

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

REPORT OF ACTIVITIES CONDUCTED BY NATIONAL SERVICE SCHEME (NSS) IN THE COLLEGE

(2019-2020)

Yoga Day and Camp

NSS unit of SRCASW celebrated international yoga day and organised a Yoga Camp from 11th June to 21st June 2019 to encourage fitness and healthy lifestyle.

Swacch Bharat Summer Internship

NSS unit offered an internship opportunity to the volunteers for social work. Under the camp, students worked in Dallupura Village to help clean and maintain the hygiene of the village. The students interacted with the residents, visited the local school, and created a painting on the wall to deliver their message of health and hygiene.

Water Conservation Rally

The NSS unit organised a rally on the theme, "Water conservation". The objective was to sensitize the people on the importance of this priceless resource and to reduce its wastage.

SWACHHTA PAKHWADA

NSS unit of SRCASW observed the Swachhta Pakhwada (fortnight) from 1st August to 15th August 2019. This fortnight was observed to make an effort towards making India cleaner and healthier. Activities like campus cleaning, garbage collection etc. were held.

NSS ORIENTATION

NSS unit of Shaheed Rajguru college of Applied Sciences for women conducted its orientation programme and a talk on "preventive oncology" on 20th August 2019. In the programme students were briefed about NSS and what it is all. They were also enlightened about the different NSS drives, namely-Literacy, slum adoption, old age homes and orphanage visits, vermicomposting, cleanliness, collection and women upliftment. The NSS student council (2019-20) was also introduced in the orientation. Dr. Sushma Dhar MBBS (associated with Preventive Oncology Department of Dharamshila Cancer Foundation and Research centre), graced the programme by conducting a talk on "preventive oncology".

Medical Camp

NSS unit of Shaheed Rajguru college of Applied Sciences for women conducted a free medical on 21st and 22nd August in the college premises. Doctors from Dharamshila Cancer Foundation and Research Centre came and Eye Health came and set up their camp for medical and eye checkup respectively. There was blood pressure, sugar test and eye check available for the students and staff. A general physician was also there for the teachers and students to consult. There was ECG, Bone mineral density test and Pap smear test (only for married females above 30) available for the staff members. A gynecologist was also there for female staff to consult.

AIDS AWARENESS TALK AND ART COMPETITION

NSS unit of Shaheed Rajguru College of Applied Sciences for women conducted a talk and an "Art Work Competition" on 27th August 2019, to spread awareness about AIDS to celebrate International Youth Day as per the guidelines of Department of AIDS Control (govt. of India). The talk was conducted by Mr. Tyagi and Mr. Rajendra from Delhi Aids control society.

FIT INDIA MOVEMENT

The NSS unit and department of Physical Education of SRCASW jointly participated in the launch ceremony of Fit India movement by our honorable Prime Minister, Shri Narendra Modi at 10 AM on 29th August 2019. 10 students from NSS went to Indira Gandhi stadium, New Delhi to witness the launch live. Dr. Bimla Panwar, Assistant Professor in Physical Education and Sports also attended this program along with 12 sports students of our college at the honorable Vice Chancellor office. NSS students also watched this program through livestream in the college itself. Students also took a fitness pledge and promised to exercise and maintain their health.

EYE DONATION (NETRA DAAN) CAMPAIGN

NSS unit of SRCASW hosted an eye and blood donation awareness campaign in the college premises. This campaign was conducted by SAKSHAM (Samadrishti, Kshamata Vikas Evam Anusandhan Mandal) an affiliate of RSS. Donate blood in your lifetime and eyes after was the theme of the whole campaign. Students and staff were told about corneal blindness and how

donating eyes can be a blessing for someone. Everyone was also asked to fill a form pledging to donate their eyes after death and given a certificate for the same.

NO PLASTICS RALLY

NSS Unit of SRCASW conducted a “No plastics” rally on 20th September 2019, in and around the college campus. The rally was organized to discourage the use of plastics. Students conducted a rally on the same in and around the college.

ELECTORAL VERIFICATION

NSS unit of Shaheed Rajguru college of Applied Sciences for Women organized an Electoral Verification Program from 20th September 2019 to 23rd September 2019 in the college premises. The students enrolled themselves in the electoral verification program by creating their account on nvsp.in. Students were guided on the whole process and encouraged to register on the portal to apply for their own or family member’s respective voter cards/get the corrections done in case of any error. Two guests from the election office also came to supervise and support the verification programme.

NSS Day

On the occasion on NSS Day, a best out of waste competition was organised for the college students on 24th September 2019. The objective was to showcase that even waste can be useful sometimes and thus, it has to be managed properly.

Anaemia awareness camp

A medical camp was organised in the college to raise awareness about Anaemia. Hemoglobin test was also conducted in college premises for staff and students to check their blood levels and ensure they are not anaemic.

Constitution Day

NSS unit of Shaheed Rajguru College of Applied Sciences for Women celebrated 70th constitution day on 26th November 2019 in the college premises. Students watched a live webinar from the college conducted by honorable Prime Minister Shri Narendra Modi. A seminar was also hosted by Dr. Ritu Kohli, associate professor, department of Political Science, Maharaja Agrasen College, University of Delhi. She talked about the meaning and importance of our constitution.

GANDHI JAYANTI

NSS unit of Shaheed Rajguru college of Applied Sciences for Women celebrated 150th anniversary of Mahatma Gandhi by conducting various activities. A drawing competition was conducted for the children from Dallupura Village under the literacy drive of the unit on the theme “Gandhi Jayanti”. A plog run was also conducted near the college area. Plogging as a concept brings together fitness and cleanliness.

VIGILANCE AWARENESS

NSS unit of Shaheed Rajguru College of Applied Sciences for women celebrated Vigilance awareness week to commemorate Sardar Vallabhbhai Patel on his birth anniversary. A pledge was taken by the students and the staff to never take or give bribes and maintain their honesty and dignity in today’s world. A rally was also organized in and around the college campus against corruption and to spread the feeling of unity in diversity. A speech and poster making competition was also organized on the topic –“Eradication of Corruption”.

NSS Camp

NSS unit of Shaheed Rajguru College of Applied sciences for women organized a 7 day NSS camp in the college premises. Various activities involving social work in line with the purpose of NSS were organized by the volunteers and for the volunteers. Activities like Rallies on various social causes, Legal aid sessions, self defense lessons, safe driving lessons, nukkad naatak, slum/orphanage visit, literacy drive, cleanliness drive etc.

FIT INDIA WALKATHON

NSS unit of Shaheed Rajguru College of Applied Sciences for Women organised a walkathon on 18th January 2020, in and around the college campus to promote fitness on health taking forward the Fit India Movement started by our Honorable Prime Minister Shri. Narendra Modi. Students gathered and walked on the streets of East Delhi around the college with a banner and logo to promote fitness and encourage people to adopt a healthy lifestyle.

Road Safety Workshop

A road safety seminar was conducting in the college on 21st January 2020 to make the students more vigilant and careful on the road.

Beti Bachao, Beti Padhao Campaign

NSS unit of Shaheed Rajguru College of Applied Sciences for Women organised a Walkathon on National Girl Child Day 2020 on theme, “Beti Bachao, Beti Padhao” on 24th January 2020, in and around the college premises. Students walked with banners and posters and chanted slogans highlighting the power of girls and need for women empowerment.

NSS Election Awareness Campaign

NSS unit of Shaheed Rajguru College of Applied Sciences For women organised an Election Awareness Campaign on 24th January 2020, urging them use their right to vote and elect their leaders in the upcoming elections. A pledge was taken by the college staff and students promising to vote and everyone were requested to put their signatures as a promise to use their right to vote.

SWACHTA PAKHWADA WEEK

The NSS unit of Shaheed Rajguru College of Applied Sciences for Women organised “Swachta Pakhwada Week” in the college from 16 January to 31 January 2020. Activities like tree plantation, cleanliness pledge, poster making, and slum visit were organised.

EK BHARAT SHRESTHA BHARAT

Shaheed Rajguru College of Applied Sciences for Women organised various activities under the Ek Bharat Shrestha Bharat campaign in the college. A Debate Competition on the topic, “cultures of India” was organised for the students. Staff and Students also took an oath on cleanliness and refusing to use single use plastic. A “tourism showcase” was also held in the college in collaboration with the north east cell of the college to showcase and spread awareness about the diverse and magnificent, yet less known, cultures and traditions of North East states.

Plastic Abolition

The NSS unit of Shaheed Rajguru College of Applied Sciences for Women organised a Plastic Abolition Campaign in the College Premises. Students took a pledge on saying no to Plastic and also helped in cleaning out plastic waste from the college premises along with other waste. They also went around the college for Plogging while picking up plastic waste and disposing and requesting friends and fellows to not use plastic. A visit to Dallupura village was also organised to interact with the residents and educating them about the harms of single use plastic.

Karvaan’20- “Samavesh”

The NSS unit conducted an inter college event- “Samavesh” in the college during the college’s annual fest Karvaan. In this event, a team of 3-4 students had to present their work in their respective NSS units in their college in 5 minutes. The best 2 teams were awarded with cash prizes.

Covid-19 Awareness: The NSS volunteers worked from their homes to spread awareness about the pandemic through posters (handmade, e-posters), social media platforms, messages, poetry etc.

Yoga Day Quiz: The NSS unit and the Department of physical education and sports conducted an inter-college online quiz on Yoga on 20th May 2020. The students could participate in teams of 3. The winners were provided e-certificates.

Environment Day: The NSS unit conducted an inter college slogan writing and photography competition to celebrate environment day on 5th June 2020. Winners were awarded e-certificates while participation certificate were also given to all participants.


Webinar on Road Safety: The NSS unit conducted a webinar on Road safety on 12th June 2020. The session was conducted by Mr. Jain Kataria, Assistant Executive Honda Motorcycle & Scooter India pvt. Ltd.

International Yoga Day: The NSS unit and the Department of physical education and sports organised a yoga session on 21st June 2020 to celebrate the International Yoga Day. A webinar on fitness was also conducted. An intercollege poster making and “30-sec of Yoga” competition were held. Winners were awarded e-certificates while participation certificate were also given to all participants.

Drives

During the year, the volunteers have been working under different drives in NSS. They taught under privileged students under literacy, slum adoption; made regular visits to old age homes and orphanage visits; started working on the initiative of starting Vermicomposting in college under the Vermicomposting drive; ensured cleanliness in and around the college campus under the cleanliness drive; collected various items like notebooks, clothes, sanitary napkins, etc. for the under privileged as part of the collection drive and worked towards empowering women under the women upliftment drive.





Shaheed Rajguru College of Applied Sciences for Women
 University of Delhi
 (under the aegis of IQAC)

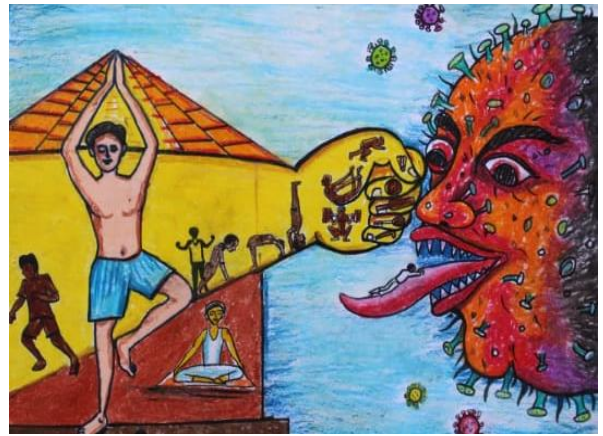
Get in touch with your inner warrior and step on the mat
Department of Physical Education and Sports
 &
NSS unit


celebrates
International Yoga Day


21st June
 (7-8 a.m.)
 Join through Google meet
<https://meet.google.com/qdh-dhre-wdr>




Yoga for Harmony & Peace
Dr. Payal Mago
 College Principal




Shaheed Rajguru College of Applied Sciences for Women
 (University of Delhi)


NATIONAL SERVICE SCHEME

National Service Scheme
 And
Department of Physical Education
 Jointly Organises
Quiz Competition on Yoga
 (May 20, 2020 - 4:00 p.m.)



Highlights
 1. Team of 3 are to be registered.
 2. Kindly register for the event here: <https://forms.gle/ywfa8t0ShtzWt8wv6>
 3. The quiz will be conducted through Zoom app.
 4. Please login 5 minutes prior to the commencement of the quiz.

For further queries, contact
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