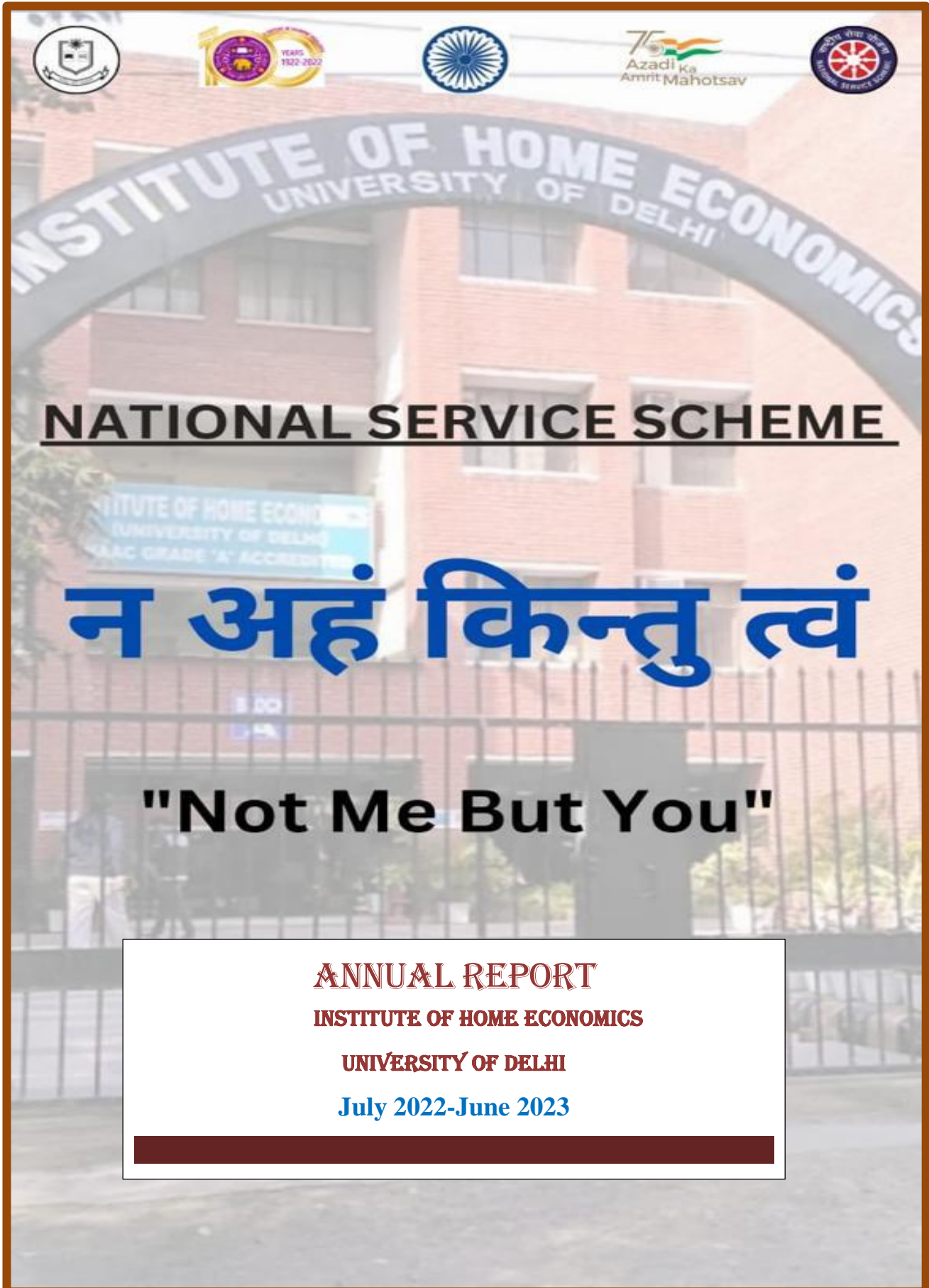




Institute of Home Economics
University of Delhi
Accredited 'A' Grade by NAAC
'Star College Scheme' by DBT
DST-FIST Awardee



Executive Summary

The National Service Scheme (NSS) unit at the Institute of Home Economics (IHE) has been at the forefront of promoting community service, ethical values, and social responsibility among college students. Since its inception in 1969 under the Ministry of Youth Affairs and Sports (MoYAS), the NSS has been guided by the motto, "Not Me, But You," emphasizing selflessness and prioritizing the welfare of others. The NSS unit at IHE has successfully translated these principles into action through a wide range of initiatives and programs.

This report provides a comprehensive overview of the activities and impact of the NSS unit at IHE. It highlights the unit's commitment to community development, environmental sustainability, education, and public health. Notable initiatives include blood donation camps, plantation drives, Poshan Maah celebrations with khichdi donations, talks on the role of women in the Indian army, cleanliness and hygiene campaigns, menstrual hygiene initiatives, and various donation drives aimed at benefiting underprivileged communities.

At IHE, the NSS unit actively participated in National Integration Campaigns. The IHE unit put in immense efforts to promote awareness about constitutional rights, voting, and electoral participation among college students, reflecting its dedication to fostering responsible citizenship. Additionally, the unit has organized events to mark significant occasions, such as Plogging Day and Mental Health Day, emphasizing the importance of mental well-being among youth.

The NSS unit has successfully nurtured social responsibility among students, enabling them to understand and address the needs of their communities. Through active participation in NSS activities, students have honed valuable skills such as leadership, teamwork, and effective communication, contributing to their social and personal development.

Moreover, the NSS unit at IHE has played a pivotal role in cultivating ethical values among students, promoting selflessness, and prioritizing the welfare of others. The NSS motto "Not Me, But You" embodies this commitment.



Glimpses of NSS IHE 2022-2023

Celebration of NSS Annual Fest Vasant: The annual festival of NSS IHE recorded the participation of more than twenty colleges and women entrepreneurs. The celebration revolved around the theme, "India for Better Tomorrow." Vasant represented a fusion of cultural heritage and community service that harmoniously aligned with the goals of NSS.

Youth Integrity Festival at Nalanda: Youth Integrity Festival at Nalanda: Six NSS volunteers led the way in exemplifying the role and scope of NSS voluntary work. They made their mark by actively participating in the National Youth Integration Camp, where student volunteers engaged in various activities, including camps and rallies, to advocate for girl child issues and celebrate cultural diversity.

Ms. Bhumika Gupta, the President of the NSS Student Union, was chosen to participate in the prestigious Vice Chancellor's Student Internship Program, a two-month paid program offered by the University of Delhi (DU). She also had the unique opportunity to accompany the honourable Prime Minister, who served as the chief guest of honour, along with other students to the event venue.

Milestones and Achievements

A Tabular summary of NSS Activities

S.No.	Activity	Participants	Organizers	Date
1.	Har Ghar Trianga and Centenary Celebrations at DU	50	University of Delhi	1.08.22 to 31.8.22
2.	Yuva Samvaad: International Youth Day	15	MoYAS, Akashvani Rang Bhawan, New Delhi	12.8.22
3.	Blood Donation Campaign in collaboration with Red Cross celebrating Azaadi ka Amrut Mahotsav	40	IHE and Red Cross Society	17.08.22
4.	Plantation of Shatabdi Tree	50	NSS IHE in collaboration with Environment Committee	26.08.22
5.	Women's Equality Day Online quiz	30	NSS IHE	26.08.22
6.	Serving Khidchi to Mark Poshan Maah	25	NSS IHE	10.09.23
7.	Swachhata Phakhwada Divas Plogging	50	NSS IHE	19.9.22
8.	Cleanliness Drive and Pledge	50	NSS IHE	20.9.22
9.	National Youth Integration Camp 2022 held at Nalanda University, Bihar.	6	Nalanda University, Bihar	19.9.22-24.9.22

10.	Feed the Stray	25	NSS IHE	29.9.22
11.	Pre Republic Day Camp	10	University of Delhi	30.9.22
12.	Creative Writing Competition ' A letter to Gandhi'	40	NSS IHE	2.10.22
13.	Air Force Day webinar on Role of Women in Indian Air force by Major CJ Nithi	60	NSS IHE	9.10.22
14.	Mental Health Day	100	NSS IHE	10.10.22
15.	Yoga in Everyday Life	25	NSS IHE and Sports Unit, IHE	20.10.22
16.	DAAN UTSAV cloth collection drive	60	NSS IHE	17.10.22 - 25.10.22
17.	Events Promoting Eco-friendly Diwali	80	NSS IHE	24.10.22
18.	Activities to mark Menstrual Hygiene Day and Sanitary Pad Donation Drive	70	NSS IHE	25.10.22
19.	Cleanliness Drive	40	NSS IHE	1.11.22
20.	Run for Unity	25	NSS IHE	1.11.22
21.	Inaugurating Energy Warrior campaign as part of Environment Awareness Week	25	NSS IHE in collaboration with Environment Committee	20.11.22
22.	Samvidhan Diwas:Reel of Regional Language	50	NSS IHE	25.11.22 and 26.11.22
23.	National Voting Right Day	50	NSS IHE	30.11.22
24.	Open Mic Poetry on Vijay Diwas	25	NSS IHE	17.12.22
25.	Secret Santa Mission	20	NSS IHE	25.12.22

26.	Activities to mark Menstrual Hygiene Day and Sanitary Pad Donation Drive	70	NSS IHE	20.1.23
27.	Cleanliness DRIVE	60	NSS IHE	23.1.23
28.	Military Tattoo Day celebrating Parakram Diwas	40	MoyAS, Jawaharlal Nehru Stadium	23.1.23 and 24.1.23
29.	Seminar on Constitutional Rights and Laws by Advocate Dr. Swati Jindal Garg	75	NSS IHE	30.1.23
30.	A dream to be green	65	NSS IHE	22.2.23, 23.2.23
31.	Aadi Mahotsav visit	35		24.2.23
32.	Holi Safe and Selfie Station	30	NSS IHE	3.3.23
33.	Talk on Inclusive Duniya: Neurological Diversity and Inclusion	60	NSS IHE	22.3.23
34.	World Water Day	50	NSS IHE	3.4.23
35.	Vigour celebrating International Day of Sports for Development and Peace	25	NSS IHE	6.4.23
36.	Vasant, Annual Fest' India for Better Tomorrow	300+	Inter college, NSS IHE	11.4.23
37.	Quiz on World Haemophilia Day	25	NSS IHE	17.4.23
38.	Shoe Collection and Donation Drive	80	NSS IHE	1.5.23 to 6.5.23

39.	Yaad-E-Jallian: Visit to National War Memorial	25	NSS IHE	15.4.23
40.	Pledge on Earth Day	25	NSS IHE	21.4.23
41.	Scrounging Heat: keeping water vessels for people and birds	40	NSS IHE	4.5.23
42.	Webinar on Election and Voting Awareness	45	NSS IHE	10.5.23
43.	World Environment Day	10	Department of Environmental Science, University of Delhi	5.6.23
44.	International Yoga Day with Har Ghar Dhyan	50	NSS IHE in collaboration with Har Ghar Dhyan mentors	26.6.23
45.	Flood Relief Camp	50	Relief Camp at Mayur Vihar	20.6.23 and 21.6.23
46.	Participation in Centenary Valedictory Ceremony of DU	100	4 volunteers were selected for NSS wing to attend the Valedictory celebrations	30.6.23

Instagram- [nss_ihe](#)

Email - nss@ihe.du.ac.in

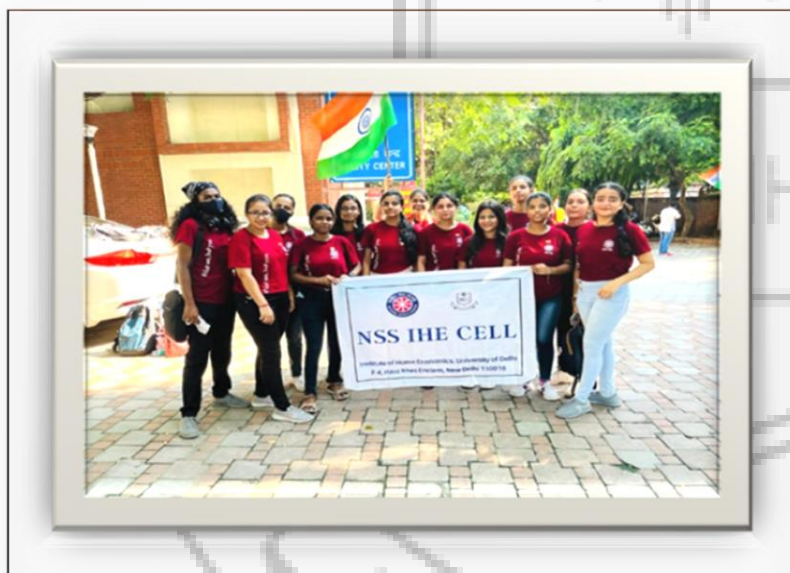
Details of Activities and Events

EVENT: Har Ghar Tiranaga and Centenary Celebrations, University of Delhi

DATE: 1st August to 31st August 2022

PARTICIPANTS: 50 volunteers

In commemoration of Azadi ka Amrit Mahotsav, a significant event took place at the University of Delhi's North Campus. The Tiranga Yatra was organized on August 10, 2022, commencing at 8:00 a.m. and convened at the Gandhi Statue, Gate No.1 of the University of Delhi. This yatra brought together an enthusiastic assembly of NSS volunteers representing various colleges, NCC cadets, and schoolchildren, collectively embarking on a journey covering a distance of approximately 3 kilometres.



collective celebration.

The event garnered remarkable participation from our college, with 50 dedicated volunteers actively taking part in the Tiranga Yatra. Their involvement and commitment contributed significantly to the event's success. The Tiranga Yatra served as a meaningful tribute to the Azadi ka Amrit Mahotsav, emphasizing the spirit of unity, patriotism, and remembrance of India's journey to independence. It was an event that brought together diverse individuals, fostering a sense of national pride and

EVENT: Tiranga Yatra

DATE: 12th August 2022

PARTICIPANTS: 70 volunteers

The National Service Scheme (NSS) at the Institute of Home Economics, University of Delhi, orchestrated a Tiranga Yatra in celebration of India's Independence Day. This event was an integral part of the college's commemorative activities. Held on August 12, 2022, at 11:30 a.m., the event unfolded near College Gate No. 2.

The Tiranga Yatra commenced with the hoisting of the Indian national flag, symbolizing the spirit of patriotism and freedom. Subsequently, the yatra itself commenced, signifying a collective journey in honor of India's independence. The event was a collaborative effort, organized by multiple committees within the college, including the Communication and Magazine Committee, NSS Committee, Sports Committee, and Cultural Committee. NSS volunteers played a pivotal role in ensuring the event's success through their active participation and dedicated efforts.



The Tiranga Yatra was marked by its significance in fostering a sense of unity, patriotism, and pride among participants. It served as a poignant reminder of India's struggle for independence and its enduring spirit of freedom.



On August 14, 2022, in commemoration of Independence Day, National Service Scheme (NSS) volunteers engaged in a significant and patriotic initiative. They collectively posted their photographs, proudly holding the national flag of India, on the official government website. Alongside their photographs, they included their respective pin locations to signify their diverse presence across the nation. As a token of appreciation and recognition for their participation in this heartfelt tribute to the nation, the government awarded certificates to the NSS volunteers. This initiative not only showcased their deep reverence for the Indian flag but also their commitment to upholding the values of freedom and unity. It served as a poignant reminder of the importance of patriotism and national

pride among the youth, reinforcing their sense of responsibility towards the country.

EVENT: Yuva Samvaad

DATE: 12th August 2022

PARTICIPANTS: 15 volunteers

The Ministry of Youth Affairs and Sports (MoYAS) commemorated International Youth Day on August 12, 2022, with a significant event titled "Yuva Samvad." This event was held at Akashvani Rang Bhawan, New Delhi, and spanned from 10:00 a.m. to 5:00 p.m. The occasion witnessed the enthusiastic participation of approximately 400 youths, including National Youth Awardees and youth delegates who had represented India as part of International Youth Delegations in various countries. Notably, the event was graced by the presence of the Hon'ble Minister of Youth Affairs & Sports.



Fifteen of our dedicated volunteers actively participated in this significant event. During "Yuva Samvad," Mr. Anurag Thakur, in his address, provided a visionary glimpse into India's development in the context of its 100 years of independence, painting a vivid picture of India in 2047. His speech served as a source of inspiration, motivating NSS volunteers to take small yet meaningful steps within their homes to conserve energy, such as saving electricity and water, thereby contributing to the nation's development.

The event also featured speeches by several accomplished sports personalities who shared their journeys and contributions to the country's development. Their insights and experiences added depth to the event, highlighting the critical role of youth in shaping India's future and fostering a sense of unity and purpose among the participants.

EVENT: Blood Donation Camp

DATE: 17th August 2022

PARTICIPANTS: 40 volunteers

To embrace the ethos of serving others, NSS IHE in partnership with the Indian Red Cross Society organized a Blood Donation Camp in commemoration of India's 75th Independence Anniversary, 'Azadi ka Amrit Mahotsav.' This initiative saw enthusiastic participation from college students, teachers, and non-teaching staff, who generously donated blood for the benefit of those in need. The primary objective of the event was to raise awareness about the significance of blood donation and inspire greater community involvement in such altruistic endeavours. The Blood Donation Camp garnered an impressive turnout and received unwavering support from the college, underscoring the unity and compassion that define the spirit of the participants. It is worth noting that this event was a resounding success, reflecting the positive impact of NSS IHE's efforts.





EVENT: Plantation Drive

DATE: 26th August 2022

PARTICIPANTS: 50 volunteers

This event was organized by the Institute of Home Economics and took place on August 26, 2022, at 11:00 a.m. within the college premises. It witnessed active participation from NSS volunteers and students who brought various plants, including *haldi*, *tulsi*, and *mint*, to contribute to the cause. The primary objective of the event was to raise environmental awareness and emphasize the significance of greenery and sustainable living. It provided an invaluable platform for students to gain insights into the benefits of these plants and their positive impact on creating a healthier environment.

The enthusiastic involvement of NSS volunteers underscored the importance of collective efforts in preserving nature and striving for a pollution-free atmosphere. Ultimately, the event conveyed a powerful message that freedom encompasses the right to breathe fresh, unpolluted air—an essential aspect of a better quality of life for all.

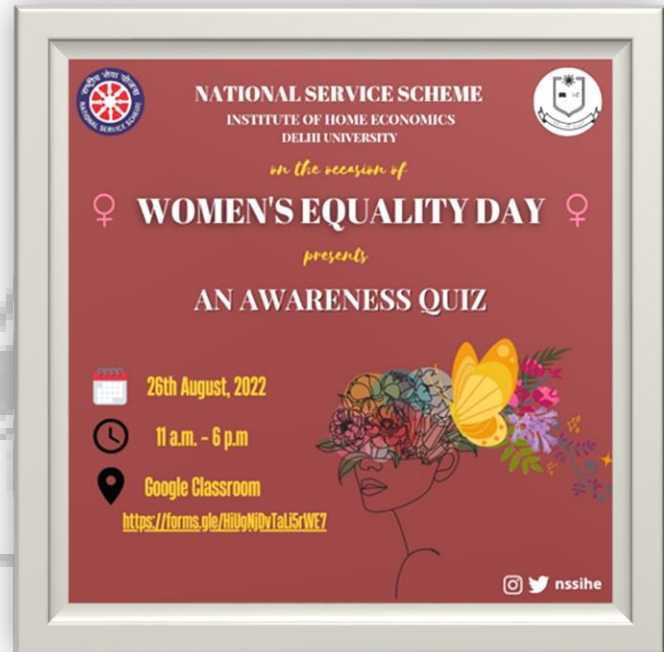


EVENT: Women's Equality Day Quiz**DATE: 26th August 2022****PARTICIPANTS: 30 volunteers**

On August 26, 2022, NSS IHE society hosted a significant online event in observance of International Women's Day. This event took the form of an engaging and informative quiz, designed to raise awareness about women's rights and prominent women activists. The quiz served as a platform to discuss and emphasize the importance of women's equality and their pivotal roles within our community.

The quiz was structured to cover a range of topics related to women's rights, shedding light on the struggles, achievements, and contributions of women in various fields. It aimed to educate and inspire participants about the significance of gender equality and the indispensable role women play in shaping our society.

In recognition of their participation and efforts to further the cause of women's rights, participants were awarded certificates. This acknowledgment not only celebrated their involvement in this meaningful event but also encouraged continued engagement in promoting gender equality and women's empowerment. The online quiz served as a valuable opportunity to educate, enlighten, and commemorate the indomitable spirit of women around the world.



EVENT: Poshan Maah Activity

DATE: 10th September 2022

PARTICIPANTS: 25 volunteers

In observance of POSHAN MAAH, NSS IHE organized a special event centered on the preparation and distribution of Khichdi to the disadvantaged. Khichdi was chosen as a complete meal because it contains simple carbohydrates that are easily digestible and provide sustained energy. It is a prime example of mutual supplementation, ensuring nutritional balance. In addition, the addition of vegetables to Khichdi increases its nutritional value by contributing additional nutrients and dietary fiber.



This event demonstrates NSS IHE's dedication to promoting community nutrition, health, and well-being. The event also highlights the importance of providing nutritious meals to those in need, as it can have a positive impact on their overall health and well-being.



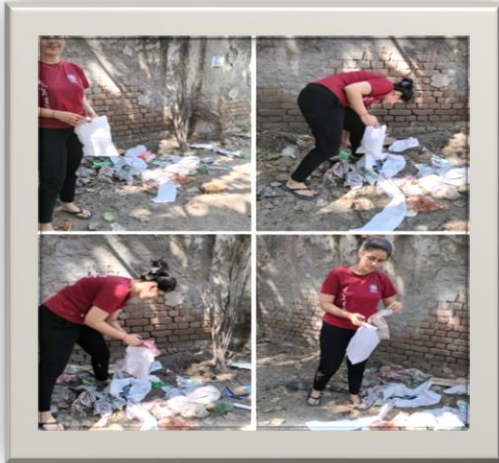
NSS IHE is addressing food insecurity and enhancing the nutritional well-being of disadvantaged individuals by providing Khichdi, a nourishing and filling dish loaded with essential nutrients.

EVENT: Swachhta Pakwadhada

DATE: 19th and 20th September 2022

PARTICIPANTS: 100 volunteers

In alignment with the vision of achieving a cleaner India and fostering awareness regarding the importance of maintaining clean surroundings, NSS IHE initiated a series of activities aimed at enhancing cleanliness within the college premises while also advocating for the reduction of plastic usage in the college canteen. These activities encompassed two primary aspects: routine cleaning initiatives and educational campaigns



designed to enlighten students about the adverse impacts of plastic pollution. Moreover, the college canteen took proactive steps to introduce eco-friendly alternatives, promoting sustainable practices among the student community.

As part of these efforts, college students enthusiastically participated in a cleanliness pledge. This pledge signified their commitment to uphold cleanliness standards not only within the college campus but also in their personal lives and immediate surroundings. In addition to cleanliness, the NSS unit organized workshops and seminars focused on menstrual hygiene, including proper sanitary pad disposal methods. Furthermore, the NSS unit collaborated with Goonj for a special session, planned for the near future, to promote effective waste management techniques and encourage

students to adopt eco-friendly habits beyond the college premises.



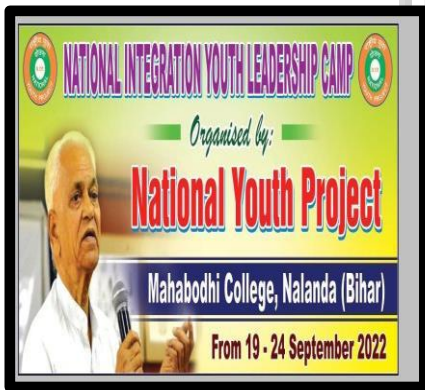
EVENT: National Youth Leadership Camp, Nalanda, Bihar

DATE: 19th and 24th September 2022

PARTICIPANTS: 06 volunteers

The National Integration Youth leadership camp organized by the National youth project and managed by 'H.P. Biswas' (Director of NYP comp, Nalanda) and 'Padmashree awardee Indra Udayana' (chief motivator of IYLC, Nalanda). Six NSS volunteers and one faculty member joined the leadership.

The international youth leadership camp went great and all students learned many things. NSS provided a great opportunity for us to contribute and take part to encourage society. As youth we should take responsibility to educate people about diversity and work together.



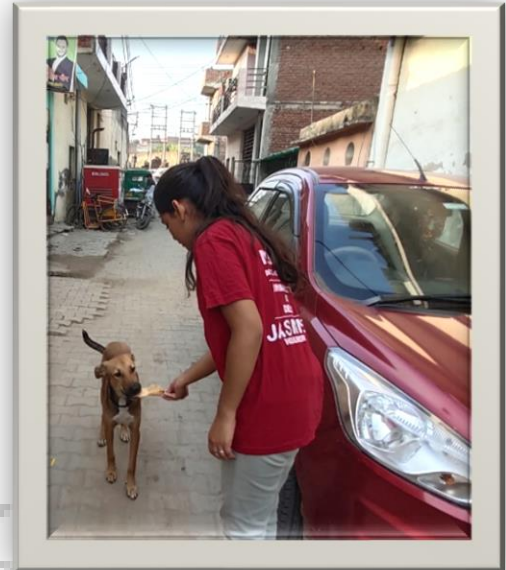
EVENT: Feed the Stray

DATE: 29th September 2022

PARTICIPANTS: 25 volunteers

In observance of World Heart Day, the National Service Scheme (NSS) at the Institute of Home Economics (IHE), University of Delhi, organized a meaningful activity on September 29.

This event, titled "Feed the Stray," was a testament to the compassionate and caring hearts of our dedicated volunteers.



It nurtures empathy and altruism and celebrates the passion of caring for others and protecting our hearts! With mindful and benevolent hearts, our NSS volunteers enthusiastically participated in the "Feed the Stray" activity. They wholeheartedly embraced the opportunity to contribute positively to society by providing nourishment to stray animals.

The underlying message conveyed was that when we have a little extra, we should happily share it with those in need, especially our furry companions who rely on our kindness. This heartwarming activity underscored the true essence of being human.

The primary objective of this event was to inspire and encourage our volunteers to extend their support to stray animals, including dogs and other street-side creatures, who often suffer due to hunger and inadequate nutrition. The event was entirely volunteer-driven, with participants actively engaging in the act of feeding stray animals. To document and share this compassionate endeavor, photographs were taken during the activity and subsequently uploaded to our Google Classroom platform.

EVENT: Pre RD Parade Camp

DATE: 30th September 2022

PARTICIPANTS: 2 selected volunteers



The National Service Scheme (NSS) at the Institute of Home Economics, in line with its commitment to promoting discipline and teamwork, is pleased to share the active involvement of our volunteers in the Pre-Republic Day Parade Camp. This significant event served as a unique platform for our two enthusiastic volunteers Prerna Mishra and Jyoti Prasad to engage with counterparts from NSS and NCC units representing various colleges within the University of Delhi.

Our carefully selected volunteers exhibited remarkable enthusiasm and dedication throughout the camp, participating wholeheartedly in a diverse range of physical activities. These activities not only contributed to improving their physical fitness but also

facilitated the establishment of strong bonds of camaraderie with fellow volunteers from different colleges.

The Pre-Republic Day Parade Camp proved to be a valuable educational experience for our volunteers. They had the opportunity to delve into the intricacies of different training modules and techniques commonly practiced by NSS and NCC volunteers. This exposure significantly enriched their knowledge and skill set, contributing to their personal growth and development.

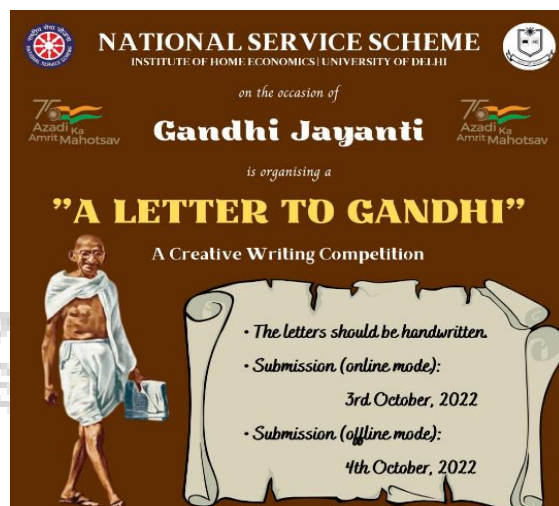


EVENT: A Letter to Gandhi

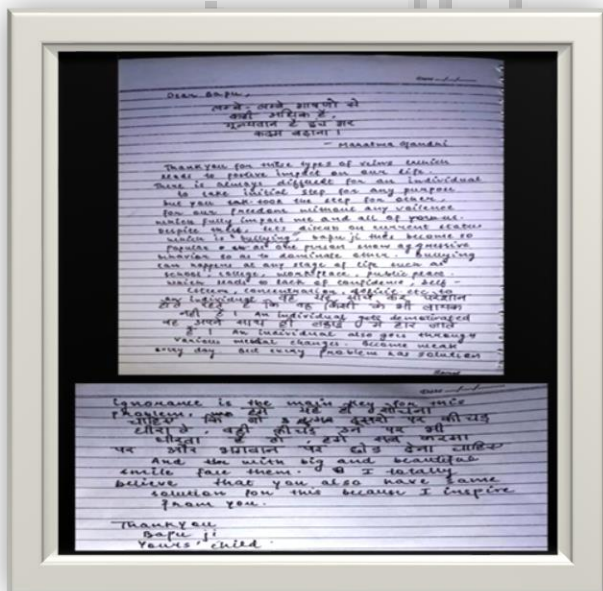
DATE 2nd October 2022

PARTICIPANTS: 40 volunteers

The National Service Scheme (NSS) at the Institute of Home Economics (IHE), University of Delhi, marked the 152nd birth anniversary of Mahatma Gandhi by organizing a thought-provoking Creative Writing Competition titled "Letter to Gandhi" on the occasion of Gandhi Jayanti. This event aimed to provide a platform for participants to voice their concerns and societal issues, facilitating dialogue that could potentially bring these matters to the attention of relevant authorities for consideration and resolution.



The competition invited participants to submit their entries both online on October 3, 2022, by 9:00 pm and offline on October 4, 2022. Entries were to be handwritten, and pictures of the written content were uploaded to the Google Classroom platform. Hardcopies of the entries were also submitted for display within the college premises.



Participants exhibited their creativity and passion in addressing current social issues and changes within the limited word count of 150 words. To recognize and honor excellence in expression, certificates were awarded to the top three performers. The event was met with great enthusiasm and proved to be a resounding success, thanks to the active participation and zeal of all the contributors. We extend our heartfelt gratitude to all participants for their valuable contributions.

EVENT: Talk on Menstrual Hygiene and Waste Management

DATE: 25th October 2022

PARTICIPANTS: 70 volunteers

The National Service Scheme (NSS) at the Institute of Home Economics, in collaboration with Goonj, a non-profit organization, conducted a talk session aimed at spreading awareness among young girls about menstrual hygiene. The event sought to address critical issues surrounding menstrual health and hygiene, with the ultimate goal of empowering and educating young girls on this vital topic. The seminar commenced with an engaging and informative talk by the esteemed guest speaker, Ms. Anita Patil, who has dedicated 12 years of her life to working with Goonj. Her session commenced with an introduction to "Knowing



Goonj," providing insights into Goonj's mission and its significant role in repurposing waste materials to benefit underprivileged sections of society.

Ms. Anita Patil further elucidated how Goonj contributes to menstrual hygiene awareness and action. Notably, Goonj manufactures sustainable sanitary hygiene products, providing a lifeline to women who cannot afford such necessities especially in villages. This initiative plays a crucial role in preventing uterine diseases among vulnerable women, making it a commendable endeavor. The concept of **‘Circular Economy’ in the management of waste** with a focus on 3Rs of waste management was the highlight of this session.

The webinar unfolded successfully, providing valuable insights and information. At the conclusion of the session, a questionnaire was administered, allowing volunteers to address any queries they had. The enthusiasm displayed by the NSS, IHE team was commendable, reflecting their dedication to the cause. Photographs and videos documenting the event were shared on our NSSIHE Instagram handle (@nssihe), amplifying the impact and reach of this empowering webinar. The event's resounding success owes much to the spirited participation of our volunteers, and we extend our heartfelt gratitude to each one for their unwavering enthusiasm and commitment to empowering women in the defense services.

EVENT: World Mental Health Day Activities

DATE: 10th October 2022

PARTICIPANTS: 100 volunteers

The National Service Scheme (NSS) at the Institute of Home Economics, in conjunction with Team Voice (Mental Health Society), organized a noteworthy event to commemorate World Mental Health Day. This initiative, aptly named "Rangreza," centered around a Plantation Drive, was conceived with the dual purpose of raising global awareness about mental health issues and promoting environmental sustainability. The Plantation Drive unfolded within the campus premises, commencing at 1:00 p.m. This impactful endeavor saw the active participation of 100 devoted volunteers, each of whom contributed by bringing their own plant for planting. This act symbolized their commitment to nurturing both the environment and mental well-being. Some highlights of the day included dance therapy in a session 'Naach meri ja' and calling your loved one themed as 'Bol baby bol'. The NSS volunteers used dance and art therapy forms and the entire college was involved.

The event generated remarkable enthusiasm, resonating strongly within both the NSS team and Team Voice, IHE. Their collective dedication to fostering mental health awareness and supporting environmental sustainability was evident throughout the event. Officials overseeing the event expressed their delight at the energetic participation of the volunteers.





EVENT: Yoga in Everyday Life

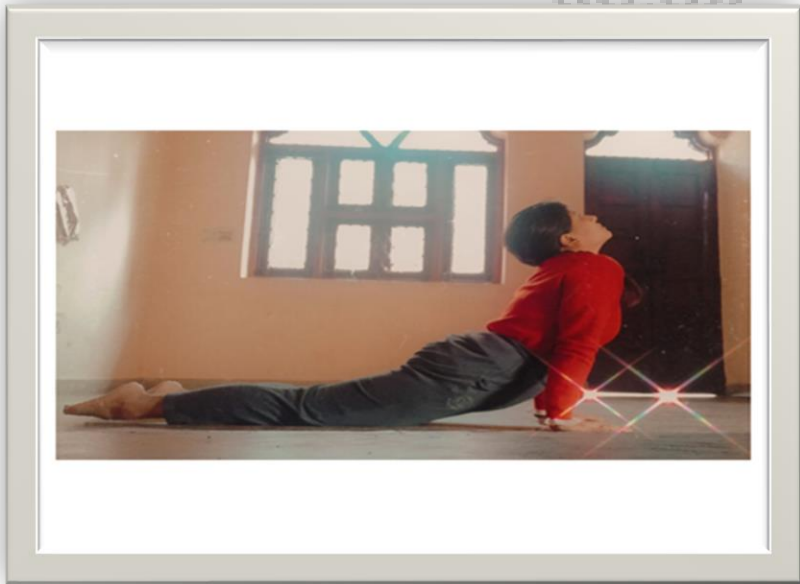
DATE: 20th October 2022

PARTICIPANTS: 25 volunteers

The National Service Scheme (NSS), Institute of Home Economics organized a dynamic online event to commemorate International Yoga Day. The event revolved around educating and engaging volunteers in the practice of various yoga asanas, emphasizing their role in preventing lifestyle diseases and enhancing overall well-being. The online event organized by NSS IHE in celebration of International Yoga Day succeeded in not only educating participants on the importance of yoga but also engaging them in the practical aspects of yoga asanas. This holistic approach is aimed at promoting physical health, mental well-being, and a better quality of life through the practice of yoga.



Key Highlights of the event included that the event was structured to educate students about the importance of yoga in their daily lives. Participants gained insights into the numerous benefits of yoga, ranging from physical to mental well-being. Yoga, with its strengthening and lengthening effects, was highlighted as an effective means to improve mobility and enhance bodily function. It was emphasized that yoga can play a pivotal role in aiding the body's recovery from physical injuries. The event also underscored the significant positive impact of yoga on mental health. Participants learned how yoga can lead to improved sleep patterns and overall mental well-being, contributing to an enhanced quality of life.



EVENT: Daan Utsav

DATE: 17th to 25th October 2022

PARTICIPANTS: 60 volunteers

NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

presents to you

दान उत्सव
Contributions will be made
to a leading community
programme

Mindful Giving

Date: 17th -25th October, 2022
Time: 10 a.m. - 1 p.m.
Collection Venue: Foyer

परमाणु परममहत्त्वान्तोऽस्य वशीकारः।
The mastery over mind results in control of relationship with everything from atom to cosmos
(चित्त के शांत होने से अणु से लेकर सम्पूर्ण ब्रह्माण्ड तक की सम्बन्ध चलाय होती है।)

nssihe nssihe nssihe

ORGANISING COMMITTEE
PROF. GEETA TRILOK DR. BHAYNA NEGI BHUMIKA GUPTA DIKSHA DEEPAK

The National Social Schemes (NSS), Institute of Home Economics organized a Donation Drive from 17th October 2022 to 25th October 2022. The motive of the whole drive is to take a step towards erasing the hunger of needy. Spreading the awareness to share happiness by showing caring and sharing.

The drive was a great success as the whole college had come up with their donations and served humanity. The event started on 17th October, the drive is about to collect donation of food items like grains (rice, wheat etc.) from the college students and teachers. The drive was conducted by the NSS volunteers, as they were heartily bound in

collecting the Grains or food items. There was a large participation of all the teachers and students, as they all came up with the donation and helped us in promoting this drive and stepping forward in removing the starvation of people and making it hit.

The enthusiasm and zeal of many, help us wind up this drive with flying colors. A great accomplishment and the biggest thanks to all for showing their kindness in making this event a success hit @nssihe.



EVENT: Eco-Friendly Diwali

DATE: 24th October 2022

PARTICIPANTS: 80 volunteers

The National Service Scheme (NSS) at the Institute of Home Economics embarked on a remarkable initiative to celebrate a "Green Diwali" from the confines of our homes. The primary objective of this endeavor was to raise awareness about the significance of a Clean and Green Diwali. Diwali, a sacred and cherished festival among Hindus, marks the joyous homecoming of Lord Ram. As vigilant citizens, NSS

volunteers decided to celebrate this auspicious occasion by spreading happiness without resorting to the traditional practice of burning crackers.

Event highlights included the volunteers exhibiting their commitment to this noble cause by participating in activities that not only conveyed the essence of Diwali but also added to its beauty. They chose to make a statement by adorning themselves in traditional and elegant attire, creating intricate rangolis, and crafting handmade diyas, among other things. These efforts not only exemplified the core message of a Green Diwali but also enhanced the meaning and significance of the festival.



A very happy and safe Diwali!



EVENT: Run for Unity

DATE: 1 November 2022

PARTICIPANTS: 25 volunteers

On the occasion of Unity Day in 2022, NSS IHE collaborated with the Sports' Union, IHE, to organize a significant event - the "Run for Unity." This event aimed to foster a sense of unity and togetherness among the college community. The entire college, including students and teachers, actively participated in an exhilarating Relay Race.



The Relay Race was a vibrant and energetic demonstration of unity, where participants showcased their commitment to the values of togetherness and solidarity. Students and teachers came together, running in unison to celebrate Unity Day. The event culminated with the distribution of certificates and prizes to the winners, acknowledging their outstanding performance and contribution to the spirit of unity that the event aimed to promote.

EVENT: Energy Warrior Campaign

DATE: 20th November 2022

PARTICIPANTS: 25 volunteers

The NSS IHE Energy Conservation Campaign, in collaboration with the Environment Committee, served as a pivotal initiative to promote energy conservation within the college. It rallied "Energy Warriors" who are now equipped to champion the cause of sustainable energy usage. The dissemination of awareness messages and the promotion of energy-efficient habits have set the foundation for a more environmentally conscious college community. The heart of this campaign centered around the theme of "Save Electricity, Save Environment." Its overarching goal was to raise awareness among college students, teaching staff, and non-teaching staff about the critical role energy conservation plays in preserving our environment.

Volunteers passionately contributed to the campaign by crafting impactful slogans and strategically placing them across the college premises. These slogans carried energy conservation messages, acting as constant reminders for the college community.

The campaign sought to encourage sustainable habits, including turning off lights and appliances when not in use, maximizing the use of natural light, and adopting energy-efficient devices. By instilling these practices, the campaign aimed to foster a culture of energy consciousness within the college community.



EVENT: Savidhaan Diwas**DATE: 25th and 26th November 2022****PARTICIPANTS: 50 volunteers**

In observance of Constitution Day, the National Service Scheme (NSS) at IHE organized a meaningful event. This event was conducted in an online format and aimed to pay tribute to those individuals who are making noteworthy contributions to our nation. To convey our gratitude and admiration for their dedication, NSS volunteers delivered brief messages in their respective regional languages. These messages were delivered in regional languages to ensure that the sentiment reached every corner of the nation, transcending linguistic boundaries. The event was a heartfelt salute to all the unsung heroes who have made exceptional contributions to our country.

EVENT: National Voting Right Day**DATE: 30th November 2022****PARTICIPANTS: 50 volunteers**

The NSS IHE webinar, "Celebrating National Voting Rights," was a commendable effort to raise voter awareness and self-sufficiency. It successfully engaged participants and informed them about the importance of voting in a democratic society. The webinar featured guest speakers who provided historical context and shared personal stories related to voting rights. Additionally, participants were given resources and tools to help them navigate the voting process, ensuring they felt empowered and equipped to exercise their right to vote.

The webinar, dedicated to celebrating National Voting Rights, was successfully conducted, featuring informative sessions aimed at raising awareness and emphasizing the significance of participating in the democratic process. At the conclusion of the session, a questionnaire was administered to assess the participants' understanding and gather their insights.

The visual content from the event, including photographs and videos, was shared on our Instagram handle @nssihe, further extending the reach of the webinar's message.

EVENT: Secret Santa Mission**DATE: 25th December 2022****PARTICIPANTS: 20 volunteers**

In the spirit of Christmas, the National Service Scheme (NSS) IHE initiated a heartwarming event with the primary aim of celebrating the holiday season. The central focus of this event was to share gifts with underprivileged children, adults, and stray animals, while spreading the love, joy, and happiness of the season with others. This volunteer-based event was marked by acts of kindness as participants shared gifts with destitute individuals and provided support to stray animals. The act of giving, particularly during the festive season, embodies the true essence of Christmas. Participants actively engaged in capturing the

moments of joy and goodwill through photographs, which were then uploaded on Google Classroom for sharing and remembrance.

The photographs of this heartwarming event were also shared on our Instagram handle @nss_ihe, expanding the reach of our collective efforts in making Christmas a memorable occasion for all involved.



EVENT: Pad Donation Drive

DATE: 20th January 2023

PARTICIPANTS: 70 volunteers

In honor of Girl Child Day, the National Service Scheme (NSS) at the Institute of Home Economics, University of Delhi, collaborated with Muzahira: the Literacy & Debating Society of the Institute, to organize a heartwarming event titled "Anonymous Letter Writing & Sanitary Napkins Donation Drive." This event aimed to express gratitude to the remarkable women in our lives by penning heartfelt letters and extending a helping hand to brighten the day of another girl through sanitary napkin donations.

The event commenced at the Amphitheatre area at 12 AM and concluded by 2 PM. Participants were encouraged to contribute both sanitary napkins and handwritten letters. The act of donating sanitary napkins not only conveyed care and support but also addressed a crucial aspect of female hygiene, promoting health and well-being.

The core essence of the event lay in the anonymous letter-writing component. Participants were invited to write letters expressing their gratitude to the women who have inspired them in various ways. These letters were intended to be a source of encouragement and support, creating a positive ripple effect within the community.



EVENT: Military Tattoo Day and Parkaram Diwas, MoYaS

DATE: 23rd and 24th January 2023

PARTICIPANTS: 40 volunteers



The Military Tattoo event took place at the Jawaharlal Nehru Stadium on the 23rd and 24th of January 2023, commencing at 3:00 PM. The event brought together an array of participants, including NSS volunteers from various colleges, NCC cadets, and school students, contributing to the grand celebrations.

Approximately 40 enthusiastic volunteers actively participated in this successful event. The event attracted a significant audience, and participants engaged eagerly to gain valuable knowledge about the subject matter. The Military Tattoo presented a visual and cultural extravaganza, providing insights into the country's rich military traditions and tribal art forms. The 'Parakram Diwas' celebration through the Military Tattoo event was a resounding success, drawing a diverse and engaged audience. It not only celebrated the valor of our Defence Services but also showcased the vibrant cultural tapestry of India.

EVENT: Seminar on Constitutional Rights and Laws

DATE: 30th January 2023

PARTICIPANTS: 75 volunteers

The profound words of Dr. B.R. Ambedkar, "The Constitution is not a mere lawyer's document, it is a vehicle of Life, and its spirit is always the spirit of Age," serve as a constant reminder of the vitality and relevance of our Constitution. In celebration of Republic Day, the National Service Scheme (NSS) unit of the Institute of Home Economics, University of Delhi, organized an enlightening seminar on "Constitutional Rights and Laws."

The seminar featured Advocate Swati Jindal Garg, an eminent lawyer currently practicing in the Supreme Court, as the keynote speaker. The primary objective of this seminar was to provide students with a comprehensive understanding of their constitutional rights and the corresponding duties and responsibilities that accompany them. An essential distinction was drawn between constitutional rights and fundamental rights, emphasizing the importance of using these rights judiciously, considering the limitations in place to prevent misuse.



NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi
is conducting
SEMINAR
on
CONSTITUTIONAL RIGHTS OF INDIA

Speaker
Adv. Swati Jindal Garg
(Supreme Court)

DATE: 30TH JANUARY 2023
TIME: 11:30AM
VENUE: CONFERENCE ROOM

 @nss_ihe  @nssihe  @nssihe

EVENT: AADI MAHOTSAV

DATE: 24th to 27th February 2023

PARTICIPANTS: 35 volunteers



From the 24th to the 27th of February 2023, the National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, actively participated in the Aadi Mahotsav events by visiting this dedicated celebrating tribal entrepreneurship. The occasion was organized in Delhi and the National Capital Region (NCR) to provide a platform for tribal artisans from the remotest parts of the country to showcase their remarkable talents and products. The event was marked by several features. These included:

Exhibition cum Sale: The event included an exhibition and sale of handloom and handicraft products created by tribal artisans from various regions across the country. This platform allowed these artisans to display their skills and craftsmanship to a broader audience.

Shree Anna and Forest Products: The event also showcased various types of Shree Anna (millets) and other forest products. This not only highlighted the unique offerings of tribal communities but also emphasized the importance of sustainable and indigenous food sources.

Cultural Programs: A significant component of the event was cultural programs that highlighted the rich diversity and vibrancy of tribal cultures in India. These programs served as a window into the traditional dances, music, and art forms of these communities.

Aadi Mahotsav also featured a delectable array of tribal cuisines from different corners of the country. This allowed visitors to savor the unique flavors and culinary traditions of tribal communities.

The NSS unit of the Institute of Home Economics actively participated in Aadi Mahotsav and contributed to the event's success. Volunteers engaged with tribal artisans, attended the cultural programs, sampled tribal cuisines, and supported the cause of tribal entrepreneurship.

EVENT: Safe Holi and Selfie Station

DATE: 3rd March 2023

PARTICIPANTS: 30 volunteers

The celebration of festivals is a cherished tradition in our society. However, it's essential to be mindful of the impact our festivities can have on our health and the environment. This event was organized to raise awareness about the harmful and irrelevant products that are commonly used during festivals, such as petrol, oil paints, mud, and other chemical-based products. Not only do these products pose health risks, but they also harm the environment. To completely eradicate pollution during festive celebrations, it is crucial that we all work together to celebrate in an eco-friendly manner.



The event emphasized the following key messages to promote eco-friendly celebrations by NSS volunteers. Some messages displayed at the Selfie station set up in the college premises included: Play Holi with Natural Colors, Avoid the Use of Balloons and Plastic Bags, Celebrate with Flowers.



EVENT: Talk on Neurological Diversity and Inclusion

DATE: 22nd March 2023

PARTICIPANTS: 60 volunteers

On the 22nd of March, 2023, NSS IHE, in collaboration with The Sarvodaya Collective, hosted a transformative workshop titled "Inclusive Duniya: Talk on Intellectual Disability." The event was held in the esteemed confines of the conference room, providing an apt setting for an insightful discussion on the topic.



The keynote Speaker was Ms. Pooja Sharma, the founder of The Sarvodaya Collective. Her presentation was both comprehensive and enlightening, delving deep into the myriad issues faced by individuals with intellectual disabilities. Her profound insights and extensive knowledge offered a unique perspective to a diverse audience.

The primary objective of the workshop was to educate and raise awareness regarding the challenges and obstacles encountered by individuals with intellectual disabilities. It served as a platform for participants to engage in meaningful discussions and glean valuable insights from those directly affected by these challenges.

EVENT: Vigour celebrating International Day of Sports for Development and Peace

DATE: 6th April 2023

PARTICIPANTS: 25 volunteers

On April 6, NSS IHE hosted a dynamic event titled 'Vigour: International Day of Sports for Development and Peace.' The verdant surroundings of Maa Sharda Park, affectionately known as Mayfair Garden, set the perfect backdrop for this celebration.



The event commenced with an impassioned speech that kindled the spirit of the gathering. Two dedicated NSS volunteers, 'Bhumika' and 'Anushka,' stepped forward to lead the proceedings. The primary goal of this event was to educate and inspire generations about the constructive role that sports and physical activities play in the lives of communities and individuals worldwide. The event witnessed enthusiastic participation, with attendees brimming with energy and zeal. The program featured

invigorating sessions of meditation, Yoga Asanas, and a brisk jog. These exercises aimed to invigorate both the body and the soul, infusing everyone with a refreshing surge of vitality.



EVENT: Vasant'23

DATE: 11th April 2023

PARTICIPANTS: 300+ volunteers



More than twenty colleges and female entrepreneurs participated in the annual festival of NSS IHE. "Vasant" epitomized the fusion of cultural heritage and community service, aligning seamlessly with the goals of NSS. The festival centered around the theme "India for a Better Tomorrow" and aimed to showcase the rich diversity of Indian culture through various performances, exhibitions, and workshops. Furthermore, it served as a platform for female entrepreneurs to exhibit their innovative

ideas and contribute to societal improvement.

Key highlights of Vasant included panel discussions featuring inspirational women leaders from diverse industries and alumni. A health camp for free medical check-ups was set up in collaboration with Manthan, Rotary Club, Delhi unit. Street plays, themed "Uday," focused on contemporary issues and challenges faced by Indian youth. These plays sought to raise awareness and facilitate dialogues on critical topics such as mental health, gender equality, and environmental sustainability.



Another captivating aspect of Vasant was the revival of cultural heritage through folk dances. These dances showcased the diverse tapestry of Indian culture and celebrated traditional art forms passed down through generations. This event provided a platform for college students to showcase their talents and preserve India's cultural heritage.

The other unique and soothing event, the silent music therapy session, aimed at providing relaxation and stress relief to our participants. This event was designed to promote well-being and mindfulness through the power of music. It served its purpose of providing a sanctuary of peace and relaxation for our participants, promoting mindfulness and self-care. We believe that such events play a vital role in nurturing the mental and emotional health of our community.

The image displays three promotional posters for events organized by the National Service Scheme (NSS) Institute of Home Economics, University of Delhi. The central poster is for 'Vasant '23', the annual social and cultural fest, held on 11th April 2023 with the theme 'India for Better Tomorrow'. To its left is a poster for 'Power of Her', focusing on women entrepreneurs, also on 11th April. To its right is a poster for a 'Health Camp' featuring a free health check-up, also on 11th April. Each poster lists the organizing body and the venue (Foyer). Below the posters, a table lists the key personnel involved in each event.

POSTER	ORGANIZED BY	EVENT	PATRON	STUDENT'S HEAD, NSS	FACULTY
Power of Her	Dr. Renu Arora	11th April, 2023	Prof. Renu Arora (Director)	Bhumnika Gupta, Ananya Sharma, Diksha Deepak	Dr. Bhavna Negi (NSS PO), Dr. Meghna Sakshi, Deepthi Gupta
Vasant '23	Dr. Renu Arora	11th April, 2023	Prof. Renu Arora (Director)	Bhumnika Gupta, Ananya Sharma, Diksha Deepak	Dr. Bhavna Negi (NSS PO), Dr. Meghna Sakshi, Deepthi Gupta
Health Camp	Dr. Renu Arora	11th April, 2023	Prof. Renu Arora (Director)	Bhumnika Gupta, Ananya Sharma, Diksha Deepak	Dr. Bhavna Negi (NSS PO), Dr. Meghna Sakshi, Deepthi Gupta

This block shows a faded, mirrored version of the three posters and the personnel table described above, serving as a background or secondary visual element.

EVENT: Visit to War Memorial

DATE: 15th April 2023

PARTICIPANTS: 25 volunteers

On 15 April, 2023, the National Service Scheme (NSS) of Institute of Home Economics, University of Delhi hosted an event to pay tribute to people who lost their lives in the massacre. This year's theme was Balidano ki Kahani. The event was held at National War Memorial and started at 11:30 a.m.



NSS team, decided to organise an event on occasion of Jallianwala Bagh Massacre that took place on 13 April 1919, a black day in Indian history, so to make people remember and pay homage to people who lost their lives we organised a visit to National War Memorial, it is a building, monument, statue or an edifice to celebrate a war or victory or to commemorate those who died or were injured in war. It provides an opportunity to the visitors to develop a conscious connect with the site, with the institution and people in whose memory the structure is built. The memorial attempts to invoke a deep and moving experience and serves as symbol of inspiration for future generations.



The NSS volunteers began the event with an enthusiastic introduction, highlighting the significance of the day. The aim of the event was to make them aware about historical day. The event was well-attended, and participants actively engaged in, gaining valuable knowledge about the subject matter.



EVENT: Earth Day

DATE: 21st April 2023

PARTICIPANTS: 25 volunteers

On April 21, 2023, the National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, organized an event to commemorate Earth Day with this year's theme being the "CHIPKO MOVEMENT." The event took place at Mayfair Garden and commenced at 1 p.m. The decision to host this event on Earth Day was driven by the NSS team's commitment to raising awareness about the importance of preserving our planet, Earth.



The event began with NSS volunteers delivering an enthusiastic introduction, emphasizing the significance of the day. The primary objective of the event was to increase awareness about pressing environmental issues. As part of our activities, we organized a "tree hugging" activity along with a pledge ceremony. Tree hugging symbolizes the act of protecting trees from being felled, acknowledging that trees are a precious

gift from nature. Widespread deforestation can disrupt the natural balance. During this activity, volunteers embraced a tree for at least a minute and expressed gratitude to the tree with an affirmation, such as "Take time to appreciate and explore nature!"

Following the tree hugging activity, a pledge ceremony was held during which participants made a commitment to protect our planet. The pledge emphasized a commitment to "reduce, reuse, and recycle" to make every day Earth Day. Participants affirmed their dedication to caring for our planet today and recognized their role in making a difference for tomorrow.

EVENT: World Hemophilia Day

DATE: 17th April 2023

PARTICIPANTS: 25 volunteers

The World Hemophilia Day was celebrated at the Foyer area and commenced at 10:00. This year's theme was "Access for All: Prevention of Bleeds as the Global Standard of Care."

The NSS volunteers initiated the event with a spirited introduction, emphasizing the day's significance and the theme for the year. The primary goal of the event was to raise awareness about inherited blood and bleeding disorders, aligning with Bleeding Disorders Awareness Month. To achieve this, the program included interview sessions involving college students, teaching and non-teaching staff, and other participants.

A red blood drop illustration was employed to serve as a symbol to aid remembrance and create awareness about inherited bleeding disorders.

The event attracted a substantial audience, with active participation during interactive sessions. These engagements provided participants with valuable insights and knowledge regarding the subject matter.

Overall, the event can be deemed a significant success. The participants left with a deeper understanding of the importance of World Hemophilia Day, and the event successfully underscored the need for heightened awareness about inherited bleeding disorders.



EVENT: Yoga Circle

DATE: 26th June 2023

PARTICIPANTS: 50 volunteers

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi
Presents
Meditation session

Date: 26th JUNE, 2023
Time: 10:00am onwards
Venue: Amphitheater

Resource Person
SHELLY KHANNA
(Art of Living)

Bhumika Gupta (President) Ananya Sharma (Vice President) Diksha Deepak (Secretary)

@nss_lhe @nssihe @nssihe

On June 26, 2023, the National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, hosted a meditation session named "BREATH." The event took place at the college amphitheatre and commenced at 10 a.m.

The NSS team organized this event in observance of Yoga Week and was delighted to welcome our esteemed guest, Ms. Shelly Khanna. Meditation is not merely a practice; it's a way of life—a conscious choice to nurture stillness amid the noise, clarity amid confusion, and tranquility amid turmoil. This ancient art, passed down through generations, is celebrated for its profound impact on our mental, emotional, and spiritual well-being.

Ms. Shelly Khanna inaugurated the event with an enthusiastic introduction, emphasizing the significance of the day. The event aimed to raise awareness about the importance of meditation and relaxation of the mind. It drew a significant turnout, with participants actively engaging to acquire valuable insights on the subject matter.

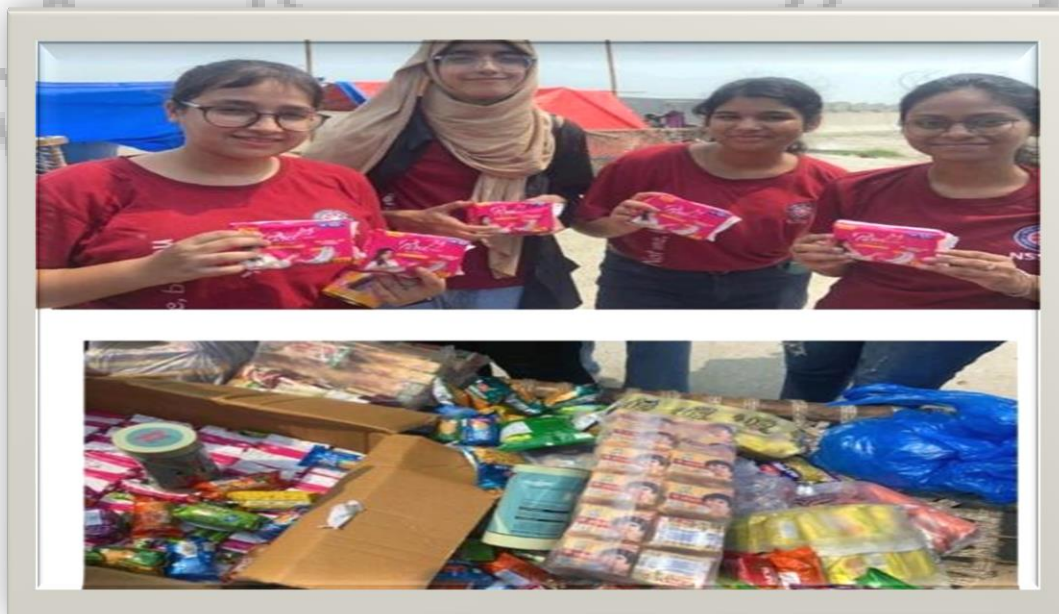
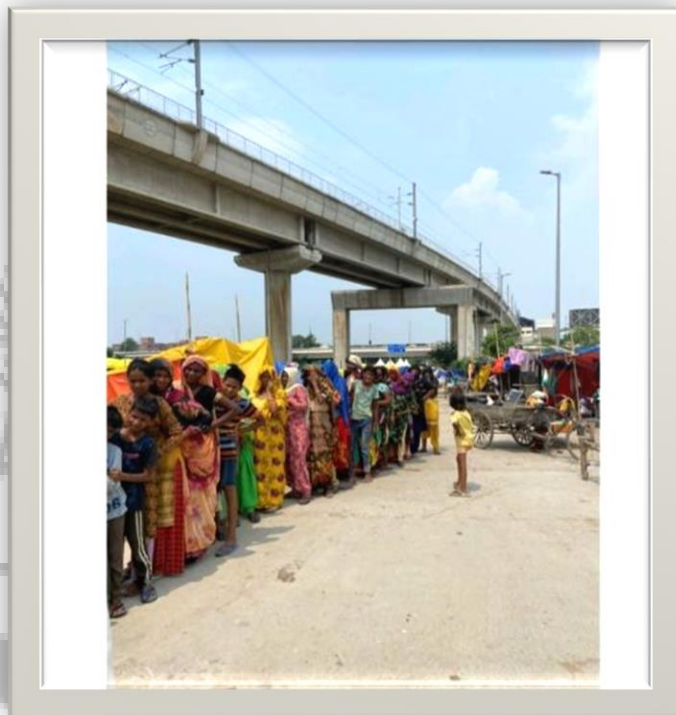
In conclusion, the event proved to be a success, leaving participants feeling energized and offering a more positive perspective on life.



EVENT: Flood Relief Camp

DATE: 20th and 21st June 2023

PARTICIPANTS: 60 volunteers

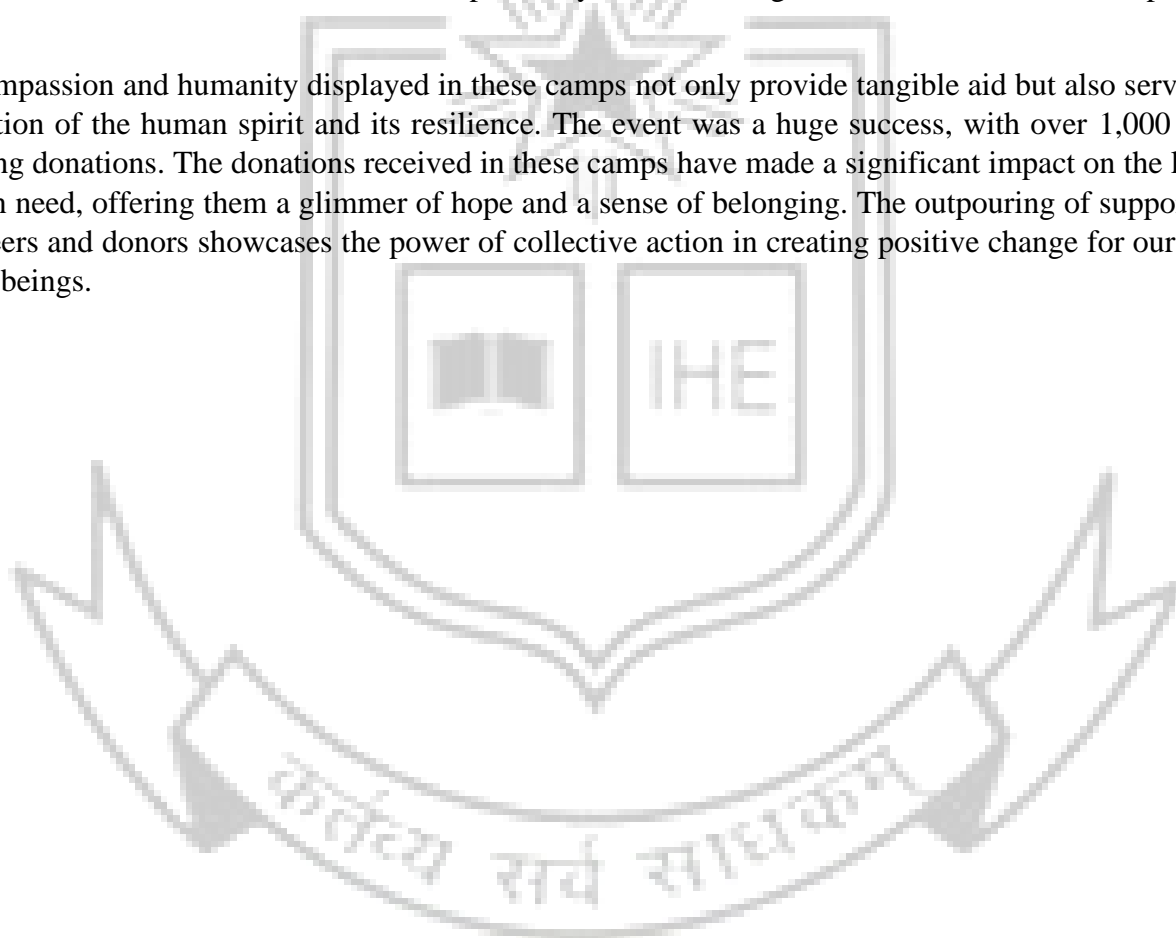


On July 20 and 21, 2023, the National Service Scheme (NSS) of the Institute of Home Economics, University of Delhi, organized flood relief donation camps in two different areas of Delhi. The donation drive commenced on July 20 in Mayur Vihar Phase 1 and continued on July 21 in Yamuna Nagar.

The NSS team made the decision to set up these donation camps to assist vulnerable groups. Under the initiative "Bringing Relief and Hope - Flood Relief Drive," essential items such as ready-to-eat food, biscuits, juices, sanitary napkins for women, and medicines for flood victims in Delhi, near Mayur Vihar Phase 1 and Yamuna Nagar, were distributed. Our collective efforts are certain to make a positive difference in the lives of those in need.

When floods strike, they leave a path of devastation, displacing families and causing significant hardship. These relief camps serve as beacons of hope, providing shelter, food, clean water, and medical assistance to those in dire need. Through the generous contributions of our team, resources were gathered to alleviate the suffering of the affected populations. Beyond immediate relief, these camps also offer emotional support, fostering a sense of community and solidarity among the victims. Volunteers tirelessly dedicate their time and efforts to ensure that those impacted by floods can begin to rebuild their lives, one piece at a time.

The compassion and humanity displayed in these camps not only provide tangible aid but also serve as an illustration of the human spirit and its resilience. The event was a huge success, with over 1,000 people receiving donations. The donations received in these camps have made a significant impact on the lives of those in need, offering them a glimmer of hope and a sense of belonging. The outpouring of support from volunteers and donors showcases the power of collective action in creating positive change for our fellow human beings.



EVENT: Centenary Valedictory Ceremony of DU

DATE: 30th June 2023

PARTICIPANTS: All volunteers



On June 30, 2023, a group of enthusiastic NSS volunteers from the Institute of Home Economics were honored to partake in the grand Centenary Valedictory Ceremony of the University of Delhi. The event drew a sizable crowd of approximately 1000 attendees. The occasion was graced by the presence of Prime Minister Narendra Modi, who attended the Valedictory Ceremony to mark the University's centenary milestone. During this ceremony, he laid the foundation stones for three significant university buildings.

The program commenced with a welcoming song and a visual presentation highlighting the illustrious 100-year journey of Delhi University. Subsequently, Prime Minister Modi inaugurated the Delhi University

Computer Centre, the Faculty of Technology building, and an academic block set to adorn the North Campus of the University. This momentous event was further graced by the presence of Union Education Minister Dharmendra Pradhan, who also participated in the Centenary celebrations alongside PM Modi.

It is noteworthy that Prime Minister Modi commenced his journey to Delhi University by taking a metro ride from Lok Kalyan Marg Metro Station to Vishwa Vidyalaya Metro Station in the national capital. During his metro journey, he interacted with fellow passengers in a moment of camaraderie.





**NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI**



WEBINAR SESSION WITH MAJOR NITHI CJ

Nithi CJ is an Army Veteran with 10 years of varied experience in dealing Human Resource in various dimensions.

After her stints as a graphologist and a risk consultant in the corporate world, she is now a full time yoga practitioner.



ON 09 OCT 2022
VENUE : GOOGLE MEET
5:00-6:00 PM

Dr. Bhavna Negi (NSS, Programme Officer)
Bhumika Gupta (NSS, President)
Dilika Deepak (NSS, Secretary)



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@nss.ihe
@nss.ihe

The Milestones Achieved


- 1992. Induction of Women as Officers in other Arms and services of the Indian Army.
- 2008. WSES scrapped and induction through SSC (NT) W.
- 2016. Induction of Women as Troops in Assam Rifles.
- 2019. Approval of Govt for induction of women in Military Police.
- 2020. Permanent commission to Women Officers

Transformation from to be acknowledged as Women Officers officers who are women..






National Service Scheme
Institute of Home Economics
University of Delhi



presents

Voting Rights Awareness

Monday, 30 November
7 PM
Google Meet



ORGANISING COMMITTEE
Prof. Geeta Trilok Dr. Bhawna Negi Bhumika Gupta Diksha Deepak





NATIONAL SERVICE SCHEME
INSTITUTE OF HOME ECONOMICS
 UNIVERSITY OF DELHI

presents

OPEN- MIC POEM COMPETITION
 on the occasion of
51st VIJAY DIWAS

DATE: 16TH DECEMBER, 2022
DEADLINE: 17TH DECEMBER, 10:00 PM
VENUE: GOOGLE DRIVE

For queries contact:
 Bhumika Gupta (9818874722) Diksha Deepak (9354874800)
 Ananya Sharma (8595627221)



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FREE HEALTH CHECK-UP

- BLOOD SUGAR
- BLOOD PRESSURE
- EYE
- DENTAL
- EKG

Room No. 101
 102
 IInd Floor (Message Room)

New Delhi, Delhi, India
 F-4, Block F Rd, Block F, Police Colony, Hauz Khas, New Delhi, Delhi 110016, India
 Lat 28.546356°
 Long 77.20664°
 11/04/23 11:45 AM GMT +05:30



Program Officer - Dr. Bhavna Negi

Core Team 2022-23

President - Bhumika Gupta

Vice-President - Ananya Sharma

Secretary - Diksha Deepak

Treasurer - Jyoti

Coordinator - Nupur Tolia

Coordinator - Yuvika

Coordinator - Pallavi Gaur

Campus Ambassador - Kangna Jain

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Email- nss@ihe.du.ac.in





A Report

National Service Scheme

INSTITUTE OF HOME ECONOMICS

UNIVERSITY OF DELHI



वसुधैव कुटुम्बकम्



वसंत 23

PROGRAMME SCHEDULE

EVENTS	EVENT DESCRIPTION	TIMINGS
POWER OF HER Unleashing the potential of women entrepreneurs in India	Conference Room	10 AM to 11:30 PM
स्वास्थ्य सेवा पर्व : स्वस्थ जीवन, खुशहाल भारत का सपना	Medical Room	10:00 AM to 4:00 PM
अवेग तरंग Footsteps of Tradition	Amphitheatre, Block B	11:30 PM to 3:00 PM
उदय The ultimate street theatre challenge	Centre Quadrangle, Block A	11:30 PM to 3:00 PM

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi

organising

VASANT'23

presenting

POWER OF HER

Unleashing the potential of women entrepreneurs in India

DATE: 11th April, 2023
TIME: 10.00 AM Onwards
VENUE: Conference Room

Patron: Prof. Benu Arora (Director)
Student's Head, NSS: Bhosnika Gupta, Ananya Sharma, Shikha Gargah
Faculty: Dr. Bhavana Negi (NSS PO), Dr. Meghna Sakshi, Sachhi Mittal, Deepak Gupta

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi

organising

VASANT'23

presenting

वसंत '23

THE ANNUAL SOCIAL & CULTURAL FEST OF NSS IHE

ON 11TH APRIL, 2023

Theme : India for Better Tommorrow

Patron: Prof. Benu Arora (Director)
Student's Head, NSS: Bhosnika Gupta, Ananya Sharma, Shikha Gargah
Faculty: Dr. Bhavana Negi (NSS PO), Dr. Meghna Sakshi, Sachhi Mittal, Deepak Gupta

NATIONAL SERVICE SCHEME
Institute of Home Economics
University of Delhi

organising

Free Health checkup

VASANT'23

invites you to

HEALTH CAMP

DATE: 11th April, 2023
TIME: 11-4 PM
VENUE: Foyer

Patron: Prof. Benu Arora (Director)
Student's Head, NSS: Bhosnika Gupta, Ananya Sharma, Shikha Gargah
Faculty: Dr. Bhavana Negi (NSS PO), Dr. Meghna Sakshi, Sachhi Mittal, Deepak Gupta



SESSION ONE Power of Her

Panel Discussion

Conference Room

Director Prof. Renu Arora felicitated guests with her humble words, while the **programme officer Bhavna Negi** gave the session introduction. The session marked the presence of three prominent women entrepreneurs. Two speakers were IHE alumni. The challenges and obstacles faced by entrepreneurs while starting their business, as shared by the first speaker, **Dr. Vaneeta Agarwal**, founder and CEO of Bizemag Media, who even after being a founder, has also participated in the Singapore Fintech Festival as Media Delegate.

Ms. Jaisika Goel, an alumna emphasized the importance of contributing to society through one's work, especially in fields such as special education for children with special needs. Her narrative emphasized the need and role of following her compassion while working with families who have children with special needs and founded Crafting Lives.

Third speaker of the day focussed her speech on how perseverance and determination can help individuals achieve their goals even when facing difficult situations, as illustrated in the success story of **Ms. Dharna Jha**, another alumna and now Director of ADZ Pvt. Ltd. She authored the second best-selling international Kindle book. She shared a very motivating story about how she sold Goleppa and became the director of a private limited company. Her success was based on her never-give-up attitude and hard work.

SESSION TWO Swasthya Seva Part

Health Camp

Medical Room

The "Health Camp," was titled Swasthya Seva Parv with the intent of creating a healthy and happy India. The NSS unit collaborated with the Rotary Club of Delhi-Manthan in organizing the health camp and providing free health check-ups. A number of tests were done during the health camp, like blood sugar level, ECG, fat percentage, BMI, eyesight check-up, and Blood pressure test. It also included free health consultations. The health camp was conducted under the expert guidance of nine-member teams of doctors and medical experts. The health camp provided medical consultations to over 134 people. These included students, teaching faculty, and non-teaching staff. The NSS members and core committee were praised by everyone, including Mr. Arun Bhutani, President of the Rotary Club of Delhi, who accompanied the medical team and attended the event. He offered the college's NSS volunteers more opportunities to collaborate with the Rotary Club on future projects and



commended them for their dedication and hard work in organizing the successful medical camp. The event provided much-needed medical assistance to the local community and was a great example of the positive impact that can be achieved through collaboration between different organizations.

SESSION THREE Tarangini

Footsteps of Tradition

Amphitheatre

"Let your life lightly dance on the edges of time like dew on the tip of a leaf"

~ Rabindranath Tagore

Tarangini, an intercollege folk-dance competition was organized as a part of Vasant, the annual fest of the NSS unit at IHE. India has a large number of folk dances, each of which reflects the way the people of the country live, think, and express themselves in their own distinct style. Folk dance as a theme for the dance event was an attempt to provide a platform for our traditional dance forms which have become inconspicuous in the mainstream discourse. Seven teams from various colleges registered for the dance competition. The judges of the event were Ms. Deeksha Upreti and Ms. Shreya Ranjan. The event started with the welcome address by Dr. Deepti Gupta, faculty, IHE where she highlighted the value of dance in the lives of human beings along with greeting the judges, participants, and the audience at the event. She then handed over the mic to the anchors for the day, Ms. Kangna Jain and Ms. Disha, NSS Unit, IHE for taking the event forward. The anchors then introduced both the judges who were trained classical dancers, Ms Deeksha Upreti, a senior Kathak and folk dancer who has various accolades to her credit, and Ms. Shreya Ranjan, a young Bharatnatyam and Mohiniattam trained dancer. The dance competition then started with the performance by the first team from Mata Sundri College who performed on Gidda followed by Bhangra performances by the following groups. The audience was also engaged in a short quiz to test their knowledge of the various folk-dance forms of India. Breath-taking performances by individual dancers from different colleges created an environment of euphoria. The audience was heard asking for more performances by the outstanding dancers. While the judges took time to announce the winners, students from the host college sang melodious songs.

Shaking our hearts with their energetic beats and their powerful voices, the team from Mata Sundri college bagged the 1st position as they sang and performed "Gidda", a folk-dance native to the state of Punjab. The event was concluded with Dr. Bhavna Negi, NSS P.O., Associate Professor 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. Finally, the



vote of thanks to the participants, judges, and the audience was given by Ms. Yuvika, Coordinator, NSS, IHE.

Outstanding performances along with tireless applause by the audience and their visible enthusiasm made the folk-dance competition a great success.

SESSION FOUR Uday

Street Play

QUADRANGLE

Among the various competitions and events organized during the celebration, one was UDAAY, "The Ultimate Street theatre challenge". The theme of the event was "Building Better India for Tomorrow." The event started with loud street play calls which brought in lot of energy. 10 teams from various Delhi University colleges participated in the competition. Just like their unique team names, Rudra, Aaghaz, Aavran, Deshbandhu Dramatics, NSS BU, Manctantra, Abhivyakti, Aayaam, Nepathya, themes chosen and presented by them were also very diverse. There were plays on various pertinent, emergent, unnoticed social issues. To mention some of the themes were Menstrual hygiene, Problematic pornography usage in today's society, forced labour, Institutionalized discrimination, the Perspective of the filmmakers with respect to sexuality, Feminism and caste representation and how their meaning changes when it comes to Bollywood and Child Rights. All the plays were so well scripted and well performed that they touched audience's hearts. During this nearly four-hour-long competition, there were moments when the audience was awestruck. Many of the moments actually made everyone think deeper and look at the issues from varied perspectives.

The event was honoured and judged by Mr. Amit Kumar Sinha, founder of the Jamghat, NGO and Mr. Manoj. Mr. Amit Kumar Sinha, an alumnus of Delhi University has a long association with NSD. Their feedback at the end of the event was well taken by the teams and got a lot of appreciation. Judgment criteria of the competition were based on the impactfulness and creativity of the message delivered to the audience through the performance. Guru Gobind Singh Khalsa College, University of Delhi team won this Competition.

Displays and stalls on various social themes, including menstrual hygiene, disability, inclusion, and emotional and mental well-being, were put up by college students and women entrepreneurs. The exhibition aimed to raise awareness and promote dialogue on these important issues. Visitors were encouraged to engage with the

displays and participate in interactive activities. A highlight of the day was a silent DJ who gave a social message on how a world of inclusion and equity could be sensitively created. This was particularly popular among the students. The event was organized with the aim of raising awareness and promoting a more inclusive society. The students and entrepreneurs worked together to create an engaging and thought-provoking atmosphere that encouraged attendees to think critically about these important social issues.



At Vasant '23, meethi boliyan and silent disco for a cause

Music and drama to celebrate life, and silent treatment for social evils — summed up the mood at Institute of Home Economics NSS fest

The silent disco session helped students bond with friends and cancel out worldly noises

It is fun to simply put on the headphones and jam with your friends.
RASHMEET KAUR, BSc Home Science student

The giddha performance by students from Mata Sundri College had everyone swaying

The silent disco session helped students bond with friends and cancel out worldly noises

A street play that touched upon male rape

The crux of the street play competition was that things like male rape and digital scams do happen.
BHUMIKA GUPTA, President, National Service Scheme, Institute of Home Economics

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Illustrating that social causes and mental health are not just buzzwords on the Delhi University fest circuit, the National Service Scheme (NSS) of the Institute of Home Economics (IHE) organised their annual fest of the unit, Vasant '23. Adding colour and vivacity to the proceedings were loud street play calls, vibrant folk dance performances and a silent disco session, inspired by *Breakup Song (Ae Dil Hai Mushkil, 2016)*.

"The idea of a silent disco was to combine fun with mental health awareness. You have your own music and peace, and one can simply be with the beats. It also cancels out the noise pollution, which is something we truly focus on in our realm as a responsibility towards society," said Bhumika Gupta, the NSS president at IHE, adding that the themes for the theatre competition included themes such as digital scams and male rape.

"It was the crux of the event — that such things do happen in society and only we can prevent them. Even for the folk dance competition, the idea was to put out something that is getting lost over years of cultural development and urbanisation. It represents our heritage and students totally enjoyed it, too," explained Gupta.

The boliyan during a giddha performance by students of Mata Sundri College for Women, during the competition, naturally got everyone swaying. Ekansha Jindal, a first-year BSc (Hons) Home Science student, gushed, "The beats of folk music are so uplifting, one cannot help but dance to them. The second performance, too, had Punjab numbers!"

It wasn't just loud music that regaled many — the silent disco found its own audience, too. Rashmeet Kaur, a second-year student of BSc (Hons) Home Science, shared, "It is fun to put on the headphones and jam with your friends. It cancels out worldly noises, too, as one can simply dance to the beats that play in the head!"



VASANT'23





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