



NATIONAL SERVICE SCHEME



INSTITUTE OF HOME ECONOMICS

2023-2024

Core Team

Bhavna Negi, Programme Officer

Riya Aggarwal, NSS President

Umme Atiya Khan, Vice President

Varsha Rao, Secretary

Summary

Indian social service programme, the National Service Scheme builds character through community service. Since 1969, the Ministry of Youth Affairs and Sports runs it. The NSS motto is "Not Me, But You," which emphasizes selflessness and putting others first. It promotes social improvement and individual responsibility. The NSS encourages youth to serve their communities and the nation. In the college, NSS programme functions with help of a Programme officer (PO) and a team of about 100 NSS volunteers. The programmes and outreach initiatives are mentored under NSS, University of Delhi.

The National Service Scheme (NSS), Institute of Home Economics is actively engaged in various community-driven initiatives to promote social welfare, environmental sustainability, cultural enrichment, and health awareness. Throughout the reporting period, the NSS volunteers demonstrated their unwavering commitment to serving the nation and fostering positive change within their communities. Events like the Delhi Flood Relief Drive underscored the NSS's readiness to respond to emergencies while cultural celebrations like "Cultural Diversity of India" highlighted unity of diverse communities. Additionally, initiatives like "Har Ghar Tiranga" and Independence Day Parade were filled with messages of patriotism as an honor for India's freedom fighters. Other than that, efforts towards environment preservation such as "Meri Mati Mera Desh" pledge ceremony and Yamuna Cleaning Drive portrayed NSS commitment to sustainable development and being eco-friendly. The IHE NSS sensitized people about healthy living through events such as World Mental Health Day screenings and Food Donation for Poshan Pakhwara initiatives. During Vigilance Week activities, the emphasis was on vigilance and integrity while workshops for road safety contributed to well-being within community. Looking forward, there are future projects focusing on community outreach programs in line with its mission of community service as well as environmental conservationism projects and nutrition initiatives or animal welfare or self-defense workshops among others by NSS. It aims at achieving this goal that society constantly beats up itself through these tireless endeavours done by NSS however small they may be thus generating a culture where everyone is ready to serve each other in one way or another.

Major events organized and collaborated by NSS, IHE

- **Pledge, Drives and Awareness Camps to mark days of National Significance, integrity and Constitution**

Awareness Campaign and Pledge on Voting Volunteers celebrated National Voter's Day by taking a pledge. Various posters were made to highlight the importance of this day. Three rounds of voter awareness in the form of rally, online panel discussion and talks were held.

Meri Maati Mera Desh Campaign To celebrate meri maati mera desh NSS IHE's 45 volunteers and program officer joined hands at Amrit Kalash.

- **Health Awareness Campaign** aiming to provide comprehensive health services, check-ups, and awareness programs for the college and community around the campus

Cancer Awareness Day NSS team of IHE volunteered in the event '*Can support walk for life against cancer*' at Jawahar Lal Nehru Stadium; followed by a walk to support cancer patients and raise awareness about cancer.

Cancer Screening and Assessment organized for teaching and non-teaching staff during the annual Fest Vasant.

Red cross day- Spreading awareness about RED CROSS DAY and its importance.

Thalassemia Screening Camp and Awareness Drive in collaboration with State Blood Cell, Maulana Azad Medical College and Bhor-Living Humanity Foundation

- **Intercollege IHE Annual festival NSS 'Vasant' set pace for Skill Conclave and Women Entrepreneurial platform for intercollege exchange of ideas and contribute to collective progress**

- **Swachhta Pakhwara. under Swachh Bharat Abhiyaan** This vision seamlessly extends to advocating cleanliness. Many cleanliness drives were held in and around the college. The highlight for this year was an aspiration of IHE volunteers to clean the site of Yamuna River. The volunteers also collaborated with YSS NGO for the cleanliness drive of water bodies.
- **Journaling ideas.** of NSS volunteers and college students on progressive national concerns at IHE Panna, a social media platform handled by the NSS students
- **Donation Drives throughout**
Contributing Dry ration and cooking oil at Dadi ki Rasoi NSS IHE in collaboration with IHE faculty donated 70 Kgs ration consisting of pulses, rice, mustard oil, sugar at a community kitchen for the poor. The organization acknowledged the efforts of IHE towards seven meals. The volunteers also participated in meal preparation and distribution.

Cloth collection and goods distribution drives were held at Diwali and Christmas.

Sanitary pad collection and distribution drive, focusing on economically weaker sections of women and adolescent girls to promote menstrual hygiene

- **Registration of NSS IHE volunteers on YUVA portal** 50 IHE volunteers have been registered and approved at YUVA portal along with the Programme officer.
- **Educational initiatives and workshops** NSS IHE organized an education drive in collaboration with Gyan Aadhar welfare society NGO.
Be Real workshop- an intercollege workshop at Miranda House aimed to explore the intricacies of human connections in the digital age, focusing on themes such as the impact of social media, communication skills, healthy lifestyle practices, and conflict management.
Guided Meditation Session NSS IHE organized ‘ARISE AWAKE’ guided meditation session by Swami Swaroopananda, held at Chinmaya Mission Delhi. The session delve into the practice and significance of meditation, drawing insights from Vedanta philosophy.

- **Road Safety Session and followed by a workshop for school children** NSS IHE organized a talk on road safety.
- **Marking Kisan Diwas** NSS IHE team celebrated Kisan Diwas by documentary screening to honor and acknowledge the contribution of farmers in our lives.
Webinar on ‘Organic Farming and Eco-Friendly Agricultural Practices’
- **Interaction with Padma Bhushan Awardees Her Story My Story** NSS IHE was selected to join at Rashtrapati Bhawan for an inspiring event titled HER STORY MY STORY’ where the first Padma Bhushan woman awardee Smt. Sudha Murty unfolded the tales of resilience and social transformation.
- **NASHA MUKT BHARAT Campaign** NSS IHE organized a webinar on prevention of drug abuse
- **Nari Shakti Conclave, DU** NSS volunteers joined at Viksit Bharat Event’ NARI SHAKTI’ with chief guest Smt. Smriti Irani, Union Minister for Women and Child Development Minority Affairs.
- **A self-defense training in collaboration with Delhi Police Women Helpline was held in college premises.** This was attended by students and extending the invitation to young girls and our PG students from Shahpur Jat village.

“Not all of us can do great things. But we can do small things with great love.” - Mother Teresa

INTRODUCTION

The motto of the National Service Scheme (NSS) is "**Not Me But You.**" This motto reflects the essence of the NSS, emphasizing the importance of selfless service and the need to prioritize the welfare of others over oneself.

OBJECTIVES OF NSS

To foster a sense of social and civic responsibility among students by involving them in constructive activities that benefit the community.

To encourage students to work collaboratively with diverse groups within society, promoting unity and a sense of national integration.

To provide opportunities for students to develop practical skills such as leadership, communication, teamwork, and problem-solving through hands-on experiences.

To create awareness among students about social, economic, and environmental issues, encouraging them to contribute solutions through informed actions.

To engage students in various community service activities that address local needs and challenges, thereby improving the quality of life for community members.

NSS- INSTITUTE OF HOME ECONOMICS

The National Service Scheme (NSS) unit at Institute of Home Economics, University of Delhi, plays a significant role in fostering the spirit of volunteerism and community service among its students. The NSS unit at Institute of Home Economics undertakes various activities and projects aligned with the objectives of the NSS, aiming to create a positive impact on both the students and the community.

The NSS unit at the Institute of Home Economics is dedicated to making a significant difference in society through its diverse range of activities. By addressing health, education, environmental, and social issues, the NSS unit not only contributes to the betterment of the community but also facilitates the personal growth and development of its volunteers. The active participation of students in these initiatives fosters a spirit of social responsibility, empathy, and leadership, preparing them to be conscientious and proactive members of society.

NATIONAL SERVICE SCHEME

INSTITUTE OF HOME ECONOMICS

UNIVERSITY OF DELHI



Feeding hope!!



Join hands to clear Yamuna!!



Join the fight against cancer!!



Moment of celebration!!



My vote, my right!!



Equip with self defense skills!!

"NOT ME BUT YOU"

NSS ACTIVITIES 2023-2024



10th August 2023

NSS team organized Vasudha Vandan—Creation of Amrit Vatika—by planting 30 saplings of indigenous trees and species in village areas. The NSS volunteers selected Shahpur Jat Village, an urban village near Hauz Khas. One of the central parks in this village is deserted and used as a parking lot and dumping ground. The volunteers took a pledge to restore the park for children and families. The park had become neglected over the years, with litter and debris scattered everywhere. The NSS team saw this as an opportunity to not only plant trees but also clean up the park and create a green space for the community to enjoy.

The local children from the village were also called to plant the saplings with the motto, "if we plant a small sapling today, it will give shelter, food, and oxygen tomorrow" Songs of independence were sung with children dancing and laughing as they worked together to beautify their neighbourhood. The community came together to support the NSS team's efforts, listening to the problems and challenges of the park as debris ground was noted with the promise that NSS volunteers would make an effort to restore

greenery in this area. It's a great opportunity to connect with nature and promote environmental responsibility. By participating in such initiatives, individuals not only contribute to the betterment of their community but also develop a deeper appreciation for the environment. The sense of unity and purpose fostered during these activities can inspire individuals to take further steps towards sustainable living and conservation efforts.

9th to 13th August, 2023

Har Ghar Tiranga holds significance, promotes a sense of belongingness, and is a symbol of unity in diversity. It represents the rich cultural heritage and diversity of our nation, reminding us that we are all equal and united under one flag. Additionally, Har Ghar Tiranga instills a sense of pride and patriotism among its citizens, fostering a deep love and respect for our country. Symbolizing love for our country Organizing the Har Ghar Tiranga event fosters a sense of patriotism, unity and national pride and strengthens the bond between citizens.

So all the NSS volunteers were asked to put one flag in their homes and click one picture with it. A flag march in adjoining area of the college, Chaitnay Mahaparbu Marg, was taken up. The flag march aimed to spread the message of unity and patriotism among the local residents. It was a beautiful sight to see the entire community coming together, proudly displaying the national flag, and celebrating our country's independence.



15th August, 2023

Celebrating the 77th Independence Day at the IHE college premises was the highlight of the day. The college was adorned with flags and decorations, creating a festive atmosphere. Students and staff gathered in the main courtyard, eagerly awaiting the start of the celebrations. The patriotic fervor was palpable as everyone sang the national anthem together, filling the air with a sense of pride and patriotism. The Institute of Home Economics marked this day with the theme "Nation First, Always First." The Independence Day parade and flag hoisting organized by the NSS team on August 15, 2023 showcased the patriotic fervor and pride of Indian citizens. The event was attended by faculty, students, and non-teaching staff, who came

together to honor the sacrifices made by freedom fighters and to reaffirm their commitment to a progressive and united India.

The celebration of India's independence was marked by several activities, such as cultural performances, speeches highlighting the significance of freedom, and a march past by students dressed in traditional attire. The college also organized a special exhibition showcasing artifacts and photographs from the freedom struggle, allowing everyone to gain a deeper understanding of India's rich history. These activities served as a reminder of the importance of preserving our hard-earned independence and working towards a brighter future for our nation.

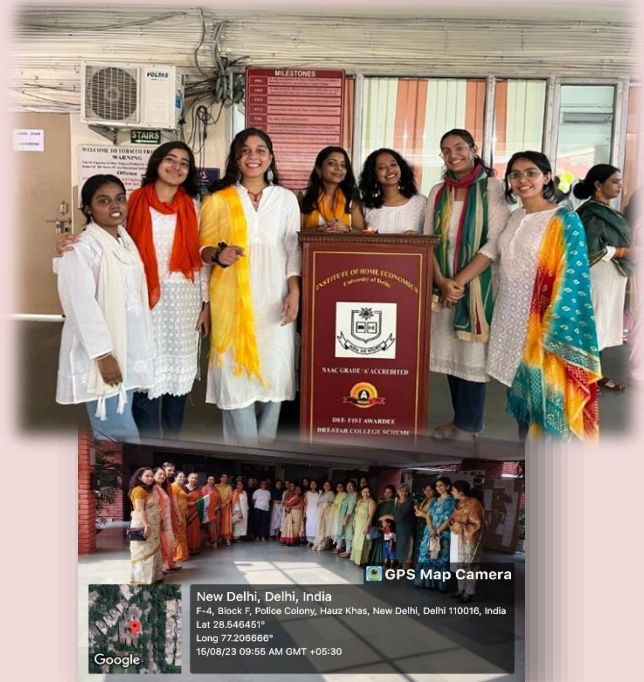
The NSS volunteers were dressed in tricolor attire along with faculty members and other staff members, all coming together to create a vibrant atmosphere of patriotism. Flag hoisting and a march past were part of the celebration marking the day.

Constitutional pledge-taking was held by letting and holding diyas. The pledge recited in unison echoed through the gathering, reaffirming the dedication to the nation. It included promises to contribute towards a prosperous and harmonious India and to respect and celebrate its diverse culture.



The march rally witnessed a significant turnout, with over 90 enthusiastic participants, including NSS volunteers, college students, and faculty members. It served as a powerful reminder that the strength of a nation lies in the unity and unwavering spirit of its people.

Songs of freedom were recited and sung together, filling the air with a sense of patriotism and pride. The lyrics resonated with the crowd, inspiring a renewed sense of determination to uphold the values and principles that make India truly great.



NAME OF EVENT : Matti ko Naman Veero ko Vandan
DATE OF EVENT : 4th September 2023
VENUE : Conference Room

Bravery is not the absence of fear but the ability to overcome it

The seminar helped to understand the ups and downs and struggles of an army personnel. *Veeron Ka Vandan* honouring freedom fighters who protect the nation and families. An interesting interaction with resource person Captain Prakash Mohan (Retd) helped to know about the the life of a soldier how his main role is to just protect and serve the country and not worrying about his own life. The names and stories of distinguished personnel were shared to highlight their extraordinary acts of valour. Inspirational stories of soldiers who overcame adversity and accomplishments with commendable feats were showcased. Their achievement served as a source of motivation.

The session was insight that how students can join NDA, information on eligibility criteria, training programs and application processes. Volunteers attentively attended it. The question and answer session allowed attendees to engage with army personnel Capt. Prakash Mohan and gaining deeper insights from

his experiences. The event served as a powerful platform for fostering a deeper appreciation for our armed forces and inspiring future generations to serve their nation with pride and dedication. The legacy of this event shall resonate as a clarion call for duty and service and reminding us all of the boundless courage and fortitude that define our armed forces.



Celebrating Rashtriya Poshan Maah

NAME OF EVENT : Food Collection, Food Donation and Community Outreach

DATE OF EVENT : August and September, 2023

VENUE : New Delhi and NCR

On the occasion of Rashtriya Poshan Maah 2023, NSS volunteers went to *Dadi ke Rasoi*, a well-known food service program in the Ganga shopping Complex, Sector 29, Noida. The NSS volunteers and the College faculty donated food items such as rice, wheat, pulses, cooking oil, sugar, salt and essential spices. The total donation was approximately 70 kg. The NSS volunteers also helped distribute food to the underprivileged and street dwellers by cooking and serving meals. The event aimed to raise awareness about nutrition and healthy eating habits, especially among marginalized communities. It was a fulfilling experience for all involved, as they were able to make a direct impact on the lives of those in need through their contributions and efforts.



Swachhta Pakhwada 2023



The poster for Swachhta Pakhwada 2023 features logos for the National Service Scheme, G20 India 2023, the 75th anniversary of India's independence, the Ministry of Housing and Urban Affairs, and the University of Delhi. It is organized by the Institute of Home Economics. The event is titled 'स्वच्छता पखवाड़ा 2023' and includes two main events: 1. Bus Stop Cleanliness Drive and Awareness Rally on 29 September 2023, and 2. Water Body Cleaning Drive on 1 October 2023. Locations for the first event are Sarvapriya Vihar, IIT gate, and Hauz Khas. The organizing committee includes Prof. Renu Arora (Director), Dr. Bhavna Negi (PO), Riya Aggarwal (President), Umme Atiya Khan (Vice President), and Varsha Rao (Secretary).

NAME OF EVENT : Cleanliness Drive, Rally, No Plastic Bag Campaign, Yamuna River bed Cleaning
DATE OF EVENT : September-October, November and March 2023
VENUE : New Delhi and NCR

This drive initiated with the cleanliness and hygiene of local bus stops, promoting a cleaner and healthier environment for commuters. NSS volunteers collected litter, including plastics, papers, and other waste materials, segregating recyclable and non-recyclable items. The areas were swept clean, and surfaces were washed with water to ensure thorough cleanliness. Flyers and posters about the importance of maintaining cleanliness and proper waste disposal were distributed to commuters.





YAMUNA CLEANLINESS DRIVE

1st OCTOBER 2023



The initiative aimed to address the alarming pollution levels in the Yamuna and raise awareness about the importance of

preserving this vital water body. Volunteers engaged in various cleaning activities, including:

- Removal of solid waste from the riverbanks and surrounding areas.
- Collection and segregation of recyclable and non-recyclable waste.
- Clearing debris and plastic waste from the riverbed to prevent water contamination.





NAME OF EVENT : Session on Mental Health, Mann ki Baat

DATE OF EVENT: 10th October 2023

VENUE : Girls Common Room and College Foyer

Three events on the occasion of World Mental Health Day. There were sessions on Music Therapy, Mann ki Baat as the name suggests in this event we gave volunteers and students a way of expressing their inner emotions anonymously on a sheet of paper. freely express themselves without fear of judgment or repercussions and screening a documentary on mental wellbeing.



NAME OF EVENT: Plastic Free India
DATE OF EVENT: 11th October 2023
VENUE: Hauzkhas Enclave and ShapurJat



Volunteers distributed Paper and cloth bags local residents free of charge. Volunteers provided information about the advantages of using these bags and encouraged their adoption. Posters and banners were used to promote the use of paper and cloth bags as sustainable alternatives to plastic bags.

EVENT: National Campaign Meri Maati Mera Desh
DATE OF EVENT: 31th October 2023
VENUE : Kartavya Path, India Gate

The NSS IHE team of 45 students and Programme officer joined the closing ceremony of the National Campaign and inaugural event of Mera Yuva Bharat My Bharat. The event was filled with patriotism and enthusiasm. The chief guest at the event was the Honorable Prime Minister of India Shri. Narendra Modi.





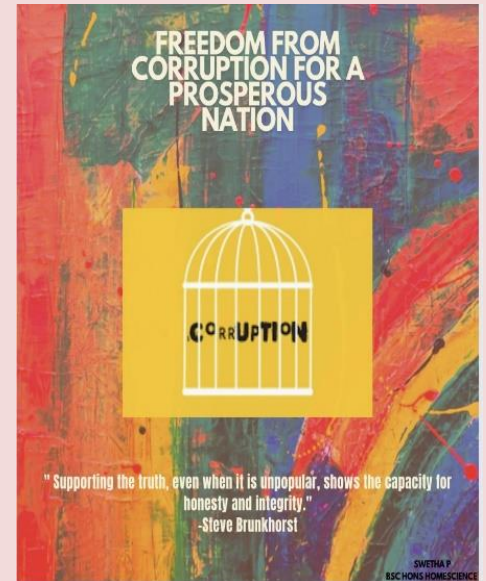
NAME OF EVENT: Vigilance Week
DATE OF EVENT: 30th October -16 November 2023
VENUE: College and Hauz khas

Vigilance (सतर्कता, सावधानी) is the quality or state of being wakeful and alert: degree of wakefulness or responsiveness. The week-long initiatives raised public awareness about corruption and promote a corruption-free working environment. The NSS team marked the Vigilance Awareness Week, with taking the Integrity pledge on 30th October 2023. Various activities like poster making, slogan writing (in Hindi) were also conducted during the

week by NSS IHE to promote the theme ‘SAY NO TO CORRUPTION; COMMIT TO THE NATION’ and also to increase awareness among



others to fight the menace of corruption.



EVENT: Cloth Collection and Distribution Drive on Diwali

DATE OF EVENT: 10th November 2023

VENUE : Hope World Wide, Sangam Vihar

The NSS IHE volunteers organized clothes donation drive at the college. This culminated in Diwali outreach initiatives. Volunteers organized Diwali celebration with children at Hope organization. The event marked colouring diyas and clothes distribution to mark celebration of auspicious Diwali. The distribution of diyas, sweets and clothes by the NSS volunteers brought out the sense of belonging and happiness among the children.



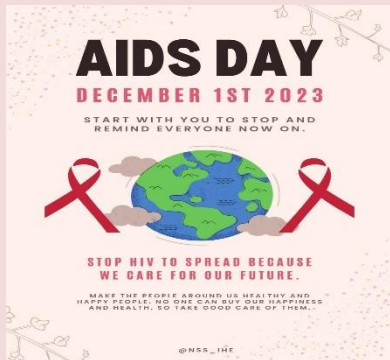
NAME OF THE EVENT: ELECTION QUIZ

DATE OF THE EVENT: 16th NOVEMBER 2023

VENUE: GOOGLE MEET



**COMMUNAL HARMONY
EVENTS AND FLAG DAY**



NAME OF THE EVENT: World AIDS Day
DATE OF THE EVENT: 1st Dec 2023
VENUE: College Campus and Hauz Khas Market

An awareness campaign was organized on World AIDS Day in the college. Volunteers tied a red ribbon care on their wrists as the red ribbon is a universal and powerful symbol signifying solidarity,



awareness and support for people living with HIV/AIDS. The significance of the red ribbon lies in its ability to convey a message of compassion, hope, and the collective commitment to the global fight against HIV/AIDS. Volunteers spread the message by making posters, writing slogans and sharing awareness points regarding HIV/AIDS.



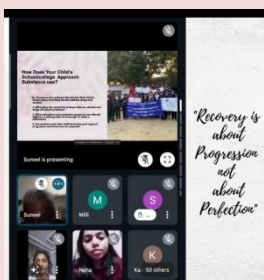
NAME OF THE EVENT: HER STORY MY STORY
DATE OF THE EVENT: 7th December 2023
VENUE: Rashratapati Bhawan

On the 7th of December, the students of the National Service Scheme of the Institute of Home Economics accompanied by NSS's programme officer Dr.

Bhavna Negi were privileged to participate in the prestigious event titled "HER STORY – MY STORY" at the Rashtrapati Bhawan Culture Centre (RBCC). The event featured a captivating conversation with the esteemed Padma Bhushan awardee, Smt. Sudha Murty, is a renowned author, philanthropist, and the Chairperson of the Murthy Trust.

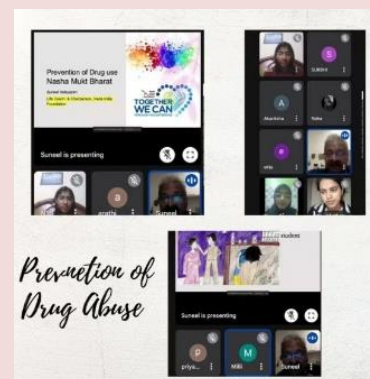


EVENT: SAY NO TO DRUGS- PREVENTION OF DRUG ABUSE (Nasha Mukht Bharat)
DATE OF THE EVENT: 19th December 2023
VENUE: Webinar, online



On Prevention of Drug Abuse themed under Nasha Mukht Bharat with NADA FOUNDATION. There was a detailed discussion about the cons and the related diseases that the person is prone who is addicted to any drugs like tobacco, alcohol, cigarettes etc. severely affect our brain and neurotransmitters and gives a sense of euphoria, excitement. Drugs like Datura have

hallucinogenic properties in them it greatly impacts our cerebrum and cerebellum of our brain and person loses its senses. This topic needs to be discussed among the college-going youth because it's the biggest matter of concern among us. It is rightly said that the only way to win the war on drugs is to never start the battle within keeping this thought in mind **MR. SUNEEL VATSYAYAN** Resource Person of **NADA India foundation** had taken this initiative of Nasha Mukht Bharat. It was an honor to be a part of this motive. It was an interactive session and good discussion.



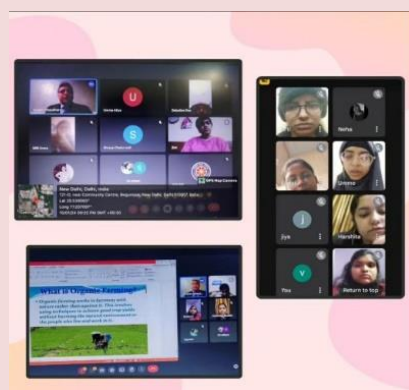
NAME OF THE EVENT: ORGANIC FARMING AND ECO-FRIENDLY AGRICULTURAL PRACTICES

DATE OF THE EVENT: 15th January 2024

VENUE: Webinar, online

The webinar aimed to raise awareness about the benefits of organic farming and sustainable agricultural practices for environmental conservation and human health. Mr. Sanjeev Kumar Chaudhary shared information on topics such as organic farming techniques, soil health management, crop rotation, and integrated pest management. Successful case studies of organic farming initiatives and eco-friendly agricultural practices were presented to showcase real-world examples of sustainable agriculture in action. Participants engaged in interactive workshops and hands-on activities to learn practical skills related to organic farming, composting, seed saving, and natural pest control methods. Participants had the opportunity to visit local organic farms and agricultural cooperatives to observe firsthand the

implementation of organic farming practices and interact with farmers.



NAME OF THE EVENT: Sanitary pad donation drive in collaboration with Gyan Adhar Welfare Society

DATE OF THE EVENT: 19th- 24th January 2024

VENUE: Ashok Vihar, New Delhi

The NSS unit organized a collection drive to gather donations of sanitary pads from students, faculty, and community members at IHE. The collected sanitary pads were donated to Gyan Adhar Welfare Society, a local NGO working towards women's empowerment and menstrual hygiene awareness. Gyan Adhar Welfare Society facilitated the distribution of donated sanitary pads to women and girls in underserved communities through community outreach programs, health camps, and educational workshops. The donation drive provided women and girls from underserved communities with access to sanitary pads, ensuring they could manage their menstrual hygiene needs effectively.



NAME OF THE EVENT: Voter's Day Awareness Pledge
DATE OF THE EVENT: 25th January 2024
VENUE: College and Mayfair Garden

The Voter's Day Awareness Pledge event was organized by the National Service Scheme (NSS) unit IHE to commemorate National Voters' Day and promote voter awareness and participation among students and the wider community. Participants especially the first-time voters were invited to pledge to exercise their right to vote responsibly and participate in the democratic process. The event succeeded in raising awareness about the importance of voting rights, electoral processes, and civic responsibilities among participants.



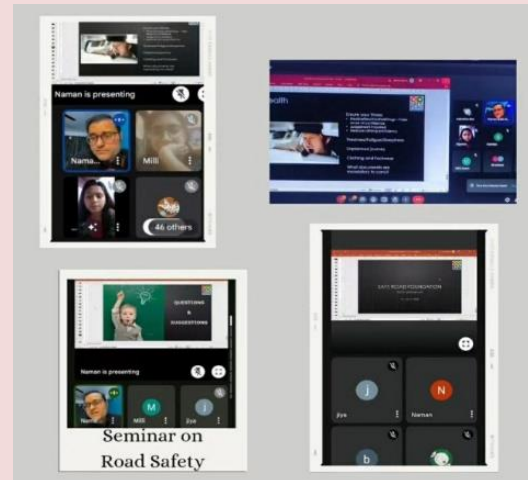
NAME OF THE EVENT: Pledge to be Republic
DATE OF THE EVENT: 25th January 2024
VENUE: College Campus

Republic Day Awareness Pledge event held to commemorate Republic Day and promote awareness about the significance of this day. The students took a pledge to uphold the values of democracy, secularism, equality, and social justice enshrined in the Indian Constitution. The event succeeded in raising awareness about the historical significance and importance of Republic Day.



NAME OF THE EVENT: Session on Road Safety
DATE OF THE EVENT: 27th January 2024
VENUE: Webinar

This session aimed to raise awareness about road safety practices, educate participants about traffic rules and regulations and promote responsible behavior on the roads by the college students. Mr. Naman Mishra interacted on various topics, including road traffic statistics, common causes of accidents, defensive driving techniques, and the importance of wearing seatbelts and helmets. Practical demonstrations through video on topics such as proper seatbelt and helmet usage, road signage interpretation, and basic vehicle maintenance were conducted to provide hands-on learning experiences.



NAME OF THE EVENT: World Cancer Day
DATE OF THE EVENT: 4th February 2024
VENUE: Jawaharlal Nehru Stadium, New Delhi

World Cancer Day, marked on 4th February, serves as a poignant reminder of the global battle against cancer. This day unites individuals, communities, and organizations worldwide in raising awareness, fostering prevention, and supporting those affected by this relentless disease. To mark and be a part of this special day, NSS team of Institute of Home Economics volunteered in the event "Can support walk for life against cancer". The



students volunteered at JLN in the Cancer awareness event. They interacted with the people suffering from cancer and walked along reaffirming through a slogan, 'we can'.



NAME OF THE EVENT: Meditation Session
DATE OF THE EVENT: 14th - 18th February 2024
VENUE: Chinmaya Mission, New Delhi

The "Arise Awake" guided meditation session was conducted by Swami Swaroopananda. The session aimed to delve into the practice and significance of meditation, drawing insights from Vedanta philosophy. During the session, Swami Swaroopananda emphasized the essence of Vedanta, which deals with the knowledge of truth and the essence of the self. Swamiji highlighted that meditation is a state of being and not a practice.

Meditation is not something to be done physically or mentally, though many people consider meditation to be sitting down quietly, repeating the mantra or an affirmation or chanting of verses, it's none of these. Nor meditation is thinking, analyzing, enquiry or reflecting. It is the recognition of one's true self - it is seeing myself for who I truly am - the infinite self and not the limited individuality that I mistake myself to be.

NAME OF THE EVENT: Self Defense Training by Delhi Police, Women Cell
DATE OF THE EVENT: 28th February – 12th March 2024
VENUE: IHE, New Delhi

A self-defense training camp was held for students especially focussed on PG students' and first-year students. The camp took place for 12 days from 8 AM to 9 AM. Titled under "Naari Shakti" and it aimed at empowering young women about personal safety and teaching them some techniques (physical as well as informative) to help them protect themselves at any risk situation, opening the fight mode in fight and flight situations. The students also learned to download the HIMMAT app that help women to alert the police for their safety and rescue.



NAME OF THE EVENT: Ankahi, Intercollege *Storytelling Competition on Social Issues*
DATE OF THE EVENT: 4th March 2024
VENUE: IHE, New Delhi



The Ankahi Storytelling Competition, organized in collaboration with NSS IITD and Hindi Samiti IITD, was held at the Institute of Home Economics. The competition aimed to provide a platform for students to showcase their storytelling skills, celebrate the art of storytelling, and promote cultural exchange through narratives. The stories told by participants focussed on embodied self and gender, body shaming, female foeticide and mental health among youth.

NAME OF THE EVENT: Workshop on Road Safety
DATE OF THE EVENT: 4th March 2024
VENUE: MCD School, RK Puram, New Delhi

NSS IHE organized a workshop at MCD School in RK Puram sector 5 with the objective to raise awareness among students about road safety and the measures that should be taken for road safety. The session commenced with an engaging presentation highlighting the importance of road safety, emphasizing the alarming statistics of road accidents and fatalities. Interactive discussions were held with school children on road safety concepts and misconceptions.





NAME OF THE EVENT: Mera Phela Vote Desh kay liye Event
DATE OF THE EVENT: 6th March 2024
VENUE: College Premises

The event aimed to promote Voter awareness and foster a culture of civic engagement among the student community. The event started with the students taking the pledge to vote. Discussions on the importance of voting, commitment to informed citizenship and active participation in the electoral process were held. The NSS unit

of IHE also organized a photo booth to increase electoral awareness. The booth was designed with props related to voting and signs with slogans (Like- Chunav Ka Parv) promoting voter participation. The students were encouraged to take photos with

voting-related hash tags like **#Vote for Sure**, to spread awareness and educate people with photos regarding elections and voting rights.



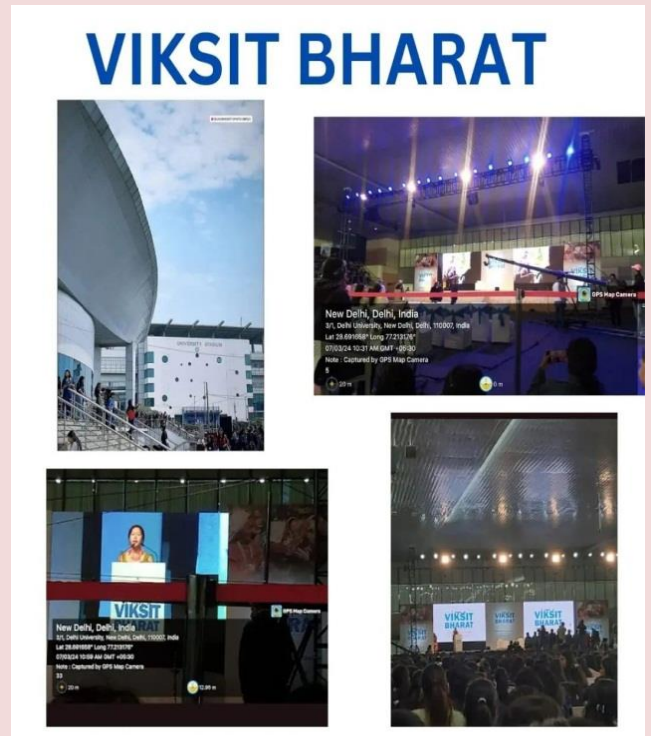
NAME OF THE EVENT: Be Real Workshop
DATE OF THE EVENT: 1st and 2nd March 2024
VENUE: Conference Centre, University of Delhi



MIRANDA HOUSE EVENT

NAME OF THE EVENT: Nari Shakti, Viksit Bharat
DATE OF THE EVENT: 7th March 2024
VENUE: University of Delhi

Honourable Smt. Smriti Irani, Union Cabinet Minister, delivered a keynote address highlighting the significance of women's empowerment, sharing insights from her journey, and emphasizing the importance of education, leadership, and economic independence for women. Women achievers from diverse fields were recognized and honored for their outstanding contributions to society, serving as role models and ambassadors of change. The event celebrated the power and achievements of women while advocating for gender equality and empowerment.



MIRANDA HOUSE EVENT

NAME OF THE EVENT: Be Real Workshop
DATE OF THE EVENT: 1st and 2nd March 2024
VENUE: Conference Centre, University of Delhi

The workshop aimed to explore the intricacies of human connections in the digital age, focusing on themes such as the impact of social media, communication skills, healthy lifestyle practices, and conflict management. The NSS Volunteers engaged in a series of insightful discussions and activities aimed at understanding the role of social media in contemporary society. The workshop delved into the debate of whether social media serves as a boon or a bane, prompting participants to critically evaluate its effects on interpersonal

relationships and mental well-being. Furthermore, sessions on communication and negotiation skills highlighted the importance of effective dialogue in maintaining healthy relationships. Participants learned practical strategies for fostering meaningful connections and resolving conflicts constructively.

NAME OF THE EVENT: Thalassaemia Awareness Camp

DATE OF THE EVENT: 19th March 2024

VENUE: IHE, New Delhi

A talk and Blood test camp on Thalassaemia in collaboration with state blood cell, Maulana Azad Medical College & BHOR-Living Humanity Foundation under the aegis of IQAC was organized. Thalassaemia is a genetic blood disorder characterized by abnormal hemoglobin production, leading to anemia. A blood test was organized for college students and genetic counselling was done. The test tests and check-up leads to early detection and effective management of the disease. The camp attracted as many as 120 students for test and counseling.



NAME OF THE EVENT: World's Down Syndrome Day

DATE OF THE EVENT: 21st March 2024

VENUE: Vasant Kunj, New Delhi

The NSS volunteers participated in the "Mark World Down Syndrome Day Walkathon" event on 21st March 2024 at Muskan Paepid, Vasant Kunj, organized by the Muskan Foundation. The event aimed to raise awareness about Down syndrome and promote inclusion and acceptance within the community. The highlight of the event was the Friendship Walk, where volunteers, along with individuals with Down syndrome and their families, walked together in solidarity. This symbolic walk symbolized the journey towards inclusion and emphasized the importance of embracing diversity and celebrating differences. In addition to the Friendship Walk, the event featured a range of heartwarming activities designed to foster

connections and spread joy. The poster for the event prominently displayed the slogan: “Friendship Walk: Towards Inclusion,” encapsulating the spirit of unity and acceptance that permeated the gathering. Through this message, participants were reminded of the power of friendship and solidarity in breaking down barriers and creating a more inclusive society.

VASANT, ANNUAL NSS IHE FEST
DATE OF THE EVENT: 16TH April 2024

VENUE: IHE, New Delhi

Report in the end.

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

Present

Cancer Screening & Free Health Checkup
 (Dental, Eyes, BP, Sugar and ECG free Checkup)

On

16/4/2024

In collaboration with

BHOR LIVING HUMANLY FOUNDATION
DHARAMSHILA RAHAT MEDICAL CENTRE

Prof. Radhika Bakhshi Patron
 Dr. Bhavana Negi P.O.
 Mrs. Aman Khanna President
 Dr. Sushma Dhar Senior Oncologist
 Dr. Sanita Jety Coordinator

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

Invites for inauguration of Vasant and skill mela

KRISHAN KUMAR GUPTA
 As chief guest

(First and founding volunteer NSS 1969)

VASANT'24
The annual social and cultural fest

Tuesday 16 April 2024

Riya Aggarwal (President)
 Umme Atiya Khan (Vice-president)
 Varsha Rao (Secretary)

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

Organising

VASANT'24
 Presents

PANEL DISCUSSION
 On

New Avenues and Roles for YUVA
 With

DR. POONAM SINGH
 Founder, CEO
 Aarushi Herbals

SUSHANT KALRA
 Founder, CEO Parwarish
 Institute of Parenting

ANAMIKA KUMARI
 Women Entrepreneur
 Food Processing Unit

Date: 16th April
 Time: 10:15am onwards
 Venue: Conference room

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

Organising

VASANT'24
 Presents

Lodging FIR: Purview and Procedures
Delhi Police, Women Helpline Cell

In collaboration with

Delhi Police

Date: 16th April
 Time: 9:00 am to 10:00 am
 Venue: conference room

NAME OF THE EVENT: Food Donation Drive, Labour Day

DATE OF THE EVENT: 1ST May 2024

VENUE: AIIMS, New Delhi

The NSS unit conducted a food collection drive in the weeks leading up to Labour Day, soliciting donations of packaged food items. On Labour Day, the food supplies were distributed to laborers and their families near AIIMS. The food donation drive provided essential food supplies to vulnerable laborers and their families, addressing food insecurity and alleviating hunger in the community.

NAME OF THE EVENT: Red Cross Day

DATE OF THE EVENT: 8th May 2024

VENUE: AIIMS, New Delhi

World Red Cross Day, celebrated annually on May 8th, honors the principles of the International Red Cross and Red Crescent Movement. The day marks the birth anniversary of Henry Dunant, the founder of the International Committee of the Red Cross (ICRC) and the first Nobel Peace Prize recipient. This year, NSS IHE commemorated World Red Cross Day with a series of engaging and educational activities aimed at promoting the values of humanity, impartiality, neutrality, independence, voluntary service, unity, and universality. The event was held in the college campus and saw the participation of different individuals, including students and NSS volunteers.

NAME OF THE EVENT: Voter's Day

DATE OF THE EVENT: 24th May 2024

VENUE: College Premises, virtual mode

A panel discussion on voter awareness, focusing on the theme "Social Media in Democracy." The event aimed to educate students about the critical role of social media in modern democratic processes and the importance of voting. The panel featured distinguished experts: Ms. Mihika Shah, Assistant Producer at NewsX, Ms. Soha Sharma, a postgraduate student at SIMC, Pune, and digital agency intern, and Ms. Syed Muskan, a 2nd year MA graduate in Convergent Journalism from Jamia Millia Islamia. The panelists collectively emphasized the fundamental importance of voting in a democracy. They encouraged all students to actively participate in the electoral process, highlighting that every vote counts in shaping the future of the nation. The speakers stressed that as young, informed citizens, students have the power and responsibility to contribute to the democratic process. The discussion highlighted the pervasive influence of social media on voter behavior and political opinions. The panelists pointed out that social media platforms can be powerful tools for spreading information quickly and engaging a large audience. However, they also cautioned against the dangers of relying on a single source for news and information. They advised students to cross-check information from multiple sources to avoid misinformation and make informed

decisions. One of the critical points discussed was the importance of identifying and using authentic sources of information. The panelists urged students to be vigilant and discerning when consuming content on social media. They recommended following reputable news organizations and verified accounts to ensure the accuracy of the information.

The NSS IHE celebrated **International day of Yoga at Multipurpose Hall, University of Delhi** on June 21st 2024.

Glimpses of NSS IHE 2024





VASANT REPORT
NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



वसंत 24

PROGRAMME SCHEDULE

EVENTS	EVENT DESCRIPTION	TIMINGS
INAUGURATION	Foyer	10 A.M.
PANEL DISCUSSION	Conference Room	10 A.M.-12 P.M.
HEALTH CAMP	Sports Room	10 A.M.- 4 P.M.
TARINGINI	Amphitheatre	3:15- 3:45 P.M.
GIGGLE GLOW	Amphitheatre	4 P.M.- 4:30 P.M.
Skill Mela	Central Quadrangle	10 A.M. -5 P.M.

SESSION 1

CONFERENCE ROOM

Director Prof. Radhika Bakshi facilitated guests with her humble words, while the **programme officer Dr. Bhavna Negi** gave the session introduction. The session marked the presence **Mr. Krishna Kumar Gupta** as chief guest (First and founding volunteer NSS 1969), **Inspector Saroj** and three prominent entrepreneurs.

Guest of Honor

Mr. Krishna Kumar Gupta graced the event as the chief guest, delivering a thought-provoking speech to an audience. In his address, Mr. Gupta stated his experience and contribution towards the society, the different situations he faced and many more. He emphasized the significance of the National Service Scheme (NSS) in fostering a sense of duty, patriotism, and civic responsibility among the youth. He highlighted how the NSS provides a platform for young people to contribute to nation-building through community service, social welfare initiatives, and disaster response efforts.

Women and Safety

Inspector Saroj educated the audience about the importance of filing First Information Reports (FIRs) and familiarized them with the procedures involved. She delivered an informative speech highlighting the critical role of FIRs in the criminal justice system and the responsibilities of citizens in reporting crimes to law enforcement authorities. She emphasized that filing an FIR is the first step towards seeking justice and ensuring accountability for criminal offenses. She also outlined the scope of FIRs, explaining that they serve as a formal record of complaints filed with the police and enable them to initiate investigations into alleged offenses. One of the key highlights of Inspector Saroj was her emphasis on the specialized services offered by the Women Helpline Cell to support survivors through the process of filing FIRs and navigating the legal system. She highlighted the availability of dedicated helplines, counseling services, and legal aid to ensure that women receive comprehensive support and assistance in their journey towards justice and recovery. The audience responded positively to of Inspector Saroj, with many expressing appreciation for the clarity and accessibility of the information provided.

PANEL DISCUSSION

NEW ROLES AND AVENUES FOR YUVA

Dr. Poonam Singh, Mr. Sushant Kalra and Ms. Anamika Kumari, three prominent entrepreneurs shared the challenges and obstacles faced by them while starting their businesses. They delivered an insightful speech focusing on the dynamics of entrepreneurship in the digital age and the imperative of innovation in driving business success. Drawing from their own experiences as a startup founder, they emphasized the importance of resilience, adaptability, and continuous learning in navigating the challenges of the entrepreneurial journey. All of them also stressed the importance of fostering a culture of creativity, collaboration, and diversity within organizations to unlock innovation and drive competitive advantage in a rapidly evolving market landscape.

SESSION 2

HEALTH CAMP

SPORTS ROOM

The 'HEALTH CAMP' was scheduled with the intent of creating a healthy and happy India by providing free health checkups. The Health Camp offered a range of medical services, including general health check-ups, blood pressure monitoring, blood sugar testing, dental check-ups, eye examinations. A team of healthcare professionals, including doctors, nurses, and volunteers, collaborated to ensure the smooth operation of the camp and deliver quality care to attendees. The health camp provided medical consultations to over 300 people. These included students, teaching faculty and non-teaching staff. Additionally, the camp featured interactive sessions and educational workshops on topics such as nutrition, hygiene, and disease prevention, empowering attendees to take proactive steps towards improving their health and well-being. Through the provision of free healthcare services and health education initiatives, NSS IHE demonstrated its dedication to empowering individuals and promoting well-being at the grassroots level. As attendees continue to benefit from the knowledge and resources provided at the Health Camp, the impact of NSS's efforts is poised to extend far beyond the event, creating lasting positive change in the lives of community members.

SESSION 3

TARANGINI

AMPHITHEATRE

“To dance is to be out of yourself. Larger, more beautiful, more powerful.”

- Anges De Mille

Tarangini, an intercollege dance competition was organized as a part of Vasant, the annual fest of the NSS unit at IHE. India has a large number of dances forms, each of which reflects the way the people of the country live, think, and express themselves in their own distinct style. Every dance is a way for a person to express themselves without using their voice. Their performance is an art of self- expression and to facilitate this view the NSS unit of IHE organized Tarangini. In which, ten teams from various colleges registered for the dance competition. The judges of the event were **Ms. Rukshar and Ms. Reshma Bansal.**

The event started with the welcome address, highlighting the value of dance in the lives of human beings along with greeting the judges, participants, and the audience at the event. The anchors then introduced both the judges, Ms. Rukshar and Ms. Reshma Bansal. There were group performances from the team Dazzlers Western Dance Society of IPU and Misba Western Dance Society of Sri Guru Gobind Singh College of Commerce. Also, there were solo performances where artists performed classical dance forms and more. Breath-taking performances by individual dancers from different colleges created a joyous environment. The audience was heard asking for more performances and everyone was seen enjoying the performances with glee and excitement. There were marvelous performances by the outstanding dancers. While the judges took time to announce the winners, songs were played for the audience.

Shaking our hearts with their energetic beats and their moves, the team Dazzlers from IPU bagged the 1st position. The event was concluded with Dr. Bhavna Negi, NSS P.O. sharing that Tarangini was the beginning of a series of events to revive the lost folk art forms and provide them a stage to create awareness among the youth about our rich cultural heritage. She then presented a token of gratitude to the judges. The event ended with a great success.

SESSION 4

GIGGLE GLOW

AMPHITHEATRE

“Laughter is an instant vaccination and the cheapest one too.”

- Jason Ward

Giggle Glow, a stand-up comedy competition was organized by NSS IHE. The event showcased emerging comedic talent and provided a platform for aspiring comedians to showcase their skills and entertain audiences with their wit and humor. Giggle Glow featured a diverse lineup of comedians, each delivering a unique blend of observational humour, satire, and storytelling. Audience members enjoyed an evening of laughter and entertainment as they cheered on their favorite performers and reveled in the camaraderie of the comedy community. One of the key highlights of Giggle Glow was the abundance of laughter and positive energy that permeated the venue throughout the event. From clever one-liners to hilarious anecdotes, each comedian brought their comic style and perspective to the stage, captivating the audience and eliciting raucous laughter. The competition also provided a platform for comedians to experiment with new material and hone their craft in front of a live audience, fostering creativity and innovation in the comedy scene.

Giggle Glow proved to be a resounding success, showcasing the vibrancy and talent of the stand-up comedy scene. Through laughter and camaraderie, the event brought together comedians and audiences in a celebration of humor and creativity. As Giggle Glow continues to shine a spotlight on emerging comedic talent, it will undoubtedly play a pivotal role in shaping the future of comedy and delighting audiences for years to come.

SESSION 5

SKILL MELA

CENTRAL QUADRANGLE

In consonance with the Panelists, women entrepreneurs displayed their products and craftship in the women's college. The inter-college festival that invited participation from 18 NSS DU college teams aimed to empower and showcase the talents of women in entrepreneurship. The event also featured workshops and to further support and educate aspiring female business owners. The Skill Mela successfully provided a platform for women to network, learn, and grow in their entrepreneurial journey.





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1	RIYA AGGARWAL	B.EL.ED	IV
2	UMME ATIYA KHAN	B.SC (PASS) HOME SCIENCE	II
3	ALKA TOPPO	B.SC (H) FOOD TECHNOLOGY	III
4	PRERNA BHATI	B.SC (PASS) HOME SCIENCE	II
5	ANUSHKA JAIN	B.SC(H) FOOD TECHNOLOGY	III
6	PRACHI SINGH	B.SC(H) FOOD TECHNOLOGY	III
7	MONI	B.SC(PASS)HOME SCIENCE	III
8	PRIYANKA BISHT	B.SC (H) FOOD TECHNOLOGY	III
9	SAKSHI RAWAT	B.A. (H) JOURNALISM	III
10	BHUMIKA ARORA	BSC (PASS)HOME SCIENCE	II
11	ANAMIKA GUPTA	B.EL.ED	IV
12	ARUSHI PANDITA	B.A.(H) JOURNALISM	III
13	JUGNU PARVEEN	B.SC (PASS) HOME SCIENCE	III
14	MEHAK GOYAL	B.SC(P) HOME SCIENCE	II
15	SHREYA CHATURVEDI	BSC.(P)HOME SCIENCE	II
16	RICHA PRIYA	B.SC (P) HOME SCIENCE	II
17	KANIKA	B.SC (H) FOOD TECHNOLOGY	III
18	SHRISHTI BANSAL	B.SC (P) HOME SCIENCE	III
19	CHAHAK GAUTAM	B.SC(H)HOME SCIENCE	III
20	JIGYASA	B.SC (H) FOOD TECHNOLOGY	III
21	SHIZA FATIMA	B.SC (H) FOOD TECHNOLOGY	III
22	TANU BHARDWAJ	B.SC (H) FOOD TECHNOLOGY	III
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27	URVI AMBEDKAR	B.SC (H) FOOD TECHNOLOGY	III
28	AASHI AGARWAL	BSC.(PASS) HOME SCIENCE	II
29	AKANKSHA SRIVASTAVA	BSC (H) MICROBIOLOGY	II
30	SAMIYA KHAN	BA HONS JOURNALISM	II

31	TANYA	B.EL.ED	II
32	JYOTI KUMARI	B.SC (H)FOOD TECHNOLOGY	I
33	KHUSHI	BSC (H) HOME SCIENCE	I
34	CHHAVI JINDAL	BSC.(PASS) HOME SCIENCE	II
35	DEBOLINA DAS	B.SC. (H) MICROBIOLOGY	II
36	HAJRA ZAIDI	B.SC (P) HOME SCIENCE	I
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40	SAUMYA	B.SC.(PASS) HOME SCIENCE	I
41	VAISHNAVI SIVADASAN	B.A.(H) JOURNALISM	II
42	RAKSHITA GARG	B.SC.(PASS)HOME SCIENCE	II
43	DEVISHA AHUJA	B.SC.(PASS) HOME SCIENCE	I
44	TANISHA	B.EL.ED	II
45	DRISHTI PANDEY	B.SC.(H) FOOD TECHNOLOGY	I
46	VARSHA	B.SC(PASS) HOME SCIENCE	II
47	SMRITI MISHRA	B.SC(PASS) HOME SCIENCE	II
48	KHUSHBOO KUMARI	B.EL.ED	II
49	RISHITA DHAMA	B.SC.(PASS) HOME SCIENCE	I
50	BHOOMI	B.SC.(PASS) HOME SCIENCE	I
51	ADRIA GHOSH	B.Sc.(PASS) HOME SCIENCE	II
52	SHRUTI DABRAL	B.SC(H) BIOCHEMISTRY	II
53	PATHLAVATH DARSHINI	B.A.(H). JOURNALISM	II
54	ILMA	B.SC (PASS) HOME SCIENCE	II
55	ARTI	B.SC (PASS) HOMESCIENCE	II
56	ARATHI R	B.SC.(H) MICROBIOLOGY	II
57	SWETHA P	B.SC (HONS)HOMESCIENCE	I
58	RINKI KUMARI	B.SC(HONS) HOME SCIENCE	I
59	NISHI GARG	B. SC (PASS) HOME SCIENCE	I
60	BUSHRA	B.A.(H) JOURNALISM	II

61	NAVNEET	B.SC.(H) MICROBIOLOGY	II
62	SODSI RAJ	B.A (H) JOURNALISM	I
63	RASHI BHUTANI	B.SC (H) FOOD TECHNOLOGY	II
64	RIYA SHANDILYA	B.SC (H) HOME SCIENCE	II
65	MILLI ARORA	B.SC (PASS) HOME SCIENCE	I
66	ROHINI K	B.A (H) JOURNALISM	I
67	ANUSREE DE	B.SC (HONS) BIOCHEMISTRY	I
68	PRIYANKA GAUR	B.SC (PASS) HOME SCIENCE	I
69	HARSHITA GUSAIN	B. SC(H) HOME SCIENCE	I
70	HEETALI BANSAL	B.SC (H) BIOCHEMISTRY	I
71	ZOYA KHAN	B.SC (PASS) HOME SCIENCE	II
72	BHAVYA MANE	B.SC (H) MICROBIOLOGY	II
73	UJALA SHARMA	B.EL.ED	II
74	SAMRIDHI GUPTA	B.SC.(PASS) HOME SCIENCE	II
75	SHEZY	B. SC. PASS HOME SCIENCE	II
76	RITIKA GOYAL	B. EL. ED	II
77	KHUSHI	BA HONS JOURNALISM	I
78	JIYA	B.SC (H) FOOD TECHNOLOGY	I
79	EKTA SHARMA	B.SC (PASS) HOME SCIENCE	I
80	SAMIYA BEGUM	B. EL. ED	I



मेरी माटी मेरा देश

NSS IHE at Kartavya Path

