

National Service Scheme



Institute of Home Economics
(2016-2021)

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National Service Scheme

The Best Way to Find Yourself is to Lose Yourself in the Service of Others' ---

Mahatma Gandhi Ji

Introduction

National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Very appropriately, the motto of NSS is "NOT ME, BUT YOU". An NSS volunteer places the 'community' before 'self'.

The National Service Scheme (NSS), a public service flagship programme of the government was launched in the year 1969 to celebrate the birth centenary of the Father of the Nation Mahatma Gandhi. During five decades of its existence, it has successfully spread its wings nationally and internationally through values and virtues of selflessness, altruism and compassion towards nation and society. The sole aim of the NSS is to provide opportunities to young students to engage in nation building activities related to social upliftment and community development by giving hands on experience. Each NSS student volunteer devotes 120 hours in one academic year for delivering his services to NSS related work.



राष्ट्रीय सेवा योजना
National Service Scheme
युवा कार्यक्रम और खेल मंत्रालय
Ministry of Youth Affairs and Sports
भारत सरकार
Government of India

Objectives of NSS:

NSS aims at developing the following qualities/competencies among the volunteers:

- ☐ To understand the community in which the NSS volunteers work and to understand themselves in relation to their community;
- ☐ To identify the needs and problems of the community and involve themselves in problem-solving exercise;
- ☐ To develop among themselves a sense of social and civic responsibility;
- ☐ To utilize their knowledge in finding practical solutions to individual and community problems;
- ☐ To gain skills in mobilizing community participation;
- ☐ To acquire leadership qualities and democratic values;
- ☐ To develop capacity to meet emergencies and natural disasters; and
- ☐ To practice national integration and social harmony.

NSS attempts to establish meaningful linkages between ‘Campus and Community’, ‘College and Village’ and ‘Knowledge and Action’.

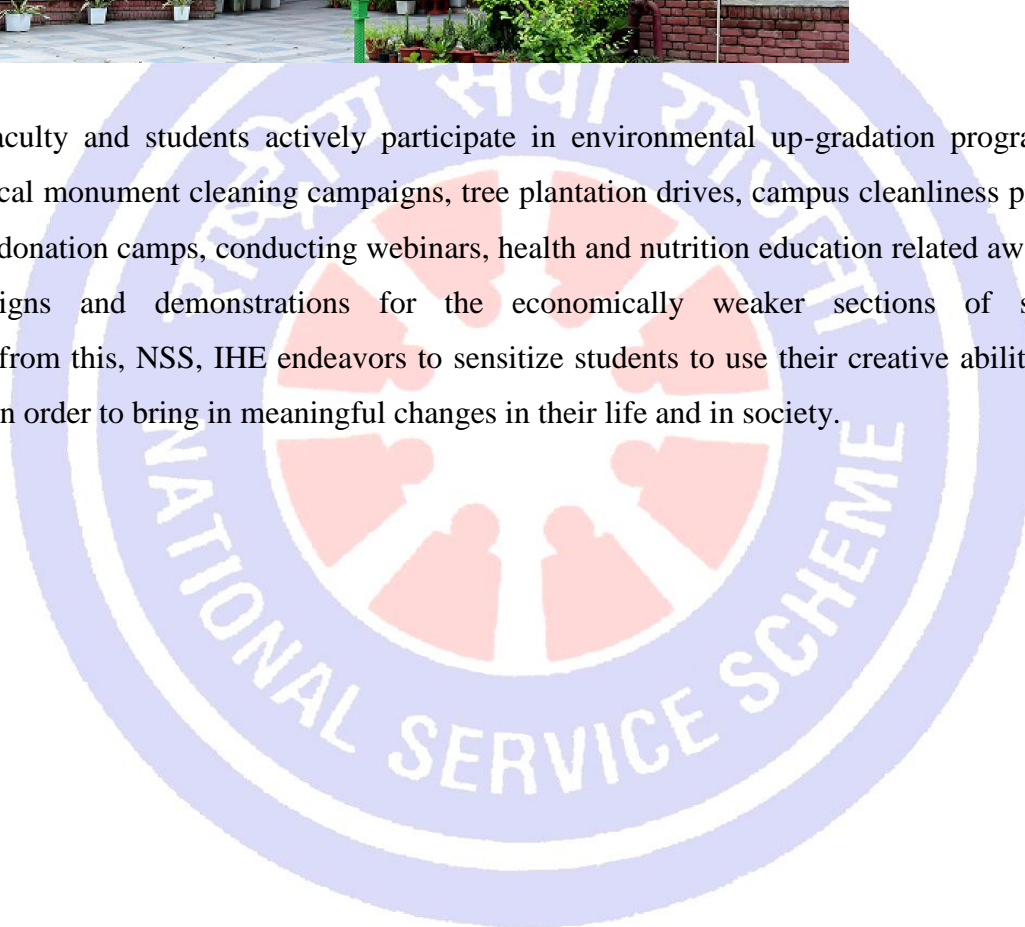
NSS-Institute of Home Economics

NSS-Institute of Home Economics is one of the most active committee of the college. It works to sensitize young minds to contribute for the welfare of the society by organizing various activities throughout the year.

NSS carries out several community outreach programmes and also works in collaboration with a plethora of organizations such as NSUT, Daadi ki Rasoi, Mental Health Society-VOICES, NAB, Helpage India, Muskaan and Manzil. Beside this, the students are actively engaged in the programmes and campaigns within the college campus as well as extend their services through voluntary work in different NGO's, at grassroot level communities and in collaboration with other colleges and institutes.



The faculty and students actively participate in environmental up-gradation programmes, historical monument cleaning campaigns, tree plantation drives, campus cleanliness projects, blood donation camps, conducting webinars, health and nutrition education related awareness campaigns and demonstrations for the economically weaker sections of society. Apart from this, NSS, IHE endeavors to sensitize students to use their creative abilities and skills in order to bring in meaningful changes in their life and in society.



Institute of Home Economics

NSS Activities 2016-2017

With an objective of working towards community betterment, the NSS unit of IHE worked steadfastly in the academic session 2016-17. Around 100 volunteers of college have actively participated in various activities that involved working with the community, markets, metro stations, NGOs, schools and college students. There were various themes on which the NSS unit worked at monthly, fortnightly as well as on weekly basis. Some of these events were Swachhta Pakhwara, Unity week, VISAKA Campaign and so on.

Swachta Pakhwara

- Swachhata Pakhwada started in April 2016 with the objective of bringing a fortnight of intense focus on the issues and practices of Swachhata by engaging GOI Ministries/Departments in their jurisdictions.
- An annual calendar is pre-circulated among the Ministries to help them plan for the Pakhwada activities.
- The Ministries observing Swachhata Pakhwada are monitored closely using online monitoring system of Swachhata Samiksha where action plans, images, videos related to Swachhata activities are uploaded and shared.
- After observing Swachhata Pakhwada, Ministries/ Departments announce their achievements through a press conference and other communication tools.

- For the Pakhwada fortnight, observing ministries are considered as Swachhata Ministries and are expected to bring qualitative Swachhata improvements in their jurisdictions.

At institute of Home economics on 16th August to 1st September celebrated Swachhata pakwada'

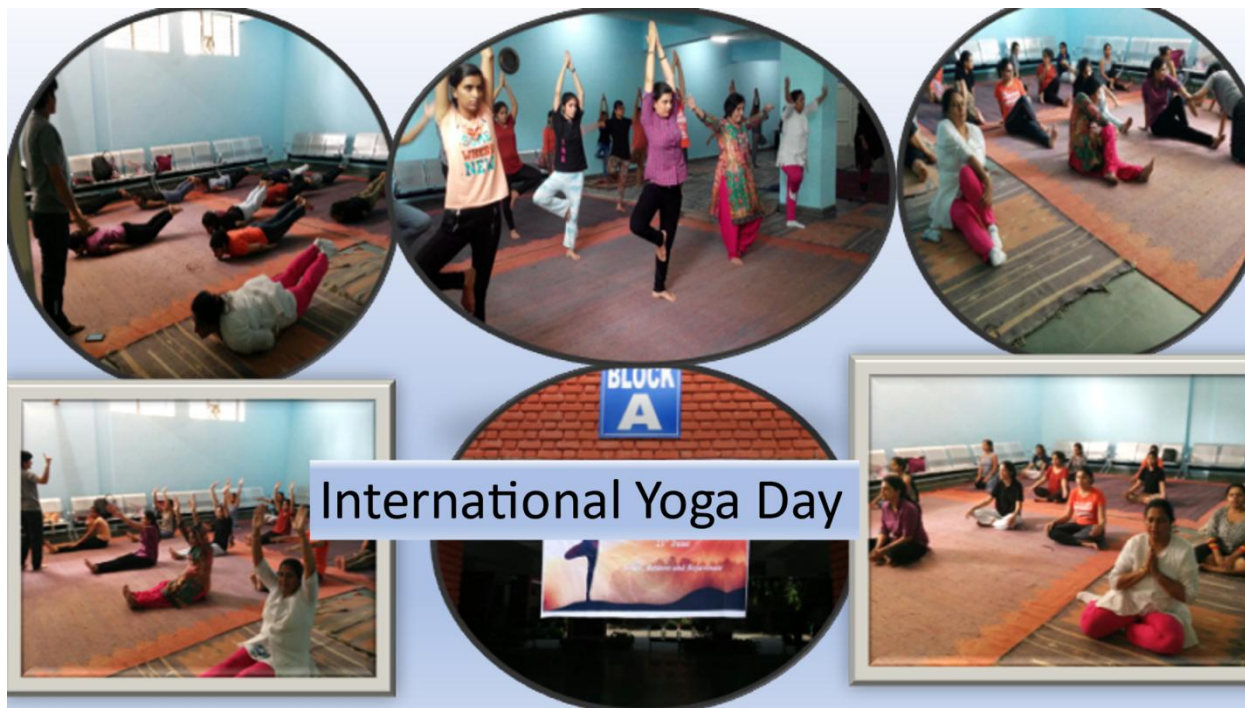
- Cleanliness drive was conducted on keeping ourself physically and mentally clean. A talk on "Importance of cleanliness" and "Various rules to Cleanliness" were showcased.
- College cleanliness and Cleanliness drive in the adopted area, Hauz khas village
 - Cleanliness drive in a welfare agency, Prerna





Their objectives were cleanliness of college, welfare agencies, metro stations, railways stations and other public places. As part of Visaka campaign, digital literacy was taken up and shopkeepers of nearby market were educated and mobilized for adopting digital payments.

International Yoga Day



2016-2017

Several health issues related to tobacco effects, cancer, importance of fitness through yoga were also taken up. The NSS unit also served as a forum for election office for getting voter cards made for students and other people of community. While mobilizing students and the community through rallies, campaigns, and competitions, the NSS unit also helped in the registration for the voter card during the Matdatta Mahotsav.

No Tobacco Campaign

Observed throughout the year, 'Anti tobacco committee' was constituted, by NSS unit, for ensuring the compliances and to make our college tobacco free zone. To spread awareness, slogan writing and poster making competition was also held. Handout, posters and lectures were given by citing some real life examples for stimulating students' participation.

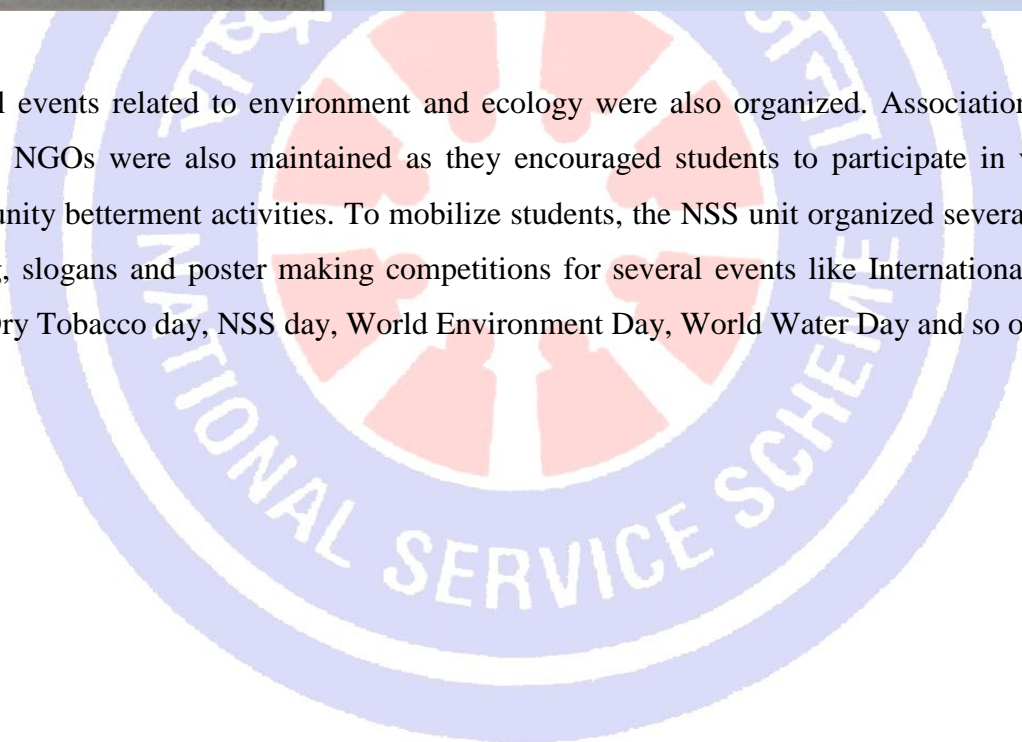




Rally at India Gate



Several events related to environment and ecology were also organized. Associations with several NGOs were also maintained as they encouraged students to participate in various community betterment activities. To mobilize students, the NSS unit organized several essay writing, slogans and poster making competitions for several events like International Yoga Day, Dry Tobacco day, NSS day, World Environment Day, World Water Day and so on.



Institute of Home Economics

NSS Activities 2017-2018

International Yoga day

Since its inception in the year 2015, June 21 is celebrated as International Yoga Day in different parts of the world. The idea of International Yoga Day was proposed by Indian Prime Minister Narendra Modi. At the United Nations General Assembly, he said, "Yoga is an invaluable gift of India's ancient tradition."



It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.



By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day." June 21 is the longest day (in the Northern Hemisphere) of the year. The theme of this year's Yoga Day is Yoga health.



“The aim is to highlight a holistic approach to yoga, which focuses on both physical and mental well being.”

All participant volunteers performed yoga under the guidance of yoga trainer Mr Rajiv Shukla. Students also participated in poster making.

NSS activities involved working with the community, markets, metro stations, NGOs, schools and college students. There were various themes on which the NSS unit worked at monthly, fortnightly as well as on weekly basis. Some of these events were Swachhta Pakhwara, Unity week, VISAKA Campaign and so on.

Several events related to environment and ecology were also organized. Associations with several NGOs were also maintained as they encouraged students to participate in various community betterment activities.

Quiz competition on environment conducted to generate the awareness among students on various aspects about environment.



To mobilize students, the NSS unit organized several essay writing, slogans and poster making competitions for several events like International Yoga Day, Dry Tobacco day, NSS day, World Environment Day, World Water Day and so on.



Swachhta pakhwara- Cleanliness campaign (Sankalp se siddhi)

With an objective of working towards community betterment, the NSS unit of IHE worked steadfastly in the academic session 2017-18. While 100 volunteers of college have actively participated in various NSS activities, 41 volunteers are registered with NSS center and have their personal diary/registration number.

Cleanliness Drive



Essay-writing and film-making competitions were organized by NSS for awareness towards cleanliness, apart from taking up the cleanliness drive within and around the campus. It was conducted on 5th September. Some of the memories captured





Their objectives were cleanliness of college, welfare agencies, metro stations, railways stations and other public places. As part of Visaka campaign, digital literacy was taken up and shopkeepers of nearby market were educated and mobilized for adopting digital payments.





Several health issues related to tobacco effects, cancer, importance of fitness through yoga were also taken up.

NSS Day

Volunteers participated in rally and pledge, taking a vow to serve the society and nation.

Unity Day- Ekta Diwas

India is celebrating October 31 as National Unity Day **to pay tributes to veteran freedom fighter Sardar Vallabhbhai Patel**, who was also the country's first home minister whose contribution in convincing many of the princely states to join the Union of India after Independence remains especially notable.

NSS Volunteers participated in activities to celebrate the unity of the country on the occasion of Sardar Patel's birthday on 31st Oct 2017



Voters Day- Matdatta Mahotsav

The NSS unit also served as a forum for election office for getting voter cards made for students and other people of community. While mobilizing students and the community through rallies, campaigns, and competitions, the NSS unit also helped in the registration for the voter card during the Matdatta Mahotsav. Activities were organised by NSS for Electoral awareness of young voters



Save Rivers

NSS volunteers participated in a rally from college campus to nearby areas raising slogans for the need to save rivers in order to save humanity and Earth.



Institute of Home Economics

NSS Activities 2018-2019

The NSS unit conducted several activities in the session 2018-19. Most of these were as per the instructions of the NSS centre, DU. Some were organized by the NSS unit on its own, as per the guidelines of NSS centre. In the beginning of the session, the NSS unit was clubbed with 'Community Outreach' committee which was later dissociated from the committee following instructions and guidelines from NSS centre.

International Yoga Day

The theme for 4th International Day of Yoga-2018 was 'Yoga for Peace'. Over 100,000 people gathered at a Yoga session in Kota (Rajasthan) and performed Yoga together, earning the city a Guinness World Record.

At IHE yoga session including demo, yoga by volunteers and non-teaching staff was conducted by guest Yoga trainer, Ms Anita. A poster-making and slogan-writing competition was also organized on the theme- 'Yoga for better life'.





Swachh Bharat Summer Internship

Swachh Bharat summer internship (1st-30th June)- 23 volunteers enrolled for this internship and worked individually or in groups in Delhi villages listed by the ministry. The volunteers visited to slum areas and led awareness campaign in the assigned areas. They interacted with community members including children and also led cleanliness drive in groups.

Cleanliness Drive

Swachhta Pakhwara (1st-15th August)- This event spanning 15 days included oath-taking for maintaining and ensuring cleanliness, rallies in and around the campus, volunteers' visits to nearby slums, archeological sites, cleanliness drive inside the campus, poster-making and slogan-writing competition.

In keeping with the larger objective of cleanliness awareness, this campaign was taken up by NSS unit especially to clean the college premises, reducing the use of plastic



Various activities were organised by NSS between 1st-15th Aug including

Poster-making

Campus-cleaning

Cleaning of a historical place nearby

Slogan-writing



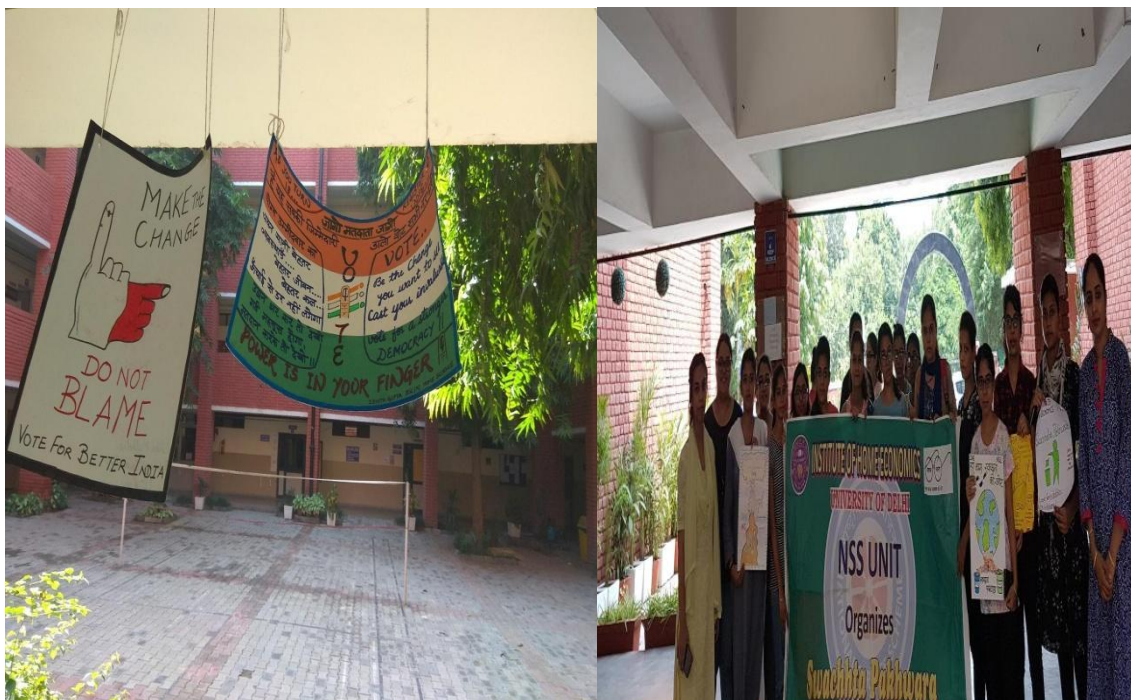
Electoral Awareness

NSS Volunteers took up several activities including awareness Rally, setting up an awareness desk, survey and poster-making. Many students and staff participated in the survey at Institute of Home Economics. Lot of students who were above 18 years age registered for voter id.



Voter awareness day (25th Jan)- was celebrated by organizing pledge-taking regarding unbiased voting by potential voters.

Electoral awareness campaign (Sept)- The NSS volunteers conducted a survey of persons above 18 years of age and listed people whose names do not appear in voters list. A poster-making competition and Voters' awareness rally were also conducted.

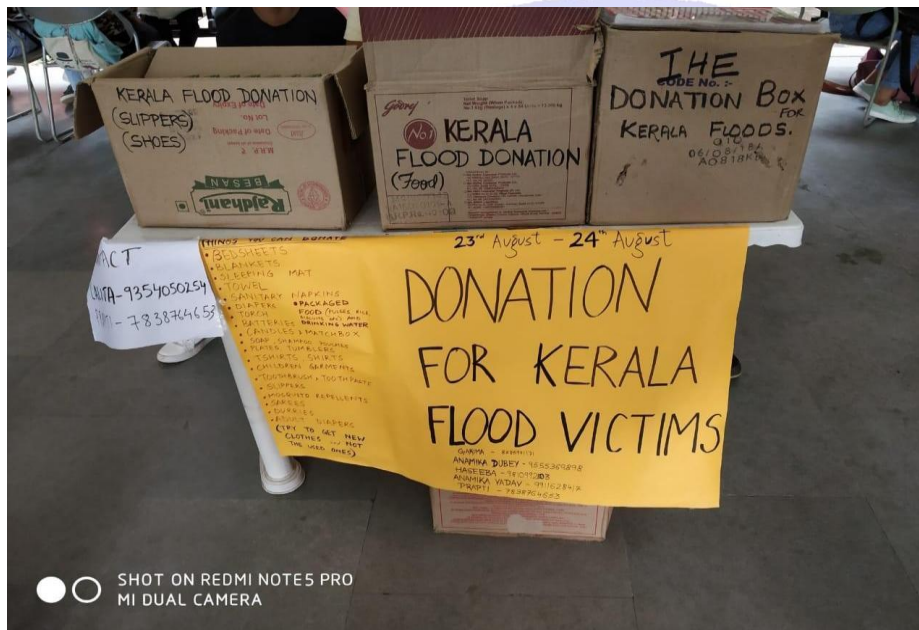


NSS orientation

NSS orientation (19th July and 6th Aug)- Orientation sessions were organized by the NSS unit to orient 1st year students to what NSS is all about, how they can contribute and what they can achieve by the services they provide via NSS scheme. Students were also made aware of the different activities that NSS has been doing in the past years.

Flood Donation Drive

Kerala Flood donation camp - NSS unit of IHE organized a donation camp for collection of non-perishable items for help of flood victims in Kerala. The collected stuff was sent with the help of an NGO. The organizers have collected food donations for three days. The collected items were sent with the help of NGO. Four to Five big boxes of essential items cloths, medicines were collected in this drive.



UNFORTUNATELY IT'S NOT JUST KERALA

- 1) MAHARASHTRA
- 2) KERALA
- 3) WEST BENGAL
- 4) UTTAR PRADESH
- 5) GUJRAT
- 6) ASSAM

You can donate CLOTHES ,
PACKED FOOD ITEMS ,
MEDICINES , ETC that you
think can help

**FOR DONATION &
QUERY CONTACT :-**

**LALITA (NSS-PRESIDENT)
+919540289634**



**NSS (IHE)
HAS COME UP
WITH A
DONATION
DRIVE TO
HELP OUT
THESE FLOOD
AFFECTED
AREAS AND
GIVE THEM A
HAND IN A
STORM.**

NSS Day Rally

NSS day (12TH Sep)- NSS day was celebrated on 12th Sep around the theme ‘Swachhhta hi sewa’ for which a nukkad natak, poster-making competition on ‘Minimising the use of plastic’, human chain and rally were organized.



Surgical strike day

Surgical strike day (29th Sep)- NSS IHE unit celebrated Surgical strike day on 29th Sept by organizing poem/ slogan/ poster making event in which volunteers wrote in praise of Indian army and the country. More than 30 volunteers also attended the event organized on 28th Sept in DU.



National youth campaign (Oct)- NSS volunteers participated in national youth campaign on CPR, as part of health awareness.

Ekta Diwas Ekta Diwas was celebrated (on 31st Oct)- through activities like poster-making and nukkad natak.

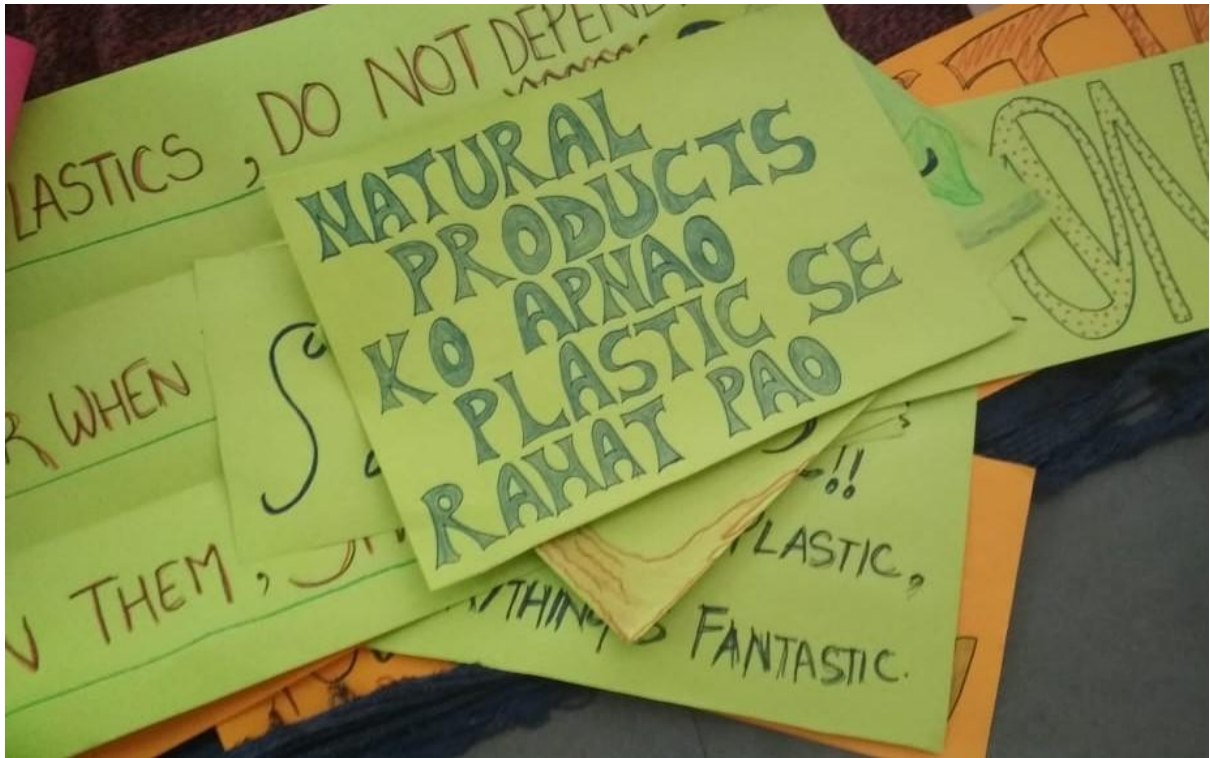
Reduce Plastic Campaign

The following activities were conducted during the lockdown period by NSS unit, IHE :

1. Poster-making in support of Janta curfew in the wake of Corona spread
2. Posters and videos to spread awareness regarding Corona



3. Mask-making and its video
4. Videos to thank Corona warriors



Institute of Home Economics

NSS Activities 2019-2020

International Yoga Day

A splendid celebration was organised by Delhi University in which the NSS volunteers participated at North Campus.



Vigilance Awareness Week



Vigilance Awareness Week is being celebrated every year and coincides with the birthday of Sardar Vallabhbhai Patel, known to be a man of high integrity. In pursuit of the vision of the Government of India to make a New India, the Central Vigilance Commission, as the apex integrity institution of the country, endeavours to promote integrity, transparency and accountability in public life. Keeping this in view NSS, IHE conducted Pledge on 29th November 2020, where about 72 NSS volunteers took part in the pledge ceremony. NSS volunteers

participated in a rally to observe vigilance against corruption. They were also joined by some staff members

Constitution day

Constitution Day or *Samvidhāna Divasa*), also known as "National Law Day" , is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted to the Constitution of India, and it came into effect on 26 January 1950. The Government of India declared 26 November as Constitution Day on 19 November 2015 by a gazette notification. The Prime Minister of India Narendra Modi made the declaration on 11 October 2015 while laying the foundation stone of the B. R. Ambedkar's Statue of Equality memorial in Mumbai. The year of 2021 was the 131th birth anniversary of Ambedkar, who had chaired the drafting

committee of the Constituent Assembly and played a pivotal role in the drafting of the constitution.



Fit India Movement

NSS organised the screening of 'Fit India movement' launched by PM Narendra Modi, followed by Yoga session, walk and a race

Walkathon in collaboration with Ministry of Youth Affairs and Sports was organised by keeping in view of the importance of fitness of all age groups. The main motto of the event was to generate awareness about the benefits of fitness and to awaken the youth and their spirit.





Walkathon was organised by keeping the “Fit India Cyclathon organised Panji, Goa” in view; where Hon’ble MOS (IC) and Hon’ble Chief Minister of Goa, Dr.Pramod Pandurang Sawant, jointly flagged off the Fit India Cyclathon.

NSS Week

Volunteers celebrated NSS week by organising activities like cleanliness, book-donation drive, pledge-taking, plastic waste collection drive etc

Book collection Drive (Daan Utsav)

NSS unit of IHE has organised a book collection drive on 25th and 26th September 2019.

This drive was huge success, many of the students of IHE as well as of other colleges participated in this drive, they donated so many books and stationery items .Some of our teachers also came forward and donated so many books.

we had collected around 500books which included curriculum books, academic books, novels, story books , GK books, examination preparation books, comic books and many more.

Event termed Daan Utsav was celebrated where NSS volunteers collected books, reading and writing material donated by students, teaching and non-teaching staff for underprivileged children

National Service Scheme



Institute of Home Economics



University of Delhi

is celebrating

DAAN UTSAV



by conducting

Book Collection Drive

share the gift of knowledge

**Donate your old
Books & Stationary**

DATE: 25TH - 26TH SEPTEMBER 2019,

VENUE: FOYER



: facebook.com/National-Service-Scheme-IHE-988710811520133

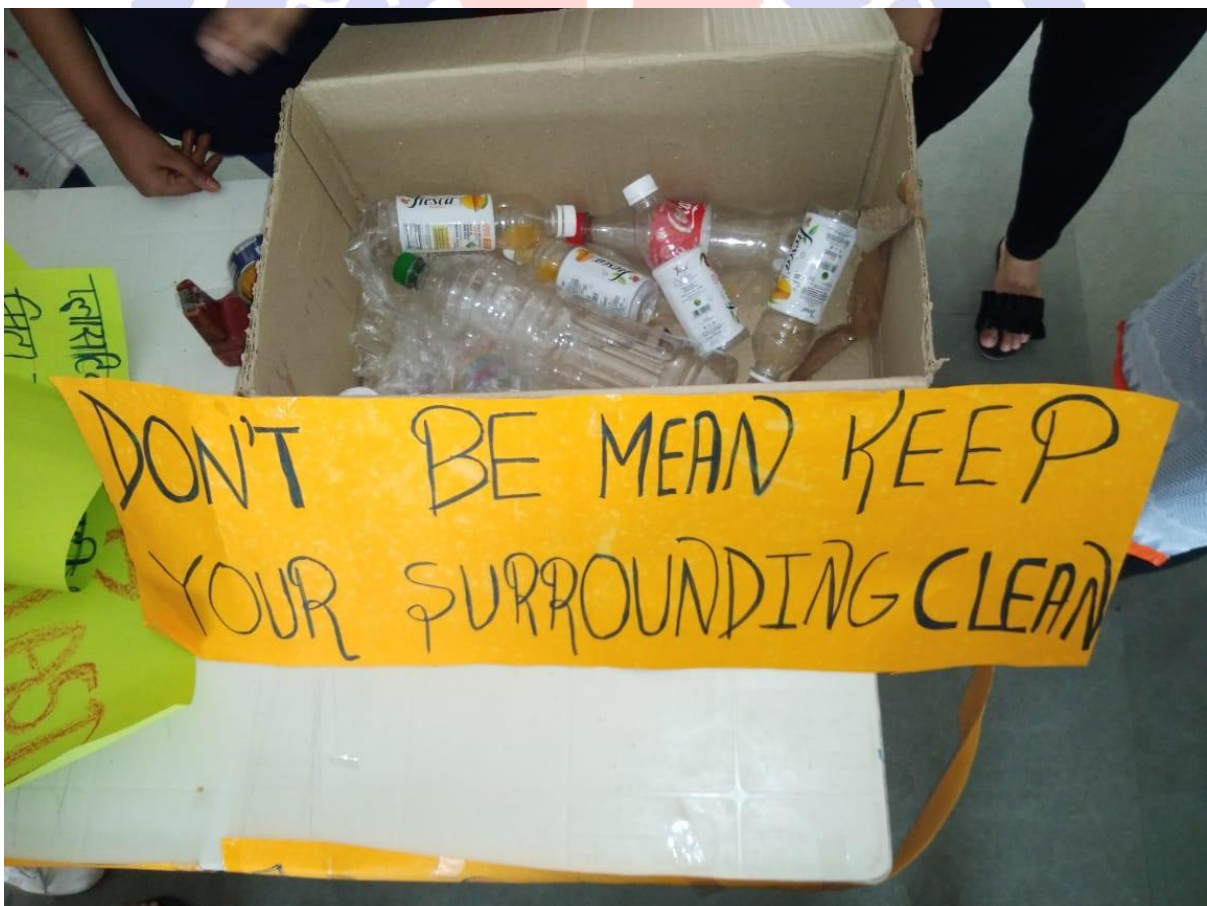


: Instagram.com/nssihe

The main motto of this drive was to spread the joy of education and learning to the children of unprivileged sections. One of the imaginative ways of doing this was to engage the children with books and to get them on to habit of reading and learning. after this valuable collection drive, be donated these books in govt schools and to those children who do not have access to it.

Plastic Collection Drive

NSS IHE conducted plastic collection drive to make college plastic free zone , Instil among students to replace plastic with biodegradable material. Every nook and corner of college was searched for plastic and was dumped to safe area. Students actively participated



Swachta Pakhwada - Cleanliness Drive

NSS volunteers participated in cleanliness drive (on several days through the months of August, September, October) taking up the initiative to clean the campus, surrounding places, heritage sites etc.



Blood Donation Camp

Blood-donation camp (7th Feb)- was organized by the NSS unit on 7th Feb. the doctors' unit for this purpose was called from AIIMS, Delhi. More than 40 students donated blood in this camp. Volunteers organized and helped the AIIMS unit in registering donors.



Election Awareness Campaign



Empathy campaign

The NSS students participated actively and presented their view points and generated awareness.

National Girl Child Day

NSS organised a seminar on Save Girl Child. It was hosted by Mrs. Bhavna Negi; wherein our volunteers were sensitized towards the seriousness of the issue. They were told some real life instances that have happened and continue to in front of our eyes but how many of us have always neglected them.

Further with their motivating words we learnt how as an individual we can make a change in the society and, how and what kind of efforts we can make to educate and empower females.



Online training fight Corona spread

The following activities were conducted during the lockdown period by NSS unit, IHE :

1. Poster-making in support of Janta curfew in the wake of Corona spread
2. Posters and videos to spread awareness regarding Corona
3. Mask-making and its video
4. Videos to thank Corona warriorsVigilance awareness week



We believe that Corona is not the only evil, but also the misinformation and fake news, we asked people to send news to us (if they feel it might be fake) and we will verify for them.

We also clarified all myths around COVID-19 through this campaign. We started a campaign to support our #Coronawarriors, we made a video of including our volunteers with their participation from their home. We wanted people to help and trust our health care workers for a better India and understand that we are in this together.



University of Delhi

NATIONAL SERVICE SCHEME OF INSTITUTE OF HOME ECONOMICS



Our campaign to promote health and safety included multiple posts to keep audience up to date with all required information on COVID-19. We stand for and with people, no matter even if it is a pandemic, our motto allows us to help people in every manner possible.

Mask making

At initial stage of the ongoing corona virus pandemic there was shortage of cheap masks. The underprivileged people were helped by preparing and donating cheap reusable easy to make DIY masks.

- Making masks at home
- The safe hands challenge
- Thanking the corona warriors



Lockdown broke most of us and our mental health. Lot of volunteers registered for training to fight against Corona.

Online training to fight Corona spread

Registered for IGOT Website for online training of COVID -19 and to create more awareness in our surroundings regarding COVID -19. The volunteers made videos and posters including

- How to safe oneself from Carona
- How to minimize contact
- How to wear the mask in a proper manner.
- How to maintain good immunity

In the IGOT Training the volunteers learnt to deal with the carona cases that is How to guide people in contacting doctors, ambulances and Hospitals etc. and spread information on the scientific facts about the carona virus.

International Yoga Week 2020 – Online mode

International yoga day was celebrated on 21st June and in order to spread awareness about performing yoga in everyone, NSS dedicated a week for yoga in which there are many activities.

- 17th June: Poster making Competition - here students made inspirational posters on the theme that were given related to yoga.
- 16 June: Creative and poetry writing - here students penned down their emotions and thoughts related to fitness and yoga.
- 18 June: Slogan writing - in order to make it more special, students write powerful slogans
- 19 June: Quiz - To test their minds, quiz was also organised on the theme yoga basics and NSS received a mass participation in this activity.
- 17 June: Videography drive – Here students motivate other people by performing many asanas.
- 20 June: Photography drive - just like videography, here students captured their asanas and uploaded on social media to encourage others.
- 21 June: Webinar - Now to clear their doubts about yoga and know more about yoga, NSS invited a yoga expert and she cleared students' doubts.
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Institute of Home Economics

NSS Activities 2020-2021



Walkathon



Walkathon organized on international women's day by NSS-Institute of Home Economics, as a unit of NSS, is one of the most active committee of the college. It works to sensitize young students to contribute for the welfare of the society by organizing various activities throughout the year.

Each NSS student volunteer devotes 120 hours in one academic year for delivering his services to NSS related work.

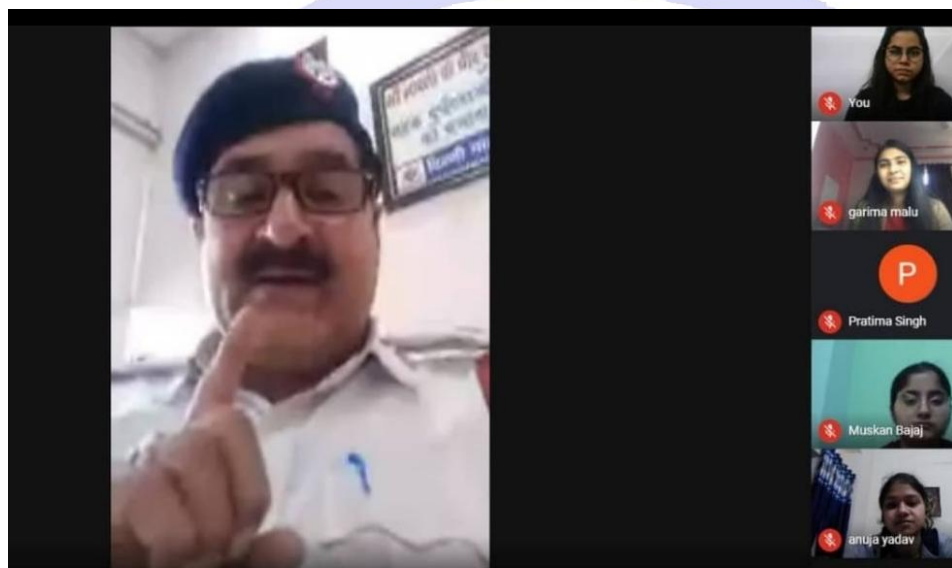
Some of the activities carried out by NSS IHE in the academic sessions 2020-2021 are as follows:



Road Safety Week

A month-long campaign "National Road Safety Month" was observed from 18th January 2021 to 17th February 2021 on the theme "Sadak Suraksha- Jeevan Raksha" by organising following events:

Webinar on 'Road Safety' on 6th February 2021. Keynote speaker for the session was Mr. ASI Manoj Kumar. Approximately 95 participants attended the webinar and gained insights into responsible driving, road safety, precautions while walking and driving on road.



Webinar on Road Safety with ASi Manoj Kumar



Poster making competition was organised on 'Road Safety' on the sub-theme- "Save Yourself to Save Your Family" on 13th February 2021, wherein about 62 volunteers took part in the competition.

Virtual oath taking ceremony on 'Pledge for A Safer India' was organised on 15th February 2021. About 70 NSS volunteers took part in event.

International Women's Day

It was celebrated on 8th March, 2021 on the theme "Women in leadership: Achieving an equal future in a COVID-19 world" by organizing activities like:

Quiz on 'Empowered Women and their Contribution in Society' February-March 2021

Online meet session on 'Inspirational Stories of Women around Us' on 3rd March 2021.

About 65 NSS volunteers took part in event.

Walkathon attended by volunteers at JLN stadium on 8th March 2021. About 35 NSS volunteers took part in event.

Azadi Ka Amrut Mahotsav

Following activities were organized to commemorate the beginning of celebrations of 75 years of India's Independence:

Online Symposium on "Women and the Quest for Freedom in Independent India" on 12th March 2021 where about 95 participants attended the event.

Inter-College Quiz Competition on 'India's Journey for Freedom' in March 2021

Cleanliness Drive at Lodhi Garden on 5th April 2021. About 35 NSS volunteers took part in event.



Tika/ Vaccine Utsav

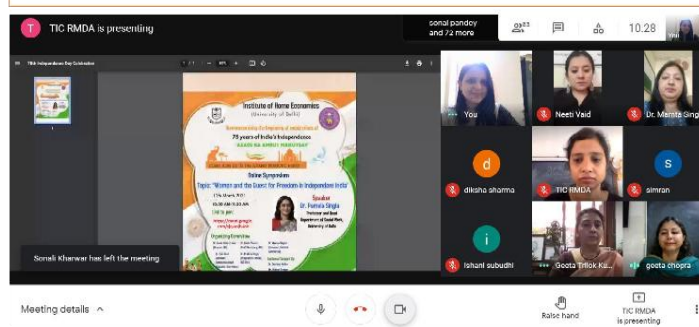
Tika/ Vaccine Utsav (11th to 14th April 2021): Observing '*Tika Utsav*' in the country from 11th to 14th April 2021, NSS conducted various activities under 'Awareness Program on Corona Vaccination' such as:

Digital Poster Making activity on 'Close the Immunisation Gap' on 11th April 2021. Approximately 65 NSS volunteers participated in activity.

Covid Vaccine Myth Busters Reel Pod on 12th April 2021 by making informative videos. Approximately 65 NSS volunteers participated in activity.

Webinar on 'Trust, Protect, Vaccine work' on 13th April 2021. Approximately 65 NSS volunteers participated in activity.

Activity on 'Raise Awareness at Home- Close the Immunisation Gap' in April 2021. Approximately 65 NSS volunteers participated in activity.



World Environment Day

World Environment Day was celebrated on 5th June 2021 by organizing activities like green tee, mass pledge campaign, poster and slogan competition, demonstration on application of antimicrobial finish on facemask, nature walk and talks by eminent speakers.

First Aid and CPR

Online Workshop on 'First Aid and CPR' was organised on 9th January 2021 in collaboration with Safe Life Foundation in online mode. Approximately 69 NSS volunteers participated in activity.

Cleanliness and Plantation Drives

Cleanliness and Plantation Drives were organised under the programme 'Swachh Bharat Abhiyan' to clean the college campus and nearby community park- Myfare Garden and to

adopt a plant and take care of it for its sustainable growth in the month of January-February 2021. Approximately 75 NSS volunteers participated in activity.

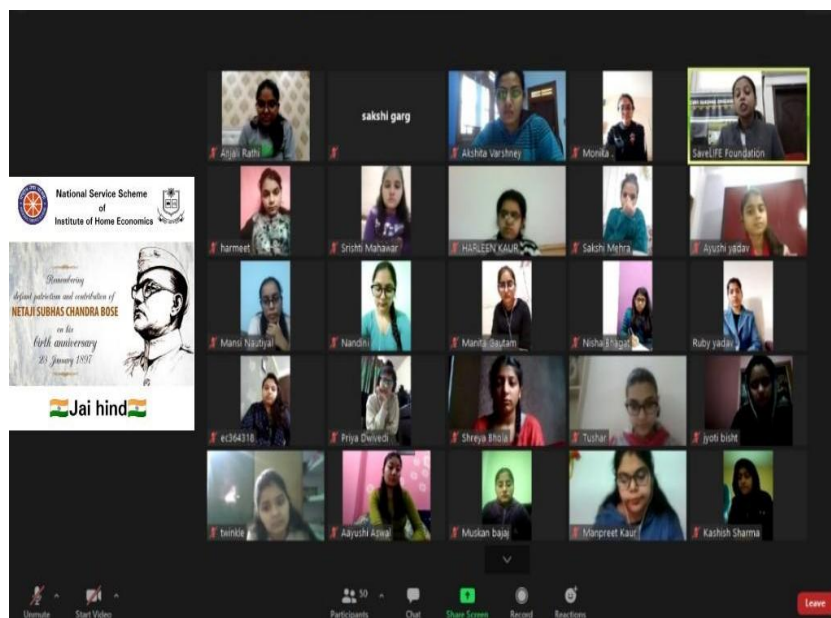


Cleanliness Drive in IHE Premise

Awareness Campaign on ‘Clean and Green Diwali’

Awareness Campaign on ‘Clean and Green Diwali’ through various activities like taking pledge for green Diwali (95 participants), design a Diya (69 participants), rangoli making (69 participants), wonder out of waste (69 participants) etc., organised virtually from 12th-15th November 2020.

Birth Anniversary of Netaji



Celebration of 125th Birth Anniversary of Netaji Subhas Chandra Bose

Celebration of 125th Birth Anniversary of Netaji Subhas Chandra Bose on 23rd January 2021 by screening documentary of the life and history of Netaji Subhas Chandra Bose. A quiz was also conducted

after the documentary.

International Day of Yoga (IDY)

In order to celebrate International Yoga Day, NSS IHE organised week-long activities in order to create awareness about Yoga, its importance and requirement in daily life for holistic development.

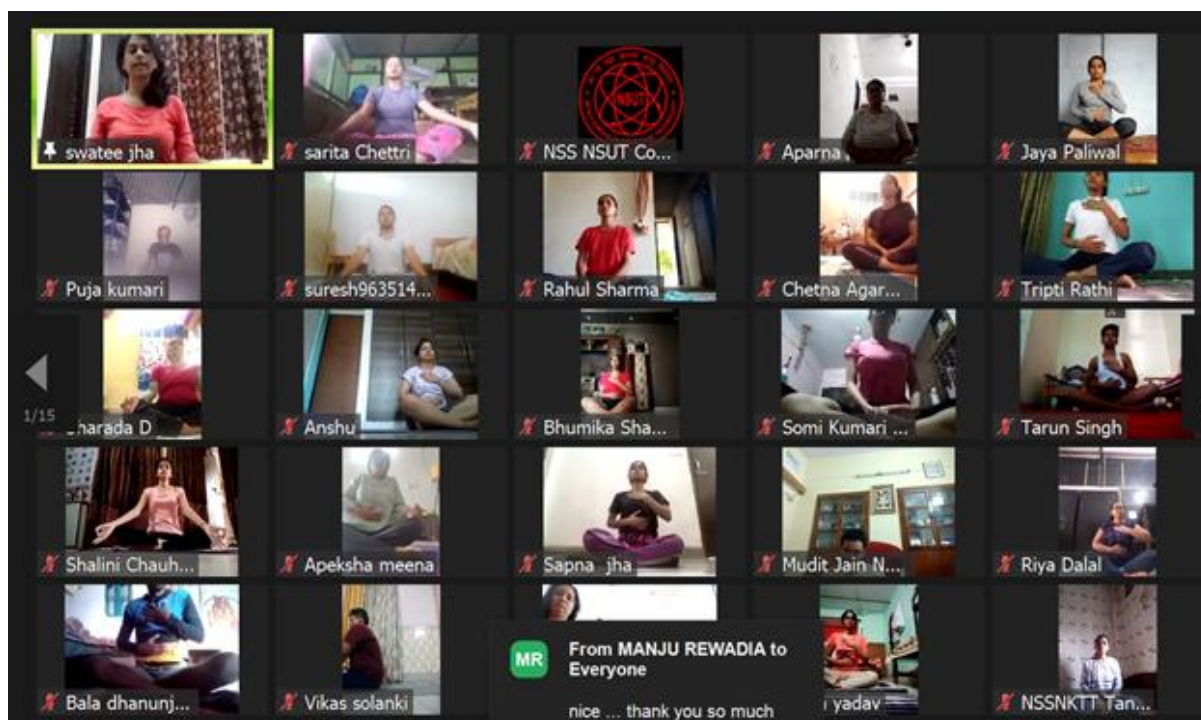
Activity on 'Capture Your Yoga Pose' was organised on 15th June 2021, wherein, approximately 70 participants took part and captured their poses while doing yoga at

home and shared it on college NSS group. The Activity on Yoga Vs Physical Exercise was held on 20th June 2021. About 50 student volunteers took part in this activity and made posters & short videos stating the difference between yoga and physical exercise.

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Screening of documentary of the life and history of Netaji Subhas Chandra Bose on his 125th Birth Anniversary

Celebration of International Day of Yoga (IDY - 2021)



Celebration of International Day of Yoga (IDY - 2021)- ‘Health Boot Camp’

Yoga Day Quiz: Yoga Day Quiz was held on 21st June 2021, wherein approximately 80 students took part. Quiz comprised of interesting yoga related questions and helped students to enhance their knowledge about history of yoga, its role and importance in leading a healthy and peaceful life.

Seven days ‘Health Boot Camp’ in collaboration with NSUT: NSS IHE in collaboration with NSUT organised a seven-day long workshop on Yoga ‘Health Boot Camp’ from 14th -21st June 2021 (excluding Sunday, 20th June 2021) to celebrate the International Day of Yoga (IDY-2021) and to encourage youth inculcate in themselves and make it a part of their daily life. One-hour session each day from 14th - 19th June 2021, and 2-hour session on 21st June 2021 were organised in order to promote common yoga protocol amongst participants. **Acharya Swati Jha** taught various interesting and important postures and Asanas related to yoga. Approximately 450 participants took part in this event.

Kargil Diwas

Kargil Diwas: Saluting the indomitable spirit and valour of the heroes who sacrificed their lives while fighting the Kargil war. Remembering the heroes of this nation, NSS-IHE conducted activities like quiz and lighting diya on 24th July 2020 where about 75 NSS volunteers took part in the quiz by MHRD and 70 students in lighting Diya activity.

NATIONAL SERVICE SCHEME
OF
INSTITUTE OF HOME ECONOMICS
IS CELEBRATING
21ST
KARGIL VIJAY DIWAS

Kargil Heroes
Param Veer Chakras
Vikram Batra (Posthumous),
Grendier Yogendra Singh
RFN Sanjay Kumar

Mahaveer Chakras
Major Sonam Wangchuk,
Lt Balwan Singh,
Lt Keishing Clifford Nangrum
Major Padmapani Acharya

Major Shyam Sundar,
Major Vikrant Shastri,
Major Vivek Gupta,

LET'S CELEBRATE COURAGE & VALOUR
OF OUR SOLDIERS IN VICTORY
AGAINST PAKISTAN

FOR ANY QUERIES PLEASE CONTACT
PRESIDENT-9871602969
(KRITIKA JAMWAL)
SECRETARY-9958157112
(NANDINI NAAMDEV)

KARGIL VIJAY DIWAS
QUIZ
Visit: [Quiz.MyGov.in](https://quiz.mygov.in)



Celebrating Kargil Diwas

World Conservation Day

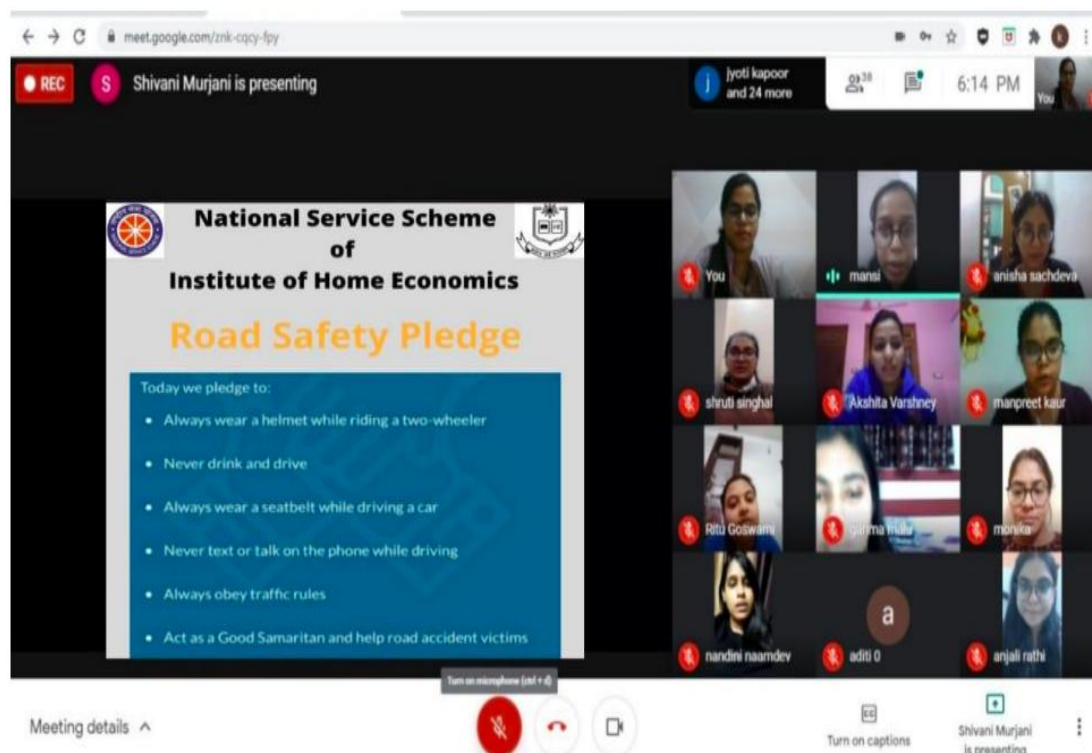
Celebrating World Conservation Day on 27th July 2020: Activities like Best Out of Nature (70 participants) and Selfie with Nature (70 participants) were organized by NSS volunteers as part of celebrations.

World Tiger Day

World Tiger Day was celebrated on 29th July 2020 through Quiz (No. of participants 74) and OpenMic activities (No. of participants 65).

International Youth Day

On the occasion of international youth Day on 12th August 2020, NSS-IHE organized an interesting activity where about 70 volunteers participated and shared their vision for the future India in the form of art for like what's your dream India would be like? What you want to change? What's your goal towards your country? NSS volunteers participated in this activity with great enthusiasm.



Online Symposium on “Women and the Quest for Freedom in Independent India”

Independence Day

NSS IHE planned some patriotic and informational activities for its volunteers. A documentary screening was organized on 15th August 2020 where they showed the documentary to pay their respect and tribute to all the freedom fighters who sacrificed their lives to make free India a reality (No. of participants: 74). Also, to make this day more special NSS requested every volunteer to dress in India's flag colors and wave the India flag proudly and keep one hand at their heart as to show love for their country (No. of participants: 73).

Vigilance week pledge

Vigilance Awareness Week is being celebrated every year and coincides with the birthday of Sardar Vallabhbhai Patel, known to be a man of high integrity. In pursuit of the vision of the Government of India to make a New India by the year 2022, which is the 75th anniversary of our independence, the Central Vigilance Commission, as the apex integrity institution of the country, endeavours to promote integrity, transparency and accountability in public life. Keeping this in view NSS, IHE conducted Pledge on 29th November 2020, where about 72 NSS volunteers took part in the pledge ceremony.

World AIDS Day

To celebrate this day on 1st December 2020, awareness filled activities like AIDS awareness quiz and slogan writing competition were organized and were attended by approximately 69 volunteers.

National Pollution Control Day

National Pollution Control Day: Quiz and awareness session on National Pollution Control Day was organized on 2nd December in the memory of people who lost their lives in the Bhopal Gas Tragedy in 1984. Approximately 65 NSS volunteers took part in the event.

International Anti-Corruption Day: The day emphasizes on the need to eradication of corruption and intends to spread awareness on ways through which it can be reduced. Keeping this in mind our NSS volunteers along with other participants took Anti-Corruption pledge (no. of participants: 70) on 9th December 2020. Along with pledge, a debate competition was also organised in which about 68 student volunteers took part.

National Consumer Rights Day

National Consumer Rights Day: The day is observed every year to spread awareness on consumer importance, their rights & responsibilities. Theme “Sustainable Consumer” was planned for the year 2020. The event was observed on 24th December, 2020 wherein,

volunteers were asked to explain the theme in about 1 – 2 minutes via a video (no. of participants: 71).

World Human Rights Day

It was celebrated on 10th December 2020. Awareness regarding Human rights was spread to volunteers through documentary screening followed by healthy discussion (no. of participants: 68).

Makar Sankranti: On the occasion of Makar Sankranti on 14th January 2021, NSS IHE organized a creative activity for their volunteers where they had to make kite (no. of participants: 64) or decorate the kites (no. of participants: 65) in a creative way.

World Consumer Day

March 15th is celebrated as World Consumer Day to raise the demand that the rights of all consumers are respected and protected, and to protest against market abuses and social injustices. The theme of the World Consumer Rights Day 2021 was "Tackle Plastic Pollution". NSS IHE organised activities like handmade poster making and slogan writing competitions on the occasion of world consumer rights day.

Pledge taking to quit tobacco

Pledge taking to quit tobacco on 31st May 2021: Team NSS IHE arranged a pledge taking event for the volunteers not only to quit tobacco but also to help others in quitting tobacco as well. Through this initiative of WHO, our team (NSS IHE) raised awareness on the dangers of tobacco, industry tactics and various ways through which we can fight the tobacco epidemic, and are fighting.

World Food Security Day

NSS IHE planned two-day event, i.e. from 6.07.2021 to 7.07.2021, on the occasion of World Food Security Day. The two-day event included activities like poster/slogan making, reel making competition and a quiz competition.

Webinars organized

- ‘Financial Literacy’ on 17th April 2021 (no. of participants: 95)
- ‘Introduction, Management Prevention and Common Myth about Covid-19’ on 2nd May 2021 (no. of participants: 65)
- ‘Handholding for Special Needs and Autism’ on 2nd April 2021 to celebrate World Autism Day (no. of participants: 95)
- ‘Mucormycosis (Black Fungus): A big post covid challenge and it’s preventive measures’ on 29th April 2021 (no. of participants: 95)
- ‘Living well with kidney disease’ on 13th March 2021 to celebrate World Kidney Day (no. of participants: 95)
- ‘Women Rights are Human rights’ on 27th February 2021 (no. of participants: 55)
- ‘Oral Hygiene Awareness’ on 20th February 2021 (no. of participants: 65)
- ‘Suicide Prevention: Let’s Talk’ on 12th September 2020 (no. of participants: 95)
- ‘Women’s Health and Menstrual Hygiene’ on 27th September 2020 (no. of participants: 95)
- ‘Waste to Wonder- Decrease Plastic Waste’ on 11th October 2020 (no. of participants: 95)
- ‘Let’s Manage PCOS’ on 7th November 2020 (no. of participants: 70)

National and International days

Various other important events, and national and international days were also celebrated by NSS volunteers like

- Happy National Pets Day (no. of participants: 65-72),
- Cleanliness Drive under Swacchta Abhiyan (no. of participants: 70),
- National Youth Day (no. of participants: 65),
- Cancer Awareness Month (no. of participants: 70),
- International Girl Child Day- My voice Our Equal Future (no. of participants: 70),
- National Sports Day (no. of participants: 65),
- Women Equality Day (no. of participants: 70),
- Senior Citizen Day (no. of participants: 70),
- World Photography Day (no. of participants: 70) etc. as part of NSS related work.

