



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

NATIONAL SERVICE SCHEME

Report for the Academic year: 2021-22

Awards/Activities/Achievements:

NSS activities are actively carried out round the year by the volunteers of our college. Some of the activities are:

- **Webinar: 27th July, 2021:** Unnat Bharat Abhiyan (UBA) SRCASW in collaboration Department of Biochemistry, National Service Scheme (NSS) and Dharamshila Cancer Foundation and Research Centre organised a webinar on “Post-Covid Complications and palliative care impact of COVID-19 on Cancer.”

The poster features logos at the top for the Ministry of Education, Government of India; Shaheed Rajguru College of Applied Sciences for Women; Unnat Bharat Abhiyan; National Service Scheme; Dharmshila Cancer Foundation & Research Centre; and a medical cross. The text on the poster reads: 'SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES OF WOMEN University of Delhi (Under the aegis of IQAC) Unnat Bharat Abhiyan In collaboration with Department of Biochemistry | National Service Scheme Dharmshila Cancer Foundation & Research Centre is organizing a webinar on POST-COVID COMPLICATIONS & PALLIATIVE CARE IMPACT OF COVID-19 ON CANCER'. It lists speakers: Dr. S. Khanna (Founder cum President, DCFRC) and Dr. Pragya Singh (Sr. Manager- Projects, DCFRC). Organizers include Dr. Payal Mago (Principal- SRCASW, Chairperson- UBA), Dr. Sadhna Jain (TIC, Department of Biochemistry), Dr. Lakshmi Pasricha Sarin (Convener- UBA), Dr. Mohita Bhagat (Co-Convener- UBA), and Ms. Sonia Ahlawat (Program Officer- NSS). A registration link is provided: https://docs.google.com/forms/d/e/1FAIpQLSfG9U4_g0L-VsrmCplp55vVxCN8ue4OZjOwUIRlHfrp4lRg/viewform. Contact information for Chhavi Tomar (7417272434) and Meenakshi J. (9899022685) is also listed.

- **Poetry Writing Competition: 1st August, 2021:** As India completes 75 glorious years of Independence, Inklings -The Literary Society of SRCASW in collaboration with NSS SRCASW hosted a poem writing competition to celebrate that auspicious occasion. The Competition was for all the Rajguru students.







SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
 (UNIVERSITY OF DELHI)

Inklings- The Literary Society
in collaboration with
National Service Scheme

Presents

Poetry Writing Competition
in celebration of 'Azaadi ka Amrit Mahotsav'

Topics:

- Bandhan aaj bhi hain bas vaqt badal gaya hai
- Vishva- Guru banega bharaat, Hindustaniyon ki shaan hai Bharat
- Warriors of Independence- Rajguru, Sukhdev and Bhagat Singh

Rules:

- Poem should not be plagiarized.
- Poem can be in English or Hindi.
- Poem must be in word file format.

Deadline - 8th August 2021
e-certificate and Social media shout-out to the winners

For queries, contact: Srishty Thakur: 7367062960
Chhavi Tomar: 7417272434

- **Slogan Writing: 13th August, 2021:** On the auspicious occasion of '75 years of Independence' NSS SRCASW organised slogan writing competition for NSS Volunteers. The theme for the slogan were Role of unsung heroes in India's Independence and Nationalism and Bringing up new perspectives of youth towards social and political laws.
- **Story Telling Competition: 20th August, 2021:** NSS SRCASW organised a story telling competition in celebration of Independence Day on the topic "Movements and freedom fighters that led to Independence" on 20th August, 2021.






SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
 (UNIVERSITY OF DELHI)

National Service Scheme
presents

Story Telling Competition
in celebration of 'Independence Day'

Topic :
Movements and Freedom Fighters that led to Independence

Rules:

- Voice should be loud and clear in the video.
- You can say as many stories as you want.
- The limit for the video should be in between 1-1.30 mins.
- Be creative with your video.
- Story can be in English or Hindi.

{ONLY FOR NSS RAJGURU VOLUNTEERS}
Deadline - 14th August 2021

 NSS SRCASW
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  NSS SRCASW

- **Plantation Drive: 24th August, 2021:** On the occasion of 113th birth anniversary of Shaheed Shri Shivaram Hari Rajguru, NSS SRCASW organized a plantation drive on 24th August, 2021 for NSS Volunteers.



Shaheed Rajguru College of Applied Sciences for Women
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME
is organising
Plantation Drive
on the occasion of
75 years of India's Independence

You have to send two pictures of yourself.

- With the plant that you have planted.
- Collage consisting of pictures of plant when not planted, during planting and after planted.

Deadline- 15th August, 2021

To plant trees is to give body and life to one's dreams of a better world.

Only for NSS SRCASW Volunteers

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- **Freedom Run (Virtual): 28th August, 2021:** On the occasion of 75 years of India's Independence, NSS SRCASW organised a freedom run for NSS Volunteers. Fit India Freedom Run is organised as a part of Azadi ka Amrit Mahotsav to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, diseases, etc.



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME
is organising
FREEDOM RUN (VIRTUAL)
on the occasion of
75 years of India's Independence

Date : 28 August 2021

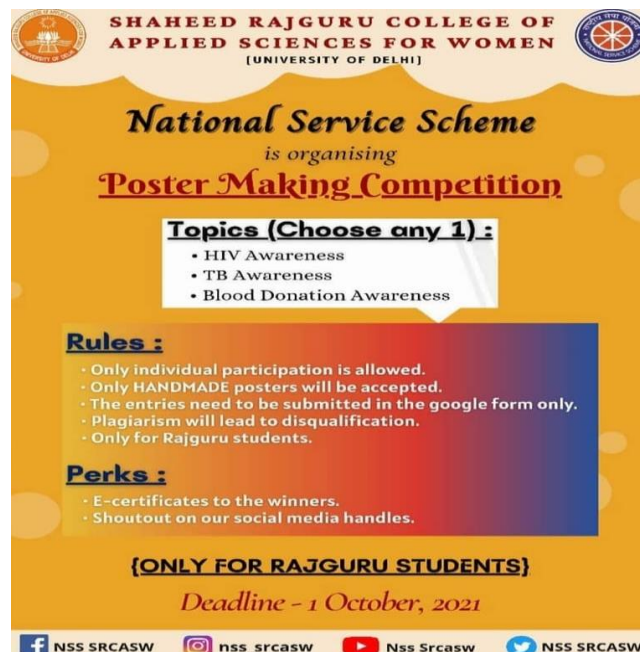
ONLY FOR NSS SRCASW VOLUNTEERS

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- **Nutrition Week: 1st September, 2021 to 7th September, 2021:** NSS Unit of SRCASW celebrated the “Nutrition Week” from 1st September to 7th September with a theme of “Feeding Smart right from the Start.” Volunteers made videos about Frequently asked questions (FAQs) for diet plans and charts given by the nutritionist and made posters about healthy diets.



- **Poster Making Competition: 25th September, 2021:** NSS SRCASW organised Intra-college “Poster Making Competition” to raise awareness regarding various dreadful diseases. The themes for the poster were HIV awareness, TB awareness and Blood donation awareness.



- **Digital Mania:** The NSS SRCASW conducted several activities under Digital Mania for two weeks in the month of October. The activities include making videos about basics of Google sheet and Excel sheet, shortcut keys, graphs on google sheet, google form, etc.
- **Vigilance Awareness Week: 26th October to 1st November, 2021:** NSS celebrates Vigilance awareness week from 26th October to 1st November, 2021 with the theme “Independence India @ 75: Self Reliance with Integrity.” The NSS organised Inter-college debate competition, NSS anthem singing, integrity pledge, slogan writing, poster-making and reel-making.




SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
 (University of Delhi)
 

NATIONAL SERVICE SCHEME

celebrates

Vigilance Awareness Week

26 October, 2021 - 1 November, 2021

THEME :

" INDEPENDENT INDIA @ 75 : SELF RELIANCE WITH INTEGRITY "

Let's raise hands to eradicate corruption
Fight it together and make a new India.

Vigilant India, Prosperous India

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- **Health Check-up Camp: 10th November, 2021:** The NSS Unit of SRCASW in collaboration with Dharamshila Narayana Super speciality Hospital organised a free health check-up camp on 10th November, 2021.

Shaheed Rajguru College of Applied Sciences for Women
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME
in collaboration with
Dharamshila Narayana Superspeciality Hospital
is organising

FREE HEALTH CHECK-UP CAMP

Screening facilities:

1. Consultation with Doctor
2. BMD Test
3. Blood sugar
4. BP
5. BMI

All the Faculty members (Teaching and Non-Teaching staff) are requested to kindly assure their service.

Date - 10th Nov, 2021
Time - 10 AM to 1:30 PM
Venue - Foyer Area, Ground Floor, SRCASW

For further queries, contact :
Ms. Sonia Ahlawat (Programme Officer) 9810091573
Chhavi Tomar (President) 7417272434

- **Surya Namaskar: 14th January, 2022:** On the occasion of Makar Sankranti, NSS SRCASW under Azadi ka Amrit Mahotsav presents virtual Surya Namaskar. It is a set of asanas in combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated.

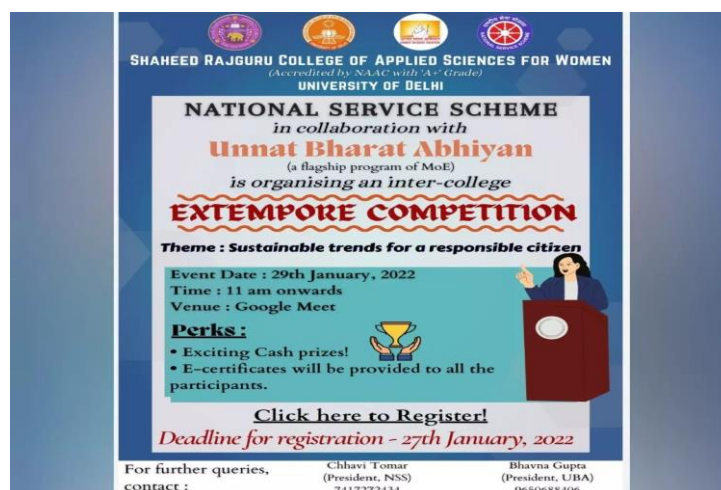
NATIONAL SERVICE SCHEME
on the occasion of
MAKAR SANKRANTI
under Azadi ka Amrit Mahotsav
presents
virtual
SURYA NAMASKAR

Surya Namaskar, also known as 'The Ultimate Asana', strengthens your back as well as your muscles and brings down blood sugar levels. It also improves metabolism and blood circulation (hence, a glowing skin).

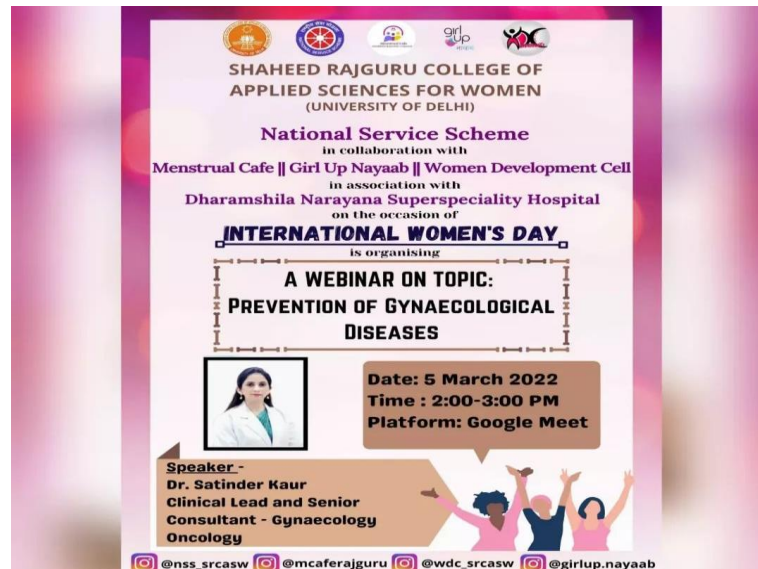
- **“Selfie with daughter” on National Girl Child Day: 24th January, 2022:** To promote the feeling of pride of being a parent to a girl child NSS SRCASW encouraged all the faculty members, staff and parents to take part in the initiative SELFIE WITH DAUGHTER”.



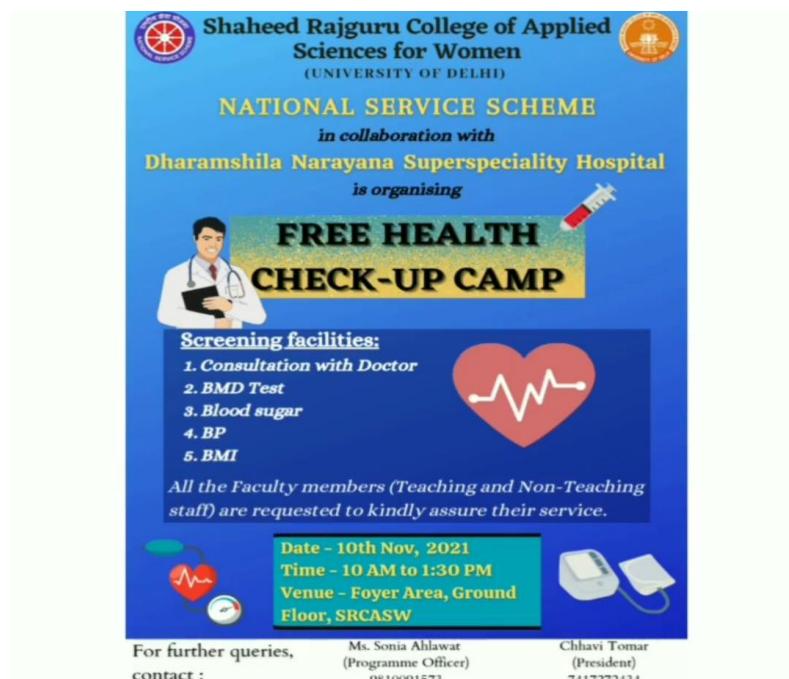
- Virtual Pledge on National Voters’ Day: 25th January, 2022:** January 25 is celebrated as National Voters’ Day in India every year to encourage, facilitate and maximise enrolment in Elections. The volunteers with sheer enthusiasm participated in the Virtual Pledge Programme giving their bit in making people aware and promoting informed participation in the Elections.
- Electoral Competition: 25th January, 2022:** In collaboration with Electoral Commission Office NSS organised a poster making and Slogan writing competition on the theme “My vote is my future-Power of one vote”. Also, the volunteers were encouraged to participate in the online quiz contest organised by the ECO.
- Intra- College Extempore Competition in association with UBA: 29th January, 2022:** The National Service scheme in collaboration with Unnat Bharat Abhiyan organised an inter-college Extempore competition on the theme “Sustainable Trends for a responsible citizen”. The volunteers participated with great enthusiasm and put forward great arguments.



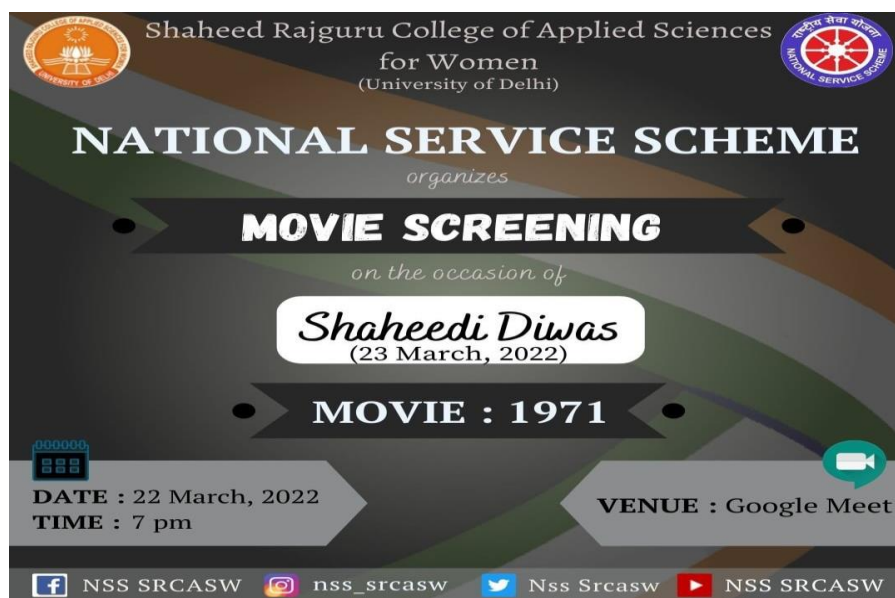
- **Webinar: 5th March, 2022:** NSS SRCASW in collaboration with Menstrual Cafe, Girl Up Nayaab and Women Development Cell presented an insightful webinar on the occasion of “International Women Day” on the topic Prevention of gynaecological diseases. The webinar was graced by Dr. Satinder Kaur- senior consultant in the Gynae Oncology Department at Dharmshila Narayana Super speciality hospital, Delhi.



- **Webinar on Awareness on Blood Donation: 5th March, 2022:** The National Service Scheme in Collaboration with Blood- Connect organised an online webinar on “AWARENESS ON BLOOD DONATION”. People tend to forget the dos and don’ts while donating blood which is sheer negligence towards health, to inform our volunteers and spread awareness about the same this webinar was organised.



- **Documentary on International Women’s Day: 8th March, 2022:** National Service Scheme in regards to International Women’s Day which is celebrated each year on March 8, to celebrate the existence and the contribution of each woman in our society conducted a Documentary which included a public campaign involving the students and teachers sharing their experience of being a woman.
- **SAMAVESH: 9th March, 2022:** The National Service Scheme on the account of the much awaited “KARVAAN’22” organised a thrilling event SAMAVESH. In this event the participants had to prepare and present a video showing the activities done by their NSS Unit during and after Lockdown in the name of social service.
- **Movie Screening: 22nd March, 2022:** NSS SRCASW on the occasion of Shaheedi Diwas organised a Movie Screening of a national award-winning film based on a true story of prisoners of war after the Indo-Pakistan War of 1971 for NSS Volunteers.



ACHIEVEMENTS OF THE VOLUNTEERS:

- Ms. Savni Sambhav (Statistics, 1st year) secured 1st position Poster Making competition under Exousia organised by GirlUp Nayaab.
- Ms. Riya Kumari (BMS, 1st year) declared as the winner of Real to Reel making competition by Umeed-a drop of hope.
- Ms. Komal Seth (Biomedical Sciences, 1st year) declared as Runner up of Samavesh organised by NSS under Karvaan'22.
- Ms. Jyotsna Kumari (Physics, 1st year) Winner of Content writing competition under Exousia organised by GirlUp Nayaab.
- Ms. Anushka Yadav (Electronics, 2nd year) secured 3rd position in poster making competition organised by the Electronics society, SRCASW.
- Ms. Vani Rajput (Computer Science, 3rd year) secured 2nd position in Republic Day Quiz organised by NSS unit of Dr. Bhim Rao Ambedkar College, University of Delhi.

