



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



ANNUAL REPORT

2024 - 25

Core Team

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SUMMARY

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

Nationalal Service Scheme (NSS), Institute of Home Economics, remains dedicated to fostering community service and civic responsibility through its meaningful initiatives and outreach. The Cleanliness Drive at Begumpur was a prime example of the volunteers' hands-on efforts to promote hygiene, cleanliness, and environmental awareness in urban villages. With brooms in hand and determination in their hearts, NSS volunteers actively engaged with the local community to spread the message of Swachh Bharat and instill a sense of civic pride. In addition, the NSS team proudly represented the spirit of service and innovation at the Sewa Mela, where they showcased their impactful work, engaged with stakeholders, and inspired others through their stalls and interactive sessions. It served as a platform to connect with like-minded individuals and organizations committed to social change.

Furthermore, the grand celebration of VASANT 2025, the annual cultural fest of IHE, witnessed enthusiastic participation by NSS volunteers, who not only helped in event coordination but also infused the celebration with meaningful causes like sustainability, nutrition awareness, and community bonding. These events together highlighted the dynamic nature of NSS, combining service with celebration, and advocacy with action. Each initiative, whether rooted in cleanliness, cultural representation, or collaborative platforms, reflected the NSS's unwavering resolve to make a difference—one thoughtful act at a time.

Major events organized and collaborated by NSS,IHE :-

1. Ek Ped Maa Ke Naam

NSS volunteers participated in a plantation drive under the campaign “Ek Ped Maa Ke Naam,” promoting environmental responsibility and honoring motherhood through nature conservation.

2. Cleanliness Drive at Begumpur

As part of the Swachh Bharat mission, NSS volunteers conducted a cleanliness drive in Begumpur village, creating awareness about hygiene and involving local community members.

3. Sewa Mela

NSS actively participated in the Sewa Mela by setting up an informative stall, engaging with visitors, and showcasing various social welfare initiatives carried out by the unit.

4. Radio Mirchi Event

In collaboration with Radio Mirchi, NSS organized a youth engagement event that combined entertainment with awareness on social issues, making outreach more impactful and fun.

5. Visit to JNU Library

NSS members visited the Jawaharlal Nehru University library to explore academic resources and interact with scholars, enriching their understanding of research and higher education spaces.

6. Vasant'25 – Day 1 & 2

NSS played a vital role in the two-day annual college fest, Vasant'25, by managing awareness stalls, promoting sustainability, and integrating social messages into cultural celebrations.

7. Yamuna Petition Campaign

The NSS unit supported the Yamuna petition movement, raising awareness on river pollution and the need for strong environmental policies through placards and public interaction.

8. Diwali Celebration at Old Age Home

To spread warmth and festive joy, volunteers celebrated Diwali at an old age home, engaging in fun activities, gift distribution, and meaningful conversations with the elderly.

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

INTRODUCTION

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

OBJECTIVES OF NSS :

- To foster a sense of social and civic responsibility among students by involving them in constructive activities that benefit the community.
- To encourage students to work collaboratively with diverse groups within society, promoting unity and a sense of national integration.
- To provide opportunities for students to develop practical skills such as leadership, communication, teamwork, and problem-solving through hands-on experiences.
- To create awareness among students about social, economic, and environmental issues, encouraging them to contribute solutions through informed actions.
- To engage students in various community service activities that address local needs and challenges, thereby improving the quality of life for community members.

NSS- INSTITUTE OF HOME ECONOMICS

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

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

NATIONAL SERVICE SCHEME

INSTITUTE OF HOME ECONOMICS

UNIVERSITY OF DELHI



"NOT ME BUT YOU"

NSS ACTIVITIES 2024-2025

Webinar on Shaping Sustainable Futures: The Power of Empowered Women

VENUE : Conference Room, Institute of Home Economics

DATE & TIME : 22 August 2024 | 1:00 PM – 2:00 PM

To highlight the role of empowered women in creating sustainable futures, the National Service Scheme (NSS) unit of the Institute of Home Economics organized a webinar titled “Shaping Sustainable Futures: The Power of Empowered Women.”

The session was graced by Ms. Meghna Joshi, the esteemed Founder of Swan Livelihood. She shared valuable insights into how women’s empowerment is closely linked to sustainable development and how collective action can bring lasting change. The speaker emphasized real-life examples and initiatives that have transformed communities through women-led innovations.

The webinar aimed to instill awareness among students about gender equality, inclusive growth, and the importance of empowering women for societal transformation. It also encouraged students to reflect on their role as responsible citizens and change-makers.

The session was attended by NSS volunteers and faculty members who enthusiastically engaged with the speaker during the interactive Q&A segment. The event concluded with a note of thanks to the guest speaker for her impactful words and to the participants for their active involvement.



NSS ACTIVITIES 2024-2025

A Letter Writing Competition – “A Letter to Society from Today’s Youth”

VENUE : Online Submission

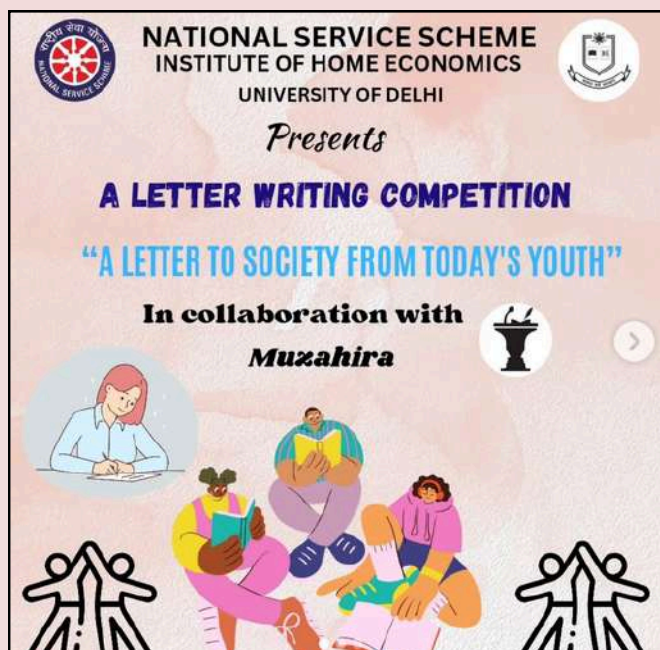
DATE : 23 August 2024

To provide students with a platform to express their thoughts and concerns towards societal issues, the National Service Scheme (NSS) unit of the Institute of Home Economics organized a Letter Writing Competition in collaboration with Muzahira.

The theme of the competition, “A Letter to Society from Today’s Youth,” invited heartfelt letters from young voices addressing relevant social matters, change-making ideas, and messages of hope and action. The competition aimed to develop empathy, critical thinking, and the power of written expression among students.

Participants submitted thoughtful and inspiring letters that reflected their aspirations and views on current societal challenges. The event saw enthusiastic participation from across different batches, and select entries were appreciated for their creativity and impact.

Such events empower students to voice their concerns and contribute to building an aware and responsible youth community.



NSS ACTIVITIES 2024-2025

Echoes of Change – A Day with Goonj

VENUE : GOONJ NGO (Sarita Vihar)

DATE : 24 August 2024 | 11:00 AM onwards

The National Service Scheme (NSS) unit of the Institute of Home Economics organized a visit to Goonj NGO under the title “Echoes of Change – A Day with Goonj,” to understand grassroots interventions related to women empowerment and community upliftment .

Goonj is widely recognized for its unique approach to addressing basic needs with dignity. During the visit, students got the opportunity to explore how Goonj works for women’s equality, menstrual hygiene, rural development, and disaster relief.

Volunteers interacted with Goonj representatives, toured the workspace, and witnessed firsthand how old materials are recycled into valuable resources for underprivileged communities. The visit offered deep insights into sustainable development and the importance of social innovation.

The event left a lasting impression on the students and encouraged them to think beyond charity—towards mindful contribution and equitable development.



NSS ACTIVITIES 2024-2025

"Ek Ped Maa Ke Naam" Tree Plantation Drive

VENUE : Institute of Home Economics

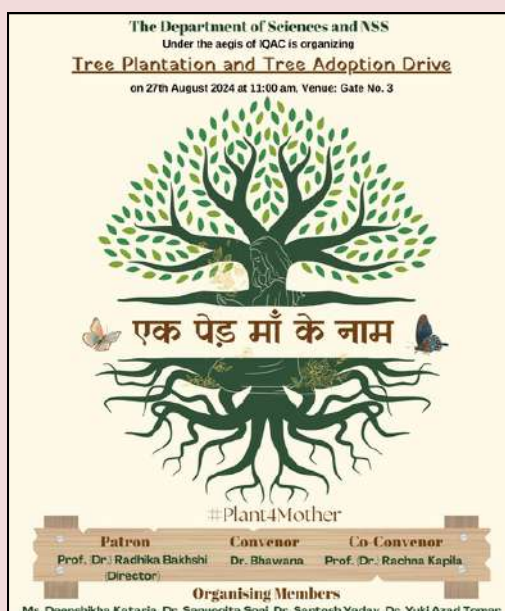
DATE : 27 August 2024

Our college recently hosted a heartfelt event titled "Ek Ped Maa Ke Naam" (One Tree in the Name of Mother) to promote tree plantation as a tribute to motherhood and nature's nurturing role. Held on [Event Date], the drive saw enthusiastic participation from students, faculty, and community members.

The principal inaugurated the event with an inspiring speech on the significance of trees and their connection to motherhood. Participants planted native saplings across the campus, each taking personal responsibility for their care.

A guest speaker from an environmental NGO highlighted climate change and the importance of afforestation. The event concluded with a collective pledge to protect the environment and spread awareness.

This initiative enhanced our campus greenery, fostered environmental awareness, and united the community in a shared mission. As the trees grow, they will stand as a lasting tribute to both nature and the values of motherhood.



NSS ACTIVITIES 2024-2025

Seminar on Cervical Cancer Awareness

VENUE : Conference Room, Institute of Home Economics

DATE : 24th September 2024

On 24 September 2024, the National Service Scheme (NSS), in collaboration with Maitri and Rotaract, organized a Cervical Cancer Awareness Seminar at the Institute of Home Economics. The event aimed to spread awareness about cervical cancer, focusing on its prevention, early detection, and the importance of women's health.

The seminar featured Dr. Prerna Sinha, a renowned Obstetrician and Gynaecologist, who spoke about the causes, symptoms, and prevention of cervical cancer. She stressed the significance of Pap smears, HPV vaccination, and healthy lifestyle choices. Rtn. Vandana Bhalla, District Chair of Cervical Cancer (Rotary 3011), shared Rotary's initiatives in spreading awareness and improving access to screenings, especially in underprivileged communities.

The session saw active participation from students and faculty, with an engaging Q&A and personal reflections. It fostered a strong sense of responsibility and encouraged attendees to become advocates for women's health in their communities.

This impactful seminar highlighted the power of collaboration and education in addressing vital health issues and inspired a collective commitment to creating a healthier future.



NSS ACTIVITIES 2024-2025

SWACHATA HI SEVA - Cleanliness Drive

VENUE : BEGUMPUR

DATE : 28th September 2024

On 28th September 2024, the NSS team of our college organized a cleanliness drive at Balmiki Camp, Begumpur, with the support of the Municipal Corporation of Delhi (MCD). The event was graced by the presence of Somnath Bharti, adding significance to the initiative. The drive aimed to instill the value of cleanliness, social responsibility, and dignity of labor among students.

Armed with brooms and a strong sense of purpose, students, faculty, and MCD workers cleaned frequently used public spaces—especially areas around eateries where hygiene is vital. The drive emphasized the importance of a clean environment in promoting public health.

Volunteers also interacted with local shopkeepers, encouraging them to take charge of their surroundings and maintain cleanliness. This interaction fostered a sense of community ownership and highlighted the importance of collective action in maintaining a healthy living environment.

The drive left a meaningful impact by improving sanitation, enhancing environmental awareness, and inspiring both the student body and local residents. It served as a reminder that small, united efforts can lead to long-term, sustainable change.



NSS ACTIVITIES 2024-2025

Cleanliness Drive in College Campus

VENUE : Institute of Home Economics, New Delhi

DATE : 1 October 2024

As part of the Swachh Bharat Abhiyan, the National Service Scheme (NSS) organized a Cleanliness Drive to promote hygiene, environmental responsibility, and student participation in community welfare.

NSS volunteers from the Institute of Home Economics actively took part in the drive held within the college campus. After a short briefing, volunteers were provided with cleaning tools and assigned areas such as corridors, classrooms, gardens, staircases, and the canteen. Special focus was given to often-overlooked corners, ensuring a thorough clean-up.

In addition to physical cleaning, students placed posters promoting cleanliness and hygiene awareness around the campus. The initiative encouraged teamwork, accountability, and sustainable habits among students.

The event concluded with a reflection session where participants shared their experiences and discussed practical steps to maintain daily cleanliness. The drive successfully reinforced the NSS spirit and the importance of a clean, healthy environment.



NSS ACTIVITIES 2024-2025

Sewa Mela

VENUE : Institute of Home Economics, New Delhi

DATE : 3rd OCTOBER 2024

NSS IHE ,celebrated DAAN UTSAV 2024 with an exciting Seva mela on 3rd October.DAAN UTSAV is also known as “Festival Of Giving “.The event aimed to creating to promote the spirit of volunteerism, social responsibility, and community engagement among youth.

Seva Mela Daan Utsav is an annual event conducted by the National Service Scheme (NSS) to commemorate the "Festival of Giving". The event aims to bring together individuals from various walks of life to engage in selfless service, foster community bonding, and promote a culture of giving.

The seva mela was fulfilled with excitement-featuring seminars,stalls by different societies such as Enthusia,Rotaract,Yuva,Arthaniti etc of IHE and lots of fun,music,dance and food donation activities.Through this swapping donations for excitements bringing a series of games and activities that are all about spreading joy and creating memories.The friendly competitions to team challenges,every society make sure the energy stays high and have fun.So the event gave competitive spirit,and an unforgettable day of laughter,movement and connection.



NSS ACTIVITIES 2024-2025

ORGAN DONATION SEMINAR

VENUE : Conference Room, Institute of Home Economics, New Delhi

DATE : 3rd OCTOBER 2024

NSS Institute of Home Economics, celebrated organ donation seminar 2024 at the conference room. Its main aim "To raise awareness and promote organ donation registration among the community, healthcare professionals, and students, ultimately increasing the number of potential life-saving transplants."

This seminar was organised by IHE National Service Scheme with the help and suggestions of our teachers as well as volunteers of NSS. Every arrangement was successful done by NSS Teachers as well as students attended this meeting. Rtn Aditya Khanna president of Rotary club of Delhi Manthan delivered us a speech. He told us about many emotional things and he also explained us all things by using some videos and PPT. He gave us a way how we can save many lives even if we dead. He talked us lot of things related to organ donors or organ receiver like emotions, felling and If a person dies, we cremate his body parts whereas we should donate them to the person who needs them. So many people die but When it comes to organ donation, a living person does it rather than a dead person. Their team members provided us QR code for registration for wonderful opportunity.

The seminar was successful done with a great ending. After attending this seminar many children were affected. All the children became immotonal. Many children enrolled themselves through the QR code and also enrolled their family members. This seminar teached us lot of things related to human kindness, feelings ,love , emotions.



NSS ACTIVITIES 2024-2025

Workshop on sustainability with Hari Kosh

VENUE : Conference Room, Institute of Home Economics, New Delhi

DATE : 3rd OCTOBER 2024

As part of the Daan Utsav Seva Mela, the Sustainability Workshop conducted in collaboration with Hari Kosh brought together around 50 NSS volunteers for an enriching and engaging session on environmental responsibility.

The workshop featured a captivating presentation using visual and audio tools, highlighting urgent environmental issues and practical solutions. Volunteers especially enjoyed the interactive group activity, where they were divided into 8 teams and given on-the-spot questions to present. Each group delivered thoughtful, creative responses, showcasing teamwork and communication skills within a short timeframe.

This hands-on approach not only deepened understanding of sustainability but also encouraged critical thinking and active participation. The collaborative spirit of the event inspired volunteers to take initiative and promote eco-conscious practices in their communities.

Overall, the workshop successfully blended education with creativity, leaving a lasting impact on participants and reinforcing the importance of collective action for a greener future.



NSS ACTIVITIES 2024-2025

YAMUNA PETITION

VENUE : Conference Room, Institute of Home Economics, New Delhi

DATE : 4th OCTOBER 2024

The main aim for this petition is to save our YAMUNA RIVER from deteriorating day by day. This petition matters because Every day, hundreds of children cross the Yamuna and wonder what it must have been like to live in a world where the murky waters could have instead been a clear blue.

The definition of a river is that it must have life, which is measured by its capacity to dissolve oxygen.” The river thousands of people grew up around and continue to live with has stopped living itself.

This petition is a way of showing the willingness of those very people to help make a difference in the society and build for a better future. We find it imperative, in this time, to help bring about a change for ourselves and everyone around us. We believe that this petition would be a good platform to help spread the message and bring to cognizance what should be an immediate priority for the Government and for all of us.

We, the members of National Service Scheme signed this petition because we want our rivers to regain their lost glory .Imp Impact on the students volunteer is that they experience various positive impacts personally, academically, and in their communities such as Social Responsibility, Inspiration for Future Careers, Environmental Impact.



NSS ACTIVITIES 2024-2025

REFRESHMENT DISTRIBUTION TO BYPASSER

VENUE : Hauz Khas Metro Station

DATE : 5th OCTOBER 2024

The NSS Society of the Institute of Home Economics (IHE) organized a refreshment distribution drive at Hauz Khas Metro Station to promote goodwill and offer a moment of respite to daily commuters.

In the weeks leading up to the event, NSS volunteers planned logistics, collaborated with local vendors, and divided responsibilities to ensure smooth execution. On the day of the drive, the team set up a vibrant and welcoming booth with colorful posters promoting healthy eating.

As commuters passed by, volunteers warmly offered refreshments, receiving enthusiastic and grateful responses. The event also served as a platform to spread awareness about the NSS Society and the value of community service. Despite some initial shortages due to high footfall, the team quickly adapted to ensure a steady supply.

This initiative not only provided a thoughtful gesture to the public but also strengthened team spirit and communication among volunteers. It fostered empathy and reinforced the power of small acts of kindness in creating meaningful community impact.



NSS ACTIVITIES 2024-2025

VISIT TO RADIO MIRCHI IN REGARDS TO DAAN MAHOTSAV

VENUE : Radio Mirchi Office

DATE : 7th OCTOBER 2024

Daan Mahotsav, also known as the Joy of Giving Week, is a festival celebrated in India from October 2 to 8 every year. It's a time when people come together to celebrate the spirit of giving by engaging in acts of kindness and generosity.

The festival aims to encourage people to give back to society by donating their time, resources, or money to causes they care about.

People participate in various activities such as volunteering, donating to charities, organizing community events, and helping those in need. Everyone is welcome to join, including individuals, families, schools, colleges, corporates, and NGOs.

We as a part of the NSS team had this wonderful opportunity to become a part of Daan Mahotsav and visit the radio mirchi office for the same. There we were explained about how music and communication on the national level through radio is made by the programming head himself. Playing games, and interacting with wonderful talented people gave us a sense of positivity. Games were played amongst all of us, and sharing of opinions thoughts, and different perspectives came out of the blue from everyone.

Being a part of Daan Mahotsav and understanding the term; help in need is help in deed, gave us a lot to learn and to grasp, meeting those experienced seniors of ours.



NSS ACTIVITIES 2024-2025

DIWALI CELEBRATION IN OLD AGE HOME

VENUE : Rojavanam Old Age Home, Sainik Farm

DATE : 24th OCTOBER 2024

On 24th October 2024, the NSS team of the Institute of Home Economics organized a heartwarming Diwali celebration at a local old age home. The initiative aimed to bring joy, companionship, and festive spirit to elderly residents who often lack the presence of family during such occasions.

Volunteers carried sweets, fresh fruits, and diyas as tokens of love and respect. They spent quality time with the elderly, playing games like Pass the Pillow, Antakshari, and Talent Hut, creating moments filled with laughter and emotional connection. The highlight of the visit was a Diwali aarti and group singing session, which lit up the atmosphere and brought visible happiness to the residents' faces.

The experience was deeply moving for the volunteers, offering a powerful reminder of the importance of caring for the elderly with the same affection we give to children. It reinforced the value of emotional support, respect, and companionship for our senior citizens.

This celebration not only brought joy to the elderly but also inspired volunteers to continue serving the community with empathy and compassion.



NSS ACTIVITIES 2024-2025

Poster Making Competition – National Unity Day (Ekta Diwas)

VENUE : Online

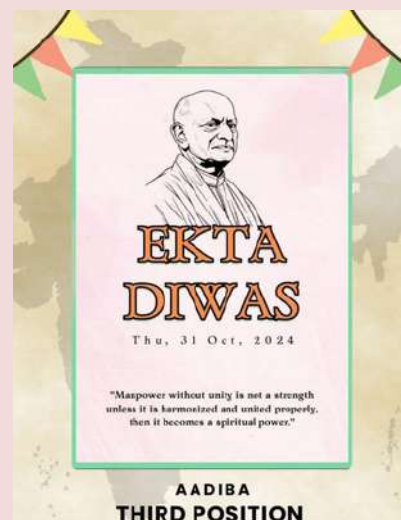
DATE : 30th OCTOBER 2024

To commemorate National Unity Day (Ekta Diwas), the National Service Scheme (NSS) of the Institute of Home Economics organized an online poster making competition on 30th October 2024. The event aimed to encourage students to creatively express the ideals of unity, integrity, and national integration, while honoring the legacy of Sardar Vallabhbhai Patel, the Iron Man of India.

Participation was mandatory for all NSS volunteers, and originality was emphasized with a strict no-plagiarism policy. Volunteers submitted handmade or digital posters showcasing India's diversity, cultural harmony, and the significance of staying united as a nation.

The competition saw enthusiastic involvement, with students submitting vibrant and thoughtful artworks that reflected deep patriotism and awareness. It not only highlighted their creativity but also reinforced the message that unity is the strength of our country.

The event served as a meaningful tribute to Sardar Patel's vision of a unified India and inspired volunteers to uphold these values in both thought and action.



NSS ACTIVITIES 2024-2025

Vigilance Awareness Week Pledge

VENUE : Amphitheatre

DATE : 1 November 2024

The NSS unit of the Institute of Home Economics observed Vigilance Awareness Week beginning on 30th October 2023, with the goal of raising awareness about corruption and promoting integrity among students.

The week started with the Integrity Pledge, followed by activities such as poster making and slogan writing in Hindi, centered around the theme 'SAY NO TO CORRUPTION; COMMIT TO THE NATION'.

Students actively shared their creative work through Google Classroom, with enthusiastic participation from both NSS volunteers and other students.

These activities encouraged reflection on the importance of ethical conduct and the role of vigilant citizens in creating a transparent and accountable society. The initiative helped reinforce the idea that vigilance is a shared responsibility and a crucial step toward building a corruption-free nation.



NSS ACTIVITIES 2024-2025

Children's Day Celebration with Kind Citizen NGO

VENUE : Kind Citizen NGO, Govindpuri

DATE & TIME : 9 November 2024 | 1:30 PM – 4:00 PM

The National Service Scheme (NSS) unit of the Institute of Home Economics celebrated Children's Day in collaboration with Kind Citizen NGO on 9th November 2024. The event aimed to bring joy, creativity, and warmth to young hearts through interactive activities and engaging sessions.

The celebration took place at the Kind Citizen NGO centre in Govindpuri, where NSS volunteers spent a vibrant afternoon with children, engaging them in storytelling sessions and paper craft activities. Volunteers and children together created origami art, folded magical paper figures, and shared joyful moments.

The event not only provided a platform for students to contribute meaningfully to the community but also served as a reminder of the joy and innocence that children bring into the world. It was a heartwarming experience that emphasized the importance of compassion, creativity, and community spirit.



NSS ACTIVITIES 2024-2025

EMPOWERING COMMUNITIES AGAINST HIV/AIDS

VENUE : Online

DATE & TIME : 1ST DECEMBER 2024

On 1st December 2023, the NSS unit of the Institute of Home Economics observed World AIDS Day to spread awareness about HIV/AIDS, reduce stigma, and express solidarity with those affected.

To mark the occasion, volunteers wore red ribbons, the universal symbol of awareness and support for people living with HIV/AIDS. The day featured poster making, slogan writing, and informative awareness activities, all focused on educating peers about the causes, prevention, and treatment of HIV/AIDS.

The event emphasized the importance of breaking myths and misconceptions surrounding the disease, encouraging compassion, inclusion, and open conversations. Volunteers used these creative mediums to promote the message of hope and a commitment to a healthier, stigma-free future.

Through this initiative, NSS volunteers reinforced the values of empathy, education, and advocacy—urging everyone to continue working toward a world where HIV/AIDS is no longer a threat and those affected are treated with dignity and respect.



NSS ACTIVITIES 2024-2025

Documentary Screening on Kisan Diwas

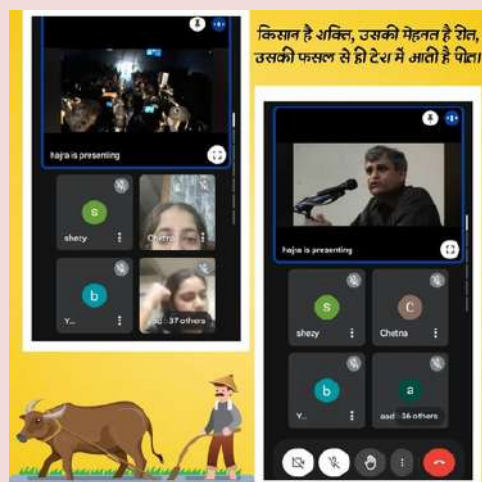
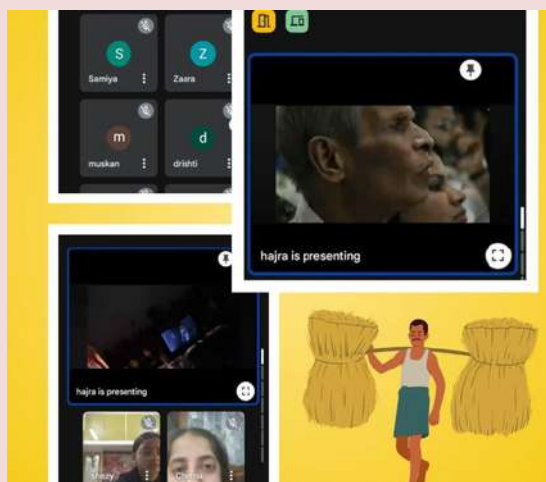
VENUE : Online (Google Meet)

DATE : 24 December 2024

To mark Kisan Diwas, the National Service Scheme (NSS) unit of the Institute of Home Economics organized an online screening of the documentary Nero's Guests, followed by an interactive discussion session on Google Meet.

Nero's Guests is a powerful and award-winning documentary directed by Deepa Bhatia and presented by Mistral Movies. The film features P. Sainath, the former Rural Affairs Editor of The Hindu, and documents his relentless work in bringing India's agrarian crisis to the forefront. Through real stories, stark visuals, and compelling journalism, the film explores the suicide epidemic among farmers, growing rural distress, and the widening inequality in India. The title metaphorically questions the indifference of the elite and media — likening them to "Nero's guests" who continue to enjoy while Rome burns.

The screening offered students an eye-opening view into India's hidden realities—especially the struggles of farmers, and the systemic negligence that has contributed to the crisis. The session was followed by a lively Q&A and reflection round, where participants shared their thoughts, opinions, and personal insights. The dialogue sparked meaningful conversations on media responsibility, economic disparity, and social justice.



NSS ACTIVITIES 2024-2025

NATIONAL YOUTH DAY CELEBRATION: VISIT TO JNU LIBRARY

VENUE : JNU Campus

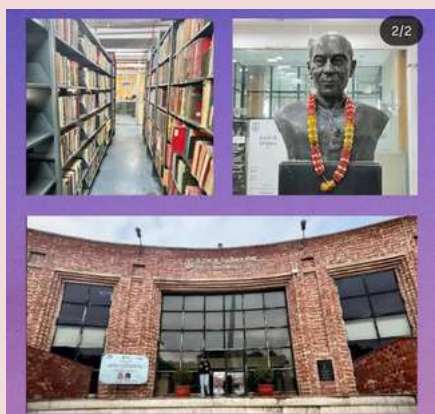
DATE : 15th JANUARY 2025

In line with Swami Vivekananda's vision of youth as leaders for social transformation, the NSS volunteers of the Institute of Home Economics (IHE) visited the Jawaharlal Nehru University (JNU) Library, emphasizing the importance of education, civic engagement, and youth leadership.

The visit highlighted how libraries serve as powerful spaces for learning and intellectual development. Volunteers explored JNU's vast academic resources, which promote critical thinking and academic excellence. The experience encouraged students to recognize the value of knowledge in shaping both personal growth and community well-being.

As part of the collaboration, NSS IHE volunteers also joined a campaign on the importance of voting, engaging in discussions with JNU students around social responsibility and active citizenship. The interaction fostered meaningful exchanges of ideas, building a sense of solidarity and shared purpose.

This partnership between IHE and JNU underscored the importance of inter-institutional collaboration in inspiring young people to contribute meaningfully to society. The visit served as a reminder that when youth are educated, empowered, and engaged, they become powerful catalysts for positive change.



NSS ACTIVITIES 2024-2025

NATIONAL VOTERS DAY CELEBRATION: CAMPAIGN ON VOTERS DAY

VENUE : JNU Campus

DATE : 16th JANUARY 2025

On 16th January 2025, the National Service Scheme (NSS) Unit of the Institute of Home Economics (IHE), Delhi University, conducted a National Voters Day campaign at Jawaharlal Nehru University (JNU) to promote electoral awareness and youth participation in democracy.

The campaign included a voter's pledge ceremony, where students and faculty members took an oath to vote responsibly. A photo booth with props and banners added an engaging element, encouraging participation and spreading the message visually. Officials from the Election Commission of India also held an awareness session, educating students about the electoral process, voting rights, and the significance of youth involvement in elections.

This event not only highlighted the importance of voting as a democratic duty but also reinforced the spirit of responsible citizenship among students.

It reflected NSS's ongoing commitment to social responsibility, civic engagement, and nation-building through youth empowerment.



NSS ACTIVITIES 2024-2025

ONLINE QUIZ COMPETITION ON ROAD SAFETY

VENUE : Online Mode

DATE : 9TH TO 12TH FEBRUARY 2025

Road safety is a crucial issue in today's fast-paced world, requiring awareness and education to ensure the well-being of individuals. To promote awareness about safe road practices, the National Service Scheme (NSS) of the Institute of Home Economics organized an online quiz competition on road safety.

The competition, held from 9th to 12th February 2025, aimed to engage students and volunteers in an interactive learning experience. Participants were tested on various aspects of road safety, including traffic rules, responsible driving, pedestrian safety, and emergency response measures.

The event witnessed active participation, with approximately 56-60 volunteers taking part. The quiz was designed to be informative and engaging, encouraging individuals to adopt safer road habits. Experts and facilitators provided insights on critical road safety issues, reinforcing the importance of adherence to traffic regulations.

The competition successfully raised awareness about road safety, equipping participants with essential knowledge to contribute towards a safer environment.



NSS ACTIVITIES 2024-2025

CLOTH DONATION DRIVE

VENUE : Goonj

DATE & TIME : 22nd FEBRUARY 2025 | 12pm

The NSS Society of the Institute of Home Economics (IHE) successfully organized a Cloth Donation Drive in collaboration with Goonj, a well-known NGO committed to sustainable development and dignity-based giving through the reuse of urban surplus. The drive focused on collecting wearable clothes and fabric-based essentials for distribution to underprivileged communities across India.

Conducted for around 1–2 hours, the drive saw enthusiastic participation from students, faculty, and staff members, who contributed gently used clothes, woollens, bedsheets, and other fabric items. Collection boxes were strategically placed within the institute to ensure easy access for donors.

To raise awareness, NSS volunteers actively engaged in poster-making, classroom announcements, and social media campaigns. Their collective effort, creativity, and spirit of service were instrumental in making the drive a success.

This initiative not only promoted the values of compassion, sustainability, and social responsibility but also strengthened NSS IHE's commitment to meaningful community engagement.



NSS ACTIVITIES 2024-2025

YOUTHQUAKE FOR CLIMATE - YAMUNA DRIVE

VENUE : Chhat Ghat, ITO, Delhi

DATE : 2nd March 2025

The NSS unit of the Institute of Home Economics organized Yamuna Drive at Chhat Ghat, ITO, Delhi, to raise awareness about water pollution and encourage responsible environmental practices. The event started with a cycling rally, promoting eco-friendly transportation and sustainability.

Following the rally, volunteers actively participated in a clean-up drive along the Yamuna riverbanks. They collected plastic waste, segregated recyclables, and disposed of garbage responsibly. The event also involved engaging with local communities to highlight the importance of keeping water bodies clean.

The initiative played a significant role in fostering environmental consciousness and instilling a sense of collective responsibility among students. The drive successfully reinforced the idea that small actions, when taken together, can lead to a greater impact in protecting the environment.



NSS ACTIVITIES 2024-2025

VISIT TO IGDTUW – WOMEN'S DAY EVENT

VENUE : Indira Gandhi Delhi Technical University for Women (IGDTUW)

DATE & Time : 8th March 2025 | 11am Onwards

On International Women's Day, NSS volunteers attended Ladies Who Lift, a fitness and empowerment event organized by MuscleBlaze at IGDTUW. The event aimed to encourage women's participation in strength training and fitness.

The event featured motivational talks on women's empowerment through fitness, with speakers highlighting the importance of physical strength in breaking gender stereotypes.

A series of fitness challenges, including Squat and Deadlift competitions, encouraged women to engage in strength-building exercises. Professional trainers demonstrated correct techniques and safety measures, promoting awareness about physical health and wellness.

Panel discussions covered topics such as mental health, body positivity, and the role of fitness in building confidence. The event provided volunteers with insights into the importance of holistic well-being in women's empowerment.

The visit to IGDTUW left a lasting impact, reinforcing the message of strength—both physical and mental—as a key factor in self-confidence and empowerment



NSS ACTIVITIES 2024-2025

VISIT TO MILESTONE NGO & POSTER MAKING COMPETITION

VENUE : Milestone NGO, Near RK Ashram Metro Station

DATE & Time : 8th March 2025 | 2:30pm Onwards

As part of the Special Camp initiative, NSS volunteers visited Milestone NGO to engage with children through a poster-making competition. The activity aimed to encourage creative expression while fostering awareness of social issues.

Interaction with Children - The session began with volunteers interacting with the children, discussing their interests and aspirations. A short discussion emphasized the importance of creativity as a tool for expressing thoughts and raising awareness on social themes.

Poster Making Competition - Children were provided with art materials and guided by volunteers to create posters based on selected themes. The activity encouraged them to showcase their perspectives on various social issues. The competition highlighted the power of art in communication and advocacy. Volunteers assisted the children in brainstorming ideas, ensuring an inclusive and supportive environment.

The visit to Milestone NGO reinforced the importance of creative engagement in social service.



NSS ACTIVITIES 2024-2025

VISIT TO THE ASIAN WOMEN'S FILM FESTIVAL

VENUE : India International Centre, New Delhi

DATE & Time : 6th March 2025 | 10am-6pm

The NSS volunteers attended the Asian Women's Film Festival, a prestigious event showcasing films by and about women. The festival provided an opportunity to explore diverse narratives centered around gender equality, empowerment, and social change.

Film Screenings and Discussions

Volunteers attended multiple screenings of films directed by women filmmakers from across Asia. These films explored themes such as women's rights, societal expectations, and cultural identity, portraying real-life struggles and achievements. Several screenings were followed by panel discussions featuring filmmakers, activists, and media professionals. The discussions delved into the challenges faced by women in the film industry and the importance of gender-sensitive storytelling. Volunteers engaged in meaningful conversations about the impact of media representation on societal attitudes toward women.

The festival also featured exhibits by various NGOs working towards women's empowerment, education, and social welfare. Volunteers had the opportunity to interact with representatives and learn about different initiatives supporting marginalized communities.



NSS ACTIVITIES 2024-2025

VISIT TO COHAS COMMUNITY CENTER

VENUE : COHAS Community Center, Vinoba Puri, New Delhi

DATE & Time : 8th March 2025 | 11am Onwards

On the final day of the NSS-IHE Special Camp, volunteers visited COHAS Community Center to engage with children and local community members. The visit focused on educational support and interactive activities to create a positive impact.

Engagement with Children

The session began with an interactive introduction, where volunteers conducted fun activities to establish a friendly and engaging atmosphere. Storytelling sessions were conducted to make learning enjoyable. Volunteers organized basic literacy activities, reading sessions, and discussions on personal hygiene and cleanliness. The awareness sessions were interactive, ensuring active participation from the children.

NSS volunteers interacted with COHAS representatives to understand the challenges faced by the community. Discussions were held on future collaboration opportunities and ways in which NSS can continue to support their initiatives.

The visit to COHAS Community Center emphasized the importance of grassroots engagement and reaffirmed the commitment of NSS volunteers toward community service.



NSS ACTIVITIES 2024-2025

MEDICAL EYE CHECKUP

VENUE : Medical Room, IHE

DATE : 24th April 2025

To raise awareness on eye health, the NSS Society of the Institute of Home Economics organized a Medical Eye Checkup Camp on 24th April 2025 in collaboration with Neurowink Vision Therapy & Neurorehab Clinic. The camp, held in the college's Medical Room, aimed at early diagnosis and prevention of vision issues.

Over 100 students and faculty benefited from the eye screenings conducted by Dr. Ayush Arora and his team. NSS volunteers managed registrations and assisted with smooth coordination. The checkup included basic eye tests, consultations, and follow-up advice.

Certificates were distributed to all participants and volunteers. The event was organized under the guidance of Prof. Radhika Bakhshi and Dr. Yuki Azaad Tomar, with support from the NSS Executive Team.

The initiative reinforced the importance of preventive care and highlighted NSS's commitment to community well-being.



NSS ACTIVITIES 2024-2025

ANTI-TERRORISM DAY DOCUMENTARY SCREENING

VENUE : Conference Room, IHE

DATE : 15th May 2025

To commemorate Anti-Terrorism Day, the NSS Unit of the Institute of Home Economics organized a documentary screening and group discussion on the impact of terrorism and the role of youth in promoting peace.

The event sparked meaningful conversations on peace-building, tolerance, and social responsibility. Participants reflected on how individuals can contribute to a more resilient and united society.

Outcome:

The session was insightful and emotionally engaging, helping students develop empathy and a broader perspective on global terrorism. The discussions reinforced values of national integration, non-violence, and unity in diversity.

Conclusion:

The event effectively raised awareness, inspired responsible citizenship, and encouraged youth to act as ambassadors of peace. It highlighted the power of dialogue and collective commitment in combating violence and fostering harmony.



NSS ACTIVITIES 2024-2025

AUTISM AWARENESS AND INTERACTIVE SESSION

VENUE : Action For Autism NGO Jasola Vihar

DATE : 16th May 2025

On 16th May 2025, an Autism Awareness and Interactive Session was organised by the NSS unit of the Institute of Home Economics, University of Delhi, in collaboration with Action for Autism – National Centre for Autism India. The session took place at the NGO's Centre in Jasola Vihar , Delhi. The aim of the event was to spread awareness about autism and help students understand how to support and interact with children on the autism spectrum. The session included an introduction to autism, followed by meaningful interactions with the children.

To make the experience more engaging, several games were played such as Simon Says, Red Light, Green Light, and Freeze Dance. These fun activities helped break the ice and build a friendly connection between volunteers and the children.

The session was Informative and heartwarming. It gave participants a deeper understanding of inclusivity and the importance of creating supportive environments for every child.



NSS ACTIVITIES 2024-2025

UNDERSTANDING NEURODIVERSITY

VENUE : Online

DATE : 16th May 2025

On 16th May 2025, the NSS Unit of the Institute of Home Economics, University of Delhi, hosted a virtual session titled “Understanding Neurodiversity”, in collaboration with Inclusive Duniya Circles and The Sarvodya Collective.

The session aimed to educate participants about neurodiversity, challenge misconceptions, and advocate for an inclusive approach to individuals with conditions like autism, ADHD, and dyslexia.

The event featured:

- A comprehensive introduction to neurodiversity and its significance in education and society.
- Discussions on inclusive education, workplace accommodations, and the need for policy reforms.
- Personal experiences shared by neurodivergent individuals and their families.
- An interactive Q&A session, where participants directly engaged with speakers to deepen their understanding.

The session successfully promoted empathy, inclusion, and social responsibility, aligning with the NSS’s goal of fostering a youth community committed to advocating for equity and diversity.



NSS ACTIVITIES 2024-2025

"PAWS FOR A CAUSE": STREET DOG AWARENESS

VENUE : Online

DATE : 4th JUNE 2025

The NSS Society of the Institute of Home Economics, in collaboration with Little Seeds NGO, organized a webinar featuring Abhilash Vinod Sinha, titled "Dogs Are Not the Problem, They Are the Solution." The session aimed to raise awareness about street dog welfare and promote compassion and community responsibility.

Key highlights included:

- Importance of vaccination, sterilization, and care for street dogs.
- Challenging stigmas around Indian street dogs and promoting adoption over buying.
- Legal awareness about animal abuse and existing laws and penalties.
- Encouragement for community involvement and collaboration with NGOs.

The event empowered attendees with knowledge, empathy, and resources to support animal welfare in their communities.



NSS ACTIVITIES 2024-2025

HINDI JOURNALISM DAY

VENUE : Online (Google Meet)

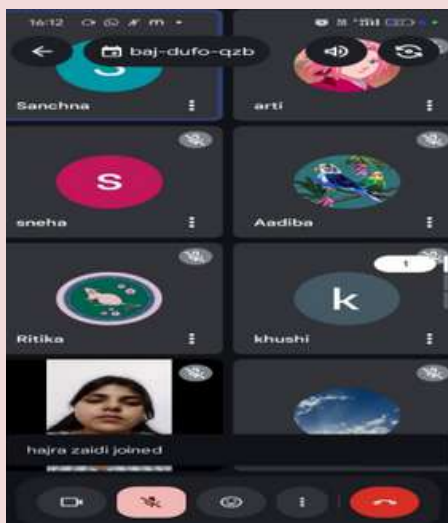
DATE : 9th JUNE 2025

The NSS Society of the Institute of Home Economics, University of Delhi, organized an online seminar on June 9, 2025, to celebrate Hindi Partkarita Divas, marking the publication of the first Hindi newspaper Udan Martand in 1826.

National Hindi divas was celebrated every year on September 14 to commemorate the adoption of Hindi as the official language of India by the constituent assembly in 1949. This day highlights the importance of Hindi in uniting the diverse cultures of India and emphasizes its role as a medium of communication across the nation.

So the NSS society on the occasion of Hindi divas, organized an online seminar to celebrate the richness and significance of the Hindi language. The seminar was aimed to highlight the importance of Hindi as a medium of communication and a marker of cultural identity. Students participated in the event with great enthusiasm.

The event aimed to highlight the importance of Hindi journalism in shaping public opinion and promoting truth in society. The guest speaker discussed the evolution of Hindi media, the role of youth in journalism, and the relevance of media ethics in today's digital age.



NSS ACTIVITIES 2024-2025

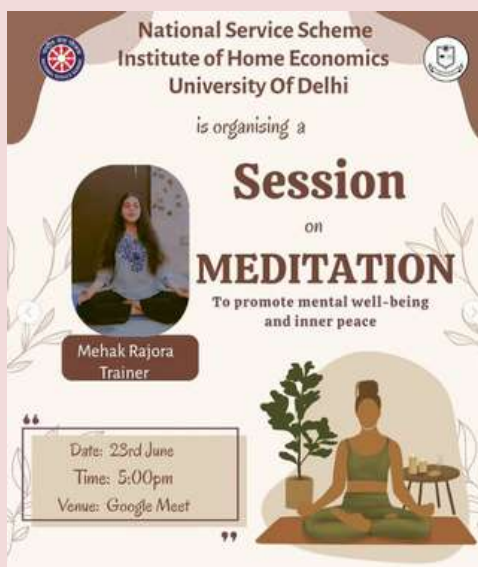
YOGA DAY - 3 DAY'S CELEBRATION

Date : 21st – 23rd June 2025

The NSS unit of the Institute of Home Economics, University of Delhi, marked International Yoga Day with a three-day wellness celebration from 21st to 23rd June 2025, promoting physical and mental well-being.

- June 21: An offline yoga session was held at Deer Park, Hauz Khas, in collaboration with Vivekanand Kendra. Volunteers practiced traditional asanas, Pranayama, and attended a short talk on the philosophy and modern relevance of yoga in daily life.
- June 22: An online quiz competition was conducted to spread awareness about yoga's origin, scientific value, and its global recognition. The quiz saw enthusiastic participation and highlighted the importance of yoga literacy among youth.
- June 23: A peaceful meditation session was led by trainer Mehak Rajora, guiding participants through mindfulness, breathwork, and visualization techniques for stress reduction and emotional balance.

The celebration encouraged a balanced, mindful lifestyle and highlighted NSS's commitment to holistic development and youth wellness.



NSS ACTIVITIES 2024-2025

DOCTOR'S DAY - 3 DAYS CAMPAIGN

DAY : 1

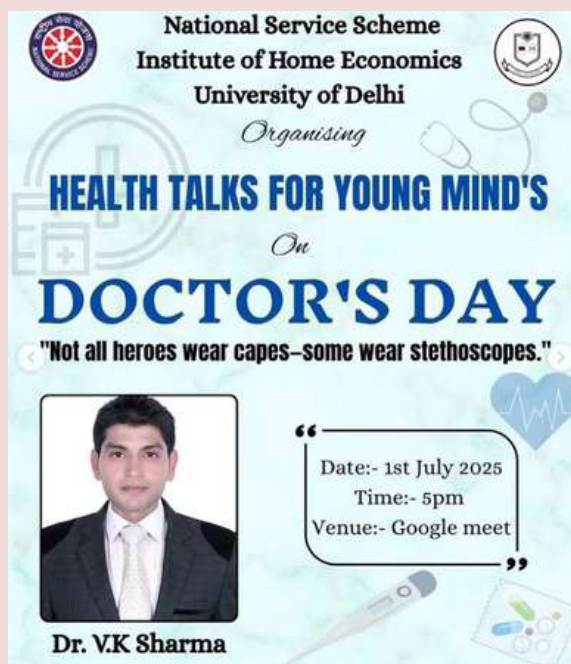
Date & Time : 1st JULY 2025 at 5PM

Venue : Google meet

On Doctor's Day (July 1, 2025), the NSS Unit of the Institute of Home Economics, University of Delhi, organized an insightful virtual session titled "Health Talks for Young Minds" via Google Meet.

The guest speaker, Dr. V.K. Sharma, delivered an engaging talk on screen time and its health impacts, blending expert knowledge with relatable insights. His clear and interactive approach kept participants involved throughout.

The session highlighted the importance of health awareness and was smoothly conducted thanks to the dedicated efforts of the NSS team. It served as a tribute to the medical fraternity and inspired youth to prioritize well-being.



DOCTOR'S DAY - 3 DAYS CAMPAIGN

Day-2

Date & Time : 2nd JULY 2025 | 6pm

Venue : Google meet

The NSS society's documentary screening event, held on July 2nd at 6 pm, was an exemplary paradigm of fastidious planning and execution, underscoring the organization's unwavering commitment to commemorating Doctors' Day with unbridled fervor and veneration.

Event Planning

Meticulous Organization: The event planning was characterized by an unyielding attention to detail, ensuring a seamless experience for attendees and fostering an atmosphere conducive to introspection, discussion, and vicarious empathy.

Thematic Relevance: The documentary screening, centered around the noble profession of medicine, was a poignant tribute to the selfless dedication of doctors, resonating deeply with the audience and inspiring profound reflections on the human condition.

Event Highlights

Engrossing Screening: The documentary screening was an engaging and thought-provoking experience, captivating the audience's attention and eliciting a range of emotions, from admiration and awe to introspection and vicarious empathy.

Lively Interactions: The incorporation of fun chit questions, cleverly crafted to coincide with Doctors' Day, added a delightful touch to the event, facilitating a sense of camaraderie, shared appreciation, and conviviality among attendees.

Logistical Efficiency

Impeccable Time Management: The event commenced punctually at 6 pm, with each segment meticulously planned and executed within the allotted timeframe, ensuring a smooth, uninterrupted, and professionally managed experience for attendees.

NSS ACTIVITIES 2024-2025

DOCTOR'S DAY - 3 DAYS CAMPAIGN

Day - 3

Date & Time : 3rd JULY 2025

A Paradigmatic Exhibition of Artistic Prowess: Poster Making Competition

The National Service Scheme of the Institute of Home Economics, University of Delhi, orchestrated a captivating poster making competition, "Healing Hands, Caring Hearts," as a poignant tribute to the indefatigable spirit of medical practitioners. This event, conceived as an online submission contest, drew an impressive array of artistic expressions from participants, each endeavoring to encapsulate the essence of medical service.

The posters submitted were not merely visual creations but profound reflections on the intrinsic nobility of the medical profession. They eloquently portrayed the symbiosis of intellect and empathy that defines a doctor's calling, their unyielding emotional resilience, and their ceaseless vigil over life and dignity. The artistic renditions were replete with evocative imagery, bespeaking a deep understanding of the theme and an ability to convey complex emotions through visual storytelling.

The competition was marked by an overwhelming display of creativity, with each poster serving as a testament to the participants' artistic acumen and their capacity for empathetic engagement. The digital submissions were meticulously crafted, adhering to the guidelines stipulated by the organizers while showcasing originality and thematic coherence.

In conclusion, the poster making competition was a resounding success, illuminating the profound impact of art in honoring those who serve humanity selflessly. It stands as a tribute to the creative spirit of the participants and the enduring legacy of service and compassion embodied by medical practitioners worldwide. Félicitations to all involved for a truly commendable effort!

NSS ACTIVITIES 2024-2025

PAPER BAG DAY

VENUE : Aurobindo Park

DATE : 6th JULY 2025

On 6th July 2025, a Paper Bag Day celebration was organised by the NSS Unit of the Institute of Home Economics, University of Delhi, in collaboration with Learning Knowledge Foundation. The event was held at Aurobindo Park with the aim of spreading awareness about sustainable living and promoting the use of eco-friendly alternatives like paper bags.

At the beginning of the event, NSS volunteers explained to the children the importance of paper bags, why plastic is harmful to the environment, and how using paper bags can help reduce pollution. The session was kept simple and interactive so that young participants could understand the message clearly.

The children from the NGO then took part in a hands-on activity where they made paper bags using the materials provided by the volunteers. Items such as old newspapers, glue, and crayons were distributed among them. Volunteers assisted the children wherever required and ensured a smooth and engaging experience.

The event was a meaningful effort to promote environmental awareness and sustainable practices. The NSS team was glad to contribute and looks forward to more such initiatives that make a positive impact on society.



NSS ACTIVITIES 2024-2025

WEBINAR ON WORLD POPULATION DAY

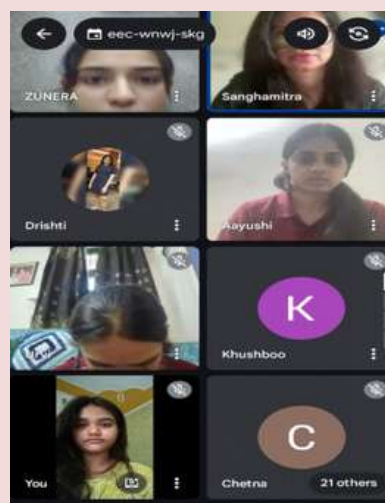
VENUE : Online

DATE : 11th JULY 2025

On 11th July 2025, the NSS unit of the Institute of Home Economics, University of Delhi, organized an online seminar to mark the occasion of World Population Day. The session was graced by Ms. Sanghamitra Singh from Population Foundation India, a respected public health expert, who was invited as the keynote speaker for the event.

The objective of the session was to raise awareness about pressing population issues and to promote informed discussion around them. Ms. Singh addressed various aspects of population growth, reproductive health, gender equality, and the role of youth in sustainable development. Her talk was insightful and deeply engaging, encouraging participants to think critically about the challenges and solutions related to population dynamics.

The seminar also included a brief doubt session where Ms. Singh enthusiastically answered questions from the attendees, further clarifying important concerns and enriching the discussion. The session proved to be both informative and thought-provoking, leaving participants with a better understanding of how population-related issues intersect with health, rights, and the environment.



Glimpses of NSS IHE 2025

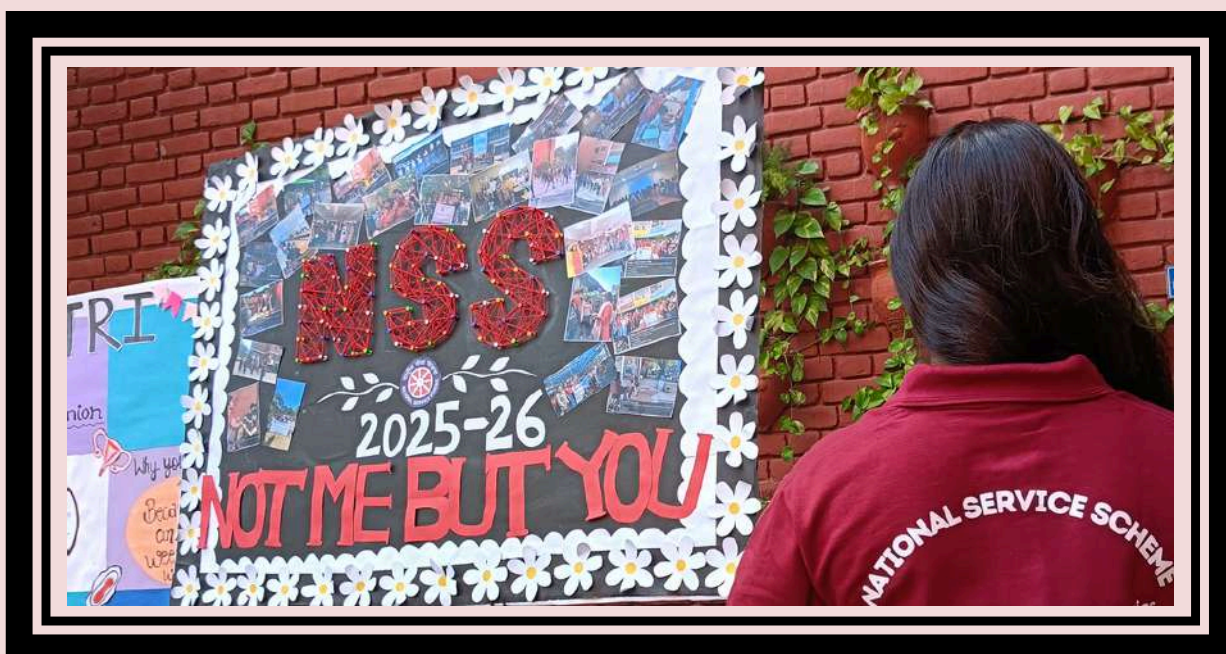




NATIONAL SERVICE SCHEME INSTITUTE OF HOME ECONOMICS UNIVERSITY OF DELHI



VASANT REPORT



वसंत-25

PROGRAMME SCHEDULE

(4 t h - 5 t h M a r c h)

EVENTS	VENUE	TIMINGS
DAY 1		
Aashray- Donation Drive	Foyer	11 AM to 3 PM
Panel ddiscussion	Conference room	9:30-10:30 AM
DAY 2		
Sonnet – A Poetry Competition	Room 144	1:30 PM onward
Swarang – The Monoact	quadrangle	1:00 to 3:00 PM
Tarangini - folk dance competition	Main stage	12 PM onward
Edutainment with Shambhu shikar ji	Main Stage	12:30
Health camp	GCR	11 PM onward



Event 1

Aashray- Donation Drive

The NSS unit conducted a donation drive to collect and distribute essential items such as stationery, sanitary pads, and food supplies. The drive took place in the college foyer and witnessed generous contributions from students and faculty.

Volunteers helped in organizing and categorizing the donated items before distributing them through partnered NGOs and local community outreach programs. Stationery items were provided to underprivileged students to support their education, while sanitary pads were distributed to promote menstrual hygiene awareness. The collection of food items aimed at aiding those facing food insecurity.

The drive fostered a spirit of generosity and compassion, emphasizing the importance of community-driven efforts in addressing social challenges.

Event 2

Panel Discussion on Pertinent Social Issues

A panel discussion was organized in the conference room, focusing on contemporary social issues and the role of youth in driving positive change. The discussion featured speakers from different fields, including activists, scholars, and youth leaders.

The conversation covered topics such as environmental sustainability, social empowerment, and grassroots activism. Students engaged in thought-provoking discussions, asking questions and sharing perspectives. The session encouraged critical thinking and reinforced the importance of education and awareness in creating a more equitable society.

Event 1

Sonnet – A Poetry Competition

A poetry competition, Sonnet, was organized in Room 114, providing students with a platform to showcase their creativity and literary talent. The theme, Echoes of the Past, inspired participants to explore history, nostalgia, and personal experiences through poetic expression.

The competition featured diverse styles of poetry, with students delivering heartfelt compositions that reflected deep emotions and thought-provoking narratives. The event highlighted the power of words in storytelling and artistic expression, leaving a lasting impression on the audience.

Event 2

Swarang – The Monoact

Swarang – The Monoact was held in the quadrangle, focusing on the theme Digital Detox – Life Beyond the Screen. The solo performance depicted the struggles of excessive screen time and the consequences of digital dependency.

The performer used expressive storytelling and powerful monologues to convey the challenges of modern digital habits. The act resonated with students, encouraging discussions on the need for mindful technology use and a balanced lifestyle. The event concluded with an interactive discussion, where students shared their thoughts on digital detox and strategies to reduce screen time.

Event 3

Tarangini - folk dance competition

The Folk Dance Extravaganza – Ethnic Mosaic took place on the main stage, celebrating India's cultural heritage through traditional dance performances. The event featured regional folk dances such as Bhangra, Garba, Lavani, Bihu, Ghoomar, and Kathakali.

Each performance showcased the unique storytelling, costumes, and musical styles associated with different regions of India. The vibrant energy and enthusiasm of the dancers captivated the audience, creating an atmosphere of festivity and cultural appreciation.

The event served as a reminder of India's rich traditions and diversity, reinforcing the importance of preserving and celebrating cultural roots through artistic expression.

Event 4

Edutainment with Shambhu shikar ji

The National Service Scheme (NSS) of the Institute of Home Economics organized a lively and entertaining Stand-up Comedy Show as part of Vasant '25, featuring renowned comedian Shambhu Shikhar. The event aimed to bring joy, laughter, and stress relief to students, fostering a sense of community and positivity through humor.

Shambhu Shikhar's witty humor and engaging storytelling had the audience in splits, with jokes ranging from everyday college life to relatable social experiences. His unique comedic style and spontaneous delivery created an atmosphere of joy and amusement.

The event saw enthusiastic participation, with students thoroughly enjoying the lighthearted break from their academic schedules. The laughter-filled session successfully provided a refreshing experience, proving that humor truly is the best medicine.

The Stand-up Comedy Show was a grand success, leaving everyone with smiles, fond memories, and a reminder that laughter brings people together in the best way possible.

Event 5

Health camp

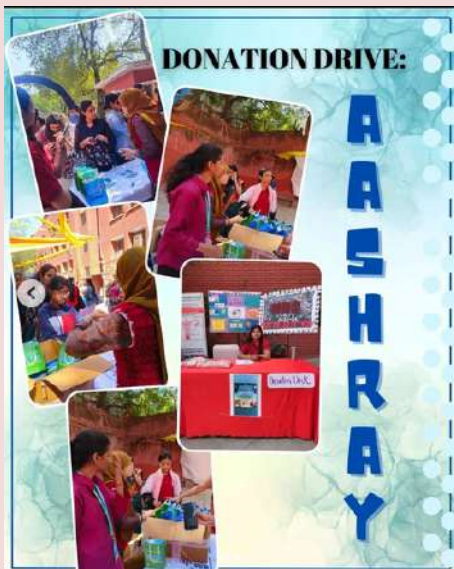
A significant initiative aimed at promoting health awareness and providing essential medical services to students, faculty, and staff. The camp offered: - free eye check-ups, dental check-ups, consultations with physicians and gynecologists, and a blood donation drive, ensuring accessibility to basic healthcare.

The event saw enthusiastic participation from over 150 individuals, with many benefiting from early diagnosis and medical advice. The blood donation drive was met with great enthusiasm, encouraging a spirit of social responsibility. Volunteers played a crucial role in managing the event efficiently, assisting doctors, guiding participants, and spreading awareness about preventive healthcare. The camp successfully highlighted the importance of regular health check-ups and self-care, leaving a lasting impact on all attendees.

This initiative by NSS-IHE not only catered to immediate medical needs but also reinforced the spirit of community service and well-being



Vasant glimpses...



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