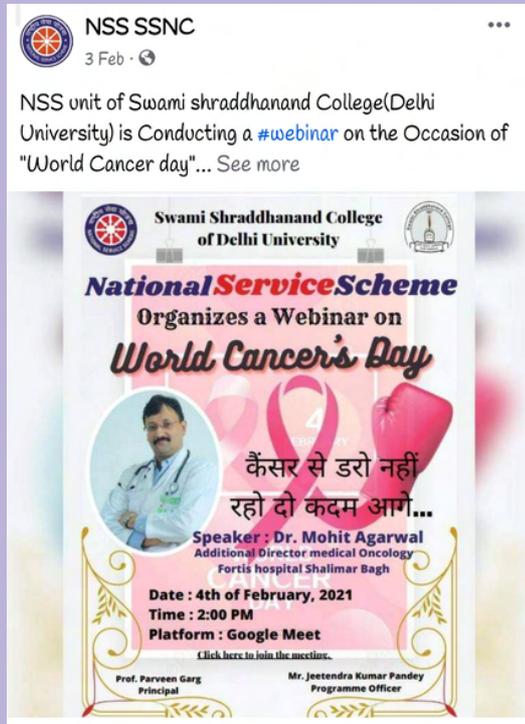
WETLANDS DAY

2nd February 2022

The NSS Unit of SSNC organized Video Making Activity on the occasion of 'Wetlands Day' on 2nd of February. The volunteers were asked to make an informative video on the wetlands of India and they showcased their technical skills and talent and made wonderful and informative videos presenting the beauty of the wetlands- their origin, their importance, their beauty etc.

WEBINAR ON CANCER DAY

4th February 2022



The NSS Unit of SSNC organized a Webinar on 'Cancer' on the occasion of 'World Cancer Day' on 4th of February. The volunteers were introduced with the knowledge on how cancer cells are formed, how it impacts the life of cancer patients and the family members, its diagnosis and how to prevent it as we know prevention is better than cure. The webinar was quite informative and at the end we also had a quiz session where the volunteers were tested on how much of the concept they acquired from the webinar. The participation from the volunteers was immense and most of them got the correct answers implying that the concepts were very well grasped.

PLANTATION DRIVE

12th February 2022



The Plantation drive was held at palla village near yamuna River with collaboration of an NGO. The main goal was to not only keep rivers clean but also to make revive them with greenry. Volunteers actively participated and learnt a lot of things regarding Plantation.

GD WITH VOLUNTEERS

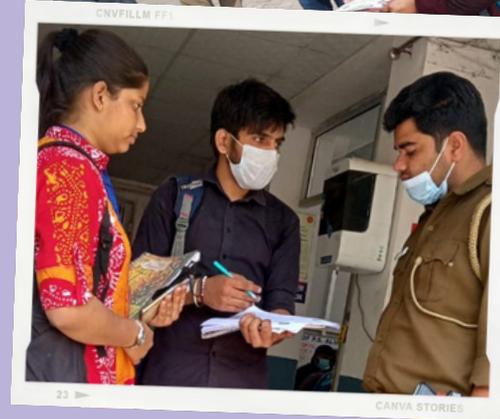
2nd March 2022



The group discussion regarding the mass awareness of benefits of blood donating was organised where volunteers were divided into teams and each team was allotted an area in alipur. Complete planing was done for the event planned in advance. Volunteers made posters and gathered information to execute their plan of mass awareness in order to motivate people to donate blood.

BLOOD DONATION AWARENESS RALLIES

3rd March 2022



The next day came with a bigger challenge volunteers had to execute everything that they has planned each team has a leader who mobilized the team and they went in alipur village ,at their allotted area.They knocked on every house spreading awareness and noting down names of people who were willing to donate blood

BLOOD DONATION CAMP

7th March 2022



The final day volunteers got the fruit of their hardworking more than 150 units of blood was collected in the blood donation camp set up by the unit. Team of doctors came from AIIMS delhi. They were welcomed by the unit and after this achievement everyone was happy that more lives can be saved. Doctors applauded the work of volunteers. Volunteers thanked the team from AIIMS. One unit of blood can save three lives and 150+ units were going to save more lives, this made the volunteers even more happy

CAREER COINSELLING SEMINAR WITH NYKS — 4th March 2022



NYKS organised a career counseling session in collaboration with NSS. The manager of PNB Bank was also invited to spread awareness on various schemes like mudra yojna, MSME etc by which new startups can fund themselves. Volunteers were also given knowledge on how to start a business, prepare for competitive exams and focus on their goal for future to add into India's progress

PLANTATION DRIVE

12th March 2022



Plantation drive was conducted by NSS unit of swami shraddhanand where 30 saplings were bought from Alipur city forest. there were teams divided, each team planted five saplings. After some days each volunteer adopted a plant to nurture and take care of, they tied their name slip to the new planted as well as existing plants which required care.

SURVEY TP WITH NLSF NGO

27th March 2022



NSS Unit of Swami Sharaddhanand College in collaboration with New life shelter foundation, conducted a survey in khidki Village, Panchsheel vihar, sheikh Sarai, New Delhi. It aimed at finding the number of children who don't have access to education and handing over that data to the NGO so that they can arrange for resources for these children to get education. There were student volunteers along with NSS volunteers. Our unit had two teams that went for the survey. The event was a great success. Volunteers also received certificates at the end.

STONE LAYING CEREMONY

2nd April 2022



The Foundation stone lying ceremony of new academic block was done on Saturday, 2nd april 2022. NSS volunteers contributed their part to help the smooth functioning of events. Prof. Mamidala Jagadesh kumar, chairman , University grants commission was the chief guest with Sh Sharad Kumar Chauhan as Guest of honor. Prof. Payal Magk, principal SRCAS for women, du, director of Camps Of Open Learning along with ShmAnkit Pandey Chairman of governing body of college, Principal Prof. Praveeb garg and Administrative Officer , Dr D.V. Bhardwaj also graced the occasion with their eminent presence

NATIONAL WORKSHOP ON ADDB

15th April 2022



Anadata devo bhava is a Nation Wide calling for farmers across India to start with organic farming and milk based products. NSS Unit of SSNC participated in this seminar and learned how the organic farming holds the key to a healthy body and they also learned about Cow based products like organic soaps, Ghee, incense sticks etc. They were made aware about different breeds of cows that can increase milk production benefiting the farmers. The questions were taken up and the methodology and process of organic farming was explained. At the end, they decided to help the farmers in nearby villages.

SEMINAR ON CYBERCRIME

20th April 2022



Cyber crime in today's generation and world is not uncommon for people to fall pray with. Having this concern the Delhi Police SHO of Alipur district conducted a Seminar in the seminar hall of college and awarded the youth volunteers of NSS Unit and other students of the Swami Shradhdhanand College regarding cyber crime and the ways to tackle them in the modern world.

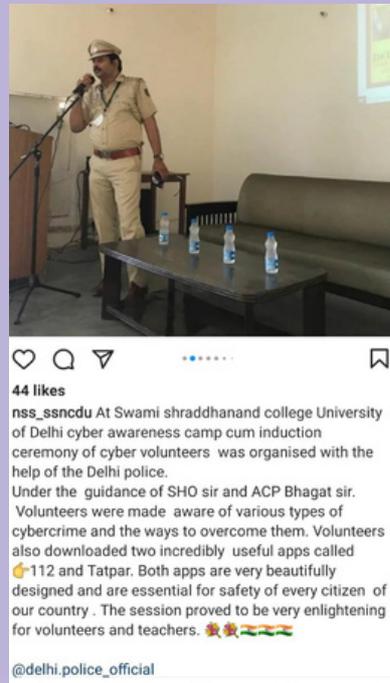
With regards, IPS officer was invited as a chief guest and gave an inspirational speech to the youths regarding the work force of Delhi Police and cybercrime.

At last, the students were encouraged to join 112 INDIA App and were given a huge opportunity to become cyber volunteers for the Delhi Police.

The seminar was concluded by the promises made by the students regarding justice being served to the people who suffered from cyber crime and they made sure to aware everyone regarding the same.

3 DAY PROJECT ON EARTH DAY

22nd - 24th April 2022



NSS unit of Swami shradhanand college organised a three day project on earth day where every morning started with yoga

Day 1

Students were divided into teams and there was a thirty minute discussion about the materials that can be used to keep home cool using traditional methods. after thirty minutes Representatives from each team presented the report on the stage and handed over their written report to the program officer

In evening there was a plant adoption event where each volunteer adopted a plant to take care of

3 DAY PROJECT ON EARTH DAY

22nd - 24th April 2022



Day 2

A video was shown to the volunteers on the degradation of environment. Volunteers were divided into teams they had to identify the cause of environmental degradation from the video and chose one cause for discussion and report making. Every team chose topics like oil spills, air pollution, water contamination etc. After a discussion of thirty minutes, representatives from each team presented the topic on stage and handed over the written report to the program officer.

A seminar on cyber crime was organised.

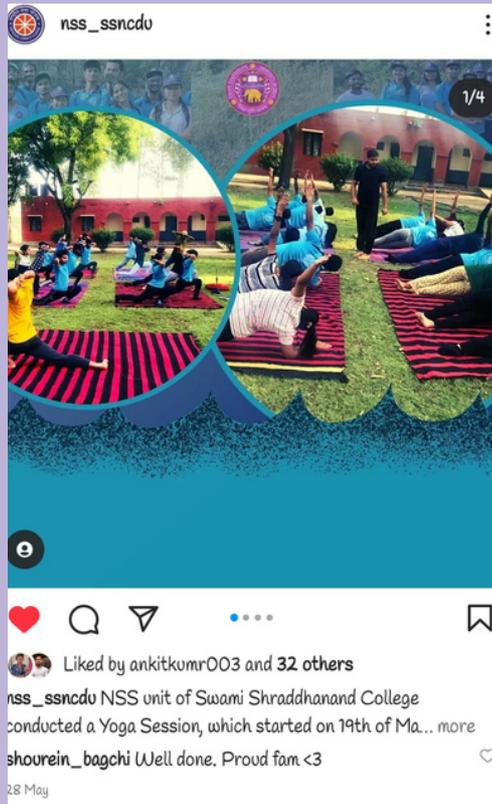
Day 3

A drive to identify the flowers, plants, insects scientifically by clicking their photos was organised with the help of Professor Jivan. He guided volunteers about species of plants in the campus and the volunteers who were divided into teams searched for them in allotted areas in the campus.

The three-day project was concluded by cultural performances that infused the patriotism among volunteers.

15 DAYS YOGA TRAINING SESSION

19th May - 4th June 2022



A series of Yoga sessions were organised under a special fifteen days yoga mentoring under azadi ka amrit mohotsav starting in the month of June. This was a part of fit India movement . Mr. Ashutosh kumar Jha was the resource person and showered the volunteers with knowledge of yoga along with it's benefits .Asanas like charasana,bajrasana,vikshasana,sukhasana etc were taught and sukhshm exercises and suryanamskars were conducted.All 15 days of these sessions were conducted in the morning to evoke zeal to learn more.Vounteers gained a lot of knowledge and realized the importance of being fit.

15 DAYS YOGA TRAINING SESSION

19th May - 4th June 2022



WORLD ENVIRONMENT DAY

5th June 2022



WORLD ENVIRONMENT DAY is celebrated every year on 5th June to make sure that the natural resources on the planet Earth are still safe and everyone tries to maintain the greenery of their nearby places.

Keeping this in mind, on collaboration with the NCC Cadets, the NSS Unit of Swami Shradhanand College took an initiative to plant trees and water the allocated plants of the grounds of the college and maintain the green environment throughout the campus. The program officer also guided the volunteers regarding the same and actively participated with them.

SEMINAR ON INTERNATIONAL YOGA

DAY

16th June 2022



The NSS Unit of Swami Shradhdhanand College organised an informative seminar on account of International Yoga day which is celebrated on 21st June every year on the topic of Patanjali yoga.

The volunteers were accompanied by the chief guest Prof. K.P Singh, the director of Gandhi Bhawan, DU and our Principal Prof. Praveen Garg who delivered very motivational speeches each and encouraged the volunteers about the importance of Yoga.

At last, the informative seminar was concluded by the Indian National Anthem.

44TH CHESS OLYMPIAD

CEREMONY

19th June 2022



Chess. The game between the smartest people they say. And Indians being the smartest are ruling over the game.

Getting inspired by the great success over the game, India organised its first ever Torch Relay for the 44th CHESS OLYMPIAD CEREMONY 2022 which was held at Indira Gandhi Stadium, New Delhi on 19th June 2022 with the delightful presence of Mr. Anurag Thakur (Union Minister of Youth Affairs and Sports) and the Prime Minister of India, Mr. Narendra Modi.

The Torch Rally was followed by beautiful folk dance performances from all parts of India and an amazingly encouraging speech by the Prime Minister. The event was concluded by the distribution of awards given to the achievers of the Chess game from the Prime Minister himself.

CYP ACTIVITIES TO CREATE AWARENESS ABOUT YOGA

20th June 2022



On account of INTERNATIONAL YOGA DAY celebrated every year on 21st June, an event was organised at the Major Dhyan Chand National Stadium in which an advanced Yoga session was also a part of it.

The NSS Volunteers of Swami Shradhanand College also took part in the activity and total of 5 brave Volunteers were selected and had an opportunity to represent the unit and participate in the session.

The event was concluded by distributing Certificates and Tshirts and refreshments for the volunteers.



YOGA SESSION WITH NYKS

21st June 2022

The Nehru Yuva Kendriya Sangathan (NYKS) organised a Yoga Session on 21st June on account of Yoga Day.

The volunteers of NSS Unit of Swami Shradhanand College extended their active participation and expressed a great session with them.

The event lasted for an hour and was concluded by distribution of refreshments and certificates to the participants.

INTERNATIONAL YOGA DAY

21st June 2022



NSS SSNC is at Swami Shradhdhanand College, University of Delhi.

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"Yoga means addition – addition of energy, strength and beauty to body, mind and soul." – Amit Ray

NSS unit of Swami Shradhdhanand College (University of Delhi) Organized Yoga Session on an auspicious occasion of INTERNATIONAL DAY OF YOGA. In which college's staff and students took part.... See more



On account of INTERNATIONAL YOGA DAY celebrated on 21st June every year since 2014, a Yoga session was conducted in the college in which the NSS Unit of Swami Shradhdhanand College took immense pleasure to attend the event and actively participated in it organised by the Ministry of Ayush.



POSTER MAKING COMPETITION ON

IDY 2022

21st June 2022

A poster making competition was organized for the volunteers of the NSS Unit of Swami Shradhdhanand College on the topic of "INTERNATIONAL YOGA DAY".

The posters were meant to be informative and had to carry the creative aspect as well.

The competition saw an active participation from the Volunteers as they drew their creativity on a poster. The best poster was promised a shoutout from the program officer and a special mention in the official Instagram handle of the college.



BBBP ONLINE EVENT

25th June 2022

A video making competition was organized by the NSS Unit of Swami Shradhdhanand College on the topic "Beti Bachao, Beti Padhao". which was an open for all for Every student of Swami shraddhanand college

The videos were creating and thought provoking

The competition saw an active participation from the the college.

The best video was promised a shoutout from the program officer and a special mention in the official Instagram handle of the college.

CELEBRATING YOGA WEEK WITH DU

26th June 2022



“ University of Delhi ” celebrating YOGA WEEK (21st-27th June 2022) on occasion of INTERNATIONAL DAY OF YOGA. In which Yogarishi " Swami Ramdev " was present as a chief guest. Our unit got opportunity to do yoga with "Swami Ramdev".

#YogaForHumanity



SSNC, DU