



JANKI DEVI MEMORIAL COLLEGE

NATIONAL SERVICE SCHEME(NSS)

Annual Report (July 2021- June 2022)

July 2021

3 July - International Plastic Bag Free Day

"It is worst of times but it is the best of times because we still have a chance"

The NSS volunteers of JDMC urged all to start some initiatives at their level on "**INTERNATIONAL PLASTIC BAG FREE DAY**" and to make our environment free from plastic pollution. Individual efforts are worth and matter to a great extent, know the value of your contribution in bringing about an optimistic change and witness it around you.

As we all are familiar about the negative effects of plastic in our environment such as killing wildlife, contaminates our ocean or waterways, and lasting far longer than it is used. Therefore, reuse it or refuse it but make sure to reduce the use of plastic bags.



11 July - Quiz Competition - Population Control

Earth cannot carry the heavy load for long, so think about the population control. NSS Cell of Janki Devi Memorial College, Delhi University presented a Quiz competition unlocking knowledge at the speed of the thoughts on the theme : “Deciding not to have kids is not selfish, it's sensible” and provided e-certificates to the winners.



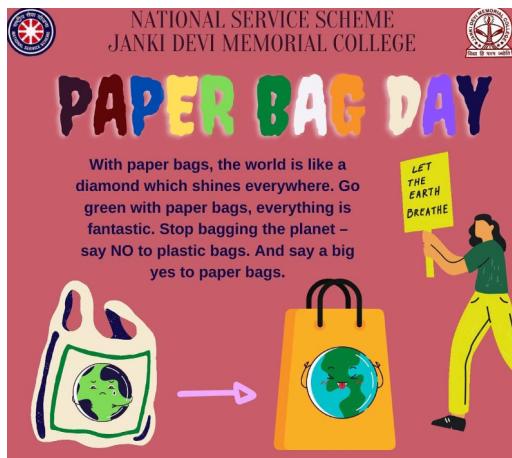
11 July - Population Day Video By Core Members

We have been gifted with a beautiful planet and the onus is on us to protect it and pass it on to the coming generation. Since the earth is literally running out of space and resources to sustain our growing population, it's time to act more responsibly. NSS JDMC raised awareness to control our population today for a sustainable tomorrow and took pledge with its volunteers to take care of the already present by wearing a mask and think twice before adding more to us!



12 July - Paper Bag Day Awareness

"Paper Bag Day is observed every year on July 12. It is a day to spread awareness about using paper bags instead of plastics. The adverse impacts of plastic bags on the environment have led to the use of paper bags. Plastic takes years to decompose, whereas paper bags can be reduced and easily recyclable. Environmental pollution can be curbed using paper bags. People are opting for a sustainable lifestyle and paper bags are biodegradable." We hope that the information NSS, JDMC today have shared with you will help you to aware others further and make human more sensitive towards such environmental concerns.



15 July - Webinar On Post Covid Complications And Palliative Care Impact of Covid 19 On Cancer

“You are strong enough to fight through any hurdles that come into your way” because it is often in the darkest skies that we see the brightest stars.

With this warm rosy and energizing thought, Dharamshila Cancer Foundation and Research Center in collaboration with NSS cell of Janki Devi Memorial College, Delhi University organized a webinar on “Post Covid Complications And Palliative Care Impact of Covid 19 On Cancer”. Dr. S Khanna (Founder cum President, DCFRC) & Dr. Pragya Singh (Sr. Manager – Project, DCFRC) were the speakers of the event and answered all the uncleared and puzzling queries.



17 July - Competition For World Emoji Day

NSS Cell of Janki Devi Memorial College, Delhi University celebrated the World's Emoji Day on 17 July 2021 with an exciting, funny and joyful competition with its volunteers in an online mode.



18 July - Factual Video On International Nelson Mandela Day

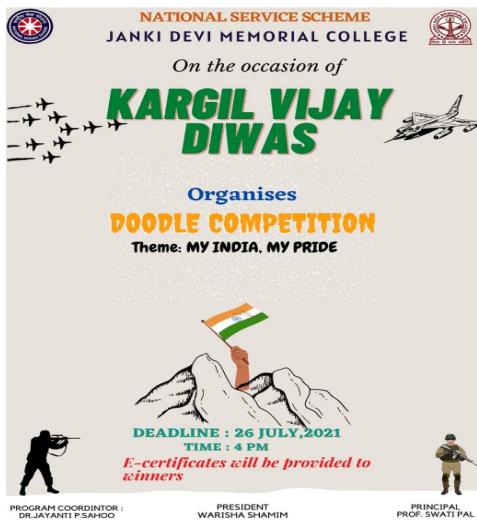


26 July - Doodle Competition On Kargil Vijay Diwas

"We Remember our heroes by revisiting their sacrifices which instills pride and respect"

Kargil Vijay Diwas is celebrated on 26 July every year in honour of the Kargil War's Heroes. This day is celebrated in the Kargil-sector and the national capital New Delhi, where the Prime Minister of India pays homage to the soldiers at Amar Jawan Jyoti at India Gate every year.

On the occasion of Kargil Vijay Diwas NSS JDMC organised a DOODLE COMPETITION on the THEME - MY PRIDE MY INDIA.



29 July - Hashtag Competition on Nature Conservation Day

“In every walk in nature, one receives far more than he seeks.”

Simplicity is what nature embraces. We heal in nature, we feel calm in nature, we revive our lost positivity in nature. But suppose if nature loses its all pious purity because of human activities. Therefore we need to adopt the pace of nature by being patient in which her secret of beauty lies.

NSS Cell of Janki Devi Memorial College, Delhi University organized an amazing hashtag content writing competition to celebrate Nature Conservation Day with insightful understanding and affection for nature.



30 July - Olympics appreciation video by Core team

NSS JDMC presented its Heartiest Congratulations to all the Indian medalist and participants in tokyo Olympics. We are elated by the performance shown by everyone at tokyo Olympics



August 2021

3 Aug - Slum Visit By Core Members

The core team visited the Shadipur slum to impart knowledge to the slum children about the use of online tools for studies such as Google Meet, Zoom etc so that they could have hassle free online classes in covid times.

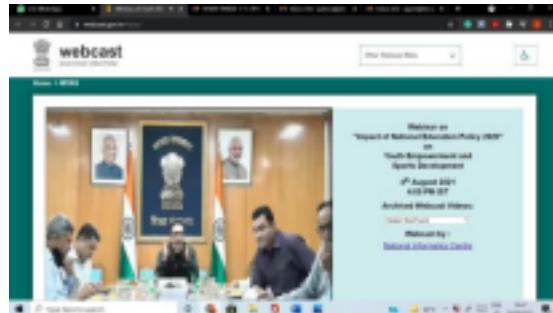


4 Aug - Nep Webinar

To mark the first anniversary of National Education Policy (NEP) 2020, a webinar on the theme “*Impact of National Education Policy, 2020 on Youth Empowerment and Sports Development*” was organized today by the Ministry of Youth Affairs and Sports. Union Minister of Youth Affairs and Sports Shri Anurag Singh Thakur delivered his keynote address on the occasion as a chief guest. Minister of State for YAS, Shri Nisith Pramanik gave special address at the webinar.



The occasion was also graced by the presence of notable speakers including, Chairman of UGC Prof. DP Singh, Founder of Swami Vivekananda Youth Movement (SVYM) & Member, Capacity Building Commission Dr. R. Balasubramaniam, Director of IIM Rohtak Prof. Dheeraj Sharma, Director of RGNIYD, Sripurumbudur, TN Prof. Sibnath Deb, Vice Chancellor of National Sports University, Manipur Shri. R.C. Mishra, Professor and Head of Department of Political Science, Delhi University Dr. (Prof.) Sangit Ragi, Secretary of Department of Sports Shri Ravi Mital, Secretary of Department of Youth Affairs Smt. Usha Sharma, Joint Secretary of Department of Youth Affairs Shri Asit Singh and Joint Secretary (Development) Department of Sports Shri Atul Singh.



During his address Shri Anurag Singh Thakur said, “The NEP 2020 will make India’s youth future ready and aims to transform India into the world’s largest skilled workforce. New Education Policy envisions the holistic development of India’s youth with emphasis on skill development as the determining factor to realise the objectives of Atmanirbhar Bharat, as envisioned by Prime Minister Shri Narendra Modi. Even the students of middle level shall be exposed to hands on training in vocational skills like carpentry, plumbing, electrical repairing, horticulture, pottery, embroidery amongst other skills. The policy has set the target of providing vocational skills to at least 50 per cent students by 2025 in such a way that the vocational skills acquired at school level may be further extended up to higher education level. We are empowering our youth to transform from job seekers to job creators by inculcating an entrepreneurial spirit. We are also using the power of sports to provide a holistic educational experience to our youth; it will build team spirit and



mental agility.”

Minister of State for YAS, Shri Nisith Pramanik said that Youth in India comprise young people between the ages of 15 and 29 years, which is, currently over 27.5% of the entire country’s population, approximately one out of every four people in the country. India is the youngest country, which is going to witness change. National Education Policy 2020 will work to empower the youth. NEP 2020 along with education also promotes sports. It gives opportunities to the students to stay fit and also help in their mental, intellectual and social development.

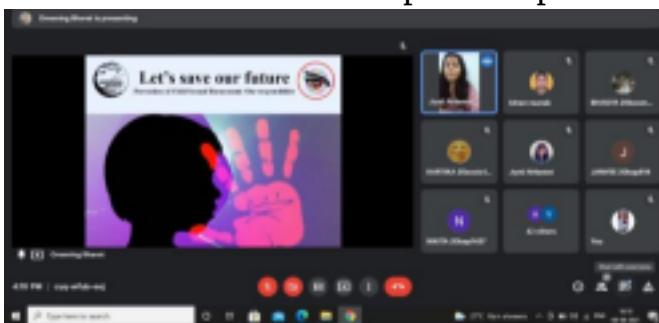
During the webinar panel of experts discussed following issues:

Holistic and multidisciplinary education for youth
Flexibility, interest as well as aptitude-oriented education for youth
Equity and inclusion in higher education for bringing marginalized youth in the mainstream
Online and digital education for youth for employability and career growth
Minimizing dropout rates among youth and ensuring universal access to education at all levels for youth
Professional education for youth.

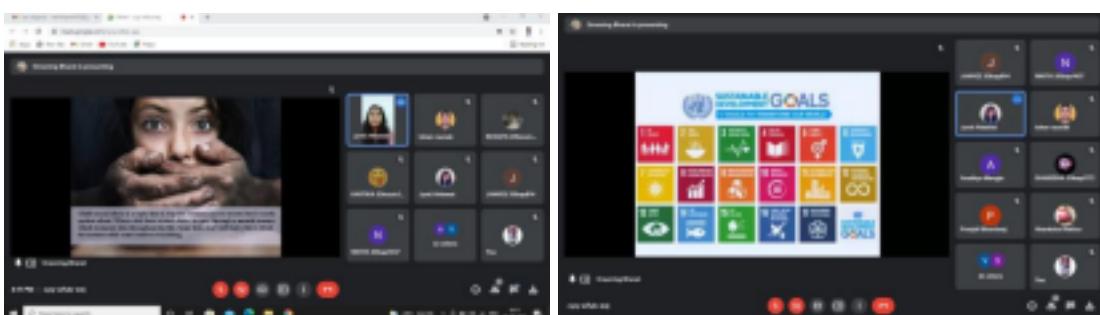
6 Aug - Be.Artsy Webinar

7 August - Webinar On Child Sexual Harassment And Prevention

NSS Cell of Janki Devi Memorial College, Delhi University in collaboration with Greening Bharat hosted a Webinar titled as "Child Sexual Harassment & Prevention" on 8th August 2021 from 04:00pm to 05:00pm IST. The speaker was Ms. Jyoti Ahlawat. She gave a described introduction and details on various topics and made it easier for the students to open up and interact openly with her.



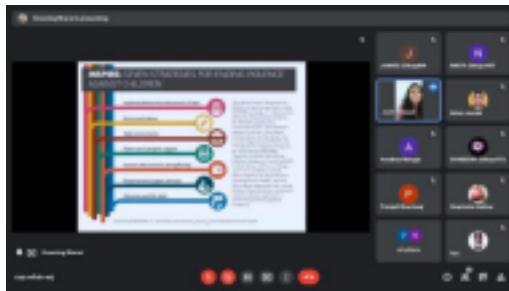
She discussed about child sexual harassment wherein she mentioned types of harassment i.e. physical, mental, verbal, visual. She picked up the pointers and elaborated using a powerpoint presentation. Next she moved on to physical, behavioural and emotional challenges and changes occurring in child facing sexual abuse. Here, she deeply explains about the cause and the situations that the affected person goes throughout his/her lifetime.



Along with this, she had also spread awareness about the helpline numbers that the affected/abused person can use to seek help in every situation at any point of time without any fear or second thoughts. To lighten up the situation she kept on interacting with the attendees and participants within the meeting to keep their spirit

high and to give utmost knowledge and help to them.

She also talked about the post harassment trauma and how to manage trauma after survival and managing personal anxiety and challenging and coming out of depression phase which was a turnover of the whole event. She talked about the phase and how to overcome it. The session was highly informative for the young minds as the counsellor addressed the students on Child Safety, Prevention of Child Abuse and Challenges to combat violence in the form of bullying.



8 Aug - Greening Bharat Webinar

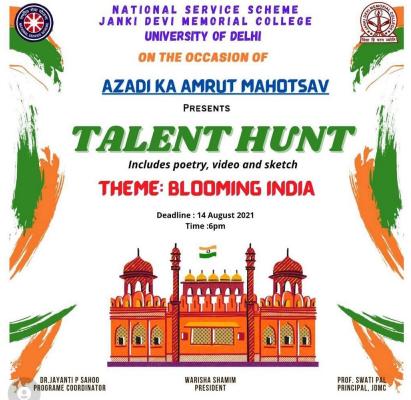
"Never be bullied into silence. Never allow yourself to be made a victim".

NSS CELL OF JANKI DEVI MEMORIAL COLLEGE organized a webinar on the topic "CHILD SEXUAL HARASSMENT & PREVENTION" in collaboration with Greening Bharat.



10 Aug - Talent Hunt On Azadi Ka Amrit Mahotsav

Celebrate the freedom, celebrate the independence. Live freely & enjoy this freedom. On this Independence day NSS JDMC celebrated freedom by Showcasing talents in amazing TALENT HUNT.



12 Aug - International Youth Day Poster

"आओ सब मिल कर प्राण लेते हैं

ना झुका है ना झुकने देंगे

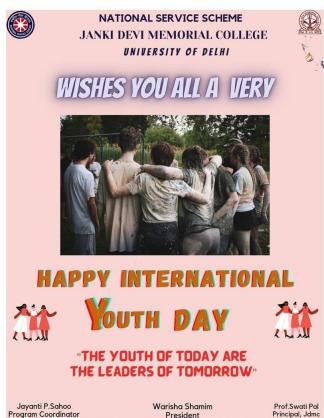
कर्म को सदेव आगे रखेंगे

अब हम न रुकेंगे

भारत का नाम अब ये युवा करेंगे "

NSS, JDMC celebrated INTERNATIONAL YOUTH DAY 2021

We hoped our youth will shine brightest and never loose hope on their worth to bring the change they want to see in the society.



13 Aug - Olympic Medalists Appreciation Poster

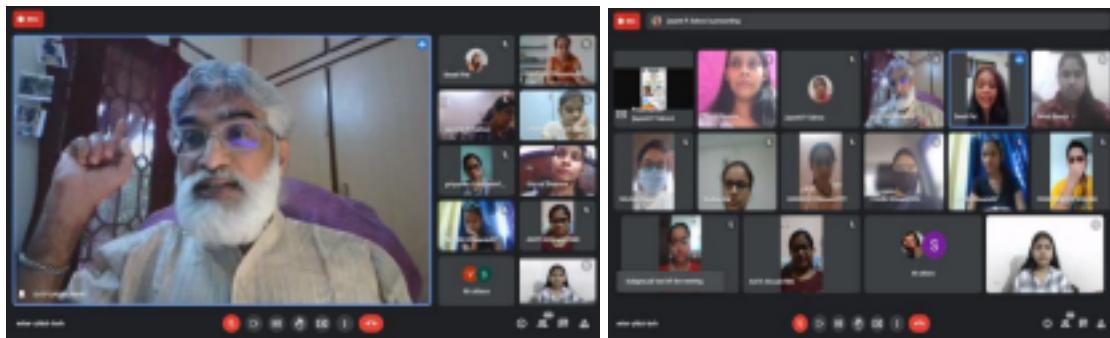
NSS Cell of Janki Devi Memorial College, Delhi University presented its heartiest congratulations and blessings to all the Indian medalists and participants in Tokyo

Olympics. We were elated by the performance shown by everyone at Tokyo Olympics. Their success motivates every Indian.



14 Aug - Webinar On What India Needs

On the occasion of Azadi ka Amrit Mahotsav, NSS cell of Janki Devi Memorial College, Delhi University Organized a webinar on "What India Needs?" on 14 August 2021, Saturday at 10:45am with speaker Dr. TP Sasi Kumar. 150+ students registered for this webinar and attended it.



The session started with a wonderful welcome speech by our NSS Team and Coordinator mam. After then, the Principal, JDMC Dr. Swati Pal welcomed and greeted the speaker for the session.

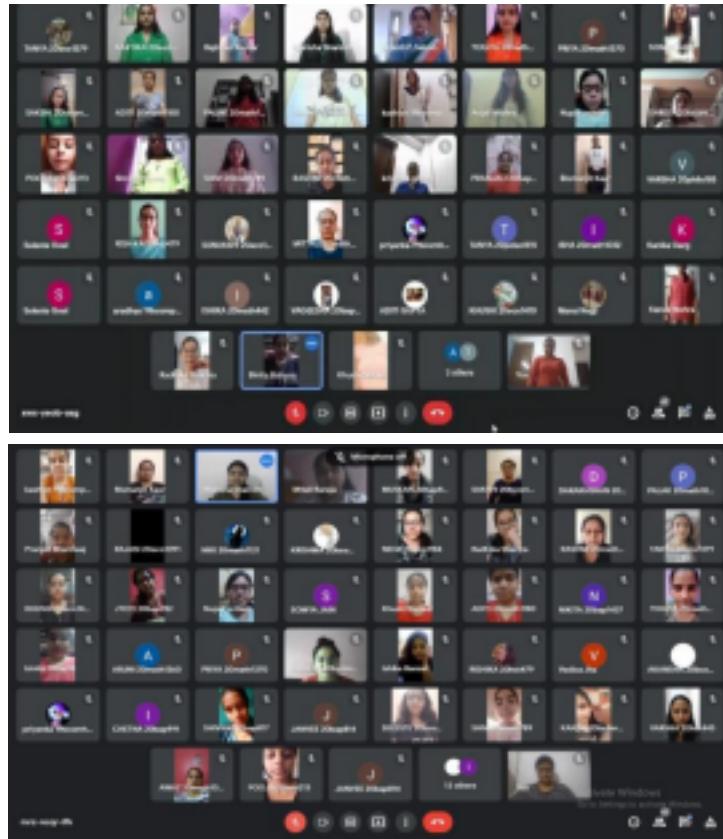
In this knowledgeable and insightful session the speaker sir very beautifully and clearly explained all what are the current needs of our country and what all should be done to bring them in consideration, being the youth of the country. He interacted with the students and all the students clearly mentioned what all doubts they had after the session and TP Sir sorted them out and also guided the students.

This wonderful session that lasted for almost 3 hours came to an end at 01:30pm

15 Aug - Rendering Of National Anthem

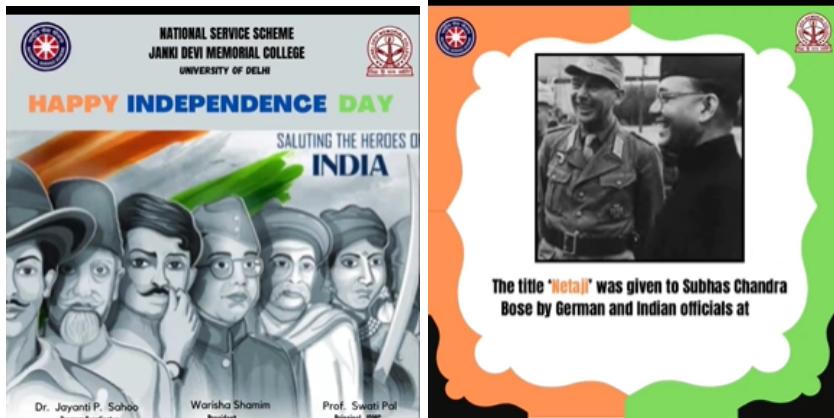
On the occasion of 75th Independence Day, NSS Cell of Janki Devi Memorial College, Delhi University conducted a virtual event of rendering of the national anthem of

India with active participation of all the NSS Volunteers and NSS Programming Officer Dr. Jayanti P Sahoo and other members. The webinar had 75+ volunteers who sang National Anthem with their high spirits. After this, the NSS PO, Dr. Jayanti P Sahoo specially addressed the students and motivated them towards doing social service. And also she directed us and guided us the ways and activities we can do for social welfare.



15 Aug - Video On Subhash Chandra Bose

NSS JDMC presented the STORY OF Subhas Chandra Bose on INDEPENDENCE DAY



15 Aug - Quiz Competition On Azadi Ka Amrit Mahotsav

चलो फिर से वो नजारा याद कर लें, शहीदों के दिल में थी जो जवाला वो याद कर लें, जिसमें बहकर आजादी पहुंची थी किनारे पर, बलिदानियों के खून की वो धारा याद कर लें। NSS JDMC, *On the occasion of Azadi ka Amrit mahotsav organized a refreshing quiz with fun and very exciting questions*



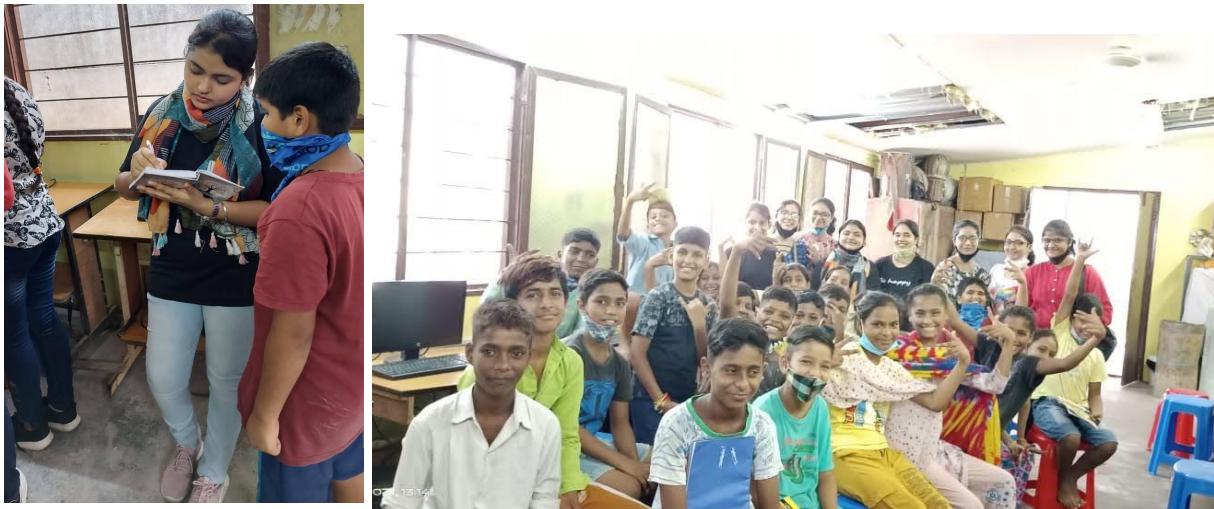
16 Aug - Plantation And Cleanliness Drive

NSS Cell of Janki Devi Memorial College, Delhi University organized a Plantation & Cleanliness drive on the occasion of Swachta pakhwada.



26 Aug - Slum Visit By Core Members

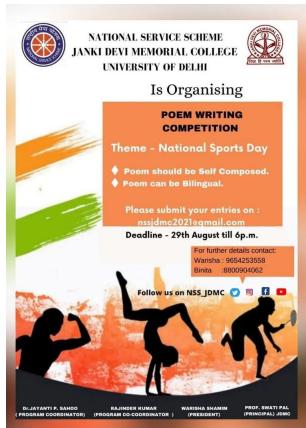
The core team visited the Shadipur slum to impart knowledge to the slum children about the use of online tools for studies such as Google Meet, Zoom etc so that they could have hassle free online classes in covid times. And also to finalise the names of the students for the term.



29 Aug - Poem Writing Competition For National Sports Day

— "Poetry lifts the veil from the hidden beauty of the world, and makes familiar objects be as if they were not familiar." — Percy Bysshe Shelley —

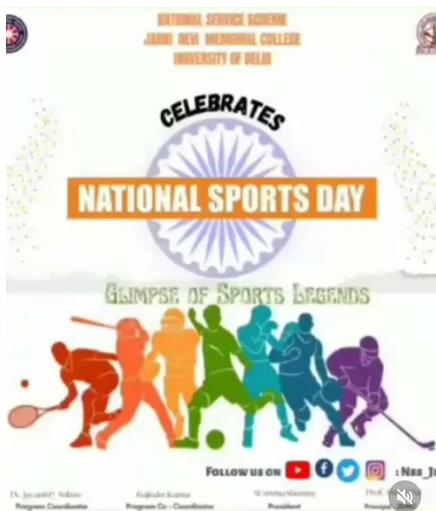
NATIONAL SERVICE SCHEME Cell of JANKI DEVI MEMORIAL COLLEGE Organised Poem Writing Competition.



29 Aug - Video For National Sports Day

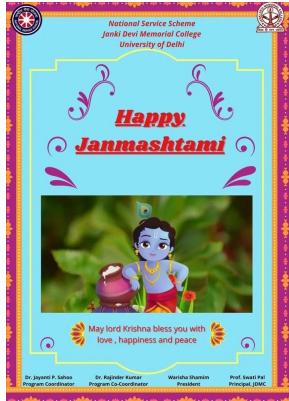
“When people throw stones at you, you turn them into milestones.” – Sachin Tendulkar.

Sports not only develop a sense of friendliness and team spirit but also help develop physical toughness and mental health. It shapes the body, makes it strong and active. On the occasion of National Sports Day, NSS Cell of Janki Devi Memorial College, Delhi University celebrated the success and achievements of some Sports Legends of India.



30 Aug - Poster For Janmashtmi

The story of lord Krishna teaches us wisdom, patience, value of good karma and the strategies of war. NSS Cell of Janki Devi Memorial College, Delhi University extends its warm greetings to all on the occasion of Janmashtami – the birth of eighth avatar of Lord Krishna.



31 Aug - Collcom Webinar

“We should not ignore the Dark Sides of Social Media”

Collcom in collaboration with NSS JDMC under Project Cyber Sanskar presents an informative practical training session on "Social Media Threats and Security". In today's scenario Social Media has indeed have become important elements of our lives. At one side it connects our friends and relatives and on the another side it also offer threats to our personal privacy, safety and security.

This time we have brought a very important topics for discussion and to understand the very possible threats and safety precautions tips with real life case study on the following topics- Dark Side of Social Media, Securing Social Media from Hacking, Honey Trapping, Stalking and Bullying, Understanding Banking Transaction, Reporting and Filing a Complaint



September 2021

5 Sept - Teacher's day poster

The best teachers do not give you the answer, but they spark within you the desire to find the answer by yourself.

NSS Cell of Janki Devi Memorial College, Delhi University wished a very Happy Teacher's Day on behalf of all the students to all their hardworking and wonderful teachers for enlightening all the students with their knowledge which is unmatchable.



6 Sept - Fitness Run

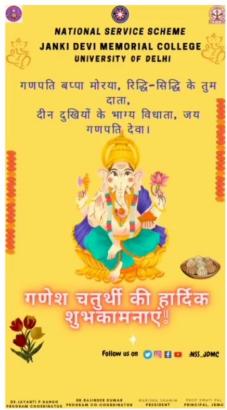
“Our growing softness, our increasing lack of physical fitness, is a menace to our security” - John F. Kennedy.

NSS Cell of Janki Devi Memorial College, Delhi University organized a fitness run drive for all its volunteers under “Fit India Freedom Run”.



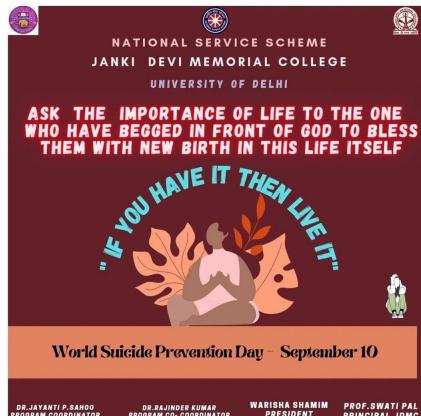
10 Sept - Ganesh Chaturthi poster

NSS Cell of Janki Devi Memorial College, Delhi University wished everyone a very happy Ganesh Chaturthi and shared blessings and love with its volunteers.



10 Sept - World Suicide prevention day poster

NSS Cell of Janki Devi Memorial College, Delhi University on Worl's Suicide Prevention Day encouraged all the pain bearers to share their pain and sufferings with the one whom they trust and tried to find solution together and change the ending of their lifestory.



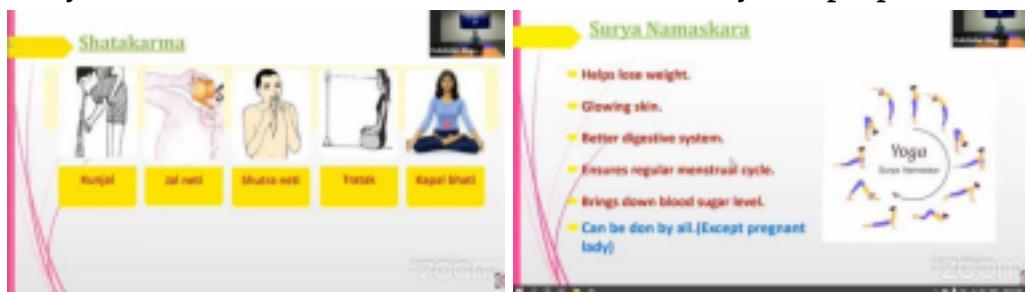
11 Sept - Yoga for AYUSH & Nutrition Webinar

Our bodies are built off and powered by solely what we eat and drink. Food is the source of all of the energy needed. Why do humans have to eat? Is it just because we get hungry? That is not all. People get energy from food. We need energy all the time, when we run, jump, sing, and even when we sleep. We create all the energy we need by eating. The structural components that make up the human body, such as muscles, organs, and bones, are also composed of the nutrients contained in food, meaning that it is. This is why eating and taking in the nutrients that provide energy and become the components of our bodily structures is essential to for sustaining human life.

On the occasion of Nutrition Week, NSS cell of Janki Devi Memorial College, Delhi University Organized a webinar on “*Yoga and AYUSH for Nutrition*” on 11 September 2021, Saturday at 08:30am with speaker Acharya Swati Jha. 150+ students registered for this webinar and attended it.



The speaker explained about the essential nutrients required by our body including Macro nutrients, micro-nutrients, fibres, and the consequences that occur in deficit of these major and minor nutrients. She explained about the concept of Balanced Diet everyone should take in order to function their body in a proper manner.



The speaker Ms. Swati Jha also talked about the nutrient intake requirements during pregnancy and explained about the precautions and other needs of taking proper nutrient filled diet. Good nutrition is an important element of a healthy lifestyle and a healthy body. Also, she explained about some Yoga - asanas one should do to remain fit and active during pregnancy. Altogether the webinar turned out to be a huge success as it gave all of us huge knowledge.

14 Sept - Slogan writing competition

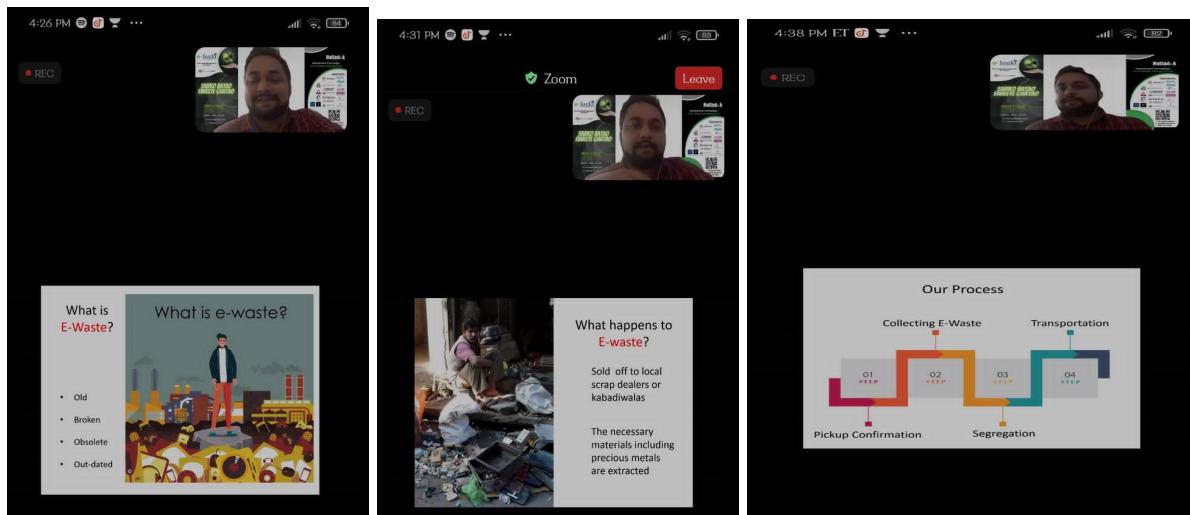
“Democracy is the government Of the people, For the people and by the people” - Abraham Lincoln. NSS Cell of Janki Devi Memorial College, Delhi University online slogan writing competition for all the creative writers and thinkers

so that they can manifest their creativity on the theme sedition law is a threat to Indian democracy.



20 Sept - E-Waste Webinar

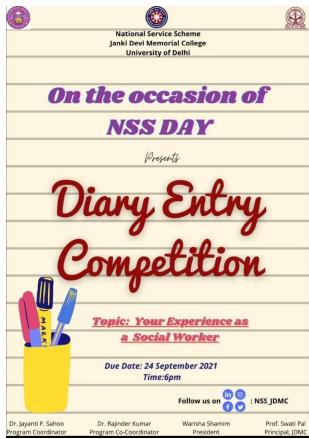
NSS Cell of Janki Devi Memorial College, Delhi University organized an informative webinar session on E-Waste specifying the meaning of E-Waste and its usefulness and its proper disposal methods.



24 Sept - Diary Entry competition

"As we lose ourselves in the service of others we discover our own lives and our own happiness" - Dieter F. Uchtdorf.

NSS Cell of Janki Devi Memorial College, Delhi University on the occasion of NSS Day organized Diary writing competition on the topic "Your experience as a social worker".



24 Sept - Memes making competition

“Not all of us can do great things, but we can do small things with great love”
- Mother Teresa. NSS Cell of Janki Devi Memorial College, Delhi University
Organised memes making competition to discover their hidden talents.



24 Sept - Social service and everyday living webinar

NSS Cell of Janki Devi Memorial College, Delhi University organized an online webinar on “Social Service and Everyday Living”.



24 Sept - NSS Day celebrations

The best way to find yourself is to love yourself in service of others.

NSS Cell of Janki Devi Memorial College, Delhi University on the occasion of NSS Day celebrated the day with its volunteers through showcasing a presentation. The objective of celebrations is to showcase the one year work of team NSS JDMC and to appreciate all the activities which were organized and conducted by the team NSS in the whole year.



October 2021

1 Oct - Road safety awareness Webinar

"Vigilance of everyone is safety for all, Negligence of anyone is danger for all."

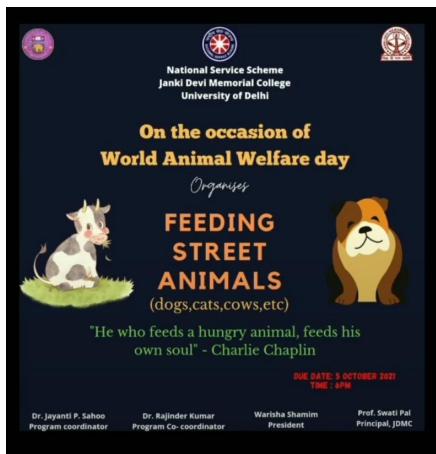
NSS Cell of Janki Devi Memorial College, Delhi University on the occasion of Gandhi Jayanti organized a webinar on Road Safety Awareness in collaboration with Honda

Motor Cycles. Speaker Mr. Jatin Kataria addressed us with all the enthusiastic, graceful and positive vibes.



5 Oct - Animal feeding activity

NSS Cell of Janki Devi Memorial College, Delhi University on World's Animal Welfare Day organized a drive to feed street animals in which all the volunteers took active part.



6 Oct - Health and Hygiene Webinar with Slum children

NSS Cell of Janki Devi Memorial College, Delhi University had organized a very informative and enlightened session for all the volunteers of NSS and Slum children of Shadipur on Health & Hygiene wherein we spread awareness and informed the children about how they can take care of their health as well as environment which for sure affects directly or indirectly our own health.



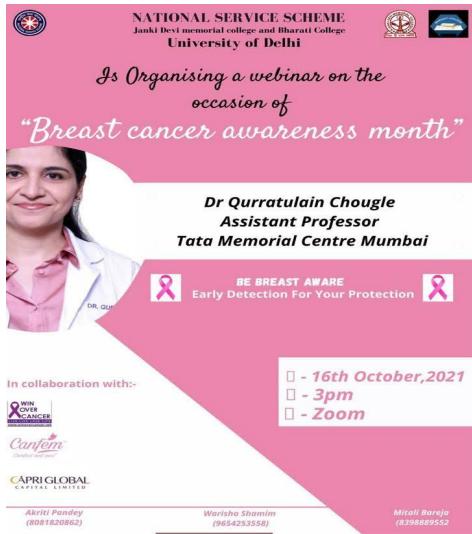
8 Oct - Breast Cancer awareness Webinar

NSS Cell of Janki Devi Memorial College, Delhi University had organized a very informative webinar session on Breast Cancer awareness_& Adopting a healthy lifestyle in collaboration with Sanjeevni, Life beyond cancer.



16 Oct - Breast Cancer awareness Webinar

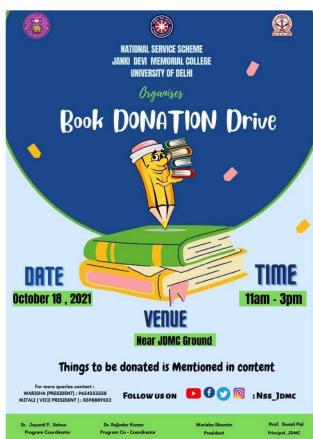
NSS Cell of Janki Devi Memorial College, Delhi University had organized a very informative webinar session on Breast Cancer awareness on the occassion of Breast Cancer Awareness Month.



18 Oct - Book donation drive

“A Book is a Gift you can open again and again.” – Garrison Keillor. The books which helped us at once, will now help someone else!

With the aim of imparting knowledge to those unable of receiving quality education , a BOOK DONATION DRIVE is being organized by NSS, JDMC.



21 Oct - Slum visit for book donation

ON 21 OCTOBER 2021 **NSS volunteers of JANKI DEVI MEMORIAL COLLEGE** took one more small step by organizing "**BOOK DONATION DRIVE**" towards the education of children regardless of their economic status in the society which often prevents children coming from financially poor condition.

We donated books to our slum students of Shadipur. Looking their happy and excited faces we felt immense happiness and sense of satisfaction which cannot be compared to anything.



29 Oct - Singing and dancing competition for slum children

“When we engage in what we are naturally suited to do, our work takes on the quality of play and it is play that stimulates creativity.” ~ Linda Naiman

On the auspicious occasion of Deepawali, NSS JDMC had organised a competition on Dancing and Singing for the Slum children. It was an offline event and all the participants had given the tremendous performance. It was a wonderful experience.



31 Oct - Naari session webinar

National Services Scheme (NSS) Cell of Janki Devi Memorial College, Delhi University organized a webinar for the volunteers.

November 2021

3 Nov - Waste free diwali decor making

"The significance of deepavali is the removal of darkness and ignorance from the mind and filling it with goodness" - Sri Chandrashekhar Saraswathi

NSS Cell of Janki Devi Memorial College, Delhi University on the auspicious occasion of Diwali brought up an opportunity for all of its volunteers to come up with sparkling ideas and to make something out of waste on the theme - "waste free diwali"



11 Nov - Financial literacy webinar

"Small changes eventually add up to new results"

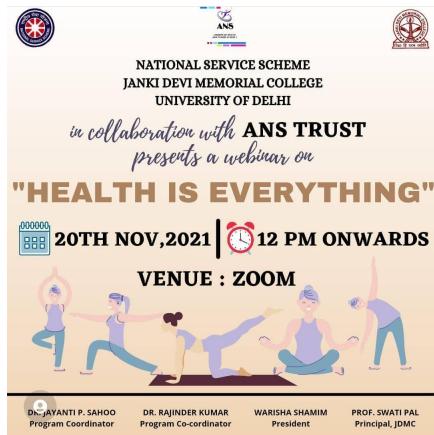
With this note National Service Scheme, Janki Devi Memorial College in collaboration with *BE. ARTSY* presented an online webinar under the mentoring of Shikha Mittal on the topic – Financial Literacy. Under this several topics were covered such as – Be Your Own Lakshmi i.e. about Financial Awareness, Decoding Financial Jargon, Savings, Insurance, Investment, How to do goal planning, Defining financial independence and financial freedom, Understanding how to start planning one's own finances.



20 Nov - Health is everything webinar

"Good health is not something we can buy. However, it can be an extremely valuable savings account." -Anne Wilson Schaefer

The NSS cell of JANKI DEVI MEMORIAL COLLEGE organized an informative webinar on "HEALTH IS EVERYTHING" in which our honourable speaker Neeki Singh, Director and Co-Founder of ANS Trust International Yoga & Wellness Coach Corporate Fitness Expert addressed all.



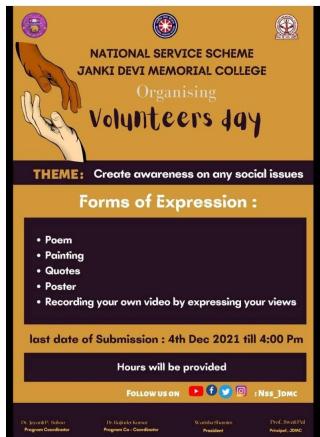
December 2021

2 Dec - International Volunteers day activities

Volunteers do necessarily have the time; they just have the heart." - Elizabeth Andrew

NSS cell of JANKI DEVI MEMORIAL COLLEGE wished all a very heartwarming ***International Volunteer Day***. With your passion and willingness everyday you can make a change in your as well as others life.

We celebrated this day by showing our engagement towards the work that can help people to act sensibly and responsibly on the theme - “***Create awareness on any social issues***” through any FORMS OF EXPRESSION - POEM, PAINTING, QUOTES, POSTER, RECORDING YOUR OWN VIDEO BY EXPRESSING YOUR VIEWS



7 Dec - College meet in Seminar hall

You make a living by what you get. You make a life by what you give.

On 7th December 2021, A MEETING was organized by NSS Volunteers with our program coordinator Dr. Jayani P. Sahoo and Program co-coordinator Dr. Rajinder Kumar , A brief Discussion was done on the ways of Living, Life, mental Health etc.



13 Dec - Slum visit



13 Dec - Write up task

National Services Scheme (NSS) Cell of Janki Devi Memorial College, Delhi University organized a Write up task for the volunteers.

15 Dec - Orientation program for new volunteers

The Unselfish effort to Bring cheer to Others will be the Beginning of a Happier Life for Ourselves. - Helen Keller

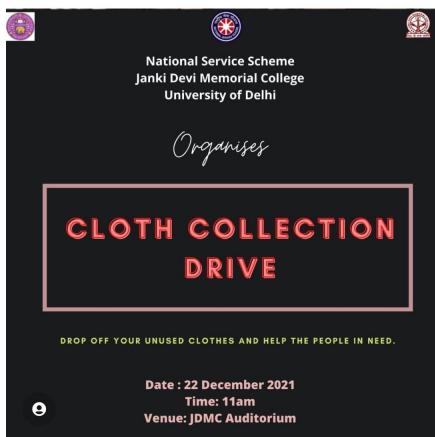
NSS JDMC is here to connect the Freshers with NSS Through its Orientation. All the youth volunteers who opt to serve the nation through the NSS led community service wear the NSS badge with pride and a sense of responsibility towards helping needy



22 Dec - College visit for clothes collection

The happiness and satisfaction one gets from doing good deeds is commendable.

National Service Scheme of Janki Devi Memorial College conducted a 'CLOTH COLLECTION DRIVE' to help the deprived people facing this chilled weather.



25 Dec - Christmas Donation

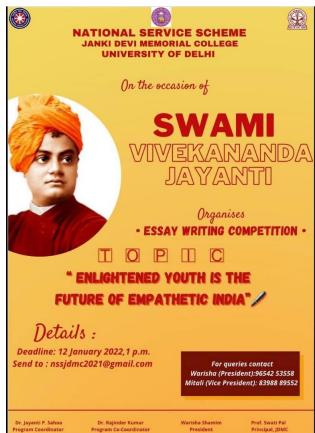
Christmas is a festival of joy and happiness, so we the NSS of Janki Devi Memorial College, Delhi University organised a donation drive on the occasion of Christmas where volunteers had donated various things to the needy people including clothes, sanitary pads, stationery, packed foods, toffee, chocolate etc. It's exactly to feel the sense of selfless service and find the rare love.



January 2022

12 Jan - Essay Writing on Swami Vivekananda jayanti

“Everything is easy when you are busy, everything is difficult when you are lazy” – Swami Vivekananda. On the occasion of Swami Vivekananda Jayanti which is also observed as National Youth Day, the NSS cell of Janki Devi Memorial College, Delhi University with this inspiring and vitalizing thought encouraged all the volunteers to show their active participation in the essay writing competition on the topic - Empathetic youth is the future of empathetic India”.



12 Jan - National Youth Festival

“You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.” – Swami Vivekananda.

NSS Cell of Janki Devi Memorial College, Delhi University on the occasion of National Youth Day, along with its 150+ volunteers watched the live telecast of NYF's webinar.



12 Jan - Break the wall - Mash session webinar

“The greatest glory in living lies not in never falling, but in rising every time we fall”

-Nelson Mandela

NSS cell of JANKI DEVI MEMORIAL COLLEGE organized for you all an enriching 4 days session in collaboration with "**Mash Foundation**" on the topic **BREAK THE WALL**
Bunch of interesting information and talks waiting for all.



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14 Jan - Break the wall - Mash session webinar

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Bunch of interesting information and talks waiting for all.



14 Jan - Surya namaskar for vitality programme

“The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light”. - S. Ajna.

NSS Cell of Janki Devi Memorial College, Delhi University on the occasion of Makarsakranti, a festival that comes as a thanksgiving to mother nature for spreading health, wealth and happiness around, decided to organize a virtual Surya Namaskar programme under Azadi Ka Amrit Mahotsav celebrations.



15 Jan - Break the wall - Mash session webinar

“The greatest glory in living lies not in never falling, but in rising every time we fall”

-Nelson Mandela

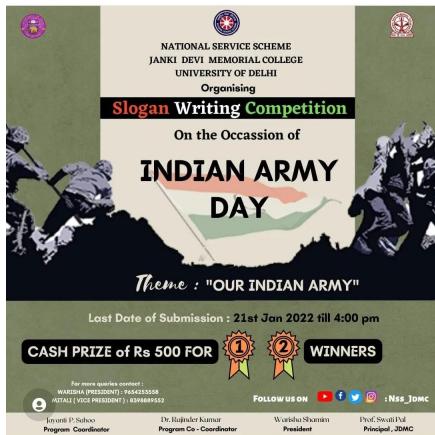
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Bunch of interesting information and talks waiting for all.



21 Jan - Slogan writing competition for Indian army day

"*If death strikes, before I prove my blood, I swear I'll kill death*" - Captain Manoj Kumar Pandey

NSS cell of JANKI DEVI MEMORIAL COLLEGE whole heartedly celebrated **INDIAN ARMY DAY** encouraging each of our volunteers to express out their impression about Indian Army and their struggle in words. And came up with "Slogan writing competition" for all who knows the power of words is no less then the power of our Indian Army ammunitions and strength with the Theme "Our Indian Army"



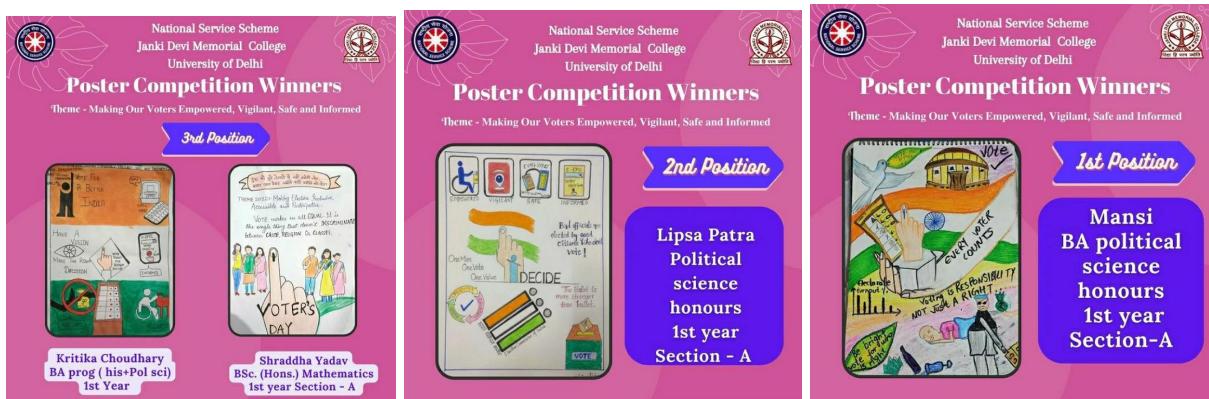
24 Jan - Mind Power webinar

NSS Cell of Janki Devi Memorial College, Delhi University organized a webinar on the topic - "Mindpower" with our honourable speaker Mrs. Neeli Singh, a fitness expert and also an International Yoga Coach.



25 Jan - On the spot poster making competition

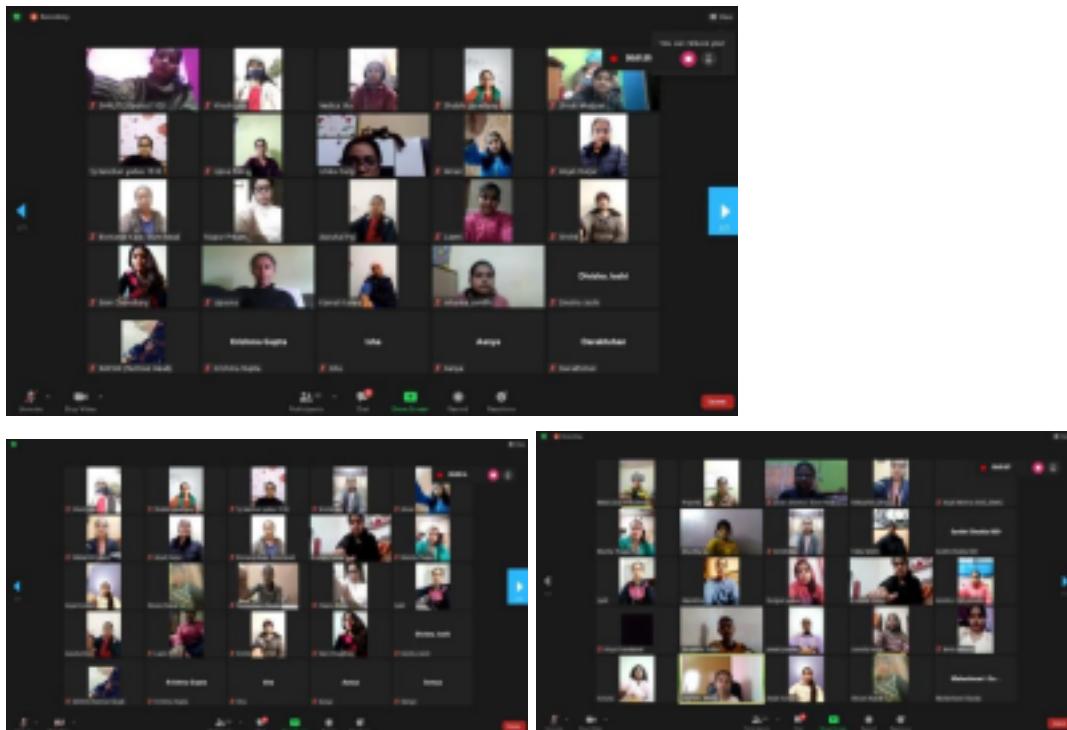
NSS Cell of Janki Devi Memorial College, Delhi University organized an On the Spot Poster making competition for its volunteers on the theme - “Making our voters empowered, vigilant, safe and informed”, after which we declared the results of winners.



25 Jan - Pledge taking ceremony in occasion of National voter's day

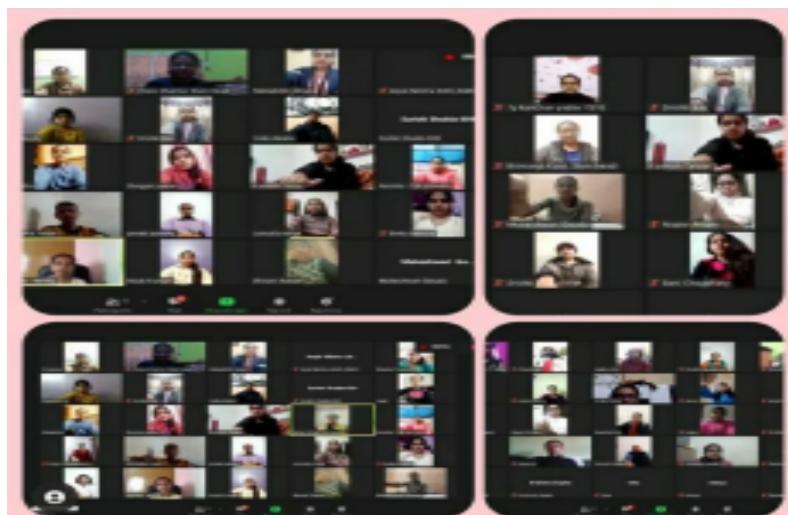
NSS Cell of Janki Devi Memorial College, Delhi University in collaboration on the occasion of National Voter's Day hosted a Webinar titled as Pledge taking ceremony on 25th January 2022 at 11:30am IST wherein all the NSS Volunteers showed up and took the “Pledge of Alliance” together.

More than 100+ NSS Volunteers took the pledge with enthusiasm and responsibility along with the NSS Union members. The Vice President dictated the pledge line by line and other fellow members and volunteers repeated after her with their video and microphone switched on.



The pledge goes as :-

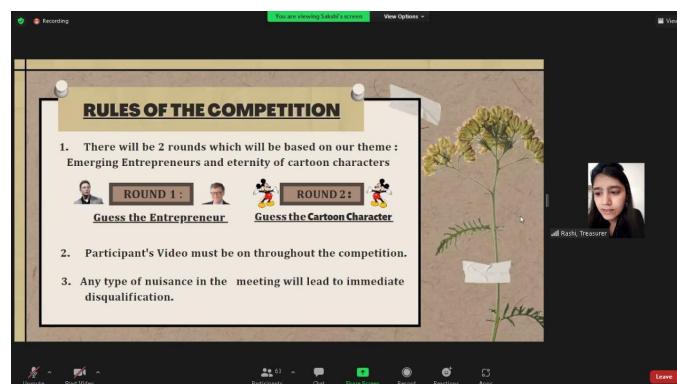
We, the citizens of India,
having abiding faith in democracy,
hereby pledge to uphold the democratic traditions
of our country and the dignity of
free, fair and peaceful elections,
and to vote in every election fearlessly
and without being influenced by considerations of religion,
race, caste, community,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



February 2022

18 Feb - NSS- Symphony event (crossword puzzle competition)

National Services Scheme (NSS) society of Janki Devi Memorial College, Delhi University organized a Crossword Puzzle Competition on 18th February 2022, at 9:30am online through Zoom meetings, as a part of the College's Annual Fest Symphony'22. The event started sharply at 9:40am with the introduction of our beloved and honourable Principal mam Professor Swati Pal. Though she could not attend the event with us due to her busy schedule, but we started the session with her blessings.

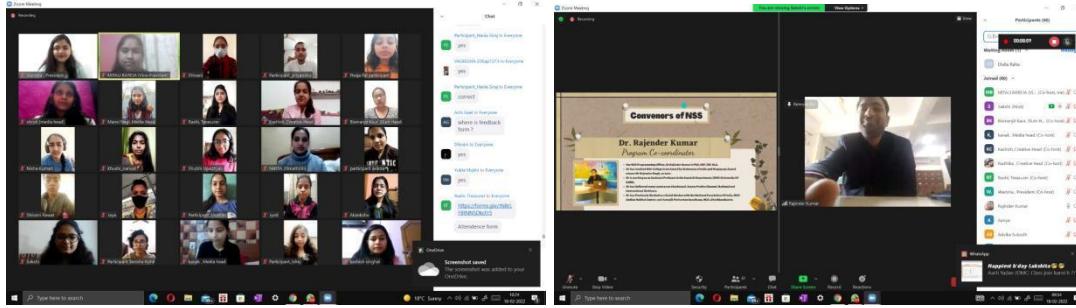


We then moved on to the introduction of our NSS Programme Co-ordinator Dr. Jayanti P. Sahoo Mam and Rajendra Kumar Sir. Jayanti mam and Rajendra sir gave their wonderful welcoming speech and showered their blessings on all of us.

After then, we began with our Crossword Puzzle Competition consisting of 2 rounds. 1st round was based on the questions regarding Emerging Entrepreneurs and the 2nd round was based on the questions regarding Eternity Of Cartoon Characters.

There was a huge participation of around 80+ people consisting of NSS volunteers and other college peers wherein students actively participated in the competition with great enthusiasm in both the rounds. Those who qualifies in 1st round, got the chance to play in the 2nd round. The Core team along with all other participants and viewers enjoyed the event a lot and had fun conversations in between especially in 2nd round that was based on guessing cartoon characters since it enlightened our childhood memories. Almost everyone guessed the answers right showing high level of excitement.

Finally the puzzle rounds came to an end with the beautiful speech by NSS Vice President Mitali Bareja who also thanked all the participants for being active and the teachers for devoting their time with us. The event was a complete fun which could not be possible without the team effort, cooperativeness and great contribution of our participants and volunteers which highlights the team spirit and made it a successful event.



March 2022

8 March - Slum visit for clothes donation

“DONATE CLOTHES AND SPREAD HAPPINESS”

National Service Scheme(NSS) society of Janki Devi Memorial college, Delhi University on the day of International Women's Day organised a “Cloth donation drive” for the people of our adopted slum Anand Parbat, Shadipur. The proceedings of the event started at 10:30 when we all volunteers gathered in college auditorium, and collected all the clothes from NSS room and left college to reach slum by 11am.



After reaching the destination i.e Anand parvat, Shadipur slum, We marked our presence at Kalaakar trust and had a short meeting with the teacher coordinator there. Then we moved out for distributing clothes by dividing ourselves into two groups so that none is left behind to get clothes. All of these clothes were collected from NSS Volunteers themselves as they marked their presence and contribution by donating their old/unused clothes for someone who could use and wear them. Volunteers under the guidance of their seniors distributed clothes to everyone, people belonging to different age groups i.e. children, teens, women, men, old-aged.

We were having all sort of clothes varying from t-shirts, shirts, trousers shawls sweaters, jackets, muflers, socks, innerwear etc suitable for people of all age groups and even sanitary napkins for womens. On the occasion of international women day it was a good step from team NSS for those women who were surviving and managing in very unhygienic condition during their menstrual cycle.

Seeing our love and affection towards them, all the children and women were overwhelmed with joy and happiness. Our team had a great experience there exploring various aspects of life and making an impact towards the welfare and upliftment of such areas by distributing and contributing our bit. We are looking ahead for many



more such events with these lovely people and children. Our combined efforts all together can bring a smile to millions of innocent faces.

8 March - Webinar on Women's day

You are the creator, the destroyer of evil, you are the saint and you are the guide. Life without you would have been impossible. This is the day to celebrate God's best and most beautiful creation. On March 8, Women's Day is commemorated to honor women of all ages and races in the world.

NATIONAL SERVICE SCHEME, JANKI DEVI MEMORIAL COLLEGE celebrated International Women's Day to embrace the importance of women in society with speakers - Dr. Jayanti P. Sahoo and Dr. Rajinder Kumar



11 March – Visit to Old age home

“OFTEN VISIT OLD AGE HOME, WE REALISE WORTH OF OUR LIFE”

National service scheme(NSS) society of Janki Devi Memorial College, Delhi University made a visit to old age home for showering some love and care to all the beautiful ladies there. Firstly, we were all gathered in college auditorium at 10 am and collected all the eating stuff we arranged with love for them like snacks and fruits.

After reaching Arya Mahila asharam at New rajendra nagar we met their head. All the ladies marked their presence in seminar hall and we all entertained together, played antakshari and spent good time with them. They shared many life lessons from their past experiences with us and gave their precious blessings as well.

Then we hand over all the stuff we collected, to them. They felt so grateful to had us on their side and invited us for further visit. After all this, we also made a visit to their personal living rooms and they greeted us so well. The vibes there were filled with positivity, enthusiasm and calmness. It was a wonderful experience and we are hoping for many more in the row.



21 March - Online meeting

The Core Team of NSS organized and scheduled an online meeting with the volunteers to discuss several topics and the work related matters.



23 March - BloodConnect Webinar

NSS Society of Janki Devi Memorial College, Delhi University conducted a session on Blood donation in collaboration with Blood Connect. The event took place on 23rd March 2022 at 1pm in the seminar hall of the college. The speaker Mr. Jivesh Kesar was invited to explain about the blood donation topic.

More than 50+ people attended the seminar which consisted of NSS Volunteers and other college girls. Our NSS Programming Officer Mrs. Jayanti P. Sahoo mam along with NSS Co-ordinator Mr. Rajendra Kumar sir were also present in the seminar.

In the seminar, Mr. Jivesh Kesar initially gave his introduction to the audience and then started with the presentation regarding information about Blood Donation. He shared very impressive and valuable information with all of our audience about blood donation that we were not aware about. It consisted of the facts and myths about blood donation.



Some valuable key points he shared with us are :-

- 1) One unit of blood donated can save 4 lives at a time as blood contains different components and those particular components can be extracted from the blood and save one life each.
- 2) Women can donate blood once every 4 months.
- 3) Men can donate blood once every 3 months.



He also threw some light over the Blood Connect Foundation which conducts blood donation camps and helps people get their relevant blood unit in need or in emergency easily without any hassle.

After the end of the session, Jivesh conducted a quiz session which consisted of questions relating to the topics covered in the presentation.

Our beloved teachers and the students showed outstanding participation in the quiz and the seminar.



The event lasted for around 2 hours after which we presented our vote of thanks to the speaker and our teachers and students for joining us and making the seminar a successful one!



26 March - Visit to JNU for PWD help

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University went to JNU to provide help to PWD persons.



27 March - Visit to JNU for PWD help

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University went to JNU to provide help to PWD persons.



April 2022

15 April - Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work assigned to them on various different topics related with the social aspects of life.

25 April - Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work assigned to them on various different topics related with the social aspects of life.

25 April - NSS Fest

National Service Scheme (NSS) society of Janki Devi Memorial College Delhi University organised their yearly fest on 25th April. The theme of the fest was "Astitva".

The program begins at 11:00 a.m. by welcoming all the guest from Arya Mahila Samaj and the Kalakar Trust of Shadipur slum. The girls of Janki Devi Memorial College performed Ganesh Vandana.

The talented stars of kalakar trust performed many performances like folk dance, singing, puppet show etc. and entertained us in all the good possible ways. There were many stalls included in the faet like games stall , food stall , also some of them were selling their products.

In the end prizes were distributed among the hard working team of NSS. All the guest along with NSS teachers,NSS president deliver their speech and provide us with their Well wishes. The event came to an end by providing meals to the children of Kalakar Trust.



May 2022

7 May - Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work

assigned to them on various different topics related with the social aspects of life.

8 May – Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work assigned to them on various different topics related with the social aspects of life.

9 May – Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work assigned to them on various different topics related with the social aspects of life.

10 May – Online Project presentation

The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University presented their group presentation which was a part of their Project work assigned to them on various different topics related with the social aspects of life.

Additional : Slum Teaching (1 September - 6 May)

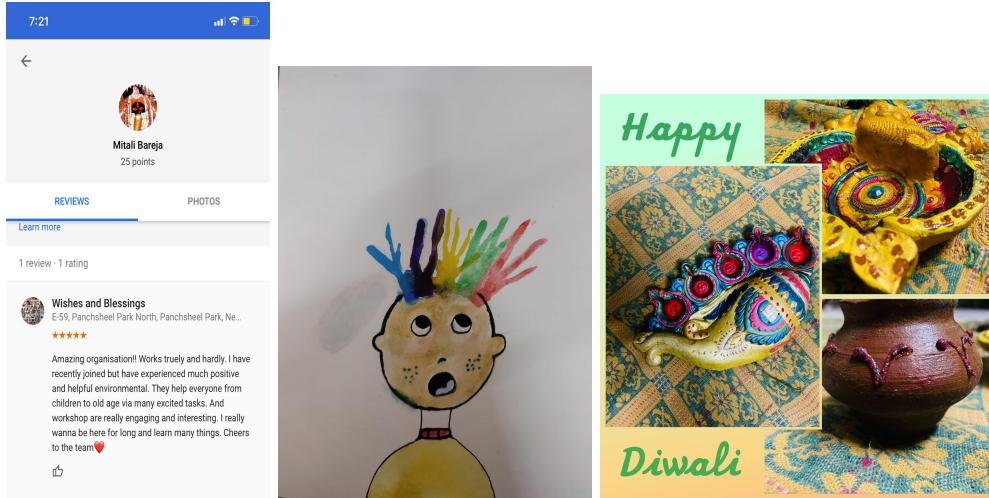
The volunteers of NSS Cell of Janki Devi Memorial College, Delhi University as an attempt to promote and contribute as much as they can, they teach and impart knowledge with the children of our adopted Shadipur Slum wherein they teach various subjects such as English, Hindi, Maths, Science, Social Science etc to students of each class to help them grow and learn.

Additional : Project Collaboration with Wishes & Blessings

Nss Jdmc collaborated with a foundation namely “Squad for Change” which likewise NSS work for upliftment for societies. More than 20 volunteers of NSS

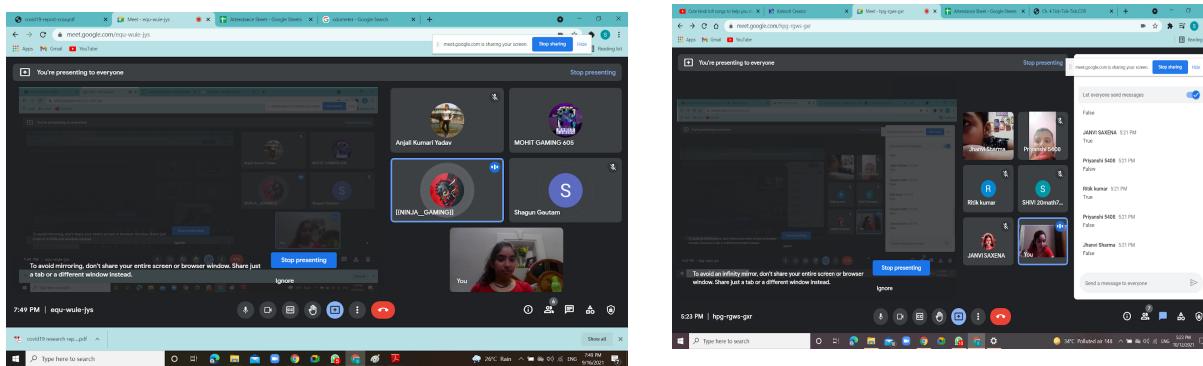
worked with them in their events and programmed help for some or other noble cause.

They also have an NGO namely Wishings and Blessings, NSS volunteers along with members of Squad prepared many things like cards, decorated diyas etc out of love for people of the NGO.



Additional : Vrikshit Foundation (August 2021 – March 2022)

Introduction



Vrikshit foundation is a not for profit NGO based in Delhi which started in 2019 for making Delhi cleaner and healthier place. It is a Delhi based voluntary organization conducting cleanliness drives, environment protection and awareness programs.

Vrikshit Foundation started with a group of 5 friends which is now spread across 21 states and 30 cities. The major aim is to create a more breathable and cleaner surrounding so as to increase sustainability and work towards United Nation's Sustainable Development Goals 3,13,14 and 15. Another major aim is to breed a more responsible and nature-savvy generation. They also set up collaborations with various stakeholders to raise a voice for the underprivileged classes who have to live in hazardous sanitary conditions.

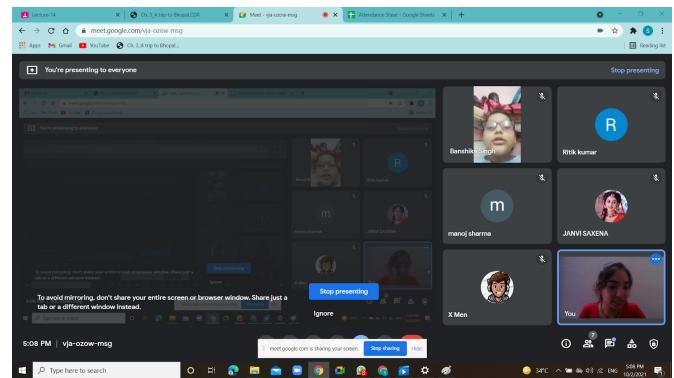
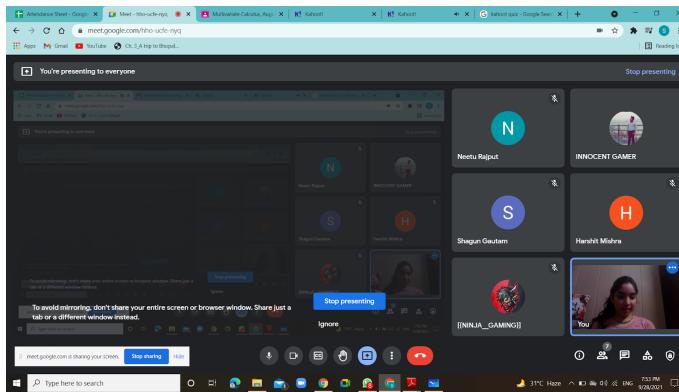
Description

I worked as a Teacher in Vrikshit Foundation. I was assigned with 2 batches of underprivileged students each containing 10 to 15 students. I was selected through a series of interviews. My main duty was to provide the children with education of their respective levels. Because of the pandemic the whole process was done online. Many times they were unable to attend the classes because of network issues or power cut but they were really excited to learn so they joined the classes despite all difficulties.

Learning

As stated earlier, I was assigned to teach two batches of underprivileged students. I teach math to class 4 and science to class 9. As of Covid Pandemic the classes were held online. I had classes with them thrice a week for one hour on alternate days. Many times they were disconnected because of power cuts or network issues but they were so eager to learn that they joined classes despite all difficulties. Not all the students

were regular but almost half of the class attended the online classes on a regular basis. All of them try to answer the asked questions. They always respond to me and sometimes I have to ask them to keep quiet so that I can explain the topic to them. I try to give them homework after every class and most of the students complete the work. We also had doubt sessions and revision classes. I also conducted quizzes for them so that they won't lose their interest in the subject. It was not easy to make them learn because sometimes they ask me questions I don't know the answer to. The schedule was not easy to maintain along with my other college activities but we always have our online classes. I learned a lot during my period of teaching like they make me learn patience and constant vigilance. This projects make my communication skills better and I started giving more importance to real - world learning. This makes me more adaptable and a good listener too.



Ongoing Considerations

In the six months with Vriksit Foundation, I feel I was able to learn as much as I could. However, I would like to learn more. I also learned a lot from my supervisors.

This internship experience was important in developing my personality. I am grateful to have had the opportunity to get practical experience.

Additional : Awareness Project by Volunteers

Group 1 : [W Group 1 - Emotional & Mental Health.docx](#)

Group 2 : [W Group 2 - Environment Conservation.docx](#)

Group 3 : [W Group 3 - Community Development, Hygiene and Sanitation.docx](#)

Group 4 : [W Group 4 - Health and Hygiene.docx](#)

Group 5 : [W Group 5 - Education is the key to personality development.docx](#)

Group 6 : [W Group 6 - Laws For Girls, Women, Children & Senior Citizen To Disabili...](#)

Group 7 : [W Group 7 - Emotional and mental health.docx](#)

Group 8 : [W Group 8 - Environment Conservation.docx](#)

Group 9 : [W Group 9 .docx](#)

Group 10 : [W Group 10 -Healthy and hygienic eating.docx](#)

Group 11 :  Group 11 - Education is the key to personality development.docx

Group 12 :  Group 12 - Laws for women, children and Senior citizen to disability.d...
