

JANKI DEVI MEMORIAL COLLEGE

National service scheme

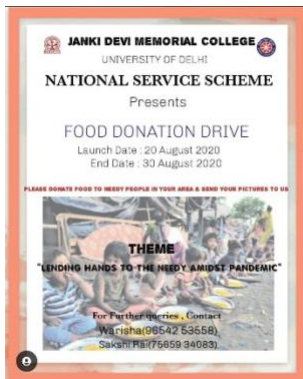
Annual report of 2020-21

August

20 August 2020 - 30 August 2020 - Food Donation Drive

If you can't feed a hundred people, then just feed one

NATIONAL SERVICE SCHEME JANKI DEVI MEMORIAL COLLEGE organized . "FOOD DONATION DRIVE" People participated in large numbers as possible to emerge as champion THEME: "LENDING HANDS TO THE NEEDY AMIDST PANDEMIC" Launch date: 20th August, 2020 ,End date:30th August,2020 Perks: CERTIFICATE OF ACHIEVEMENT to those who will bring minimum 10 references CERTIFICATE OF APPRECIATION to those who will bring 20 references CERTIFICATE OF EXCELLENCE to those who will bring 30 references. This had got a huge success with combined effort of nss volunteers and the participants who participated with all thier zeal.



23 August 2020 - Webinar on Cancer awareness and healthy lifestyle

The NSS Cell of Janki Devi Memorial College hosted a Webinar organised by Sanjeevani Foundation: Life beyond Cancer on Cancer awareness. The Webinar was attended by NSS volunteers and they interacted enthusiastically with the speakers. With the increasing cases of cancer and changing lifestyle of youngsters it was an eye opener for all the attendees. Attendees were told about various programs that are hosted by Sanjeevani Foundation. The symptoms regarding cancer were mentioned in detail in the webinar and various types of cancers were mentioned, their symptoms were elaborated in detail. Role of immunity in cancer treatment was mentioned. Various types of treatments were mentioned in detail. Survival stories of various people were told and how Sanjeevani Foundation helped them out. Psychological impacts of cancer were mentioned and one should never ignore or isolate the cancer patients. It's the lifestyle of people which has lead to increasing number of cases and how we should have a healthy diet. At the end a quiz was organized regarding the webinar itself. Winners were decided

on the basis that who first answers the questions. Overall it was a great session and students surely took a lot from the session.

SEPTEMBER

2 September 2020 - Webinar on Yoga

"Yoga is not a work-out it is a work-in, and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are." NSS JDMC is organizing a webinar on "YOGA: A path to well-being and happiness" The esteemed speaker of the day is Yogacharya Pradeep Yogi who has been teaching yoga for years. He holds a degree in Yogacharya, i.e. Masters in Yoga and Internationally certified yoga Teacher. 500 hours TTC from Yoga Alliance USA, studied at Abhyaranya Rishikesh Yogpeeth. Let us learn a bit more about his life and achievements. Here are the details of the webinar DATE: 02-09-20 TIME: 5:30pm to 7:00pm PLATFORM:Google Meet



3 September 2020 - 13 September 2020 - Fitness run There's not one body type that equates to success. Accept the body you have and be the best you can be with it NSS JDMC is organizing

FITNESS RUN à Duration :3rd to 13th september 2020.

The following are the guidelines for the participants Run/Jog at a time that suits you

Run/Jog your own race at your pace Track your kilometers by using tracking app or GPS watch.

4 September 2020 - 13 September 2020 - Best yoga pose competition

As, the shloka defines- Yoga purifies our impurities of Mind;purifies the expression of our Speech and action He who is an expert to remove the impurities of mind,body and speech is to the excellent of the Munis. *National Service Scheme* Janki Devi Memorial College, University of Delhi Is presenting an event to purify your souls and mind Best Yoga Pose Competition Date:- 4 September 2020 to 13

September 2020 Send your entries to- nssjdmc5@gmail.comFolks, it's time show your flexibility and enrich your mind ?? *E-certificates to our 5 best yoga poser and an appreciation on our Instagram page.

13 September 2020 - Quiz competition

Greetings from National Service Scheme, Janki Devi Memorial College University of Delhi In continuation to our, *Fitness Campaign* We are here with an enthralling quiz to test your knowledge about What Fitness means? • Rules: -There will be 25 questions + Quiz link will be open for 10 minutes only 2 minutes will be given to fill the details + No negative marking If two participants score same marks, then their timing will be noted, for the position holder. Date- 13 September 2020 Time- 4:00pm IST So folks,gear your mind for an exciting quiz a E-certificate for Winners only.

13 September 2020 - Yoga workshop

Bhagavat Gita, entreaured by the rich heritage of our country, quotes "Yoga is the journey of the self, through the self, to the self", and we couldn't agree more. Yoga has its own fan base throughout the world and we ought to feel fortunate to belong to the country that birthed it. To celebrate the fortune and enlighten uS. NSS JDMC is organizing * YOGA WORKSHOP"* on *13th September '20* The esteemed speaker of the workshop are Yogacharya Anil Mudgal (taught yoga to JDMC students for 7 years and also associated with "Yoga Certificate Course being conducted at JDMC, he is working with delhi development authority, Dwarka sports complex) and Sandeep Kumar (Work as yoga teacher in CCYED, IGIPESS (University of Delhi) work as yoga teacher in Certificate course in yoga JDMC COLLEGE(university of Delhi) Work as a yoga expert with Shri Yog Pragati) Timings: 10A.M. to 12Noon Platform: Google Meet

- *Guidelines* : 1. Keep a yoga mat/dari/thick bedsheet 2.keep a water bottle or energy drink ready besides you as well as hand towel *The attendees will be certified with a Certificate of Participation*



15 September - 25 September 2020 - Yoga pose challenge campaign

"Yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed, yoga is to be lived. Yoga doesn't care about what you have been, Yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its

essence must be embodied." *National Service Scheme* Janki Devi memorial college Is presenting an event *YOGA POSE CHALLENGE CAMPAIGN* * **Date* - 15 September to 25 September 2020 > Guidelines: post your pictures on your social media with #nssjdmc tag 3 friends on your picture and they will do the same and mention #nssjdmc on thier picture "It's time to care about your fitness and boost your immunity! *E-Certificate will be provided who got maximum references*

15 September 2020 - Quiz on people's governance

We came across newspaper about the essence of democracy, it's significance in Indian context and being one of the largest democracy of the world, it has various unknown facts. Do you think that you know all the facts about democracy? If yes,then quizzers Electoral literacy club National Service Scheme, Janki Devi Memorial College University of Delhi Is presenting a captivating quiz for you all la On *'People's Governance* To celebrate the essence of _International Day of Democracy. Date - 15 September 2020 Time -7:00 pm ISTORULES • Link will be open for 10 minutes only (from 7:00 pm to 7:10 pm IST) ° No negative marking • If two participants will score same,then there time will be noted for final results ; Perks E-certificate for top three quizzers Do you think that you know all the facts about democracy? If yes,then quizzers Electoral literacy club National Service Scheme Janki Devi Memorial College University of Delhi Is presenting a captivating quiz for you all wa On *'People's Governance* To celebrate the essence of _International Day of Democracy_ Date - 15 September 2020 Time -7:00 pm IST ORULES • Link will be open for 10 minutes only (from 7:00 pm to 7:10 pm IST) ° No negative marking • If two participants will score same,then there time will be noted for final results Perks E-certificate for top three quizzers So, everyone out there get your mind refresh and facts collected for a bewitching quiz 15 September 2020- 25 September 2020 - Poster making competition NSS Unit of JANKI DEVI MEMORIAL COLLEGE_presents_ *Poster Making Competition* *Theme: *Fit and Healthy Lifestyle* Duration:15 to 25 September *Rules for the submission are-* • It can be Digital or Handmade poster • Poster shouldn't be copied from any social media platform • It should be in jpg, png or pdf format only Also mention your instagram handle # Illegitimate entries will be disqualified directly; Link in bio The participants will receive recognition on official page of NSS JDMC and get certificate of participation 4 Top 3 posters will be featured on our social media handle! All the best participants!

16 September 2020 - Health is wealth webinar

"Health is wealth. Peace of mind is happiness. Yoga shows the way! Mental health is of utmost importance to see through these challenging times. To reduce these stress from our mind .. *National Social Service* *Janki Devi Memorial College* Is organising a webinar on TOPIC: Stay motivated in pandemic, Stress management The esteemed speaker of the day is Dr. Kush Panchal who is an



accomplished International Yoga Trainer. He is the personal trainer of kangana Ranaut and Shahid Kapoor. He has also trained hollywood celebs Emma Watson, James Bond villian Sebastien Fucon.

20 September, 2020- Webinar on National Education Policy 2020- Challenges and Opportunities NEP 2020: This policy aims to increase the gross enrollment ratio in higher education, including vocational education. Through NEP major changes in the education policy will be incorporated.

NSS Cell Of Janki Devi Memorial College, University Of Delhi held a webinar on the NEP 2020 by Mr. Sasi Kumar, former Deputy Director- Directorate General Secretary, Cabinet Secretariat under Government Of India, New Delhi. He is also the director of UGC academic staff college, Calicut University (Kerala).NSS volunteers shared their personal opinions on the NEP 2020 on the online platform.

24 September - NSS Day Celebration

NSS Cell Of Janki Devi Memorial College, University Of Delhi organised a "Diary Entry Competition" to pen the experiences of our generation on the topic : "A society that tends to change our perception", a Face Art Competition on the topics: "Camouflage"(Indian army) and "Animal Welfare/Rescue" and a Meme Competition on the topics: "Feeling low like GDP", "Mann ki baat GDP ke saath" and "I am falling for you like the GDP". A quiz Competition was also held on the theme "International Relation" to check how updated the volunteers actually are.All these events were based on the theme of "Gandhian Values and NSS".

28 September - Webinar on Blood Shortage in India during COVID-19

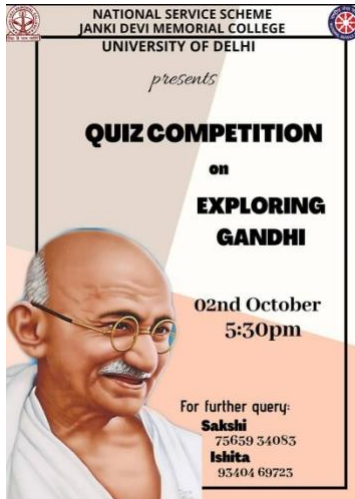
"A pint of blood can save a life."In the wake of to the COVID-19 pandemic, just like many other sectors of the health care system, BTS and blood banks were also struggling to cope up with the unforeseen challenges.NSS Cell Of Janki Devi Memorial College, University Of Delhi conducted a Webinar on the above issue in collaboration with Blood Connect.



OCTOBER

2 October - Gandhi Jayanti - Quiz Competition

On the Occasion Of 151st Gandhi Jayanti, NSS Cell Of Janki Devi Memorial College, University Of Delhi



conducted a Quiz Competition on the theme: "Exploring Gandhi". E-certificates were given to the winners.

4 October - One Day National Webinar On Digital Banking Frauds, Safety and Precautions. The NSS Cell Of Janki Devi Memorial College, University Of Delhi in collaboration with CollCom conducted one day National Webinar on Digital Banking Frauds, Safety and Precautions. Rtr. Sudhir Kumar Singh, Banking Expert was the speaker of the Event E-certificates were given to all the Participants.

10 October - Webinar in collaboration with Rotaract Club Of Delhi Janak

"Mental health is not a destination, but a process. It's about how you drive, not where you're going." NSS Cell Of Janki Devi Memorial College, University Of Delhi presented "Mental Health Conference" to spread awareness on importance of mental health wellness. Participation Certificates were given to all the attendees.



28 October - Vigilance Awareness Week

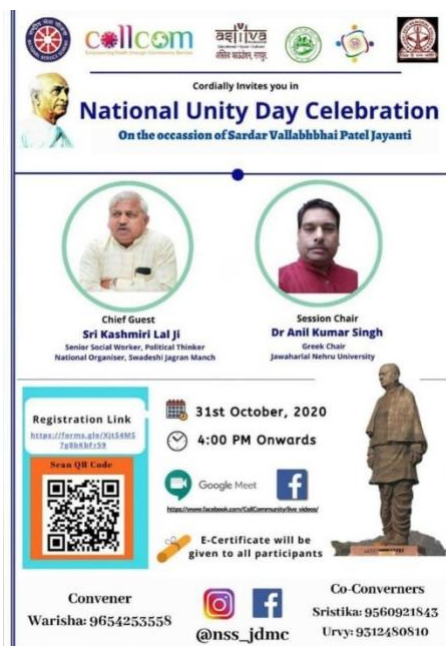
Let's take a pledge for better India.

The NSS Cell Of Janki Devi Memorial College, University Of Delhi took pledge to serve the country and make it a better place to live.

31 October - National Unity Day Celebration

Never go out of unity; you cannot win alone. NSS Cell Of Janki Devi Memorial College, University Of Delhi in collaboration with CollCom conducted a webinar on the occasion of National Unity Day Celebration with Astitva Foundation (Nagpur), Fulwari Shikshan and Yuva Kalyan Sansy(Chattisgarh, Sai Kripa Social Welfare Society (Uttar Pradesh).

Sri Kashmiri Lal Ji, Senior Social Worker, Political Thinker, National Organiser, Jagran Manch was invited as the Chief Guest and Dr. Anil Kumar Singh, Greek Chair, Jawaharlal Nehru University, New Delhi was the Session chair. E-certificates were given to all the participants.



The poster for National Unity Day Celebration features logos of CollCom, Astitva Foundation, and other partners at the top. It includes a portrait of Sardar Vallabhbhai Patel and the text 'Cordially invites you in National Unity Day Celebration On the occasion of Sardar Vallabhbhai Patel Jayanti'. Below this, two circular portraits identify the Chief Guest, Sri Kashmiri Lal Ji, and the Session Chair, Dr. Anil Kumar Singh, with their respective titles and affiliations. The event details specify the date as 31st October, 2020, starting at 4:00 PM onwards, and provide a registration link, QR code, and Google Meet link. It also mentions that e-certificates will be given to all participants. At the bottom, the convener's name and contact number are listed, along with the social media handle @nss_jdmc and the co-conveners' names and contact numbers.

Chief Guest
Sri Kashmiri Lal Ji
Senior Social Worker, Political Thinker
National Organiser, Swadesh Jagran Manch

Session Chair
Dr Anil Kumar Singh
Greek Chair
Jawaharlal Nehru University

Registration Link
<https://forms.gle/395358MS7a9R4M338>

31st October, 2020
4:00 PM Onwards

Registration QR Code

Google Meet
<https://meet.google.com/CallCommunityForUnity>

E-Certificate will be given to all participants

Convener
Warisha: 9654253558

Co-Conveners
Sristika: 9560921843
Urvy: 9312450810

@nss_jdmc

NOVEMBER

1 November - Inauguration Of Cyber Crime Awareness Campaign

The NSS Cell Of Janki Devi Memorial College, University Of Delhi and CollCom with the support of Unicef-UP joined the launch of "Cyber Crime Awareness Campaign (Let's become a Cyber Safe Woman)

Under Mission Shakti-2020".The Speaker of the Event was Dr. Arvind Chaturvedi, IPS, Superintendent of Police, Barabanki, Uttar Pradesh and Dr. Amit Bhardwaj, Director, Higher Education, UP was the chief guest of the event.E-certificates were provided to all the participants.



16 November - Open Mic Competition

Just as people are afraid of serpents, they are afraid of the people who utter lies. Truth controls this world and dharma is rooted in truth." - Rama to Maharshi Jabali

The NSS Cell Of Janki Devi Memorial College, University Of Delhi organised an Open Mic Competition on Life Lesson from Ramayana where the participants could share "A story from Ramayana", "Life lessons from Ramayana" or They could "Play of any one character from Ramayana".

DECEMBER 2020

25 December - Christmas Day Celebration

"Peace on earth will come to stay, when we live Christmas every day." – Helen Steiner Rice. The NSS Cell Of Janki Devi Memorial College, University Of Delhi celebration this year's Christmas Day with the children of the Shadipur Slum adopted by the college. The NSS volunteers of Janki Devi Memorial College experienced a different kind of happiness after spending some time with the children of the Slum.

JANUARY

3rd January 2021 - webinar on "JOURNEY THROUGH MYSTIC EFFECTS OF YOGA"


NSS had a webinar "Journey through mystic effects of yoga" with Dr. Kush Panchal, An international yoga trainer. In this session, he guided students about meditation techniques, fat loss exercises at home and stress management during the times of pandemic.


NATIONAL SERVICE SCHEME
JANKI DEVI MEMORIAL COLLEGE
 UNIVERSITY OF DELHI

cordially invites you to attend the webinar
“ Journey through mystic effects of yoga ”

speaker
Dr. Kush Panchal
 (International Yoga Trainer)

3rd January 2021
 11:00 AM IST

Platform  Google Meet

 Jayanti P Sahoo
 (Programme Coordinator)

For Queries Contact :
 Amisha : 95993 73046
 Warisha : 96542 53558

14th January 2021 - webinar on “YOUTH POWER, SOCIAL WORK AND NATION BUILDING” NSS had a webinar on the auspicious occasion of vivekananda Jayanti "youth power, social work and nation building". On the same day a cloth donation drive was held and an essay writing competition on events that took place in the life of swami vivekananda with reference to "shrimad bhagwadgita".

23rd January 2021- movie screening on "THE FORGOTTEN ARMY - AZADI KE LIYE”


NSS had a movie review competition on web television series " THE FORGOTTEN ARMY -AZADI KE LIYE" on Google meet which was based on true events lead by Subhash Chandra Bose.

JANKI DEVI MEMORIAL COLLEGE
NATIONAL SERVICE SCHEME
 UNIVERSITY OF DELHI

SALUTE HIM ON HIS BIRTH ANNIVERSARY


A HERO WAS BORN WITH A DREAM OF FREE INDIA

Movie Review
 Competition on 23rd January
 Review of the web series "Forgotten Army" which is based on the legend Subhash Chandra Bose.

Platform  Gmeet
 Time :5 pm

PROGRAMME COORDINATOR
 Dr. Jayanti P Sahoo

Further Queries
 Amisha
 9599373046



25th January 2021- webinar “ BE YOUR OWN LAKSHMI” A session in collaboration with be.artsy was held on Google meet to teach students about manage and handle finances and the speaker for the session was Shikha Mittal, Founder and Director of be.artsy.

FEBRUARY

7th February to 14th February 2021- “ THE NSS WEEK” The NSS WEEK was celebrated from 7th to 14th

February, in order to spread kindness and love. 7th of February - Flowers Day

8th of February- Compliment Day

9th of February- Joke Day

10th of February- Pen/Pencil Day

11th of February- Meal Day

12th of February- Animal's Care Day

13th of February- Mask Day

14th of February- Thanksgiving Day

The volunteers from the cell actively participated in the NSS week even though the situation at that time was not good enough.

4th February to 11th February 2021 - "AWARENESS CAMPAIGN OF ANIMALS" NSS had an awareness campaign of animals in collaboration with CFIF students union in order to have safer society for animals.

13th February 2021 - During the annual fest of JDMC symphony 21 , NSS had a crossword puzzle competition "Manoranzan: it's total dhamaal". In this 60 participants from various colleges participated. Even in the times of pandemic there was active participation by the students.

16th February 2021 - In the same week, a stand up comedy competition was held on the theme "Human of Humor" on Google meet.

23rd February 2021 - NSS in collaboration with collcom had a webinar on "Cyber Crime Awareness and Safety Measures" and the speaker for the same was Dr.Gaurav kumar, NSS alumni and founder, director of collcom. This session gave students an insight about the crimes that happen on the internet and also



taught them about the safety measures if they ever face this situation in future.

6th February - The topic for the first project was "Disability in India- laws and rights of the physically challenged".

19th February - The topic for the second project was "Mental and Emotional Health".

20th February - The topic for the third project was "Healthy and Balanced Diet".

MARCH

8th March,2021

"Women are the real architects of society." You are the creator, the vanquisher of evil, the saint, and the teacher. Without you, life would not have been possible. Today is a day to honour God's finest and most exquisite creation. Women's Day is observed worldwide on March 8 in recognition of women of all ages and races. International Women's Day was observed by NATIONAL SERVICE SCHEME, JANKI DEVI MEMORIAL COLLEGE to recognise the value of women in society with speakers - Dr. Jayanti P. Sahoo and Dr. Rajinder Kumar This year, the theme for *_International Women's Day_* (8 March), *_ "Women in leadership: Achieving an equal future in a COVID-19 world,"_* recognises the outstanding contributions made by women and girls worldwide in creating a more equal future and recovering from the COVID-19 pandemic while highlighting the disparities that still exist. Because of this, the JDMC's NSS unit organized a "POETRY WRITING COMPETITION" to highlight and elevate the hidden talents!



8th March,2021

The secret of getting ahead is getting started. NSS volunteers also went on a Walkathon on the occasion of Women's Day & Celebrating 125 years of Netaji's Legacy.

APRIL

10th April,2021

National Service Scheme unit of Janki Devi Memorial College organized a *Yamuna Cleanliness drive**Vrikshit foundation* on 10th April from 7:45AM at ITO Chhath Ghat, New Delhi.



11-14th April,2021

The first step toward change is awareness. The second step is acceptance- Nathaniel Branden. From April 11 to April 14, the volunteers of NSS, JDMC, displayed posters in their area to raise awareness of the COVID vaccine and its importance while taking all necessary safety precautions. They even instructed everyone to wear a mask, keep their distance from others, use hand sanitizer, stay inside, etc. Here are few glimpses

22nd April,2021

On the occasion of "International Yoga Day," NSS JDMC and NSS NSUT CELL held a 7-day series of workshops. Given the pandemic condition, NSS NSUT Cell & FIT India Club, NSUT, and NSS units of ANDC, DDUC, KMV, SSCBS, MSI, JCBUST YMCA, DISPUR COLLEGE ASSAM, JDMC, and JNU collaborated to provide a brief online training on yoga for women's health and hygiene (PCOD cure). Approximately 800 people signed up for this workshop, and more than 500 people showed up. Acharya Swatee Jha served as our session's keynote speaker. The session started with an om chant to invoke the blessings of the Almighty.

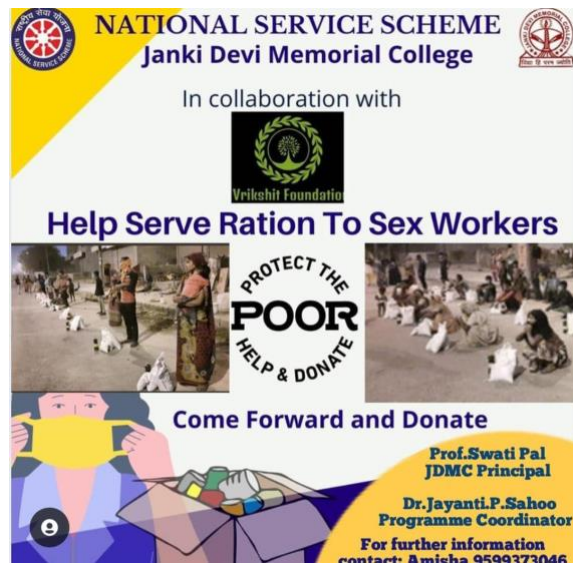
Ma'am then stressed the value of incorporating yoga into daily life by taking it beyond the mat. This was followed by a discussion of the health and hygienic precautions that girls should take, as well as the various asanas that one should practise to treat or prevent PCOD, such as Bhujanasana, Dhanurasana, Padmasana, etc. Prof. Madhu Pruthi, the principal of KMV, also spoke to the attendees and bestowed blessings on everyone. Dr. Praveen Saroha, the programme coordinator for NSS NSUT CELL, gave a vote of gratitude to conclude the meeting. People learnt a lot from it and it aided them in quest for a healthy lifestyle.

2nd May,2021

NSS,JDMC in collaboration with *Vrikshit Foundation* requested everyone to come forward and donate and help serve ration to sex workers.

3rd May,2021

Awareness without action is worthless. The period of May 2–8 is designated as Thalassemia Awareness Week by the BloodConnect Foundation. And in this regard, we would like to express our sincere gratitude for their support as we jointly hosted an enlightening session on thalassemia awareness with the *NSS Unit of Janki Devi Memorial College, DU*. Youth benefited from the workshop since informed



them about thalassemia, how blood donation affects thalassemia, and other pertinent issues.

June,2021

Pride Month is in June to commemorate the Stonewall Uprising of June 1969.

So on this occasion, nss_jdmc posted on Instagram.