

## NSS REPORT: 2022-23

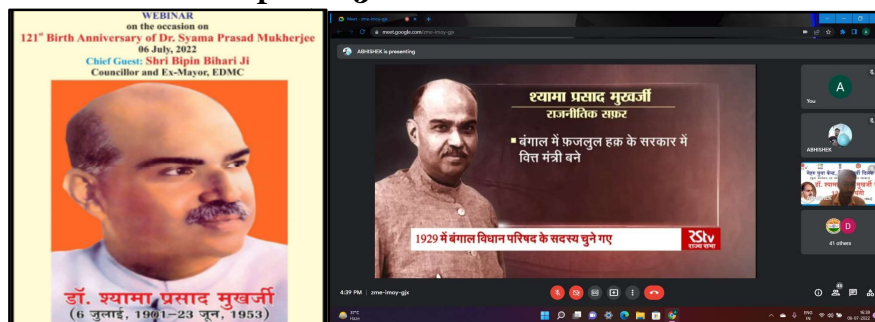
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### 1. WEBINAR ON "Dr. SHYAMA PRASAD MUKHERJEE"

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women, and Maharaja Agrasen College conducted a webinar on 6th July 2022 to celebrate the 121st birth anniversary of Dr. Syama Prasad Mukherjee as a part of "Azadi ka Amrit Mahotsav."

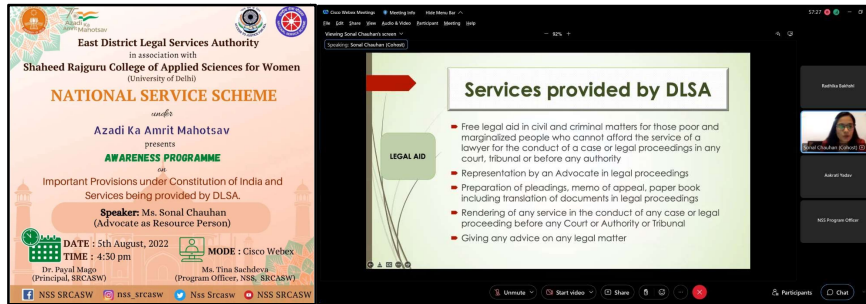
**Number of Participants: 50**



### 2. WEBINAR ON "IMPORTANT PROVISIONS UNDER CONSTITUTION OF INDIA AND SERVICES BEING PROVIDED BY DLSA"

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women in association with The East District Legal Services Authority under Azadi ka Amrit Mahotsav organised a webinar on "Important Provisions Under Constitution of India and Services Being Provided by DLSA" by Ms. Sonal Chauhan (Advocate as Resource Person). The event began with the Flag Hoisting Ceremony for all the students and faculties of the college on 5th August 2022 from 4:30 PM.

**Number of Participants: 15**



### 3. HAR GHAR TIRANGACAMPAIGN

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a number of activities (essay writing competition, pinning and hoisting the National Flag, and neighbourhood visit to enlighten citizens on Azadi ka Amrit Mahotsav) under the Har Ghar Tiranga Campaign from 1st to 15th August 2022.

#### Number of Participants: 15



### 4. HANDMADE POSTER MAKING ON INTERNATIONAL YOUTH DAY

On the occasion of International Youth Day, the National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a handmade poster making competition on the topic "HIV" (Human Immunodeficiency Virus) from 12<sup>th</sup>-14<sup>th</sup> August 2022.

#### Number of Participants: 5



## 5. HANDMADE POSTER MAKING ON PROMOTING CLEANLINESS

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a handmade poster making competition on the topic "Promoting Cleanliness" on 25th August 2022.

**Number of Participants: 13**

## 6. PLEDGE AGAINST DRUGS

The International Day Against Drug Abuse and Illicit Trafficking or World Drug Day is marked on 26th June every year to strengthen action and cooperation in achieving the goal of a world free of drug abuse.

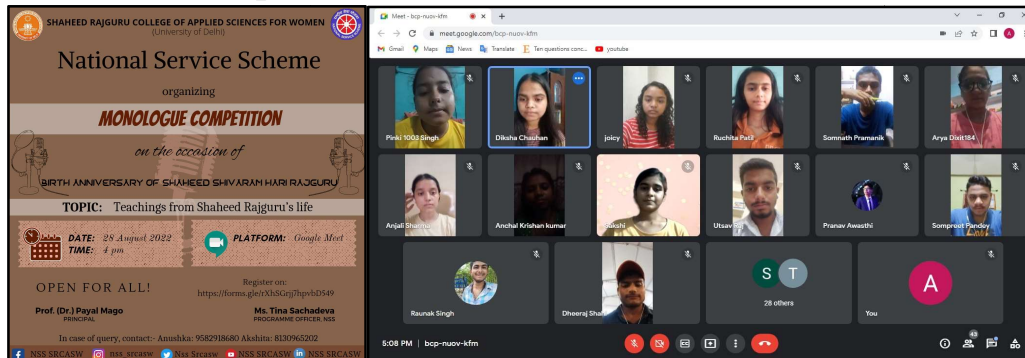
**Number of Participants: 19**



## 7. MONOLOGUE COMPETITION ON RAJGURU DAY

National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a Monologue Competition on 28th August 2022 at 4:00 PM on the topic "Teachings from Shaheed Rajguru's life."

**Number of Participants: 25**





## 8. ONE-DAY COVID VACCINATION CAMP

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women, organised a One-Day Booster Dose Vaccination Camp on 29th August 2022 from 10:00 AM to 02:00 PM in the college premises. A total of 323 Covishield boosters and 58 Covaxin boosters were administered.

**Number of Participants: 381**



## 9. E-POSTER ON PREVENTION AND CONTROL OF VECTOR BORNE DISEASES

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised an E-poster making activity on "Prevention and Control of Vector-Borne Diseases" on 01<sup>st</sup> September 2022.

**Number of Participants: 20**



## 10. WORKSHOP ON HARMFUL EFFECTS OF TOBACCO

A sensitization workshop on the topic "Harmful Effects of Tobacco" was conducted by National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women,

University of Delhi in collaboration with East District Tobacco Control Cell O/o CDMO, East, Surajmal Vihar, on 16<sup>th</sup> September, 2022 from 11:30 AM.

**Number of Participants: 50**



## 11. NSS DAY CELEBRATION

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised fun and interactive activities on 23rd September 2022, to celebrate NSS Day. The activities included Robinhood Army, Token of Love, The Pride Board, Say It and NSS Anthem. The unit was delighted to receive a huge engagement and participation.

**Number of Participants: 21+**



## **12. DISTRIBUTION OF GRATITUDE CARDS TO WORKERS AT COLLEGE**

Volunteers of the National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women made gratitude cards for workers at college and gave them this token of love for their endless service to our college.

**Number of Participants: 3**



## **13. FIT INDIA AND CLEAN INDIA CAMPAIGN 2.0**

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised various activities (like walkathon, plog run, cleaning in neighbourhood, registering yourself on "Fit India App" and assessing your fitness, handmade banner making on difference between blue and green dustbins, and Sanjay lake cleaning drive) to promote fitness under the initiative Fit India Freedom Run 3.0 launched by the Ministry of Youth Affairs and Sports (MOYAS). The activities were held from 2nd October 2022 to 31st October 2022 engaging with the theme - Azadi ke 75 Saal, Fitness Rahe Bemisaal.

**Number of Participants: 20+**



## **14. PREPARING STALL FOR SHOWCASING ACTIVITIES DONE BY NSS**

Volunteers of the National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women prepared a stall to showcase the initiatives taken and the



activities done by the NSS unit during the visit of Prof. Yogesh Singh, Honourable Vice Chancellor of University of Delhi.

**Number of Participants: 8**



### 15. VIGILANCE AWARENESS WEEK

- A Vigilance Awareness Session was organised by the National Service Scheme and the Department of Physical Education and Sports Sciences of Shaheed Rajguru College of Applied Sciences for Women on 17th October 2022 at 12:00 noon in the college premises. The event was graced by Shri Ram Phal Pawar, IPS (Retd.).

**Number of Participants: 120**

- An Integrity Pledge was also organised by NSS SRCASW on 31 October 2022 in the college's Open Amphitheater at 11:00 am. It was conducted by Prof. (Dr.) Payal Mago (Principal, SRCASW).

**Number of Participants: 100**



### 16. RASHTRIYA EKTA DIWAS CELEBRATION

- The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised an Intra-college Essay Writing and Poster Making

competition on “Unity and Diversity” on 28th October 2022 to 1st November 2022.

**Number of Participants: 4**

- An online Unity Pledge followed by Reading the Preamble of the Indian Constitution and Article 51 (A) were also organised on 30 October 2022 at 6:00 pm.

**Number of Participants: 20**

- National Service Scheme and The Department of Physical Education and Sports Sciences of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi organised a Unity Run to celebrate Rashtriya Ekta Diwas on the occasion of birth anniversary of Sardar Vallabhbhai Patel. It was held on 31 October 2022 at 9 am. The volunteers were asked to assemble at Gate number 2 of the college. The run started from gate number 2 of the college, went on Shaheed Budh Ram Singh Marg and Shaheed Captain Sameer Bhan Marg and ended back at the college.

**Number of Participants: 90+**

- A unity pledge was also organised in the Open Amphitheatre of the college at 11:00 AM which was attended by Prof. (Dr.) Payal Mago (Principal, SRCASW), staff and students.

**Number of Participants: 100**



**17. THALASSEMIA SCREENING CAMP AND AWARENESS DRIVE**

The National Service Scheme and the Department of Biomedical Science of Shaheed Rajguru College of Applied Sciences for Women, in collaboration with State Blood Cell, Maulana Azad Medical College and BHOR-Living Humanity Foundation organised a Thalassaemia Screening Camp and Awareness Drive on 1st November 2022 from 10:30 am to 4:00 pm in the college premises.

**Number of Participants: 16+**





## 18. EAST DLSA HELPDESK SET-UP

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women and East District Legal Services Authority organised a Helpdesk on 7th November 2022 from 11:00 am to spread legal awareness amongst the masses regarding "Services being provided by DLSA and the eligibility criteria to avail Legal Services, the helpline number- 1516" etc. under the campaign "Empowerment of Citizens through Legal Awareness and Outreach."

**Number of Participants: 8+**



## 19. OATH CEREMONY ON CHILD MARRIAGE FREE INDIA

The National Service Scheme along with the Department of Physical Education and Sports Sciences of Shaheed Rajguru College of Applied Sciences for Women conducted an oath ceremony on "Child marriage free India" on 17th October 2022, at 01.20 PM on the Open Amphitheatre of the college. The motto was safe childhood, safe india.

**Number of Participants: 100**



## 20. ARTICLE WRITING COMPETITION ON "LACK OF EDUCATION LEADS TO GENDER BASED VIOLENCE?"



The National Service Scheme, Anubhuti: The Women Development Cell, and the Department of Physical Education and Sports Sciences of Shaheed Rajguru College of Applied Sciences for Women organised an Article Writing Competition on the topic “Lack of Education Leads to Gender Based Violence?” on 4th December 2022.

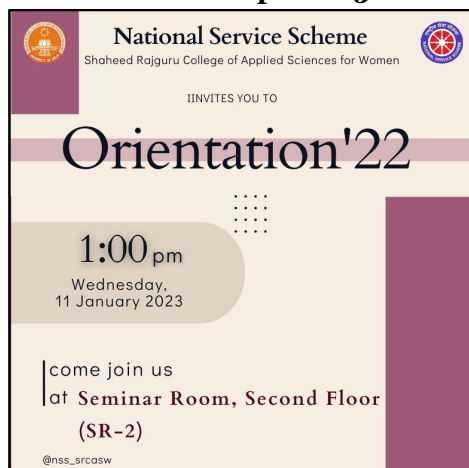
**Number of Participants: 20**



**21. ORIENTATION SESSION FOR INDUCTION OF NEW NSS VOLUNTEERS**

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised its Orientation Session for welcoming new volunteers on 11th January 2023 at 1:00 PM in Seminar Room, Second Floor (SR-2) of the college.

**Number of Participants: 50+**



**22. HANDMADE POSTER MAKING COMPETITION ON PARAKRAM DIWAS**

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised a Handmade Poster Making Competition on the occasion of Parakram Diwas. Deadline of submitting the posters was 24th January 2023.

**Number of Participants: 13**



### **23. VIRTUAL CONFERENCE ON SELF DEFENCE FOR GIRLS ON NATIONAL GIRL CHILD DAY**

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised a virtual conference on “Self Defence for Girls” on the occasion of National Girl Child Day on 24th January 2023 at 04:00 PM.

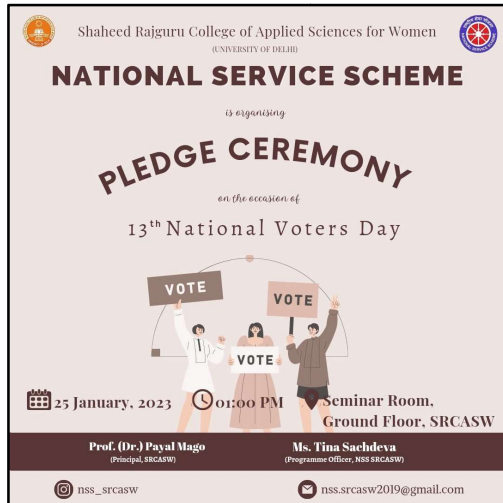
**Number of Participants: 17**



### **24. PLEDGE CEREMONY ON THE OCCASION OF 13TH NATIONAL VOTERS' DAY**

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised a Pledge Ceremony on the occasion of 13th National Voters' Day on 25th January 2023, at 01:00 PM, in Seminar Room Ground Floor (SR-G) of the college.

**Number of Participants: 30**



## 25. ACTIVITIES ON MISSION LIFE

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised various monthly activities like Awareness on Aspects of Mission LiFE, Waste Management Technique, Poem on Protection and Preservation of the Environment, Awareness on Ill Effects of Plastic Use etc. under Mission LiFE.

**Number of Participants: 52**



## 26. MASS AWARENESS AND TRAINING CUM SENSITIZATION PROGRAMME ON "WOMEN RIGHTS IN EAST DISTRICT"

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women and Office of the District Magistrate (East) organised a Mass Awareness and Training cum Sensitization Programme on "Women Rights in East District" on 1st March 2023 in the Seminar Room, Second Floor (SR-2) of the college.

**Number of Participants: 55**



## 27. SAMAVESH 2023

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised Pop-it-off and Spill-the-thoughts under SAMAVESH'23 organized under KARVAAN'23 - The Annual Fest of SRCASW on 28th March 2023 in the college premises. In pop-it-off, participants had to pop a balloon within 15 seconds by sitting on it and on winning, the participants got a gift hamper which they had to donate. In spill-the-thoughts, participants were given a social problem whose solution was given through a relevant government welfare scheme.

**Number of Participants: 43**

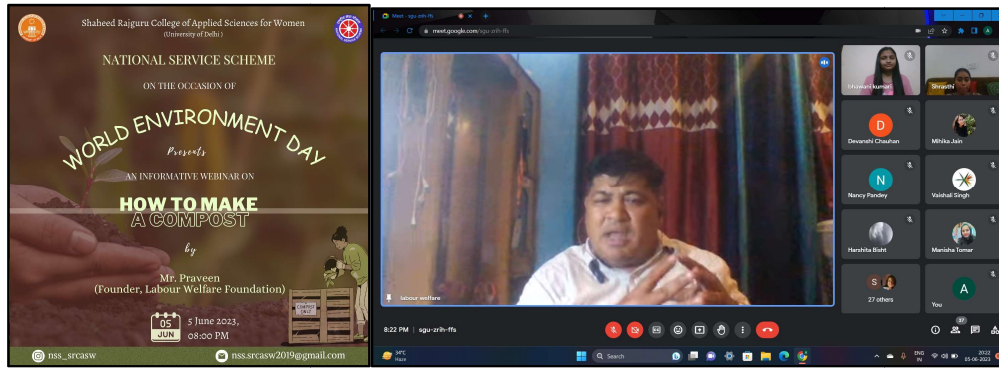


## 28. WEBINAR ON "HOW TO MAKE A COMPOST" ON WORLD ENVIRONMENT DAY

National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised an informative webinar on "How to Make Compost" on the occasion of World Environment Day on 5th June 2023 at 08:00 PM.

**Number of Participants: 22**

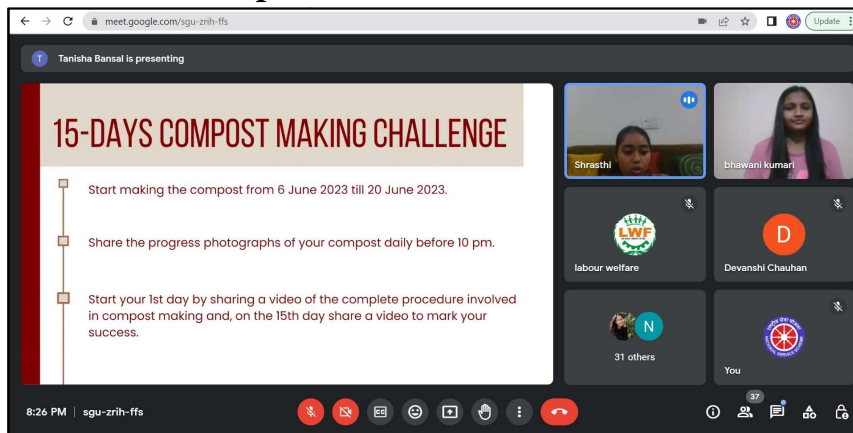




## 29. 15-DAYS COMPOST MAKING CHALLENGE

National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a 15-days compost making challenge from kitchen waste from 6th June 2023. The initiative was inaugurated in the webinar on “How to Make Compost” on the occasion of World Environment Day on 5th June 2023 at 08:00 PM.

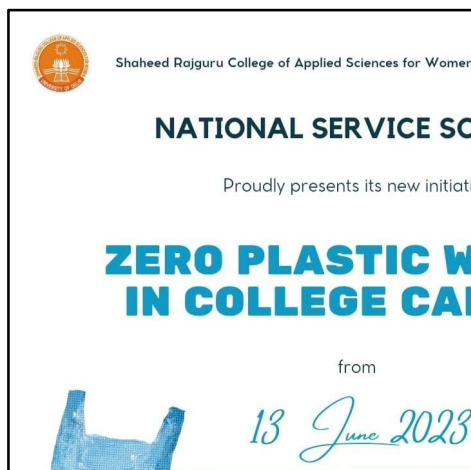
**Number of Participants: 10**



## 30. ZERO PLASTIC WASTE IN COLLEGE CAMPUS

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women initiated a zero plastic waste in college campus from 13th June 2023 to contribute in beating plastic pollution.

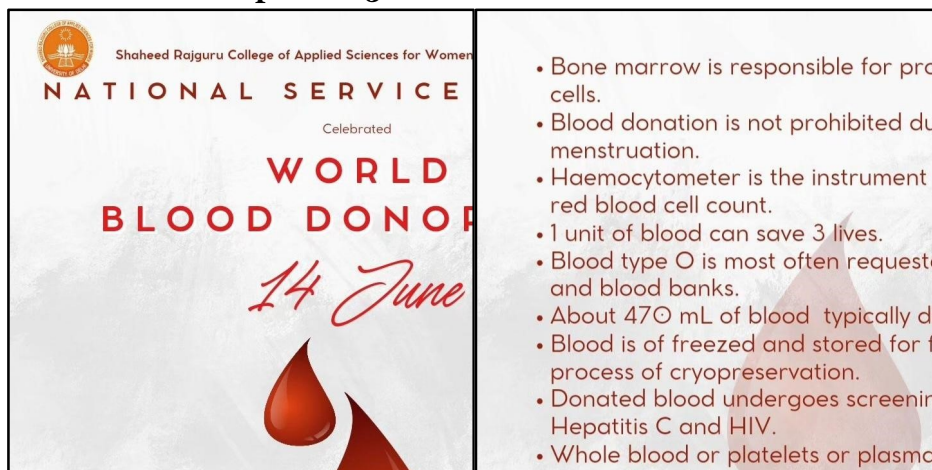
**Number of Participants: 13**



### 31. QUIZ ON BLOOD DONOR DAY

The National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women organised a quiz on World Blood Donor Day on 14th June 2023 exclusively for the volunteers. NSS SRCASW also posted various facts related to blood donation on their Instagram handle to extend the awareness about the topic to more individuals.

**Number of Participants: 15**

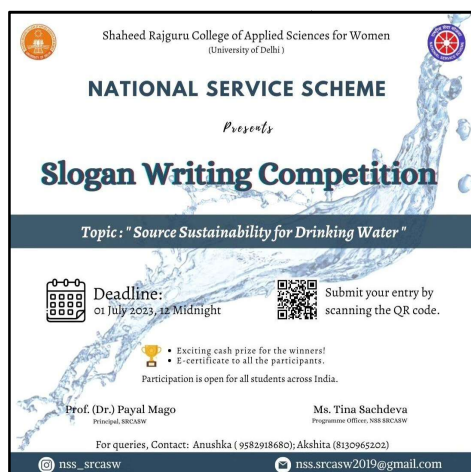


### 32. SLOGAN WRITING COMPETITION ON "SOURCE SUSTAINABILITY FOR DRINKING WATER"

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women organised a Slogan Writing Competition on "Source Sustainability for Drinking Water" on 1st July 2023.

**Number of Participants: 12**

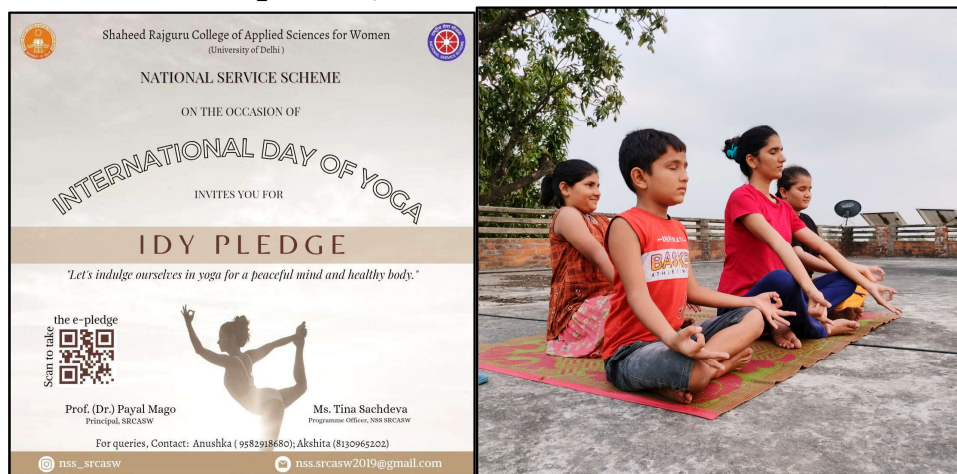




### 33. ACTIVITIES ON INTERNATIONAL DAY OF YOGA

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women celebrated International Day of Yoga by organising IDY Pledge and Yoga with Family on 21st June 2023.

**Number of Participants: 27**



### 34. ACTIVITIES UNDER PROJECTS: ALTRUISTICS (THE VISITS PROJECT), CALL OF GREEN (THE CLEANLINESS AND PLANTATION PROJECT), ROBINHOOD ARMY (THE DONATION PROJECT), PRAGATI KI ओर (THE LITERACY PROJECT), वनVOICE (THE COMPOSTING PROJECT)

The National Service Scheme, Shaheed Rajguru College of Applied Sciences for Women has initiated five projects in the session 2022-23: Altruistics (The Visits Project), Call of Green (The Cleanliness And Plantation Project), Robinhood Army (The Donation Project), Pragati ki ओर (The Literacy Project), वनvoice (The Composting Project). Various activities such as Dallupura Village visits, food and

clothes donation drives, cleanliness drives and awareness sessions were conducted weekly under these projects.

**Number of Participants: 52**

