



Institute of Home Economics
(University of Delhi)



National Service Scheme (NSS)

Activities Report for Session 2021-2022

NSS-Institute of Home Economics, as a unit of NSS, is one of the most active committee of the college. It works to sensitize young students to contribute for the welfare of the society by organizing various activities throughout the year. Each NSS student volunteer devotes 120 hours in one academic year for delivering his services to NSS related work.

Some of the activities carried out by NSS IHE in the academic sessions 2021-2022 are as follows

<u>S.No</u>	<u>Activity</u>	<u>Date</u>	<u>No. of Participa nts</u>
1.	Tokyo Olympics	2 nd July 2021	36
2.	Book Donation Drive on the occasion of World literacy week	8 th July - 11 th July 2021	45
3.	Calligraphy on the occasion of World literacy week	12 th July 2021	40
4.	Plantation Drive on the occasion of Van Mahotsav	24 th July 2021	40
5.	'Nest in its Nature' on the occasion of World Conservation Day	30 th July 2021	45
6.	Webinar on 'Hepatitis Can't Wait!' on World Hepatitis Day	1st August 2021	82
7.	'Quizofile', quiz competition on the Quit India Movement Day	9 August 2021	45+
8.	Poster making competition on International Youth Day	14 th August 2021	45
9.	Webinar on the occasion of Organ Donation Day	15 th August, 2021	40
10	Rashtagan under the aegis of Azadi ka Amrut Mahotsav	15 th August 2021	40+
11	Article Writing on the occasion of Azadi ka Amrut Mahotsav	15 th August 2021	45
12	Webinar on the occasion of World Photography Day	21 st August, 2021	36
13	Webinar on 'Cancer prevention and healthy lifestyle'	29 th August 2021	45+
14	'Nutriquiz' on the occasion of National Nutrition Week	2 nd September 2021	50+
15	'Healthy Cooking for You' during National Nutrition Week	2 nd September 2021	42
16	'Feed the Hunger' on the occasion of National Nutrition Week	3 rd September 2021	45+
17	Charity Drive on the occasion of International Charity Drive	5 th September 2021	45
18	Cleanliness Drive on the occasion of Swachhta Pakhwada	6 th September 2021	42
19	Offline Swachhata Pledge on the occasion of Swachhta Pakhwada	6 th September 2021	11
20	Movie Screening on the occasion of Swachhta Pakhwada	7 th September 2021	30

21	Online Swachhata Pledge on the occasion of Swachhta Pakwada	9 th September 2021	26
22	‘Let’s Get Digital’ on the occasion of International Literacy Day	10 th September 2021	40
23	Yoga for Nutrition Workshop under the aegis of Poshan Abhiyaan	11 th September 2021	200+
24	“Stand up for Human Rights: The Need of Global Solidarity” on the occasion of International Democracy Day	15 th September 2021	43
25	Session on "Combatting Adolescent Obesity" on the occasion of National Nutrition Month	18 th September 2021	55+
26	Freedom Run under the aegis of Azadi ka Amrut Mahotsav	24 th September 2021	22
27	Food Donation Drive on the occasion of National Nutrition month	28 th September 2021	30
28	Anti-Tobacco Rally	28 th September 2021	30
29	Slogan Writing Competition as part of Azadi ka Amrut Mahotsav	30 th September 2021	46
30	Documentary screening and quiz on the occasion of Gandhi Jayanti	2 nd October 2021	30
31	Feed the Animals on the occasion of World Animal Welfare Day	4 th October 2021	40+
32	Clean India poster making competition as part of Azadi ka Amrut Mahotsav	5 th October 2021	40+
33	Mental Health Workshop	13 th October 2021	80+
34	Plastic Free Campaign	16 th October 2021	15
35	Clean India Webinar	17 th October 2021	44
36	Workshop on ‘Cloth Pad and Menstrual Cups’ on International Girl Child Day	20 th October 2021	100+
37	Webinar on Cancer Prevention & Palliative Care	25 th October 2021	40+
38	Online Inter-College Slogan Writing Competition under the aegis of Azadi ka Amrut Mahotsav	25 th October 2021	21
39	Cyclohone: Virtual Cycle Rally as part of Azadi ka Amrut Mahotsav	25 th October 2021 -28 th October 2021	40
40	Integrity Pledge on the occasion of Vigilance Awareness Week	29 th October 2021	22
41	Plog Run on the occasion of Clean India Campaign	30 th October 2021	15
42	Vigilance Awareness Week Webinar	3 rd October 2021	28
43	Online Pledge on the occasion of Rashtriya Ekta Diwas	31 st October 2021	22
44	Online Elocution Competition on the occasion of Vigilance Awareness Week	1 st November 2021	30
45	Green cracker on the occasion of Diwali	3 rd November 2021	44
46	Happiness Drive on the occasion of Diwali	5 th November 2021	44
47	Potters ki Diwali on the occasion of Diwali	5 th November, 2021	44

48	Nadi ko Jano Webinar	13 th November, 2021	40
49	Diversity in India on the occasion of National Integration Week	19 th November, 2021	42
50	Women's Day on the occasion of National Integration Week	25 th November, 2021	44
51	Preamble Reading on the occasion of Constitution Day	26 th November, 2021	45
52	Online Constitution Quiz	26 th November, 2021	45
53	'Unity in Creativity' under the aegis of Azadi ka Amrut Mahotsav	21 st November, 2021	42
54	Essay Writing on the occasion of National Youth Festival	18 th December, 2021	45
55	Menstruation Matters	27 st December, 2021	59
56	Road Safety Rules on the occasion of Road Safety Awareness Week	2 nd January 2022	81
57	Road Safety Workshop	5 th & 6 th January 2022	89
58	Anti – Tobacco Pledge	8 th January, 2022	68
59	Surya Namaskar under the aegis of Azadi ka Amrut Mahotsav	14 th January, 2022	50
60	Voter's Day Webinar on the occasion of National Voter's Day	23 rd January, 2022	70
61	Selfie with Daughter on the occasion of National Girl Child Day	24 th January, 2022	83
62	Reel Making Competition on the occasion of National Voter's Day	25 th January 2022	67
63	Blood Donation Camp	22 nd February, 2022	90+
64	Documentary session on the occasion of World Wildlife Day	3 rd March, 2022	35
65	Garden Haven Event on the occasion of World Wildlife Day	6 th - 31 st March	50
66	Bird Feeding Drive on the occasion of World Wildlife Day	8 th March, 2022	45+
67	Pledge Taking on Safe Holi	17 th March, 2022	40
68	Splash with Love and Safety Event on Safe Holi	17 th - 19 th March	40
69	Quiz Competition on National Vaccination Day	17 th March, 2022	60
70	Online Quiz on World Tuberculosis Day	24 th March, 2022	60+
71	Stationery Drive	27 th March, 2022	21
72	Poshan Mah Quiz on the occasion of Poshan Maah	2 nd April, 2022	45
73	Khichdi Donation Drive on the occasion of Poshan Maah	3 rd April, 2022	50
74	Food & Grain Donation Drive during Poshan Maah	11 th April 2022	10
75	Self Defense Workshop	14 th April 2022	50
76	Water Conservation Workshop	26 th May 2022	40
77	'Best out of waste' Activity on World Environment Day	5 th June, 2022	35
78	Poster Making Competition on World Environment Day	6 th June, 2022	35
79	Online Yoga day Session	22 nd June, 2022	29

Detailed report of some of the activities carried out by NSS IHE in the academic sessions 2021-2022 are as follows:

ACTIVITY: Tokyo Olympics

DATE: 2nd July, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 36

National Service Scheme (NSS) of Institute of Home Economics, organized an activity on **Tokyo Olympics**. It's the responsibility of each and every citizen to support our 127 – member strong contingent team INDIA in their quest to showcase the exuberance of human spirit. Volunteers were told to make videos to support the team India and encourage them so that it will help our players to level up and win numerous medals for India. They were told to submit the videos by 2nd July before 2pm. Videos were posted on our Instagram handle @nssihe.

Link for the combined video:

https://www.instagram.com/tv/CR8CLI-B8Rr/?utm_medium=copy_link

ACTIVITY: Book Donation Drive

DATE: 8th July to 11th July, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 45

National Service Scheme-IHE celebrated **World Literacy Week** from 7th July to 14th July, 2021. On 8th July, NSS IHE organized a book donation drive in association with Jazba Helping Hands, a renowned NGO. The purpose of this initiative was to provide educational books to underprivileged children and to make a difference in an underprivileged child's future and spread the seeds of knowledge on this World Literacy Week by donating old books.

The book donation drive started with signing a MoU between the two parties and mentioned its responsibilities and deliverables to the targeted community. NSS IHE, collected CBSE books from class 1st to 12th from volunteers and ensured that the required books were to be donated to underprivileged children and for the donation drive, reaches Jazba Helping Hands. On the other hand, 'Jazba Helping Hands' donated the books collected by NSS volunteers during book donation drive in the community. The photographs taken while on the advent of this occasion through a drive were posted on our Instagram handle @nssihe.



ACTIVITY: Calligraphy

DATE: 12th July, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40

NSS-IHE celebrated **World Literacy Day** on 12th July, 2021. In order to build awareness among the community on the importance of getting literate and beyond, volunteers organized an event entitled “Calligraphy Activity”, and asked the volunteers to use their literacy skills to raise the realization among the lower areas of community, by writing motivational quotes in a calligraphed manner.

Volunteers, through their creative minds and writing skills showcased their way of celebrating World Literacy Day. They were asked to hold their work of art and click pictures of it. The photographs were posted on our Instagram handle @nssihe.



This successful event commemorated World Literacy Day on 12th July, 2021.

ACTIVITY: Plantation Drive

DATE: 24th July 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40

National Service Scheme (NSS) of Institute of Home Economics, organized Plantation Drive on the occasion of **Van Mahotsav** to create awareness on the importance of growing and saving forests and about the bad effects of deforestation. Volunteers were encouraged to plant a tree and click pictures while planting a sapling and make videos showing the growth of sapling transforming into a tree.

Photographs and videos were posted on our Instagram handle @nssihe.



ACTIVITY: Nest in its nature

DATE: 30th July 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 45

NSS IHE celebrated **World Conservation Day** on 28th July 2021. Student volunteers organized an activity named Nest in its Nature. Volunteers were told to make a nest out of wastes using their creativity like tetra packs, cardboards, and strings, used wires and hang it on a tree and take pictures of it. They were told to give entries by 30th July 2021 before 5pm. Photographs and videos were posted on our Instagram handle @nssihe



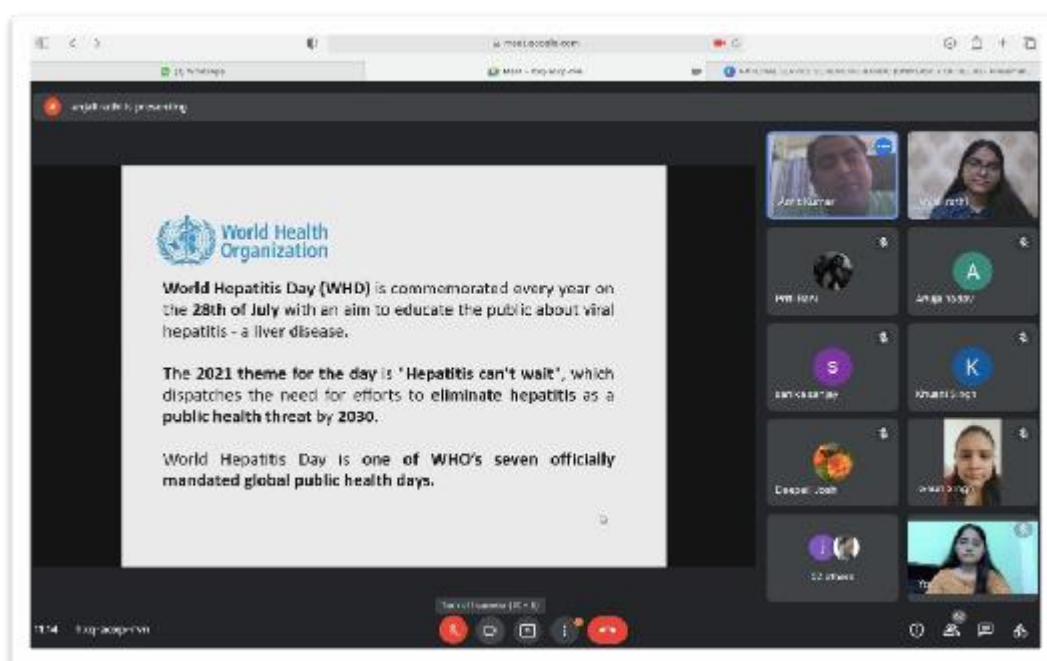
ACTIVITY: Hepatitis Can't Wait!

DATE: 1st August 1, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 82

NSS IHE celebrated World Hepatitis Day on to increase awareness and understanding of viral hepatitis as a global priority. NSS IHE organized a webinar on the theme - "Hepatitis Can't Wait", in collaboration with Acharya Narendra Dev college, in which Dr. Amit Kumar MBBS (MAMC), DMRD, DNB, FRCR, Department of Radiodiagnosis was a guest speaker. Event was organized on 1st August, 2021 from 11 to 12pm through the medium of Google meet. The meeting was recorded and posted on our Instagram handle @nssihe.



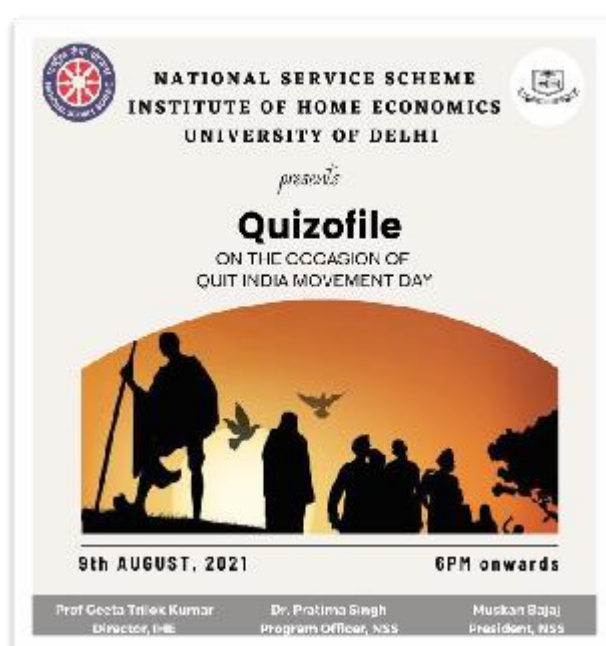
ACTIVITY: Quizofile

DATE: 9 August, 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 45+

NSS IHE organized Quizofile on 9th August, 2021 from 6:00 to 6:30 pm on the occasion of **Quit India Movement Day**. It was a quiz competition to celebrate the day and to enhance our understanding pertaining to quit India movement.



ACTIVITY: Poster making competition

DATE: 14th August, 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 45

Poster making competition was organized on **International Youth Day** on 14th August, 2021 at 7 pm. Volunteers made posters on the theme of young people as change makers. E-certificates were provided to the top 3 performers. Posters were posted on Instagram handle @nssihe.



ACTIVITY: Webinar

DATE: 15 August, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40

NSS IHE celebrated **Organ Donation Day** on 15th August 2021, Sunday 5:30 pm onwards by organising a webinar on 'Leave a Legacy of Life' in collaboration with Netaji Subhash Institute of Technology. Mr. Shivam Nagpal, founder of Organ for Life Foundation was the keynote speaker for the event who briefed students about the importance of organ donation and addressed myths related to donating organs. Pictures of webinar were posted on our Instagram handle @nssihe.



ACTIVITY: Rashtragaan

DATE: 15th August, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40+

NSS IHE celebrated the “Aazadi Ka Amrut Mahotsav” by organizing activity on “Let's sing our National Anthem Together” on 15th August 2021 to commemorate the **75th anniversary of the Independence Day** and to honor the memories of the martyrs who have given their lives for the service of the country and helped us attain freedom. Volunteers recorded themselves while singing the national anthem and uploaded their videos in <https://rashtragaan.in/> and downloaded their certificates for the same. Video of the volunteers singing the Rashtragaan was also uploaded on Instagram handle @nssihe

(link to the video:
https://www.instagram.com/tv/CSt3CPGh7vi/?utm_medium=copy_link)



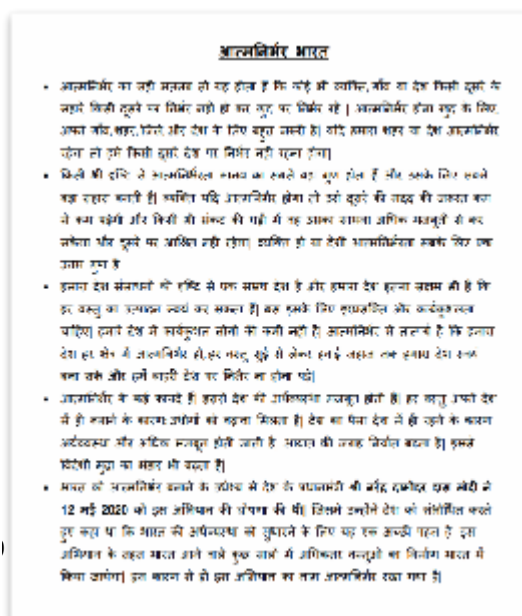
ACTIVITY: Article Writing

DATE: 15th August, 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 45

NSS IHE on the occasion of “Aazadi Ka Amrut Mahotsav” organized an article writing competition on the topic “**Aatmanirbhar Bharat**”. The winners were judged on originality and the writing. The competition helped participants to be more aware about the topic and gain knowledge.



ACTIVITY: Webinar

DATE: 21st August, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 36

Webinar on Photography was conducted on 21st August, 2021 at 5:00 pm on the occasion of **World Photography Day** which is observed every year on August 19th to pay tribute to the art of photography. Mr. Nakul Bajaj and Mr. Safal Choudhary were guest speakers for the event. Webinar screenshots were posted on our Instagram handle @nssihe.



ACTIVITY: Webinar

DATE: 29th August, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 45+

A Webinar was conducted on 29th August 21, 4pm onwards on Zoom platform on the topic 'Cancer prevention and healthy lifestyle' in collaboration with **Sanjeevani**. Ms Florina Singh (senior program coordination, Sanjeevani) was the guest speaker. E-certificates were provided to all the participants. Recording was posted on our Instagram handle @nssihe.



ACTIVITY: Nutriquiz

DATE: 2nd September, 21

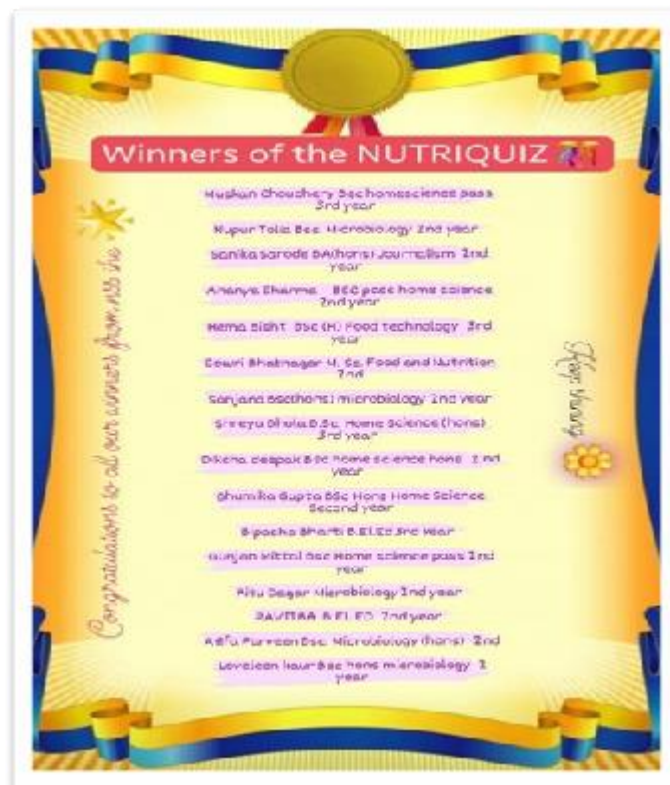
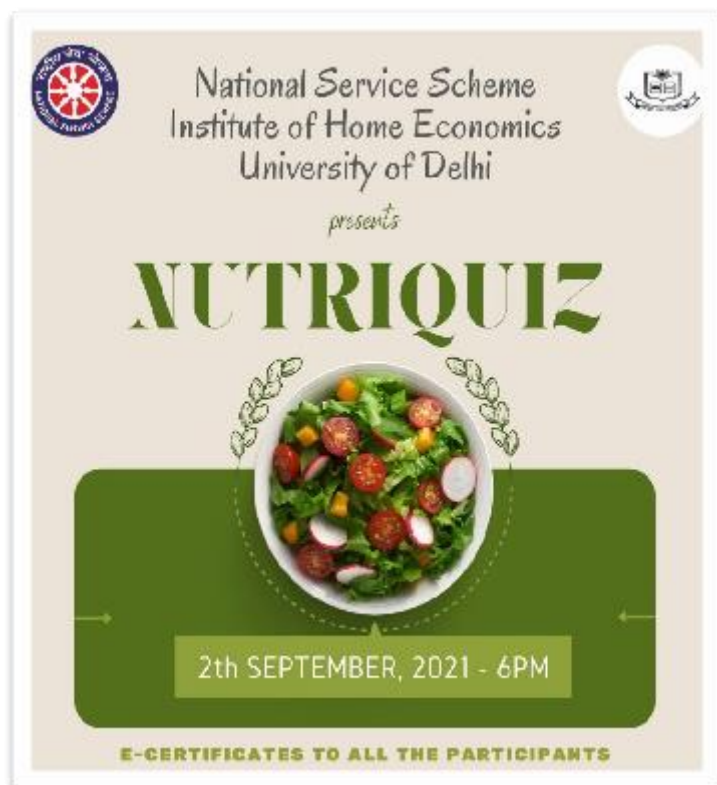
NO. OF HOURS: 1

NO. OF PARTICIPANTS: 50+

National Service Scheme of the Institute of Home Economics, University of Delhi, commemorated the **NATIONAL NUTRITION WEEK** by organizing a NUTRIQUIZ on 2nd September.

The purpose of conducting this quiz was to test the basic knowledge of our volunteers and participants regarding the food and nutrients that we consume. The link for the quiz was shared via WhatsApp group and Instagram bio also specific time was given to the participants.

The questions were easy and they were part of the basic knowledge for which students didn't necessarily need to have a science background. All the volunteers and participants did a great job. We had a good number of winners who received a shout-out at our official Instagram handle @nssihe. E-certificates were given to all the participants.



ACTIVITY: Healthy Cooking for You

DATE: 2nd September, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 42

National Service Scheme (NSS) of the Institute of Home Economics, celebrated **NATIONAL NUTRITION WEEK** by organizing a cooking competition themed Eat Healthy, Think Better on 4th September 2021. This was an online event and volunteers had to cook a nutritious plate and post the pictures on the Google classroom along with the recipes. E-certificates were provided for the top 3 best dishes.

This was a fun competition as participants got to cook and reinvent their favorite dishes into healthy ones and share their recipes for the same. This event was held to promote awareness about the importance of healthy and nutritious food in our day-to-day life. To ensure good health one should eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life.



ACTIVITY: Feed The Hunger

DATE: 3rd September, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 45+

National Service Scheme (NSS) of the Institute of Home Economics, organized "Feed the Hunger" a Food Donation Drive on the occasion of National Nutrition Week. Volunteers had to donate the nutritious plate that they prepared for the "**Eat Healthy, Think Better**" cooking competition. Volunteers were told to click pictures while donating their nutritious plates to the hungry and needy person. Photographs of the volunteers were posted on our Instagram handle @nssihe.

"Give a little, help a lot" was what we wanted our volunteers to learn from this event and practice this in their lives. Social service is the main basis for NSS we wanted to give a chance to our volunteers to experience it on their own. Food connects people therefore it is rightly said that sharing is caring.

This event was a success as the volunteers got to learn and experience social service.





ACTIVITY: Charity Drive

DATE: 5th September 2021

NO. OF HOURS: 5

NO. OF PARTICIPANTS: 45

National Service Scheme (NSS) of the Institute of Home Economics, organized the CHARITY DRIVE. **The International Charity Day** is observed annually on the 5th of September every year to commemorate the death anniversary of MOTHER TERESA.

The prime objective of this Day is to sensitize and mobilize people, NGOs, and stakeholders all around the world to help others through volunteer and philanthropic activities.

As Mother Teresa is known for her selfless service for the poor and needy, we wanted our volunteers to help the ones in need in these difficult times of Covid-19. The Covid-19 essentials like proper masks and sanitizers are like a luxury for the poor people which they can't afford. Therefore, we organized this event where volunteers were told to distribute the masks and sanitizers to the ones in need. Volunteers had to post the photograph of the same on google classroom. The event was a success as our volunteers got to help out people which was the main purpose of this event.



ACTIVITY: Cleanliness Drive**DATE: 6th September, 2021****NO. OF HOURS: 2****NO. OF PARTICIPANTS: 42**

National Service Scheme of Institute of Home Science, University of Delhi has organized an offline cleanliness drive on Sept. 6th, 2021, Monday to commemorate the occasion of **Swachhta Pakhwada**. The drive commenced at 12 pm and a good number of enthusiastic volunteers took up great responsibilities to clean the college premises. They were segregated into groups who took up charge to clean various parts of the college.

NSS, IHE has also organized an online cleanliness drive for those volunteers who couldn't join us in the offline event. They cleaned some places near to their houses and sent us their pictures while doing it. Their participation in this event clearly reflected their willingness and interest to keep the surroundings clean and make India a better place to live.

The cleanliness drive was a great success as so many volunteers participated in both offline and online event. All the participants showed us their determination and enthusiasm to serve our community throughout the event.





ACTIVITY: Swachhata Pledge

DATE: 6th September 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 11

National Service Scheme of Institute of Home Science, University of Delhi has organized an offline Swachhta Pledge on 6th Sept, 2021 Monday at 2pm in the college premise after the Cleanliness drive.

NSS, IHE has also organized an online “Swachhta Pledge” on Google Meet for those volunteers who couldn’t join us in the offline event.

Swachhta Pledge

I take the pledge that I will remain committed towards cleanliness and devote time for this.

I will neither litter nor let other litter.

I will initiate the quest for cleanliness with myself, my family, my locality, my city and my work place.

I am confident that every step I take towards cleanliness will help in making my country clean.

Volunteers in both offline and online event made a promise to themselves that they would never litter here and there and will always maintain hygiene in their surroundings.



ACTIVITY: Movie Screening

DATE: 7th September, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 30

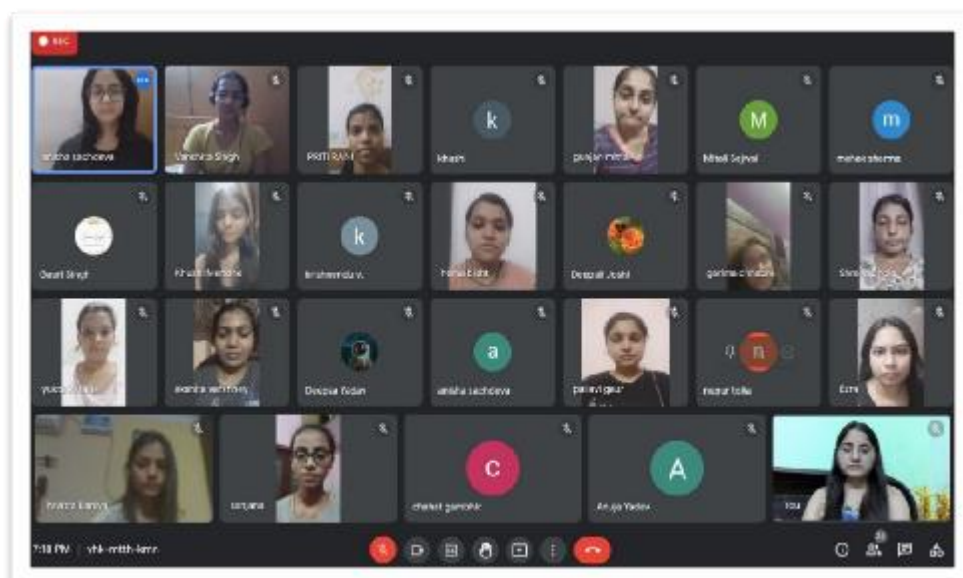
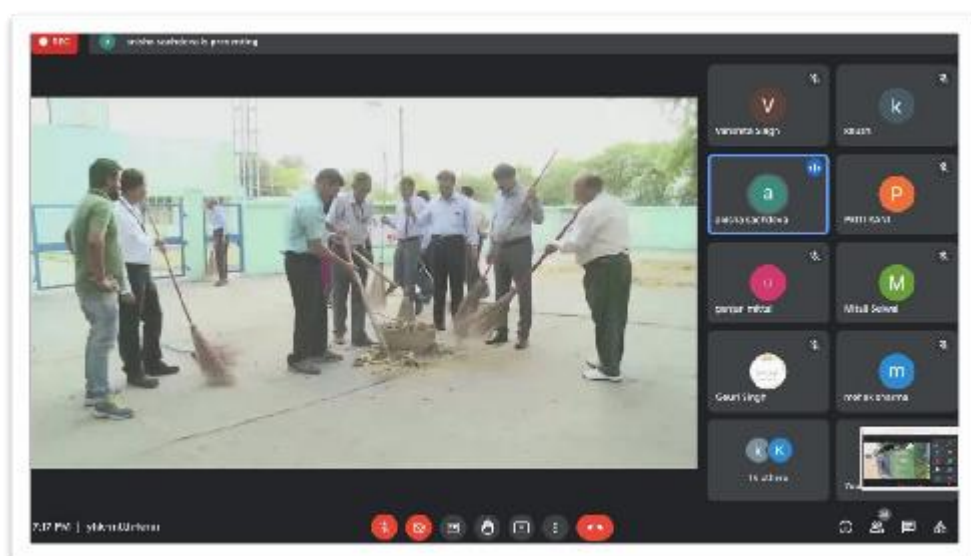
National Service Scheme of Institute of Home Science, University of Delhi has organized an online Movie Screening on 7th September, 2021, Tuesday to grace the occasion of “Swachhta Pakhwada”.

The title of the movie was “SWACHH JEEVAN SWASTHH JEEVAN”.

The documentary captured how the NTPC under the “Swachh Bharat Abhiyan” led by the government of India changed the lives of the rural and urban areas and schools.

The objective behind this was not only to make students aware about the work the NTPC has done in implementing cleanliness but also inspire them to live a life where the moral value of cleanliness is an important part of their lives. It is essential for us to inculcate the younger generation with these values as they are the future of the country.

The essence of the documentary lies in the values provided to the people. The values to not litter, to use garbage bins, and the use of toilets. There is still a long way to go but the goal of clean India can be achieved. The success of the mission lies in the small changes. In the end the documentary was very informative and was a great learning experience.



ACTIVITY: Swachhata Pledge

DATE: 9th September 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 26

On the occasion of Swachhta Pakhwada, NSS IHE organized an Online "Swachhta Pledge". Volunteers who were unable to take part in the same offline event were asked to join the meet where they took the Swachhatta pledge together.

SWACHHATA PHAKWADA PLEDGE

I take the pledge that I will remain committed towards cleanliness and
devote time for this.

I will neither litter nor let others litter.

I will initiate the quest for cleanliness with myself, my family,
my locality, my city and my work place.

I am confident that every step I take towards cleanliness will help in
make my country clean.

This event where the volunteers pledged in unison to keep our country clean and green, was a small step for working towards the goal of spreading awareness about the importance of cleanliness among each and every person.



ACTIVITY: Let's Get Digital

DATE: 10th September, 2021

NO. OF HOURS: 1

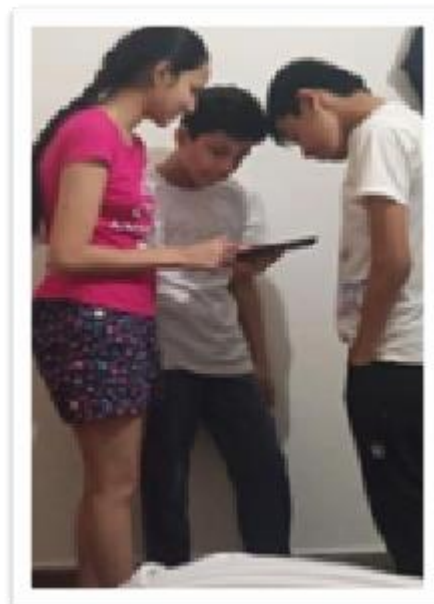
NO. OF PARTICIPANTS: 40

International Literacy Day is celebrated annually on the 8th of September to create awareness about the importance of literacy. This year's International Literacy Day theme was **"Literacy for a human-centered recovery: Narrowing the digital divide."**

To mark the occasion of Digital Literacy Day NSS, IHE organized a "Let's Get Digital" activity. For this activity volunteers had to inculcate their family or friends with digital skills. An example being, how to do money transactions, social media and etc. Volunteers were asked to click their pictures while doing this activity of digital literacy and then post them on google classroom.

As the world is moving faster towards becoming completely digital. The older generations are finding themselves left behind. Digital literacy is now as important as any kind of literacy and this event aimed at providing literacy among all stages.

This event provided a great experience of teaching one of our family members some new skills which they weren't confident about. The event also helped the volunteers to develop their skills to teach others. So, this event was a success in making the volunteers teach and learn at the same time while also spreading the message of digital literacy.



ACTIVITY: Yoga for Nutrition Workshop**DATE: 11th September, 2021****NO. OF HOURS: 2****NO. OF PARTICIPANTS: 200+**

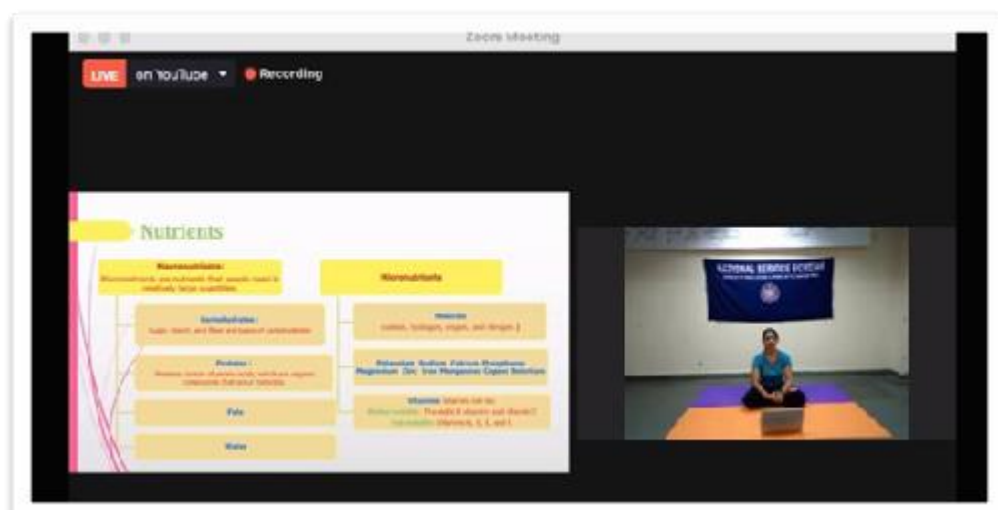
NSS IHE in collaboration with NSS NSUT and Fit India Club of NSUT along with (21 NSS Units) NSS Unit of JNU, DDUC, ANDC, SSCBS, SRM UNIVERSITY SIKKIM, ARSD, Gargi, NKTT, NLUJA Assam, SAC-E, SLBSNS University, Bits Pilani, Ramanujan, JCBUST, Faridabad, KMV, JDMC, SRCASW, DRC, Rajdhani, and Pt. JLN Govt. college, Faridabad had organized a workshop “Yoga for Nutrition: under the aegis of **Poshan Abhiyan**.” This webinar started at 8:30 AM sharp and all the participants were present in the Zoom meeting at that time and were eagerly waiting for the event to start. The Yoga official for this event was **Acharayaa Swati Jha** who helped all participants to make the right Yoga posture and helped everyone to understand the importance of Yoga.

Yoga is the incorporation of meditation and breathing that can help improve a person’s mental and physical well-being. A regular yoga practice can help children develop skills that will help them through adolescence and later in life. Yoga has been called one of the best forms of exercise for older adults. The speaker beautifully provided the participants with the knowledge and basics of various yoga. She also spoke about the nutrients which are essential for our body. The volunteers got to learn different types of yoga for their age and the issues faced by them. Some simple Asanas we got to learn in this workshop were: Bhadrasana, Kati Chakrasana, Bhujangasana, Supta Badhakonasana and Shavasana.

The event was a great success as there was a great amount of participation. There were around 200 participants in the meet and 1700 participants in the YouTube live session. All the participants were taking up all the Yoga postures with determination and enthusiasm. All were very happy to be a part of this auspicious event.

Event Link:

<https://youtu.be/iYYGVsc9upU>



ACTIVITY: “Stand up for Human Rights: The Need of Global Solidarity”

DATE: 15th September, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 43

NSS, IHE on the occasion of International Democracy Day organized a webinar on **“Stand up for Human Rights: The Need of Global Solidarity”**

The International Day of Democracy is observed every year on September 15, with the purpose of promoting and upholding the principles of democracy. It provides an opportunity to review the state of democracy in the world. Democracy is for the people, by the people, and with the people. Thus, it enables every person to have a say in deciding about the greater collective social worth. The guest speaker of the webinar was Mr. Vikas Saraswat (Advocate, founder of Nyapath).

Volunteers attended the webinar and filled the feedback form provided at the end of it. E-certificates were also given to the participants.

The session was an interactive session and the speaker addressed various queries asked by the participants. He simplified the topic and made it easier for everyone to understand. The volunteers got to learn about the various basic human rights and how to use the power of questioning the authority for the goodwill of the society. He emphasized and asked all the volunteers to keep asking questions as it helps them to grow and become more confident and clearer in life. The event was successful and the volunteers gave positive feedback for the webinar.





ACTIVITY: Session on "Combatting Adolescent Obesity"

DATE: 18th September, 2021

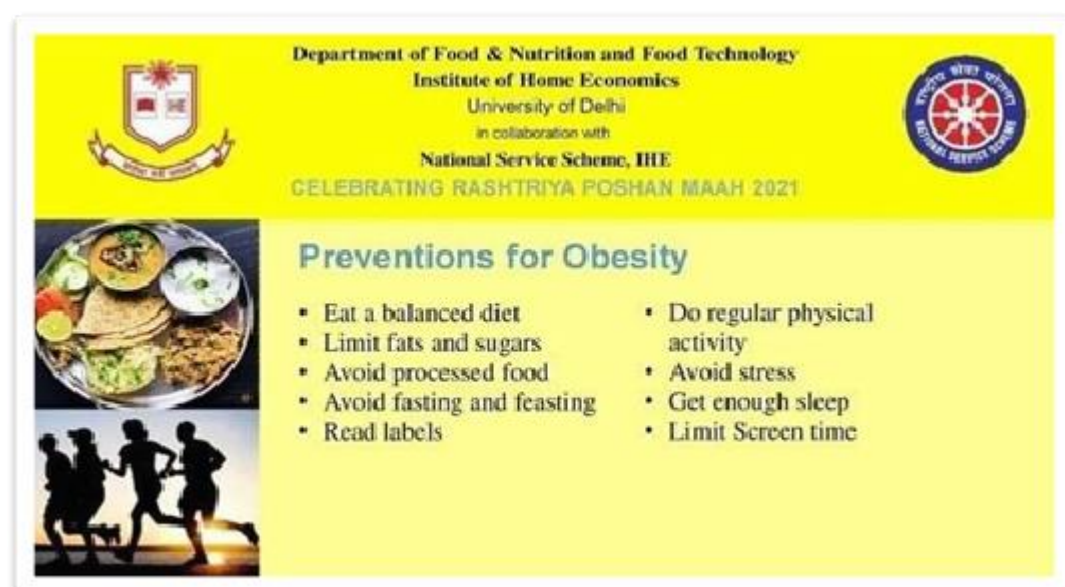
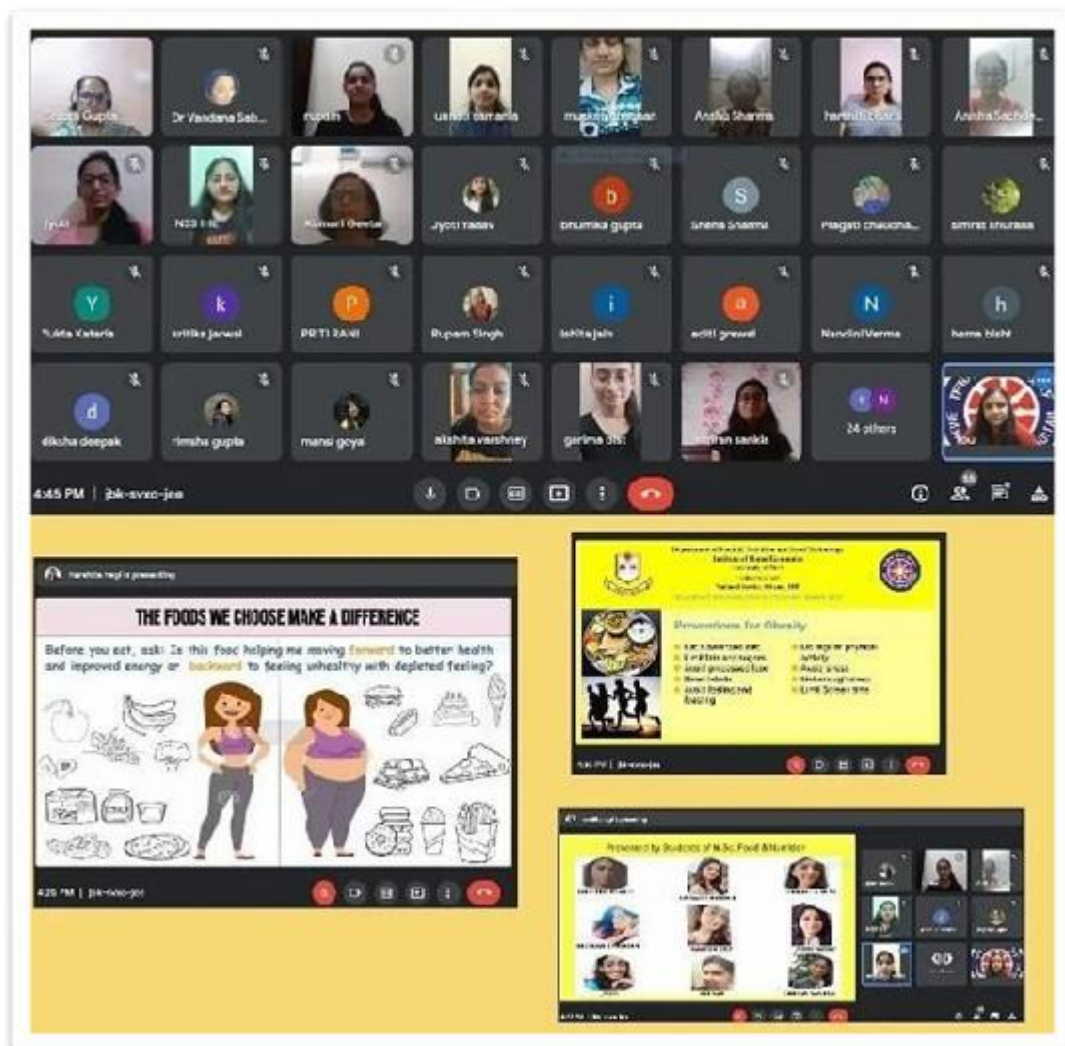
NO. OF HOURS: 2

NO. OF PARTICIPANTS: 55+

Department of Food & Nutrition and Food Technology IHE, DU in collaboration with NSS IHE organized an interactive session on **"Combatting Adolescent Obesity"** as part of National Nutrition Month celebrations.

An unhealthy lifestyle is a poison for our body and mind. Young children and adolescents have fallen prey to inactive lifestyles and unhealthy diets. Obesity is now a major cause of various health issues in children. Volunteers were asked to register through the link to attend the webinar and after attending it they were asked to fill the feedback form while attending it to ensure their presence and collect their certificates.

The session was taken by the students of the Food Tech Department of IHE where they addressed the issue of obesity in adolescents. They also answered various questions asked by the participants related to the topic. The event was a success as volunteers dropped their queries related to obesity, unhealthy food, intermittent fasting, and healthy alternatives. The volunteers got to learn how to combat obesity in simple and efficient ways by making small changes in their lifestyles.



ACTIVITY: Freedom Run
DATE: 24th September, 2021
NO. OF NSS HOURS: 3

NO. OF PARTICIPANTS: 22

NSS IHE organized an offline event “Freedom Run” to celebrate the 75 years of Independence – “Azadi Ka Amrut Mahotsav”. The event started from the Institute of Home Economic’s college premise and finished in the Deer Park, Hauz Khas completing a total distance of 6km.

The volunteers ran with zeal and completed the distance while following precautions. Volunteers also made their online video and submitted it on the <http://fitindia.gov.in/freedom-run-2.0> and collected their certificates for the same.

The event was offline which was different from the other events we had so far, but the willingness of the volunteers made it possible. This event was also an initiative to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety etc. The event was a success and the volunteers also got to step out of their comfort zone.





ACTIVITY: Food Donation Drive

DATE: 28th September, 2021

NO. OF HOURS: 5

NO. OF PARTICIPANTS: 30

To commemorate the National Service Scheme Day, NSS IHE in collaboration with **DADI KI RASOI** by **Anoop Khanna** organized a **FOOD DONATION DRIVE** whose mission is to provide food to marginalized people in this Nutrition month. The motto of NSS is “Not me, but you,” and Dadi Ki Rasoi is one such example of it. The deed of providing food and clothes to the poor at a very low cost so people can buy them without hesitation and shame. This selfless act of community service is what made NSS IHE collaborate with Dadi ki Rasoi.

The event was offline for which the volunteers had to come together to help at Dadi Ki Rasoi, Sector-29 Noida.

Mr. Anoop Khanna showed the volunteers how everything works in the “Dadi ki Rasoi”. He talked about the thought behind his work, which was giving the poor and unprivileged the power of choice. He inspired the volunteers with his words and his social service. The volunteers helped him in distributing the food. The event was a success in motivating the volunteers in community service and learning new things. In a world where people have become self-centered, people like Mr. Anoop Khanna give hope and inspire the young generation to do good for the community. The act of community service is the basis of NSS and the volunteers got an opportunity to experience it.





ACTIVITY: Anti-Tobacco Rally

DATE: 28th September, 2021

NO. OF HOURS: 5

NO. OF PARTICIPANTS: 30

Anti-Tobacco Rally was organized by the NSS unit of Institute of Home Economics, near Sector-29 Noida, on 28th September 2021. The participants in the rally held banners and raised slogans like “Say no to Tobacco.” This was an opportunity for the participants to raise awareness on the harmful and deadly effects of tobacco use, second-hand smoke exposure, and to discourage the use of tobacco in any form.

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 8 million people a year globally. All forms of tobacco are harmful, and there is no safe level of exposure to it.

Through this activity, we aimed to insist that people should choose life and not tobacco. “No Tobacco” should not be limited to one day but should be practiced every day. Engagement of empowered youth in the tobacco awareness campaigns helps create awareness on tobacco control among their peers and community.





ACTIVITY: Slogan Writing Competition

DATE: 30th September 2021

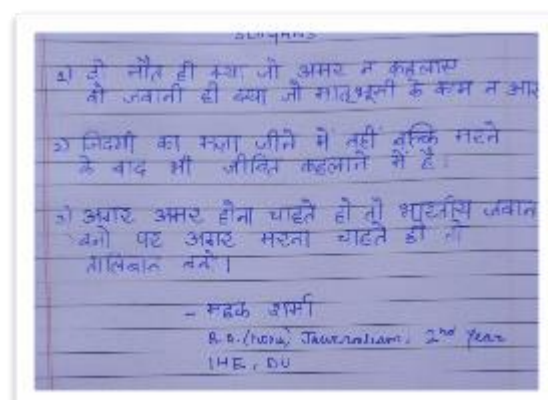
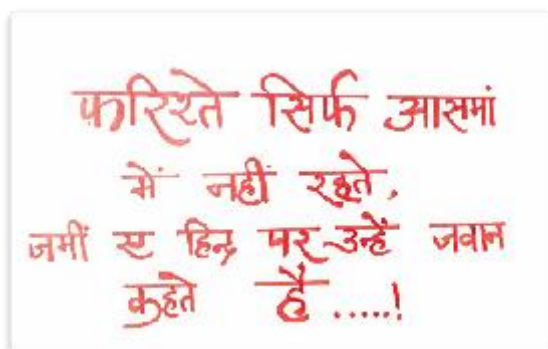
NO OF HOURS: 2

NO. OF PARTICIPANTS: 46

The National Service Scheme of Institute of Home Economics observed the “Aazadi Ka Amrut Mahotsav” and organized an Inter-college Slogan writing competition. The competition was held online and various colleges participated and sent their entries via Google forms.

The theme was “Shaheed-e-Vatan”, in remembrance of all the freedom fighters who fought and sacrificed their lives for the country. The participants were allowed to submit slogans in handwritten or digital poster form in Hindi and English.

This activity brought out the creative sides of the participants. It was a great opportunity to participate and compete in Inter-college competition as it increases the horizon for learning and competing. Some notable slogan from the competition were:



ACTIVITY: Documentary screening and quiz

DATE: 2nd October, 2021

NO. OF HOURS: 2

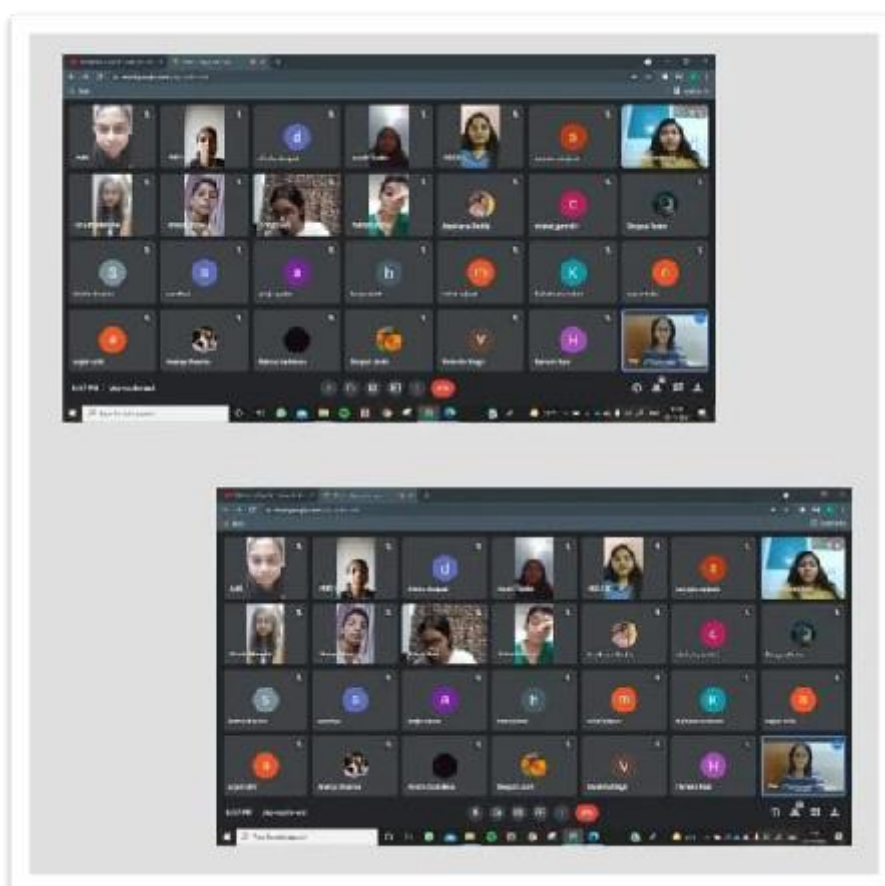
NO. OF PARTICIPANTS: 30

On the occasion of **Gandhi Jayanti**, the National Service Scheme of Institute of Home Economics organized a documentary screening followed by a live quiz. The questions were related to the documentary. Multiple-choice questions were there, and participants had to write the answer in the chatbox.

“**Dying for freedom**” is a documentary based on events before and after Mahatma Gandhi’s assassination. The documentary showed the actuality of all the events that occurred during the independence from the Salt March to the Partition of India. Also, the struggles of the political leaders and the differences in their ideologies. The documentary was very engaging and informative. This 40-minute documentary was thought-provoking in contrast to the current situation in India, where the ideals of Mahatma Gandhi have become limited to the textbook pages.

This event aimed to remind the volunteers of the history behind the independence and honor the memories of Mahatma Gandhi. In conclusion, the event was successful as the volunteers gained knowledge and positively participated in the quiz.

Documentary link: <https://youtu.be/hpZwCRInrgo>



ACTIVITY: World Animal Welfare Day

DATE: 4th October, 2021

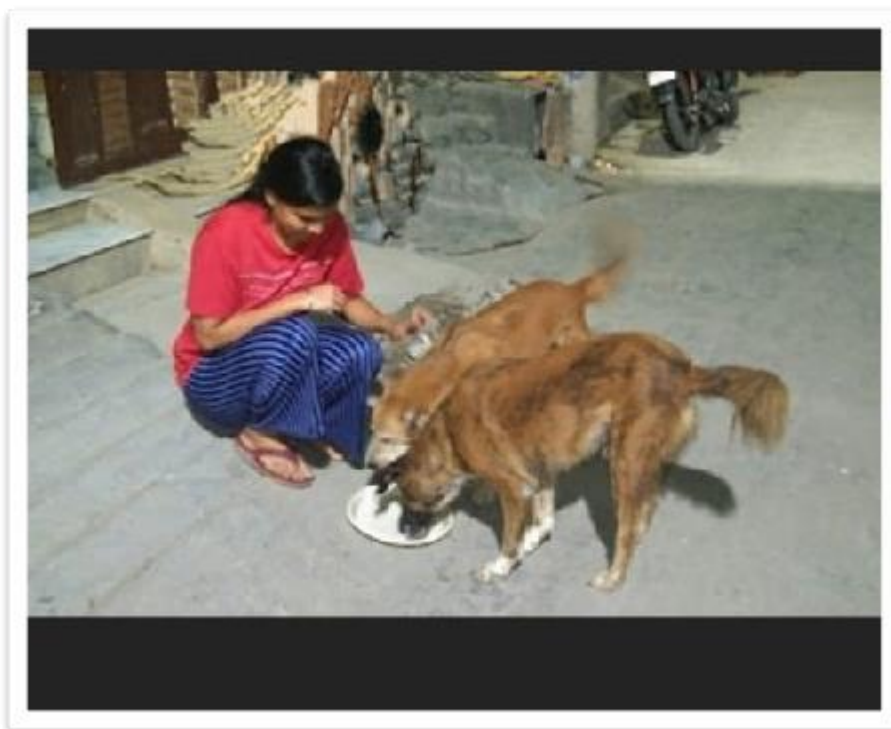
NO. OF HOURS: 3

NO. OF PARTICIPANTS: 40+

World Animal Welfare Day is celebrated every year on 4th October to create awareness about animal rights and animal welfare. National Service Scheme of Institute of Home Economics to commemorate this day organized online activity. For this activity, the volunteers had to feed stray animals. And they had to post the videos and photographs for the same.

Through this activity, we aimed to spread awareness about animal welfare and the importance of the lives of every living creature. The volunteers got to help and feed the helpless animals on the streets and gained more confidence to practice it more often.





ACTIVITY: Clean India Poster Making Competition

DATE: 5th October, 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 40+

National Service Scheme of Institute of Home Economics organized a poster-making competition on the advent of the Clean India Program under the aegis of Azadi Ka Amrut Mahotsav.

The theme for the competition was **Clean India**. The participants showcased their creative and artistic sides. The activity aimed to bring awareness in the minds of the volunteers and also to encourage creativity. The volunteers used their artistic skills to spread awareness about cleanliness and also expressed their views on the Clean India mission. The volunteers successfully participated in the event, and we got to see some great work. Following are some of the posters we received-



ACTIVITY: Mental Health Workshop

DATE: 13th October, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 80+





The NSS Unit of **Institute of Home Economics, Voices Society** of the Institute of Home Economics, and **Aditi Mahavidyalaya** collaborated with **Unbottle Emotions** to celebrate Mental Health. The workshop “**Being with well-being: Pause, Unwind & Reconnect**” by **Juhi Sharma** was an experimental workshop catered to identifying, exploring, and addressing complex and overwhelming emotions.

Various activities were conducted during the workshop by the speaker, which allowed maximum participation by the volunteers. The speaker ensured a safe space for the participants that helped them to open up. The workshop worked as a soothing and stress-free environment that helped the participants learn the importance of mental health. The workshop was a great initiative, a must needed for the students as the transitioning life caused a great deal of mental stress and affected the overall mental well-being.

The workshop was a success as it was highly interactive, and the participants gave positive feedback.



Activity – The 4 pillars in life!



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Activity – The 4 pillars in life!

Health


Relationships

Wealth

Work

Create your toolkit

Healthy



Unhealthy

Create your toolkit

Healthy

Unhealthy

ACTIVITY: Plastic Free Campaign

DATE: 16th October, 2021

NO. OF HOURS: 5

NO. OF PARTICIPANTS: 15

National Service Scheme of Institute of Home Economics in collaboration with **Environment and Community Outreach Committee** and **Eco Club: Prakritik** organized **PLASTIC FREE CAMPAIGN** - A Drive to make Vikas Marg Plastic-free. The volunteers did campaigning and distributed handouts in **Vikas Marg** to create awareness about plastic threats and their substitutes. Plastic waste is a major contributor to pollution. The alarming rise in climate change is the result of negligence towards plastic waste. Strict actions are needed, and this event aimed to educate and raise awareness among the people to reduce or end the usage of plastic.

The event was successful as the volunteers were able to educate the residents and shopkeepers about the harmful effects of plastics and the eco-friendly alternatives for it.





ACTIVITY: Clean India Webinar

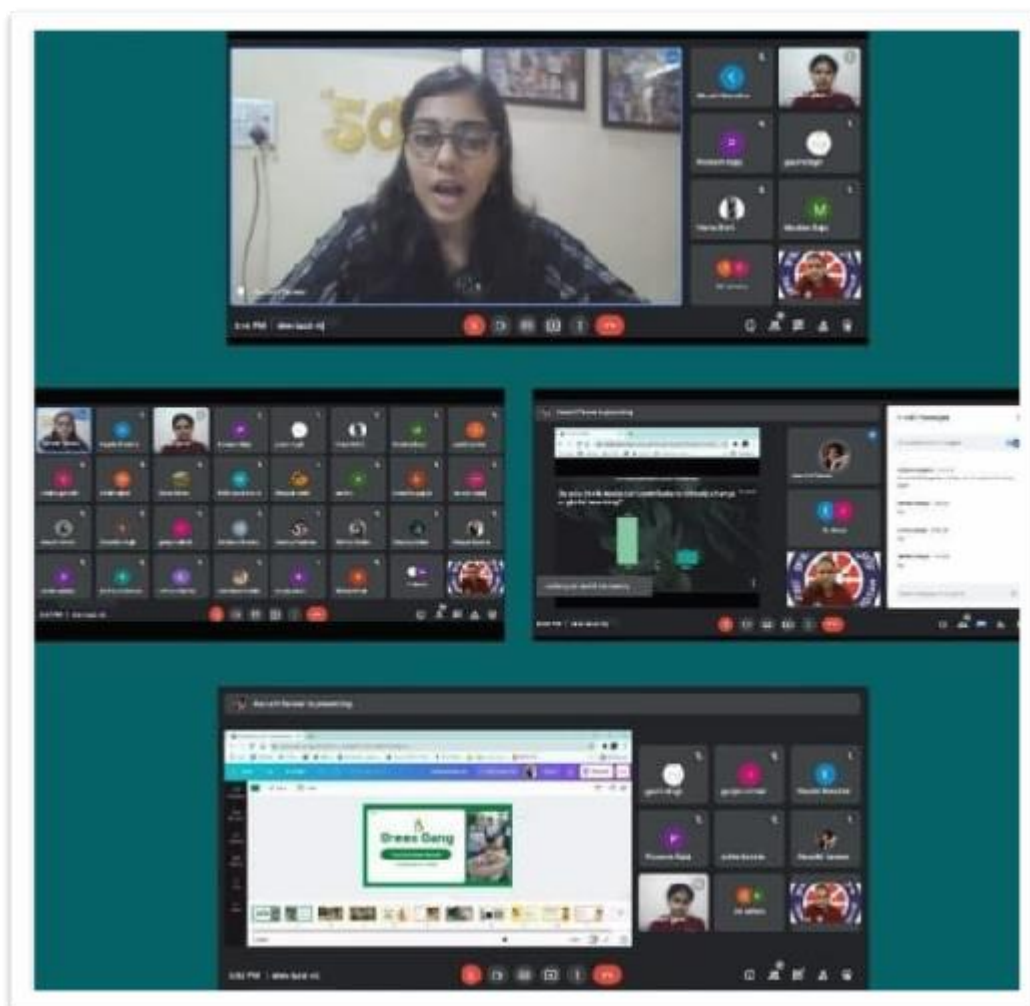
DATE: 17th October, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 44

National Service Scheme of Institute of Home Economics organized a webinar on Clean India. The session was conducted by **Aarushi Tanwar**, co-founder of **Green Gang in Faridabad**, and **Darsh Vatsa**, organizing coordinator at **ResistTwo** from Delhi. Both the speakers are youth representatives who are working in the field of conserving the environment. Aarushi Tanwar addressed the current waste situation in India. The speaker shared her journey of building a community that is now working to change the waste sector. Her work involves educating people about WASTE through advocacy and community engagement. She talked about waste segregation and how it can reduce waste. She also discussed steps an individual can take to reduce waste. Darsh Vatsa, the second speaker for the day, also addressed the issue of plastic waste. He shared a short video that showed how the increasing plastic waste affects the developing countries that are inadequate in managing the waste. The speakers urged the participants to do their bit in fighting against climate change through waste management.

The session was successful in inspiring the participants to work for the betterment of the environment. The participants got to educate themselves and be more aware of the work youth in our community are doing. It was a great learning session as it was very informative.



ACTIVITY: Cloth Pad and Menstrual Cups workshop

DATE: 20th October, 2021

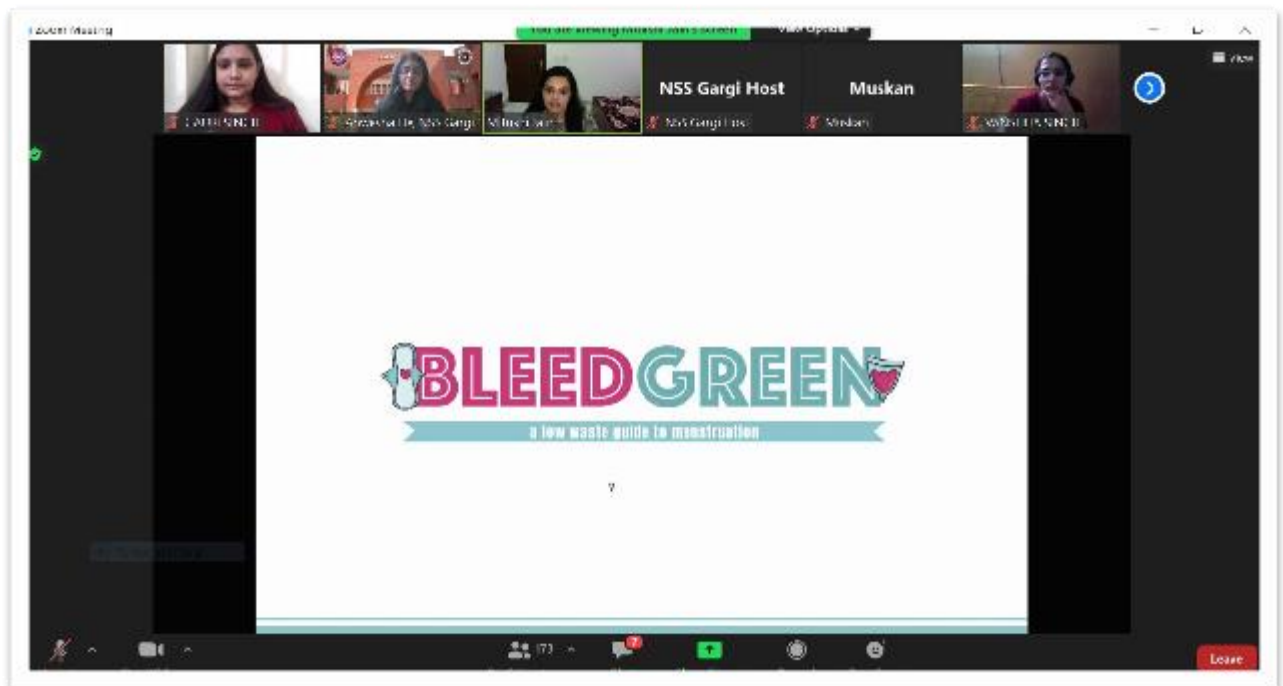
NO. OF HOURS: 2

NO. OF PARTICIPANTS: 100+

National Service Scheme of Institute of Home Economics collaborated with **BleedGreen** and **NSS Gargi** to organize an awareness workshop on Cloth pads and Menstrual Cups on the advent of **International Girl Child Day**. The speaker for the event was **Ms. Mitushi Jain**, the founder of Bleedgreen and a Menstrual health educator. International Girl Child Day focuses on the need to address and promote girl empowerment and their human rights. This workshop was a great initiative to educate all the volunteers and celebrate their womanhood.

The speaker demonstrated the use of cloth pads and the menstrual cup. She also educated the participants on the benefit of these products and how cost-effective and environment-friendly they are. She answered the various queries of the participants throughout the session. The volunteers were able to learn how to use a menstrual cup and the cloth pad.

The workshop was a success as it was informative, interactive, and thought-provoking. It was a very beneficial workshop for the participants, and there was great feedback from everyone.



ACTIVITY: Webinar on Cancer Prevention & Palliative Care

DATE: 25th October, 2021

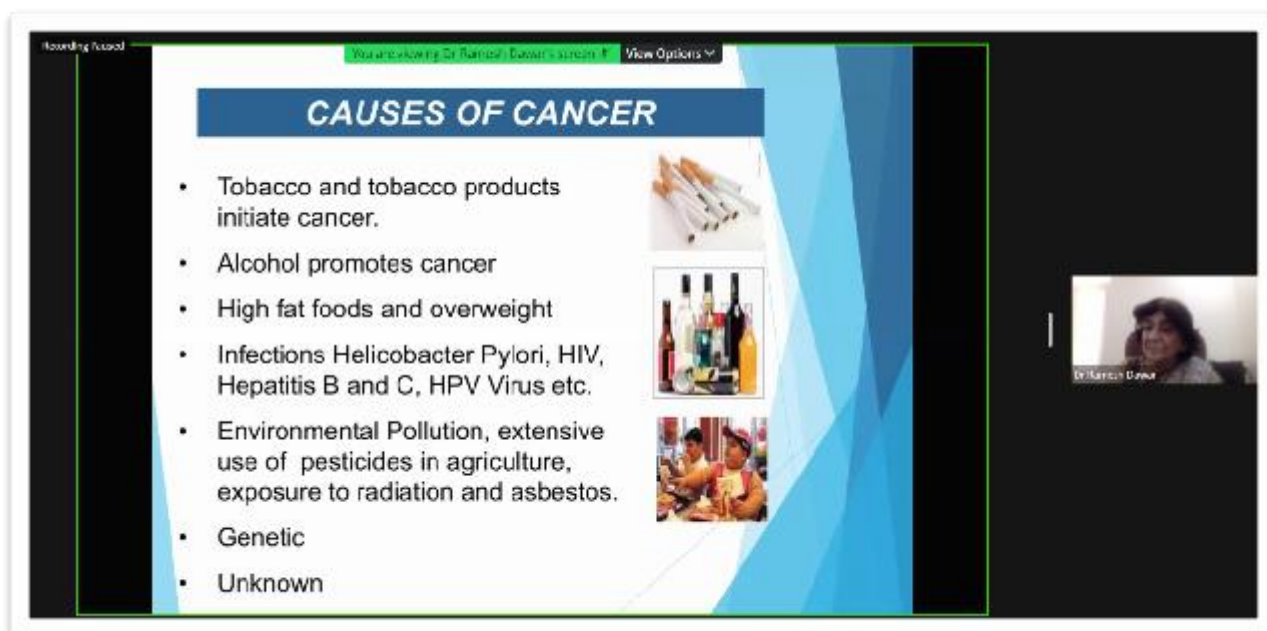
NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40+

Cancer is a lethal disease spreading worldwide, and its prevention is the practice of taking active measures to decrease the incidence and mortality. **Dharmashila Cancer Foundation and Research Center**, in collaboration with the NSS unit of Institute of Home Economics, organized a webinar on “**Cancer Prevention – A Palliative Care.**” The speakers for the webinar were **(Prof.) Dr. Ramesh Dawar**, Vice President, DCFRC, and **Dr. Pragya Singh**, Senior Manager- Projects, DCFRC.

Dr. Ramesh Dawar addressed the various causes and measures to prevent cancer. She also talked about the different types of cancer and how life-threatening they can be. She shared important information regarding the various tests for the early detection of cancer in the body. Our unit consists of women volunteers, so she provided in-depth knowledge of the symptoms one needs to acknowledge for early detection of cancer cells in females. **Dr. Pragya Singh** elucidated on Palliative Care and the emotional dimension of chronic conditions. The incidence of cancer and other diseases is rising rapidly due to changing lifestyles and, it is estimated that by 2035 about 54 lakhs people will require Palliative Care. The talk on Palliative Care was crucial to raise awareness and educate more people about this field of work.

The webinar shed light on various aspects of cancer that the volunteers were unaware of before the session. It was a success in providing knowledge and awareness to all the participants.





Recording Paused You are viewing Dr. Ramesh Datta's screen. View Options

TYPES OF CANCER PREVENTION

- **PRIMARY PREVENTION**
 - Means that we should not get cancer.
- **SECONDARY PREVENTION**
 - Even if we get cancerWe should not suffer...We should not die
- **TERTIARY PREVENTION**
 - To reduce suffering and disability

PREVENTION

Why are we talking about Palliative Care?

- Incidence of cancer and other diseases is rising rapidly due to changing lifestyles and increased longevity.
- India detects 12 lakh new cases of cancer every year and out of those 8.5 lakhs cases are diagnosed in advanced stages, when cure is not possible.
- Post COVID – 19 problems seen recently add to the need of long term symptomatic care.
- By the year 2035 about 54 lakhs people will require Palliative Care.



ACTIVITY: Online Inter–College Slogan Writing Competition**DATE: 25th October, 2021****NO. OF HOURS: 2****NO. OF PARTICIPANTS: 21**

Azadi ka Amrut Mahotsav is an embodiment of all that is progressing about India's socio-cultural, political, and economic identity. To glorify this National Service Scheme of Institute of Home Economics conducted an **Online Inter-college slogan writing competition**. The topics were-

1. Aatmanirbhar Bharat
2. Digital India

Students from various educational institutions participated in the competitions. The slogan writing competition had a total of 21 entries from various participants, showcasing their writing talents. The objective of this event was to promote the idea of productivity and the significance of self-reliance among the volunteers. The slogans were assessed on the basis of relevance to theme, design, implementation to solution and creativity.

E-certificates were given to all the participants.

The winning slogans were:

ACTIVITY: Cyclothon: Virtual Cycle Rally**DATE: 25th October 2021 -28th October 2021****NO. OF HOURS: 4****NO. OF PARTICIPANTS: 40**

To celebrate 75 years of India's Independence under the aegis of **Azadi Ka Amrut Mahotsav**, the National Service Scheme of the Institute of Home Economics organized **Virtual Cycle Rally**.

Instructions to be followed by the volunteer:

1. Participants had to dress up in sportswear.
2. To be attempted during the specified schedule.
3. A poster with Azadi ka Amrut Mahotsav written in front of their cycle,
along with an Indian Flag.
4. A 30-second video of them cycling along with pictures.
5. Participants had to click photographs around any monuments (if nearby).
6. Encourage family members and friends to join in this virtual event.
7. Avoid public gatherings and cycling in crowded areas.
8. Follow the Covid-guidelines.

The event aimed to inspire the volunteers to come forward and pedal together to celebrate 75 years of Independence. Through this, we hoped to promote a Self-reliant India. It also motivated the volunteers to learn a new activity. It turned out to be a fun activity as the volunteers encouraged their family members and friends to take part with them.

E-certificates were given to all the participants.





ACTIVITY: Integrity Pledge

DATE: 29th October 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 22

Vigilance Awareness Week is observed from **26 October 2021 to 01 November 2021** every year. To encourage stakeholders to collectively participate in the prevention and fight against corruption from all spheres of its activities. To celebrate this **National Service Scheme of Institute of Home Economics** began the week by organizing an **online Integrity Pledge** ceremony.

Gauri Singh, General Secretary NSS IHE, gave an overview of Vigilance Awareness week followed by the pledge-taking ceremony.

Integrity Pledge for Citizens-

I believe that corruption has been one of the major obstacles to economic, political and social progress of our country. I believe that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption.

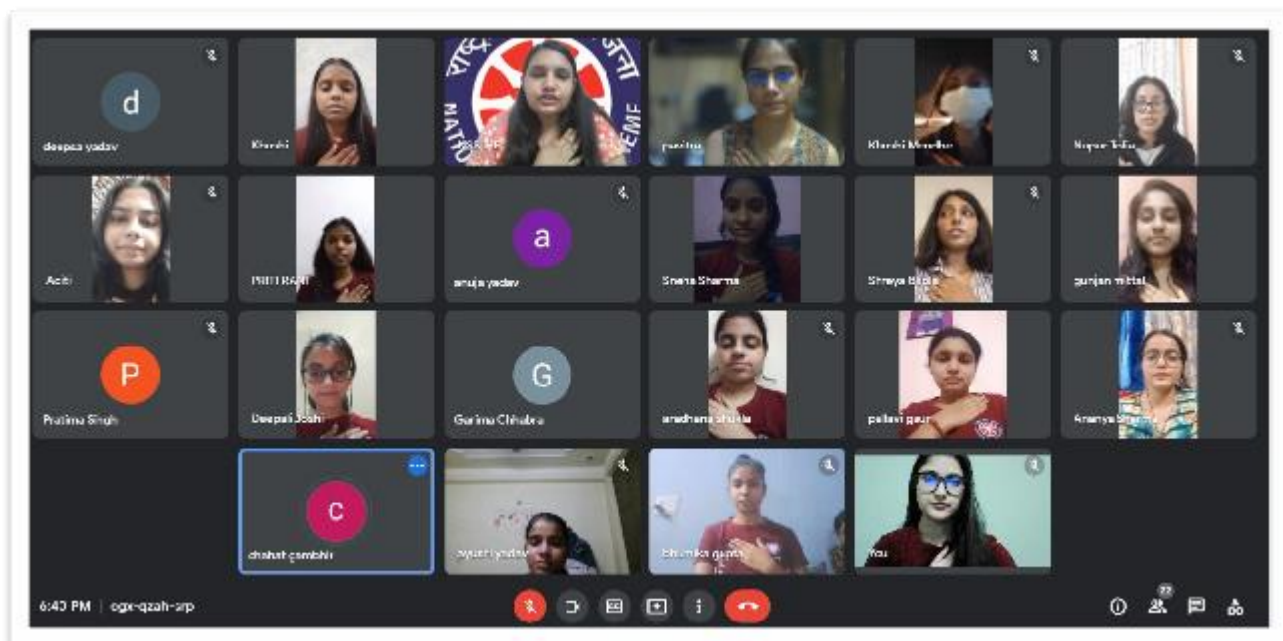
I realize that every citizen should be vigilant and commit to highest standards of honesty and integrity at all times and support the fight against corruption.

I, therefore, pledge:

- To follow probity and rule of law in all walks of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;

- To act in public interest;
- To lead by example exhibiting integrity in personal behavior;
- To report any incident of corruption to the appropriate agency.

Through this, the volunteers pledged to be vigilant and fight corruption by contributing on an individual level. And become a responsible citizen by working for the betterment of the country.



ACTIVITY: Plog Run

DATE: 30th October 2021

NO. OF HOURS: 4

NO. OF PARTICIPANTS: 15

On 30th October 2021, to commemorate the **Clean India campaign** launched by the Indian government, the **National Service Scheme** of the **Institute of Home Economics** organized **Plog run**. Plogging involves picking up plastics and other wastes from the surrounding while jogging. The Clean India mission aims to achieve universal sanitation coverage and to encourage hygienic sanitation practice. The activity encouraged staying fit while keeping the country clean.

The event took place in **Mayfair Garden, Hauz Khas**, at 11 am where the volunteers were given trash bags necessary for the run. They collected plastic scraps and other waste from the surroundings. Through this, we aimed at spreading awareness about plastic pollution and encouraging a plastic-free lifestyle.

Some glimpse of the event -



ACTIVITY: Vigilance Awareness Week Webinar

DATE: 31st October 2021

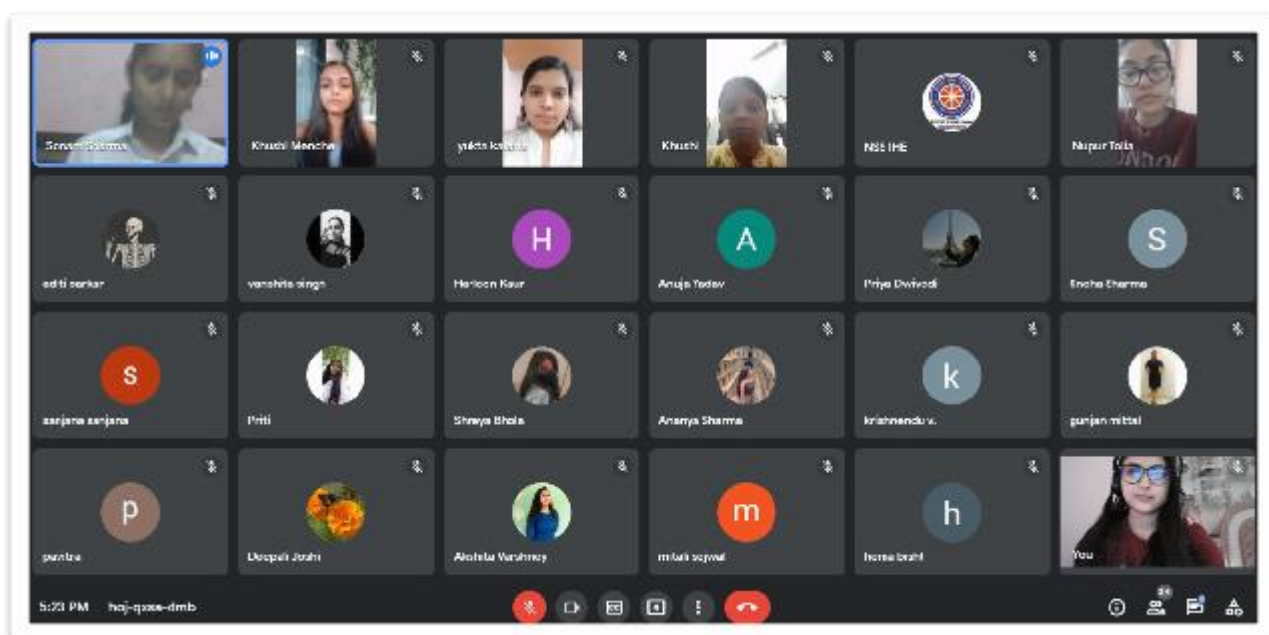
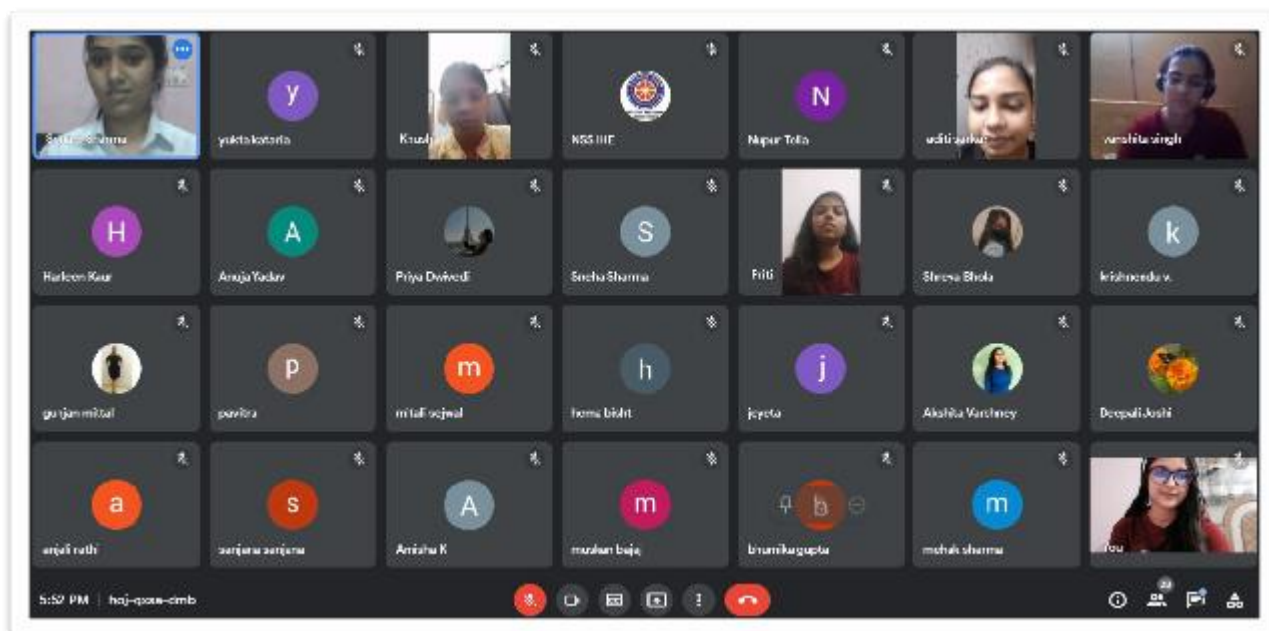
NO. OF HOURS: 2

NO. OF PARTICIPANTS: 28

Vigilance Awareness Week is celebrated every year in the birthday week of **Sardar Vallabhbhai Patel**. Born on October 31st, he is hailed as a man of high integrity and honesty. The purpose of celebrating this week is to generate awareness in public at large about the ill effects of corruption. By promoting integrity, transparency and accountability in public life.

To mark this week **National Service Scheme** of **Institute of Home Economics** organized a webinar on "**Independent India @75: Self Reliance with Integrity**". The Guest Speaker was **Adv. Sonam Sharma**, a practicing lawyer in Delhi.

She discussed the various laws with respect to corruption and how as a citizen one should know their rights. The session was very informative and interactive. The speaker made sure that the session was understandable for the volunteers and accordingly used simple terms. The volunteers were surely more aware of the topic by the end of the session which made it a success. As we aimed to raise awareness and provide knowledge through this webinar.



ACTIVITY: Online Pledge

DATE: 31st October 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 22

October 31st is observed across the country as Rashtriya Ekta Diwas (National Unity Day) to commemorate the birth anniversary of Sardar Vallabhbhai Patel. It is a special occasion to foster and

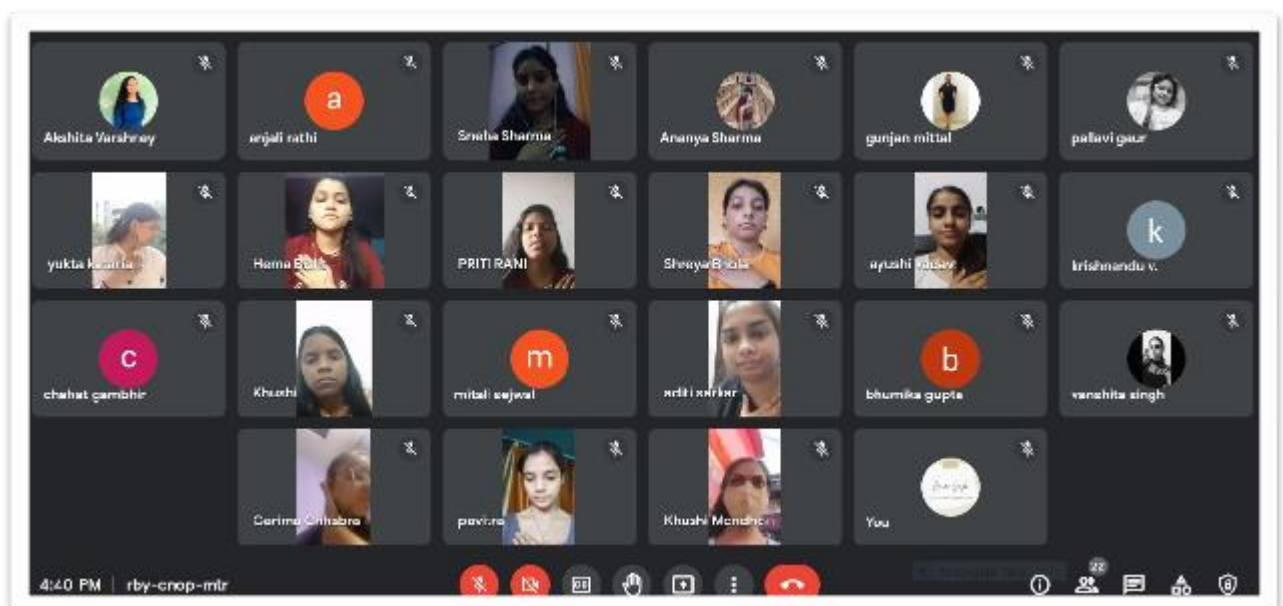
reinforce our dedication to preserve and strengthen the unity, integrity, and security of our nation, by reinforcing the value of a strong and united India.

To mark this day National Service Scheme of the Institute of Home Economics organized an online Pledge taking ceremony.

RASHTRIYA EKTA DIWAS PLEDGE:

I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.

Through this, the volunteers pledged to uphold the unity and integrity of the nation.



ACTIVITY: Online Elocution Competition

DATE: 1st November, 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 30

India has completed its 74 years of independence and has a long journey ahead. To maintain peace, harmony, and brotherhood amongst all, integrity and unity must be established. These will develop a feeling of self-reliance and will overall contribute to the betterment of the nation.

On the occasion of **Vigilance Awareness Week**, the National Service Scheme of the Institute of Home Economics organized an Online Elocution Competition on the topic **Independent India @75: Self Reliance with integrity**.

Volunteers had to record max. 2-minute video of themselves speaking on the topic. The content had to be self-composed, and plagiarism was strictly prohibited which could lead to 0 hours. Both Hindi and English language was allowed.

The participants were judged on articulation, delivery & style, diction, and content of the speech. Intellectual development of the volunteers as well as providing a platform for them to express their opinions was the main purpose of this competition. E-certificates were given to all the participants.



ACTIVITY: Green cracker**DATE: 3rd November 2021****NO. OF HOURS: 2****NO. OF PARTICIPANTS: 44**

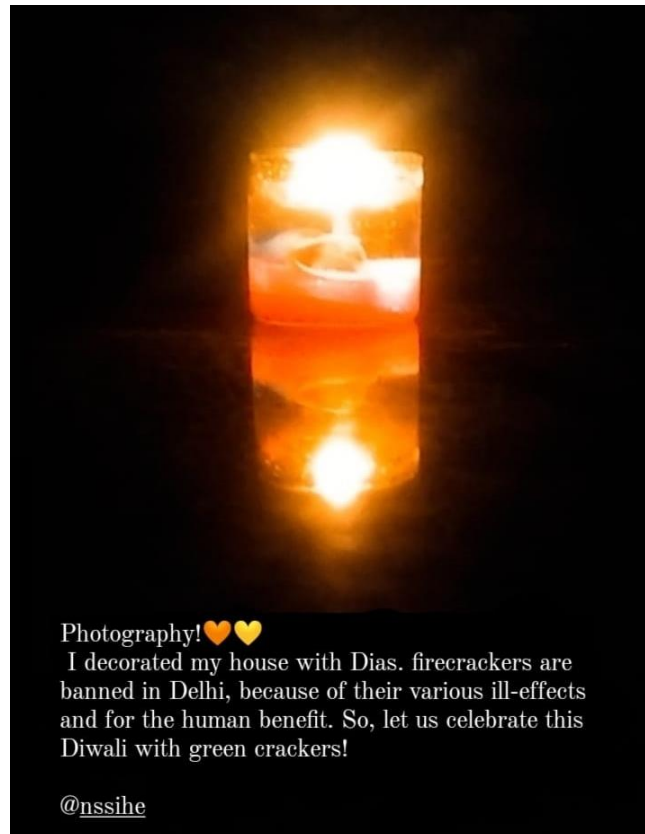
Green crackers are an eco-friendly alternative to harmful crackers, manufactured to leave a lesser impact on the environment and pose lesser health risks. The celebration of Diwali often results in a large amount of air pollution and health risks. To curb the ill effects, awareness about Green crackers and eco-friendly Diwali is necessary.

National Service Scheme of Institute of Home Economics organized a TALENT SHOW in which the volunteers showcased their inner talent by creatively raising awareness in the society. And to tell us why one should substitute from Harmful Crackers to Green ones. The entries were to be posted on google classroom. Plagiarism was prohibited and, the Hindi/ English languages were allowed.

For this activity, volunteers spread their message via slogans, articles, posters, drawings, DIYs, poetry, stories, grassroots comics, etc.

Through this activity we aimed at promoting the use of green crackers and raise awareness about celebrating festivals in eco-friendly manner.





ACTIVITY: Happiness Drive

DATE: 5th November 2021

NO. OF HOURS: 3

NO. OF PARTICIPANTS: 44

Diwali is a festival that brings people together. The festival of light that enlightens the hearts and brings joy was celebrated virtually by the National Service Scheme of the Institute of Home Economics. A happiness drive was organized for the volunteers to share this occasion by helping the needy.

Millions of people spend their lives on the streets. Many suffer due to extreme weather changes. Through this happiness drive, we tried to benefit these people by spreading some warmth in their lives.

The event was on an individual basis, the volunteers had to donate items such as old warm clothes, toys, blankets along with homemade snacks and a wishing card. Pictures of the same had to be uploaded on google classroom.

Through this activity, we aimed to spread happiness in the form of warm clothes and snacks.



ACTIVITY: Potters ki Diwali**DATE: 5th November, 2021****NO. OF HOURS: 2****NO. OF PARTICIPANTS: 44**

Diwali is synonymous with lights and diyas. The little earthen lamps are not just sources of light, they represent hope, positivity. But they are also a source of livelihood for the potter community. For convenience, we all switch to cheap candles and electric lights and forget the beauty and positivity that earthen lamps bring to our life. Since COVID-19 impacted everyone in so many ways, this Diwali we wanted to make sure every human out there gets to celebrate this day.

To mark this step, the National Service Scheme of IHE celebrated Potters Ki Diwali to promote the local products and encourage the business of these street sellers. Along with celebrating an eco-friendly Diwali. The volunteers purchased the earthen lamps from the street sellers instead of metal ones and posted pictures before and after lighting them.

Through this activity, we wanted to support the Potter community and spread awareness about the importance of promoting local goods.





ACTIVITY: Nadi ko Jano Webinar

DATE: 13th November, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 40

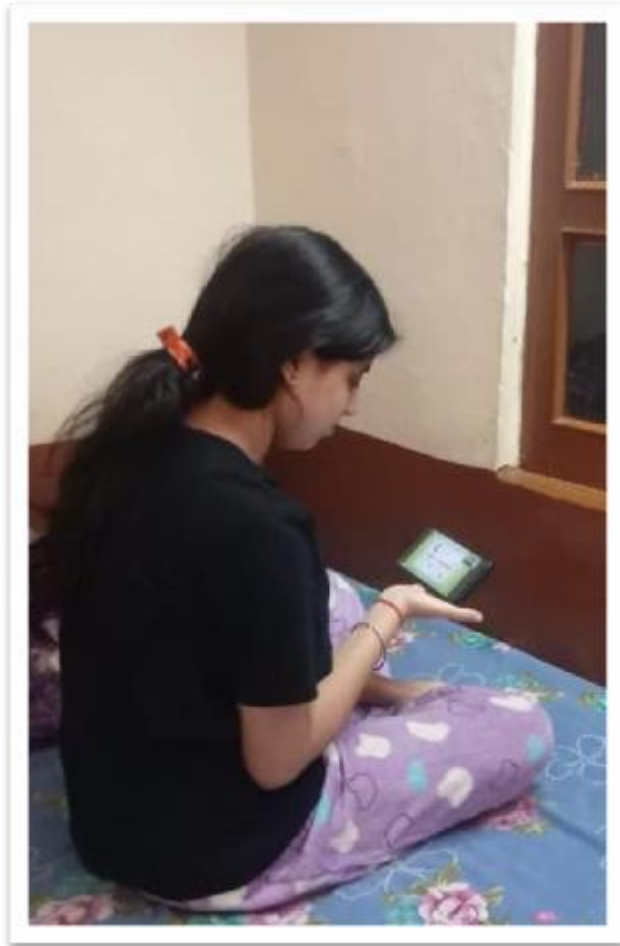
The RFRF organized a nationwide campaign called "Nadi Ko Jano" to crowdsource real-time river data. The campaign was launched by Education Minister Dharmendra Pradhan, on the occasion of Vyasa Pooja. The initiative focuses on river mapping, which can be beneficial to the national policymaker.

On behalf of this, the NSS Unit of the Institute of Home Economics encouraged volunteers to participate in the event by registering themselves for the same. To answer the various queries related to the campaign a webinar was organized. The speaker for this event was Aakash Upadhyay, who explained the step-by-step process of registering and submitting the data. He also helped the participants with the various problems they were facing.

The webinar provided important information about the campaign that helped the participants with better knowledge about it.

The registration link –

<https://conferencebsm.com/nkj/HomePage.aspx>



ACTIVITY: Diversity in India

DATE: 19th November, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 42

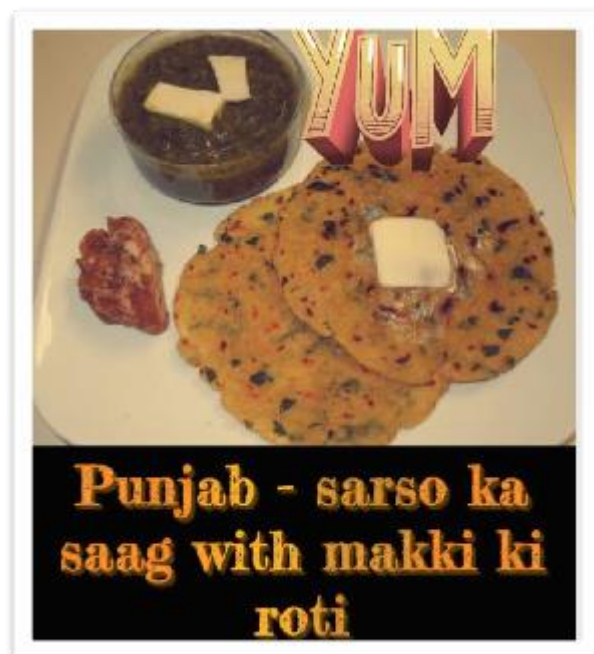
Diverse land, diverse language, diverse food, diverse culture, this diversity is what unifies our nation. Diversity refers to the reality created by individuals and groups with the concept of acceptance and respect.

The National Integration Week is observed all over India from **19th -25th November** with a view to foster and reinforce the spirit of Communal harmony, national integration and pride in vibrant, composite culture and nationhood

To embrace the diversity of our nation on the occasion of **Quami Ekta Diwas, National Service Scheme** of **IHE** organized an online activity where volunteers showcased the cultural diversity of our country. By presenting it creatively in the form of traditional costumes, popular dishes, and all kind of activities that represent the culture of their region.

The volunteers had to submit their entries on Google Classroom by 20th November 2021, 7pm.

Through this activity we wanted to spread the message that even if we belong to different region, religion, or speak different language we all belong to one nation.



ACTIVITY: Women's Day

DATE: 25th November, 2021

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 44

The National Integration Day is observed on 19th November to mark the birth anniversary of Late Indira Gandhi, the 1st female Prime Minister of India.

The 6th day of QUAMI EKTA WEEK on 24th November is celebrated as WOMEN'S DAY.

Women's Day is observed to acknowledge women and gives them a chance to express their thoughts and emotions and show their skills to the world so they can prove that they are not made to stand behind men. This day focuses on the importance of Women in Indian Society and their role in nation-building.

So, to glorify this day National Service Scheme of the Institute of Home Economics organized online activity. The Volunteers posted pictures of a woman from their family who inspired them with a short note describing why they chose them.

Through this activity, we wanted to empower our female volunteers. And give them a platform to share with us the strong females that are the true representation of our country.

My inspiration my sister.....

When it comes to inspiration ,i admire my elder sister for that she inspire me a lot in every way .She is such a hardworking girl ,with her studies she manage to maintain the household responsibilities and her social life also .she used to study whole day and night and because of her hard work now she has become a lawyer .she always teach me how to behave when someone come to our house and encourage me to talk to everyone .she is such a simple girl with a beautiful smile .she treat me like a kid .



My inspiration is my MOM ♥

ACTIVITY: Preamble Reading

DATE: 26th November, 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 45

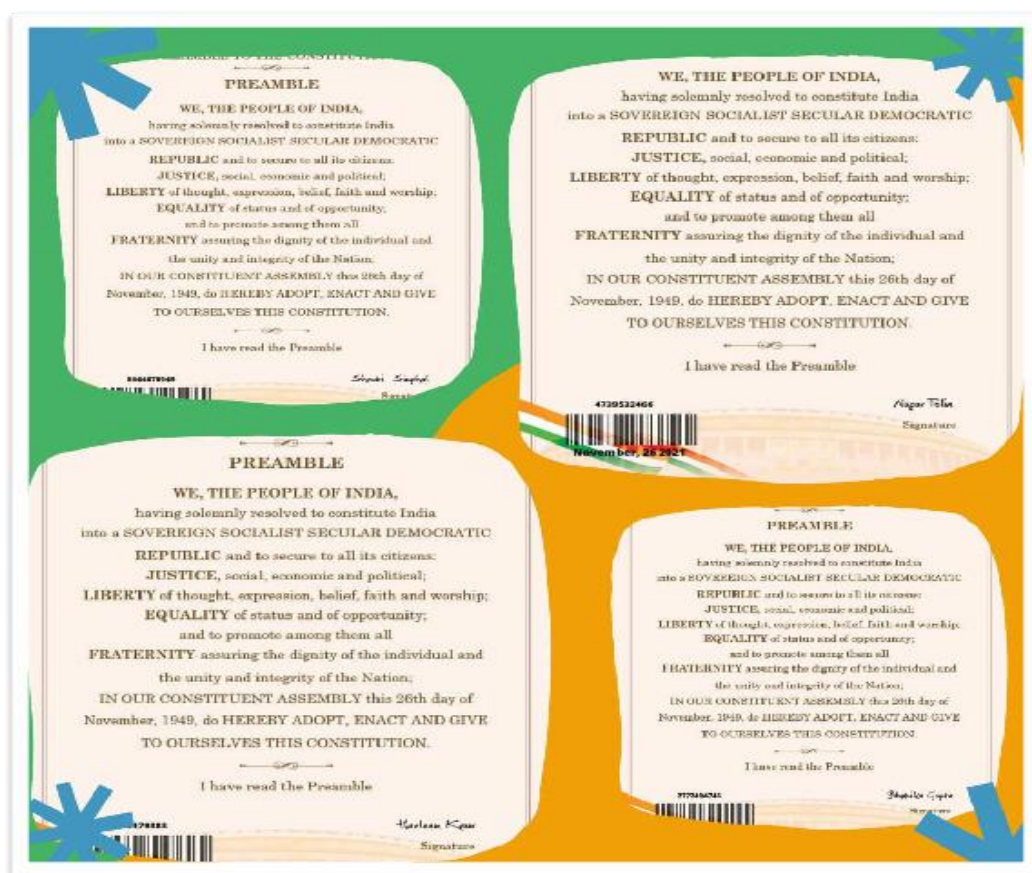
Constitution Day, also known as Samvidhan Divas, is celebrated on 26th November every year to commemorate the adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January 1950. The Ministry of Social Justice and Empowerment on 19th November 2015 notified the decision of the Government of India to celebrate the 26th day of November every year as 'Constitution Day' to promote Constitution values among citizens.

As part of the Samvidhan Diwas celebration under the aegis of Azadi ka Amrut Mahotsav, the National Service Scheme of the Institute of Home Economics organized Read the Preamble activity. The volunteers had to read the Preamble and then download their certificates from the given government portal and post it on google classroom. This activity was held to create awareness regarding the importance of protecting the Constitution.

The event was a success in making the volunteers aware of our Constitution. Along with instilling the values of acknowledging and respecting the Constitution.

Link for the portal-

<http://readpreamble.nic.in/>



ACTIVITY: Online Constitution Quiz

DATE: 26th November, 2021

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 45

To celebrate Constitution Day, the National Service Scheme of the Institute of Home Economics encouraged the volunteers to take part in the online quiz held by the Government of India.

The quiz was organized to aware the participants of the Preamble to the Constitution, Fundamental Rights and Duties, Directive Principles of State Policy. This helped in familiarizing participants with the history of the making of our Constitution and the eminent people involved in its making. The event aimed at preparing our future generations committed to Constitutional values, and nurturing democratic principles. The quiz also encouraged the participants to engage creatively in many more activities to understand the significance of Constitution day.

The volunteers had to post the screenshot and a picture of them taking the quiz on the google classroom to mark their presence. The event was a success as the volunteers were able to become a part of this great initiative.

Link for the quiz –

<https://quiz.mygov.in/quiz/constitution-quiz-2021-22/>



ACTIVITY: UNITY IN CREATIVITY

DATE: 21st November, 2021

NO. OF PARTICIPANTS: 42

Under the aegis of **Azadi ka Amrit Mahotsav**, the government of India launched various activities and events for the citizen to participate in to bring change at the local level that will add up to significant national gains. **Unity in creativity** is a competition launched by the Union Ministry of Culture as part of Azadi ka Amrit Mahotsav celebrations. The competition is for children above ten years to provide the opportunity to rekindle pride in India's collective identity through creativity.

The **National Service Scheme of the Institute of Home Economics** encouraged all its volunteers to take part in any three competitions or events. The event consisted of various competitions like quizzes, poetry writing, preamble reading, rangoli making, etc.

The volunteers mostly participated in competitions such as **Quiz on Elimination of violence against women, Space quiz, suggestions over the Elimination of Violence against Women, Constitution day quiz, Rangoli making**, etc. The volunteers had to participate and then submit their E-certificates on google classroom.

These events helped the volunteers be a part of the 21st-century vision of India and contribute towards change while gaining knowledge for the same. The activities inspired the participants to take pride in the traditions and cultures of different regions and acknowledge the beauty of diverse India.

Link –

<https://amritmahotsav.mygov.in/events>







ACTIVITY: ESSAY WRITING

DATE: 18th DECEMBER, 2021

NO. OF PARTICIPANTS: 45

Ministry of Youth Affairs & Sports, Government of India is organizing the **25th National Youth Festival** in Puducherry from 12th-16th January 2022.

For this event, the Ministry has asked the NSS volunteers to submit a write-up on the following topics either in English or Hindi, with a minimum of 300 words each.

(i) India of My Dream-Vision @2047 (Mere Sapno ka Bharat @ 2047)

(ii) Unsung Local Heroes of Freedom Movement (Sawtantarta Andolan ke gumnaam Nayak)

The write-up on the topics may be exhibited after proper and strict scrutiny during the National Youth Festival and may be sent to PMO before the final display.

In this regard, the **National Service Scheme of Institute of Home Economics** instructed the NSS Volunteers to participate in this activity. The write-up was not supposed to be more than 300 words in the Ms-word file with the name, class, Institution name, mobile number, and email ID on top. The write-ups had to be submitted before 3:00 pm **19 December 2021** in the google classroom. No handwritten write-ups were allowed, only typed matter in word and pdf format.

This activity provided a platform for the volunteers to express their views and share their knowledge with others. It also provided an opportunity for the volunteers to showcase their vision for modern India at National Youth Festival.

Some of the write-ups by our volunteers-

स्वतंत्रता आंदोलन के गुमनाम नायक

- हमारे भारत देश को 15 अगस्त 1947 के दिन अंग्रेजों की गुप्तता से आजादी मिली थी। यह आजादी हमें आसनों से नहीं मिली थी बल्कि इतने लिए बहुत से स्वतंत्रता सेनानियों ने अजस्र प्राण त्यागकर दिया था।
- आज उनकी ही कुमनीयों के कारण इन सन में आजाद भारत में जन्म लिया है। भारत को आजाद करने में बहुत से क्रांतिकारियों के योगदान थे। जिनमें से कुछ लोग नाम हैं जैसे कि महात्मा गांधी जी, सुभाषचंद्र बोस जी, जवाहर आजाद जी, भगत सिंह जी, पंडित जवाहरलाल नेहरू जी आदि के बारे में तो हमने बहुत कुछ जितानों में या कहानियों में सुना है परन्तु कुछ ऐसी ही गुमनाम नायक हमारे देश में हुए हैं जिनकी गांधीय दृष्टिकोण के पन्नों में कहीं दख नहीं बढ़े हैं।
- आज देश की भावी पीढ़ी को देश के संतुष्टी सुनिश्चित को जानने की आवश्यकता है। आज हम भारत की स्वतंत्रता के 75 वें वर्ष का जन्म मनावने के लिए हम सभी भारतीय ऐसे गुमनाम नायकों को ध्यान में लाने हुए हैं जिनकी स्वतंत्रता के जीवन महत्वपूर्ण भूमिका निभाई थी।
- उनमें से कई ऐसे स्वतंत्रता सेनानी हैं जिनका नाम आज की पीढ़ी के युवाओं को लक्ष्य नहीं है। तभी है जबकि ये गुमनाम नायकों ने स्वतंत्रता संग्राम में महान योगदान दिया था।
- भारत की स्वतंत्रता के 75 वर्ष का जन्म मनावने के लिए गुमनाम नायकों के योगदान में उजागर करना हम सभी के लिए बहुत ज़रूरी है।
- कुछ गुमनाम स्वतंत्रता सेनानी हैं : उत्तामकर दत्त, दुखरी बाता देवी, सतीशचंद्र सन्यास, गान्धी बाता देवी, जिन जल बुद्धि बिहारी दास, मल्लिकार्जुन जयरा, बंदर गान्धी दास, सुदीपन बोस, कोलकाता बाता, मल्लिकार्जुन

सेन, बसंत कुमार विद्यास, पारल मुशनी, मोतीलाल बापू, कन्हैयालाल दत्त, ताकनाथ दास, अकाल आसक अली, जयमी सहगल, विवेक सिंह, बनकालता बल्लभ आदि स्वतंत्रता सेनानी थे जो कि इतिहास के पन्नों में आज कहीं नहीं से गए हैं।

- हमारे युवा पीढ़ी को इन स्वतंत्रता सेनानियों के बारे में अधिक जानने का प्रयास करना होगा एवं सरकार को इन सभी गुमनाम वीरों और उनके जीवन की गाथाओं को पुस्तकें तथा डॉक्यूमेंट्री बनकर या संग्रहितियों के माध्यम से देश के लोगों के सामने लाने की आवश्यकता है।
- आज गुमनाम नायकों की शीता के गुण गांधी साहब पीढ़ी को उनकी जीत गांधी से परिचित कराए

India of My Dream-Vision@ 2047

Our country India turned out to be liberated from the subjugation of 200 years of British on fifteenth August 1947. Freedom is going to finish 75 years. Following 25 years, in the year 2047, it will be a long time since the nation got freedom. The coming 25 years are the Amrit Kaal for the country. Albeit the nation is on the way to nonstop advancement throughout the previous 75 years, however in the coming 25 years, we Indians should become as amazing as we were at another time. As in the year 2047, we need to set an objective that after finishing 100 years of autonomy, where do we see India. For this, everybody should cooperate for the advancement of the nation with the goal that the soul of solidarity converges in us and disposes of divided reasoning. So presently it is the obligation of us all to engage in reworking the new India we had always wanted. Try not to defer any more drawn out. Today, celebrating 75 years of autonomy, each Indian is longing for another India. An India that is completely evolved where each young has work, where nobody is kicking the bucket of destitution and starvation. Like everybody, I additionally see the India of 2047 as a destitution-free India. I see that in 2047 there is no scorn for the sake of position and religion in the country. In 2047, every young lady who struts the roads of India is protected. Today India isn't reliant upon some other country in any field. I imagine the Indian economy as the most settled and created economy on the planet. Imagine every one of the significant urban areas of my nation transforming into completely created urban communities.

Unsung Local Heroes of Freedom Movement

India's autonomy development was a progression of uncountable occasions and efforts by large number of political dissidents. Without a doubt Mahatmas Gandhi, Jawaharlal Nehru, Netaji Subhas Chandra Bose, Bhagat Singh,

Mangal Pandey, Rani Lakshmi Bai and a lot more are among the well known political dissidents and have the bright lights however there are some undebated yet truly great individuals who assumed essential part in India's opportunity development. We should investigate some lesser-known political dissidents of India.

Matangini Hazra: An Indian progressive, who turned out to be effectively intrigued by the Indian autonomy development as a Gandhian. In 1932, she removed a portion of the Civil Disobedience development and was captured for breaking the Salt Act. Hazra was additionally essential for the Quit India Movement and Non-Cooperation Movement. During a parade, she was shot by the police yet she continued reciting 'Vande Mataram' even subsequent to being over and again shot.

Tiror Singh: Otherwise called U Tiror Singh Syiem, was one of the heads of the Khasi individuals in the mid nineteenth century. He was a venerated head offering corporate power to his Council, general agents of the main factions inside his region. Tiror Singh announced conflict and battled against British for endeavours to assume control over control of the Khasi Hills.

Bhikaji Cama: One more likely than not heard her name on streets and building however many don't know about her story of fearlessness. One of the noticeable figures in the Indian Independence development, she likewise represented sex uniformity. In her allure for basic freedoms, correspondence and for independence from Great Britain, Cama spread out Indian banner at the International Socialist Conference at Stuttgart in Germany, 1907, which she called the 'Banner of Indian Independence'.

India of my dream vision @2047

Everywhere is happiness, people love each other, India free of hunger & fear. It is the vision of my India 2047.

Our country India became free from the slavery of 200 years of British on 15th August 1947. After 25 years India will be celebrating its 100th anniversary of independence in 2047. We will be celebrating our 76th independence day on 15th August 2022. Everyone has dreams to make the country big and democratically successful. A country where there is equality in all areas and for all genders it witnesses progress.

Like others, I also have a dream for my India and the way it should be as I can proud to live and the coming generations too. Our country in 2047 will be what we create today. I want to see India free from poverty, unemployment, malnutrition, corruption, and other social evils. Over the next twenty-five years, India should transform into a powerful nation both internally and externally. Over this, our foremost target as a developing nation should be to work on economic fronts and make our economy stronger by bringing in some major reforms.

Besides the economic sphere, there is a need to work towards gender equality and providing equal opportunities for all irrespective of their background. The next twenty-five years will be extremely crucial not just for our country but also for us as citizens of India.

The India of my vision where women are safe and walk freely on road. Also, it will be a place where there is freedom of equality to all and everyone. It would be a place where there is no discrimination of caste, color, gender, social or economic status, and race. My vision for India in 2047 is to become women more powerful and self-dependent.

Thank you

मेरे सपनों का भारत @2047

- हमारा देश भारत 15 अगस्त 1947 को आजाद हुआ था। अंग्रेजों की 200 साल की सुल्तानी से आजाद हुआ था। आजादी की 75 साल पूरे होने वाले हैं। इस मौके पर पूरा देश आजादी की अमृत महोत्सव मना रहा है।
- 25 साल बाद साल 2047 में देश की आजादी मिले 100 साल हो जाएंगे। आने वाले 25 साल देश के लिए अमृत काल है। हमारा देश पिछले 75 वर्षों से लगातार विकास के मार्ग पर है, लेकिन आने वाले 25 वर्षों में हम भारतीयों को बहुत क्षमतिशाली बनाना होगा जिससे हम पहले कभी नहीं थे।
- वर्ष 2047 के संबंध में, हमें एक उद्देश्य निर्धारित करना होगा कि स्वतंत्रता के 100 वर्ष पूरे करने के बाद हम भारत को कहीं पहुंचाने हैं। इसके लिए सभी को मिलकर देश की प्रगति के लिए काम करना होगा ताकि हमारे अंदर एकत्व की भावना पैदा हो और खंडित लोग से मुक्ति मिले। वस्तुतः इस 'अमृत काल' का लक्ष्य एक ऐसे भारत का निर्माण करना है जिसमें सभी आधुनिक हो।
- दुनिया का आधुनिक संरचना, ताकि हम प्रगति के मार्ग पर चलते रहें। तो अब हम सब का धर्म है की हम अपने सपनों के लिए भारत के पुनर्निर्माण में शामिल हो।
- अब और समय न लगाए। आज 75 साल और आजादी का जश्न मनाते हुए, हर भारतीय एक नए भारत का सपना देख रहा है। एक ऐसा भारत जो पूरी तरह से विकसित हो, जहाँ हर युवा के पास रोजगार हो, जहाँ कोई गरीबी और भुखमरी से नहीं मर रहा हो।
- हर जगह सुख है लोग एक दूसरे को भूख और भय से मुक्त भारत प्यार करते हैं यह मेरे भारत 2047 का सपना है।

Activity: Menstruation Matters

Date: 27st December, 2021

No. Of Hours: 2

No. of Participants: 59

National Service Scheme of the Institute of Home Economics bid farewell to 2021 by taking a resolution to end disempowerment & discrimination towards **Menstrual Health and Hygiene**. To celebrate this occasion, NSS IHE organized an online event to sensitize and encourage all the marginalized women and adolescent girls about menstrual hygiene and break the taboos related to Periods.

For this activity, the volunteers had to click pictures while giving Sanitary Napkins or any menstrual hygiene item to the marginalized or poor women and adolescent girls. The entries had to be submitted by 31st December 2021 by 5 pm on google classroom.

Through this activity, we hoped to start the New Year giving selflessly. We also wanted to empower all our women volunteers by talking about a subject often overlooked and ignored by our society. **#LetsTalkPeriod** and **#MenstruationMatters** are the messages this event emphasized.

Some glimpses of the event –





ACTIVITY: Road Safety Rules

DATE: 2 January 2022

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 81

Road fatalities result in loss of lakhs of lives and serious injuries in India. One of the prime reasons for this is the negligence of road safety norms and traffic signs.

By taking this notion further, National Service Scheme of Institute of Home Economics, celebrated ROAD SAFETY AWARENESS WEEK from 1st January to 7th January, 2022.

To spread awareness regarding the road safety signs and symbols an online activity was organized. The volunteers had to draw traffic or road safety signs & symbols on a paper and click pictures holding it. A video of them explaining minimum 3 Road safety symbols/signs also had to be uploaded along with the picture on google classroom.



ACTIVITY: Road Safety Workshop

DATE: 5th & 6th January 2022

NO. OF HOURS: 4

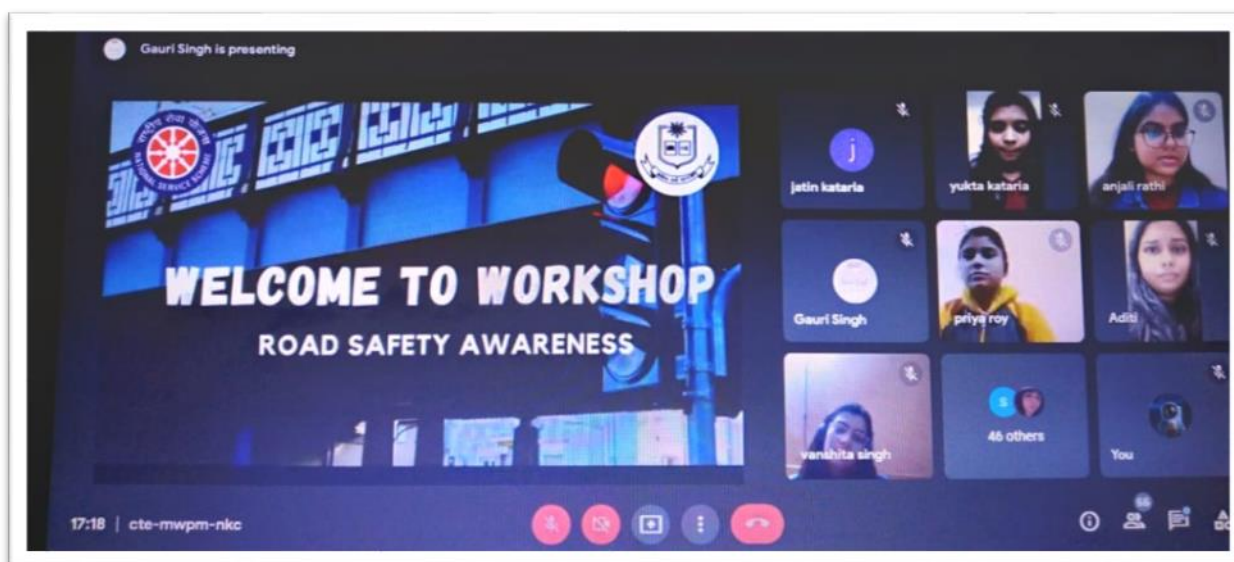
NO. OF PARTICIPANTS: 89

ROAD SAFETY WEEK is commemorated to spread awareness about how to drive safely in order to avoid accidents and injuries.

To inculcate this thought of safe driving in our young minds, National Service Scheme of Institute of Home Economics organized a two day Workshop.

Day 1 of the Road Safety Awareness workshop was conducted in collaboration with "Safety India-Honda", on 5th January 2022, at 5:15 pm. The speaker for the event was Mr. Jatin Kataria, who is a Chief instructor in Honda Motors and Japan certified HMSI Pvt. Ltd.

The session was highly interactive and the volunteers participated with zeal. The speaker highlighted the importance of wearing helmets while driving and riding two wheeler vehicles. He also pointed out importance of wearing an authentic ISI marked Helmet and none other for the safety of the driver. He also used videos and images to explain the correct driving positions and various road safety rules. He also quizzed the participants on various road safety signs. Though the knowledge he shared was of the basic level but most important for road safety as it is often overlooked. He also shared about the road safety awareness programs and activities which are held at PAN India level where professional and trained instructors conduct training sessions for adults of 18 and above. Through this workshop we aimed to provide information and awareness about road safety, and with the high participation by the volunteers the session came out to be a productive experience for all.



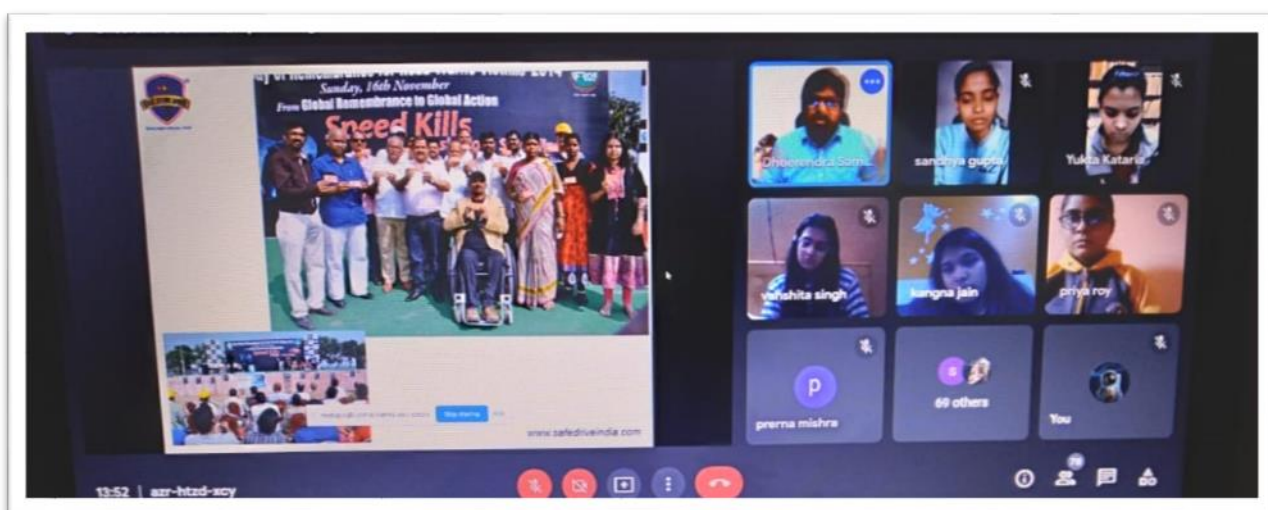


Day 2 of the workshop was conducted on 6th January 2022, at 1 pm by Mr. Dheerendra Samineni. He is the Chief Trainer in Safe Drive India and hold an honorary doctorate Ph.D in Human Rights & Peace.

With the help actual road accidents footage he very carefully explained the mistakes that one should avoid to stop road accidents. He moreover talked about the threats of using mobile phones while driving and walking on the road. He also emphasized on the significance of Zebra Crossing, teaching the volunteers the correct way of using the same. He also demonstrated the correct posture for driving a car and a two wheeler. He ended the session by showing one video on why not to use phone while charging and another one to detect a 2 way mirror. As these topics were of great information and relevant for the volunteers.

The session was a great success in providing information and knowledge about road safety. As the speaker not only emphasized on how to prevent accidents but he also explained in detail how these accidents are caused. These important lessons were a great learning for all the volunteers as it will help them in future.

Some glimpse from the event –



ACTIVITY: Anti – Tobacco Pledge

DATE: 8th January, 2022

NO. OF HOURS: 1

NO. OF PARTICIPANTS: 68

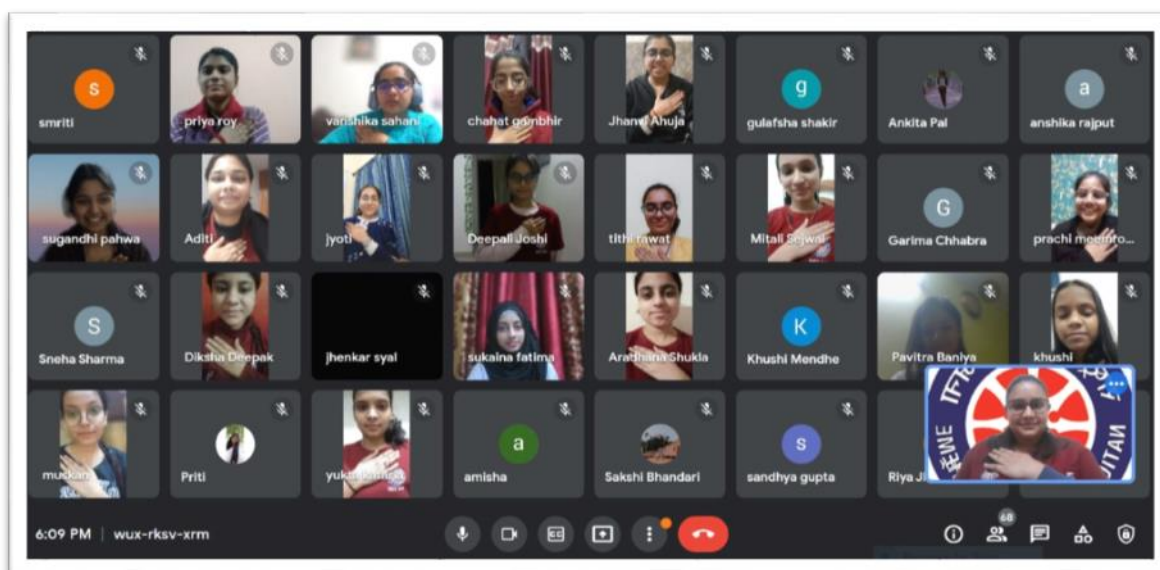
Tobacco acts as slow poison which has no cure but death. To highlight the issue among the youths, National Service Scheme of Institute of Home Economics organized a Tobacco Pledge to raise awareness on SAY NO TO TOBACCO campaign.

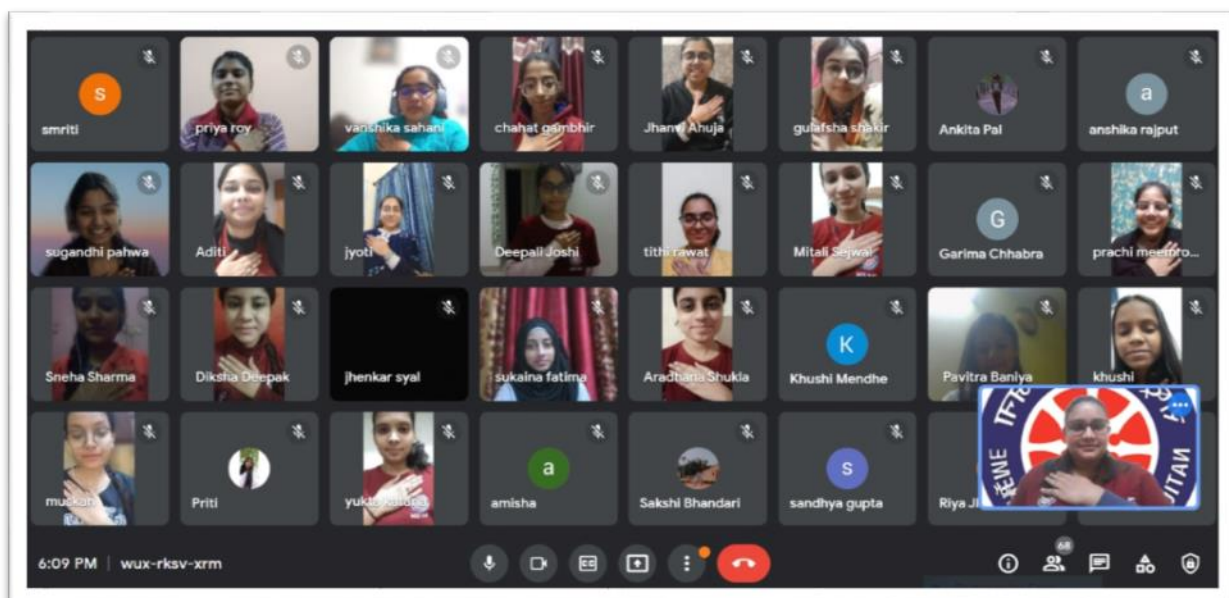
Through this pledge the volunteers took the oath to never consume or smoke tobacco and work towards its elimination. This activity aimed at spreading awareness about the harmful effects of tobacco so that we can achieve a tobacco free generation.

Pledge-

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco free and shall also motivate my colleagues for the same.

Some glimpse from the event –





ACTIVITY: Surya Namaskar

DATE: 14th January, 2022

NO. OF HOURS: 2

NO. OF PARTICIPANTS: 50

The Ministry of Ayush, Government of India organized a global Surya namaskar Program on 14th January 2022 as a part of celebrations under Azadi ka Amrit Mahotsav.

On this occasion the National Service Scheme of Institute of Home Economics encouraged the volunteers to take part in this event.

For this event the volunteers had to register on the portal through the link given and follow the instructions. Then the pictures performing surya namaskar along with the certificate had to be uploaded on the Google classroom.

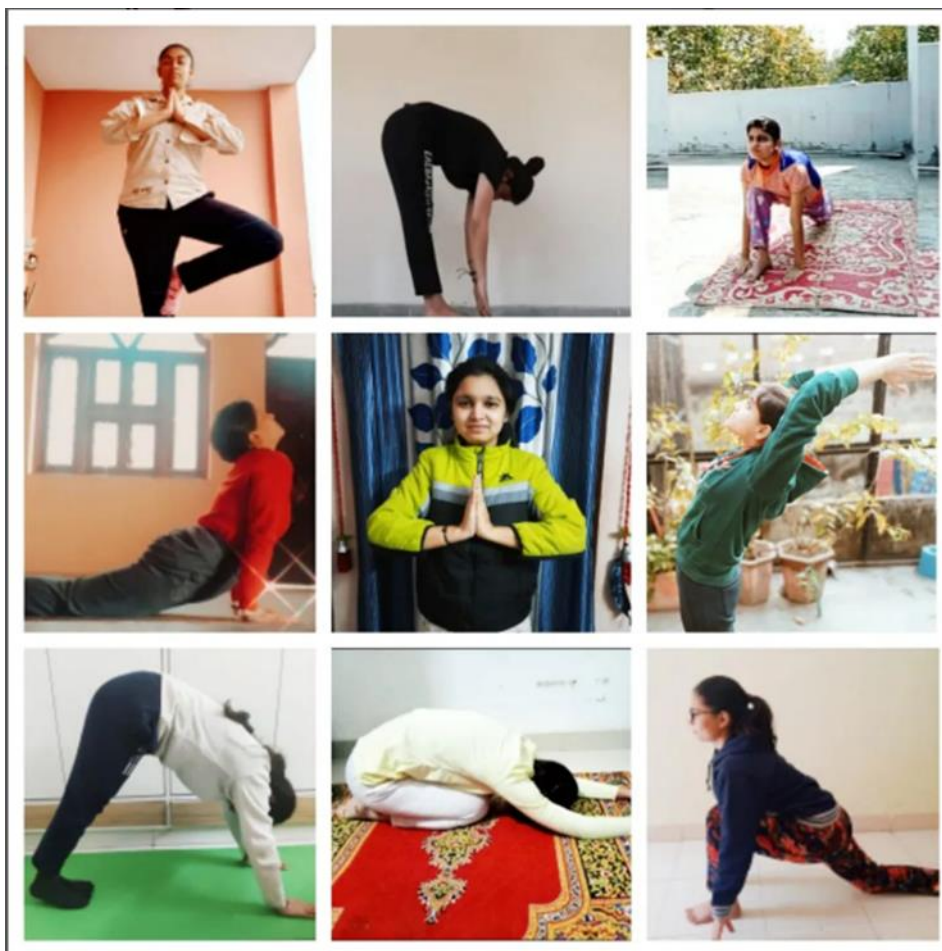
The mass Surya Namaskar demonstration intends to carry the message of climate change and global warming. It also has various health benefits like immunity development and improved vitality, which is significant to our health during pandemic conditions.

With this activity we wanted to promote awareness regarding the importance of regular yoga and exercise for healthy lifestyle. And be part of a great initiative which also highlight the issues of climate change.

Link-

<https://www.75suryanamaskar.com/>

Some glimpses of the event –



ACTIVITY: Voter's Day Webinar

DATE: 23rd January, 2022

NO. OF HOURS: 2

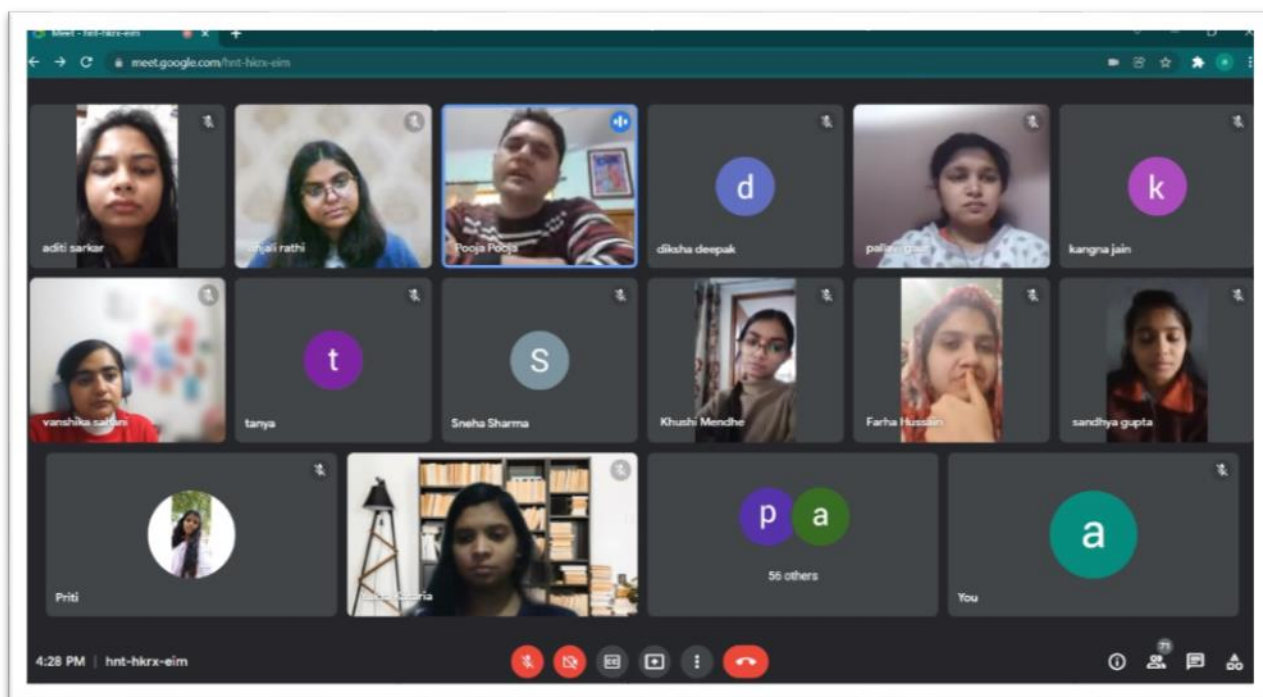
NO. OF PARTICIPANTS: 70

National Voter's Day is commemorated every year on 25th January, to encourage, facilitate and maximize enrolment, especially for the new young voters to take part in the political processes. To spread this awareness National Service Scheme of Institute of Home Economics organized a webinar on "Making Our Voters Empowered, Vigilant, Safe and Informed".

The guest speaker for the day was Mr. Padam Singh, Asst. Director in Delhi Development Authority. The session was an interactive one as most of the participants were first time voter and had many queries related to the subject. Mr. Singh shared his in-depth knowledge and experience with the volunteers so that they are encouraged to cast their votes with correct information. He emphasized on being a vigilant voter and to practice our right for the greater good of our country.

Through this webinar we aimed to provide all the required knowledge and information regarding the upcoming election and voting system so that no voter is left behind.

Some glimpse from the event-



ACTIVITY: Selfie with Daughter

DATE: 24th January, 2022

NO. OF HOURS: 1

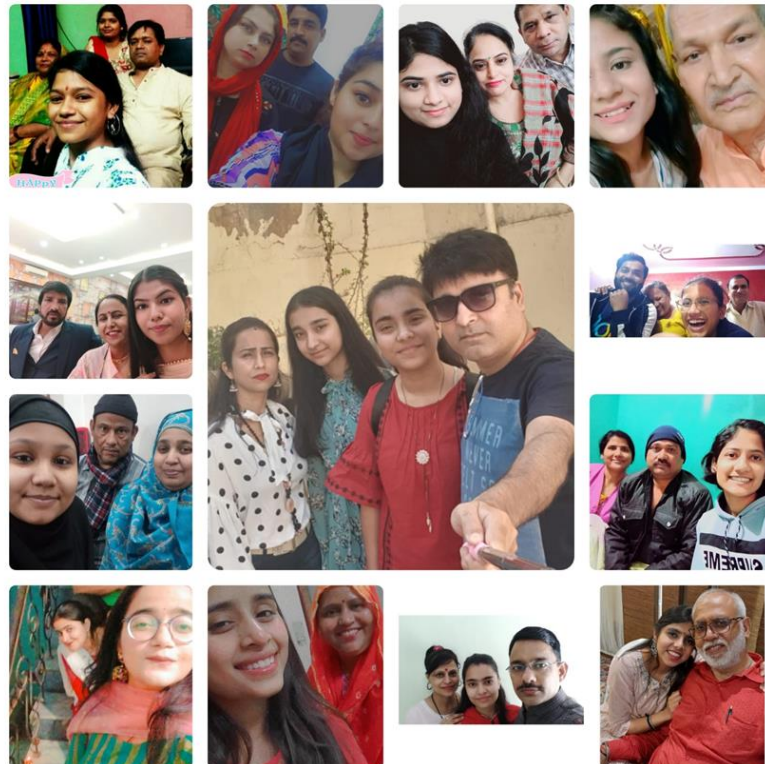
NO. OF PARTICIPANTS: 83

Every year, National Girl Child Day is celebrated in India on January 24th. It was initiated in 2008 by the Ministry of Women and Child Development and the government of India, to spread public awareness about inequalities that girls face in Indian society and to provide support and opportunities to the girls of India.

‘Selfie with daughter’ is a social media campaign promoted by Hon’ble Prime Minister of India Sh. Narendra Modi. This campaign was started to promote the feeling of pride for being a parent of a girl child and hence improving the child sex ratio in the country.

To celebrate National Girl Child Day under the banner of Azadi ka Amrit Mahotsav, National Service Scheme of Institute of Home Economics organized the activity Selfie with Daughter. For this activity, the volunteers had to click a selfie with their parents and then share it on google classroom.

Being an all-women’s college we wanted to promote the sense of pride in being a woman. Through this activity, we aimed to shed light on issues related to women and encourage the parents to showcase their love and the feeling of pride towards their daughters.



ACTIVITY: Reel Making Competition

DATE: 25th January 2022

NO. OF HOURS: 4

NO. OF PARTICIPANTS: 67

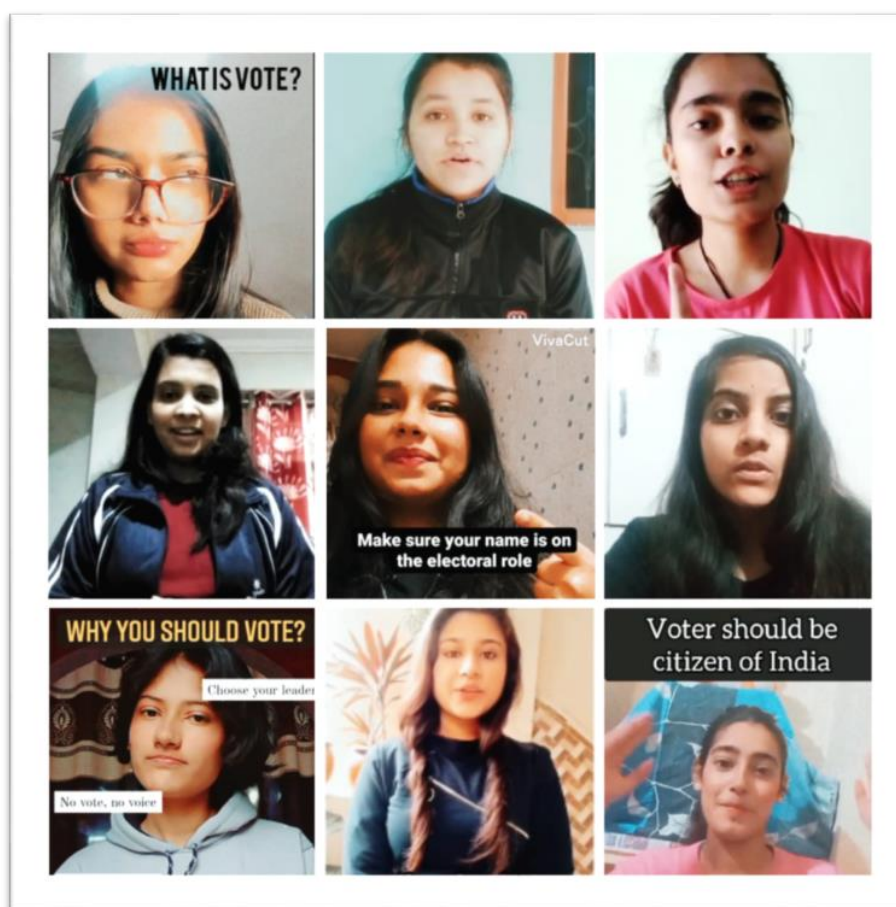
The vote is the most powerful non-violent tool we have. The National Voters' Day is celebrated every year on January 25 to encourage the country's voters to participate in the electoral process. The theme for this year's National Voters' Day is 'Making Elections Inclusive, Accessible and Participative'. With the spirit this year's theme, National Service Scheme of Institute of Home Economics organized a "Reel competition".

The topic for the event was "Your Vote, Your Right". The volunteers were requested to record video on Voting Awareness. Following instructions were to be followed:

1. Maximum 1 minute video had to be recorded.
2. Language Hindi/ English.

The video had to be uploaded on google classroom.

The activity aimed to promote and motivate young voters and educate people using creative short videos. We hoped that through this activity the volunteers understand the importance and role of each and every voter.



Activity: Blood Donation Camp

Date: 22 February, 2022

No. of Hours: 6

No. of participants: 90+

National Service Scheme of Institute of Home Economics organized “**Blood Donation Camp**” in collaboration with “**Indian Red Cross Society**” on 22 February, 2022.

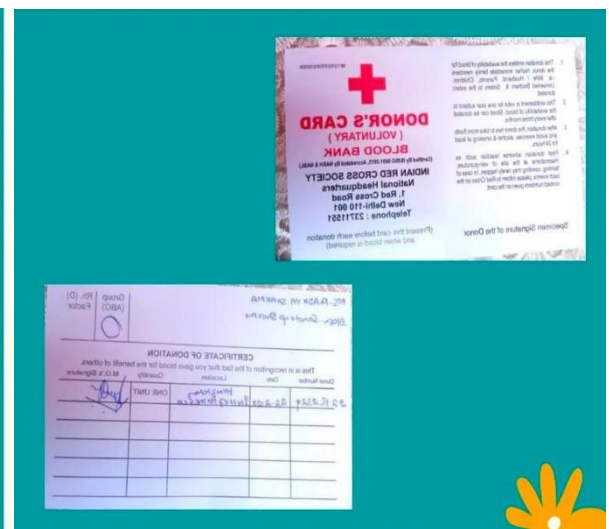
In this camp, more than 90 people have participated including NSS volunteers, College students, teaching and non-teaching staff.

It was a way of NSS, IHE gesture in bringing a ray of hope to contribute to the serious problems of acute shortage of blood. India faces a blood shortage of 3 million unit blood.

NSS, IHE has been religiously organizing blood donation camps every year and students and the faculty members come forward voluntarily to donate blood. While addressing to people at the camp our volunteers brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood.

Blood donations can save lives of innumerable persons. Donation of blood is very critical and crucial for saving many patients and those who have met with accidents. It is such a great service or contribution to the society and people living in it.





ACTIVITY: Documentary session

Date: 3rd march, 2022

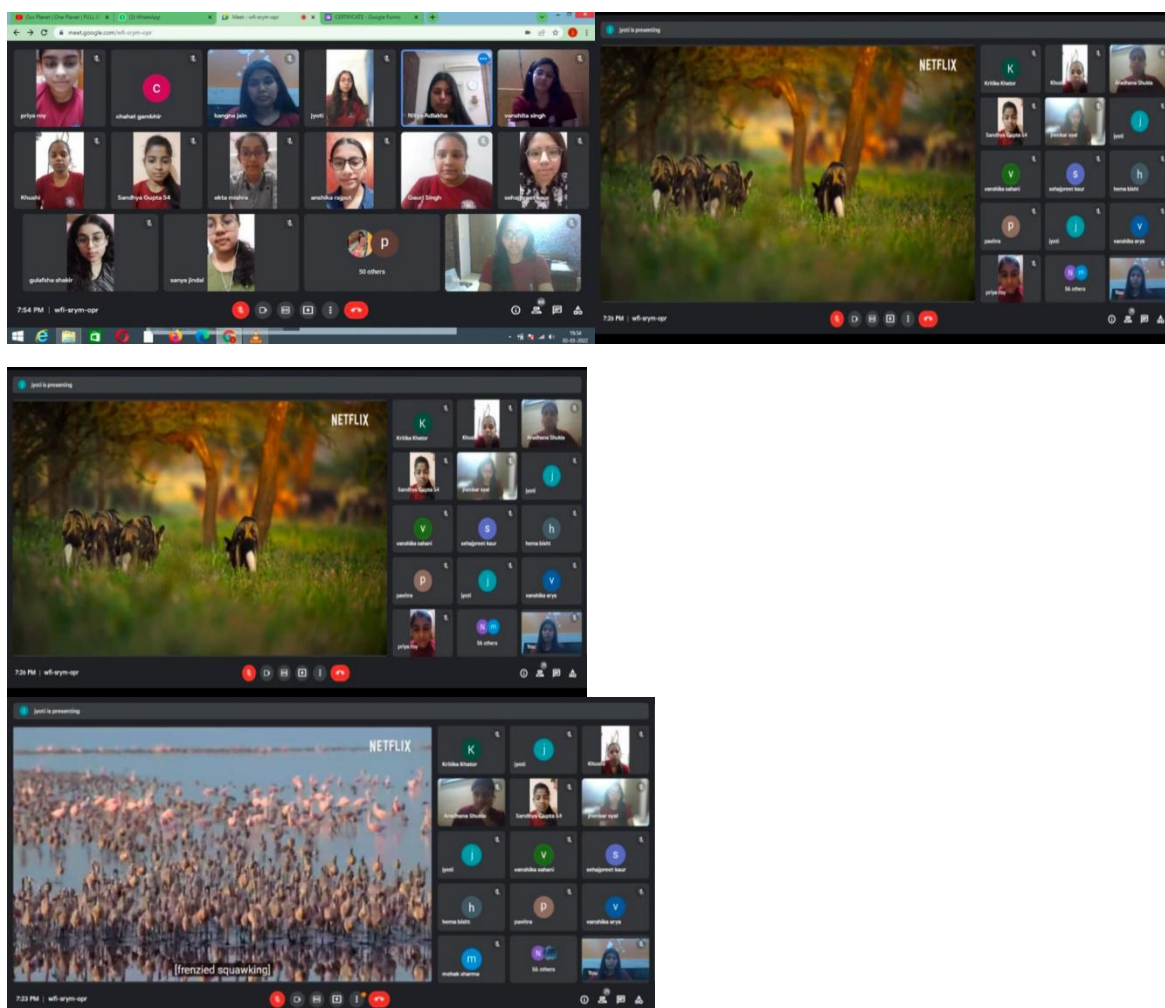
No. of hours: 1

No. of participants: 35

In recognition of World Wildlife Day, the National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, celebrated it on 3rd March 2022. The event aimed to raise awareness of the importance of flora and fauna.

We invited volunteers to join us on Google Meet. A documentary, "THE EARTH" was shown as a means of making awareness about the importance and beauty of the wild flora and fauna that embraces the beauty of our earth.

Throughout the documentary, the issue of extinction of these precious species was further introduced. E-certificates were given to all volunteers who attended. Photographs and videos from the event were posted on Instagram under the handle @nssihe.



ACTIVITY: GARDEN HAVEN EVENT**DATE: 6th March 2022 to 31st March****NO. OF HOURS: 4****No. of participants: 50**

As part of its National Service Scheme (NSS), the Institute of Home Economics, University of Delhi celebrated World Wildlife Day on 3rd March 2022. From 6th to 31st March, NSS held a Garden Haven Event. Its main objective was to spread awareness about habitat conservation of trees and shrubs. As well as constructive activities with a positive outcome through the facilitation of contributing to society.

On the 4th of March, volunteers must transplant/sow plants (categories Herbs, shrubs, climbers). They must send their first pictures of the plants by 6 March. In addition, the pictures of the plants were to be sent in Google Class.

On 4th April, volunteers brought their plants to the college and planted them. Photographs and videos were posted on our Instagram account, @nssihe every Sunday until 31st March.

The event was a great success, and we would like to thank all the volunteers.





ACTIVITY: BIRD FEEDING DRIVE

DATE: 8TH MARCH, 2022

NO. OF HOURS: 4

No. of participants: 45+

The National Service Scheme (NSS), of the Institute of Home Economics, celebrated World Wildlife Day on 3rd March. On 8th March the National Service Scheme offered the "BIRD FEEDING DRIVE" in association with Charity birds' hospital.

30 volunteers joined the drive after meeting at Lal Qila metro station. We drove toward Charity Birds' Hospital, which was our main destination.

The team formed two groups. The first group spoke with the doctor and the manager of charity birds' hospital, Mr. Atishay Jain. The second group helped feed and treat injured birds. The NSS, IHE have donated 35kg of food to charity birds' hospital of maize and 2100/- cash in the charitable bird hospital.

They were delighted to see such enthusiasm on the part of the NSS, IHE team.

Photographs and videos were posted on our Instagram account, @nssihe.

The event was a great success and we thank all the volunteers for their enthusiasm.



ACTIVITY: PLEDGE TAKING

EVENT DATE: 17th MARCH, 2022

NO. OF HOURS: 1

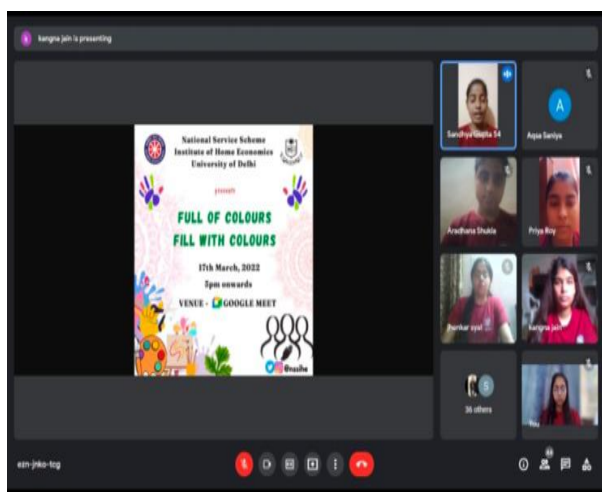
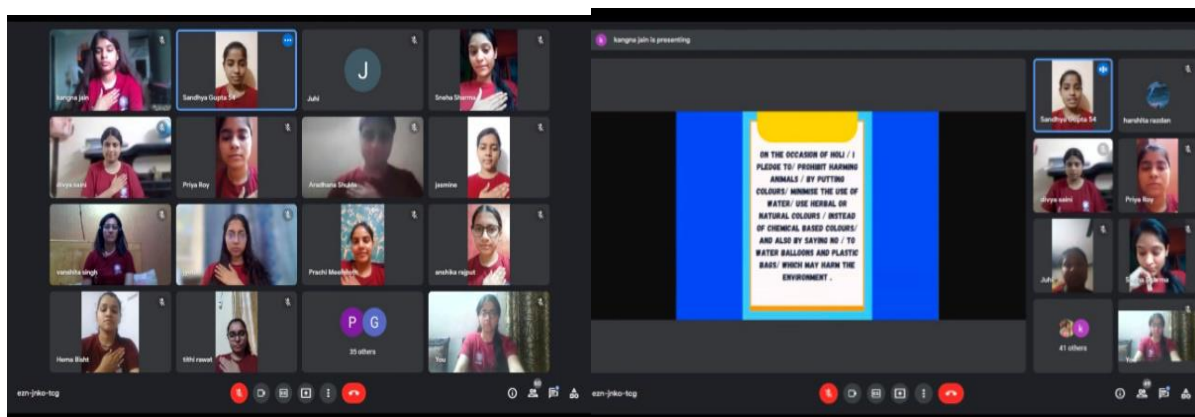
No. of participants: 40

On 17th March 2022, National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, celebrated the festival of Holi. NSS, IHE also organized a pledge-taking event with the main purpose of encouraging volunteers to take a step towards a safe Holi.

Initially, the event was organized on Google Meet and volunteers were invited to register by using the provided link. Once there were more than enough volunteers, the welcome speech was given and everyone was asked to open their cameras and take the pledge position.

In addition to prohibiting chemical dyes and using herbal alternatives, the pledge sought to minimize water waste and avoid harming animals by splashing colours on them. The closing speech and a certificate were then given to all attendees.

Photographs and videos were posted on our Instagram handle @nssihe.



ACTIVITY: SPLASH WITH LOVE AND SAFETY EVENT

DATE: 17th March to 19th March

NO. OF HOURS: 4

No. of participants: 40

"SPLASH WITH LOVE AND SAFETY EVENT" was organized by the National Service Scheme (NSS) of the Institute of Home Economics on the occasion of Holi. The volunteers were instructed to make herbal gulal by using natural raw materials. Video links accompanied the video presentation provided to them to take the reference for making the eco-friendly (herbal) gulaal.

The idea sparked their creative minds. They displayed their abilities of herbal gulaal making naturally. After completing it, they offered their herbal gulaal to their friends/family/relatives. They were instructed to send photos of this process: - They made the herbal gulaal by themselves by

1. Collecting raw materials
2. Making herbal gulaal
3. Giving herbal gulaal to their friends/family/relatives.

They are instructed to submit entries on Google Classroom by 11:59 p.m. on the 19th of March.

Photographs and videos were posted on our Instagram handle @nssihe

The event was a great success and we thank all the volunteers for their enthusiasm.



Activity: Quiz Competition

Date: 17th March, 2022

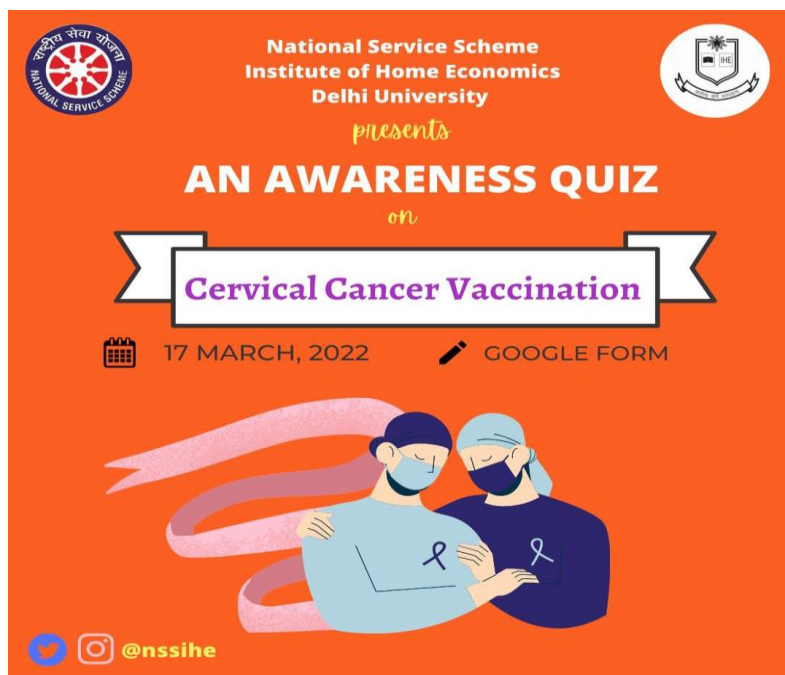
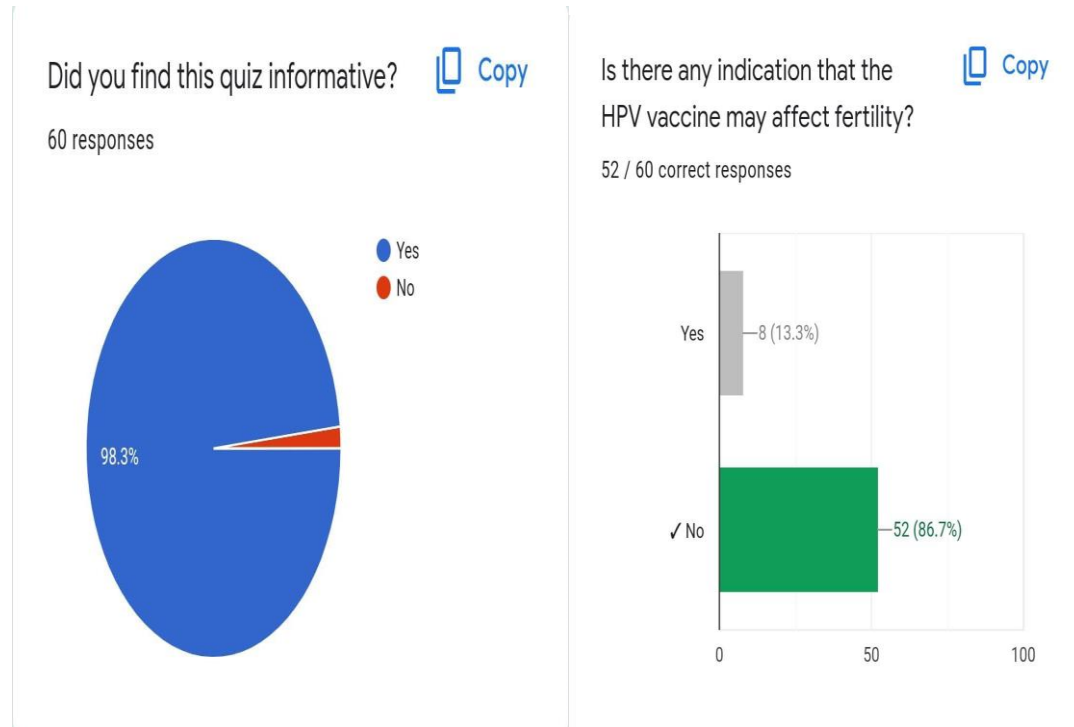
No. of hours: 1

No. of participants: 60

National Service Scheme of Institute of Home Economics, University of Delhi, celebrated National Vaccination Day from 16th March, 2022. On 17th March, NSS IHE organized a Quiz using the Google forms as the platform for its conduction. The purpose of this initiative was to convey the significance of vaccination and its role in public health. It creates awareness on how vaccination or immunization keeps the citizens of the country safe from highly infectious diseases. Cervical Cancer Vaccination was chosen as the theme for this National Vaccination day because it is recently developed and not many people are aware of it.

The Cervical Cancer Quiz started with a thorough study of the cancer type and vaccination and then the formation of quiz was done, keeping in mind the motive of awareness. The quiz was short yet informative. NSS IHE, shared the link with volunteers and other college students and they were to answer the questions given in the form. After the completion of the quiz, E-certificates were also provided to all the participants.

This successful event commemorated National Vaccination Day.



ACTIVITY: Online Quiz

DATE: 24 March, 2022

NO. OF HOURS: 1

NO. OF VOLUNTEERS: 60+

Tuberculosis is a serious disease that is surrounded by lots of taboos and stigmas which are as harmful as the disease itself. To fight against these taboos and provide some knowledge through facts, National Service Scheme of Institute of Home Economics organized an online quiz 'MYTHBUSTER' on the advent of World Tuberculosis Day.

The quiz took place on Google forms where the volunteers had to select whether the given information related to TB is a myth or a fact.

The purpose of this initiative was to provide correct information about TB through facts while also debunking the myths. Awareness is the first step of curing any disease and by providing correct information to our volunteers we took that first step towards the fight against TB.

After the participation E- certificates were also provided to each participant.



ACTIVITY: Stationery Drive

DATE: 27th MARCH, 2022

NO. OF HOURS: 4

NO. OF VOLUNTEERS: 21

National Service Scheme of Institute of Home Economics on the advent of Poetry Day organized an offline event in collaboration with 'Umeed - A drop of hope' NGO on 27th March, 2022. The event took place in the slum adopted by the Umeed NGO in Kirti Nagar.

The event started at 10:30 am where our volunteers along with the volunteers of Umeed NGO helped children of ages 6 – 12 with their studies and taught them subjects like Maths, English, Hindi. Then it was followed by games like 'Simon Says' and 'Three claps' which helped us interact with the kids and have fun with them. The enthusiastic kids participated sincerely and the volunteers maintained discipline and participated along with them. The kids were also asked to recite poems they like and then best performing kids were rewarded. After that we distributed stationery kits to around 180+ children which we prepared by organizing a Stationery Donation in the college few days before the event. The event ended with big smiling children and satisfied volunteers.

Through this activity we aimed at providing exposure to the volunteers and help them gain more experience and help spread their knowledge with the underprivileged ones. This event helped our volunteers to come out of their comfort zone and explore their new strengths. We wanted to give these kids a chance to enjoy their childhood while also implying the importance of education. By lending a helping hand to the underprivileged children of the slum and helping them enjoy their childhood through poetry we were able to celebrate the day successfully.

Some glimpse from the event-





ACTIVITY: POSHAN MAH QUIZ

DATE: 2ND APRIL, 2022

NO. OF HOURS: 1

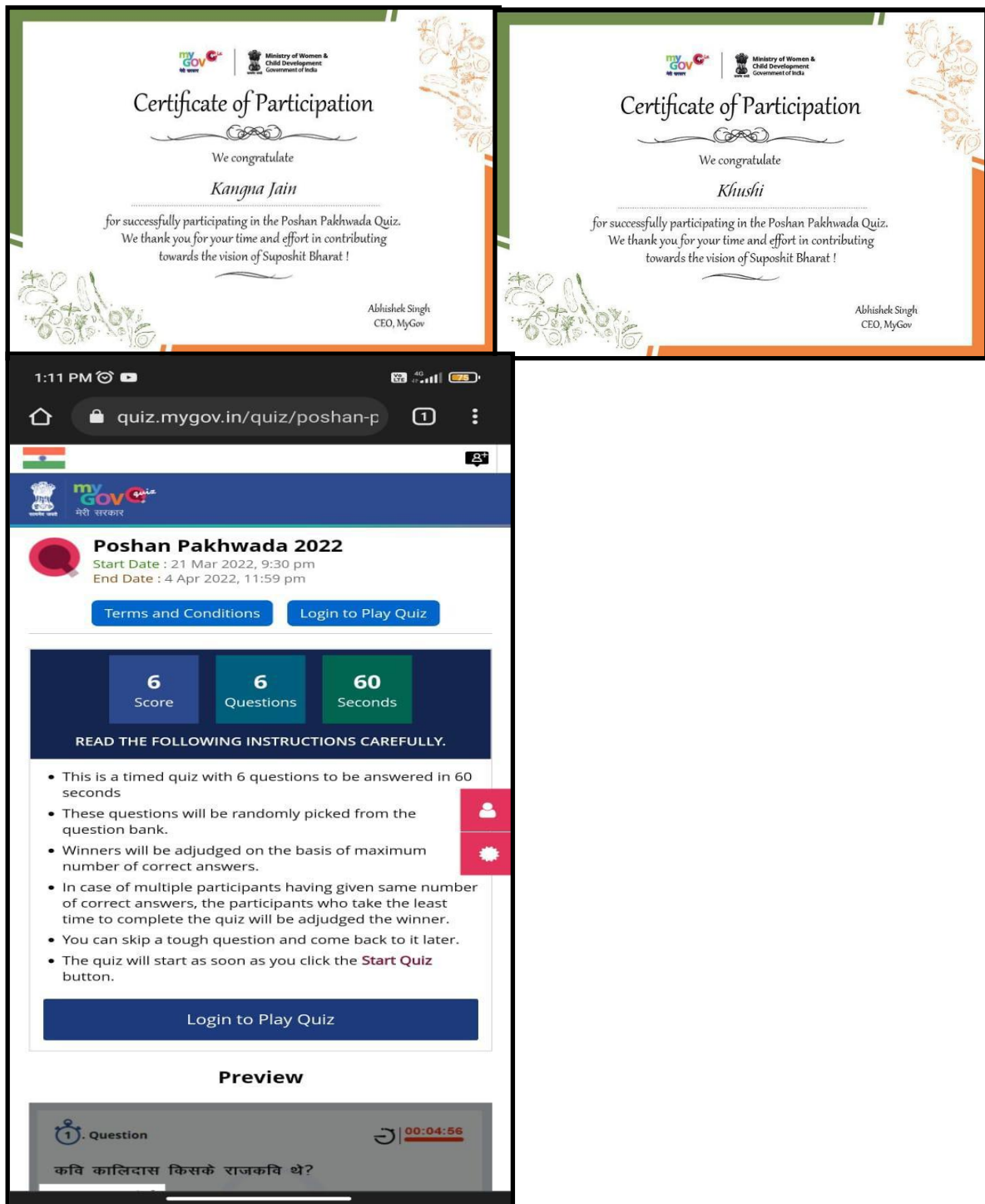
No. of participants: 45

In March 2022, National Service Scheme, IHE University of Delhi, celebrated the Poshan mah. The overall objective of the Quiz is to create awareness by bringing forth information that will help every citizen to progressively march towards a vision of Suposhit Bharat NSS,IHE conducted a poshan mah quiz

The objective of the Rashtriya Poshan Maah (RPM) is to bolster people's participation for addressing malnutrition amongst young children, ensure health and nutrition for everyone.

The quiz was conducted by MyGOV, a platform that allowed citizens to participate. It consisted of six questions and lasted 60 seconds. First, volunteers need to sign in to the website, and then the quiz starts. E certificates were also awarded to all contestants for participating.

The following certificates were won by volunteers



ACTIVITY: KHICHDI DONATION DRIVE

DATE: 3RD APRIL, 2022

NO. OF HOURS: 4

No. of participants: 50

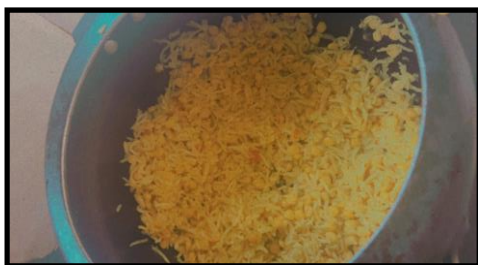
National Service Scheme of Institute of Home Economics on the advent of Poshan Mah organized Khichdi Donation Drive on 3rd April, 2022.

The event started on 1st April, 2022 where our volunteers donated khichdi to needy ones. The enthusiastic volunteers participated sincerely. The volunteers were also asked to take pictures while they were donating the khichdi.

We aimed to provide a complete meal to the needy ones as well as supplement their nutrition by providing mutual assistance through the exchange of food. This activity allowed our volunteers to step out of their comfort zones and learn new skills.. By lending a helping hand to the underprivileged and needy one to get their one-time meal of the day after this event, we were able to help a needy person successfully.

Photographs and videos from the event were posted on Instagram under the handle @nssihe.

Some glimpse from the event-



Activity: - Food & Grain Donation Drive

Date: - 11th April 2022

No. Of hours: 4

No. of participants: 10

Food and Grain Donation Drive was organized by the National Service Scheme (NSS) of Institute of Home Economics (IHE) University of Delhi on the occasion of “POSHAN MAAH” from 1st to 4th April 2022. Its main objective was to eliminate hunger by providing food to the needy once and promoting the value of nutrition.

The event took place at the IHE. Volunteers and students of IHE were asked to donate food like ready to eat and ready to cook items example grain packets (like pulses, cereals), sugar packets, tea packets, oils, biscuit packets, namkeen packets, dried food packets. The volunteers, students of IHE and teachers came forward and donated food and grain in large amounts.

On 11th April 2022 the volunteers went to the AAROHAN NGO (B 126 Basement Malviya Nagar opposite the back gate of Madan Mohan hospital) and donated the food items to the CHILDREN AND THE STAFF MEMBERS which consisted more than 100 packages of (Chips, Frooti, Biscuits), Sugar Packets, Tea Packets, Oil Bottles, Namkeen packets, Rice & Dal, Packets of Poha and other grains.

The officials were delighted to see such enthusiasm from their NSS, IHE. The photographs and videos were posted on Instagram handle @nssihe. The event was a great success and we thank all the volunteers for their enthusiasm.



Activity: SELF DEFENSE WORKSHOP

Date: -14TH APRIL 2022

No. of hours: 4

No. of participants: 50

National Service Scheme (NSS), Institute of Home Economics, University of Delhi organized a Self Defense Workshop on 13th April 2022. In collaboration with the Special Police unit for Women and Children (SPUWAC).

Through the campaign, the main objective was to promote awareness among college girls that how they can safeguard themselves in tough circumstances. It was an ice breaking and impactful session to contribute this message to society. The event began at 10 am in the IHE College premises; our guest trainers shared a number of activities and self defense techniques in order to inform girls how they can protect themselves.

Later, the event ended by giving refreshments to the participants.

Photographs and videos from the event were posted on Instagram under the handle @nssihe.

Some glimpse from the event-



ITY: - Water Conservation Workshop**DATE: - 26th May 2022****NO. OF HOURS: - 2****No. of participants: 40**

National Service scheme (NSS) of Institute of home Economics, University of Delhi in collaboration with eco club PRAKRITIK and environment and community outreach committee together organized a water conservation workshop on 26th May 2022. The aim of this workshop was the preservation, control, and development of water resources, both surface and groundwater, and the prevention of pollution.

The event started with welcoming our guest speaker MR. Ramveer Tanwar (PondMan), an Environmentalist and TEDx Speaker, based in Greater Noida has been passionate about water conservation during his Student life. He started his campaign called Jal Chaupal urged people to conserve water and to save natural resources like ponds, lakes & Wetlands. He got trained by The Central Pollution Control Board (CPCB), MOEF, and Govt. of India. Now Mr. Tanwar is the founder of Say Earth NGO. Followed with a water conservation methods and technique quiz. The volunteers and college staff joined in at IHE's conference room. The workshop mainly focused on how Water is essential for our life, and there is no life without water on earth and how useful it is to grow plants for agricultural life to get food.

Along with this, the session also threw light upon the issue of the problems faced by humans, animal and rain water conservation methods. A detailed session on major

Effects of Water Crisis on the Environment issues which are mentioned below

- Increased Salinity. It is mainly due to the poor treatment of water and sanitation.
- Nutrient pollution
- Loss of floodplains
- Drying of riverbeds
- Loss of habitat
- Subsidence.
- Wetlands disappearing
- Ecosystem loss

Some videos and photos are posted on the Instagram handle @nssihe

The event was a great success and we thank all the volunteers for their enthusiasm.

Some glimpse of the event:



Activity: Best out of waste

Date: 5th June, 2022

No. of hours: 3

No. of participants: 35

National Service Scheme of Institute of Home Economics organized the “**Best out of Waste**” activity on the advent of “**World Environment Day**” to commemorate the importance and significance of our environment and mother earth. The day focuses on **living sustainably in harmony with nature**.

Volunteers were asked to make any usable or decorative item using available waste at their homes. Through this activity we aimed to make them understand that We, humans are the only ones who is producing more and more waste and it's been very difficult to manage waste. And we are the only ones who can be the solution by reusing and recycling our waste to let our mother nature free from all the waste and breath.



Activity: Poster Making Competition

Date: 6th June, 2022

No. of hours: 3

No. of participants: 35

National Service Scheme of Institute of Home Economics commemorated Water Conservation on the event of World Environment Day.

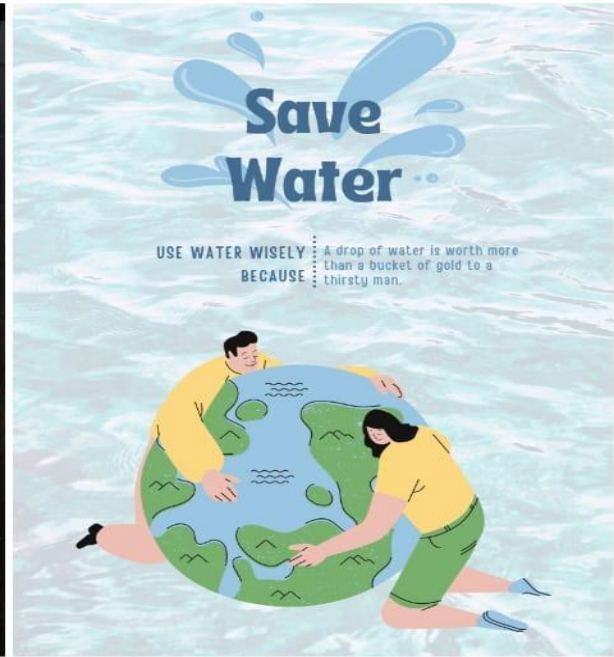
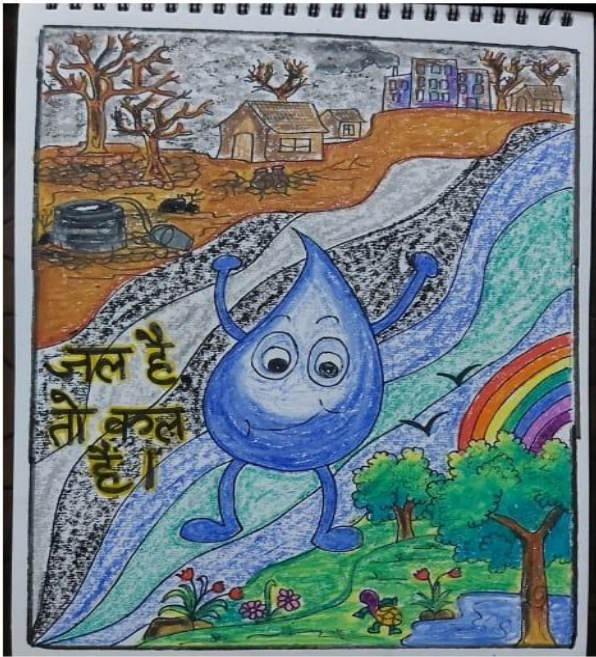
Volunteers were asked to make poster on the topic of water Conservation. As posters allows to spread the message to a wide audience in a way that is much easier and simpler than any other media.

Through this activity we aimed to spread this message that there is no life without water and shape our young minds to live sustainably in harmony with nature and use wisely use its resources.

“No Water, No Life.

No blues, No Green.”

The entries of this event was received through google forms.



Save WATER



Water level is going low,
act fast, and don't be slow

