

Janki Devi Memorial College
University of Delhi
National Service Scheme -JDMC Unit

Pouriangthanliu, Programme Officer

Dr Jayanti Sahoo, Dr Rajender kumar - Mentors

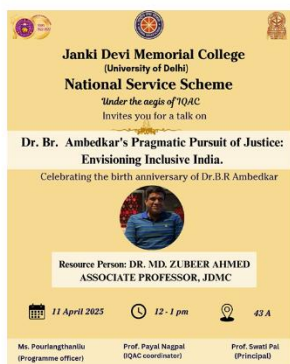
Chanpreet, Dr Akanksha Kumar, Rakesh, Prerna Butta, Dr Arti, Alka -Faculty Coordinators

Talk on “Dr. B.R. Ambedkar’s Pragmatic Pursuit of Justice: Envisioning Inclusive India”

Organised by: NSS Unit, Janki Devi Memorial College (Under the aegis of IQAC)

Date: 11th April 2025

Venue: Room 43A, JDMC



The NSS Unit of Janki Devi Memorial College, under the aegis of the Internal Quality Assurance Cell (IQAC), organised a special talk on “*Dr. B.R. Ambedkar’s Pragmatic Pursuit of Justice: Envisioning Inclusive India*” on 11th April 2025 to commemorate the birth anniversary of Dr. B.R. Ambedkar. The session aimed to honour Ambedkar’s contributions to the Indian Constitution, social justice, and equality, while inspiring students to reflect on his vision of an inclusive society.

The resource person for the event was Dr. Md. Zubeer Ahmed, Associate Professor, JDMC. In his insightful address, Dr. Ahmed explored Ambedkar’s role as a jurist, social reformer, and principal architect of the Indian Constitution. He highlighted how Ambedkar’s pragmatic approach to justice combined constitutional safeguards with a vision for social transformation.

The lecture examined key constitutional provisions addressing caste discrimination, women’s rights, and equal opportunities, linking them to Ambedkar’s lifelong struggle against social inequalities. Dr. Ahmed emphasised Ambedkar’s belief in education, liberty, and fraternity as the foundations of a democratic and equitable India.

Students and faculty engaged actively during the interactive segment, posing questions on contemporary issues of inequality and the relevance of Ambedkar's ideas in present-day governance and policymaking. The discussion reinforced the importance of translating constitutional ideals into everyday social practice.

The event concluded with closing remarks from the NSS Programme Officer, Ms. Pouriangthanliu, who encouraged students to internalise Ambedkar's values in their academic and personal lives. The talk proved to be both educational and inspiring, offering a deeper understanding of the continuing significance of Ambedkar's vision for inclusive nation-building.

Special NSS Camp

Organised by: NSS Unit, Janki Devi Memorial College (Under the aegis of IQAC)

Theme: *From Awareness to Action: Creating Safe and Inclusive Community*

Dates: 19th March 2025 – 27th March 2025



The NSS Unit of Janki Devi Memorial College organised a week-long **Special NSS Camp** from 19th March to 27th March 2025, under the theme “*From Awareness to Action: Creating Safe and Inclusive Community.*” The camp aimed to empower students through awareness, skill-building, and community engagement activities that promote inclusivity, safety, and social responsibility.

The inaugural session began with an **Orientation Session**, where the NSS Programme Officer, Ms. Pouriangthanliu, welcomed the volunteers and outlined the objectives of the camp. Participants were introduced to the planned activities and the broader vision of NSS in fostering community development and social change.

Over the course of the camp, several impactful activities were organised:

- **Cleanliness Drive:** Volunteers undertook a campus and nearby area cleanliness drive to promote hygiene, environmental responsibility, and the *Swachh Bharat Abhiyan* vision.
- **Blood Donation Awareness Workshop:** Experts shared insights on the importance of voluntary blood donation, myths surrounding it, and its life-saving potential.
- **Graffiti Competition:** Students used creative art to express messages related to safety, inclusivity, and community care.
- **Safety Audit (Orientation and Field Work):** Participants were trained to identify and evaluate safety measures in public spaces, followed by field visits to conduct real-time safety audits.
- **Fun Activities:** Ice-breaking and team-building games encouraged camaraderie among volunteers.
- **Student Presentations:** Volunteers presented research and case studies on social issues aligned with the camp theme.
- **Bystander Intervention Workshop:** A skill-oriented session teaching strategies to safely and effectively intervene in situations of harassment or violence.
- **Blood Donation Camp:** Organised in collaboration with health partners, where volunteers and faculty members contributed to the noble cause.

- **Organ Donation Awareness Session:** Specialists educated participants on the legal, ethical, and medical aspects of organ donation, aiming to dispel misconceptions and promote informed consent.

The camp witnessed enthusiastic participation from NSS volunteers, faculty members, and invited experts. Each activity reinforced the NSS motto “*Not Me, But You*” by encouraging students to place community welfare above self-interest.

The closing session reflected on the outcomes of the camp, with participants sharing their learning experiences and renewed commitment to community service. The Special NSS Camp successfully bridged awareness with actionable steps, instilling in students the values of empathy, inclusivity, and active citizenship.

Awareness Session on Women’s Health & Free Health Check-up

The NSS (National Service Scheme) unit of JDMC organized a Women’s Health Awareness Session and Free Health Check-up on February 27, 2025, in the Committee Room at 11:00 AM.

The event was attended by NSS Programme Officer Ms. Pouriangthanliu, Teacher Coordinator Dr. Akansha Kumar, and 100+ beneficiaries. The session began with insightful talks from Ms. Deepika Chaudhary, Founder and President of Vigada Care Foundation, and Ms. Sagarika Choudhary, BAMS and MS (Ayurveda) surgeon, gynaecologist, and anorectal specialist. They highlighted the importance of women’s health, emphasizing that "health is wealth" and stressing the need for women to care for their bodies.

The speaker talked about the difference between PCOD and PCOS, white discharge, menstrual cycle irregularities, and vaginal infections. The speakers also discussed preventive measures, early detection, lifestyle changes, and the importance of breaking the stigma surrounding reproductive health.

A free health check-up was conducted, benefiting students, teachers, and non-teaching staff. A total of 41 assessments were performed, including tests for blood sugar, blood pressure, and a full-body scan. Additionally, personalized diet plans and one-on-one consultations with doctors were provided.

Objective: To raise awareness about women’s health issues and educate participants on how to manage and prevent them.

Learning Outcome: Encouraging women to speak openly about reproductive health and seek medical help when needed.



Janki Devi Memorial College
(University of Delhi)

National Service Scheme
Under the aegis of IQAC, JDMC

In Collaboration with
Vigada Care Foundation
Is Organising

Free Health Check up & Awareness Camp For Women

HIGHLIGHTS OF THE CAMP

- Non-invasive health assessments: 43 tests, including a full body scan, blood pressure, and sugar check.
- Free doctor consultations: Personalized guidance to address individual health concerns.
- Health and diet plans: Tailored for holistic well-being.

Thursday, 27th February, 2025
11 AM - 4 PM
Committee room

Dr. Akanksha Kumar (Teacher Coordinator) | Ms. Poorangini Mittal (Programme Officer) | Prof. Payal Nagpal (IQAC Coordinator) | Prof. Swati Pal (Principal)

जानकी देवी मेमोरियल कॉलेज
(दिल्ली विश्वविद्यालय)

राष्ट्रीय सेवा योजना
IQAC के तलावधान में, JDMC

विगदा केयर फाउंडेशन
के सहयोग से महिलाओं के लिए

निःशुल्क स्वास्थ्य जांच एवं जागरूकता शिविर का आयोजन
(शिविर की शुरुआत)

- निर-आक्रमक स्वास्थ्य जांच: 43 परीक्षण, जिसमें पूर्ण शरीरिक स्कैन, रक्तचाप और शर्करा जांच शामिल है।
- निःशुल्क डॉक्टर परामर्श: व्यक्तिगत स्वास्थ्य संबंधी चिंताओं के समाधान के लिए व्यक्तिगत मार्गदर्शन।
- स्वास्थ्य और आहार योजनाएँ: स्वास्थ्य कल्याण के लिए तैयार की गई हैं।

गुरुवार, 27 फरवरी, 2025
शुबह 11 बजे से सां. 4 बजे तक
राज्यी कॉमन कमरा

डॉ. आकांक्षा कुमार (शिक्षक समन्वयक) | सुषोमी दीपिका चक्रवर्ती (कार्यक्रम अधिकारी) | प्रो. पायल नागपाल (आई.ए.सी. समन्वयक) | प्रो. स्वाती पाल (प्रिंसिपल)

SELF-DEFENCE WORKSHOP - 2025

Name of the event:	Self-defence workshop
Name of the organizer (s):	NSS
Teacher Coordinator	Ms. Chanpreet Kaur
Resource persons:	
Objective of the event:	To Empower. Protect. Defend students by equipping them with basic self-defence techniques to enhance their confidence and safety.
Venue & time of event:	Auditorium, from 17th - 27th Feb, 2025 (12:00 - 1:00pm)
Student Co-ordinators:	Divya Yadav, Sneha

The NSS Unit of Janki Devi Memorial College in collaboration with the Delhi Police, organized a Self-Defence Workshop on 17th - 27th February, 2025 in the auditorium.

The resource persons highlighted the importance of self-defence in today's world and encouraged participants to be proactive in ensuring their personal safety. The session was conducted by trained officers from the Delhi Police's Self-Defence Unit, who demonstrated various practical techniques, including:

- Basic striking techniques (punches, kicks, and elbow strikes)
- Escaping common holds and grabs (wrist grabs, hair pulls, and bear hugs)
- Using everyday objects for self-defence
- Situational awareness and preventive measures

Participants were actively engaged and practiced these techniques under the guidance of experts to ensure proper execution. The workshop witnessed an overwhelming response, with approximately 60 participants actively taking part.

As a gesture of appreciation, the NSS Program Officer Ms.. Pouriangthanliu and teacher coordinator Ms. Chanpreet Kaur presented a token of respect to the Delhi Police trainers, acknowledging their efforts in promoting safety and empowerment.

The self-defence workshop was a great success, thanks to the collaboration between NSS and the Delhi Police. The event concluded with a vote of thanks by the NSS Program Officer, who expressed gratitude to the trainers and encouraged students to practice these techniques regularly. Participants expressed their eagerness for more such workshops in the future.



Constitution Day Celebration – Essay Writing Competition

Organised by: NSS Unit, Janki Devi Memorial College

Date: 25th November 2024

The NSS Unit of Janki Devi Memorial College observed *Constitution Day* on 25th November 2024 to honour and reaffirm the values enshrined in the Constitution of India. As part of the celebration, an essay writing competition was organised on the topic “*Women’s Rights and the Indian Constitution: A Journey towards Gender Equity.*”

The competition aimed to encourage students to critically explore the constitutional provisions related to women’s rights, examine their historical evolution, and reflect on the progress and challenges in achieving gender equality in India. It served as an academic platform for participants to engage with themes of social justice, equality, and empowerment in the context of constitutional law.

A total of 22 students from different departments participated in the competition, showcasing their research, analytical skills, and perspectives on the subject. Essays covered a wide range of issues, including the historical context of women’s rights in India, key constitutional articles such as Articles 14, 15, and 16, landmark judgments, and the role of social movements in advancing gender

equity. Participants also examined persistent challenges such as gender-based violence, workplace discrimination, and gaps in policy implementation, offering innovative suggestions for reform.

The competition was evaluated by an esteemed panel of judges comprising Dr. Raju Keshari and Ms. Pouriangthanliu. The judges assessed the essays on parameters including originality, depth of analysis, clarity of expression, and adherence to the topic. They praised the participants for their thoughtful engagement with the theme and their ability to connect constitutional principles to contemporary issues faced by women in India.

In their concluding remarks, the judges highlighted the significance of Constitution Day as an occasion not only to recall the adoption of the Constitution but also to reaffirm collective responsibility in upholding its values. They encouraged students to move beyond theoretical understanding and contribute actively towards building a more equitable society.

The event also served as an important awareness initiative for the NSS volunteers and the larger student community. By focusing on the intersection of constitutional law and gender rights, it reinforced the importance of informed citizenship and active participation in democratic processes.

The winners of the competition were awarded certificates in recognition of their efforts, and all participants received certificates of participation from the NSS Unit. The enthusiasm and commitment demonstrated by the students reflected the spirit of the NSS motto, *“Not Me, But You.”*

Overall, the Constitution Day celebration successfully combined academic inquiry with the NSS’s mission of fostering civic responsibility, social awareness, and youth engagement in nation-building. The essay writing competition proved to be a meaningful exercise in deepening understanding of gender equity within the framework of the Indian Constitution, leaving a lasting impact on participants and attendees alike.



Blood Donation Drive

The NSS and NCC in collaboration with Blood Connect organised a Blood Donation drive to mark the occasion of National Voluntary Blood Donation Day, 1st October 2024. The drive was

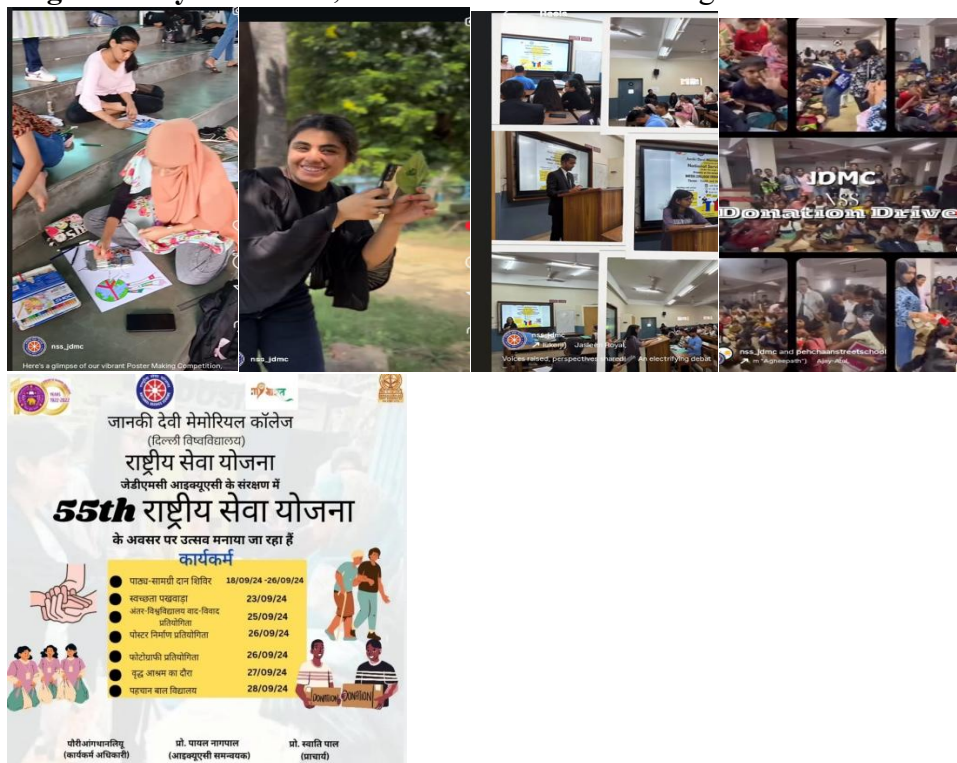
attended by teachers, administrative staff and students' volunteers. The day is celebrated to raise awareness about the importance of blood and the need for voluntary blood donation.



55th Annual NSS Fest – Janki Devi Memorial College

Dates: 18th – 28th September 2024

Organised by: NSS Unit, Janki Devi Memorial College



The NSS Unit of Janki Devi Memorial College celebrated its 55th Annual NSS Fest from 18th to 28th September 2024 with a series of events designed to foster creativity, critical thinking, and social responsibility among students. The fest brought together volunteers from across the college and beyond, embodying the NSS motto, “Not Me, But You.”

Stationery Drive Collection (18th – 25th September)

The fest began with a week-long stationery drive aimed at collecting notebooks, pens, pencils, and other educational materials for underprivileged children. NSS volunteers set up collection points across the campus and actively encouraged students and faculty members to contribute.

The drive witnessed overwhelming participation, reflecting the community's generosity and commitment to education for all.

Inter-College Debate Competition (25th September)

The first competitive event of the fest was an inter-college debate on 25th September. Participants from various colleges engaged in thought-provoking discussions on a socially relevant topic. The event not only showcased the oratory skills of the students but also encouraged critical thinking and respectful dialogue. Judges commended the participants for their research, presentation, and balanced arguments.

Poster Making Competition (26th September)

On 26th September, a poster-making competition was held, focusing on themes related to social issues and community welfare. The event encouraged students to creatively express their perspectives on pressing societal concerns. The colourful, thought-provoking posters were displayed in the college premises, spreading awareness among the campus community.

Photography Competition (26th September)

Parallel to the poster-making contest, a photography competition took place on 26th September. Participants captured moments reflecting the spirit of service, community, and sustainability. The submissions ranged from candid shots of volunteer work to creative interpretations of environmental and social themes, inspiring all who viewed them.

Outreach to 'Pehchan' and Stationery Distribution (28th September)

The fest concluded on 28th September with an outreach programme to *Pehchan*, an NGO working for the welfare and education of children from marginalised backgrounds. NSS volunteers interacted with the children, organised fun activities, and distributed the stationery collected during the drive. The smiles and enthusiasm of the children served as a heartfelt reminder of the importance of such initiatives.

Throughout the fest, the NSS Unit successfully blended creative competitions with meaningful community service. The diverse events offered platforms for students to showcase their talents, raise awareness on important social issues, and make a tangible difference in the lives of others. The 55th Annual NSS Fest at JDMC was a testament to the power of collective effort, empathy, and youth-driven action. It reinforced the NSS vision of shaping socially conscious individuals who contribute positively to society.

Poster Making Competition

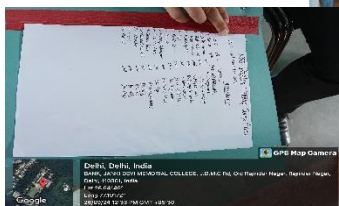
On 26th September 2024, the NSS Unit of JDMC successfully organized a Poster Making Competition on the theme "Peace and Harmony," open to students from all academic years. The primary objective of this event was to foster a deep reflection on the principles of peace, unity, and harmony, encouraging participants to convey these ideals through artistic expression. The competition provided an excellent platform for students to engage creatively with this significant social theme.

The event commenced at 12:00 noon in the college auditorium, where participants gathered with great enthusiasm. Ms. Alka, Assistant Professor, Department of Commerce, and Mr. Rakesh,

Assistant Professor, Department of Mathematics, the teacher coordinators of the NSS Unit, welcomed the students and briefly addressed the audience. They explained the significance of peace and harmony in contemporary times and set the tone for the competition. The student coordinators then outlined the rules and regulations governing the event, ensuring that all participants understood the guidelines, time limits, and expectations regarding the artistic representation of the theme.

Following the briefing, the competition commenced promptly, allowing students to channel their creativity into their posters. The session continued until approximately 1:15 pm, after which the judging panel reviewed the submissions. The competition concluded with the announcement of winners, where three students were recognized for their exceptional artwork and their ability to capture the essence of peace and harmony. The winners are the following:

- 1st - Rishika Verma (BA hons Pol Sci) 2nd year
- 2nd - Munira (BA prog) 2nd year
- 3rd - Mehak Gupta (BA Eco hons) 2nd year



NSS FEST- 2024

Name of the event:	Inter-College Debate Competition
Name of the organizer (s):	NSS
Teacher Coordinator	Ms. Chanpreet kaur, Ms Prerna Butta
Name and Affiliation of Judge(s) of the event:	Dr. Raju Keshari, Dr. Md. Zubeer Ahmed, Mr. Rohit Kumar Singh, Ms. Shalini Singh
Name and Affiliation of Prize winner(s) of the event:	1st position: Vivek Shukla, Faculty of Law 2nd position: Rajneesh Shukla, PGDAV (Evg.) College. 3rd position: Akankshya Mishra, Gargi College.
Student Co-ordinators:	Divya Yadav, Niharika, Anjali Yadav, Smriti

The NSS Unit of Janki Devi Memorial College on the occasion of NSS Fest organised , an inter-college debate competition on 25th September, 2024 in room no. 14. The primary objective of the competition was to encourage young minds to express their views on various social issues and to make them more aware of their potential role in contributing to societal change. The theme, "Youth and Social Awareness," highlighted the importance of youth participation in creating a socially conscious society.

The event was organised by Ms. Chanpreet Kaur, Ms. Prerna Butta, the teacher coordinators of the NSS unit. Divya the student coordinator welcomed all the participants and informed them about the rules and the judgement criteria for the competition.

There were 22 participants from multiple colleges participated in this event with great enthusiasm. The participants were eager to present their arguments both for and against the motion, showcasing their debating skills, critical thinking, and awareness of social issues. The debate was conducted in a traditional format, where each speaker was given 3 minutes to present their argument. There was so much talent in the room. Arguments were made and roved. The competition was so interesting with the exchange of student's perspective by equally stating the favour and against of topic.

The judges evaluated the participants based on their content, presentation skills, rebuttal, and overall impact. After a rigorous competition, the judges announced the winners.

1st Position: Vivek Shukla, Faculty of Law

2nd Position: Rajneesh Shukla, PGDAV (Evg.) College.

3rd Position: Akankshya Mishra, Gargi College.

The event was concluded with a vote of thanks by the NSS coordinator. It was an extremely fun and enriching event and it was concluded successfully.



Name of event	Cleanliness drive
Name of organisation	NSS and AVANI
Date and Day	23 September, Monday
Area Allotted	College campus
No. of volunteers	100



Report on Cleanliness Drive in Collaboration with Avani NSS, JDMC under Swachhta Pakhwada

Event Overview: A collaborative cleanliness drive was organized by Avani, the NSS unit of Janki Devi Memorial College (JDMC), under the Swachhta Pakhwada initiative. The drive, held on 23 September at 12pm to 1pm , aimed to promote hygiene, cleanliness, and environmental awareness among students, staff, and the local community. The initiative aligns with the Swachh Bharat Mission and reinforces the message of community-driven

efforts towards cleanliness and sustainability.

Objectives:

To create awareness about the importance of cleanliness and hygiene. To

engage students in practical initiatives for community service.

To clean public spaces and encourage others to maintain a clean environment.

To reinforce the message of sustainable waste management and segregation at source.

Participants: Over 100 volunteers from Avani, NSS, and faculty members.



Deeksharambh – Orientation Programme for First-Year Students

Date: 12th September 2024

Venue: Seminar Room, Janki Devi Memorial College



The NSS Unit of Janki Devi Memorial College organised the *Deeksharambh* Orientation Programme for first-year students on 12th September 2024 in the college Seminar Room.

This initiative, in alignment with the University Grants Commission's guidelines, aimed to familiarise the newly admitted students with the ethos, vision, and activities of the National Service Scheme and to encourage them to participate in nation-building through community engagement.

The programme commenced with a welcome address by the NSS Programme Officer, who warmly greeted the new students and highlighted the importance of NSS in fostering a sense of social responsibility, empathy, and leadership among youth. The Officer spoke about the motto of NSS – *"Not Me, But You"* – and its relevance in today's context of collective action for social change.

A detailed presentation was given on the structure, objectives, and scope of the NSS, including its two major components: Regular Activities and Special Camps. Students were informed about the variety of projects undertaken by the NSS Unit at JDMC, such as cleanliness drives, health awareness campaigns, blood donation camps, environmental conservation programmes, and outreach activities in collaboration with local communities and NGOs.

The orientation also provided an overview of the year-round calendar of activities, encouraging students to engage in programmes related to health, education, environment, and social welfare. The process for enrolment, attendance requirements, and certificates of participation were explained to ensure clarity on both responsibilities and benefits of being an NSS volunteer.

To inspire active participation, the session included accounts from senior NSS volunteers who shared their personal experiences and the skills they had developed through volunteering. Their narratives highlighted how NSS not only builds a sense of service but also enhances leadership, teamwork, and organisational abilities.

An interactive segment allowed first-year students to ask questions and express their interest in various areas of service. This open dialogue created a welcoming atmosphere and helped establish a strong connection between the new volunteers, senior members, and the NSS faculty team.

The event concluded with the NSS Programme Officer reiterating the importance of compassion, commitment, and community engagement as core values of a responsible citizen. Students left the session with a clear understanding of how their contribution as NSS volunteers could create meaningful change in society while enriching their own personal and academic growth.

The *Deeksharambh* Orientation Programme for first-year students successfully introduced the new batch to the objectives and functioning of NSS at JDMC, laying the foundation for a year of active participation, social awareness, and constructive service.

World Environment Day 2024 – Plantation Drive
Organised by the NSS Unit, Janki Devi Memorial College
Date: 5th June 2024
Venue: JDMC



The NSS Unit of Janki Devi Memorial College celebrated *World Environment Day* on 5th June 2024 by organising a **Plantation Drive** within the college premises. The event aimed to promote environmental awareness and contribute towards a greener, healthier campus in line with this year's global theme, "*Land Restoration, Desertification, and Drought Resilience.*"

Each sapling was planted with care, and volunteers pledged to nurture and monitor their growth. The drive not only enhanced the college's greenery but also reinforced the spirit of collective responsibility towards the environment.

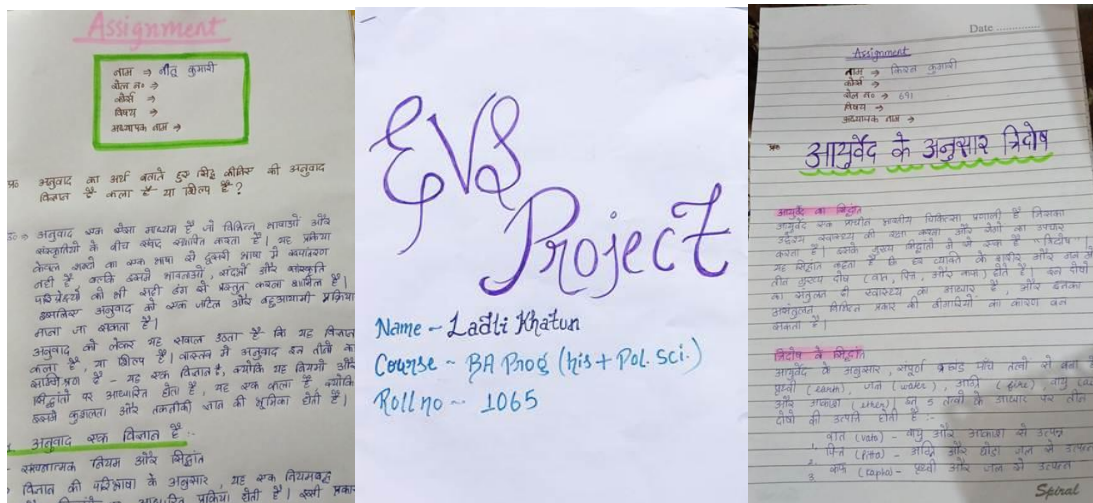
On going projects

Report on NSS Program: Assisting Blind Students in Academics and Examinations

Organized by: National Service Scheme (NSS)

Participants: NSS Volunteers, Faculty Members, Blind Students

The National Service Scheme (NSS) of our college organized a special initiative to support visually impaired students in their academic journey. This program aimed to assist blind children in completing their assignments, projects, and examinations, ensuring they receive the necessary academic support to excel in their studies.



Objectives

To provide academic assistance to visually impaired students in assignments, projects, and exams.

To promote inclusivity and equal learning opportunities.

To encourage volunteerism and social responsibility among students.

Program Details

The event was conducted at [Location] within the college premises, where NSS volunteers actively assisted blind students in their studies and exams.

- Volunteers read out study materials and dictated notes.
- Help was provided in structuring assignments and writing down dictated answers.
- Digital assistance was offered for typing, formatting, and preparing presentations.
- Scribes during exams and tests
- NSS volunteers served as scribes for visually impaired students during their exams.
- They ensured that answers were written accurately as per the students' dictation.

The NSS unit of our college has successfully conducted this impactful program, ensuring that visually impaired students received the academic assistance they needed. The dedication of volunteers and the enthusiasm of the students made this initiative a significant step toward an inclusive and supportive educational environment.