



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED INSTITUTE - GRADE 'A'  
UNIVERSITY OF DELHI



**DEPARTMENT OF MANAGEMENT STUDIES**

**ANNUAL DEPARTMENT MAGAZINE**


**PERSPECTIVE**

**THE 12TH EDITION**



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# From the Principal's Desk



**Prof. Madhu Pruthi  
(Principal)**

**“Strength does not come from physical capacity. It comes from an indomitable will” – Mahatma Gandhi.’**

These were unprecedented times, a global pandemic affected our mental and physical well being but we have been resilient. We evolved and learnt to take up the challenges by staying positive. And we have tried to live up to what Gandhi Ji said by understanding that strength is an exercise of the mind, not just the body.

COVID-19 pandemic has given both teachers and students a fresh perspective on life and made them stronger for facing the future. Our education allows our inner strengths to endure and shine. The task of education was indeed daunting, moving over to virtual platforms so that education never ceases. We all engaged with newer technologies to make the teaching-learning experience better. The students too braced themselves and kept learning and up-skilling themselves, taking advantage of the time and resources made available.

The students and staff of the Department of Management Studies of the College have also maintained their efforts at organizing various activities despite the pandemic and have brought forth this 12th edition of ‘Perspective’ their annual magazine that showcases the varied achievements during this tough period. I appreciate their determination in ensuring that learning is continuous. I am sure this edition of ‘Perspective’ will be a reflection of the strength of our minds to overcome all barriers to learning and emerge more knowledgeable than ever before.

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# Teacher-in-Charge's Message

*“We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.”*

– *Barbara De Angelis*

Unprecedented challenges call for unique responses. The year gone by was one such challenge bringing its share of worries but we humans are capable of taking on problems upfront and learning our lessons from the best teacher- adversity. Every

difficulty and every loss contains its own lessons on how to improve or better oneself the next time. The Department of Management Studies at Keshav Mahavidyalaya has always been relentless in its pursuit for quality education and this thirst for excelling provides an impetus to keep going. Not to be bogged down by the pandemic the students and staff kept the learning process uninterrupted and embraced technology to keep themselves informed and educated. This edition of Perspective is a testimony to the fact that their thoughts and aspirations never halted come what may. So once again the magazine is a reflection of myriad achievements, engagements and creative potential of all the stakeholders of the department. As the Department brings out the 12th volume of the magazine, I offer my special congratulations to the staff members and students who believe in leading by example and have managed to cultivate qualities of commitment and hard work in all their endeavours.



**Dr. Amanjot Sachdeva  
(Teacher-in-charge)**

# From the Editorial Board

With utmost fervour, we present to you the twelfth edition of our annual departmental magazine - Perspective.

Perspective is an assemblage of the opportunities we explored and the challenges we overcame. We want to express our deepest thanks to Ms Sonu Mehta and Dr Amanjot Sachdeva for being extremely supportive and mentoring us to have an outlook towards various aspects of Perspective.

Perspective is an outcome of the unceasing efforts of the entire team. We would also like to extend a vote of thanks to all the content creators and artists who took the initiative to provide us with their extraordinary contributions to the magazine by manoeuvring their perceptive knowledge. It helped us engage with the department and have a wholesome experience of the BMS journey.

We hope that the readers experience the same effervescence while reading this, as we felt every step of the way while creating this!



SAMEER GOYAL



GAUTAM KAPOOR



VANSHIKA RUSTAGI



MILAN MADAAN



ANIRUDHGUPTA



ISHITA MITTAL



DEEPALI GUPTA



MUKTI YADAV



DIKSHA YADAV



GARV VASUDEVA

# Faculty And Staff



**Dr. Subodh Pandit**

Ph.D., M.Phil., M.A.

**Specialisation**

Macroeconomic Policy,  
Econometrics and  
Consumer Behaviour

**Dr. Amanjot Sachdeva**

Ph.D., MBA

**Specialisation**

Human Resource Management  
and Organisational Behaviour



**Ms. Sonu Mehta**

M.Com

**Specialisation**

Financial Management,  
Information Technology,  
Quantitative Techniques

**Ms. Astha Kanjlia**

MBA

**Specialisation**

Marketing, Finance,  
Entrepreneurship  
Development



**CA Kritee Manchanda**

CA, M.Com

**Specialisation**

Accountancy, Taxation and Finance

**Dr. Nomita Sharma**

Ph.D., MBA, MCA

**Specialisation**Information Technology,  
Human Resource Management  
and Marketing**Mr. Karan**M.com,  
Post Graduate Diploma in  
International Business  
Operations**Specialisation**Marketing Management,  
Entrepreneurship, Financial  
Markets and Investment  
Strategies**Mr. Sanjay Kumar**

B.Sc

**Lab Attendant**

# Faculty Achievements

## BMS@KMV

### Dr. Amanjot Sachdeva

Successfully completed a 10 week course 'The Science of Well-Being' offered by Yale University through Coursera in July 2020.

Completed Seven Days International Faculty Development Program (FDP) on 'Innovative Methods for Virtual Classroom Teaching: A Road to MOOCs' with faculty from Canadian and Indian Universities hosted by PCMA from July 10 to July 16, 2020

Webinars Attended:

"Strengthening Student Support and Progression", organized by Keshav Mahavidyalaya and Sri Aurobindo College (Evening), University of Delhi on 21st April, 2020

"Challenges & Opportunities before Indian Higher education due to Covid-19", by Prof. Ved Prakash Former Chairman, University Grants Commission organized by GAD-TLC of MHRD on 2nd May, 2020

"Importance of Infrastructure and Learning Resources in HEI", organized by IQAC, Keshav Mahavidyalaya, University of Delhi on 2nd May, 2020

"Cyber Crime, Law and Security", organized by Shivaji College, University of Delhi on 12th May, 2020

"Constructive Living and Education in the times of Corona Crisis ", organized by IQAC, Shivaji College, University of Delhi held on 13th May, 2020

"E-Content Development Methodology: Four Quadrant Model, OERs and Copyright issues" by Dr. Vimal Rath, Project Head & Joint Director, GAD-TLC of MHRD on 15th May, 2020

"Emerging Trends in E-Learning: Complete Classroom and Evaluation Process using MOODLE LMS", by IQAC and Department of Botany, Shradhanand College, University of Delhi on 18th May, 2020

Cyber Crime and Security: Threats and Challenges organized by the Academic Affairs Committee, Shaheed Bhagat Singh Evening College University of Delhi on 30th May, 2020

"Hypertension and COVID-19: A Cardiologist's Perspective", organized by the department of Microbiology, Swami Shradhanand College, University of Delhi on 3rd July, 2020

### Ms. Sonu Mehta

Completed the online Refresher Course in Data Analysis for Social Science Teachers, University of Hyderabad under ARPIT, SWAYAM.

Participated in Webinar on 'Quality Assurance in Higher Education: Practices And Issues' May 4th - 8th, 2020 organized jointly with IQAC, HANSRAJ COLLEGE Under PARAMARSH

Participated in Webinar on 'Importance of Infrastructure and Learning Resources on HEI' organized by Keshav Mahavidyalaya and Sri Aurobindo College (Evening)

Participated in Webinar on 'Strengthening Student Support and Progression' organized by Keshav Mahavidyalaya and Sri Aurobindo College (Evening)



## CA Kritee Manchanda

Completed one week online certificate course on “SEM-PLS Analysis Using Smart PLS” from 25th May,2020 to 30th May,2020 organised by Research Shiksha

Completed “Online Refresher Course in Management” by Swayam on May 2020

Completed National Faculty Development Program on Advanced Research Methods and Qualitative Data Analysis using SPSS from 26th October, 2020 to 1st November, 2020 by Edge India Publishing Private Limited

Completed 7 day Certificate course/FDP on Ind AS from 4th - 20th September, 2020 by Ministry of Human Resource Development Pandit Madan Mohan Malviya National Mission on Teachers and Teaching, teaching Learning Centre, Ramanujan College and Indian Accounting Association, NCR Chapter

Participated in International E-FDP on “Advanced Research Methods: Enabling Quality Research Publications” organised by Institute of Technology and Science from 30th June 2020 to 4th July 2020

Participated in Webinar on “Importance of Infrastructure and Learning resources in HEI” on 2nd May, 2020 conducted by Keshav Mahavidyalaya and Sri Aurobindo College (Evening)

Participated in Webinar on “Strengthening Student Support and Progression” on 21st April, 2020 conducted by Keshav Mahavidyalaya and Sri Aurobindo College (Evening)

Completed two days online workshop on “Basics of Research, Writing Research Papers, Academic research Report Writing, tools for research by Sankara College of Science and Commerce from 9-4-2020 to 10-4-2020 and obtained “A” grade

Participated in the webinar on “Shodh- Shuddhi – Web based plagiarism detection software “URKUND” organised by DR. B.R. Ambedkar Central Library, Jawaharlal Nehru University in association with INFLIBNET Centre, Gandhi Nagar and eGalactic on 30th May 2020.

## Dr. Subodh Pandit

Completed ARPIT Refresher Course under SWAYAM in “Economics”, September 2019 - December 2019.

Completed ARPIT Refresher Course under SWAYAM in “Data Analysis for Social Science Teachers”, October 1, 2019 - January 20, 2020.

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## Ms. Astha Kanjlia

“Effective Use of ICT Tools in Online Teaching and Learning”, 28 April, 2020, Speaker - Dr. Ramesh Chander Sharma, organised by Department of Applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi.

“Strengthening Student Support and Progression”, 21 April, 2020, Speaker - Dr Namita Rajput, organised by Keshav Mahavidyalaya & Sri Aurobindo College (Evening), University of Delhi.

“ICT Enabled Higher Education in India: Challenges and Opportunities”, 13 April, 2020, Speaker - Dr. A K Bakhshi, organised by Guru Angad Dev Teaching Learning Centre SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Training (PMMMNTT) of MHRD.

“Navigating the Crisis & Beyond: Perspectives for Leaders in South Asia”, April 11, 2020, organised by Harvard Business School - India Research Center & Harvard Business Publishing.

“Using Technology to Deliver Lessons in a Crisis”, April 9, 2020, organised by EduTECH Asia.

“How to Raise Immunity with Plants in Naturopathy ”, 28 April, 2020, Speaker - Dr. Shallu Gupta, organised by Department of Botany, Sri Aurobindo College, University of Delhi.

“Online Teaching and Learning Technology”, 27 April, 2020, Speaker - Dr Sanjeev Singh, organised by Department of Applied Psychology, Internal Quality Assurance Cell, Atma Ram Sanatan Dharma College, University of Delhi.

“Deep Dive Into Case Teaching Online”, 21 April, 2020, organised by Harvard Business Publishing.

“Gender Impacts of COVID-19: Prevention and Mitigation”, April 11, 2020, organised by PRIA International Academy and Martha Farrell Foundation.

“Fostering Social Responsibility by Higher Education: Covid 19 and Beyond”, April 8, 2020, organised by PRIA International Academy.

“Reviving Post Pandemic: Opportunities and Impediments”, May 16, 2020, organised by NSS Unit, Shivaji College, University of Delhi.

“Emerging Trends in E-Learning: Complete Classroom and Evaluation Process using MOODLE LMS”, May 18, 2020, organised by Swami Shradhanand College, University of Delhi.

“Constructive Living and Education in the times of Corona Crisis ”, May 13, 2020, organised by Shivaji College, University of Delhi.

“Cyber Crime, Law and Security”, May 12, 2020, organised by Shivaji College, University of Delhi.

“Protecting students from cyberattacks and data intrusion”, April 30, 2020, organised by EduTECHAsia.

“Importance of Infrastructure and Learning Resources in HEI”, May 2, 2020, organised by Keshav Mahavidyalaya, University of Delhi.

# THE BMS EDGE

Bachelor of Management Studies (B.M.S) is one of the most coveted three-year undergraduate courses under the choice based creditsystem (CBCS). This course is offered by nine colleges of the University of Delhi under the aegis of Faculty of Applied Social Sciences and Humanities (FASSH), University of Delhi. Keshav Mahavidyalaya has been offering this prestigious course since 2007.

The main objective of this course is to generate trained managerial professionals in the global market with not only astute business acumen but also the ability to apply their intellectual and managerial skills under a challenging and dynamic work environment. The course is designed to bring forth creative thinking and innovative practices in management and enterprise.

The course structure is spread over three years with two semesters each year. The curriculum is rigorous and intensive to provide holistic development of students. It covers all the major aspects of management like Finance, Marketing, Human Resource Management, Economics, Organisational Behaviour, Statistics, Legal aspects of Business, Business Policy and Strategy and also technology-based papers like IT Tools for Business, Statistical Software Package (SPSS) with the aim of blending theoretical knowledge with technological skills and data analysis. It is covered through a rich pedagogy where theoretical concepts are supplemented by visual PowerPoint presentations, videos, online resources, case studies, an expert talk by specialists in the field etc.

The students work on group activities, projects and also undertake summer and winter internships to gain first-hand work experience. They also organize many events round the year that provides them with the opportunity to both manage and participate. The department has two annual flagship events: C.E.O (Challenge. Enrich. Outperform) for senior school students and 'Cognizance' (A two-day corporate seminar cum management festival) for college students.

The experience of managing big events like these that witness overwhelming participation gives them the confidence to believe in their competencies. After completing the course successfully many students get placed in reputed companies, many choose to pursue higher education, some start their own enterprise, while some commit themselves to social causes and benefit humanity.

The students of BMS are a proud lot when they get admitted to the course. They are mature, learned, confident and curious managers and entrepreneurs when they graduate from the course. The students get that BMS edge so does the college and department that offers the course.



Metamorphosis, the student body of B.M.S., aims to promote innovative thinking and professional growth by organizing intra-departmental, inter-departmental, and inter-college competitive events from time to time. It has turned out to be a “power-house” for the whole college and has largely contributed in making Keshav Mahavidyalaya an off-campus college with an edge.

# DEPARTMENT CELLS

## MARK-E-PEDIA Marketing Cell

*"Marketing is about creating irresistible experiences that connect with people personally and create the desire to share with others"*

~Saul Colt



### MARK - E - PEDIA

Mark-e-pedia is not just a marketing cell, it is an ensemble of highly goal-driven and hardworking members enthusiastic about knowing and working in dynamic scenarios. It focuses on the practical implementation of theoretical knowledge and providing constructive insights about marketing to the corporate ecosphere.

Mark-e-pedia conducts a plethora of activities, events, competitions, weekly presentations and discussions for its member. In recent times, Mark-e-pedia organized "Switching the Scenarios" which tested the creative and marketing skills of the participants. Along with this, it gives the required attention to the personal and professional development of its

members and the people associated with the cell. The current batch of Mark-e-Pedia is enthralled and excited to carry on its wonderful legacy. Mark-E-Pedia organised an online intra-department event, "Switching the Scenarios" on 28th January 2020, Thursday.

The event focused on testing the creative and marketing skills of the participants. They were provided with problem statements via mail wherein they had to market the product allotted to them to an alternate consumer segment. The event was designed keeping in mind the idea, how one sells a product is more important than what one sells.

Students from the BMS department participated enthusiastically and brought very innovative and original ideas. The winners for the event were Triyan Mazumdar who stood first followed by Gautam Kapoor and the team of Garv Vasudeva and Hardika Arora on 2nd and 3rd positions respectively.

**MARK-E-PEDIA**  
THE MARKETING CELL OF  
KESHAV MAHAVIDYALAYA  
PRESENTS

**SWITCHING THE SCENARIOS!**

**DATE : 28 JAN, 2021, THURSDAY**

**"Ek dumm se Waqt badal diye, segment badal diye, saari strategy badal di"**

CONTACT:  
VISHESH JAIN-8377042181  
DEVANSHI SRIVASTAVA-9971932171

PERSPECTIVE: 12TH EDITION

# INCEPTUM

## Entrepreneurship Cell

Inceptum, the entrepreneurship cell of the Department of Management Studies works with the motive to promote the concept of entrepreneurship among the students and tries to develop the important set of skills that are essential for future leaders.

The pandemic situation did not deter its members one bit, the cell kept on working towards more growth and the “never stop learning” attitude being the biggest driving factor. The cell is known for organizing well planned and executed events. This session was no different. Inceptum took the initiative to conduct an intra-department activity that saw great and enthusiastic participation. It also conducts regular meetings which are focused on both individual as well as team growth.

Inceptum runs on values that are driven by teamwork and is a platform that gives every member an opportunity to learn something new and be as innovative as possible.



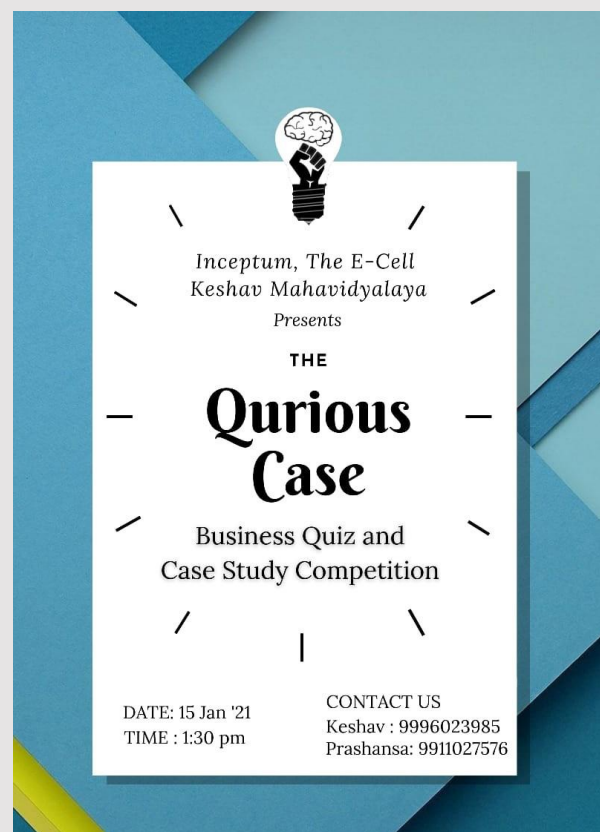
“Logic will get you from A to B. Imagination will take you everywhere.”

~ Albert Einstein

Inceptum organized an intra-department event called “The Qurious Case.”

The event was well planned and structured. It had a quiz round followed by a case study event. It tested the creativity, analytics and observational skills of the participants providing them with a platform to hone their entrepreneurial skills. The event was well received by the department and saw decent participation as well.

The shortlisted participants from the first round presented solutions to the given case study exhibiting their problem-solving skills. The first position was bagged by the team of Akshita Mishra and Shruti Bhatt and the runner-up of the event was Kunal Kedia.



# COGNIZANCE CORPORATE FIESTA

Cognizance is an annual corporate fiesta organized by the Department of Management Studies, Keshav Mahavidyalaya, University of Delhi. A one of its kind convention, Cognizance is a two-day corporate event comprising various enthralling and gripping events along with a national corporate seminar.

The seminar is presided over by various eminent personalities from diverse fields who enlighten the students through their words of wisdom and professional skills. The intent behind Cognizance has always been to encourage students into developing general managerial acumen and a holistic worldview while shaping their personalities, with the help of the seminar. It is then followed by various competitions based on the diverse fields of business to give



students a chance to explore the practical aspects of the world of business and economics in a competitive atmosphere. We are organizing the twelfth edition of our Annual Corporate Convention Cognizance on the 26th and 27th of February, 2021. The corporate seminar will be organised through virtual platforms on 26th February 2021 where the speakers will share their journey and inspire and motivate students for the challenges ahead.



Cognizance has had over 600+ participants consistently throughout the years, from colleges across Delhi-NCR. With the things happening on a virtual medium, the scale of things has been increased manifold, with national participation expected from across the country, with four mega level events and an intriguing corporate seminar,

Cognizance has always found praise in the participants' feedback and among words from the esteemed speakers and event judges as well. Key takeaways alongside the learning from the session were memories of an unforgettable experience and a glorious afternoon. The participants have always left satisfied and in anticipation of yet another Cognizance.

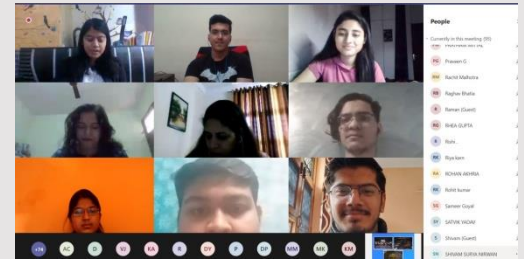




# DEPARTMENT ACTIVITIES

## FRESHERS' ORIENTATION

Though the session started late this year, it did nothing to dampen the spirit of freshers as well as their seniors. The orientation was conducted online but saw enthusiastic participation from the entire department. The faculty and seniors welcomed the fresh batch of budding talent and acquainted the freshers with the journey of the course and college by highlighting the milestones and achievements through a presentation. It also impressed the freshers to know that there is some element of extracurricular for each one of them depending upon their area of interest. The introduction of cells was followed by the teachers' welcome speeches, wherein they encouraged the students to work hard during their three years of college and informed them on how they students can hone their personality and enrich their resumes. The orientation broke the barriers by inculcating belongingness among the students and they took back a set of values and lessons with them. The students felt a deep connection with the department and felt proud to be a part of BMS@KMV.

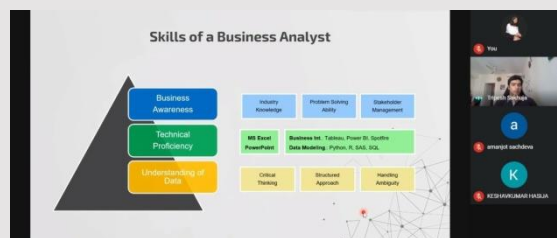


## INSIGHTS INTO 360° MARKET PLANNING

Department of Management Studies, Keshav Mahavidyalaya invited Mr Devan Bhalla, DGM - Brand and Growth and a prominent LinkedIn personality for a webinar on "360 Degree Market Planning." The webinar introduced the students to the concept and focused on the importance, types and need of content marketing, especially online. The discussion was inclined towards corollary themes such as digital marketing, branding, etc, with continuous interaction between speaker and attendees.

## DEMYSTIFYING BIG DATA AND ANALYTICS

Department of Management Studies commenced its BMS Alumni Webinar Lecture Series by inviting a 2011 alumnus, Mr. Tripesh Sakhuja, Manager – Enterprise Analytics at United Airlines for a discussion on "Demystifying Big Data & Analytics." He elucidated his journey from BMS at KMV to Analytics in United Airlines. The webinar introduced Big Data and Data Analytics and its importance to the students. Mr. Sakhuja talked about the courses one can pursue to gain efficiency and the job profiles one can work towards achieving. The webinar included a Q&A round which delved deeper into the world of analytics.



**KESHAV MAHAVIDYALAYA**  
NAAC Accredited 'A' Grade  
(UNIVERSITY OF DELHI)

Department of Management Studies  
presents

**WEBINAR**  
**COVID 19**  
An Opportunity or Threat to Financial Markets?

**25th APRIL 2020 | 3 PM**

Our Speaker  
**Mr. Vikas Anand**  
VP Marketing, Master Trust

Co-hosted by the Alumni of  
Department of Management Studies:  
**Ms. Dixit Jain | Mr. Paras Goel**  
Co-Founders, Hint2Mint

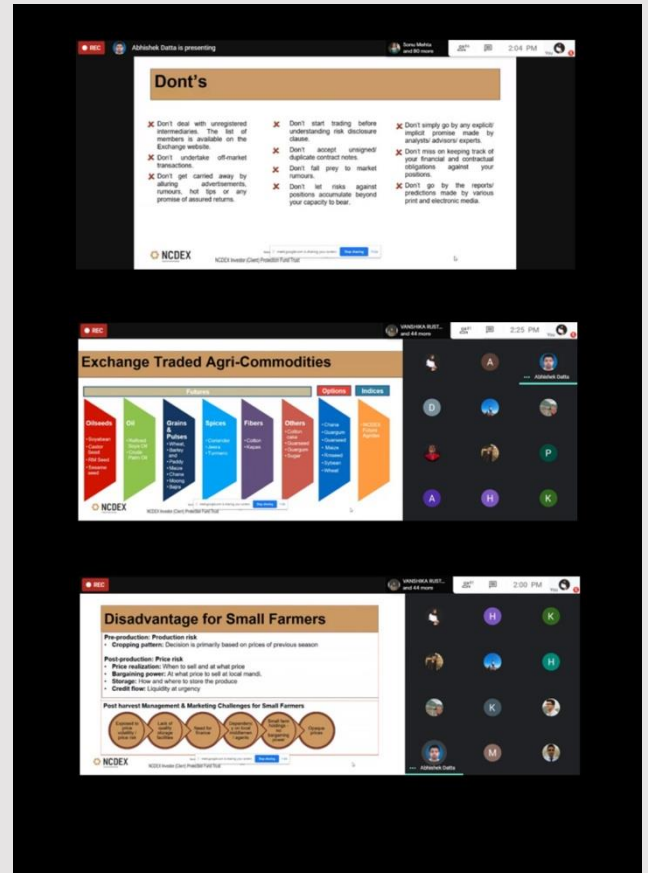
scan here  
to join instantly

## COVID-19: AN OPPORTUNITY OR THREAT FOR THE FINANCIAL MARKETS

The Department organized a webinar on 'Covid 19: An opportunity or threat for financial markets' in association with Chariot Finserve with a session presided by Mr. Vikas Anand, VP Marketing, Master Trust on 25th April 2020 who threw light on the Covid-19 impact on the financial markets and strategies to address these challenges.

## INVESTOR AWARENESS PROGRAM

Organised in collaboration with NCDEX, the webinar was conducted by Mr Abhishek Datta and Mr Ratnesh Mishra, Senior Executives of NCDEX who made the attendees cognizant about the working, functions, and benefactors of the commodity market covering the nuances of online trading, hedging, price discovery mechanism, price risk management and expounding the value chain participants in the market. They updated about its role in ensuring stability in the economy. The session was an enriching one, adding on to the attendees' knowledge of the financial and investment sector.

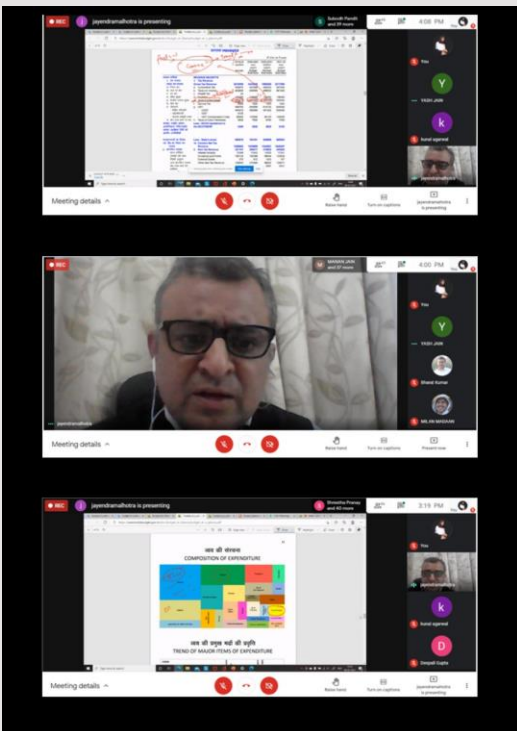
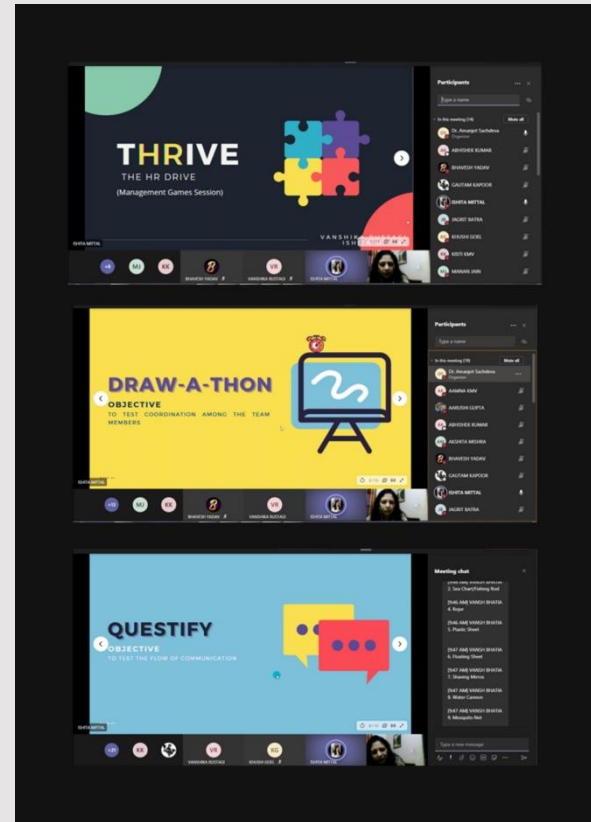


## SKILLING FUTURE MANAGERS

The webinar was conducted by Mr Gagandeep Arora, Founder of GWEPP, a motivational speaker to throw light on the issues faced by students in the recruitment proceedings. The session was divided into phases – commencing by interacting with students, clearing their confusions about the preparations, and followed by a discussion on post-COVID expectations. To make the meeting more engrossing, a game of selective attention was played, principle of A.L.I.G.N. was introduced and at the end some insights about developing persona were rendered. Overall, it was a very illuminating session paving way for a bright career.

## THRIVE - A MANAGEMENT GAMES SESSION

The students conducted it as an intra-class activity, in order to test the human resource management acumen of the students. It comprised of three fun-filled games to be played in teams. The first one was 'Draw-a-thon' that tested the coordination among the team members, with one player instructing the other about the images to be drawn. Another game played was called 'The Lost Sea' to test the spontaneous problem solving and analytical skills of the participants. The students were broken into rooms to discuss and analyse the situations and use limited resources in the best possible manner. The session was concluded with 'Questify' which was aimed at testing the flow of communication of the participants. The teams were given organizational premises upon which they had to hold a conversation purely in the form of questions. Towards the end of the dialogue of a particular team, other attendees suggested improvements or alternate solutions. Each task in the session had a time limit, a teamwork compulsion and required the players to think on their feet, thus replicating the authentic corporate constraints. The practical bend to the regular classroom learning was thoroughly enjoyed by the attendees.



## UNRAVELING UNION BUDGET 2021

The department invited Mr Jayendra Malhotra, visiting faculty at FMS Delhi and a practicing Chartered Accountant from ICAI for a webinar on "Unravelling Union Budget 2021: Resilience and Road to Recovery." It commenced with a confabulation on basic terminology and components of the budget followed by figuring out the comprehensive data, discussing graphs, distribution of revenues and expenditure, the looming fiscal deficit and then analysing its utility as per the varied expectations of the people in these unprecedented times. It was an educative session as well as a well-versed deliberation on the framework of union budget.

# PLACEMENT RECORD

## BMS@KMV

The Department of Management Studies, KMV has gradually anchored its roots firmly among the campus recruitment industry. Students of the department have been proving their mettle by securing placements in various reputed companies progressively every year. Leading recruiters have greatly valued the calibre of our students. So far, 2020-21 has witnessed reiteration of the same as our students received job offers from some reputed companies as under:

Name of the Company	Name of the Student
JARO	Swati Singh, Yash Arora, Aryav Srivastav, Ishan Arora, Divya Aggarwal
TRESVISTA	Pranjal Kukreja, Swati Singh, Yash Goel, Khushi Sharma, Shivanshi Garg

## HIGHER EDUCATION (BATCH OF 2020)

Name of the College	Name of the Student	Course
IIM CALCUTTA	Anansh Gupta	PGDM
IIM INDORE	Aditya Garg	PGDM
IIM LUCKNOW	Tushar Agarwal	PGDM
XAVIER'S INSTITUTE OF COMMUNICATIONS, MUMBAI	Ridhit Sharma	Diploma in Public Relations and Corporate Communications
UBS CHANDIGARH	Amit Rajora	PGDM

# INTERNSHIPS

## BMS@KMV

The students of our department have unceasingly been working towards their personal growth as well as the growth of society. By undertaking internships in various reputed firms the students have not only added to the department's glory but have also learned the pertinency of their erudition, like:

Name of the Student	Year	Internship/Volunteering
Bharat Kumar	2nd	Alternates Bajaj Capital Limited GrayQuest Education Finance Ltd.
Divya Aggarwal	3rd	Skillovate Learning Private Limited
Ayushi Verma	3rd	Aviyana HR solutions Diyaan TEN The entrepreneurship network
Garv Vasudeva	1st	MINDLER
Ishika Seth	1st	Metvy Pvt. Ltd.
Deepali Gupta	1st	Samagra Foundation PrivateCourt
Aarushi Gupta	2nd	CashKaro
Akshita Mishra	2nd	Gavaksh IIM Lucknow, Noida Campus
Vishesh garg	1st	Younity
Rishi	2nd	StepUp Student HouseItt
Swati Singh	3rd	Nestle
Vanshika Rustagi	2nd	UrbanCompany Houseitt Chatpod
Milan Madaan	2nd	DuConnect Chatpod
Ishita Mittal	2nd	Workafy

# ADDITIONAL COURSES

## BMS@KMV

Our students have never just restricted themselves to the administrative aspect of the course that BMS offers but have always aspired to broaden their horizons by pursuing courses in divergent fields, alongside earning their regular BMS degree.

Name of the Student	Year	Course(s) Completed
Vaibhav Kapoor	1st	The Art of Sales: Fundamentals of Selling Fundamentals of Digital Marketing
Ayushi Verma	3rd	Data Analytics and Business Intelligence Financial Analyst
Vidhi	2nd	Advanced Excel
Rishabh Goyal	1st	CSEET ( earlier, CS Foundation)
Vishesh Garg	1st	Advanced Excel
Ayush Malik	1st	Winter School'21 Indian Institute of Management- Ahmedabad Delegate at Harvard Project for Asian International Relations

# STUDENTS' ACHIEVEMENTS BMS@KMV

Our students have made a name for the department as well as the college by receiving laurels in many fields. Living up to the same name, the students were decorated with various accolades and achievements in a diverse host of competitions in the session 2020-21, given as follows:

Name of the Student	Year	Competition
Bharat Kumar	2nd	Lyons Range 7.O, Kirori Mal College - 1st The Downturn, SGGSCC - 1st Stockathon, Motilal Nehru College - 1st B in Business Quiz, Ramanujan College - 2nd FinQuest 2020-Case Study Competition, NMIMS - National Finalist The Gekko-Mockstock, CVS - 1st
Harshit Patidar	2nd	SHOW-CASE IT'21, JMC - 2nd Virtual Sports Week Quiz, ARSD - 2nd Sports Quiz,NDIM - 1st
Ayush Malik	1st	Quizpicable (Online Quiz), BIT - 1st Tarana E Watan(Singing/Poetry), ARSD -1st
Vanshika Rustagi	2nd	Urban Muse, NIFTEM - 1st Wordplay, DBC - 2nd Finvia, SBSEC - 2nd Multiverse, IIM-B - 3rd



# student creatives

**24** nari shakti by Gautam Kashyap  
starlit sky by Khushi Goel  
eagle by Roshan Yadav

**25** peacock and warrior by Mukti Yadav  
a capture by Tanvi Gupta

**26**  
transition by Deepali Gupta

**28**  
by Swati Singh

**29**

**30** नम by Akshita Mishra, गज़ल by Sameer,  
कल आज और कल by Rishabh

**31** Goyal by Ishita Mittal

**32**  
thoughts from the editorial board

phyrric by Sameer Goyal

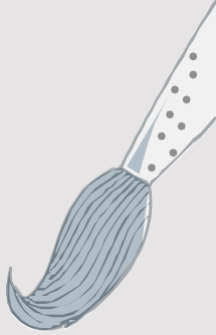




# nari shakti

GAUTAM KASHYAP

(WON 1ST POSITION IN POSTER MAKING COMPETITION ORGANISED BY THE WOMEN DEVELOPMENT CELL OF KMV)



# starlit sky

KHUSHI GOEL



# eagle

ROSHAN YADAV

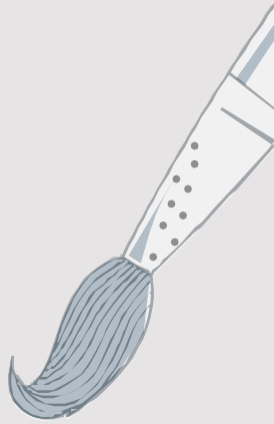
# peacock

MUKTI YADAV

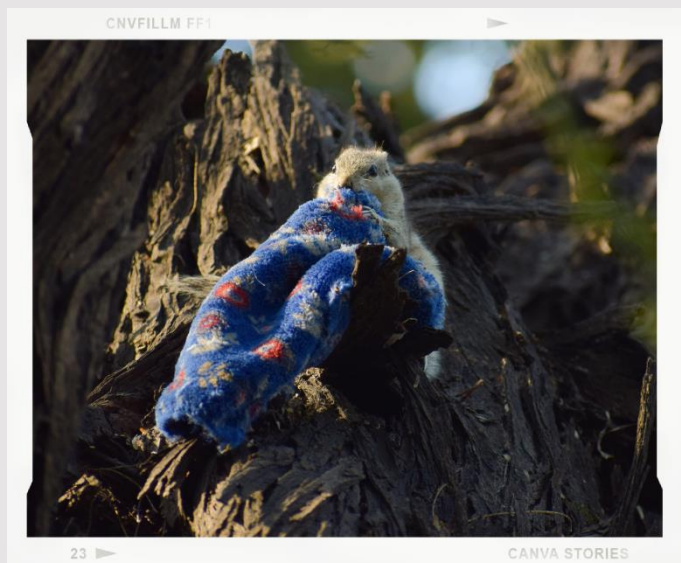


# warrior

MUKTI YADAV



A CAPTURE BY  
TANVI GUPTA



# transition

DEEPALI GUPTA



“It is not the place but the people and their approach that makes the distinction.”

Today, universities in many parts of the world are buckling under multiple financial, societal and political demands. This has led to increasing demands, for what are called “enhanced efficiencies”. They are slowly but steadily becoming administrative universities through their coordinated structure, systematic approaches, stipulated meetings and stringent hierarchical structure.

Owing to the dawn of the pandemic era, these college institutions have undergone a drastic change from the physical to the virtual world, guiding individuals in these unforeseen situations with a special perspective and strategy to be successful as a fresher. Through varied academic projects, and insightful assignments, these institutions have transformed themselves into a very corporate-like structure – inculcating values of discipline, responsibility and upholding commitments. With the provision of co-scholastic societies, working to enhance the skills of the students, they teach them the art of coordinating a multitude of activities just like they would have to in a corporate environment where people are involved in multiple tasks at the same time. The regular interactive sessions of these societies, participation in vivid workshops and informative webinars, planning and organising events with the seniors, etc. are supposed to prepare the students for working in the real business world where handling tasks, meeting deadlines, taking initiatives, scrutinising opportunities,



thinking about the ways to innovate and improvise are done as if it’s a cup of tea for them. But unlike corporates, their motto is not to earn profits but furthering of knowledge and the development of knowers.

However, at times one gets exhausted, anxious and depressed since managing everything under confined circumstances is much more difficult than it seems. Most of them enter college having spent many of the previous years devoting themselves to rote learning, and so this transition to a college student means more to them than merely attending meetings and fulfilling deadlines. Streamlining professional work as well as keeping an edge with internships, learning new courses, honing skills and most important balancing them effectively can and does end up taking a toll on their mental health.

This makes us ponder upon the thought that while the college students are getting trained for being able to cope up with the real business world, is the outer world really like that?

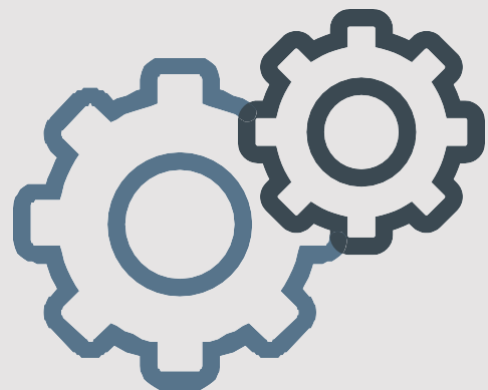


Contrary to the educational institutes, the corporate giants, since the past few years have been in pursuit of creating a more amicable working environment, as they turn themselves to have more of a campus-like structure. The offices, with the onset of changed and young mindsets, are more like a classroom where all the employees can freely share their views and have the respite to discuss their treasured pastimes. The corporate life has thus turned a complete 180°, wherein, with the onset of Work from Home (WFH) culture, instead of going miles away to their workplaces and residing elsewhere temporarily to work effectively, employees can now complete their work within the boundaries of their homes with much ease and comfort.

And for employees who still have to go to the offices, this new employee-friendly culture allows them to have short breaks to engage in productive and self-healing activities. Corporate houses provide in-house services for activities like meditation, as well as give the employees the opportunity of spending more time with their families through better vacation plans, and encourage them to focus on their health.

Another milestone achieved by corporates is the eradication of the superior-subordinate relationship, which has paved way for a more cordial and cohesive relationship as employees can now freely share their grievances. Not only that but in order to understand their employees better, superiors prefer holding meetings in cafeterias, in the form of conversations, rather than being hurdled up in boardrooms for hours.

In a nutshell, we can say that while the campuses are adopting more and more organised, disciplined, and an old, corporate-like structure, the actual business world is sailing smoothly towards making themselves like a campus where imagination, ideas, innovation, and initiatives are encouraged to create a social group, where everyone is free to voice their opinions. Indeed, they have shown themselves to be the perfect example of a dynamic business environment.



I wander like the mother of  
 a restless child  
 rummaging for crayons  
 I wander like a free loader on a train  
 that has no arrivals, only departures  
 I wander like an unenthusiastic dancer  
 shaking to the same old tune  
 looking for her anklets

I am like that city which never  
 shut its doors at night  
 But has found a new ritual lately  
 I hear the clink of metal  
 with the retiring chirp of birds  
 Dusk now comes with murmurs,  
 hushed steps and careful bolting  
 Sheepish and silent  
 Like they don't want their neighbors to know  
 that they've outgrown that trust

I stand on my own streets with the signboard  
 "Seeking inspiration"  
 When a passerby scoffs and tells me "it's not something you look  
 for,  
 it's something that happens to you"  
 And so I try waiting  
 Until every word I tell myself begins to feel less like validation  
 And more like a made up statistic slipped in an argument to give  
 it more weight

My mind is that crime scene,  
 where once sprout blood and gore  
 Unnoticed and unreported  
 So today it is covered in weed  
 I couldn't even savour the tragedy  
 And now, flowers won't bloom

- **SWATI SINGH**



# Nम

आगाता मआ

Nम है, बूँ का अनुभूत पर, एक  
Pयोग, वचार और कथन के  
खलवाड़ से बना रोग

Pया सद्या क या इ “ा एक  
ऊबे मन क, या ववरण का भय  
और समात हर जतन क

म\* पुछा करती ँ लोगा से, आधार Nम के,  
उवर कहते ये पारणाम ईरया और गम के

गदे के बगीचे म”, एक गुलाब के  
समान, एक 5याह गुलाब,  
कांटे जसकत PवV का Pमाण

फर वचारा क मN क ऐसे सचा  
जाता है, पया रयां कु चल, बस  
वही गुलाब रह जाता है

फर फ क कर शंकाN को  
समाज के डर से, एक APयुN  
म5तरक सजा, मनुरय, आदमी  
कहलाता है

# गज़ल

समीर

कै से बोल ँ, जो अभी  
लखा ना हो इतना हम” अभी  
तक आता कहाँ है

फर आ गए, गज़ल म” चाँद  
सतारे अपने दाग खुद  
कोई दखाता कहाँ है

“वाब म” जसे देख खुश  
आ था मअगले दुन वी  
शस आता कहाँ है

लसतारे चुन लिए सबने  
अपने नाम के मेरा  
सतारुा जगह बदल जाता  
कहाँ है

बामे जो टोकरी म” समान बेचते  
है “वाईशु को नकाल कर  
रखा कहाँ है

खुदा से मने फर वही  
सवाल पुछा जो टूटे आईने  
है, वो जोड़ता कहाँ है

# कल आज और

# कल

ऋषभ गोयल

होकर कल जो बीत  
गया उसे तू आज याद  
ना कर जो है कल तेरी  
तकदर म  
उसक तू आज फरीयाद ना कर,  
जो होना था सो हो गया और जो होना है सो होकर  
रहेगा, इसलए इस “कल” और “कल”  
क ककमकश म” तू आज ये पल बबाद न कर।

बीतगे ये उदासीन लह  
खशया के पल भी  
आएँ गुजरगी ये  
अंधेर-भरी रात  
रोशनी भरे कल



भी आएँ , जो है  
मुकल म  
उससे उया डरना ऐ मेरे  
दोस्त आज ह\* हम  
मुकल म  
कल इससे बाहर भी नकल आएग

PERSPECTIVE: 12TH EDITION



# Is It Really Deep? Or Is It Just Muddy?

ISHITA MITTAL

On coming across a river, my fear evoked. But, on going nearer I realized it wasn't really deep but just the dirt floating on the top, making it all hazy and muddy, masking the reality and projecting a false depth that I was so afraid of. And this realization brought me here!

When we meet people who talk fancy words, explain theories that others do not understand or even artists who paint abstract; who talk of ideas we haven't heard before or what they call "hard to explain"; we need to stop and think- Is it really deep? Or is it just muddy?

People are attracted to obfuscating their ideas in order to hide them under the veil of substantial knowledge. This tendency reaches its peak when it comes to modern art and modern theories that might not be a product work of value and seek to add a touch of mystification in an attempt to make it seem more than it really is.

The fundamental feature of modernity has given birth to social currents that have resulted in this inclination. We do not consider something as a matter of subject until it is amusing. More importantly, muddying the waters lends a touch of authority. Someone who can talk incomprehensibly about things you don't understand comes out as intimidating and therefore also seems out of bounds, making us believe that he/she has some kind of authority that you don't have. In our social construct, we have a certain type of

people who have the authority to define how everyone talks about society, mention political ideas, perceive the mind, interpret language, talk about everything relating to human affairs. Now, adding this up to the fact that the social sciences are used to back political themes and the result is: a pseudo-science full of muddy water, floating uncontrolled and savoured by many to quench the needs of varying agendas. The muddy water is just like a moat to penetrate into how we think, and are fought over by the crocodiles.



This tendency finds backing in people's attitude towards ideas- lazy intellect and giving in to other's words for complicated subject matters instead of brainstorming their own ideas. This is easily exploited by those who know well the technique of peppering their talk and bringing everything under the ambit of 'deep' and 'abstract'.

**Which brings me to ask you, did I muddy the water too? Or is it really deep?**

# state of the he(art)

- VANSHIKARUSTAGI

To the people who find solace in art -  
 Art is anything but  
 Colours raging war on blank canvas  
 Canvas thriving beneath my palms  
 And my palms itching to bring something to life

Art is that stranger my Maa used to warn about  
 "Do not take anything for free",  
 She used to say  
 But art never gave anything for free  
 It took an hourly payment  
 Of moist eyes and choked up throat  
 Maa, you should have warned  
 About giving away everything instead

Art was too familiar to be a stranger after all  
 An unwanted guest overstaying its welcome  
 But even after I shoved it out of my house  
 It found a way of creeping in  
 Asking for one last chance

Slumped shoulders, bent wrists, half opened eyes  
 Sometimes the brush feels just too heavy to pick up  
 Sometimes the brush weighs me down  
 But is the bird supposed to feel  
 the weight of its wings?

They say that Michelangelo was miserable,  
 Miserable while painting his masterpiece  
 I wonder if that's because  
 Building something so whole  
 Takes away parts of you, piece by piece

Bukowski's epitaph reads "Don't Try"  
 Do not force what was never there  
 But there's a Bluebird stuck in my heart  
 Like a clot unwilling to budge  
 Leaving no choice but to cut that chamber  
 Hands shaking, lips quivering,  
 wings fluttering  
 By the time I pull out the bluebird  
 It's already dead  
 I now survive with 3 chambers and  
 an open heart  
 Bloody hands, bruised lips, dead wings  
 One more time repeat after me "Don't try"

So tell me again about solace  
 About how you used art to escape the world  
 But do not forget to mention  
 That art took the world away from you too



i.

I keep weaving stories,  
On ifs and maybes,  
Like a spider,  
Repeatedly mending its home.

ii.

I wait,  
For a miracle,  
Of winding time,  
Onto the perfect line.

iii.

I wait again,  
For my phone's screen,  
To light up with your name.

iv.

Lady of Shalott,  
Away from reality,  
Breathed just fine on her isolated island,  
Until she stopped weaving,  
Stories out of colourful strings,  
After seeing the beautiful knight,  
In the shining armour.

v.

Does Musubi really exist?  
Does it bind us?  
Are we really destined,  
To be together by the red string,  
Or have we severed it with time,  
With ifs and maybes.

vi.

Some nights,  
I wake up feeling spiders,  
Crawling all over me,  
Making their home,  
In my empty body.

# phyrric

SAMEER GOYAL

vii.

The strings cut deep,  
Through my bare skin.

viii.

I keep on clinging to hopes,  
Feeding myself with,  
The stories made up of  
Ifs and maybes.



ix.

The mirror of the real world shattered,  
Like all of my dreams,  
Like the heart of dying lady of Shalott.

x.

I sometimes stumble upon the cobwebs,  
And wish their colours to be red.

xi.

I wonder when I'll throw up,  
All the woven stories,  
And spider stop making cobwebs,  
In the hollows of my body,  
I wonder when I'll stop waiting,  
Reasoning myself with ifs and maybes.

# Journey of a BMSiste

33

SEM1

LINKEDIN PROFILES. FIRST STEP IN BECOMING A PROFESSIONAL

DEPARTMENT CELLS. FIRST STEP TOWARDS LEADERSHIP: WORKING WITH THE BEST MINDS TO ACHIEVE A COMMON GOAL OF HOLISTIC DEVELOPMENT.

CEO. FROM TAKING PART IN EVENTS TO EXPLORING AND LEARNING EVERY BIT OF EVENT MANAGEMENT.

RESTORE 'MOTIVATION' TO LEARN 'STATS' FORMULAS.

INTERNSHIPS. ASSOCIATION WITH CORPORATES: GETTING TO APPLY THEORETICAL KNOWLEDGE IN REAL LIFE.



EXPLORING EVENTS. ENGAGEMENT IN INTER-COLLEGE COMPETITIONS AND THEN ORGANIZE BETTER EVENTS AT COGNIZANCE.

"HAD 'JM KEYNES' NOT 'MARKETED' HIS THEORY WELL WE WOULD NOT BE HAVING ANY 'ACCOUNT' OF IT"

5 PM CLASSES. CLASSES OVERLOADED (HOW CAN WE FORGET THOSE LAB CLASSES)

CEO. LEADING A TEAM OF ENTHUSIASTIC FRESHERS

META ELECTION. THE FEEL OF REAL TIME ELECTIONS BUT ABOVE THAT, THE EXPERIENCE OF PUTTING YOURSELF OUT THERE.

CELLS AUDITIONS. TABLES HAVE TURNED. PEOPLE WHO ONCE GAVE THE AUDITIONS ARE NOW TAKING THEM.

THE ONLY 'DEMAND' WE HAD WAS TO MATCH OUR 'BALANCE SHEETS'

COGNIZANCE. TAKING OVER THE RESPONSIBILITIES TO CARRY ON THE LEGACY

COGNIZANCE. PASSING THE MANTLE ON TO THE JUNIORS - THE FRESH JUNIORS ARE SEASONED NOW, READY TO TAKE THE LEAD!

CAT PREPARATION. WHEN MINI MBA COULDN'T QUENCH YOUR THIRST FOR KNOWLEDGE.

FAREWELL. GOODBYE TO OUR MENTORS.

"LEARNING HRM, FM AND RESEARCH ALL IN REAL TIME WHILE WORKING ON COGNIZANCE"

LEARN THE ROLE OF CONSULTANT EVEN BEFORE ENTERING THE CORPORATE

GIVING CAT. BECAUSE LIFE IS FULL OF EXAMS.

SEEING THE HUSTLE BUSTLE OF SCHOOL STUDENTS AT CEO FOR ONE LAST TIME.

SEM4

# ONE LAST TIME

JOINING POST GRADUATE COLLEGES, CORPORATE HOUSES, OR STARTING YOUR OWN VENTURE, BUT ALWAYS CREATING HISTORY.

GETTING A BETTER FAREWELL THAN THE ONE YOU GAVE LAST YEAR.

READY TO COME OUT OF COLLEGE WITH INDUSTRY SPECIFIC SKILLS.

HAVING A JAMMING SESSION AT THE ULTIMATE HOUSE OF BMS@KMV - LT6.

"DIVIDED BY SPECIALIZATION UNITED BY DEPARTMENT"

SEM6

SEM3

SEM5



# **KESHAV MAHAVIDYALAYA**

**NAAC ACCREDITED INSTITUTE - GRADE 'A'  
UNIVERSITY OF DELHI**

**Zone H-4/5, Pitampura, near Sainik  
Vihar, Delhi: 110034**

**EMAIL: [principal@keshav.du.ac.in](mailto:principal@keshav.du.ac.in)  
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**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED 'A' GRADE  
( UNIVERSITY OF DELHI )



# BLITZ

The Computer Science Society

*presents a* **WEBINAR** *on*

## ETHICAL HACKING



**Mr. Ayush Pritam Bagde**

**Cyber security expert,  
Certified Ethical Hacker  
and blogger.**

### Webinar Details:

**Date: February 27, 2021  
Day: Saturday  
Time: 12:00 pm - 3:00 pm  
Platform: Zoom**

**For any queries, contact:**

Sidharth (President): 8178764790  
Farhan (Executive) : 7011828935  
Piyush (Executive) : 7983038625

**Prof. MADHU PRUTHI**  
(Principal)

**DR. ANJALI THUKRAL**  
(Teacher-in-charge)

**DR. BHAVNA GUPTA**  
(Convener)



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED 'A' GRADE  
( UNIVERSITY OF DELHI )



# BLITZ

The Computer Science Society  
*presents a WEBINAR on*

## WEB SCRAPING

**SCRAPE THE INTERNET**



### Mr. Mohit Uniyal

*An instructor at coding blocks  
and a Google Code-In  
Mentor for Tensorflow  
Organisation*

In partnership with



### Webinar Details:

Date: January 16, 2021  
Day: Saturday  
Time: 12:00 pm - 3:00 pm  
Platform: Zoom

For any queries, contact:

Sidharth (President): 8178764790  
Farhan (Executive) : 7011828935  
Piyush (Executive) : 7983038625

Prof. Madhu Pruthi  
(Principal)

Dr. Anjali Thukral  
(Teacher-in-charge)

Dr. Bhavna Gupta  
(Convener)



# KESHAV MAHAVIDYALAYA

NAAC ACCREDITED 'A' GRADE

University of Delhi



**BLITZ**  
THE COMPUTER SCIENCE  
SOCIETY  
*presents*

WEBINAR ON

## ANDROID DEVELOPMENT WITH KOTLIN



FEB 2021

1 PM



SCAN



**RAHUL GUPTA**

Product Manager at ATG

Android Developer at  
Datsme

Experienced in Laravel  
Framework (PHP)

### OUR SPEAKERS



**RAHUL RAY**

Android Developer at  
MathonGo

Software Engineer

3+ years experience in  
developing apps

### Contact

Sidharth : 8178764790 | Yash : 8601333799 | Farhan : 7011828935

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Dr. Bhavna Gupta  
[Convener]







# KESHAV MAHAVIDYALAYA

NAAC Accredited 'A' Grade Institution  
H-4-5 Zone, Sainik Vihar, Pitampura, Delhi -110034

## University of Delhi



## NATIONAL SERVICE SCHEME (NSS)



# NSS KMV Annual Report



## International Day of yoga (20<sup>th</sup> June 2020)



Poster of the event created by an NSS volunteer

A health mind lives in a healthy body. Amidst the unprecedented times, when the whole world is trying to cope up with Covid-19 pandemic, India is enlightening the world with its ancient wisdom and leading by example towards living a holistic life. Celebration of International Day of Yoga every year is a major leap forward in this direction. Keshav Mahavidyalaya religiously follows the same spirit. The college has been celebrating International Day of Yoga annually

since 2015, following its inception in 2014. This year too, the NSS Unit of Keshav Mahavidyalaya took initiative of celebrating sixth International Day of Yoga. The NSS volunteers worked on the proposal with enthusiasm and organized a well-coordinated webinar on the topic 'Yoga and Holistic Well-being' on 20th June, 2020. Yoga experts, namely Shri Ved Kumar Saini and Ms. Pragya Aggarwal, from Bhartiya Yog Sansthan, Rohini, Delhi were invited for the same. The lecture cum demonstration based online session was conducted on Google Meet platform and was attended by 72 participants.



Shri Ved Kumar Saini explained various nuances of Ashtanga Yoga that lays emphasis not only on physical exercise or Asana, but also on Yama, Niyama and Dhyaana, the deeds, the discipline and the meditation for striking a balance between physical, mental and spiritual health. Shri Saini also discussed the importance of yoga to boost immunity and reduce stress especially in light of rampant Covid-19 pandemic and appealed to the audience to inculcate yoga in daily routine. Ms. Pragya Aggarwal, a devoted Saadhika, demonstrated various Asana with finesse and dexterity. She began and concluded the session with Vedic chants and thereby extended positive vibes to all present in the webinar.



The ways to relax oneself through Yogaabhyaas and various Kriyas for relief from stress, diabetes, hypertension, obesity, etc. were also put forth.



Contraindications for various problems, where one should not pursue Yogaabhyaas, were also discussed. The session concluded with a discussion and demonstration of various Pranayamas and Meditation.

Shri Saini took up queries from the audience and gave appropriate



solutions in the end. The session proved to be quite enriching and

motivating for all participants. The staff and students who attended the webinar performed various Aasanas at their homes. Some staff members including Prof. Pruthi and students shared their photographs taken while performing Yogaasanas. The photographs are annexed at the end of the report. The Principal, Prof. Madhu Pruthi, expressed her gratitude to the guests from Bhartiya Yoga Sansthan for their selfless service in conducting the event and highlighting the need for yoga consciousness amongst the staff and students of the college. The participants recorded their appreciation through messages on the Google Meet chatbox. The session was recorded and the recording has been made available to the guests and participants. We heartily thank our guests from Bhartiya Yog Sansthan- Shri. Ved Kumar Saini, Ms. Pragya Aggarwal, Shri Sharat Aggarwal, the NSS Volunteers, colleagues from the teaching and non-teaching staff and students whose fervent participation made the event a grand success.

### **Photographs of the International Day of Yoga**



## Celebration at Keshav Mahavidyalaya









## Orientation Day (29<sup>th</sup> August 2020)



Poster of the event created by an NSS volunteer

After two rounds of selection process of NSS volunteers for session 2020, NSS KMV organized “Orientation” program for newly enrolled volunteers. Program was conducted on Google meet, held between 11:00am – 1:00pm. Both newly enrolled and present volunteers participated in the program.

The various activities taken up during the Orientation Programme included-

1. Introductory presentation about NSS events conducted in the previous academic year was briefed by Programme Officer Dr. Richa Sharma and NSS-KMV president Rahul Pareek.

2. Dr. Richa Sharma, Programme Officer told rules and regulations to be followed by NSS Volunteers.
3. Motivational speech to encourage social work and role of NSS Unit by Programme Officer, Dr. Richa Sharma.
4. Doubt clearing session, where Dr. Richa Sharma answered all the doubts and queries of newly enrolled volunteers.
5. Former NSS Volunteers shared their experience working with NSS Unit.
6. The discussion on upcoming programs for the academic year 2020-2021.
7. The Programme ended with vote of thanks.

### **Screenshot of the event through Google Meet**

## Constituents of the Logo of NSS

- ⦿ Eight Bars
- ⦿ The Red colour
- ⦿ The Navy Blue colour






 (KESHAV MAHAVIDYALAYA)  
NAAC Accredited 'A'  
H-4-5 Zone, Sainik Vihar, Pitampura

**NATIONAL SERVICE SOCIETY  
(NSS)  
ORIENTATION PROGRAM  
29<sup>TH</sup> August**

Dr. Richa Sharma  
Programme Officer

Padyatra



A photograph showing a group of people, including students and staff, walking in a line outdoors. They are dressed in casual attire. The background shows trees and a building.



**KESHAV MAHAVIDYALAYA**  
University of Delhi  
**NATIONAL SERVICE SCHEME**  
organizes  
**National Nutrition Week**  
(Nutritional Fitness)  
from  
1st to 7th September, 2020  
under  
**FIT INDIA MOVEMENT**

BUNK	1	2	3	BOILD
THE	Healthy Cooking Selfie Competition	Meme Competition	Quiz (Food, Nutrition, Fit and Healthy Body)	HEALTHY
JUNK	4 Monologue Competition	5 Messages from Volunteers	6 Webinar	HABITS
			7 Survey Report	

Rahul Pareek  
(President)

Dr. Richa Sharma  
(NSS Programme Officer)



**National Nutrition Week (1<sup>st</sup> -7<sup>th</sup> September 2020)**

National Nutrition Week 2020 was aimed at creating awareness about health and nutrition. In this week, initiatives with focus on nutritious food, healthy Body, mind and lifestyle were taken up. Nutrition plays an important role in the overall development of an individual. As a healthy mind resides in body, it is necessary to have nutrition like salts, vitamins, proteins etc. in our daily diet.

## Day 1 - Healthy Cooking Selfie Competition



Poster of the event created by an NSS Volunteer

In order to lead a healthy life it is necessary to eat healthy foods. In this pandemic we must take care of our eating habits. Keeping this in mind NSS KMV organized “Healthy cooking selfie competition”, in which participants were supposed to send their selfie with a healthy dish made by them. Lots of entries were received via google form. Selected participants were given merit certificates and participation certificates were given to all the participants.



## Day 2 - Meme Competition



Poster of the event created by an NSS Volunteer

Social media nowadays is very popular among youth. Everyone is on social media be it Facebook, Instagram or Twitter. But one thing is common among these platforms and that is memes. Most of the people are fond of memes and among youth it's a trend. So we decided to use the popularity of memes to spread awareness. NSS KMV organized "Meme Competition" on the theme – Role of healthy diet in fitness. As expected we received huge response. Selected participants were given merit certificates and participation certificates to all the participants.

## Day 3 - Quiz Competition



Poster of the event created by an NSS Volunteer

Quizzes are fun for students; they are also a sneaky form of learning as they don't feel like a traditional activity. Quizzes can help students practise existing knowledge while stimulating interest in learning about new subject matter. Keeping this in mind NSS KMV organized "Quiz Competition" under fit India Movement to spread awareness through a Fun and healthy competition. All the participants were excited for quiz Competition. Merit certificates were given to the winners and E-Certificates were provided to all the participants.

## Day 4 - Monologue Competition



Poster of the event created by an NSS Volunteer

Monologue is one the best way to put our thoughts in front of public. It enhances speaking and communication skill and also adds to our personality. NSS KMV organized Monologue Competition on the theme Nutrition and Fitness under FIT INDIA MOVEMENT. We received tremendous amount of entries. Winners were given merit certificate and E-Certificates were provided to all the participants.

## Day 5 - Message from Volunteers



In these times of pandemic NSS KMV volunteers decided to make a video message to explain the importance of “Nutrition”. Volunteers made a short Video of themselves explaining the need of nutrition in our daily life. They also mentioned the consequences faced by people due to low or nil Level of nutrition in their diet. Messages were prepared with great enthusiasm. Volunteers were well coordinated throughout the video message. This video message was posted on the various social media platforms of NSS KMV for better reach.

## Day 6 - Webinar by Ms. Umang Aggarwal

Poster of the event created by an NSS Volunteer

The poster is for a webinar titled "Demystifying the Notion of Healthy Eating" by Ms. Umang Aggarwal. It is part of National Nutrition Week (Day 6) on September 6, 2020, under the FIT India Movement. The event is organized by Keshav Mahavidyalaya, University of Delhi, through the National Service Scheme (NSS). The poster includes a photo of Ms. Umang Aggarwal, a dietitian and nutritionist. It also lists the organizers: Rahul Pareek (President), Dr. Richa Sharma (NSS Programme Officer), and Prof. Madhu Pruthi (Principal). The webinar is scheduled for September 6, 11:30 AM to 12:30 PM, and can be accessed via Google Meet or a link in the bio.

**KESHAV MAHAVIDYALAYA**  
University of Delhi  
**NATIONAL SERVICE SCHEME**  
presents  
**NATIONAL NUTRITION WEEK**  
(DAY 6: 6th September, 2020)  
under  
**FIT**  
**INDIA MOVEMENT**

**A WEBINAR ON**  
**Demystifying the Notion**  
**of Healthy Eating**

**By Ms. Umang Aggarwal**  
Dietitian & Nutritionist,  
Founder Umang World,  
Delhi NCR, India  
**SEPT 6, 11:30 AM TO 12:30 PM**

Join with Google Meet : **Link in Bio**

Rahul Pareek (PRESIDENT)      Dr. Richa Sharma (NSS PROGRAMME OFFICER)      Prof. Madhu Pruthi (PRINCIPAL)

An expert can get a job done faster and better than a layman can. In order to understand the value of nutrition in our daily life, it's important to take expert's advice and guidance. Keeping the complexity and importance of Health and Nutrition in mind, NSS KMV organized a webinar on "Demystifying the notion of healthy eating" with renowned dietician and nutritionist Ms. Umang Aggarwal. Various topics including balanced diet and value of healthy eating were discussed in detail. Participants asked their questions. Session was interactive and detailed.

## **Day 7 - Online survey**

We all know that nutrition and fitness together play most important roles in human health, and it is not difficult to understand the consequences for ignoring their significance. Ignoring proper nutritional and fitness habits can lead to extreme health risks such as obesity; most of which will eventually cause serious health issues. To decrease these serious health risks and promote favourable personal health, one should incorporate positive nutritional and fitness habits. Taking this into consideration under Fit India Movement, NSS KMV organised an online survey on the topic Nutrition and Fitness. There were 16 questions in the online survey. Questions varied from diet timings including breakfast, lunch and dinner and if they have ever been informed about good diet intake and healthy food habits. 62 people in the age group (18 - 26) responded to the survey. Our survey results indicated that 90% people know about the benefits of healthy diet, they even know the ill effects of unbalanced diet and junk food. But they are not willing to change their eating habits. As the diet doesn't make or break in one day, so there are no instant consequences of unhealthy diet which thus doesn't drive people's mind to think about it. So the challenge is to make people realise the consequences before they actually happen. National Nutrition week was celebrated from 1st to 7th September 2020 with a purpose to spread awareness about good nutrition, and health. Participants from lots of schools and colleges participated in the events. NSS volunteers worked with a lot of enthusiasm and made the celebration of national nutrition week a great success.

## Teacher's Day Celebration (3 September 2020)

"If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher."

– Dr APJ Abdul Kalam

Teachers are the people who make or break the society because in the wise words of Chanakya, a teacher can never be ordinary. Both, construction and destruction, belongs to him.



Poster of the event created by an NSS Volunteer

Teacher's Day is celebrated on 5<sup>th</sup> September every year on the occasion of the birth anniversary of India's second President, Dr. Sarvepalli Radhakrishnan. Dr. Sarvepalli Radhakrishnan was of the opinion that "Teachers should be the best minds in the Country". On every September 5, Teacher's Day is celebrated all over India as an occasion to appreciate and acknowledge the efforts and hard work of

our teachers in making us sophisticated and responsible individuals. To commemorate the same, NSS unit of Keshav Mahavidyalaya organised an “Online Poetry Competition” with the theme “Teacher: Creator of the future” to honour and respect teachers who help in building the society with their constant guidance and support.

Lots of entries were received via google form. The participants sent their entries in audio/video format and were selected on the basis of creativity and unique thoughts.



Poster of the event created by an NSS Volunteer

Students from different schools and colleges participated in the competition. The event was a successful one and the occasion of Teacher’s day was celebrated with enthusiasm and joy.

### **Physical Fitness Campaign (9 - 21 September 2020)**



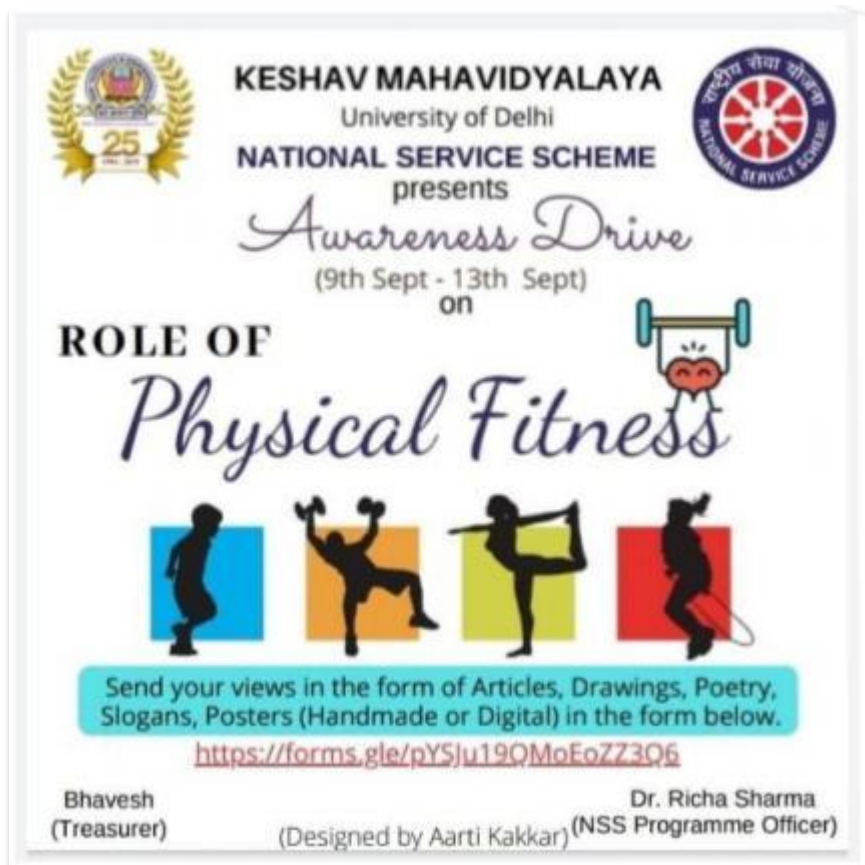
Health is truly wealth and we need to keep this wealth safely by staying fit and eating healthy. With the launch of The FIT INDIA MOVEMENT on 24<sup>th</sup> September 2019, a greater emphasis has been seen in the direction of staying healthy and more and more steps are seen by various organizations and individuals towards a more healthier and fitter self. The importance of staying fit is even more when it comes in relevance to the present conditions of Covid-19



Poster of the event created by an NSS Volunteer

The NSS Unit of Keshav Mahavidyalaya took the initiative and organized a two week long (from 9<sup>th</sup>September to 21<sup>st</sup>September) awareness campaign with the theme of Physical Fitness. Under this campaign various events were organized

### **Event 1:- Awareness Drive on Role of Physical Fitness:**



Poster of the event created by an NSS Volunteer

To ensure participation is the best way to spread awareness. As a part of our first event, we invited entries on the “Role of Physical Fitness” in form of articles, drawings, poetry, slogans and posters. We got a large number of entries and E-Certificates were provided to all the participants.

Some of the entries:-



Bhawna Sharma  
 (B.A. 3<sup>rd</sup> Year, Kalindi College)



Sonali Limaye  
 (B.Voc. 3<sup>rd</sup> Year, Jesus & Mary College)



Sangita Shenoy  
 (B.Com 2<sup>nd</sup> Year, K.V. Pendharkar College)



Wudayagiri Reddy Sai Charan  
 (B.Sc. Horticulture 2<sup>nd</sup> Year, Govt. College for Men(A), Kadapa)

Title- The Fitness Drive

Happiness comes with a slice of a cake,  
But with slighter or no sugar you should bake.  
Your time ahead is proceeding to be bright,  
When you scale yourself to be lite,  
Running beats on the uphill morning roads,  
Will make your heart feels like it'll explode.  
But without disquieting much about the excuse,  
There is no little while to think and lose  
Whether it's squally showers or shinning balmy days,  
The fitness admirer never loses its way.  
Your methodical intake is just split,  
It's the yoga mantra that makes you fit.  
You are full of charm and trimmed flashes  
Body stands in art carved out of stone and thrashes.  
So that you resemble like frame of Ellora caves,  
Captivating the ecstatic appearing waves.  
Of a classical awareness,  
Leading to physical fitness.  
Persistent exercise acts like body revitaliser,  
Which cleanses our fuselage like a rejuvenator.  
Exercise makes our skin glow,  
So we can look aloof in a show.  
Diurnal workout keeps our body healthy;  
And makes our life worthy.

Sucheta Dutta  
(Teacher- Holy Trinity School)

- ) ""योग को अपनाएंगे  
अपना जीवन परिपूर्ण बनाएंगे।  
रोग-प्रतिकारक शक्ति को बढ़ाएंगे  
स्वस्थ और समृद्ध भारत को बनाएंगे।""

Sangita Shenoy (B.Com.  
2<sup>nd</sup> Year, K.V. Pendharkar  
College

## Event 2:- Flexibility Competition

Poster of the event created by an NSS Volunteer

**KESHAV MAHAVIDYALAYA**  
University of Delhi

**NATIONAL SERVICE SCHEME**  
organizes

**FLEXIBILITY  
COMPETITION**

in  
**Physical Fitness Campaign**  
under  
**FIT INDIA MOVEMENT**

Participants can  
send their videos/photos  
before 16 September, 2020  
via  
<https://forms.gle/GuA8tpHWoHLDjtE37>

For Any Queries Contact:- Bhavesh (7268929777)

**Bhavesh Yadav**  
(Treasurer)

**Dr. Richa Sharma**  
(NSS Programme Officer)

Exercise not only changes our body, it also changes our mind, attitude and mood. Flexibility is an important component of fitness and has many positive effects of the body. It improves mobility, posture, muscle contraction, and reduces the risk of Injuries and muscle soreness. Keeping this in mind NSS KMV organized a Flexibility competition from 14<sup>th</sup> September to 16<sup>th</sup> September. In the competition participants sent their videos and photos showing their flexibility skills. The competition witnessed a huge number of participants of really good flexible abilities. Participants were judged on various categories and winners were announced on the result day i.e. 21<sup>st</sup> September.

Some entries of the competition:



## Event 3:- Strength and stamina competition

Poster of the event created by an NSS Volunteer

**KESHAV MAHAVIDYALAYA**  
University Of Delhi  
**NATIONAL SERVICE SCHEME**  
organizes  
**STRENGTH & STAMINA  
COMPETITION**  
in  
**PHYSICAL FITNESS CAMPAIGN**  
under  
**FIT  
INDIA MOVEMENT**

**Girls** 1. PLANK 2. SQUATS 3. LEG RAISE 4. PUSH UP 5. SIT UP

**Boys** 1. PLANK 2. SQUATS 3. PULL UP 4. PUSH UP 5. SIT UP

Send your entries by 17th September, 2020. Show your Strength & Stamina by completing Tasks. For Girls time is 1.5 min/task & for Boys 2 min/task. Complete as much task as you can and send your video of each task.  
via  
<https://forms.gle/YY2YbHzRnsCxcWzB6>

**RAHUL PAREEK**  
(PRESIDENT)

**For Any Queries contact:**  
**Bhavesh (7268929777)**

**DR. RICHA SHARMA**  
(NSS PROGRAMME OFFICER)

Strength and Stamina are yet other important aspects of fitness along with flexibility. The NSS Volunteers didn't leave any important part of fitness untouched for the campaign. So a competition for testing the strength and stamina abilities was organized with nearly the same procedure as of the flexibility competition but with different tasks and testing exercises. Herein these competition different standards were set for boys as well as for girls keeping in mind their physical differences.

This event was organized between 15<sup>th</sup> September and 17<sup>th</sup> September. Tasks such as pull ups, push ups, sit ups, squats or planks by boys and sit ups, squats or planks, leg raise or push ups by girls were to be performed and a video was to be made with a time limit of 1.5 to 2 minutes. E- Certificates were provided to all the participants.

Some of the entries of the competition:



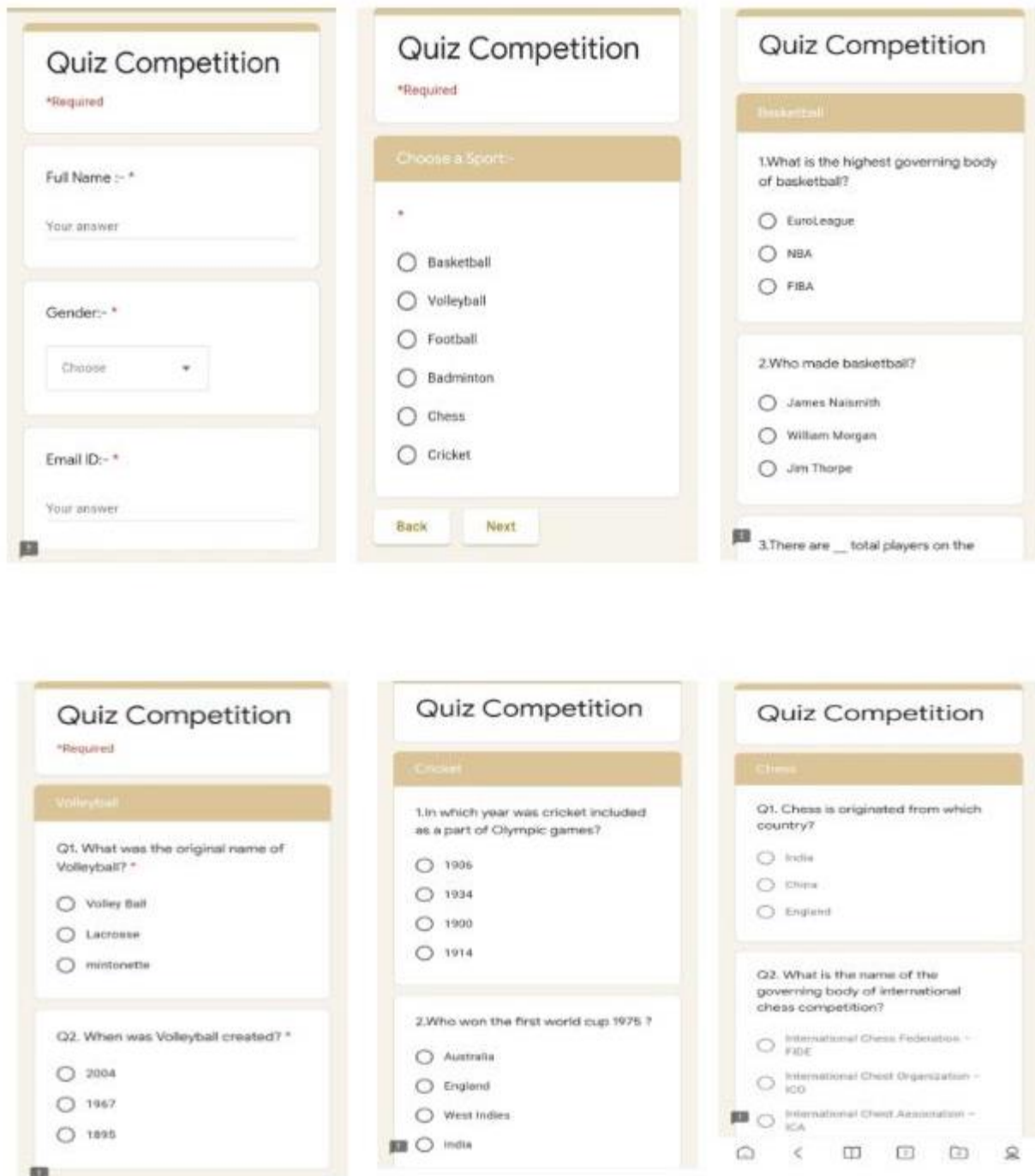
#### Event 4:- Online quiz competition

Poster of the event created by an NSS Volunteer



Quiz Competitions are always a fun way of testing as well as increasing knowledge regarding any topic. Keeping this in mind, NSS KMV organized an online event under the theme of Physical Fitness Campaign. This event was organized on 17<sup>th</sup> September. The questions were formed taking into consideration six major sports i.e. Cricket, Badminton, Football, Chess, Volleyball and Basketball. Each participant can choose any of the above games and answer the questions related to that game. Time taken by the participants were recorded and winners were declared on the basis of number of correct answers and time taken by them to complete the quiz

## Some screenshots of online quiz:



## **Event 5:- Online survey on physical fitness**

We all know the Importance of physical fitness. A fit person is able to perform work on time, meet responsibilities, and still have enough energy to enjoy sports and other leisure activities. Fit people can respond effectively to normal life situations, such as raking leaves at home, stocking shelves at a part-time job, and marching in the band at school.

Taking this into consideration under Fit India Movement, NSS KMV organized an online survey on Physical Fitness. There were 12 questions in the survey. There were a range of questions asking if people do regular exercise, play sports or seek expert's advice on physical fitness or not. 52 people in the age group (18 – 20) responded to the survey.

Our survey results indicated that –

- Most of the people are conscious about their fitness and health.
- On an average they are involved in doing physical exercise 2 to 3 times a week which actually needs to be increased.
- Apart from exercise, people are involved in outdoor playing with most of them playing occasionally for fun purpose.
- Internet has played a very important role in the field of health as people seek guidance and fitness tips from YouTube and other sources on internet.
- The bad effects of smoking and other such habits are known to people and only one person admitted of smoking habits.
- Most of the people are working on their fitness but occasionally that too without proper guidance from any professional.
- Most of them indicated their fitness level within the average range.

### **Result of the Survey:**

There is a need of consistency along with the availability of proper guidance for the better fitness goals

### **Result of the Competitions under Fitness Campaign:**

#### **Flexibility Competition**

1<sup>st</sup> Position – Shweta Singh

2<sup>nd</sup> Position – Ajay Kumar

3<sup>rd</sup> Position– Kunal

#### **Strength and Stamina Competition**

1<sup>st</sup> Position– Rubee Yadav

2<sup>nd</sup> Position– Jatin Kumar

3<sup>rd</sup> Position– Bhavya Jain & Arun Singh

#### **Quiz Competition**

1<sup>st</sup> Position– Mobani Biswas & Anoop Bhargava

2<sup>nd</sup> Position– Somya Gupta, Sahil Ahmed, Sarah Ulfat & Tanishq Singhal

3<sup>rd</sup> Position– Ishant Khurana

The Physical Fitness campaign was an initiative by the NSS Unit of Keshav Mahavidyalaya as an attempt to create self-awareness among the college students towards their fitness. We heartily thank Dr. Richa Sharma (Programme Officer), the NSS Volunteers and students whose fervent participation made the event a grand success.

## Fit India (15<sup>th</sup> – 17<sup>th</sup> September 2020)

The Fit India Campaign was celebrated by the NSS unit of Keshav Mahavidyalaya with two exciting events. The fit India campaign launched by our Prime Minister Shri Narendra Modi aims to motivate everyone to stay fit and healthy.

### Event 1:

In this event students were asked to send photos/videos of them exercising with the aim of spreading awareness about the numerous benefits of exercising like better stamina, strength and flexibility. Exercise also helps us to study better as mental health goes hand in hand with physical health.

#### Some entries of the Event:





## Event 2:-

In this event the students were asked to show their health report via a step tracker app that showed the number of steps that people walked each day and the responses exceeded our expectations. All the volunteers participated enthusiastically in the event. The event helped volunteers to inculcate the habit of tracking their physical activities.

### Some entries of the Event:



## Gandhi Jayanti (2<sup>nd</sup> October 2020)



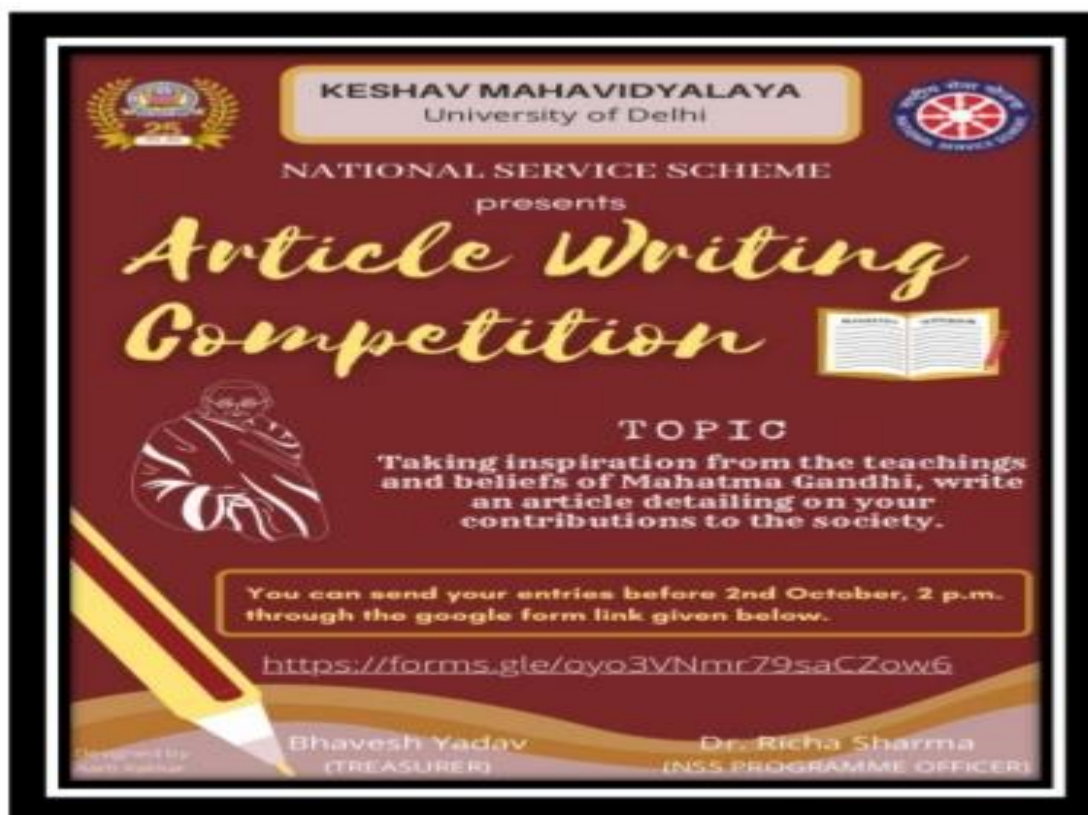
Poster of the event created by an NSS Volunteer

Gandhi Jayanti is celebrated on 2<sup>nd</sup> October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led the India's freedom movement along with many other national leaders against the British rule in India. His method of non-violence inspired many civil rights movements across the world. To celebrate his contribution to the nation, 2<sup>nd</sup> October is celebrated every year as a national holiday. The day is also celebrated as the International Day of non-Violence by the United Nation. To commemorate the same, NSS Unit of Keshav Mahavidyalaya organised Article Writing Competition and Crossword Puzzle Competition on 2<sup>nd</sup> Oct 2020.



## Article writing competition

Poster of the event created by an NSS Volunteer



NSS Unit of Keshav Mahavidyalaya organised Article Writing Competition on the topic- 'Taking inspiration from the teachings and beliefs of Mahatma Gandhi, write an article detailing on your contributions to the society'. A google form was circulated online, where participants submitted their articles. A lot of students participated from different schools and colleges. E-Certificates were provided to all the participants. Winners were announced on social media handles of NSS KMV

**Winners:**

**KESHAV MAHAVIDYALAYA**  
University Of Delhi  
**NATIONAL SERVICE SCHEME**

The winners of  
*Article Writing Competition*

1st   
**Shilpi Rai**  
Mathematics (H),  
5 Semester  
Daulat Ram College,  
DU

2nd   
**Manav**  
B.Com (H),  
3 Semester  
Keshav Mahavidhyalya,  
DU

3rd   
**Bhavna Joshi**  
B.A (H) Political Science,  
5 Semester  
Ramjas College,  
DU

 ***Congratulations!!!*** 

## Crossword puzzle competition

Poster of the event created by an NSS volunteer



Crossword puzzles are popular word games. They tease brain, teach new things, and they're a fun, but calm way to pass the time. To make the celebration of Gandhi Jayanti more interesting, a Crossword Puzzle Competition was organised. Participants registered themselves through google form which was shared online. The competition was organised on google meet. Questions and crossword puzzle was presented to the participants through a presentation on google meet. Participants were required to send their answers on chat box. Winners of the competition were announced the same day on social media handles of NSS KMV. E-Certificates were provided to all the participants.

To commemorate the Birth Anniversary of Mahatma Gandhi, NSS Unit of Keshav Mahavidyalaya organised Article Writing Competition and Crossword Puzzle Competition. Students from different schools and colleges participated in the competitions. Both the competitions were held successfully with the enthusiastic participation of NSS KMV volunteers. Students from different schools and colleges participated in the competitions. Both the competitions were held successfully with the enthusiastic participation of NSS KMV volunteers.

### Swachchhata Pakhwada (17<sup>th</sup>-31<sup>st</sup> October 2020)



Swachhata Pakhwada was started with the objective of bringing a fortnight of intense focus on issues and practices of Swachhata and to bring about qualitative swachh improvements. In the current scenario of global pandemic of COVID-19, the importance of cleanliness activities and spreading awareness of the same becomes more significant. Accordingly, NSS Unit of Keshav Mahavidyalaya undertook activities to rekindle mass awareness on cleanliness, hygiene and preserving environment keeping in view the various instructions and guidelines Issued by government.

As part of this campaign, NSS KMV carried out activities by involving volunteers, family members, and teachers and among others to generate mass awareness to make Swachhata a 'Jan Andolan'.

Poster of the event created by an NSS Volunteer

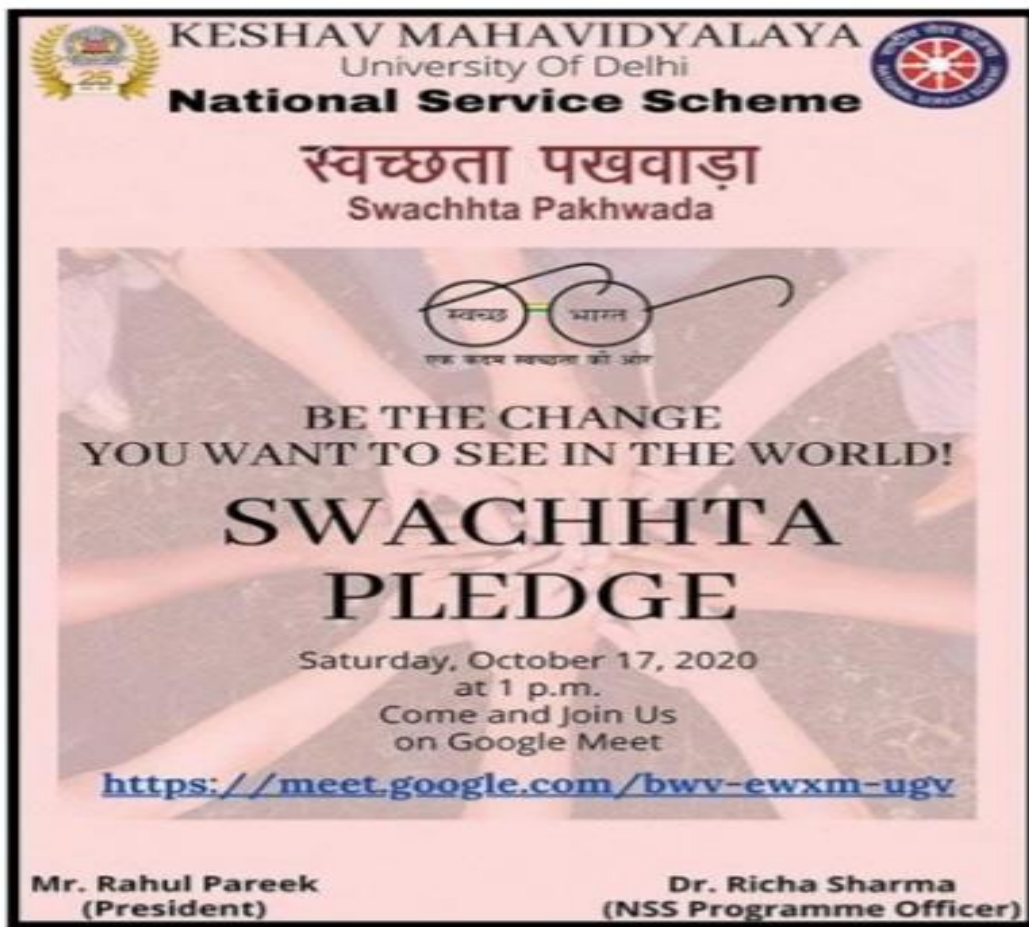


**Date wise details of events/activities:**

S. No.	Date	Event/Activity
1	17 Oct	Swachchhata Pledge
2	18-20 Oct	Awareness Drive
3	21 Oct	Drawing Competition
4	22 Oct	Indoor Cleanliness Drive
5	23 Oct	Outdoor Cleanliness Drive
6	24 Oct	Plogging Run
7	25 Oct	Photography Competition
8	26-27 Oct	Digital Cleanliness Awareness Drive
9	28 Oct	Best out of Waste Competition
10	29 Oct	Poetry Competition
11	30 Oct	Plantation Drive
12	31 Oct	Treasure Hunt

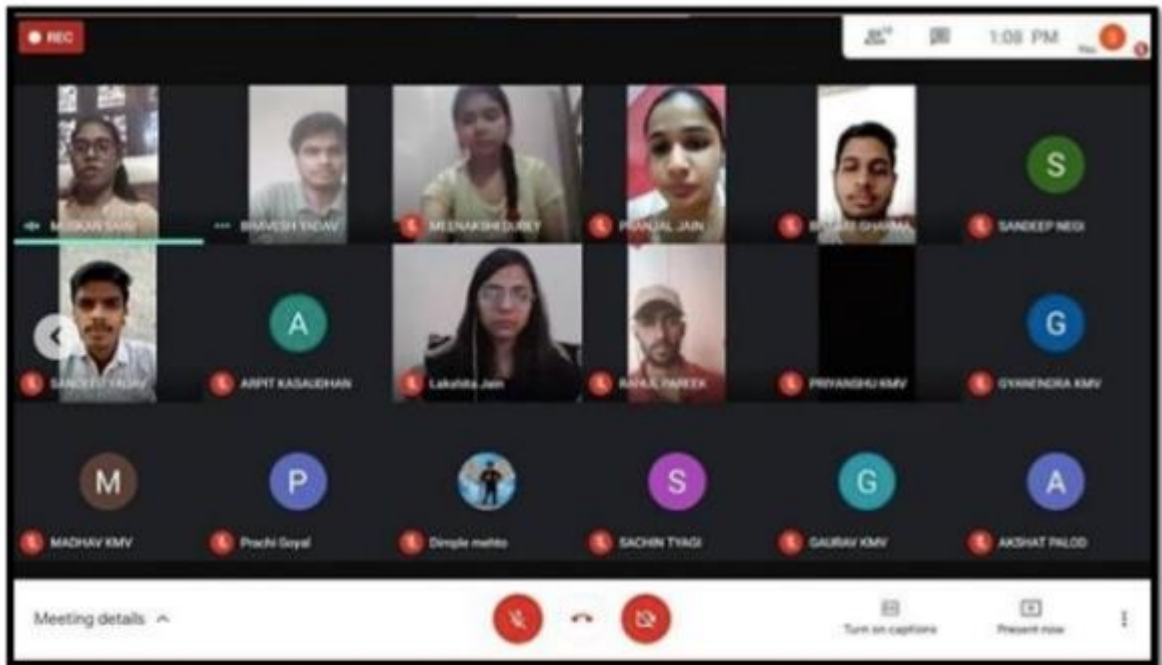
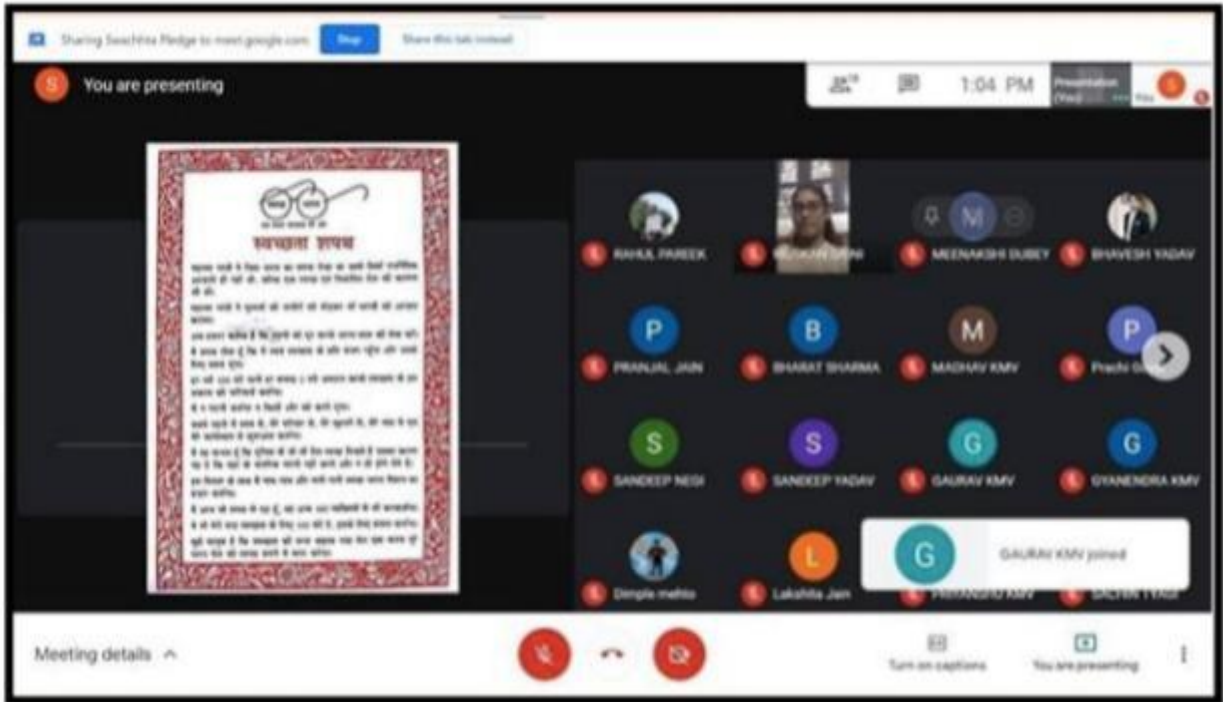
## Swachchhata Pledge (17<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer



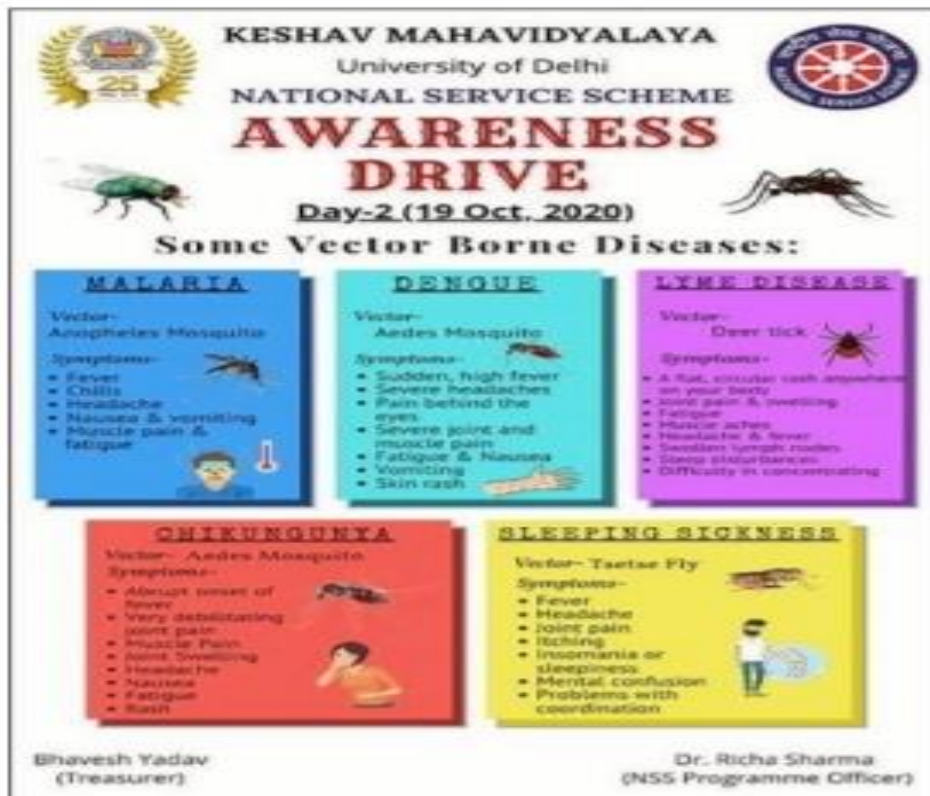
NSS Unit of Keshav Mahavidyalaya organised Swachchhata Pledge online via google meet on Oct 17, 2020 at 1 p.m. Rahul Pareek , President of NSS KMV, gave introduction speech and shared with participants the importance of Swachchhata and vision of our Father of Nation, Mahatma Gandhi. Pledge was administered by Bhavesh Yadav, Treasurer of NSS KMV. Lots of volunteers joined the pledge and the message of Swachchh Bharat was conveyed successfully.

**Screenshots of the meeting through Google Meet**



## Awareness Drive (18<sup>th</sup> -20<sup>th</sup> October 2020)





Poster of the event created by an NSS Volunteer

Cleanliness is most important for physical well-being and a healthy environment. It has bearing on public and personal hygiene. It is essential for everyone to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions. Thus, awareness drive was conducted by the unit with an aim to raise public awareness, about vector borne diseases, its causes and prevention. NSS Volunteers used social media platform, bulk SMS/E-mail, WhatsApp, Facebook, Instagram etc. for spreading awareness. All the NSS volunteers updated their statuses and sent message and posters to their friends and family members, posters were also shared on Facebook and Instagram handles of NSS KMV.



Poster of event created by NSS Volunteer

the an

## Drawing Competition (21<sup>st</sup> October 2020)

Poster of the event created by an NSS Volunteer



Drawing and colouring are visual arts and these competitions allow students to uncover their natural talents in sketching and illustrations. Drawing is also all about visual storytelling and art competitions can prove to be a valuable Learning ground for potential writers. Competitions like these give a chance to budding artists of all hues to showcase their skills and experience a diverse form of learning which they might not otherwise have access to. To let students show their creativity skills and imaginative thinking, NSS unit of Keshav Mahavidyalaya organised Drawing Competition on 23<sup>rd</sup> Oct, 2020. The theme of the drawing competition was – Clean India. Lots of entries were sent by participants from different schools and colleges

### **Indoor Cleanliness drive (22<sup>nd</sup> October 2020)**

Poster of the event created by an NSS Volunteer



We should all do our bit to maintain cleanliness in the areas we live or visit. In fact, for this very purpose, the Government of India has initiated the Swachchh Bharat Abhiyaan so as to educate and inculcate good habits among the citizens of the country with regard to cleanliness. We should also be mindful towards this habit. We should stop others from throwing waste at undesignated places. It is the cumulative effort of all of us which can help us build a clean India. Taking the subject of cleanliness and its importance into consideration, cleanliness drive was conducted by NSS KMV on 22<sup>nd</sup> Oct, 2020. All the volunteers sent their pictures of cleaning their houses. Entries were also received from students of other colleges and NSS Units. All the Participants were provided with E- Certificates

## Outdoor Cleanliness Drive (23<sup>rd</sup> October 2020)



Poster of the event created by an NSS Volunteer

NSS Unit of Keshav Mahavidyalaya organised outdoor Cleanliness Drive as a part Of SWACHCHH BHARAT ABHIYAN. It was conducted on 23th October, 2020. Participants were supposed to do cleanliness drives outside their home with all safety and precautions. Many volunteers from NSS unit of Keshav Mahavidyalaya sent their photographs and videos while doing cleanliness. They also urged their family members and friends to do the same. Thus, participants learnt to inculcate the habit of making their surroundings clean not only at home but outside the home as well.

## Plogging Run (24<sup>th</sup> October 2020)



Poster of the event created by an NSS Volunteer

Plogging Run (derived from Swedish Plocka Upp) includes jogging while picking up plastic and other waste along the way. As a result, the initiative has a two-pronged effect – Swaasthya (Fitness) and Swachchhata (Cleanliness). In other words, it is “staying fit while keeping the country clean”. Moreover, plogging running includes various body movements like bending, squatting as well as stretching done during the picking up of the waste in addition to the running, hiking, or walking. This provides a complete exercise apart from the mental satisfaction of keeping the neighbourhood clean. While traditionally, cleanliness leads to a healthy lifestyle, the reverse is true with plogging run. NSS unit of KMV on 24<sup>th</sup> October 2021 organised Plogging run event where While taking care of all safety and precautions, participants were asked to shoot Themselves while doing plogging run. A lot of participants participated in the event and it turned out to be very successful.

## Photography Competition (25<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer



NSS Unit of KMV organised a photography competition on 25<sup>th</sup> Oct 2020. The theme of the competition was- CLEAN INDIA. Total 25 entries were received out Of which 3 best entries were selected. E-Certificates were given to winning participants.

Winners of the competition

1<sup>st</sup>– Renu Malik B.A. (H) Psychology (Keshav Mahavidyalaya)

2<sup>nd</sup> – Sachin Rana Class 12 Kendriya Vidyalaya Sec 8

3<sup>rd</sup> - Jyoti Chaurasiya BA Programme Shyama Prasad Mukherjee College

## Digital Cleanliness Awareness Drive (26<sup>th</sup> – 27<sup>th</sup> October)



Poster of the event created by an NSS Volunteer

NSS Unit of KMV organised Digital Cleanliness Awareness Drive from 26<sup>th</sup> to 27<sup>th</sup> Oct, 2020. Posters having information on Digital Awareness were shared by the volunteers of NSS to their family and friends. They also updated their statuses on WhatsApp regarding the same. The event was conducted successfully. On all Social media handles of NSS KMV digital awareness posters were uploaded which received massive views.



## Best Out Of Waste Competition (28<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer



With the growing increase in wastes in our society from households to industrial Wastes, we now require a very innovative approach to get rid of them. Recycling and reusing the valuable waste material can result in development of fantastic and usable products. Rather than putting these waste materials into the landfills, various innovative and creative ideas can be put together to being something new and useful. Everyday wastes such as plastic, glasses, newspapers or electronic are Not only waste of limited resources but also are harmful to the environment. This event was conducted to bring such ideas to students and to help them think Themselves on such ways of reusing everyday materials that will not only reduce The waste but provide them with useful household products. The idea will not only be of economic and material value for students, but will be helpful in creating environmental consciousness among them that is the need of the hour.

Winners of the competition-

1<sup>st</sup> – Muskan Sharma (Dyal Singh College)

2<sup>nd</sup> – Srishti (IGNOU)

3<sup>rd</sup> – Arjun Verma (DITM College)

## Poetry Writing Competition (29<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer

**KESHAV MAHAVIDYALAYA**  
University Of Delhi

**NATIONAL SERVICE SCHEME**

organises

**POETRY  
COMPETITION**

(29 October, 2020)

under

**SWACHHTA PAKHWADA**

**Theme :- Swachh Bharat**

Participants have to send their  
entries by 31st October, 2020  
via Google Form.

Google form link is available  
in our Instagram Bio.

**/nss\_kmv**

For any Query Contact:-  
Sandeep Yadav (99713 55542)

**BHAVESH YADAV**  
(TREASURER)

**DR. RICHA SHARMA**  
(NSS PROGRAMME OFFICER)

nss_kmv	194	557	192
	Posts	Followers	Following

NSS Keshav Mahavidyalaya  
Community Organization  
"Just Say, Stop Vibe"  
Dyal Singh College  
Official Handle of NSS Unit, Keshav Mahavidyalaya  
Sector-11, Noida

NSS Unit of KMV organised a Poetry Competition on the theme- SWACHCHHATA PAKHWADA. A google link was shared where participants were supposed to send their entries. Total 43 entries were received from students of different colleges and schools. E-Certificates were provided to the winning participants

Winners of the competition-

1<sup>st</sup> – Nancy Makhija (Keshav Mahavidyalaya)

2<sup>nd</sup> - Pragyan Poudyal (DTU)

3<sup>rd</sup> - Hitesh Bhat (Shivaji College)

### **Plantation Drive (30<sup>th</sup> October 2020)**

On the 30<sup>th</sup> October 2020 a Plantation drive was carried out by the students of NSS KMV. More than 45 plants were planted. Additionally more than 100 students participated in this tree plantation exercise. Plantation is one of the best methods to decrease the world pollution. It is however necessary to maintain these Plants by proper watering etc. Such exercises help in inculcating a sense of appreciation to the nature.

## Treasure Hunt (30<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer



NSS Unit of KMV organised Treasure Hunt competition which had 3 rounds. Total 52 registrations were observed. The event was conducted through google form, google meet and on WhatsApp. Event was very interesting and all the participants enjoyed and gave good feedback. Winners were announced on social media handles of NSS KMV, E-certificates were mailed to the winning participants.

Winners of the competition-

1<sup>st</sup> - Prince Saini (PDM College)

2<sup>nd</sup> - Yashika Goyal (Jesus and Mary College)

3<sup>rd</sup> - Manisha Tiwari (PGDAV)

Hence, Swachchhata Pakhwada was conducted with a lot of zeal and enthusiasm. NSS KMV Volunteers successfully conducted all the events. Huge participation was seen from students of different schools and colleges and message was well spread to make our surroundings clean and healthy.

### **Vigilance Awareness Week (October 27<sup>th</sup> to November 3<sup>rd</sup>, 2020)**

As per the directions of Central Vigilance Commission (CVC), the Vigilance Awareness week was observed by NSS unit of Keshav Mahavidyalaya from 27<sup>th</sup> October 2020 to 3<sup>rd</sup> November 2020 with the theme – Satark Bharat, Samriddh Bharat (Vigilant India, Prosperous India). This is observed every year during the week in which the birthday of Sardar Vallabhbhai Patel (31<sup>st</sup> October) falls. This awareness week campaign affirms our commitment to promotion of integrity and probity in public life via citizen participation. The major hindrance to the progress of the nation is corruption. All sections of society need to be vigilant in order to uphold integrity in all aspects of our national life. Corruption in daily life is linked to human greediness, an overdrive to achieve and outdo one another going beyond his means. This is ingrained in human mind that complete eradication is not an easy job. There is no ready-made answer for it nor there any out of the box solution. Still we cannot sit back and let corruption Take centre stage in our life both public and private and allow it to engulf and ultimately corrode our very basic ethos of human existence. The anti-corruption drive needed to clean partially if not fully the malaises that plague the society should be taken up in a systematic and structured manner. However, no campaign to fight and eradicate corruption can be achieved without community participation. It is

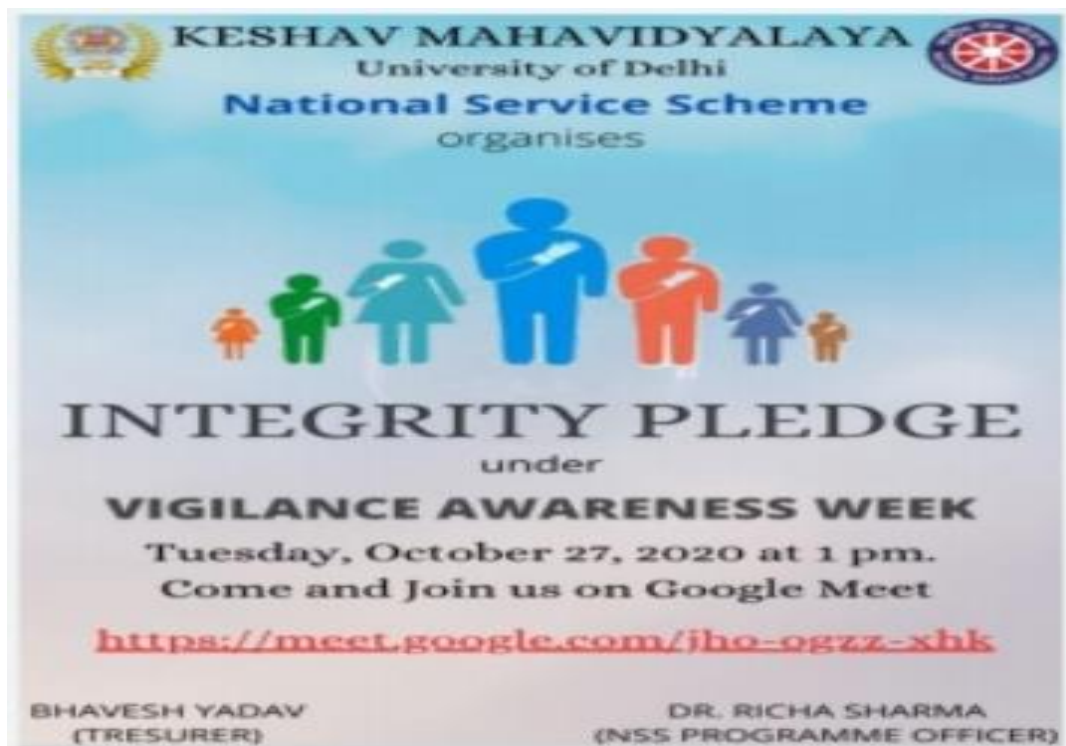
therefore necessary to motivate the citizens, as stakeholders in nation building, to collectively combat corruption at all level. It is an effort to raise public awareness against the threat posed by corruption and to make citizens conscious of their right to live in a corruption free society. In this regard NSS Unit of Keshav Mahavidyalaya organized various event/activities to promote and develop awareness on vigilance among its students of college and public as a whole.

Details of Event/Activities listed below:

S. No.	Date and Day	Event/activity
1	Oct 27, Tuesday	Online Pledge taking ceremony
2	Oct 28, Wednesday	Slogan Writing Competition
3	Oct 29, Thursday	Awareness Drive
4	Oct 30, Friday	Survey
5	Oct 30, Friday	Poetry Writing Competition
6	Nov 3, Tuesday	Quiz competition
7	Nov 4, Wednesday	Results

## Integrity Pledge (27<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer



The observance of the Vigilance Awareness Week was commenced with the “Integrity Pledge” taking ceremony on Oct 27, 2020 at 1 p.m. It was conducted on google meet. Pledge was administered by Principal of Keshav Mahavidyalaya Dr. Madhu Pruthi. Pledge taking ceremony was joined by NSS Programme Officer Dr. Richa Sharma and other faculty and staff of Keshav Mahavidyalaya and NSS volunteers. On this occasion, Principal of Keshav Mahavidyalaya, Madhu Pruthi said that corruption is the root cause of all the problems and it is one of the major obstacles that affect the economic growth of any organization, and therefore steps should Be taken to organize such activities to eradicate corruption. She also encouraged the volunteers to preach and practice integrity. Unit organized and participated in the event. The event turned out to be a great success as it managed to communicate to all the need to get the country rid of the evil that is corruption.

### Pledge taken by volunteers



### **Integrity Pledge for Citizens**

I believe that corruption has been one of the major obstacles to economic, political and social progress of our country. I believe that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption.

I realise that every citizen should be vigilant and commit to highest standards of honesty and integrity at all times and support the fight against corruption.

I, therefore, pledge:

- To follow probity and rule of law in all walks of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;
- To act in public interest;
- To lead by example exhibiting integrity in personal behaviour;
- To report any incident of corruption to the appropriate agency.



## **Integrity Pledge for Organisations**

We believe that corruption has been one of the major obstacles to economic, political and social progress of our country. We believe that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption.

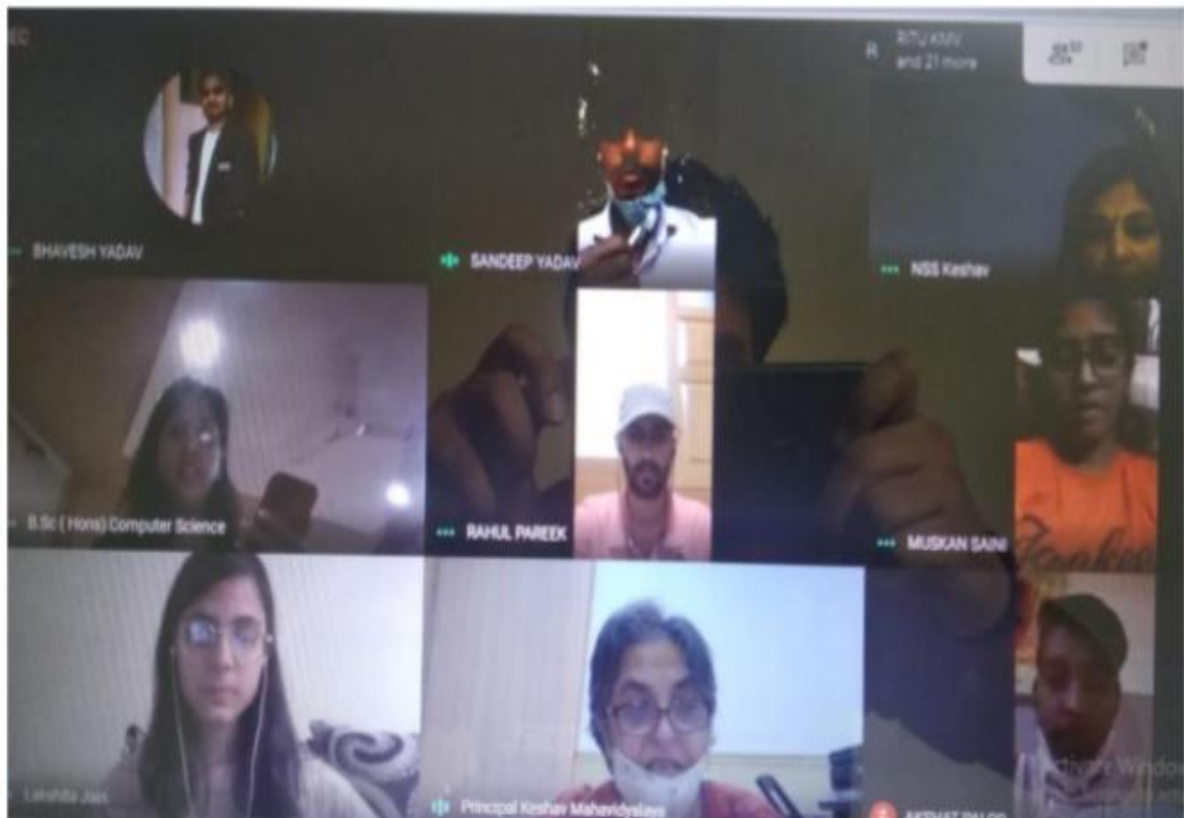
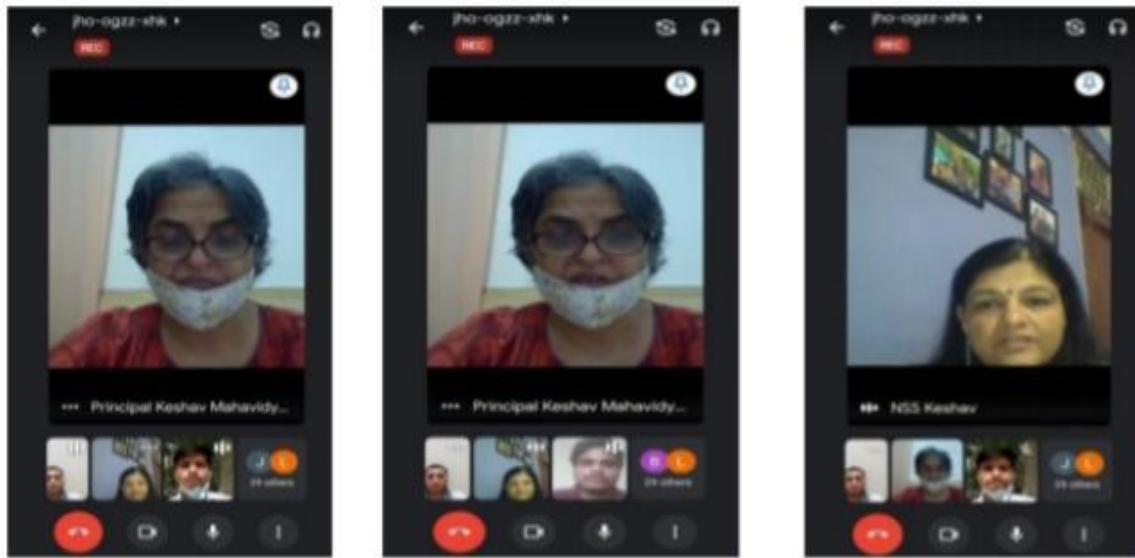
We acknowledge our responsibility to lead by example and the need to put in place safeguards, integrity frameworks and code of ethics to ensure that we are not part of any corrupt practice and we tackle instances of corruption with utmost strictness.

We realize that as an Organisation, we need to lead from the front in eradicating corruption and in maintaining highest standards of integrity, transparency and good governance in all aspects of our operations.

We, therefore, pledge that:

- We shall promote ethical business practices and foster a culture of honesty and integrity;
- We shall not offer or accept bribes;
- We commit to good corporate governance based on transparency, accountability and fairness;
- We shall adhere to relevant laws, rules and compliance mechanisms in the conduct of business;
- We shall adopt a code of ethics for all our employees;
- We shall sensitise our employees of laws, regulations, etc. relevant to their work for honest discharge of their duties;
- We shall provide grievance redressal and Whistle Blower mechanism for reporting grievances and fraudulent activities;
- We shall protect the rights and interests of stakeholders and the society at large.

## Screenshots of the online meeting through Google Meet



## Slogan writing competition (28<sup>th</sup> October 2020)

Poster of the event created by an NSS Volunteer

KESHAV MAHAVIDYALAYA  
University of Delhi  
NATIONAL SERVICE SCHEME  
organises

*Slogan Writing Competition*

under  
VIGILANCE AWARENESS WEEK

Date:  
28th October 2020

Theme:  
Satark Bharat,  
Samriddh Bharat

You can send your entries till 30th October 2020.

Google form link for the submission is in the bio of our Instagram page.

Muskan Saini  
(SECRETARY)

nss\_kmv

Dr. Richa Sharma  
(NSS PROGRAMMATIC OFFICER)

Laying stress for creation of awareness on the ill-effects of corruption amongst school and college students, unit organized Slogan Writing Competition with theme 'Satark Bharat, Smridh Bharat'. It was conducted on 30<sup>th</sup> Oct, 2020. Participants sent their entries via google form. Lots of students from different schools and colleges participated in the competition and sent their entries in either handmade or digital Form. The aim of the event was to bring awareness among all against corruption and to be vigilant in order to uphold integrity in all aspects of our national life.

## Awareness Drive (29<sup>th</sup> October 2020)



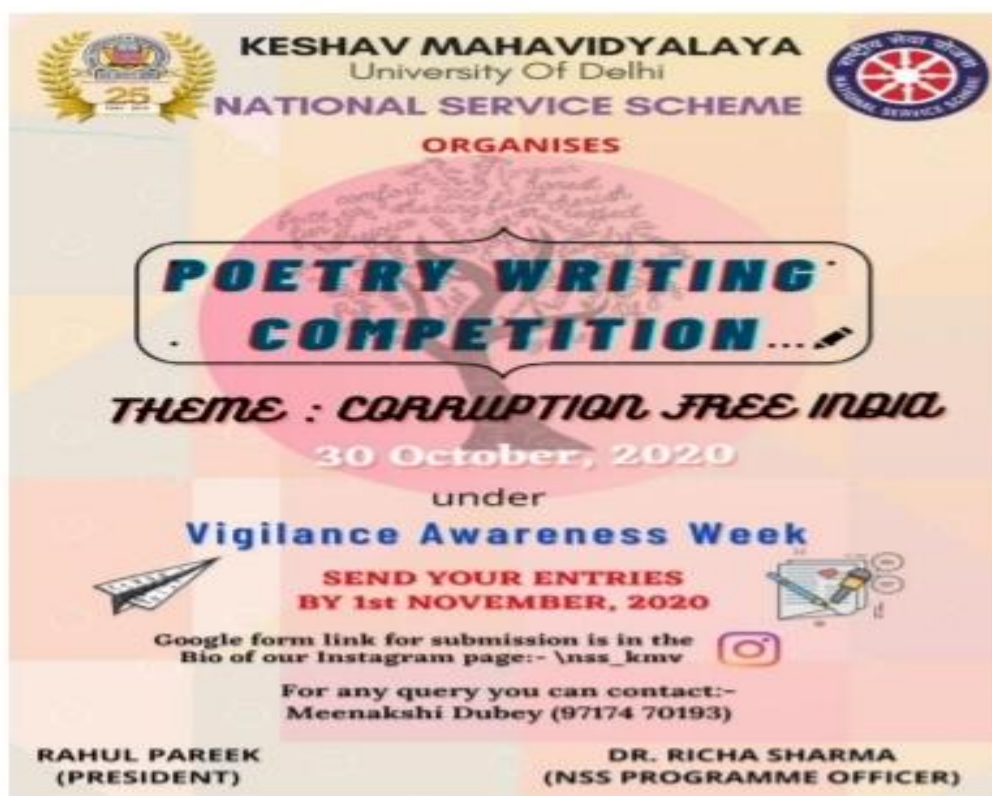
Poster of the event created by an NSS Volunteer

Corruption is a malice, which is eating into the very ethos of our society and taking a heavy toll on our economy. Lots of people especially poor and backward ones have lost trust and belief in the administration due to corruption. Thus, awareness drive was conducted on Oct 29, 2020 by the unit with an aim to raise public awareness, regarding the existence causes and gravity of and the threat posed by corruption. NSS volunteers used social media platform, bulk SMS/E-mail, WhatsApp, Facebook, Instagram etc. for spreading awareness. All the NSS volunteers updated their statuses and sent message against corruption to their family and friends. Different aspects related to corruption were touched such as causes and consequences of corruption and measures to prevent it.

## **Vigilance Awareness Week Survey (30<sup>th</sup> October 2020)**

The purpose of Vigilance Awareness week is to generate awareness in the public at large about the ill effects of corruption. Vigilance is considered to be an important management function and its role is to protect the organization from various internal threats, which are often more serious than external threats. The NSS Unit of Keshav Mahavidyalaya performed a survey regarding the experiences of people about corruption in their daily life. The survey focused on how and when they first got the awareness regarding corruption. How they have experienced this in various public service or other departments, if they had raised their voice against it or got their work done by means of bribe. The survey revealed that most of the participants were imparted the initial knowledge regarding corruption by their parents or teachers. But still their knowledge regarding the human's rights guaranteed by the Constitution of India is not complete. Most of them agreed to the situation that they have been asked to give bribe to get the work done on different occasions, but only a few of them actually gave the bribe to get the work done within time. On the pole of whether they took some steps against this corruption, there was a miscellaneous response. Some of them tried to raise their voice against it but were ineffective in making a difference, while others didn't took any step against the bribing system. The departments that most of them experienced corruption in were real estate & construction and education departments. On a whole the survey showed that even when the governments are putting a lot of their efforts in making their system corruption free, the reality is in stark contrast to what the government says. The problem lies in the efforts made out to eradicate corruption. There is an absence of an Anti-Corruption hotline number or the awareness among the people regarding such numbers. Most of the people agree on the reasons of the existence of such corruption in the various departments while include the greed for money, getting the work done in less time, and lack of honesty and integrity.

## Poetry Writing Competition (30<sup>th</sup> October 2020)



Poster of the event created by an NSS Volunteer

Poetry is plucking at the heartstrings, and making music with them.

~ Dennis Gabor

Whether it is regarding nature, freedom or vigilance, poetry always finds its place as an important medium to express a lot in a little. With this motive, a poetry competition was organized in online mode with the theme 'Corruption Free India'. Participants sent their self-written poetry via google form 30<sup>th</sup> October to 1<sup>st</sup> november. A good number of entries were recorded with some amazing poetry written by the participants. E-Certificates were given to all the participants.

## Quiz Competition (3<sup>rd</sup> November 2020)

Poster of the event created by an NSS Volunteer



As a closing event for the Vigilance Awareness week, an online Quiz Competition was organized by the Unit. The competition was organized on 3<sup>rd</sup> November. The quiz was prepared in order to check the knowledge regarding the rights against corruption at various levels including the MRP, RTI Act, CVC etc. For the judgment marks and time were taken into consideration. Merit certificates were given to the first three winners. NSS unit of Keshav Mahavidyalaya successfully organised Vigilance Awareness week to raise public awareness against the threat posed by corruption and to make citizens conscious of their right to live in a corruption free society. Various events were organized to promote and develop awareness on vigilance in which a large of students participated from different schools and colleges.

Results of the Competitions held under Vigilance Awareness Week

## **Quiz Competition**

First Position Name – Sarah Ulfat

Course and Year – B.A. (H) English, 2<sup>nd</sup> year

College – School of Open learning, University of Delhi

Second Position Name – Chrislyn Emima J

Course and year – B.E. CSE, 5<sup>th</sup> Semester

College – St. Joseph Institute of Technology

Third Position Name – Anurag Gupta

Course and year – Economics (H) 3<sup>rd</sup> year

College – Hindu College, University of Delhi

## **Poetry Writing Competition**

First Position Name - Sangita Shenoy

Course and Year – B.com (H), 2<sup>nd</sup> year

College – K.V. Pendharkar College

Second Position Name – Janvi

Course and Year – B.com (H), 3<sup>rd</sup> year

College – Janki Devi Memorial College

Third Position Name – Akansha Harsh

Course and Year – B.A. History, 3<sup>rd</sup> year

College – Hindu College



## National Unity Day (31<sup>st</sup> October 2020)

Poster of the event created by an NSS Volunteer

**KESHAV MAHAVIDYALAYA**  
University of Delhi

**National Service Scheme**

on the occasion of

**NATIONAL UNITY DAY**  
Birth Anniversary of  
Sardar Vallabhbhai Patel  
31st October

organises

**EKTA  
PLEDGE**

Saturday, October 31, 2020  
Come and Join us on Google Meet at  
11:00 a.m.

<https://meet.google.com/pkc-jhgo-ejs>

DR. RICHA SHARMA  
(NSS PROGRAMME OFFICER)

PROF. MADHU PRUTHI  
(PRINCIPAL)

Rashtriya Ekta Diwas or National Unity Day is celebrated on 31<sup>st</sup> October every year since 2014 to mark the birth anniversary of Iron Man of India—Sardar Vallabhbhai Patel. This year marks the 144<sup>th</sup> birth anniversary of the freedom fighter and an ace politician. Sardar Patel played a major role in the integration of India (Ek Bharat) from over 560 princely states. To acknowledge his efforts in uniting the nation, India celebrates National Unity Day or Rashtriya Ekta Diwas on his birth anniversary. In countries like India, which are full of diversities- religions, castes, languages, civilizations, and cultures, it is very important to maintain unity. So, to establish the unity of the nation, the Government of India proposed the Rashtriya Ekta Diwas in 2014. Since, Sardar Patel is known for the integration of India, National Unity Day is set to be celebrated on his birth anniversary (October 31<sup>st</sup>) every year. To commemorate the same, NSS Unit of Keshav Mahavidyalaya organised a virtual pledge taking ceremony on Google Meet at 11 a.m.,

31<sup>st</sup> October 2020. The Virtual pledge taking ceremony was attended by NSS Volunteers, NSS Programme Officer, Dr. Richa Sharma and faculty and students of Keshav Mahavidyalaya. The opening speech was given by NSS Vice President, Sachin Tyagi. He gave detailed information on The National Unity Day, its significance and important features. The introduction speech was followed by an interactive session on the significance of celebrating National Unity Day. At last, the pledge was administered by NSS Programme Officer, Dr. Richa Sharma. The NSS Unit of Keshav Mahavidyalaya successfully organised the virtual pledge taking ceremony to celebrate the National Unity Day on 31<sup>st</sup> October 2020 (11 a.m. to 12 p.m.) on google meet. It was attended by NSS volunteers, NSS Programme Officer, Dr. Richa Sharma and faculty and students of Keshav Mahavidyalaya.

**Screenshots of the Online Virtual Pledge taking Ceremony on Google Meet:**

# DIWALI CELEBRATION



Diwali is one of the most awaited festivals in India. It is festival of light and joy.

It's a beautiful festival signifying the victory of good over evil and the returning of happiness and light in our lives. Every year, markets are filled with all the festive delights like lights, diyas, candles, delicious sweets and the air is filled with the excitement of festival season. However, this year, the COVID-19 pandemic has somewhat changed this usual scenario and the way the festival is celebrated. Large events and gatherings have been cancelled across the country as per the norms of the government to curb the spread of the virus. Health experts are urging people to stay indoors and celebrate the festivities with utmost precautions as even the single carelessness this year can prove to be disastrous for India's on going coronavirus fight. Adding to woes of the youth was the Delhi Government's curb on selling, buying and firing of crackers in Delhi NCR considering the high levels of pollution. But all this should not dampen our spirits of festivities. Diwali festival is all about togetherness, celebrating it with friends and families, lightening diyas, candles and last but not the least, making rangolis.

To spearhead the green and eco-friendly Diwali celebrations this year, NSS Unit of Keshav Mahavidyalaya in collaboration with Department of Environmental Studies of Keshav Mahavidyalaya organised Awareness Drive, Diya Making Competition and Rangoli Making Competition.



Poster of the event created by an NSS Volunteer

## Diwali Awareness Drive (11<sup>th</sup> Oct-14<sup>th</sup> Oct)

NSS Unit of Keshav Mahavidyalaya in collaboration with Department of Environmental Studies of Keshav Mahavidyalaya organized an awareness drive on the importance of celebrating eco-friendly and safe Diwali. During the COVID-19 pandemic, it becomes very important to be safe and celebrate Diwali in our homes. Also due to rising pollution levels, it becomes imperative to not buy and fire crackers. Taking all this into consideration, NSS KMV volunteers and students of Department of Environmental Studies conducted an awareness drive with an aim to raise public awareness and spread idea of green and eco-friendly Diwali. Keeping the idea of Atmanirbhar Bharat also into consideration, posters were made to aware people to

buy local goods. NSS volunteers and students used social media platform, bulk SMS/E-mail, WhatsApp, Facebook, Instagram etc. for spreading awareness. All the NSS volunteers and students updated their statuses and sent message and posters to their friends and family members. Posters were also shared on Facebook and Instagram handles of NSS KMV.

### Posters made by NSS Volunteers and Students of Department of Environmental Studies:





## DIWALI IS A FESTIVAL OF LIGHTS, NOT OF POLLUTION AND PLIGHTS

**Crackers are of no use they are  
just environment Abuse**

**SPREAD  
SMILES  
THIS DIWALI**

**Firecrackers  
affect animals :-**

- The sound of bursting crackers can be traumatic to pets ,as they cannot bear loud sounds.
- Fire crackers with high decibels can affect their temperament.

**Harms caused by the fumes produced by these  
crackers to environment and us are :-**

- Copper - copper causes irritation in the respiratory tract
- Cadmium - reduces the oxygen carrying capacity of blood, leading to anaemia.
- Lead - Lead causes harmful impact on the nervous system.
- Magnesium - magnesium fumes cause a condition known as metal fume fever.
- Zinc - causes metal fume fever and also induces vomiting.
- Sodium - sodium is a highly reactive element and combines with moisture to cause burns.



**LIGHT UP  
LIVES  
THIS DIWALI**

- Air Pollution kills more than 4 million people every year globally.
- In Delhi, every year air pollution causes respiratory illness and cardiovascular disorders in 2.2 million people.
- Innocent creatures ( birds, pets and stray dogs ) die due to worst nightmare of firecrackers.
- Crackers burst not only pollutes by air contamination but also results in land pollution.
- Crackers impacts adversely in newborn and pregnant women.
- Celebrate Green Diwali by providing clothes,sweets to needy children and people on this auspicious festival.



**LET'S CELEBRATE A  
GREEN DIWALI**

WITHOUT FIRECRACKERS AND POLLUTION



*This Diwali, let's be*

# चटखो ठि ठिखो



*Buy local products and support our hardworking and talented artisans, craftsmen and their businesses.*



Handmade earthen lamps (diyas) are eco-friendly.



Lakshmi made in clay and crafted by hands brings Lakshmi to many.



Real flowers from local vendors smell so much better.



## Diya Making Competition (12<sup>th</sup> November 2020)

**KESHAV MAHAVIDYALAYA**  
(University of Delhi)

**NATIONAL SERVICE SCHEME**  
&  
**DEPARTMENT OF ENVIRONMENTAL STUDIES**

दीया  
लाक़रिंग  
तलरपीतलन  
12के नलर, 2020

Result will be declared on 16th Nov, 2020

Send your entry by 15th Nov, 2020

Submission link is in the bio of our Instagram page.

Go through the rules thoroughly.

**Dr. Geetanjali Sageena**  
(Faculty Member)

**Dr. Richa Sharma**  
(NSS Programme Officer)

**Prof. Madhu Pruthi**  
(Principal)

Poster of the event created by an NSS Volunteer

The word Diwali or Deepawali is itself derived from the word Deepak or Diya meaning earthen lamps. Nowadays the trend is to use paraffin candles along with diyas which are much more harmful to the environment and produced from non-renewable resource-petroleum. So, we need to avoid using these candles and use homemade diyas decorated with organic colours. Taking the same idea into consideration, Diya Making Competition was organised. Participants had to make diya out of waste material. Google form to

submit the entries was shared online on 12<sup>th</sup> Oct, 2020. Students from various schools and colleges participated in the competition. Participants were judged on the basis of their creativity to make the best diya out of waste material.

### **Winners of Diya Making Competition**

1<sup>st</sup> Position- Riya Jain B.Com (H) (Keshav Mahavidyalaya)

2<sup>nd</sup> Position- Sanjana B.A. (H) Hindi (Janki Devi Memorial College)

3<sup>rd</sup> Position- Isha B.A. (H) Psychology (Keshav Mahavidyalaya)

## Rangoli Making Competition (13<sup>th</sup> November 2020)

**KESHAV MAHAVIDYALAYA**  
(University of Delhi)

**NATIONAL SERVICE SCHEME**  
&  
**DEPARTMENT OF ENVIRONMENTAL STUDIES**

**रंगोली  
लकड़  
तलपेटिशन  
१३ते नठर, २०२०**

Result will be declared on 16th Nov, 2020  
Send your entry by 15th Nov, 2020

Submission link is in the bio of our Instagram page.  
Go through the rules thoroughly.

**Dr. Geetanjali Sageena**  
(Faculty Member)

**Dr. Richa Sharma**  
(NSS Programme Officer)

**Prof. Madhu Pruthi**  
(Principal)

Poster of the event created by a student of Department of Environmental Studies

Although Diwali is touted as a festival of lights, colours also play a big role in this festival. Rangolis are not just meant for the beautification of the house but is supposed to prevent evil from entering the home. People spend hours designing their floors with beautiful art using coloured powder. To let such people showcase their talent and creativity, Rangoli Making Competition was organised. Participants submitted their entries through google form which was circulated on 13<sup>th</sup> Oct, 2020. Lots of students participated in the competition. Entries were judged on the basis of creativity and originality of ideas.

### Winners of Rangoli Making Competition

1<sup>st</sup> Position- Hardik Arora 12<sup>th</sup> Class (D.A.V Public School)

Priyanka Singhal B.Com, 3<sup>rd</sup> Semester (Aditi  
Mahavidyalaya)

Ginni BMS, 3<sup>rd</sup> Semester (Keshav Mahavidyalaya)

2<sup>nd</sup> Position- Muskan B.A. Programme, 5<sup>th</sup> Semester (Dyal Singh  
College)

3<sup>rd</sup> Position - Prachee Rana 11<sup>th</sup> Class (KVS)

Chatna Sahrawat B.Sc Botany, 5<sup>th</sup> Semester (IGNOU)

Ayusdi Sarin B.Sc Mathematical Science, 3<sup>rd</sup> Semester  
(Ram Lal Anand College)

NSS Unit of Keshav Mahavidyalaya in collaboration with Department of Environmental Studies of Keshav Mahavidyalaya successfully organised various events to spread the message of eco-friendly and green Diwali. Awareness drive was conducted on a large scale. Winners of Diya Making Competition and Rangoli Making Competition were announced on 16<sup>th</sup> Nov, 2020. E- Certificates were provided to all the participants. All the NSS volunteers and students of Department of Environmental Studies participated enthusiastically and organised the events well.

## National Constitution Day

KESHAV MAHAVIDYALAYA  
(University of Delhi)

NATIONAL SERVICE SCHEME

invites you to a virtual oath ceremony  
organised on

NATIONAL  
CONSTITUTION  
DAY

26th November, 2020

on

<https://meet.google.com/jfu-ehdo-ygo>

🕒 1.00 pm

Oath will be taken by reading the Preamble

Dr. Richa Sharma  
(NSS Programme Officer)

Prof. Madhu Pruthi  
(Principal)

Poster of the event created by an NSS Volunteer

**Constitution Day (Samvidhan Divas)**, also known as **National Law Day**, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950. The Government of India declared 26 November as Constitution Day on 19<sup>th</sup> November 2015 by a gazette notification. Our honourable Prime Minister of India, Shri Narendra Modi made this declaration on 11 October 2015 while laying the foundation stone of the B. R.

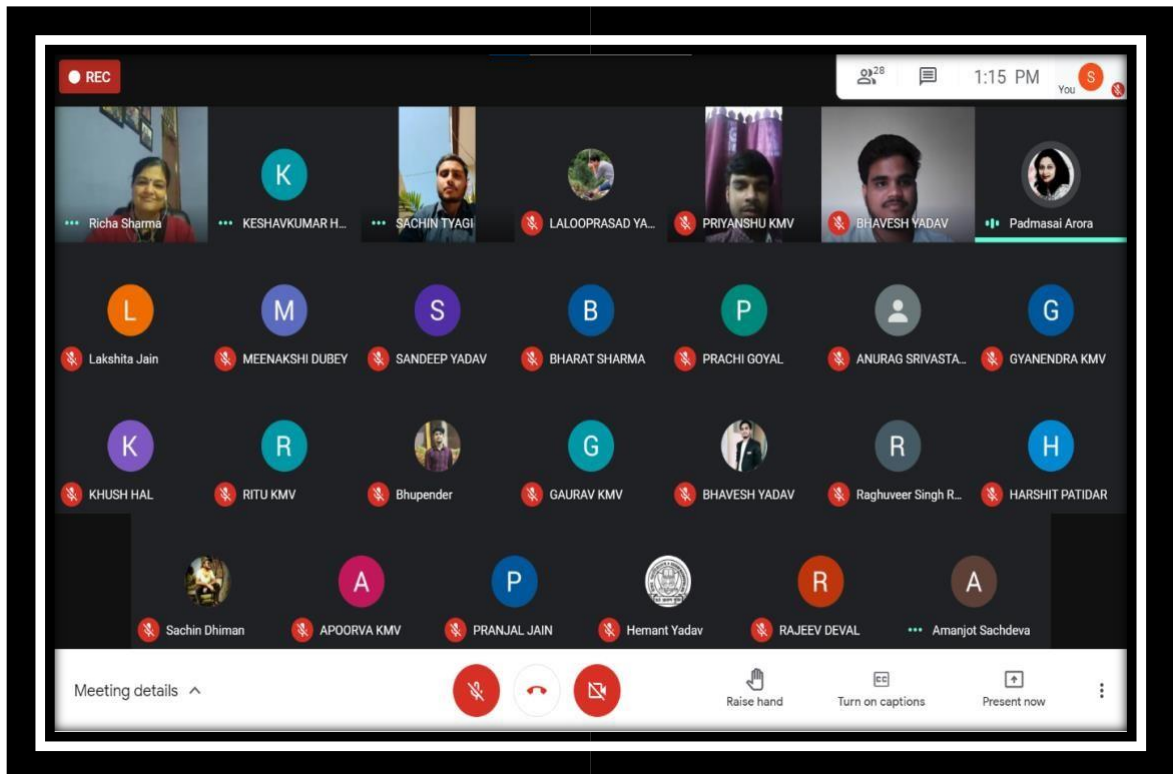
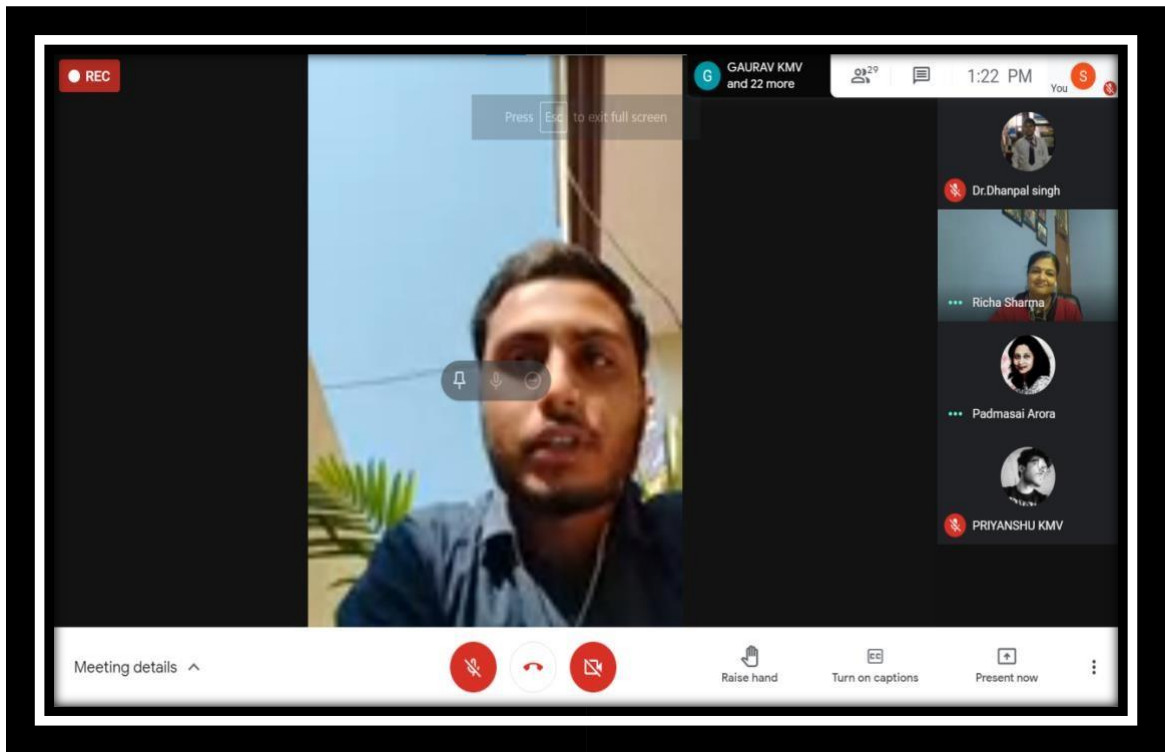
**Ambedkar's Statue of Equality** The year of 2015 was the 125th birth anniversary of Ambedkar, who had chaired the drafting committee of the Constituent Assembly and played a pivotal role in the drafting of the constitution. Previously this day was celebrated as Law Day. 26 November was chosen to spread the importance of the constitution and to spread thoughts and ideas of Ambedkar.

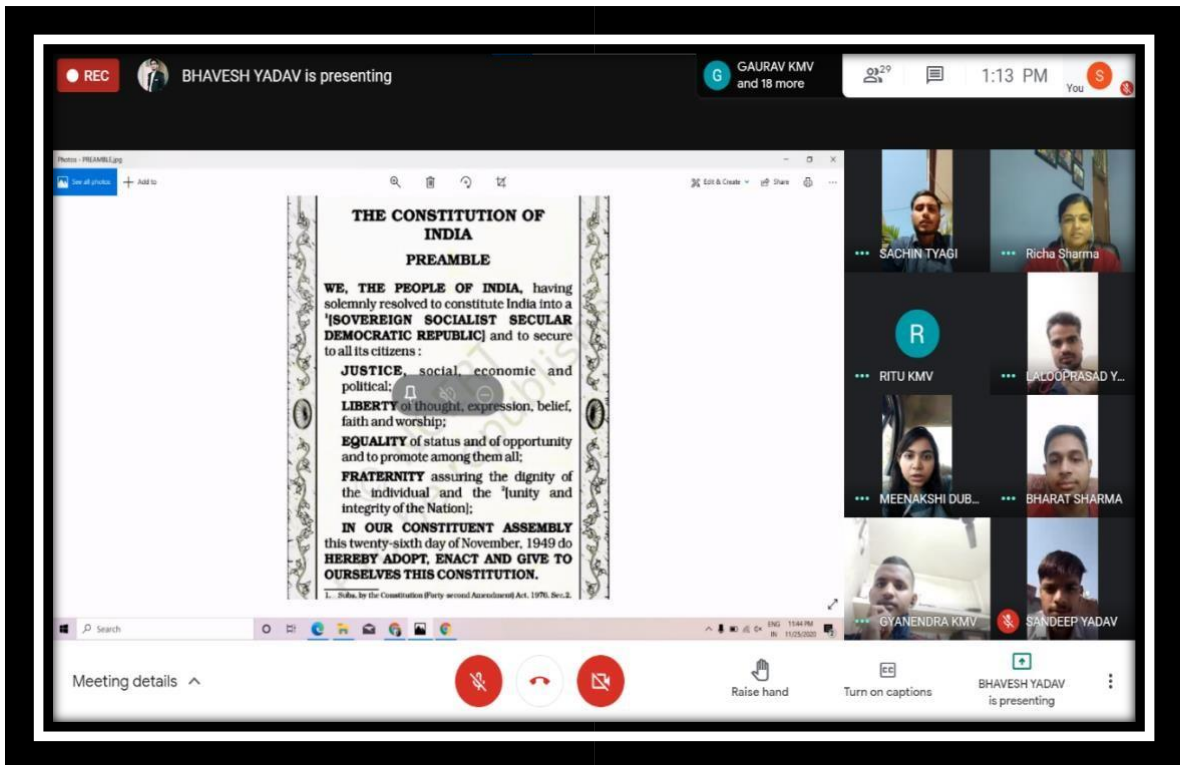
### **Programme Details**

To celebrate the National Constitution Day, NSS volunteers organised a virtual oath taking ceremony on the google meet platform. The virtual oath taking ceremony was attended by NSS volunteers, NSS Programme Officer, Dr. Richa Sharma and faculty and students of Keshav Mahavidyalaya. The opening speech was given by NSS Vice President, Sachin Tyagi. He gave detailed information on the constitution, its significance and important features. The introduction speech was followed by an interactive session on the significance of celebrating National Constitution Day and the importance of Constitution Preamble. At last, the oath was administered by NSS Programme Officer, Dr. Richa Sharma by reading out the Preamble.

The NSS Unit of Keshav Mahavidyalaya successfully organised the Virtual Oath taking Ceremony to celebrate the National Constitution Day on 26<sup>th</sup> November 2020 (1 p.m. to 2 p.m.) on google meet. It was attended by NSS volunteers, NSS Programme Officer, Dr. Richa Sharma and faculty and students of Keshav Mahavidyalaya.

**Screenshots of the Online Virtual Oath taking Ceremony on Google Meet:**





## Vaccination Awareness Drive (9<sup>th</sup> – 14<sup>th</sup> January 2021)

*“Humanity needs leadership and solidarity to defeat the coronavirus”*

The COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War 2. Since its emergence in Asia late last year, the virus has spread to every continent except Antarctica. We have now reached the tragic milestone of one million deaths, and the human family is suffering under an almost intolerable burden of loss.

With almost a year of getting exposed with coronavirus and it's after effects, India is all set to prepare the ground for a massive vaccination drive that will be crucial for the country to come out of the pandemic. Awareness programmes are of utmost importance in India before it



set to enter the crucial phase of vaccine distribution from 16<sup>th</sup> January 2021. Major challenge before the country is to create awareness among the people about the possible side effects that all vaccines may have and curbing the fake propaganda against the vaccine.

As per the directions received from Regional Director, NSS, via email, NSS Unit of Keshav Mahavidyalaya conducted awareness drive to disseminate the message to build an environment of universal vaccine acceptability.

### Some of the posters shared by NSS Volunteers

Ministry of Health and Family Welfare  
Government of India

Help us to help you

## COVID-19 Vaccine is SAFE!

Registration is mandatory for vaccination

Use any of the below mentioned **Photo ID** at the time of registration:

- Aadhaar Card
- Voter ID
- Driving License
- PAN Card
- Service Identity Cards with photograph issued to employees by Central/ State Govt./PSUs/Public Limited Companies
- MNREGA Job Card
- Passport
- Smart Card issued by the RGI under NPR
- Pension document with photograph
- Official identity cards issued to MPs/MLAs/MLCs
- Passbooks with photograph issued by Bank/Post Office
- Health Insurance Smart Card issued under the scheme of Ministry of Labour

Produce the same **Photo ID** at the vaccination site for verification

Helpline No.: 1075 (Tollfree)

When we are safe, Nation is safe!

[mohfw.gov.in](https://mohfw.gov.in)
[@MoHFWIndia](https://www.facebook.com/MoHFWIndia)
[@MoHFW\\_INDIA](https://twitter.com/MoHFW_INDIA)
[@mohfwindia](https://www.instagram.com/mohfwindia)
[mohfwindia](https://www.youtube.com/mohfwindia)



To protect yourself and your  
loved ones/ co-workers,

# Follow the **FIVE**

**COVID Appropriate  
Behaviours even after  
vaccination**



Use mask  
correctly



Wash hands with soap  
and water frequently and  
thoroughly or use hand sanitizer



Maintain 6 feet (2 gaj)  
physical distance



If you see any symptom,  
prompt self-isolation



If you see any symptom,  
promptly get yourself tested



☎ **Helpline No.: 1075 (Tollfree)**

# COVID-19 Vaccine is SAFE!

Be ready for COVID Vaccination! Follow the prescribed process for vaccination.



Help us to help you



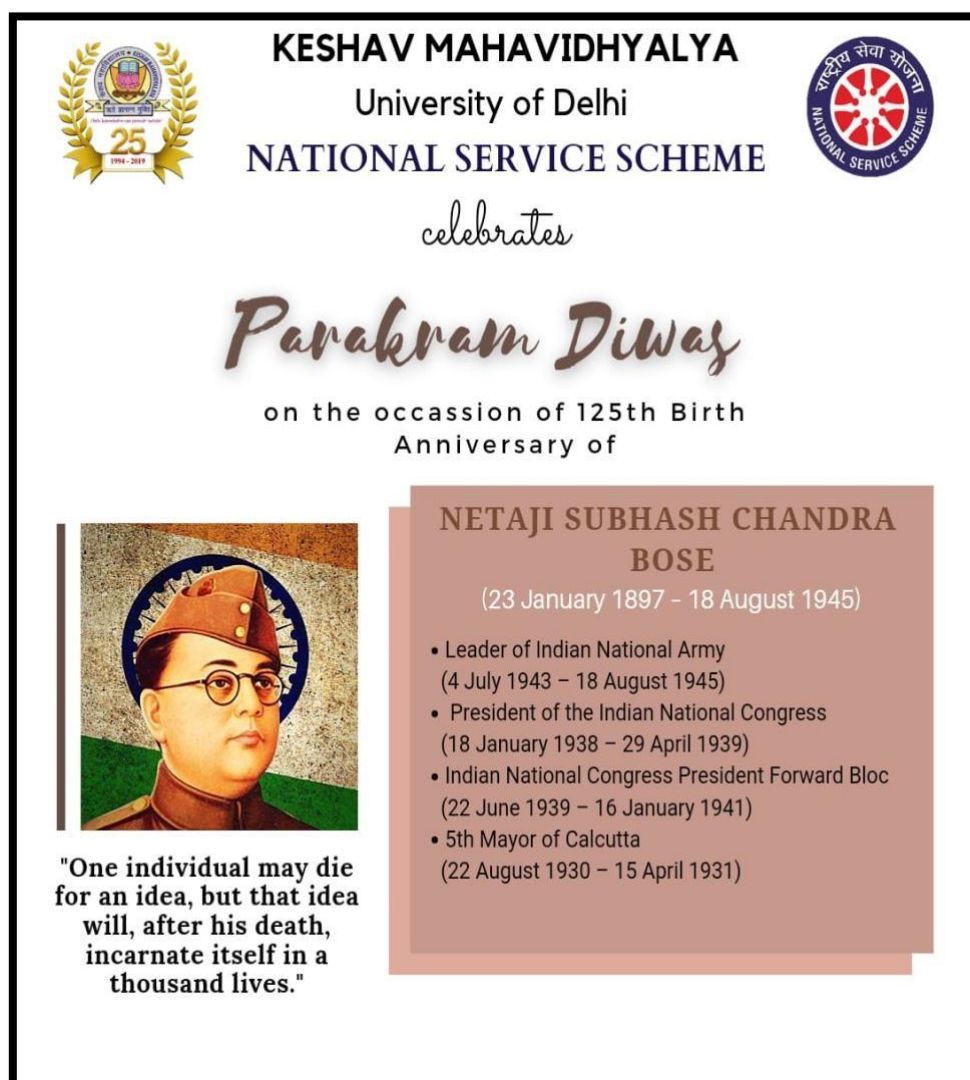
Helpline No.: 1075 (Tollfree)

When we are safe,  
Nation is safe!

[mohfw.gov.in](https://mohfw.gov.in) [@MoHFWIndia](https://www.facebook.com/MoHFWIndia) [@MoHFW\\_INDIA](https://twitter.com/MoHFW_INDIA) [@mohfwindia](https://www.instagram.com/mohfwindia) [mohfwindia](https://www.youtube.com/mohfwindia)

NSS Unit of Keshav Mahavidyalaya successfully conducted the Vaccination Awareness Drive from 9th January, 2021 to 14th January, 2021. NSS volunteers shared the posters regarding Vaccination Awareness on WhatsApp, Facebook and Instagram handles. Posters were shared with family members, relatives and friends. NSS volunteers also updated their statuses on WhatsApp as well and ensured maximum outreach so that people become aware about vaccination drive and things to do before and after getting vaccinated.

## Parakram Diwas Celebration (23<sup>rd</sup> January 2021)

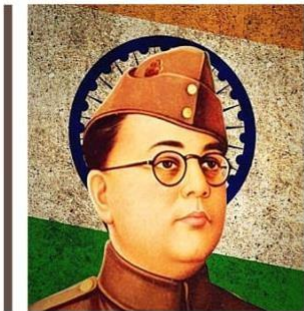


**KESHAV MAHAVIDHYALYA**  
University of Delhi  
**NATIONAL SERVICE SCHEME**

celebrates

# Parakram Diwas

on the occasion of 125th Birth Anniversary of



**NETAJI SUBHASH CHANDRA BOSE**  
(23 January 1897 - 18 August 1945)

- Leader of Indian National Army (4 July 1943 - 18 August 1945)
- President of the Indian National Congress (18 January 1938 - 29 April 1939)
- Indian National Congress President Forward Bloc (22 June 1939 - 16 January 1941)
- 5th Mayor of Calcutta (22 August 1930 - 15 April 1931)

"One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives."

Poster of the event created by an NSS Volunteer

In order to honour and remember the indomitable spirit and selfless service to the nation by Netaji Subhash Chandra Bose, the Government of India has decided to celebrate his birthday on January 23 every year as 'Parakram Diwas' to inspire people of the country, especially the youth, to act with fortitude in the face of adversity as Netaji did, and to infuse in them a spirit of patriotic fervour. Netaji is one of our most beloved national heroes who made an extraordinary contribution to India's freedom struggle. His selfless contribution to India's Independence Movement and organizing and leading the Indian National Army is indispensable. He gave all his sweat and blood for India's freedom movement and continues to inspire millions of mind with his words even today. He excelled both as a leader and fighter on account of his influential talks and speeches. Contrary to the other factions following ideologies of defence, his style was aggressive. The youth were particularly motivated by his active and upfront leadership and thousands followed him. Despite his attack-style, he was quite the diplomat who often sought allies from various nations. He formed his own Azad Hind Government, aided by Japan and Azad Hind Fauj, while he was still in exile. The Bose ideology was strong enough to attract thousands of young men and women toward his cause. He called on women to join the Army once he returned to Asia. He managed to rouse an urgent need for freedom among the masses and created a thirst for a free nation. He was of the mind that any revolution would not be possible without the mobilization of the masses. His contributions in unifying the nation aided India magnificently in the path of freedom.

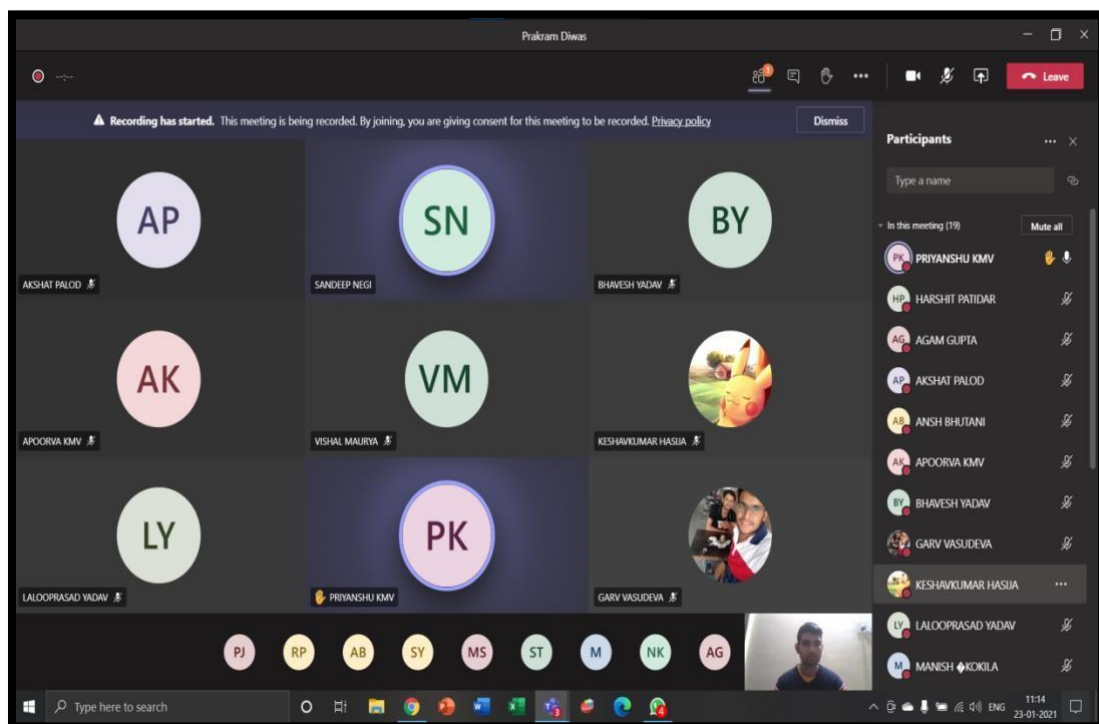
### **Programme Details**

To celebrate the Parakram Diwas, NSS Unit of Keshav Mahavidyalaya organised a virtual interactive session on Microsoft Teams platform. The session was attended by NSS volunteers and students of Keshav Mahavidyalaya. The opening speech was given by NSS volunteer

Harshit Patidar. He gave detailed information on the life and contributions of Netaji. The introduction speech was followed by an interactive session on the significance of celebrating Parakram Diwas and the lessons we can learn from the life of Netaji. Volunteers sung poems, read articles and shared the incidences from the life of Netaji that inspire them the most. Each individual was given an opportunity to express their views and opinions. A video was played at the end of the session on the life of Netaji. This video was also shared on social media handles of NSS Unit of Keshav Mahavidyalaya.

The NSS Unit of Keshav Mahavidyalaya successfully organised the Virtual Meet for an interactive session to celebrate the Parakram Diwas on 23<sup>rd</sup> January 2021 on Microsoft Teams. It was attended by NSS volunteers and students of Keshav Mahavidyalaya. The session will inspire the students to act with fortitude in the face of adversity as Netaji did, and infuse in them a spirit of patriotic fervour.

### Screenshots of the Virtual meet organised on Microsoft Teams





## Road Safety Awareness Webinar (7<sup>th</sup> February 2021)



The poster features a blue sky background with white clouds. At the top left is the Keshav Mahavidyalaya logo with a '25' anniversary emblem (1964-2019). At the top right is the National Service Scheme logo. The text reads: 'KESHAV MAHAVIDYALAYA NATIONAL SERVICE SCHEME in collaboration with HONDA organises WEBINAR ON: Road Safety Awareness for the celebration of "National Road Safety Month" with JATIN KATARIA Chief Instructor - Honda Motors Japan certified Honda Motorcycle & Scooter India Pvt. Ltd. 7th Feb (Sunday) 11 a.m. Microsoft Teams Link: https://linktr.ee/NSS\_KMV'. At the bottom, it lists 'Dr. RICHA SHARMA (NSS PROGRAMME OFFICER)', '\*E-certificates from Honda will be provided.', and 'PROF. MADHU PRUTHI (PRINCIPAL)'. The background also includes illustrations of cars, a traffic light, and road signs.

KESHAV MAHAVIDYALAYA  
NATIONAL SERVICE SCHEME  
in collaboration with  
HONDA  
organises  
WEBINAR ON:  
**Road Safety Awareness**  
for the celebration of  
"National Road Safety Month"  
with  
JATIN KATARIA  
Chief Instructor - Honda Motors Japan  
certified Honda Motorcycle & Scooter  
India Pvt. Ltd.  
7th Feb  
(Sunday)  
11 a.m.  
Microsoft Teams Link:  
[https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)  
Dr. RICHA SHARMA  
(NSS PROGRAMME OFFICER)  
\*E-certificates from Honda will  
be provided.  
PROF. MADHU PRUTHI  
(PRINCIPAL)

Poster of the event made by an NSS Volunteer

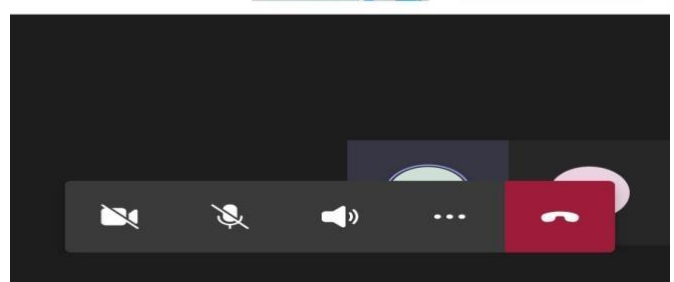
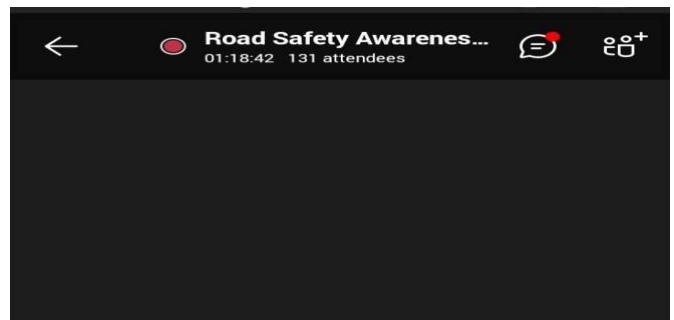
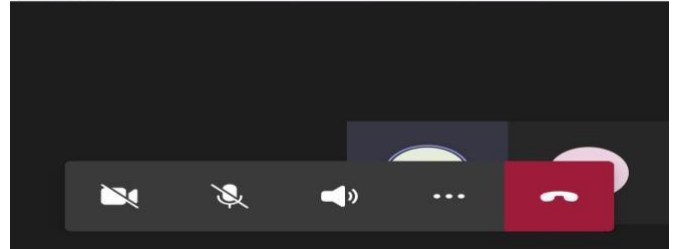
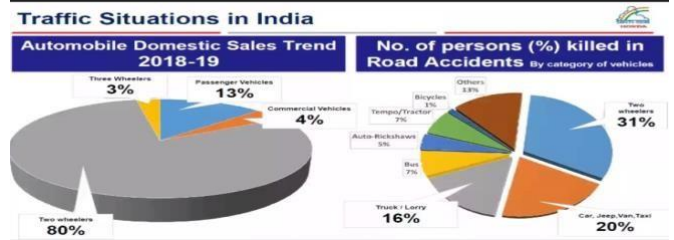
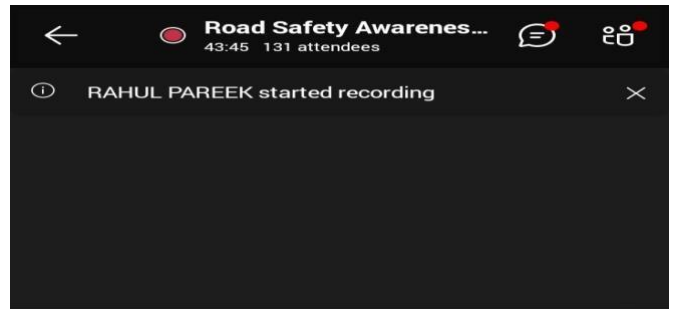
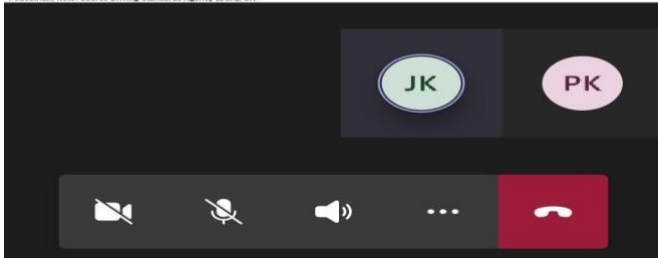
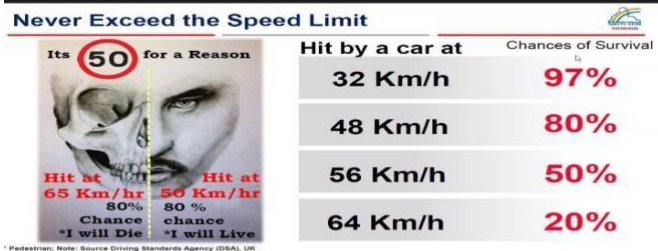
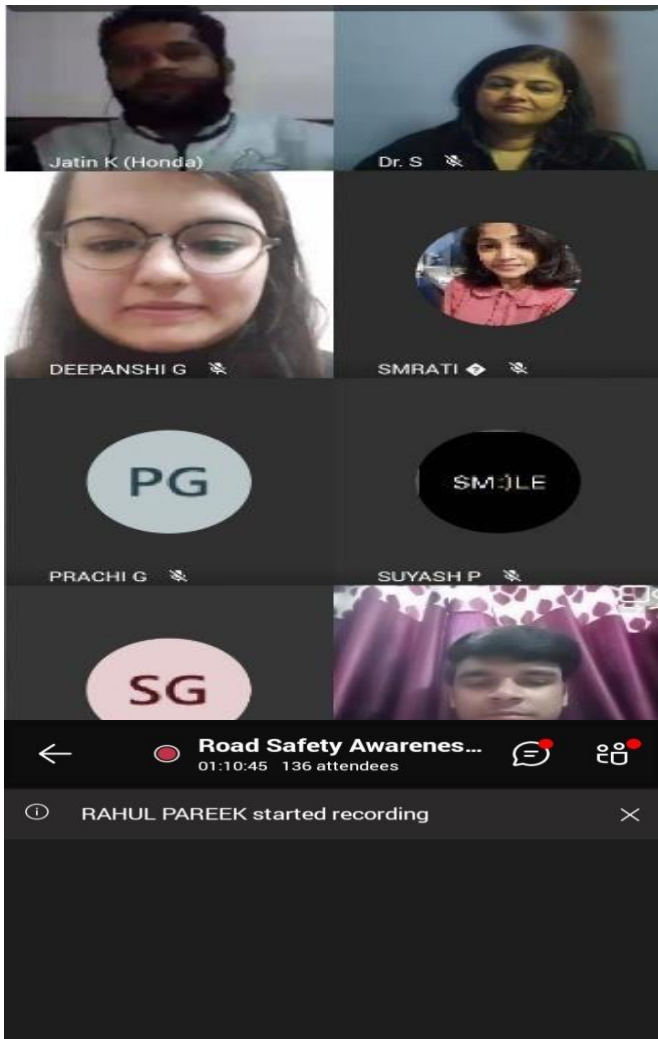
Road safety is of prime importance as road accidents are among the biggest causes of deaths in the country. With the number of vehicles on our roads increasing with every passing hour, it's of vital importance for everyone to have traffic awareness and understand and respect all the road safety rules in India. Keeping this in mind NSS KMV volunteers with full dedication and enthusiasm organized Road Safety Awareness webinar for the celebration of "National Road Safety Month" on Microsoft Teams at 11:00am with our prominent speaker and expert Mr Jatin Kataria (Chief Instructor – Honda Motors



with 5+ years in automobile industry). Webinar started with a quote highlighting the Importance of road safety and some facts and figures were given showing importance of road safety. To make the event more interactive participants were asked about their experiences regarding road accidents before the event. Almost all the participants nodded to have encountered an accident on road. After giving a warm welcome to the speaker webinar touched every part of road awareness. Participants were educated about various rules, signs and signals and myths regarding rules were broken and proper information was given. Session was highly interactive and informative. Participants asked their queries regarding road safety and rules. The speaker after solving all of the queries expressed gratitude towards NSS KMV for this well organized session. To add spark in the event an NSS volunteer presented a beautiful song highlighting road safety and rules. All the participants were highly satisfied from the event and appreciated the efforts of NSS KMV for organizing such an informative webinar on road safety. Program ended with a vote of thanks by NSS KMV programme officer.



## Screenshots of the event through Microsoft Teams:



## Parents Worship Day (4<sup>th</sup> February 2021)

केशव महाविद्यालय  
(दिल्ली विश्वविद्यालय)  
राष्ट्रीय सेवा योजना

प्रोजेक्ट भारतीय  
के अंतर्गत  
**मातृ पितृ पूजन दिवस**  
के आयोजन पर अपना योगदान दें।  
फरवरी 14, 2021

**माँ पापा के साथ खुशी के पल**  
**#firstlovemomdad**

अपनी तस्वीर इस लिंक पर भेजे :  
<https://forms.gle/WHc42TAzdWigbDsP8>  
सबसे अच्छी तस्वीरों के लिए एक विशेष शॉर्ट आउट 'एनएसएस केएमवी' के  
इंस्टाग्राम और फेसबुक अकाउंट द्वारा दिया जाएगा।

कैसे मनाएं मातृ-पितृ पूजन दिवस?  
1. अपने माता-पिता को किसी ऊंचे आसन पर बिठाएं.  
2. माता-पिता के माथे पर कुमकुम का तिलक करें.  
3. माता-पिता के सिर पर पुष्प और अक्षत रखें, फूलमाला  
पहनाएं और आरती करें.  
4. अब माता-पिता की सात परिक्रमा करें.  
5. आखिर में माता-पिता की सेवा करने का दृढ़ संकल्प  
करें.

राहुल पारीक  
(अध्यक्ष)

डॉ. ऋचा शर्मा  
(एनएसएस कार्यक्रम अधिकारी)

Poster of the event created by an NSS Volunteer

Parents Worship Day motivates the positive spirit of serving parents in the heart and soul of the children. This festival draws its inspiration from the pooja of Lord Shiva and Maa Parvati performed by little Ganpati. The idea is to spark the importance of cultural values that our Indian heritage holds. This festival comes on 14 february every year.

When the whole country was busy celebrating Valentine's Day Keshav Mahavidyalaya religiously followed the Indian culture. For the first time college celebrated Parents Worship Day. **Project Bhartiya under the NSS Unit of Keshav Mahavidyalaya** under took the initiative of bringing a change through an event on the topic “**#firstlovemomdad**” on **14 February 2021, Sunday**.

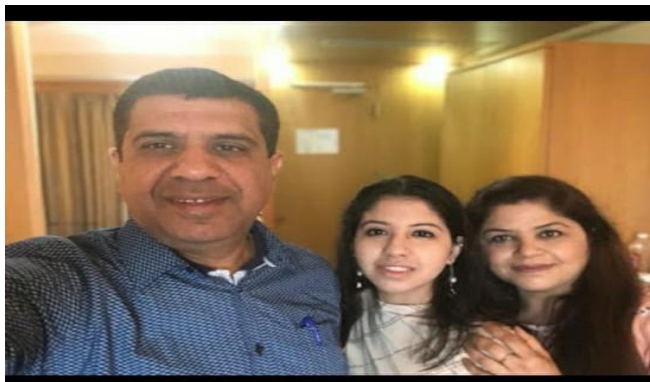
The volunteers worked hard and contemplated upon the theme. All the students of the college were informed about the great day and they were promoted to send pictures with their parents either doing a fun activity or helping them out.

The participants were expected to come forward with unique pictures. It was also decided that the best and the most unique picture would be given a big shout out through the media handle itself.

Some entries that were received are as follows-



A family enjoying the birthday feast.



A family enjoying the trip.

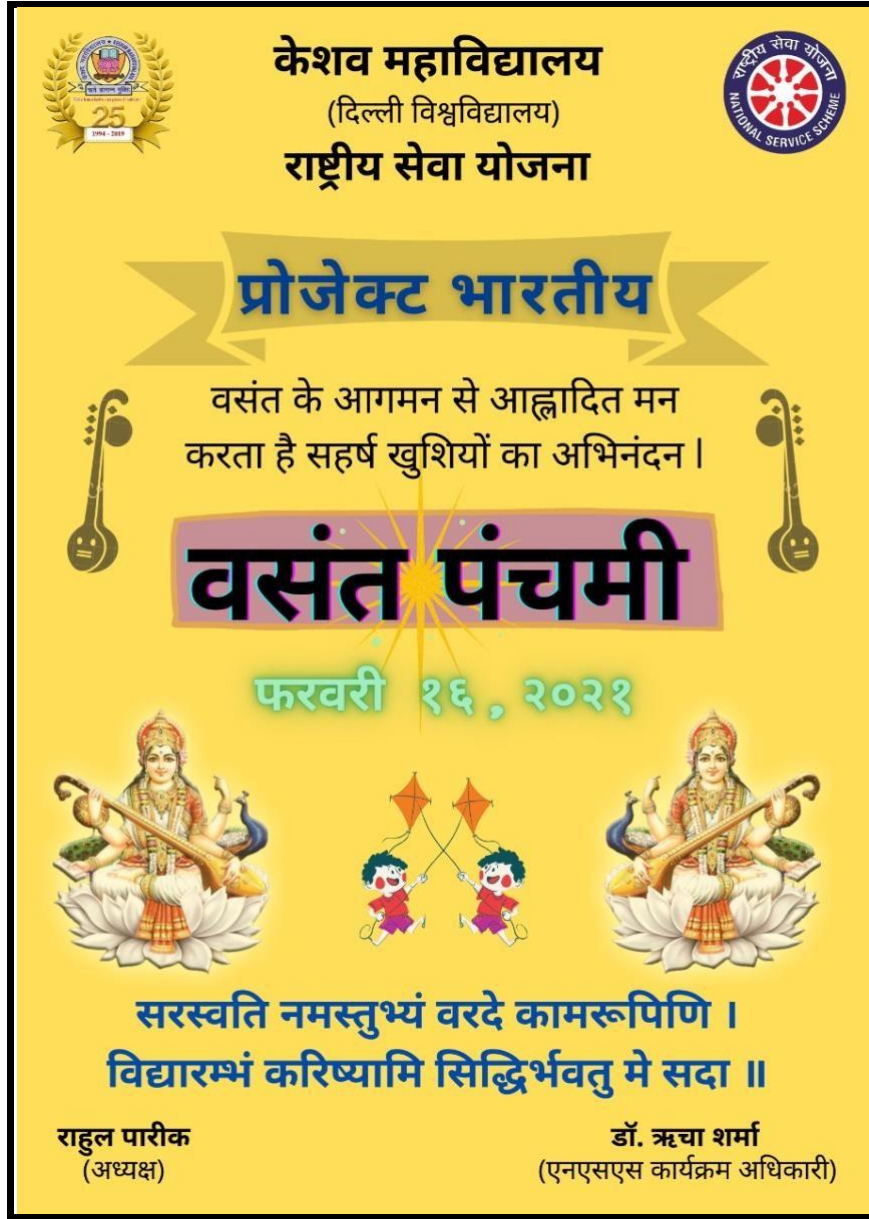


Memories captured at a family function.

Thus, the NSS volunteers left no stone unturned in restoring the cultural importance of the day. It was surely an attempt at indianizing the 14<sup>th</sup> of February, a day filled with usual western culture of celebrating Valentine's Day.

Another beautiful outcome of the initiative was that people took time out of their busy schedule to spend time with their parents, first love of their lives.

## Vasant Panchami Celebration (16<sup>th</sup> February 2021)



**केशव महाविद्यालय**  
(दिल्ली विश्वविद्यालय)  
**राष्ट्रीय सेवा योजना**

**प्रोजेक्ट भारतीय**

वसंत के आगमन से आह्लादित मन  
करता है सहर्ष खुशियों का अभिनंदन ।

**वसंत पंचमी**  
फरवरी १६, २०२१

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।  
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

राहुल पारीक  
(अध्यक्ष)

डॉ. ऋचा शर्मा  
(एनएसएस कार्यक्रम अधिकारी)

Poster of the event created by an NSS Volunteer

Vasant Panchami is celebrated on the fifth day (Panchami) of Magh month every year as it is believed that Goddess Durga gave birth to Goddess Saraswati. The occasion also marks the beginning of the preparations for Holi, which is celebrated after forty days of the Saraswati Puja.

In order to promote our Indian culture and celebrate the sacred day of Basant Panchmi the NSS volunteers of Keshav Mahavidyalaya under Project Bhartiya organised an awareness campaign to celebrate the 'Yellow Day' on 16 February 2021, Tuesday. Basant Panchmi was celebrated with full vivacity and enthusiasm at Keshav Mahavidyalaya on an online platform. The volunteers researched on the topic and made slides conveying a lot of information about the festival which included the introduction, importance of yellow colour and history of the festival. The whole campaign was aimed at spreading awareness among students about the origin of this festival and its wonderful significance. The slides were uploaded on the Instagram handle and were also shared by majority of volunteers taking the event to great heights.

The slides were as follows:

**वसंत पंचमी**

१. वसंत पंचमी एक बहुत ही लोकप्रिय त्योहार है, जो वसंत ऋतु के आगमन का प्रतीक है।

२. वसंत पंचमी के दिन जानकी देवी सरस्वती जी का जन्म हुआ था, इसलिए इस दिन सरस्वती जी की पूजा अर्चना की जाती है।

३. इस दिन हम पीले कपड़े पहनते हैं और पीले फूलों से माँ सरस्वती की पूजा अर्चना करते हैं।

४. वसंत पंचमी का त्योहार पूर्वी भारत, पश्चिम बंगाल और केरल में बड़े उत्साह के साथ मनाया जाता है।

५. वसंत ऋतु को ऋतुओं का राजा कहा जाता है और स्वास्थ्य की दृष्टि से भी यह ऋतु बड़ी उपयुक्त है।

६. गायन और वादन सहित अन्य सांस्कृतिक कार्यक्रम प्रस्तुत किए जाते हैं जो सरस्वती माँ को अर्पित किए जाते हैं।

**पीले रंग का महत्व**

१. ग्रंथों के अनुसार वसंत पंचमी पर पीले रंग के उपयोग का महत्व है।

२. इस पर्व के बाद शुरू होने वाली वसंत ऋतु में फसलें पकने लगती हैं और पीले फूल भी खिलने लगते हैं।

३. वसंत का पीला रंग समृद्धि, ऊर्जा, प्रकाश और आशावाद का प्रतीक है। इसलिए इस दिन पीले रंग के कपड़े पहनते हैं, व्यंजन बनाते हैं।

**ऐतिहासिक महत्व**

१. मान्यता है कि वसंत पंचमी के दिन सिखों के दसवें गुरु, गुरु गोबिन्द सिंह जी का विवाह हुआ था।

२. राजा भोज का जन्म वसंत पंचमी को ही हुआ था। राजा भोज इस दिन एक बड़ा उत्सव करवाते थे जिसमें पूरी प्रजा के लिए एक बड़ा प्रीतिभोज रखा जाता था।

इस तरह वसंत पंचमी का त्योहार आनंद और उत्साह के साथ पूर्ण होता है।

Full participation of the students was seen. The students offered prayers to Goddess Saraswati. Posters with lots of warm wishes were shared in all groups with students and teachers. This day was celebrated to welcome the spring season. This was an event containing a blend of piety and knowledge. This event was a great success for the NSS Unit.



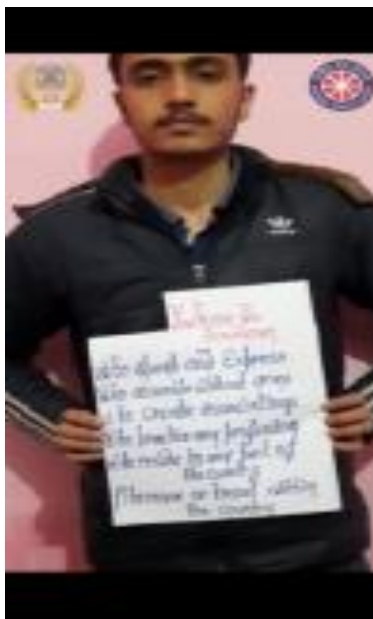
## World Day of Social Justice (20<sup>th</sup> February 2021)

To observe the World Day of Social Justice, NSS unit of Keshav Mahavidyalaya under Project SATARK presented a video on “AWARENESS ON FUNDAMENTAL RIGHTS”

“You can’t fight for your rights, if you don’t know what they are  
“Keeping in mind that the occurrence of injustice will stop only when people are aware of their rights, the video majorly focuses on spreading awareness of Fundamental Right that our Constitution provides.

The video includes description of all the 6 Fundamental Rights in a brief and knowledgeable manner which is Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Right to Minorities and Right to Constitutional Remedies.

NSS volunteers used Flashcards to present each right which were then compiled into a single video.





The video was uploaded on Instagram page of our unit

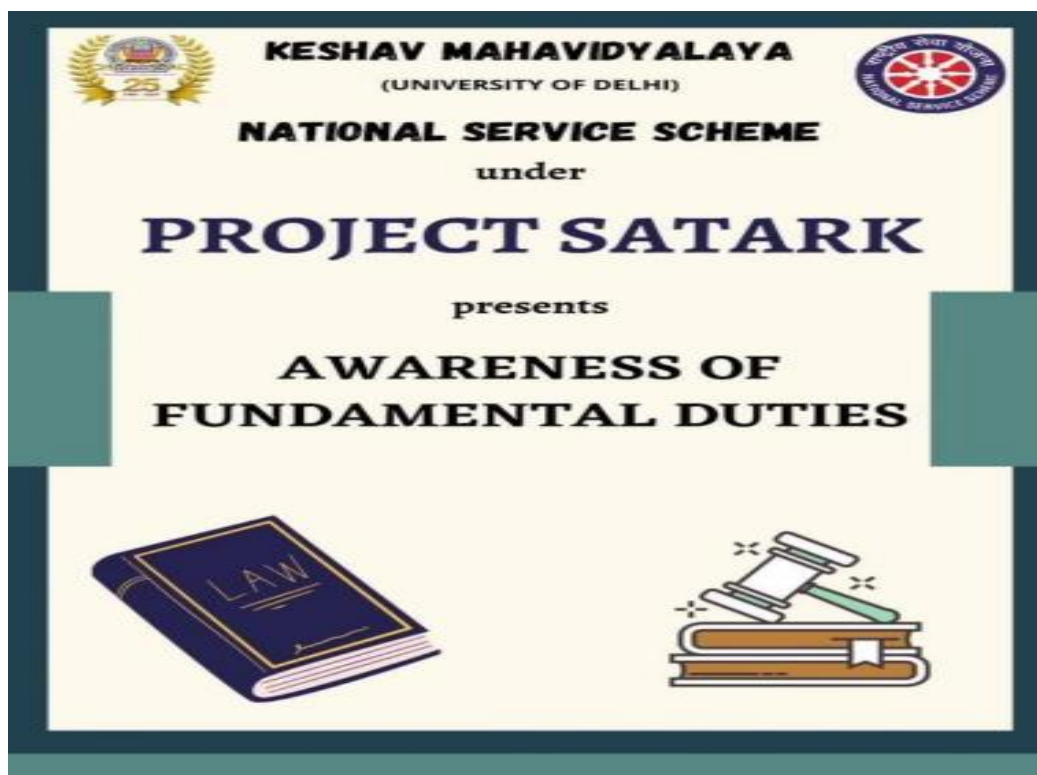
<https://www.instagram.com/tv/CLhWI CejCdM/?igshid=di2aw0vdq5g4>

## **AWARENESS ON FUNDAMENTAL DUTIES**

Poster of the event created by an NSS Volunteer

We know our rights so we stand up for them when we face any injustice, but what about our duties? We should know our duties as

well  
to



make sure that we do not become any hindrance to the proper functioning of our country.

***The moral value of Fundamental Duties would not be to smoothen rights but to establish a democratic balance by making people conscious of their duties equally as they are conscious of their rights.***

***- LATE PM SMT. INDIRA GANDHI***

NSS unit of Keshav Mahavidyalaya under project SATARK launched an initiative to make the general public aware of their duties through a short clip which was a compilation of animated posters with audio in the background that described facts, importance, and all the 11 fundamental duties mentioned in the Constitution in layman's language to make it understandable to everyone.

**Posters shared by NSS volunteers:**



## **FACTS ABOUT FUNDAMENTAL DUTIES**



**- FUNDAMENTAL DUTIES ARE CATEGORISED INTO TWO**

**MORAL DUTY : CHERISHING NOBLE IDEALS OF  
FREEDOM STRUGGLE.**

**CIVIC DUTY : RESPECTING THE CONSTITUTION,  
NATIONAL FLAG AND NATIONAL ANTHEM**

**- THEY ESSENTIALLY CONTAIN JUST A CODIFICATION  
OF TASKS INTEGRAL TO THE INDIAN WAY OF LIFE.**

**- THE FUNDAMENTAL DUTIES ARE CONFINED TO  
INDIAN CITIZENS ONLY AND DO NOT EXTEND TO  
FOREIGNERS UNLIKE A FEW FUNDAMENTAL RIGHTS**

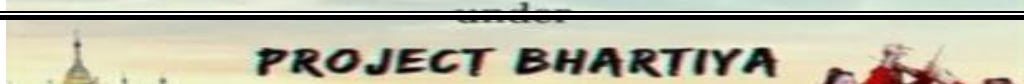
**- THEY ARE ALSO NON JUSTICIABLE SIMILAR TO  
DIRECTIVE PRINCIPLE OF STATE POLICIES.**

**- THERE IS NO LEGAL SANCTION AGAINST THEIR  
VIOLATION.**





**Arunachal Pradesh Awareness Week (20<sup>th</sup> – 26<sup>th</sup> February 2021)**



Poster of the event created by an NSS volunteer

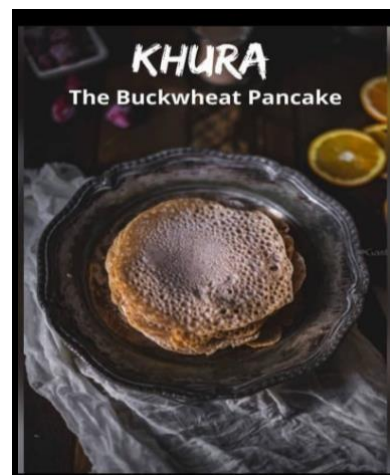
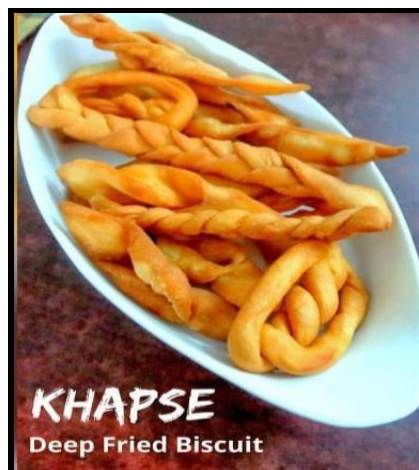
Arunachal Pradesh is the largest of the seven sister states of Northeast India. It shares 1,129 km border with China's Tibet autonomous region. As of the 2011 census of India, Arunachal Pradesh has a population of 1,382,611 and an area of 83,743 square kilometres. The north eastern states of India stand neglected due to their geographical isolation from the rest of the nation. The NSS Unit of Keshav Mahavidyalaya under Project Bhartiya took the initiative of organizing an awareness week on the state of Arunachal Pradesh. The week was aimed at providing all the major information about the place.

The NSS volunteers had put in a lot of work and created posters and videos to spread awareness for the week. The spheres and arenas which were touched upon are as follows:

1. A video was uploaded on the Instagram handle of NSS in which all the volunteers provided useful information about the state including history, arts and handicrafts, famous places and many more things.

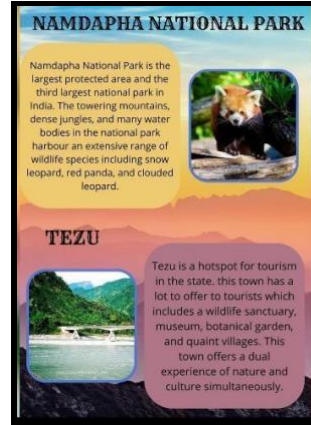


2. The mouth-watering dishes of the state were presented through various posts on the social media handles. Food items which vary from tribe to tribe form an essential part of Arunachal Pradesh and draw a lot of attention.

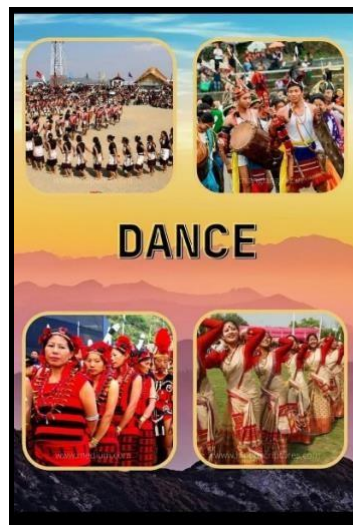
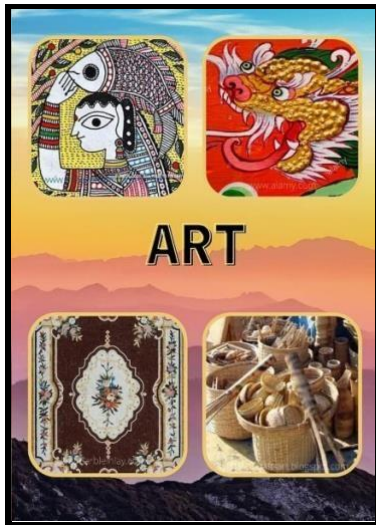


3. Information regarding the serene tourist attractions was shared. It was seen that Arunachal Pradesh is indeed every traveller's paradise and it has many beautiful and mesmerizing yet less appreciated destinations.





4. Diverse culture of the state of Arunachal Pradesh was showcased on the social media handles. Various aspects like religion, beliefs, art, etc. were touched upon so as to give an insight of the lives of people of the state.



**International Mother Language Day (21<sup>st</sup> February 2021)**



Poster of the event created by an NSS volunteer

International Mother Language Day is celebrated every year on 21st February. The main purpose of celebrating this day is to promote the awareness of language and cultural diversity all across the world. It was first announced by UNESCO on November 17, 1999.

It's essential for the youth to preserve their mother language therefore in order to promote this perception the NSS Unit of Keshav Mahavidyalaya worked on this idea and organised an event under the Project Bhartiya. An interesting webinar was conducted by the team on 21<sup>st</sup> February 2021, Sunday at 12 noon on Microsoft teams. The information regarding the webinar was circulated one day prior in all the groups and on the Instagram handle of NSS. The volunteers worked meticulously for the success of the event.

The webinar was fun for the participants. It was divided in several parts-

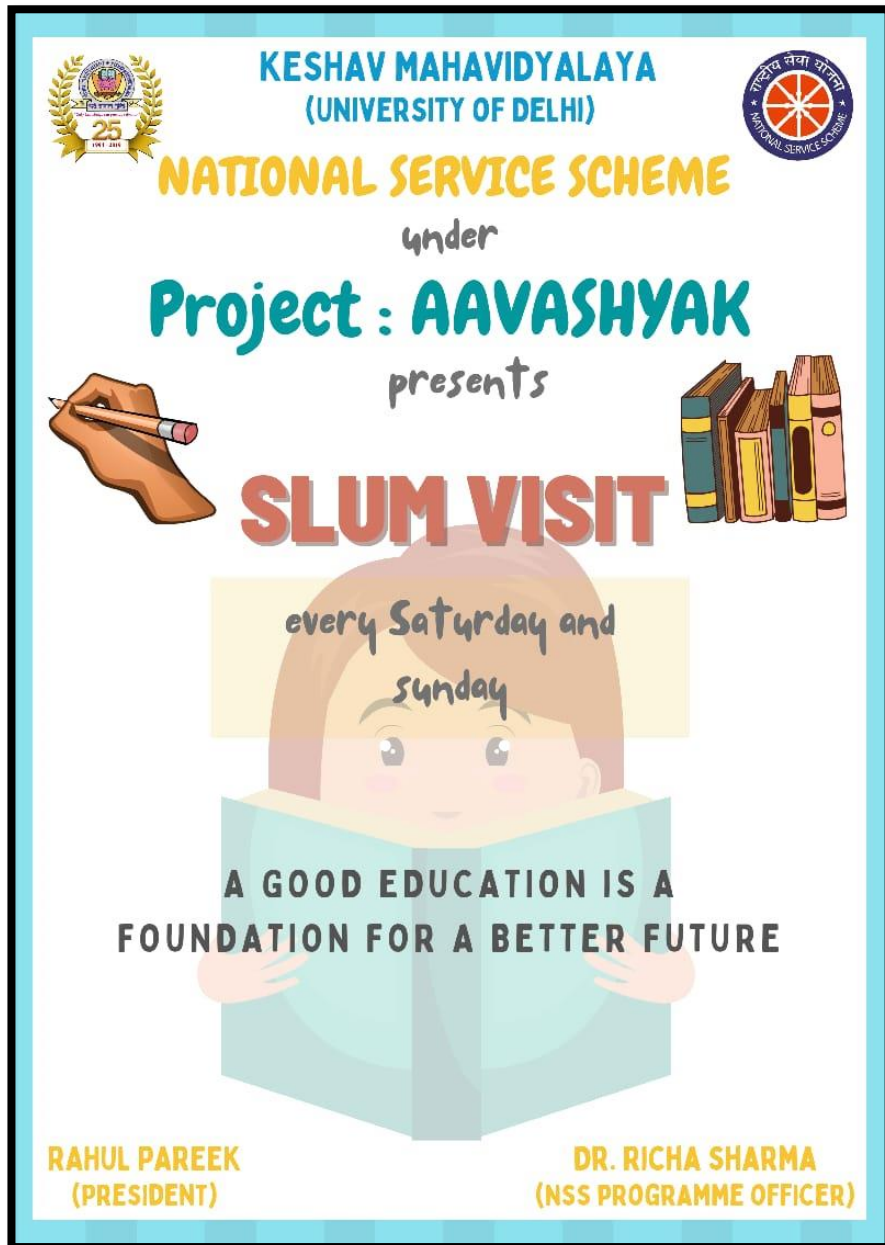
1. The event started with a detailed description of the Mother Language Day, given through Power Point presentation which was explained by one of the volunteers. It included the meaning, history, interesting facts, official languages recognised by the law and some more information.
2. After this came the most interesting and enticing part of the event which had the maximum participation. Majority of the volunteers and the participants presented a short performance in their own language. Different talents along with different languages came in limelight. They included poem recitation or singing songs or mimicry. Everyone participated enthusiastically in this activity.
3. Then a fun quiz was conducted in which the questions were put up about different languages.
4. The event was concluded by a vote of thanks by an NSS volunteer.

The students showed full enthusiasm and interest. The way everyone took the initiative to open up and speak in their own language was commendable. Participants of different culture came forward and presented their language with keen interest. Amazing feedback was received from the participants appreciating the event. The best part was that the candidates gained confidence by speaking in front of new faces. The event was a great success for the NSS Unit and the goal of spreading awareness about the linguistic diversities was fulfilled.

**Some pictures of the event are as follows:**



## SLUM VISIT (March – April 2021)



Poster of the event made by an NSS volunteer

*“Those wide eyes  
Staring at the Sky,  
With hope so high and no tears left to cry  
For their lives are joyless and grey,  
And their dreams are taken away to look  
Up and pray for a chance to live each day.”*

Project Aavyashak is a wellness initiative by NSS KMV which aims to help these poor people by adopting a slum and taking care of them like their own family. Under this initiative, the volunteers provide education to these young minds and also teach social and moral values.

Volunteers of NSS KMV help them with their academics syllabus as well as moral values that help them become a good human being. Young kids are taught good thoughts, moral stories, art and craft. The girls are taught about maintaining their personal hygiene.

Apart from all these volunteers of NSS KMV occasionally distribute notebooks, pen, pencil and chocolates among these kids.

The volunteers of NSS KMV try to acknowledge them with the best possible skill-set which they could learn in a short period of time and also keep helping them earn more in the future.

Project AVASHYAK under NSS KMV took initiative to visit slum every saturday and sunday from april to march at day time 11a.m. Volunteers used to go to a slum near Rani Bagh, Pitampura in Delhi where they distributed stationery and eatable items to slum dwellers and their children and also taught them basic subjects and social and moral values.

## Photographs of the SLUM VISITS:











## Survey Report on Mental Health Campaign



# SURVEY REPORT

PROJECT NIROG



## MENTAL HEALTH CAMPAIGN (27 FEBRUARY 2021 - 2 MARCH 2021)

MENTAL HEALTH IS AN IMPORTANT ASPECT OF ONE'S LIFE. WE ALL KNOW THE SAYING, A HEALTHY MIND RESIDES IN A HEALTHY BODY. TO BE FULLY FUNCTIONING IN ONE'S LIFE, ONE NEEDS TO BE HEALTHY IN ALL WAYS. TO SPREAD MORE AWARENESS ABOUT THIS, NSS KMV UNDER PROJECT NIROG ORGANIZED A MENTAL HEALTH SURVEY TO GATHER INFORMATION ABOUT THE STATUS OF MENTAL HEALTH IN DIFFERENT INDIVIDUALS. THE SURVEY INCLUDED 16 QUESTIONS, WHICH VARIED FROM RATING THE INDIVIDUAL'S MENTAL HEALTH TO KNOWING THEIR CURRENT FEELINGS AND SLEEP PATTERN AND WHETHER THEY ARE/WERE DIAGNOSED FROM ANY MENTAL ILLNESS. 197 PEOPLE RESPONDED TO THE SURVEY WHEREIN 150 RESPONSES (76.1%) WERE FROM THE AGE GROUP OF 18-30. THE REST INCLUDED AGES OF 12-18 (19.8%), 30-45 (1.5%) AND 45 ABOVE (2.5%).

THE RESULTS OF THE SURVEY INDICATED THAT-

- (1) 35% PEOPLE SUFFERED FROM DEPRESSION OR ANXIETY IN THE PAST, 18.8% PEOPLE NEVER REALIZED THEY WERE SUFFERING FROM IT AND 4.6% PEOPLE IGNORED IT.
- (2) ALMOST 10.7% INDIVIDUALS HAD THEIR INTERPERSONAL RELATIONSHIPS AFFECTED DUE TO THEIR MENTAL HEALTH.
- (3) IT ALSO CAME TO OUR ATTENTION THAT 88.3% OF THE PEOPLE NEVER HAD THEIR MENTAL CHECK-UP DONE.
- (4) 6.1% OF THE INDIVIDUALS HAVE DIFFICULTY IN PERFORMING THEIR DAILY LIFE ACTIVITIES DUE TO THEIR MENTAL ILLNESS.
- (5) 3.6% OF INDIVIDUALS WHO ANSWERED THE SURVEY NEVER FEEL POSITIVE IN THEIR LIFE WHEREAS 15.2% PEOPLE ALWAYS FEEL POSITIVE ABOUT THEIR LIFE.

To conclude, this is a high time when importance and awareness about mental health should be shed some light upon. A high number of people neglect symptoms of their deteriorating mental health. So, steps to improve our mental health should be taken.

## World Wildlife Day (3<sup>rd</sup> March 2021)

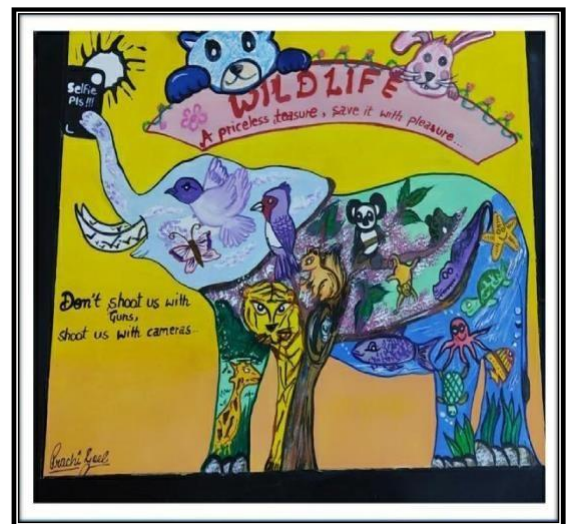
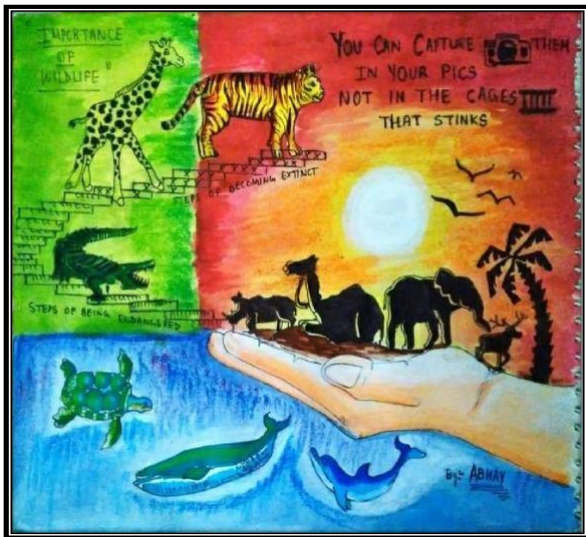


Poster of the event created by an NSS Volunteer

Wildlife plays an important role in balancing the environment and provides stability to different natural processes of nature. Wildlife is important for nature's beauty, economic, scientific and survival value. It helps to maintain the ecological balance of nature and maintains the food chain. The day comes on 3<sup>rd</sup> of March every year. The day is celebrated to raise awareness on endangered animals and plants. The celebrations of World Wildlife Day are ways to fight against wildlife crime. On World Wildlife Day, The NSS unit of Keshav Mahavidyalaya under project "Voice for Voiceless" organized poster making competition on the theme - Importance of Wildlife. The volunteers worked hard and contemplated upon the theme. All the students of the college were informed about the event through WhatsApp groups and social handles of NSS KMV and they were motivated to send their posters and show their love towards animals. Participants took part in

the competition with full enthusiasm in their busy schedule and showed their love towards animals.

### Some of the entries received



## Results of the Poster Making Competition

**Keshav Mahavidyalaya**  
(University of Delhi)  
**National Service Scheme**

under Project  
**"VOICE FOR VOICELESS"**

announces the winners of  
**"Poster Making Competition"**

organised on  
**Theme- Importance of Animals**

**1**  
**Abhay**  
B.Sc. (P) Physical Science  
with Computer Science  
(1st Sem)  
Keshav Mahavidyalaya  
(DU)

**3**  
**Prachi**  
B.Sc. (H) Computer Science  
(1st Sem)  
Keshav Mahavidyalaya  
(DU)

**2**  
**Gautam**  
B.M.S.  
(1st Sem)  
Keshav Mahavidyalaya  
(DU)

**Congratulations**

**Sachin Tyagi**  
(Vice President)

**Dr. Richa Sharma**  
(NSS Programme Officer)

Full participation of the students was seen. The results were evaluated by the team and then declared through the NSS KMV social media handles. It was a tough call to choose the winners among many breath taking entries. The participants took time out of their busy schedule to show their love and care towards animals, by showcasing their creativity through posters.

## Poetry Writing Competition (8<sup>th</sup> March 2021)



The poster features a light green background with decorative elements including a laurel wreath on the left, a quill pen on the right, and an open book at the bottom left. At the top left is the 25th anniversary logo of the University of Delhi (1941-2019). At the top right is the National Service Scheme logo. The text is centered and reads: 'KESHAV MAHAVIDYALAYA University Of Delhi NATIONAL SERVICE SCHEME organises POETRY WRITING COMPETITION on the occasion of International Women's Day (8 March 2021) Topic:- Role Of Women In Our Society LINK: https://linktr.ee/NSS\_KMV Last date of submitting entries: 10th March, 11:59 pm. For any Query Contact:- Sandeep Yadav (9971355542) MUSKAN SAINI (SECRETARY) DR. RICHA SHARMA (NSS PROGRAMME OFFICER)'

**KESHAV MAHAVIDYALAYA**  
University Of Delhi  
**NATIONAL SERVICE SCHEME**

organises

**POETRY  
WRITING  
COMPETITION**

on the occasion of  
**International Women's Day**  
(8 March 2021)

**Topic:- Role Of Women In Our  
Society**

**LINK: [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)**

**Last date of submitting entries:  
10th March, 11:59 pm.**

For any Query Contact:-  
Sandeep Yadav (9971355542)

**MUSKAN SAINI  
(SECRETARY)**

**DR. RICHA SHARMA  
(NSS PROGRAMME OFFICER)**

Poster of the event created by an NSS Volunteer

The world celebrates womanhood each year on March 8 as International Women's Day. On this day, people come together to honour the achievements of women. The day also marks a call to action for accelerating gender parity. To commemorate the same, NSS Unit of Keshav Mahavidyalaya organised Poetry Writing Competition

on the theme- "Role of Women in our Society". Notification for the same was floated on social media platforms like Facebook, Instagram and WhatsApp. Participants were supposed to send entries between March 8 to 10, 2021. Significant number of entries was received via google form.

Students from different colleges participated in the event.

### Results of the Poetry Writing Competition

**KESHAV MAHAVIDYALAYA**  
(University of Delhi)

**National Service Scheme**

Announces result of  
*"Poetry Writing Competition"*

Organised on  
**International Women's Day**  
Theme:- **Role of Women In Our Society**

**1**  
**Ms. Sangita Shenoy**  
B.com(p)  
K.V.Pendharkar College,  
Maharashtra  
(2nd year)

**2**  
**Mr. Anshu**  
B.Sc(H) Mathematics  
Daulat Ram College,  
Delhi University  
(3rd year)

**3**  
**Ms. Purna**  
B.Com(H)  
Keshav Mahavidyalaya  
Delhi University  
(2nd year)

**Congratulations**

**Rahul Pareek**  
(President)

**Dr. Richa Sharma**  
(Nss Programme Officer)



## Maha Shivratri Celebrations (11<sup>th</sup> March 2021)

केशव महाविद्यालय  
(दिल्ली विश्वविद्यालय)  
**राष्ट्रीय सेवा योजना**  
के अंतर्गत

**प्रोजेक्ट भारतीय**  
की ओर से  
**महाशिवरात्रि**  
की हार्दिक शुभकामनाएं।  
**मार्च ११, २०२१**

कर्पूरगौरं करुणावतारं, संसारसारं भुजगेन्द्रहारम् ।  
सदावसन्तं हृदयारविन्दे, भवं भवानीसहितं नमामि ॥

**"ॐ नमः शिवाय"**

राहुल पारीक  
(अध्यक्ष)

डॉ. ऋचा शर्मा  
(एनएसएस कार्यक्रम अधिकारी)

Poster of the event created by an NSS volunteer

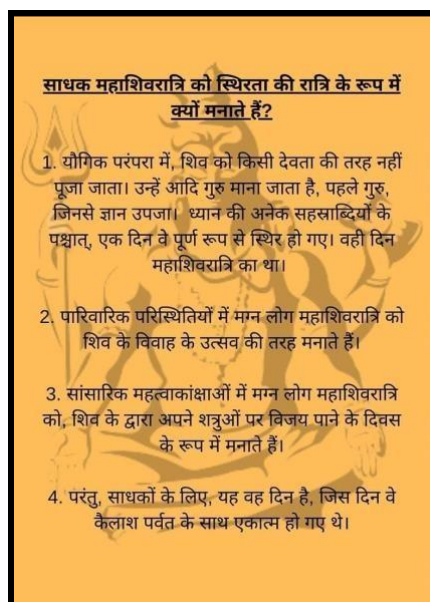
Maha Shivratri is predominantly a Hindu festival, celebrated annually in honour of Lord Shiva. Shivratri is celebrated in every month of the luni-solar calendar, in accordance with the Hindu calendar but once a year, in late winter Maha Shivratri is celebrated to commemorate the oncoming summer. Maha Shivratri, literally translates as 'the great night of Shiva' and according to legend, it is on this night that Lord Shiva performs his heavenly dance or 'tandav'.

Of the 12 Shivratri observed in any given year, Maha Shivratri is considered especially auspicious. Shivratri is supposed to be the night of convergence of Shiva and Shakti, which in essence mean the

masculine and feminine energies that balance the world. In Hindu culture, this is a solemn festival that marks the remembrance of 'overcoming darkness and ignorance in life'.

In order to celebrate this sacred day and spread the message that it carries, an online awareness campaign was organised by NSS unit of Keshav Mahavidyalaya under Project Bhartiya. As a part of this campaign, informative posters were made on the significance of Maha Shivratri. These posters were then shared on the social media handles as well as on whatsapp along with warm wishes. The main aim of the event was to make people aware about the roots of the festival so that celebrations become more meaningful and pious.

The posters created were as follows: -



The volunteers participated enthusiastically and the posters were shared extensively.

The day brought in a lot of positivity. The event was sacred as well as quite informative. Thus, the event was a success for the NSS unit.



## No Smoking Day (10<sup>th</sup> March 2021)

Poster of the event created by an NSS Volunteer

The mind and body are not separate. What affects one, affects the other. It is immensely important to take care of both during these tough COVID times. Smoking is the most prevalent addiction in today's world that not only affects the health of the smoker but also impedes the development of the society as a whole.

So, this year on "No Smoking Day", the NSS unit of Keshav Mahavidyalaya under project Nirog took initiative to spread awareness about the harmful health effects of tobacco consumption and encourage people to quit smoking by organizing a Slogan Writing Competition.

The theme of the Slogan Writing was “Quit Smoking”. The information regarding the competition was circulated through mediums like WhatsApp, etc. on 8<sup>th</sup> March 2021. Interested participants had to submit their works via google forms latest by 10<sup>th</sup> March 2021. The event witnessed successful participation of students from different colleges. Total of 36 people took part in the competition. After the submission time ended, the slogans were judged by the event heads impartially according to creativity, relevance and originality of the work. Some inspiring and beautiful slogans written by the winners are enclosed below. The winners of the competition were provided with E-certificates. The result of the event was also posted on the Instagram handle of NSS KMV on 13<sup>th</sup> March 2021.

We heartily thank all the participants and the NSS volunteers whose fervent participation made the event a success.

## **Slogan by Winners**

### **1<sup>st</sup> position**

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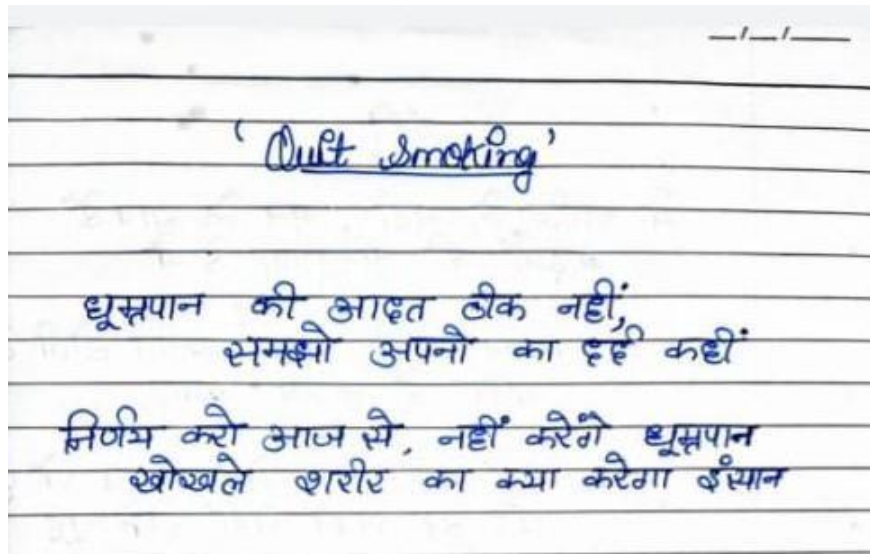
#### **SLOGAN.**

सेहत का ध्यान ना रखते हुए ,  
तम्बाकू तुमने खाया है ,  
बीड़ी का भी सेवन कर लिया ,  
अब कैंसर को चाय पर बुलाया है ।

#### **MESSAGE.**

धूम्रपान से दूरी बनाए रखने से ही कैंसर को बढ़ने से  
रोका जा सकता है □ धूम्रपान तथा तम्बाकू का सेवन  
ना करें ।

## 2<sup>nd</sup> position



## 3<sup>rd</sup> position



## **Quiz Competition (14<sup>th</sup> March 2021)**

In order to spread awareness regarding rights and duties of the consumers, NSS unit of Keshav Mahavidyalaya conducted a quiz to enhance and test facts and knowledge regarding CONSUMER RIGHTS in two rounds i.e. ROUND 1 (Who Am I?) and ROUND 2 (Study the Case).

Round 1 of consumer rights Quiz was conducted through google forms platform in which around 50 participants were present. The Round 1 consisted of 15 fact-based basic questions to be attempted in 10 minutes for evaluating basic knowledge of the participants present.

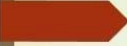
Only participants with potential to give enthusiastic competition and splendid knowledge on the topic were selected for Round 2.

Round 2 of quiz was conducted on Google Meet for the qualified participants in some new and interesting way, the quiz was held by sharing the screen presenting brief case studies. Participant had to analyse the case and give appropriate answers. The questions were based on real life situations that may arise as a consumer and only those who know their rights and the provisions that we are availed with as a consumer can score their way up to winning. The time limit for each question was 15 seconds, there were 10 questions. The final scores were calculated on the basis of four marks each for every correct answer and 1 mark deduction for every wrong one.

Some glimpses of the type of questions asked in Round 2 are:


Q1. Mr. X went to buy a pack of chocolate from a shop in a nearby market. Despite his preference to buy a particular brand the shopkeeper forced him to buy a pack from another brand, by giving odd justifications. He ended up buying chocolates from another brand and was feeling dissatisfied about his purchase.

 **Identify which Consumer Right was violated.**

 Q2. A person bought a shampoo from a local shopkeeper and found out that the ingredients given on the label were not legible. He complained about it to the manufacturing company. The company sent a written apology stating that the existing products will be withdrawn from the market and new products with legible labels will be soon made available.

**Identify which Consumer Right was exercised by the consumer?**

The quiz went on very smoothly with coordination of all the event volunteers and the participants; the entire event was conducted without any delay or complications of any kind.



Q8. Amit started a company to manufacture toothpaste using herbs found in his village instead of chemical. The packaging was eco friendly and had all the details like address and phone number of the company's "Service and Grievance Cell". The product become very popular and he started getting orders from reputed traders.

**Identify the two rights of consumers discussed above**

Finally, the winners for the quiz were concluded on the basis of final results according to which 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions were given to them with the certificates of appreciation and the same were also displayed on the NSS KMV social media handle.

The event was a huge success with enthusiastic participation. After the quiz, a feedback form was filled by the participants. They appreciated the level of questions and the entire course of events. Some participants also suggested holding more events like this to raise awareness in a fun and knowledgeable way.

### **RECYCLATHON (18<sup>th</sup> March 2021)**

*"There is no such thing as away. When we throw anything away it must go somewhere.*

*~Annie Leonard*





Poster of the event created by an NSS volunteer

Global recycling day is observed every year on March 18<sup>th</sup> to create awareness among the masses about the rapid pace at which our natural resources are being used. This day promotes the concept and practice of recycling. NSS Keshav Mahavidyalaya took the initiative of celebrating the Global Recycling Day 2021 and spreading awareness about the importance of recycling by means of an interactive Quiz Competition "Recyclathon".

The event was organized in online mode by means of google form.

### **Winners of the Competition:**

1<sup>st</sup> Position: Sangita Shenoy  
(K.V. Pendharkar College, Maharashtra)

2<sup>nd</sup> Position: Annapurna Jajodia  
(Keshav Mahavidyalaya College)

3<sup>rd</sup> Position: Goldi Yadav  
(12<sup>th</sup> Class, Carmel High School)

### Speech Competition (22<sup>nd</sup> March 2021)

**KESHAV MAHAVIDYALAYA**  
(University Of Delhi)

**NATIONAL SERVICE SCHEME**  
under

**Project : PARYA-KARM**  
(Work for Environment)

organizes

**SPEECH COMPETITION**  
on the occasion of

**International Day of Forests  
&  
World Water Day**

**THEME : FOREST RESTORATION AND VALUING WATER**

Send your entries (recorded video of speech)  
and show some love towards the nature by  
uploading a photo Or selfie of plantation  
(optional) through google form

**LINK IS IN BIO**  
**22nd March , 11:59pm**

**RAHUL PAREEK**  
(PRESIDENT)

**DR. RICHA SHARMA**  
(NSS PROGRAMME OFFICER)

Poster of the event created by an NSS volunteer

Healthy forests act as a filter to keep pollution out of water. Strong roots anchor soil against erosion and material on the forest floor helps absorb nutrients and sediment. But when forests are disturbed and degraded, sediment flows into streams and pollutes water. Forests help control the water cycle by regulating precipitation, evaporation and flows. Layers of forest canopy, branches and roots can store and

release water vapour, which controls rainfall. Forests can also help reduce the impacts of flood from storms by blocking and slowing down the flow of runoff. Healthy forests are critical to providing clean water. Forests can positively impact the quantity, quality and filtration costs associated with a city's water. Keeping the importance of Forests and Water in mind, NSS KMV organized a speech Competition on International Forest Day and World water Day. Dated 22 March 2021 under the project *PARYA – KARM*. Theme of the speech Competition was "Forest Restoration and Valuing Water". Speech Competitions provides students an opportunity to develop skills in research, critical thinking, organization, persuasion and communication. It's a great way to spread awareness among people. In our speech competition we received a lot of entries. All the participants recorded themselves in the given format with great enthusiasm and interest towards our forests and water resources. To make the event more interesting volunteers decided to add a selfie option to the speech competition, in which participants were given an option to send their pictures of planting saplings. Indeed selfie quotient in the event proved worthy as it made the event an interesting one. Participants were grateful to NSS KMV for organizing such an informative and well organized event. After receiving all the entries winners were decided on the basis fluency, content, construction of the speech, length of the speech and several other parameters.

### **Winners of the Speech Competition:**

1<sup>st</sup> Position: - Sarvesh Pratap Singh (Shivaji College)

2<sup>nd</sup> Position: - Nimisha Pathak (Miranda House)

3<sup>rd</sup> Position: - Vinayak Joshi (Zakir Hussain Delhi College)

## Interactive Session (24<sup>th</sup> – 25<sup>th</sup> March 2021)

Poster of  
event  
made by  
NSS  
Volunteer

We are

the  
an

surrounded by a lot of animal species some are friendly to us and some are not. Humans have domesticated a lot of animals for their uses and dogs are one of them. Domestication has led to formation of a friendly bond between humans and dogs. Nowadays people keep dogs as their family which is a very good thing.

The NSS unit of Keshav Mahavidyalaya under project Voice for Voiceless organized an interactive session on Human- Canine Bond. Posters were uploaded on Facebook and Instagram handles of NSS KMV. The volunteers worked hard and contemplated upon the theme. All the students of the college were informed about the event through WhatsApp groups and they were motivated to participate in this interactive and informative session and show their love towards dogs. Participants took part in this interactive session with full of enthusiasm and not only showed their love towards dogs but also share their views, gave many information from which some were unfamiliar. Some participants shared their personal stories with their dogs, their memories and some joyful and mournful experiences with their dogs. There were some questions asked to the participants related to dogs' health, What to give them to eat or what not to, Symptoms of diseases of dogs and what one should do for his/her dogs. Participants gave good explanations for each and every question and some of them also add their views. It's very informative session for all. All the participants and the volunteers came to learn many new facts and information about dogs. Full participation of the students was seen. The participants took time out of their busy schedule not only to show their love and care towards dogs but also share so much information about dogs.

### **Screenshots of the Interactive Session**

Meeting details

People (51)

Mute all Add people Host controls

RAISED HANDS

- MISHTHI CHAUHAN
- PRANJAL JAIN

IN CALL

- SHAGUN GUPTA (You)
- AAYUSHI KMV

Meeting details ^

Meeting controls: Raise hand, Turn on captions, Present now

Meeting details

People (47)

Mute all Add people Host controls

IN CALL

- SHAGUN GUPTA (You)
- 54 Sudesh
- ABHISHEK GUPTA
- AIVARSH CHAUDHARY
- ANANYA SURI

Meeting details ^

Meeting controls: Raise hand, Turn on captions, Present now

System tray: 16:34 31-03-2021

## **MUSKARAHAT'21 (23<sup>rd</sup> April 2021)**

An annual fest is a time when the students from various disciplines, different colleges and schools come together and contribute to their best to bring out the extra ordinary talent in themselves. Considering the same, the NSS unit of Keshav Mahavidyalaya hosted **MUSKURAHAT'21** on 24<sup>th</sup> April 2021.

4 events were organized by NSS Volunteers: -

- *VARNAN* (the speech competition)
- *KAVYANJALI* (the poetry competition)
- *CASITUDE* (the case study competition)
- *INQUISTION*(the treasure hunt)

# KAVYANJALI



**KESHAV MAHAVIDYALAYA**  
(University of Delhi)  
**NATIONAL SERVICE SCHEME**

under  
**MUSKURAHAT'21**  
THE ANNUAL FEST  
presents  
**KAVYANJALI**

**BILINGUAL POETRY COMPETITION**  
TOPIC: Animals-Human relationship is the only  
that of a slave and a master

DATE: April 24, 2021  
(Saturday) Last date to register:  
April 23, 2021; 11:59PM

TIME : 11AM

Registration Link:-  
[https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

*Merit Certificates to winners and Participation Certificates to all participants.*

**HUL PAREEK**  
(President) **DR. RICHA SHARMA**  
(Programme Officer)

Poster of the event created by an NSS Volunteer

Fest began at 11 A.M. with KAVYANJALI (the poetry competition) which was led by NSS Volunteers. The event went very well with the coordination of the volunteers. The theme of the event was “**Animals-human relationship is the only that of a slave and master**” in which around 10 participants took part and sparkle up the event with their melodious recitation, with full of their enthusiasm and energy. The event was analysed & judged by Khushal Singh & Juveriya Khan from Vagmita the poetry society of Keshav Mahavidyalaya. The participants enjoyed the event a lot. The winners of the same were declared and were posted on the Instagram handle of the NSS KMV and merit certificates of the same were also distributed.

# VARNAN



**KESHAV MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**

under  
**MUSKURAHAT' 21**  
THE ANNUAL FEST

presents  
**'VARNAN'**  
**Bilingual Speech Competition**

Topic:  
**IF YOU HAD A POWER TO CHANGE ONE THING IN INDIA.  
WHAT IT WOULD BE? AND WHY ?**

**APRIL 24,2021 (SATURDAY) 1:00 PM**

**DEADLINE FOR REGISTRATION:-  
23 APRIL 2021**

**Merit certificate to top 3 winners and participation  
certificate to all the participants .**

**FOR ANY QUERIES CONTACT:-  
MANISH:- +91 95606 68757**

**RAHUL PAREEK (PRESIDENT)**  
**DR. RICHA SHARMA (PROGRAMME OFFICER)**

Poster of the event created by an NSS Volunteer

Followed by KAVYANJALI, VARNAN (the speech competition) started at 12pm which was led by MANISH & DISHA, this too went very smoothly as participants from different institution showed their deeper interest in the same. The competition was divided into two major parts. In the 1<sup>st</sup> round participants were asked to send their ideas a day before the event in which around 38 entries were received through google forms and of that ,15 best entries were chosen up and then those 15 participants had to present their thoughts in the event itself. The competition was judged by MANAV TAKKAR & AASHISH from Vagmita the debate society of Keshav Mahavidyalaya. The results were declared with a transparent procedure and also appreciated by participants. The same were displayed on the Instagram handle of the NSS KMV and the merit certificates of same were distributed via mails.

## CASTITUDE

**KESHAV MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**

under  
**MUSKURAHAT' 21**

Poster of the event created by an NSS Volunteer

As soon VARNAN winded up successfully, CASITUDE (the case study-based competition) took place in which participants were given with 3 cases:

1. Women safety
2. Changing environment
3. Life in less resources

Participants had to choose one out of 3 topics given and accordingly they were then segregated into different whatsapp groups and case studies of each topic were sent and time of 24 hours was given to answer the case study. The event was led & judged by GAURAV,

SHAGUN, GOVIND and HARDIKA accordingly and the winners of same were evaluated by them fairly. The final results of the event were displayed on the Instagram handle of NSS KMV and merit certificates of same were also distributed.

## INQUISITION

**KESHAV MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
under  
**MUSKURAHAT'21**  
The Annual Fest  
presents  
**'INQUISITION'**  
Treasure Hunt  
**Theme: Around the Covid House**  
**April 24, 2021** **1 PM**  
Round 1 **Word Hunt** (Crossword)  
Round 2 **What a Mouthful?** (Google Meet)  
Round 3 **Brainopedia** (Brain Teasers)  
Round 4 **Riddzilla** (Riddles)  
Round 5 **Clue-Station** (Locked pdf)  
**Last date to register: April 23, 2021 11:59PM**  
**Registration Link:-**  
[https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)  
Merit Certificates to winners and Participation Certificates to all participants.  
**RAHUL PAREEK** (President)  
**DR. RICHA SHARMA** (Programme Officer)

Poster of the event created by an NSS Volunteer

At last the most awaited and entertaining event INQUISITION (treasure hunt) took place at 1 pm which was hosted by DEEPANSHI & DEEPAK which was divided into 5 rounds

- WORD HUNT (crossword puzzle)
- WHAT A MOUTHFUL? (Game organized on google meet)

- BRAINOPEDIA (brain teasers)
- RIDDLZILLA (riddles)
- CLUE-VILLA (clues to unlock pdf)

The event was enjoyed by all the participants. The event was more a fun event which was mainly conducted to boost up the energy of participants and to show the power of their rebellious minds.

At the end of day all the faces were brighten up with light of happiness, as all the participants from each event enjoyed the day very much.

Hence, annual fest of NSS KMV, MUSKURAHAT'21 was conducted successfully. All the NSS volunteers worked hard to make the event successful. A lot of participants participated in the competitions from different schools and colleges. E- Certificates were mailed to all the winners on 25<sup>th</sup> April 2021.

**Winners of the events conducted in MUSKURAHAT'21:**

KESHAV MAHAVIDYALAYA  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME

announces the winners of

**ईनQUISSION'**  
Treasure Hunt

under  
**MUSKURAHAT'21**  
The Annual Fest

*Congratulations*

 <b>DRISHTI</b> B.Sc. (H) Statistics (2nd Sem) Mata Sundari College(DU)	 <b>ABHAY TIWARI</b> B.Sc. (Prog) (2nd sem) Keshav Mahavidyalaya (DU)	 <b>BHAVYA CHADHA</b> B.Sc. (H) Psychology (2nd Sem) Keshav Mahavidyalaya (DU)
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**RAHUL PAREEK**  
(President)

**DR. RICHA SHARMA**  
(Programme Officer)

KESHAV MAHAVIDYALAYA  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME

announces the winners of

**KAVYANJALI**  
BILINGUAL POETRY COMPETITION

under  
**MUSKURAHAT'21**  
The Annual Fest

*Congratulations*

 <b>SANYA CHANDRA</b> B.A. (H) ENGLISH (2nd sem) SGTB KHALSA COLLEGE (Delhi University)	 <b>ANUSHREE ADHICARY</b> B.A. (Prog) (2nd sem) SGTB KHALSA COLLEGE (Delhi University)	 <b>SHREYAS SUDIP MITRA</b> (Class 10th) FACULTY HIGHER SECONDARY SCHOOL, Guwahati (Assam)
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**RAHUL PAREEK**  
(President)

**DR. RICHA SHARMA**  
(Programme Officer)

KESHAV MAHAVIDYALAYA  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME

announces the winners of

**'VARNAN'**  
Bilingual Speech Competition

under  
**MUSKURAHAT'21**  
The Annual Fest

*Congratulations*

 <b>DIVYA GARG</b> B.A. (Prog.) (4th Sem) Janki Devi Memorial College (DU)	 <b>SONIA MISHRA</b> Law (4th Sem) VPM'S TMC Thane College	 <b>SACHIN CHAUHAN</b> B.A. (5th sem) D.A.V.(P.G.) College Dehradun
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**RAHUL PAREEK**  
(President)

**DR. RICHA SHARMA**  
(Programme Officer)

Topic: **WOMEN SAFTEY**

 <b>JAHANVI AGGARWAL</b> B.A. (Hons) Journalism (2nd Sem) Lady Shri Ram College (DU)	 <b>ROSHNI ARORA</b> B.A. (Hons) English (4th Sem) Mata Sundri College For Women (DU)
 <b>KASHISH SONI</b> B. El. Ed. (2nd Sem) Mata Sundri College For Women & <b>AKARSH SRIVASTAVA</b> B.Com. (2nd Sem) University of Allahabad	

Topic: *LIFE IN LESS RESOURCES*



**AMAN RAJ**  
Bachelor of Business Administration  
(2nd Sem)  
Chandigarh University

**TANISHKA KHURANA**  
B.Sc. (Hons) Economics  
(2nd Sem)  
Maitrey College (DU)



**SANGITA SHENOY**  
B.Com. (4th Sem)  
K.V. Pendharkar College  
&  
**SAI ABHISHEK CHAGANTI**  
Electronics Engineering (8th Sem)  
Lokmanya Tilak College of Engineering

Topic: *CHANGING ENVIRONMENT*



**BHAVYA CHADHA**  
B.Sc. (Hons) Psychology  
(2nd Sem)  
Keshav Mahavidyalaya (DU)

**ISHA MALHOTRA**  
Nursery & Primary Teacher Training  
(2nd Sem)  
International Women Polytechnic



**DIVYANSHI KUMARI**  
B.Sc. (Hons) Statistics  
(2nd Sem)  
Ramjas College (DU)

# Baithak (4<sup>th</sup> April 2021)



The poster is for a Baithak event organized by the NSS Unit of Keshav Mahavidyalaya, University of Delhi. It features the university's logo and the NSS emblem. The text reads: 'KESHAV MAHAVIDYALAYA (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME under PROJECT BHARTIYA organises BAITHAK (AN INTERACTIVE SESSION) on RAJASTHAN'. The date and time are 'April 4, 2021 11:30 AM'. A quote in Hindi is included: '“Suraj ki Kiran, Chand ki Chandni Mitti ki khushbu, Mahfil Rajasthan ki....!”'. The platform is 'Google Meet' with the link 'https://meet.google.com/kii-ctiz-gcc'. The organizers are 'RAHUL PAREEK (President)' and 'DR. RICHA SHARMA (Programme Officer)'. The poster also includes images of a person in traditional Rajasthani attire, a camel, a map of Rajasthan, and a temple.

KESHAV MAHAVIDYALAYA  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME

under  
**PROJECT BHARTIYA**  
organises  
**BAITHAK**  
(AN INTERACTIVE SESSION)  
on  
**RAJASTHAN**

April 4, 2021  
11:30 AM

“Suraj ki Kiran, Chand ki Chandni  
Mitti ki khushbu, Mahfil Rajasthan ki....!”

Platform : Google Meet  
Link to join session:-  
<https://meet.google.com/kii-ctiz-gcc>

E-certificates will be provided to all the participants.

RAHUL PAREEK  
(President)

DR. RICHA SHARMA  
(Programme Officer)

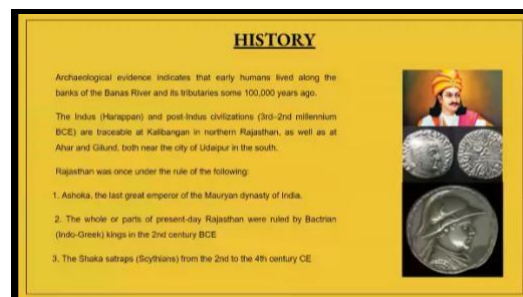
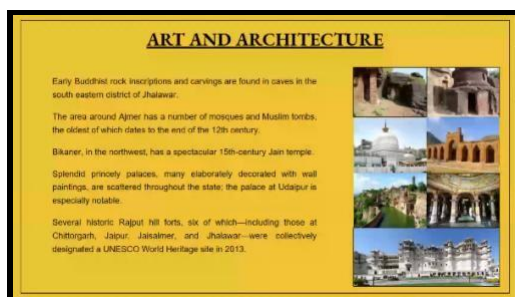
Poster of the event created by an NSS volunteers

Rajasthan is located on the north western part of India. The state is known for its historical hill forts & palaces; it is claimed as the best place for tourism. Rajasthan is famous for textiles, semi-precious stones and handicrafts, and for its traditional and colourful art.

It's essential to have the knowledge of diverse culture of our country and be aware about its imperative states. Rajasthan is the largest state of India with a distinct culture therefore in order to impart knowledge about the state the NSS Unit of Keshav Mahavidyalaya under Project Bhartiya organized BAITHAK, an interactive session on the state of Rajasthan. An interesting session was conducted by the team on 4<sup>th</sup> April 2021, Sunday at 11:30 am on google meet. The information

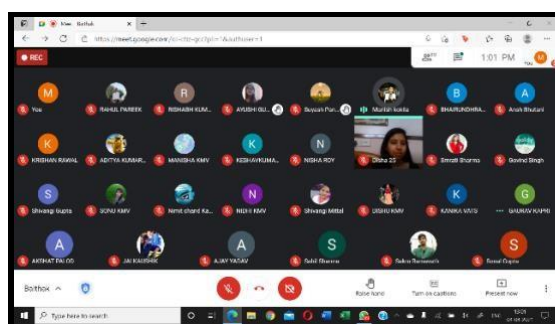
regarding the same was circulated two days prior to the event in all the groups and on the Instagram handle of NSS. The volunteers worked meticulously for the success of the event. The webinar was fun for the participants. It was divided in several parts-

1. The event started with a basic introduction about the State and a gist of all the activities to be conducted was given.
2. Then detailed knowledge of the state was given through Power Point Presentation which covered all the spheres i.e., introduction, culture, food etc. It was very simple and informative and was presented by 3 volunteers.
3. After this came the most interesting and enticing part of the event which had the maximum participation. Volunteers shared their experience of visit to the state. This part provided first-hand information about renowned forts, food and well- known cities of Rajasthan. Everyone participated enthusiastically in this activity.
4. Then a fun quiz was conducted in which basic questions regarding the state were put up from the participants and to our surprise they knew a lot of answers and responded with full interest.

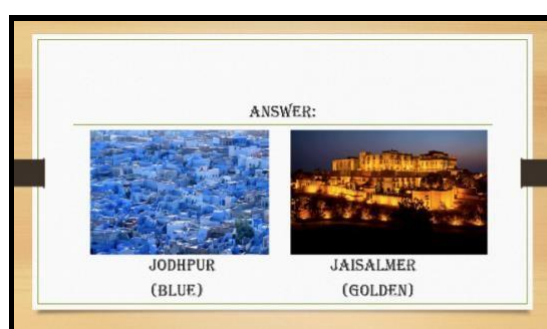
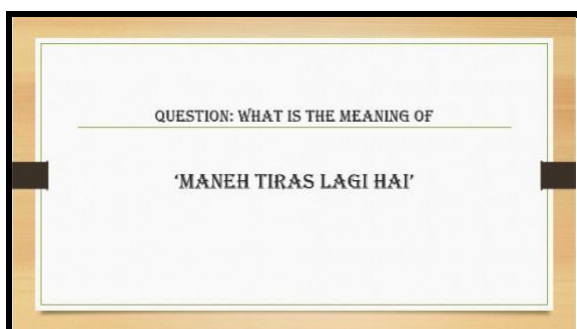




These are two slides from the Power Point Presentation which was shown and explained in the event.



Screenshots of the event



The quiz conducted during the event.

The students showed full enthusiasm and interest. The way everyone took the initiative to open up about their experience was commendable. Amazing feedback was received from the participants appreciating the event. The best part was that the candidates gained confidence by speaking in front of new faces. The event was a great success for the NSS Unit and it also helped to create awareness among the attendees. Everyone was satisfied and the event came to an end on a good note.

## CLEANLINESS & AWARENESS DRIVE AT HUMAYUN'S TOMB (6<sup>th</sup> April 2021)



NSS Volunteers at Humayun's Tomb

The Government of India will soon launch “Azadi ka Amrit Mahotsav”, the countdown to India’s 75<sup>th</sup> year of independence. On this occasion, the NSS Unit of Keshav Mahavidyalaya decided to organize a cleanliness & awareness drive. A historically important monument HUMAYUN’S TOMB was chosen for the drive. The tomb is a major attraction among the tourists visiting Delhi, thus making it a good choice for the cleanliness and awareness drive.

Keeping in mind the present Covid-19 problems and restrictions, only the volunteers residing in Delhi were part of this drive. 10 NSS volunteers reached the Humayun’s Tomb at 12 pm on 6<sup>th</sup> April. The motto was to spread some awareness among the visitors about the importance of cleanliness at such historical monuments visiting the tomb; one could see the beauty that depicts the true Mughal

Style of architecture, which was inspired by the Persian style of architecture. The Tomb was even inscribed in the list UNESCO World Heritage Site in the year 1993. Although being visibly beautiful and of



such historical importance, one could easily find the garbage of used bottles and wrappers lying in the garden and other places. The NSS volunteers collected the plastic bottles, polythene, wrappers of wafers, lying here and there in the garden, walking paths, etc. Alongside the cleaning drive, the volunteers also focused on an awareness drive for the visitors of the place. The volunteers explained the historical & architectural importance of the Tomb to various people.



The event of cleanliness & awareness drive was on whole a great experience for the volunteers. They were happy for being a part of the drive, and getting an opportunity to interact with the people visiting the place and sharing views and ideas on the cleanliness, architectural midnight importance of the Humayun's Tomb.

## Quizasthan (Quiz Competition) (8<sup>th</sup> April 2021)



Poster of the event created by an NSS volunteer

The NSS Unit of Keshav Mahavidyalaya under Project Bhartiya organized several events to spread awareness about the State Rajasthan. The quiz competition was the extension of the interactive session 'BAITHAK' conducted on 4<sup>th</sup> April. The aim of conducting the quiz was to check the knowledge of the participants about the land of Rajas.

The quiz competition was conducted on 8<sup>th</sup> April 2021, Thursday at 5 pm. The poster was circulated two days prior to the event and all the volunteers of the unit worked hard to form the questions and organize the whole competition. The competition was divided into three rounds. Merit certificates were given to the top three winners and participation certificates to all participants.

The quiz was conducted in the following order

1. Total registrations received for the first round were 57. The first round was conducted through google forms. This round consisted of 20 MCQ questions and 16 minutes (15 minutes for answering and 1 minute for filling in the details) were given to all the participants to submit the response. The participants performed really well and a few of them even scored full marks. Then some of them were eliminated and the rest qualified for the second round.
2. The second round was conducted on Google meet. That was a brainstorming round and it consisted of 15 questions. The questions were displayed using a PPT. The participants were shown a picture along with the hint and they were supposed to identify it and write in the chatbox. No one was allowed to speak the answers out loud. The ones who gave the answers first were awarded points. Participants were quite knowledgeable and were giving the correct answers. The results were declared within 10 minutes of completion of the round and the list of qualifiers was circulated on the whatsapp group made for the purpose of the quiz.
3. The third round was also conducted on Google meet. The qualifiers of round 2 were asked to join back as soon as the list was updated. The questions were displayed using a PPT. This round consisted of 20 jumbled words along with hints. The task of the participants was to unscramble them and write the answer in the chatbox only and not speak it out loud. Participants were supposed to keep their camera on and the mic muted in order to avoid the adoption of unfair means. The ones who gave the maximum answers quickly were declared as winners.

The winners were declared later on the Instagram handle.



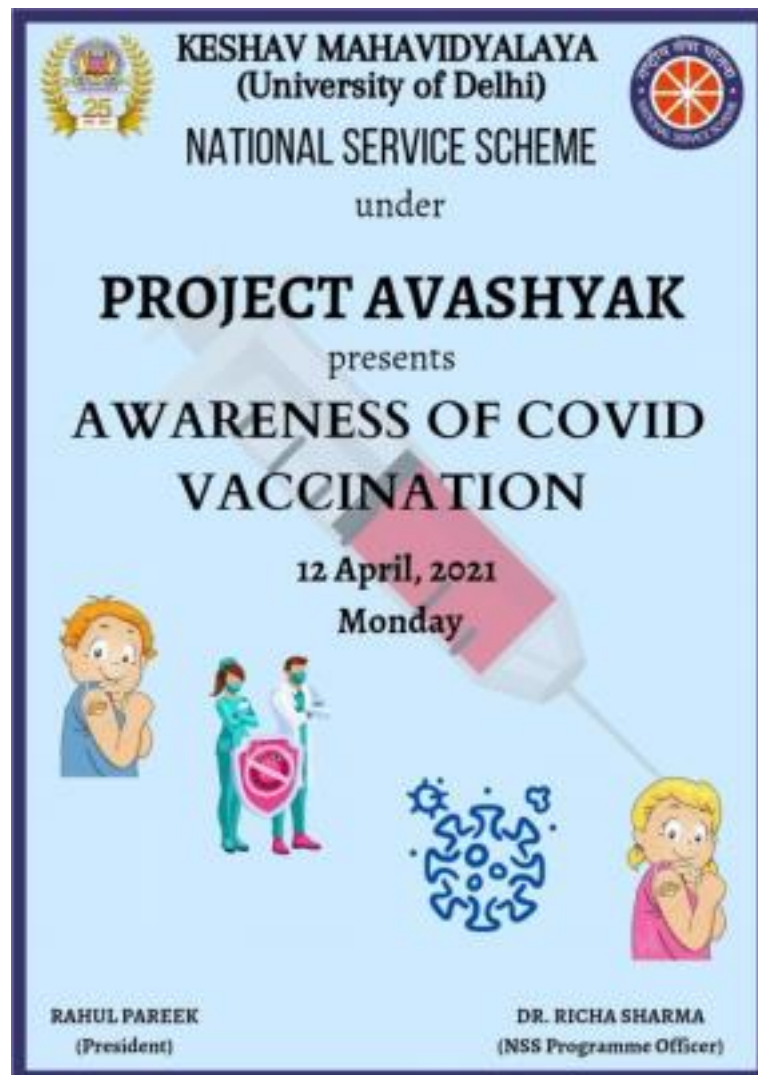
The above picture is of the second round being conducted and participants giving the answers in the chatbox.



The above picture is of the third round being conducted and participants giving the answers in the chatbox.

The participation in the competition was commendable. The participants followed all the rules and there was healthy competition. Amazing feedback was received by everyone appreciating the whole event; they found it interesting and attempted the questions with a cool mind. The quiz competition was a great success for the NSS unit.

## Vaccination Awareness Drive (12<sup>th</sup> April 2021)



Poster of the event created by an NSS volunteer

The COVID-19 pandemic has led to a dramatic loss of human life worldwide. The pandemic has affected the whole world with its adversities. However, in this gloomy situation faced by the whole world, the only ray of hope is vaccination. And the wait is over now, the vaccine for this disease and the end of our isolation has come. Brilliant scientists from all over the world have finally found the solution to curb this fatal disease and also within a record period of nearly 1 year.

The solution comes with many problems too. Many people are in a doubt about this vaccine. They have many questions regarding this vaccine. Some of them are listed below:-



- **Is this vaccine safe or not?**
- **If safe, how can we apply for vaccination?**
- **Where can I go for a dose of vaccine and are there any vaccination camps set up near our homes?**
- **What are/are the conditions and eligibility criteria for vaccination?**
- **How can we register for vaccination?**

With these many questions in mind, there is a natural tendency to be in doubt. Instead of this pertaining problem, the NSS Unit of Keshav Mahavidyalaya organized a Vaccination Awareness Drive on the 12<sup>th</sup> of April, 2021, Monday to solve the many doubts of people who live in the slums and do not have proper access to information regarding the vaccination process.

The volunteers visited the slum nearby Pitampura, North West Delhi and undertook a door-to-door campaign, and answered the questions regarding the vaccine and the vaccination process organized by The Government of India.

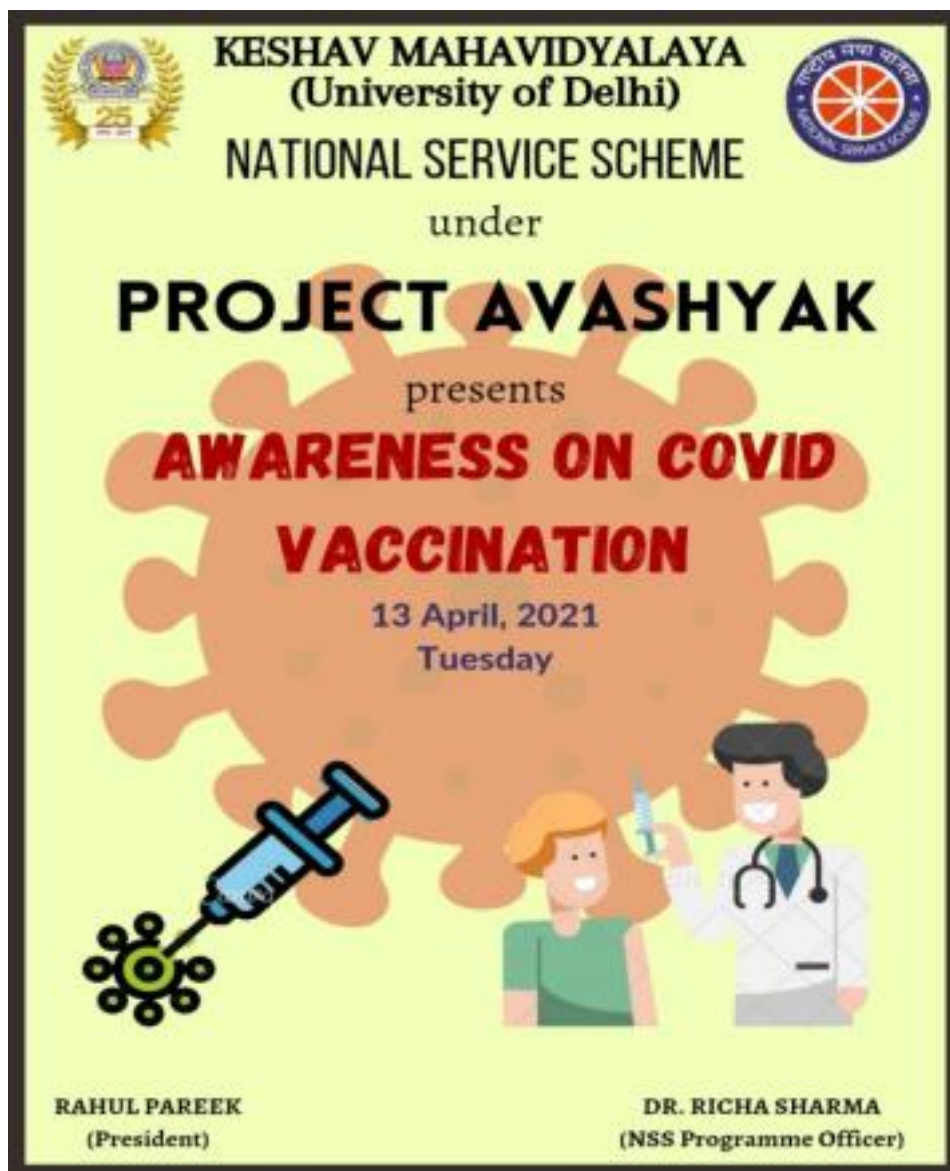


The volunteers helped the people to register themselves for the vaccination on the CO-WIN portal so that they can get their dosage hassle-free and quickly.

Since the vaccination is only available for people **above 45 years**, so the acknowledgment was made to them only. The children were gifted with goodies like notebooks, pens, colour pens, etc. so that they can continue with their studies which are being carried out by the NSS Volunteers under PROJECT AVASHYA.

## Awareness on Covid Vaccination (13<sup>th</sup> April 2021)

While the world is in the midst of a COVID-19 pandemic, the mass vaccination programme to protect people from the coronavirus has started globally to combat the virus. But making vaccine available is not enough, awareness regarding the vaccination is also required.



Poster of the event created by an NSS volunteer

Keeping that in mind NSS Volunteers of Keshav Mahavidyalaya conducted an awareness drive near their neighbourhood and in slum areas. Following all the safety protocols, volunteers visited slum areas and made people aware about COVID 19 Vaccination Drive. Volunteers busted myths regarding COVID 19 Vaccines and urged people to get vaccinated as soon as possible. Not only this, volunteers also distributed masks to the poor and needy people.



NSS Volunteers in a slum area

Volunteers also distributed chocolates among small children mainly in slum. One most beautiful thing was that all the people were very attentively listening to information disseminated by volunteers. Volunteers also helped the slum dwellers to install the Arogya Setu App in their smartphone and helped them to register for the vaccine.

Volunteers also made aware the children about maintaining hygienic conditions around themselves and at their homes. And at last, volunteers also told them not to believe in rumours about COVID 19 vaccine.



An NSS Volunteer distributing mask

Volunteers solved all the queries regarding vaccination drive in the minds of people. And thus vaccination awareness drive was conducted successfully.

## Photographs of the Awareness Drive on Covid vaccination





**TIKA UTSAV (11<sup>th</sup>  
– 14<sup>th</sup> April 2021)**

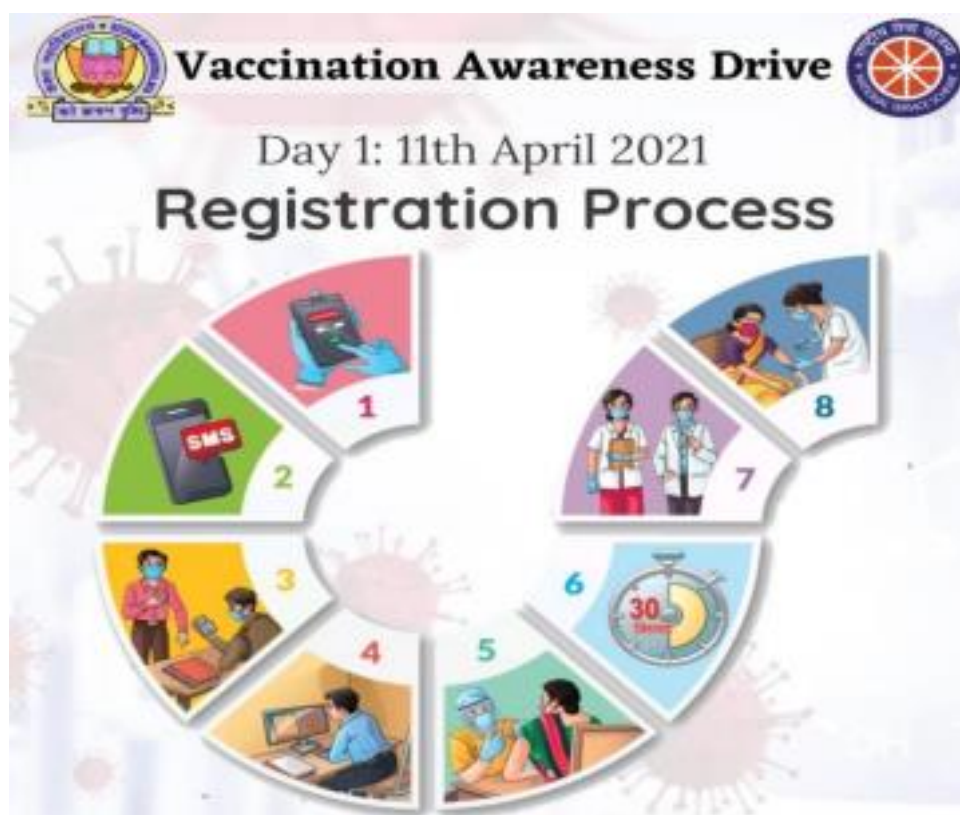


Poster of the event created by an NSS volunteer

In a bid to contain the surge in Covid cases, India's special four-day

vaccination programme (Tika Utsav) kicked off on Sunday with the aim to inoculate a maximum number of eligible people against the viral disease. The mass vaccination programme, which will be conducted from April 11-14, starts amid an unprecedented surge of coronavirus cases in India. Under the guidance of Hon'ble Prime Minister of India Shri Narendra Modi, India is celebrating this mass vaccination drive as "TIKA UTSAV". Keeping the high spirit of Selfless work towards society NSS-KMV decided to take part in this noble cause and aware the society against any false information regarding vaccination, to ensure safety and wellbeing of our Country.

### DAY 1 (11 April, 2021)



Poster of the event created by an NSS volunteer



On the first day NSS KMV volunteers with full enthusiasm and energy kicked off the mission to aware people regarding registration process to take COVID vaccines. We started our drive with making and sharing informative posters regarding registration process. It was really important to aware people of the “Right and Proper” ways to get them registered. In addition to that awareness regarding the documents required in the registration process was shared. Several posters were shared today highlighting the right process. Volunteers also informed their friends, relatives and college mates about Mass Vaccination Drive and how to get them registered for the same. Also with that volunteers shared these posters on their personal social media accounts and on NSS-KMV social media accounts. Our centre of awareness drive was to spread necessary information and clearing misconceptions regarding registration process of vaccination in India. Volunteers gave their best to push everyone to take their vaccine on their turn to make sure the safety of Indians.

**Some of the posters shared-**

1. Registered on Co-WIN system using a valid Photo ID.

2. Following registration, beneficiary will receive SMS messages on their registered mobile number -

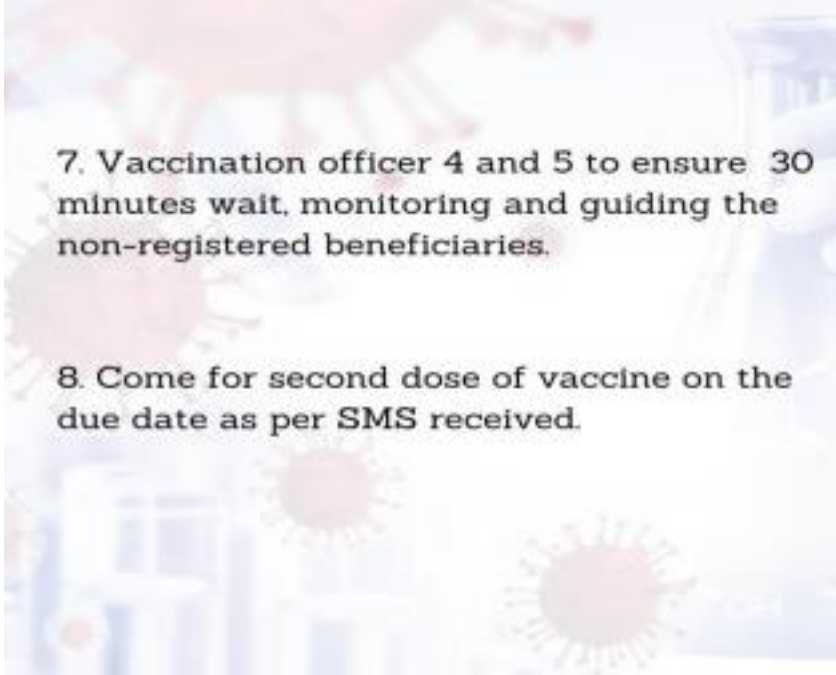
- First SMS will be generated on confirmation of registration
- Second SMS will be generated mentioning the date, time and place of vaccination
- Third SMS will be generated after 1st dose of vaccination with due date for next vaccine.
- Completion of 2nd dose along link for digital certificate

3. On the vaccination site, at entry point Vaccination Officer-1 (police / home guard / civil defence / NCC / NSS / NYK) for pre-checking registration of beneficiary and Photo ID verification. Will also assist in making queue/crowd management.

4. Vaccination Officer No. 2 will authenticate/verify documents on Co-WIN.

5. Vaccination Officer will vaccinate the beneficiary.

6. Following vaccination, all beneficiaries should wait in the observation area for 30 minutes.



7. Vaccination officer 4 and 5 to ensure 30 minutes wait, monitoring and guiding the non-registered beneficiaries.

8. Come for second dose of vaccine on the due date as per SMS received.

## Financial Literacy Workshop (28<sup>th</sup> – 29<sup>th</sup> April 2021)

Poster of the event created by an NSS volunteer



The poster features a light blue background with a white cloud pattern. At the top left is the 25th anniversary logo of Keshav Mahavidyalaya. At the top right is the NSS logo. The central text reads: 'KESHAV MAHAVIDYALAYA (University of Delhi) National Service Scheme In Collaboration with VITTSHALA - THE FINANCIAL LITERACY CELL (Shri Ram College Of Commerce) Organises WORKSHOP On FINANCIAL LITERACY Under Project NEEV'. The date and time are '28th April, 2021 5:00 P.M.' with a calendar and clock icon. At the bottom, it lists 'Dr. Richa Sharma (Nss Programme Officer)' and 'Prof. Madhu Pruthi (Principal)'. There are also icons of a graduation cap with a dollar sign, a person at a chalkboard, and a stack of gold coins.

**KESHAV MAHAVIDYALAYA**  
(University of Delhi)  
**National Service Scheme**  
In Collaboration with

**VITTSHALA - THE FINANCIAL LITERACY CELL**  
(Shri Ram College Of Commerce)

Organises  
**WORKSHOP**  
On  
**FINANCIAL LITERACY**  
Under Project NEEV

**28th April, 2021 5:00 P.M**

**LINK :**

For any queries contact : Bhavesh (7268929777)

Dr. Richa Sharma  
(Nss Programme Officer)

Prof. Madhu Pruthi  
(Principal)

Financial literacy is the confluence of financial, credit, and debt management knowledge that is necessary to make financially responsible decisions—choices that are integral to our everyday lives. A lack of financial literacy affects people in developed or advanced

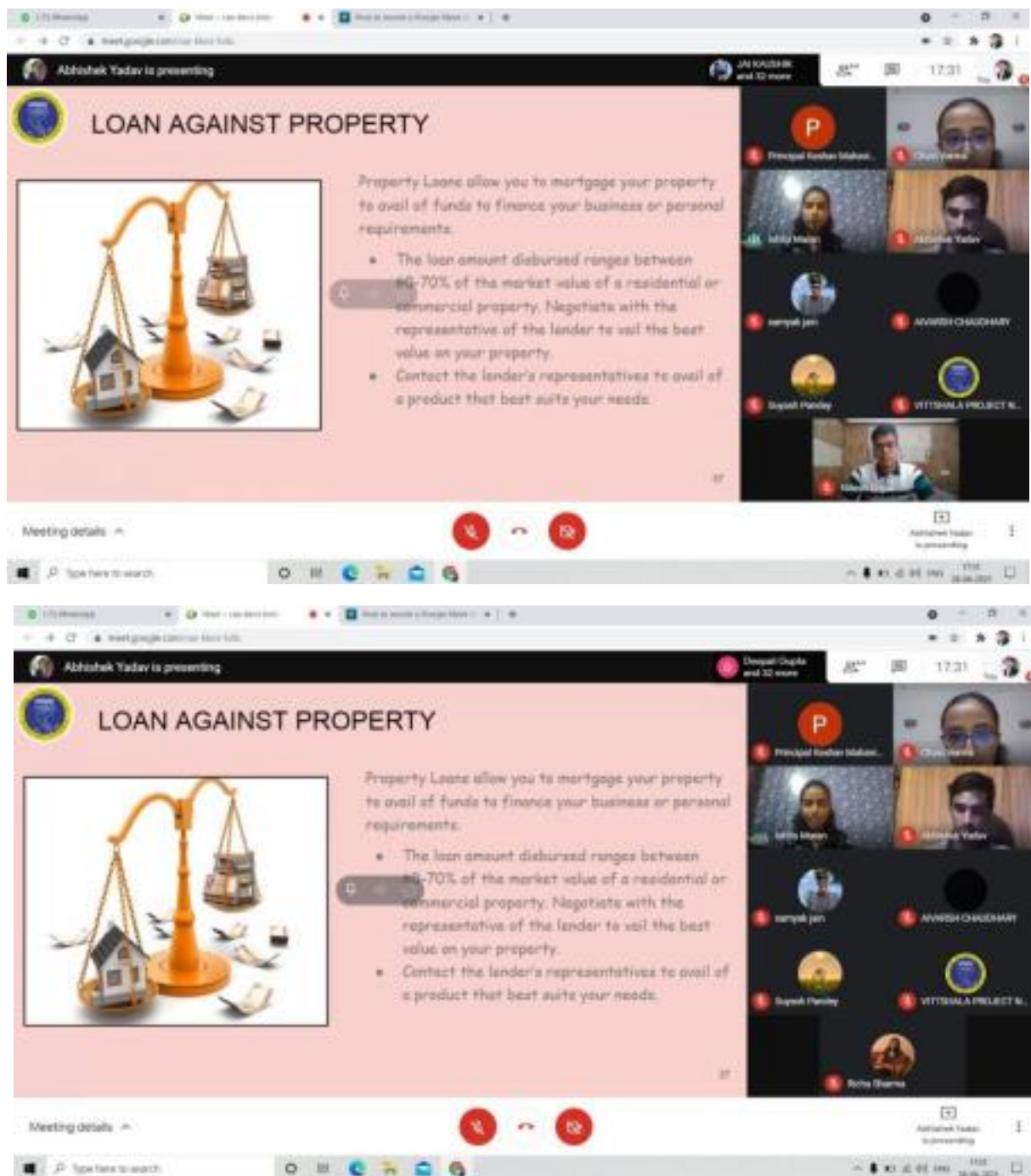
economies, as well as those who live in emerging or developing countries.

It's essential for our youth to have financial knowledge and increase their awareness about the required financial concepts therefore NSS Unit of Keshav Mahavidyalaya collaborated with Vittshala- The Financial Literacy Cell of Shri Ram College Of Commerce (SRCC) and organised a 2-day workshop under the project Neev on 28<sup>th</sup> April 2021 and 29<sup>th</sup> April 2021 at 4:50 pm on Google Meet. The information regarding the webinar was circulated two days prior to the event in all the groups and on the Instagram handle of NSS. The volunteers worked meticulously for the success of the event.

Vittshala is a centre for Community Engagement (CCE) initiative to spread the basics of financial education among financial illiterates. It was inaugurated by Late Mr Arun Jaitley ji on October 17, 2016. It has several projects like Neev, Khushali, Umeed, Aasha, Sahay. Project Neev targets the undergraduates and it imparts financial literacy among them.

On the first day of the event the students were made aware about the basics of stock market and government schemes through Power Point Presentation. On the second day they were given knowledge about Mutual funds and their types, SIP, books to be read to increase financial literacy and some schemes of Department of Financial Services were also informed. On both the days there was interaction with the students to test their knowledge and to answer their queries. Towards the end of the second day a small test on google forms was conducted and they were allotted marks on the basis of their performance.

## Screenshots of the workshop conducted on Google Meet



The students showed full enthusiasm and interest. Everyone listened with keen interest and their queries showed their will to know more about the topic. The way they attended the event meticulously and answered all the questions was commendable. Amazing job was done by the mentors. Amazing feedback was received from the participants

appreciating the event. The best part was that the candidates gained confidence by speaking in front of new faces. The members present in the meeting reached to even 176 at a point of time. The collaboration was a great success and the main objective of imparting financial knowledge got fulfilled. Everyone was satisfied and the event came to an end on a good note.

### **Bilingual Debate Competition (17<sup>th</sup> April 2021)**

Speak up even if your voice shakes.

NSS Unit of Keshav Mahavidyalaya under Project Satark conducted a bilingual Debate Competition on the topic “#MeToo Movement is justified”

#MeToo Movement, initiated by Tarana Burke in 2006 was introduced to promote “Empowerment through Empathy” among women who experienced sexual abuse and couldn’t speak their stories out loud. But like everything else, this initiative has its own limitation. In the movement, people are given the power to decide who is right and who is wrong without proof to back the claims which is often used by people to defame others.

Debate Competition is a great way to get the rational, logical, and factual argument to understand both sides of such a topic in an interesting and interactive manner.

The event was held on April 17, 2021 (Saturday) via Google Meet. The event was judged by Mr Archit Nanda from English Department and Mr Virender Yadav from Hindi Department to ensure fair judgment based on content, language, presentation, etc. More than 50

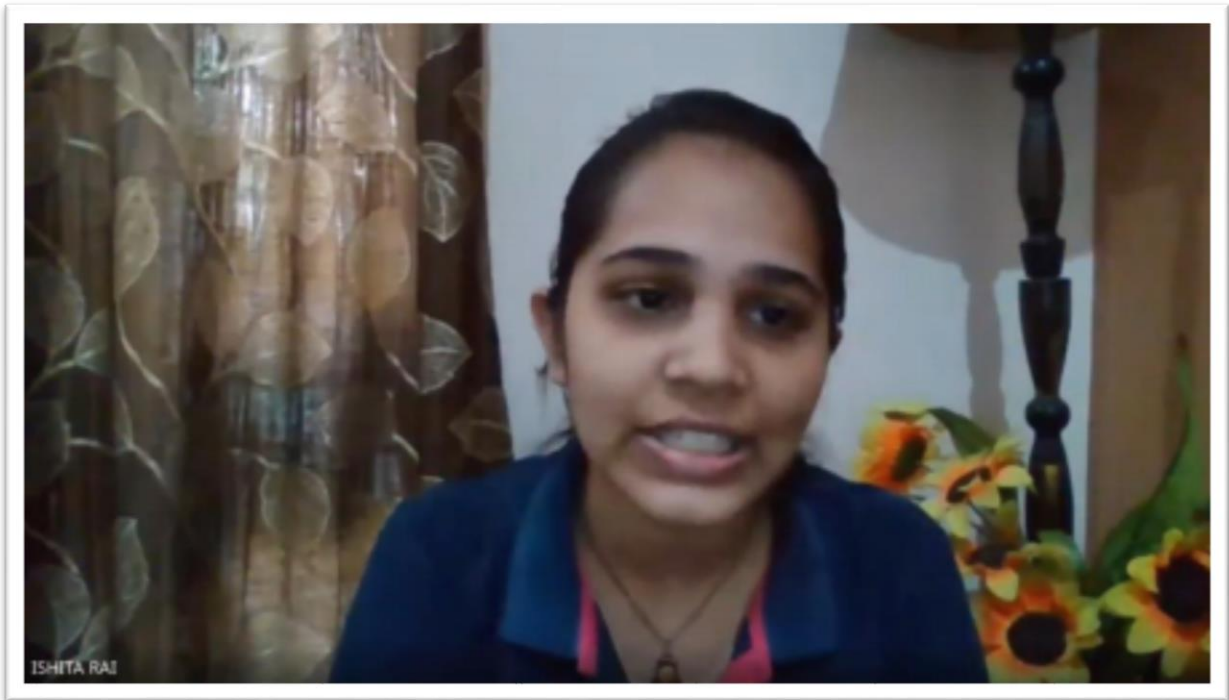
registrations from different colleges were received. All the participants had to speak for 3 minutes on the topic and 1 minute was given to them for answering the questions. Cross questioning was not allowed to avoid the chaos of any kind. Participants had to keep their cameras on while presenting their sides and the use of unparliamentary words led to straight disqualifications.

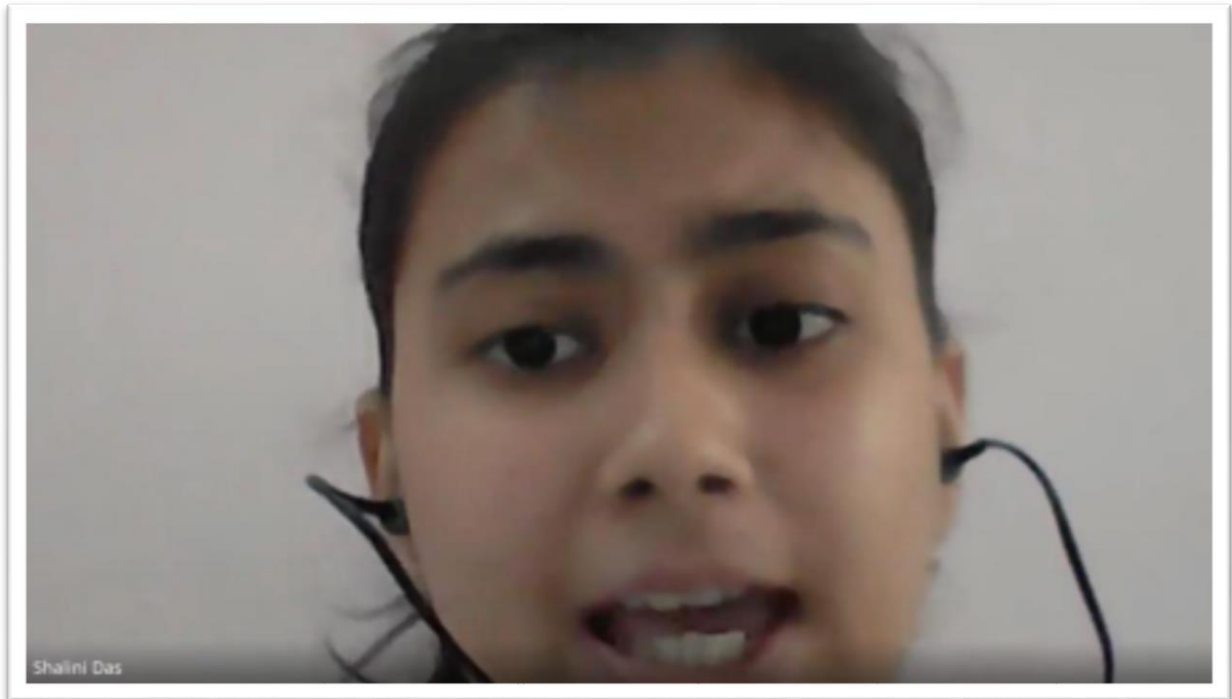
The event started on time and the participants followed all the rules and regulations. The event went smoothly and extended to 3 hours of several compelling arguments presented by participants. Judges participated in the questioning as well.

Here are a few screenshots of the people presenting motions:









Winners of the event were announced on the same day

**1<sup>st</sup> Position:** Ishita Rai

**2<sup>nd</sup> Position:** Sheetal

**3<sup>rd</sup> Position:** Nitiksha Tyagu

**Consolation Prize:** Shalini Das, Sudeep Krishna and Sakshi.

The event was successful; everything went smoothly and on time. All the participants actively debated and respected the flow of the event. Feedback was positive, participants requested for more such events as well. The best part about the event according to the participants was the relevance of topic chosen and the coordination maintained throughout the event.

## World No Tobacco Day – Pledge Taking Ceremony (31<sup>st</sup> May 2021)



The poster is light blue with a black border. At the top left is the Keshav Mahavidyalaya logo, and at the top right is the National Service Scheme logo. The text in the center reads: 'KESHAV MAHAVIDYALAYA (UNIVERSITY OF DELHI) NATIONAL SERVICE SCHEME organises PLEDGE on World No Tobacco Day Monday, May 31, 2021 1:00 PM Come and join us Link to join : https://meet.google.com/wgg-vkhh-sem "COMMIT TO QUIT"'. At the bottom left is 'Dr. Richa Sharma (NSS Programme Officer)' and at the bottom right is 'Prof. Madhu Pruthi (Principal)'. There are two icons: a red circle with a slash over a cigarette on the left, and a black cigarette with a slash over it on the right.

**KESHAV MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**

organises  
**PLEDGE**  
on  
**World No Tobacco Day**  
**Monday, May 31, 2021**  
**1:00 PM**

Come and join us  
Link to join :  
<https://meet.google.com/wgg-vkhh-sem>

**"COMMIT TO QUIT"**

**Dr. Richa Sharma**  
(NSS Programme Officer)

**Prof. Madhu Pruthi**  
(Principal)

Poster of the event created by an NSS volunteer

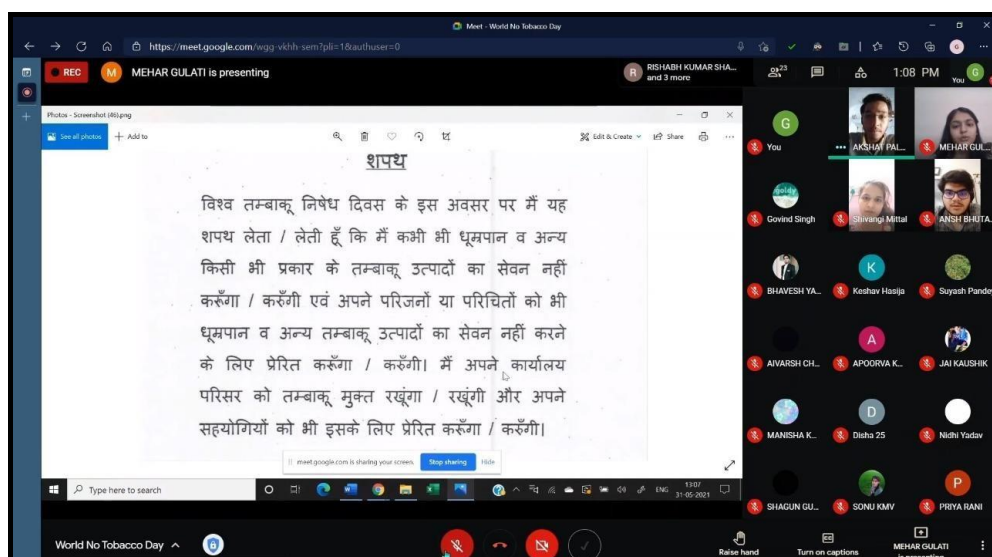
The aim of celebrating World No Tobacco Day is to inform the public on the dangers of using tobacco, the business practices of tobacco companies and what people around the world can do to claim their right to health and healthy living.

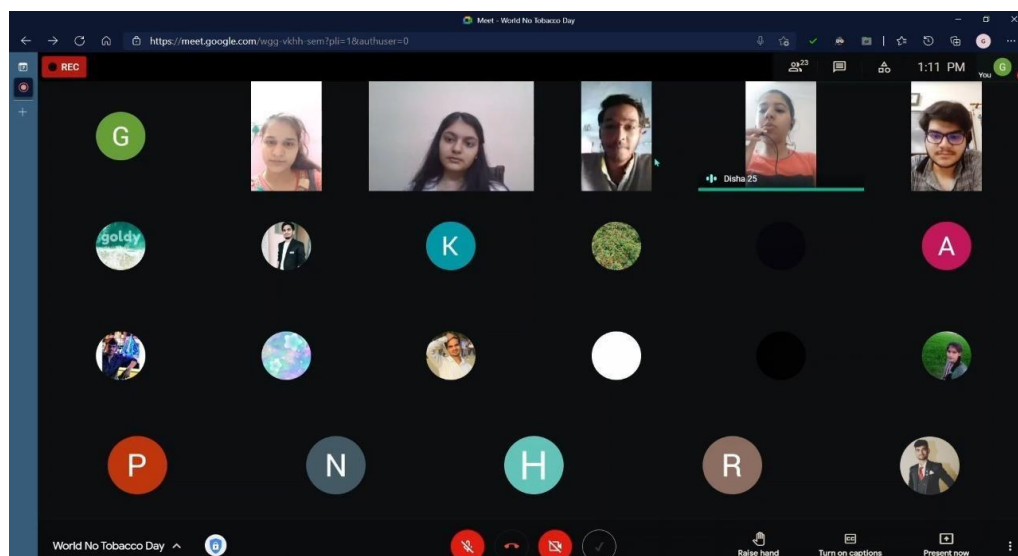
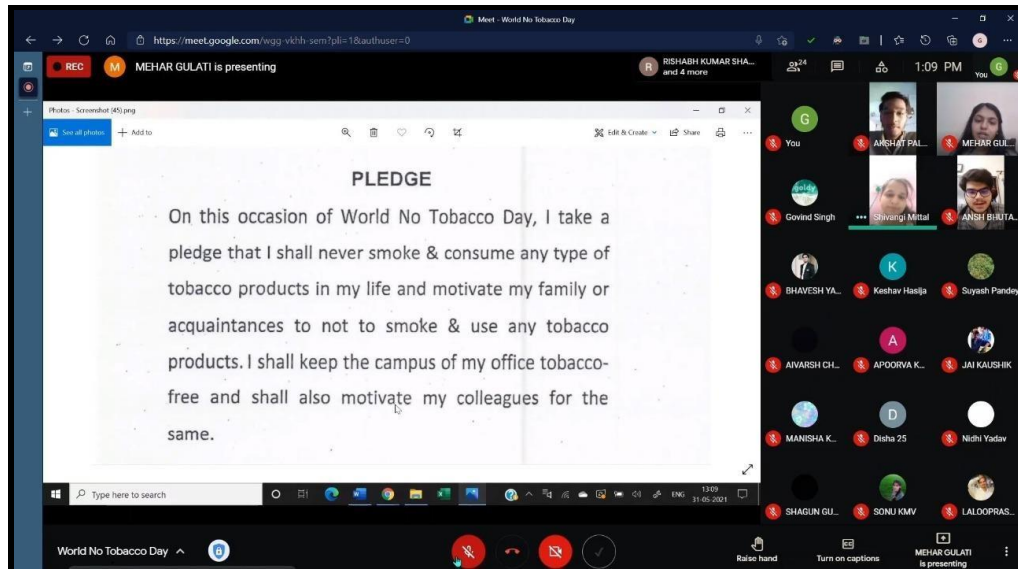
The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed a resolution, calling for 7 April 1988 to be an "a world no-smoking day." In 1988 another Resolution was

passed, calling for the celebration of World No Tobacco Day, every year on 31 May.

NSS Unit of Keshav Mahavidyalaya organized a pledge taking ceremony as a part of observing the World No Tobacco Day on Google Meet taking care of the CAB (Covid appropriate behaviour) guidelines. Through the medium of this pledge, volunteers were informed about the significance and history of the day and also encouraged to actively discourage the use of tobacco-based products not just for themselves but for others as well. The volunteers earnestly pledged to choose healthy life practices. The pledge was dictated in both Hindi and English for better understanding of all volunteers.

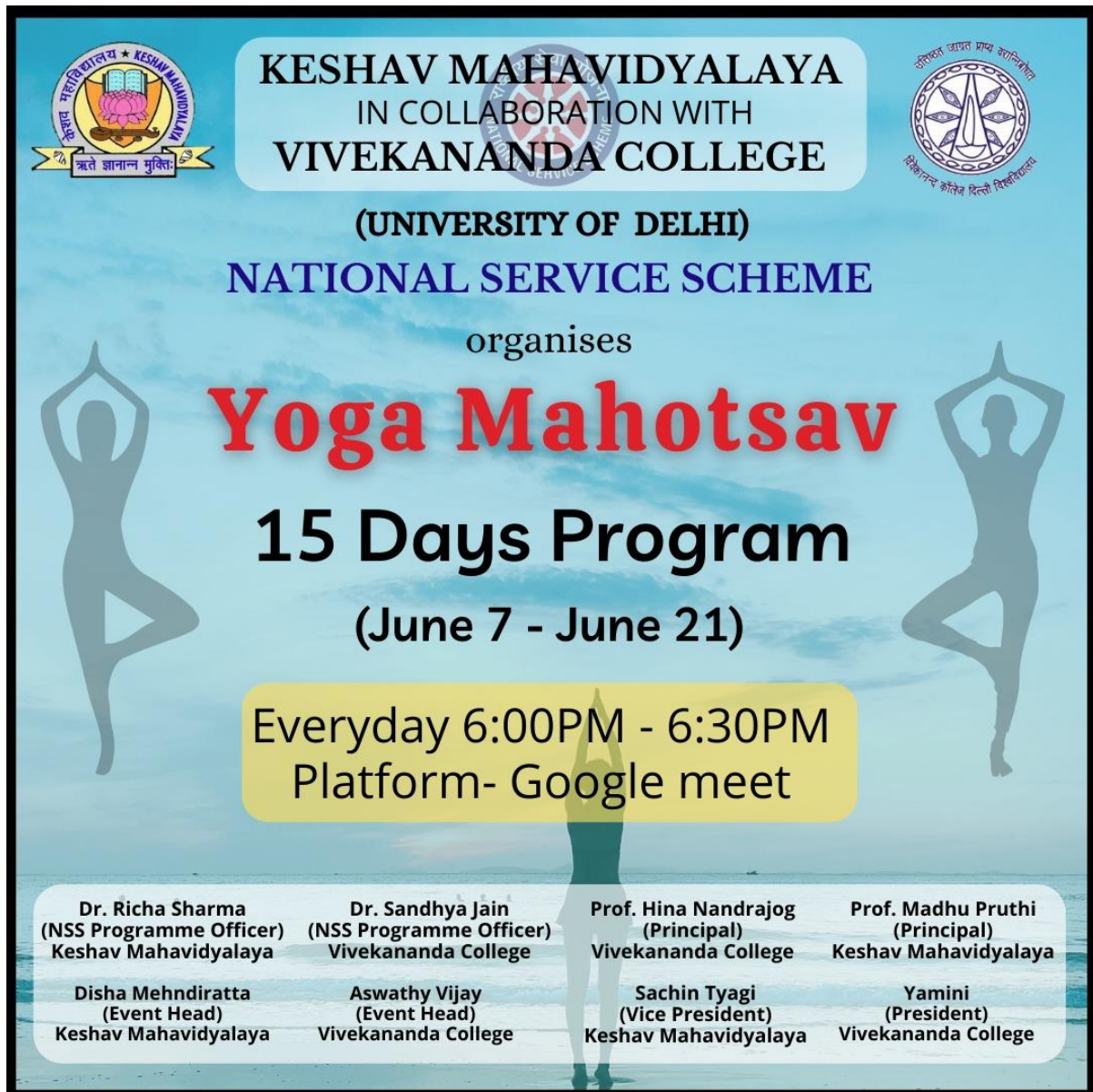
### Screenshots of pledge taking ceremony conducted on Google Meet:





The event was successful in spreading awareness about the harmful effects of Tobacco and promoted choosing a healthy life practice. Such pledges which make us choose light over darkness should be organized regularly.

## Yoga Mahotsav (7<sup>th</sup> - 21<sup>st</sup> June 2021)



The poster features a light blue background with a silhouette of a person in a yoga pose (Trikonasana) on the left and right sides. At the top, there are logos for Keshav Mahavidyalaya and Vivekananda College. The central text is in bold, with 'Yoga Mahotsav' in red and '15 Days Program' in black. Below this, it specifies the dates and the platform (Google Meet). At the bottom, there is a list of organizers and their roles.

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**

(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
organises  
**Yoga Mahotsav**  
**15 Days Program**  
(June 7 - June 21)

Everyday 6:00PM - 6:30PM  
Platform- Google meet

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Prof. Hina Nandrajog</b> (Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-

being. It is not about exercise but to discover the sense of oneness with oneself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.” Yoga has always been an important part of India's culture and civilization as it is not just beneficial for the body but also renews the mind with confidence. Amid the ongoing pandemic, yoga has assumed greater significance as it helps in the psycho-social care and rehabilitation of COVID-19 patients. The theme of the International Yoga Day 2021 is 'Yoga for well-being - how the practice of yoga can promote the holistic health of every individual.'

Keshav Mahavidyalaya religiously follows the same spirit. The college has been celebrating International Day of Yoga annually since 2015, following its inception in 2014. This year too, the NSS Unit of Keshav Mahavidyalaya in collaboration with NSS Unit of Vivekananda College took the initiative of celebrating seventh International Day of Yoga. The NSS volunteers worked on the proposal with enthusiasm and organized a well-coordinated 15 days long programme from 7<sup>th</sup> June 2021 to 21<sup>st</sup> June 2021.

For the first 11 days i.e., from 7<sup>th</sup> June to 17<sup>th</sup> June everyday yoga sessions were conducted in the evening from 6:00- 6:30 PM on Google Meet. Each day a disease was picked, in the first 15 minutes a PowerPoint presentation was presented explaining everything about that disease and covering the aspects like meaning, symptoms, types, treatments and then in the remaining time one volunteer from the NSS unit performed live yoga asana which could help in curing that disease and from 18<sup>th</sup> June to 21<sup>st</sup> June, webinars were organised.

### **Day 1 - Session on Hypertension (7<sup>th</sup> June 2021)**


**KESHAV MAHAVIDYALAYA**  
 IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
 (UNIVERSITY OF DELHI)  
 NATIONAL SERVICE SCHEME  
 under  
**Yoga Mahotsav**  
 presents first session on



**HYPERTENSION**

 **Date: June 7**
 **Meet**

 **Time: 6PM - 6:30PM**



**Join us: [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)**

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Prof. Hina Nandrajog</b> (Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Blood pressure—the force blood exerts against the walls of arteries as it travels through the circulatory system—fluctuates during the day, increasing during exertion or stress and decreasing when the body is at rest. Yoga, when performed mindfully, can reduce this type of stress-induced hypertension, while addressing its underlying causes. It pacifies the sympathetic nervous system and slows down the heart, while teaching the muscles and mind to relax deeply. Pranayama can be extremely beneficial. Practicing pranayama while lying down encourages the breath to arise smoothly from a relaxed state, without any force.

## Day 2 - Session on Depression (8<sup>th</sup> June 2021)




**KESHAV MAHAVIDYALAYA**  
 IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
 (UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
 under  
**Yoga Mahotsav**  
 presents second session on

**DEPRESSION**

 **Date: June 8**
 **Meet**

 **Time: 6PM - 6:30PM**

**Meeting code: uxh-efgb-zad**

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Prof. Hina Nandrajog</b> (Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Depression is such a varied and complex illness that a “one size fits all” approach is unlikely to be fully effective for a significant proportion of patients. Yoga-based interventions have promise as an intervention for depressed mood and that they are feasible for patients with chronic, treatment-resistant depression. Urdhva Hastasana in Tadasana, Handstand (Adho Mukha Vrikshasana), Adho Mukha Shvanasana is some of the yogaasanas that help in preventing and curing depression.

### Day 3 - Session on Asthma (9<sup>th</sup> June 2021)

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
presents third session on

**DAY 3**

**ASTHAMA**

**Date: June 9** **Meet**

**Time: 6PM - 6:30PM**

**Meeting code: kui-uenj-tdn**

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Prof. Hina Nandrajog</b> (Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Asthma is a condition in which a person's airways become inflamed, narrow and swell and produce extra mucus, which makes it difficult to breathe. Asthma can be minor or it can interfere with daily activities. In some cases, it may lead to a life-threatening attack. Asthma may cause difficulty breathing, chest pain, cough and wheezing. The symptoms may sometimes flare up. Asthma is one of the commonest respiratory diseases as well as a significant disease burden worldwide. Anti-asthmatic drugs that are available in the market are expensive and have adverse effects. Thus, it is wise to look for alternatives like yoga. Yoga decreases the number of day and night asthma attacks, use of drugs especially salbutamol puff and improvement in the peak flow rate.

**Day 4 - Session on Sinusitis (10<sup>th</sup> June 2021)**

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**

(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME  
*under*  
**Yoga Mahotsav**  
*presents fourth session on*

**DAY 4**

**SINUSITIS**

**Date: June 10** **Meet**

**Time: 6PM - 6:30PM**

**Meeting code: kkw-hfop-hsg**

Dr. Richa Sharma (NSS Programme Officer) Keshav Mahavidyalaya	Dr. Sandhya Jain (NSS Programme Officer) Vivekananda College	Dr. Hina Nandrajog (Officiating Principal) Vivekananda College	Prof. Madhu Pruthi (Officiating Principal) Keshav Mahavidyalaya
Disha Mehndiratta (Event Head) Keshav Mahavidyalaya	Aswathy Vijay (Event Head) Vivekananda College	Sachin Tyagi (Vice President) Keshav Mahavidyalaya	Yamini (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Sinusitis is a common ailment during monsoon and winter. The symptoms include a stuffy nose, thick discharge from the nose and facial pain. It can also cause cough, headache, fever and sore throat. Immunization, avoiding smoke and washing hands can prevent some cases. Pain killers and antibiotics are also given to treat the condition but one can get relief from sinusitis by practicing yoga. Yoga offers simple kriyas, pranayamas and aasanas to prevent sinusitis. It helps to provide respite and builds immunity against repeated viral infections. Sutraneti (Nasal Cleansing with thread), Jalaneti (Nasal cleaning with saline water), Bhastrika Pranayama, Anuloma-Viloma pranayama can help cure sinusitis.

### Day 5 - Session on Diabetes (11<sup>th</sup> June 2021)

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
presents fifth session on

**DAY 5**

**DIABETES**

**Date: June 11** Meet  
**Time: 6PM - 6:30PM**  
Meeting code: kin-uvas-ewg

Dr. Richa Sharma (NSS Programme Officer) Keshav Mahavidyalaya	Dr. Sandhya Jain (NSS Programme Officer) Vivekananda College	Prof. Hina Nandrajog (Principal) Vivekananda College	Prof. Madhu Pruthi (Principal) Keshav Mahavidyalaya
Disha Mehndiratta (Event Head) Keshav Mahavidyalaya	Aswathy Vijay (Event Head) Vivekananda College	Sachin Tyagi (Vice President) Keshav Mahavidyalaya	Yamini (President) Vivekananda College

Poster of the event created by an NSS Volunteer

An increasing number of people with diabetes mellitus are turning to yoga in an effort to keep their condition under control and improve overall quality of life. It is well known that regular practice of yoga can help reduce levels of stress, enhance mobility, lower blood pressure and improve overall wellbeing. Controlling mental stress (stress management) is one of the keys of diabetes treatment. Using controlled breathing techniques, meditation and body postures, yoga and other mindfulness-based programmes train participants to invoke a relaxation response. This response helps regulate cortisol and other stress hormones, which increases blood pressure and blood glucose levels. Both play a big role in the development of type 2 diabetes and related complications.

**Day 6 - Session on Migraine (12<sup>th</sup> June 2021)**

**KESHAV MAHAVIDYALAYA**  
 IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
 (UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
 under  
**Yoga Mahotsav**  
 presents sixth session on

**DAY 6**

**MIGRAINE**

Date: June 12 Meet  
 Time: 6PM - 6:30PM  
 Meeting code: jvw-byaq-dge

Dr. Richa Sharma (NSS Programme Officer) Keshav Mahavidyalaya	Dr. Sandhya Jain (NSS Programme Officer) Vivekananda College	Dr. Hina Nandrajog (Officiating Principal) Vivekananda College	Prof. Madhu Pruthi (Officiating Principal) Keshav Mahavidyalaya
Disha Mehndiratta (Event Head) Keshav Mahavidyalaya	Aswathy Vijay (Event Head) Vivekananda College	Sachin Tyagi (Vice President) Keshav Mahavidyalaya	Yamini (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Migraines are more intense than common headaches. They're typically characterized by a throbbing pain on one side of the head. They're often accompanied by nausea, dizziness, and sensitivity to light and sound. Migraines can last anywhere from a few hours to a few days. Not only is yoga a holistic approach to fighting migraines as they're happening, it's also a proactive approach to reduce the pain. Child's pose, cat and cow pose, downward dog etc. are yoga asanas that can be practised to get rid of migraine.

### Day 7 - Session on Arthritis (13<sup>th</sup> June 2021)

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME  
under  
**Yoga Mahotsav**  
presents seventh session on

**DAY 7**

**ARTHRITIS**

**Date: June 13** **Meet**

**Time: 6PM - 6:30PM**

**Meeting code: arj-thtk-nds**

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Dr. Hina Nandrajog</b> (Officiating Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Officiating Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Research suggests that yoga can help people with various types of arthritis reduce joint pain, improve joint flexibility and function, and lower stress and tension for better sleep. Side plank on forearm (Vasisthasana), Warrior I (Virabhadrasana I), and extended side angle pose (Utthita Parsvakonasana) are some of the yoga asana that can be practiced.

## Day 8 - Session on Thyroid (14<sup>th</sup> June 2021)

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME  
under  
**Yoga Mahotsav**  
*presents eighth session on*

**DAY 8**

**THYROID**

**Date: June 14** Meet  
**Time: 6PM - 6:30PM**  
Meeting code: **sjy-rkvn-mtg**

Dr. Richa Sharma (NSS Programme Officer) Keshav Mahavidyalaya	Dr. Sandhya Jain (NSS Programme Officer) Vivekananda College	Dr. Hina Nandrajog (Officiating Principal) Vivekananda College	Prof. Madhu Pruthi (Officiating Principal) Keshav Mahavidyalaya
Disha Mehndiratta (Event Head) Keshav Mahavidyalaya	Aswathy Vijay (Event Head) Vivekananda College	Sachin Tyagi (Vice President) Keshav Mahavidyalaya	Yamini (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Yoga brings many benefits to overall health and well-being. It can balance energy, increase flexibility, and relieve stress. There is a connection between stress and hypothyroidism, but certain yoga poses are thought to balance out thyroids that are either underactive. Several studies have shown the positive effect of yoga on improving thyroid function. Shoulder stand, Plow pose, Fish pose etc. are some poses that can be practised to get rid of thyroid problem.

## Day 9 - Session on Stomach Disorder (15<sup>th</sup> June 2021)


**KESHAV MAHAVIDYALAYA**  
 IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
 (UNIVERSITY OF DELHI)



**NATIONAL SERVICE SCHEME**  
 under  
**Yoga Mahotsav**  
*presents ninth session on*

**DAY 9**

**STOMACH DISORDER**

 **Date: June 15**
 **Meet**

 **Time: 6PM - 6:30PM**

**Meeting code: gka-iqnx-tgp**

<b>Dr. Richa Sharma</b> (NSS Programme Officer) Keshav Mahavidyalaya	<b>Dr. Sandhya Jain</b> (NSS Programme Officer) Vivekananda College	<b>Dr. Hina Nandrajog</b> (Officiating Principal) Vivekananda College	<b>Prof. Madhu Pruthi</b> (Officiating Principal) Keshav Mahavidyalaya
<b>Disha Mehndiratta</b> (Event Head) Keshav Mahavidyalaya	<b>Aswathy Vijay</b> (Event Head) Vivekananda College	<b>Sachin Tyagi</b> (Vice President) Keshav Mahavidyalaya	<b>Yamini</b> (President) Vivekananda College

Poster of the event created by an NSS Volunteer

Gastrointestinal issues are becoming increasingly common among people due to lifestyle and diet factors. Yoga can help treat and prevent such issues. Yoga offers the option of healing us naturally by strengthening the digestive system and improving the functions of our metabolism and digestion. Vajrasana Padahasthasana, Padahasthasana, etc. can be practised to get rid of stomach disorders.



## Day 10 - Session on Back pain (16<sup>th</sup> June 2021)



**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)

**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
*presents tenth session on*

**DAY 10**

**BACK PAIN**

**Date: June 16**  **Meet** 

**Time: 6PM - 6:30PM** 

**Meeting code: zfk-cgpp-oif**

**Dr. Richa Sharma**  
(NSS Programme Officer)  
Keshav Mahavidyalaya

**Dr. Sandhya Jain**  
(NSS Programme Officer)  
Vivekananda College

**Dr. Hina Nandrajog**  
(Officiating Principal)  
Vivekananda College

**Disha Mehndiratta**  
(Event Head)  
Keshav Mahavidyalaya

**Aswathy Vijay**  
(Event Head)  
Vivekananda College

**Yamini**  
(President)  
Vivekananda College

Poster of the event created by an NSS Volunteer

Back pain can have causes that aren't due to underlying disease. Examples include overuse such as working out or lifting too much, prolonged sitting and lying down, sleeping in an uncomfortable position or wearing a poorly fitting backpack. Yoga is a very popular and safe form of exercise. Many people think of yoga as just a good way to relieve stress and tension, but it can also help reduce back pain and maintain a healthy spine. Yoga poses, called asana, are important because they help stretch and strengthen important back muscles.

## Day 11 - Session on Liver Problems (17<sup>th</sup> June 2021)

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)

**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
*presents eleventh session on*

**DAY 11**

**LIVER PROBLEMS**

**Date: June 17** **Meet**

**Time: 6PM - 6:30PM**

**Meeting code: yqe-bqnh-yet**

**Dr. Richa Sharma**  
(NSS Programme Officer)  
Keshav Mahavidyalaya

**Dr. Sandhya Jain**  
(NSS Programme Officer)  
Vivekananda College

**Dr. Hina Nandrajog**  
(Officiating Principal)  
Vivekananda College

**Disha Mehndiratta**  
(Event Head)  
Keshav Mahavidyalaya

**Aswathy Vijay**  
(Event Head)  
Vivekananda College

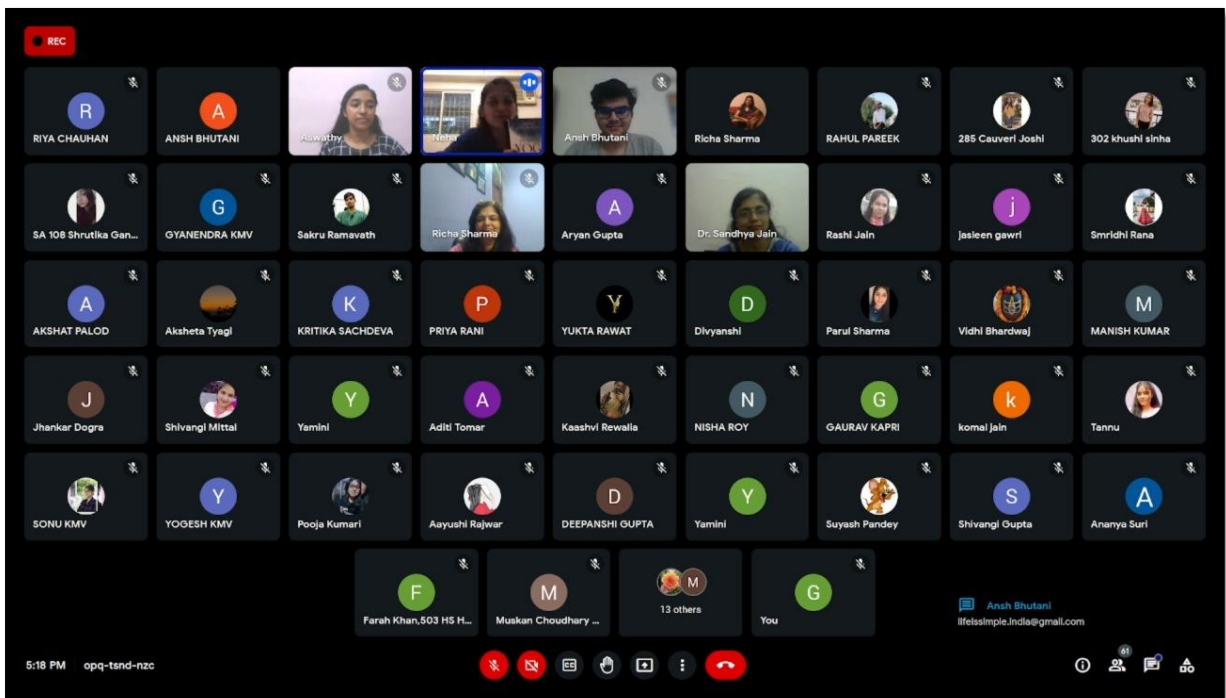
**Yamini**  
(President)  
Vivekananda College

Poster of the event created by an NSS Volunteer

Yoga can play an important role in keeping the liver healthy and running efficiently. Specific yoga postures are known to stimulate liver; these are Locust Pose, Frog Pose, Downward Dog, Garland Pose etc. By practising these postures and combining exercise with a healthy lifestyle, one can bring health and vitality to this vital organ of digestive system.

## Screenshots of Yoga Mahotsav conducted on Google Meet





Under Yoga Mahotsav, NSS Unit of Keshav Mahavidyalaya also organised webinars (18<sup>th</sup> June – 21<sup>st</sup> June, 2021)



Keshav Mahavidyalaya  
and  
Vivekananda College  
**National Service Scheme**  
under  
**Yoga Mahotsav**  
organises sessions on

<u>Yoga beyond Asanas</u> Speaker:- <b>Ms. Neha Bansal</b> on <b>18th June</b> <b>4:00 PM</b>	<u>Yoga &amp; Martial Arts</u> Speaker:- <b>Kyoshi Shaurya Shandilya</b> on <b>19th June</b> <b>5:00 PM</b>	<u>Yoga for Holistic Well-being</u> Speaker:- <b>Neeki Singh</b> on <b>20th &amp; 21st June</b> <b>4:00 PM</b>
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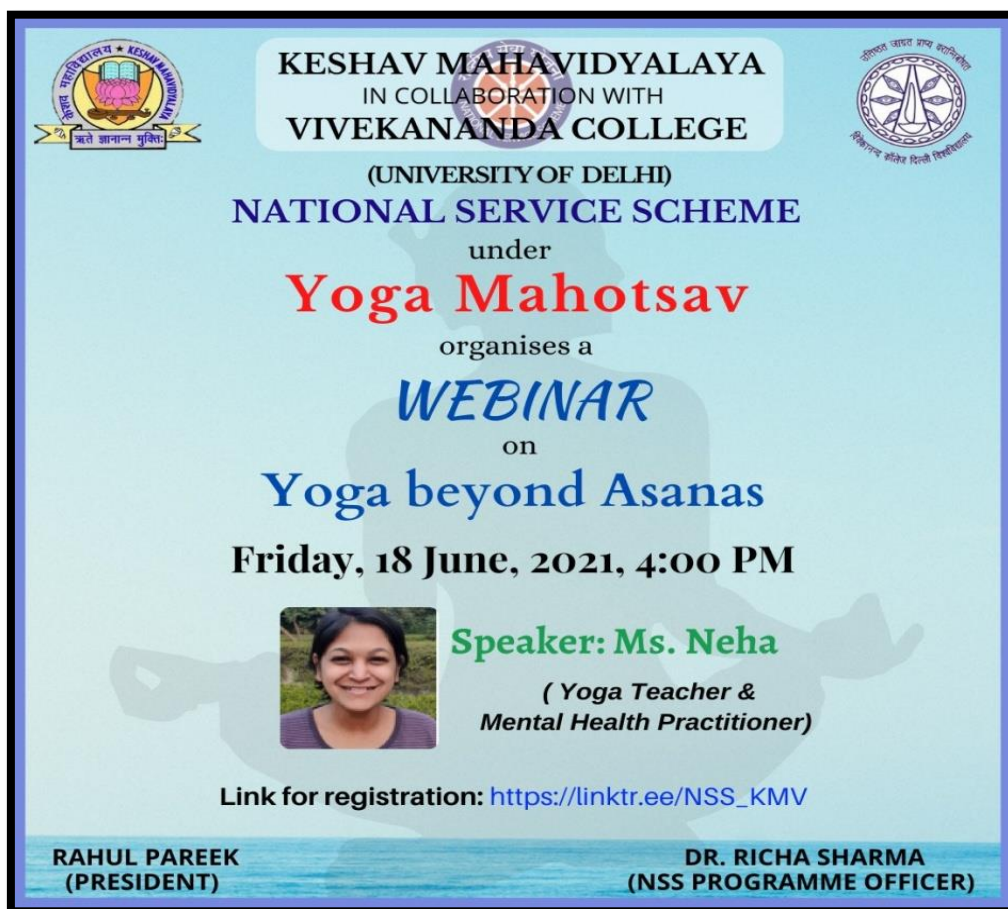
Registration Link :- [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

Rahul Pareek  
(President)


Dr. Richa Sharma  
(Programme Officer)

Poster of the event created by an NSS Volunteer

**Yoga Beyond Asanas (18<sup>th</sup> June 2021)**



**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
organises a  
**WEBINAR**  
on  
**Yoga beyond Asanas**  
**Friday, 18 June, 2021, 4:00 PM**

 **Speaker: Ms. Neha**  
(Yoga Teacher & Mental Health Practitioner)

Link for registration: [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

**RAHUL PAREEK**  
(PRESIDENT)

**DR. RICHA SHARMA**  
(NSS PROGRAMME OFFICER)

Poster of the event created by an NSS Volunteer

An interesting webinar on the topic ‘**Yoga Beyond Asanas**’ was conducted on 18<sup>th</sup> June 2021, Friday at 4 PM on Google meet. Ms. Neha a yoga teacher and mental health practitioner was invited as the speaker of the webinar. In this webinar the students learned about the true meaning of yoga. Yoga is not just about performing asana, it is to create discipline in life. Yoga is actually a journey to find ourselves. The session was very interactive. Students asked questions and speaker answered each one of them. She talked about yoga and asana and how they are associated. Around 60-70 people participated in the meet.

**Yoga and Martial Arts (19<sup>th</sup> June 2021)**

**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
(UNIVERSITY OF DELHI)  
**NATIONAL SERVICE SCHEME**  
under  
**Yoga Mahotsav**  
organises a  
**WEBINAR**  
on  
**Yoga and Martial Arts**  
Saturday, 19 June, 2021, 5:00 PM  
**Speaker: Kyoshi Shaurya Shandilya**  
*(Yoga Practitioner and Karate Teacher)*  
*35 years of experience in Martial arts*

Link for registration: [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

**RAHUL PAREEK**  
(PRESIDENT)

**DR. RICHA SHARMA**  
(NSS PROGRAMME OFFICER)

Poster of the event created by an NSS Volunteer

A webinar on the topic '**Yoga and Martial Arts**' was conducted on 19<sup>th</sup> June 2021, Saturday at 5 PM via Google meet. Mr Kyoshi Shaurya Shandilya, a yoga practitioner and karate teacher with 35 years of experience in Martial Arts was invited as the speaker for the webinar. In this webinar attendees learnt about the benefits of yoga and martial arts. It was a very informative session and students got introduced to some new facts. All the queries were answered by the speaker. Both yoga and martial arts are modes of self-healing that aim to dissolve stress and increase awareness. Both practices strive to awaken energy within the body. Like yogis, martial arts practitioners learn how not to think, how to go beyond thinking to Samadhi, a state of meditative union with the Absolute.

**Yoga for Holistic Wellbeing (21<sup>st</sup> – 22<sup>nd</sup> June 2021)**




**KESHAV MAHAVIDYALAYA**  
 IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**  
 (University Of Delhi)



**National Service Scheme**  
 presents  
**A 2-DAY WORKSHOP**  
 on  
**Yoga for Holistic Well-being**


**Speaker : Neeki Singh**  
*International Yoga Coach,  
 Director Of ANS Trust*

**20 June 2021 & 21 June 2021**  
**Time : 4:00 pm**

Registration link - <http://bit.ly/2RQtTb9>  
**#E-CERTIFICATES FOR ALL #**

**RAHUL PAREEK**  
 (PRESIDENT)

**DR. RICHA SHARMA**  
 (NSS PROGRAMME OFFICER)

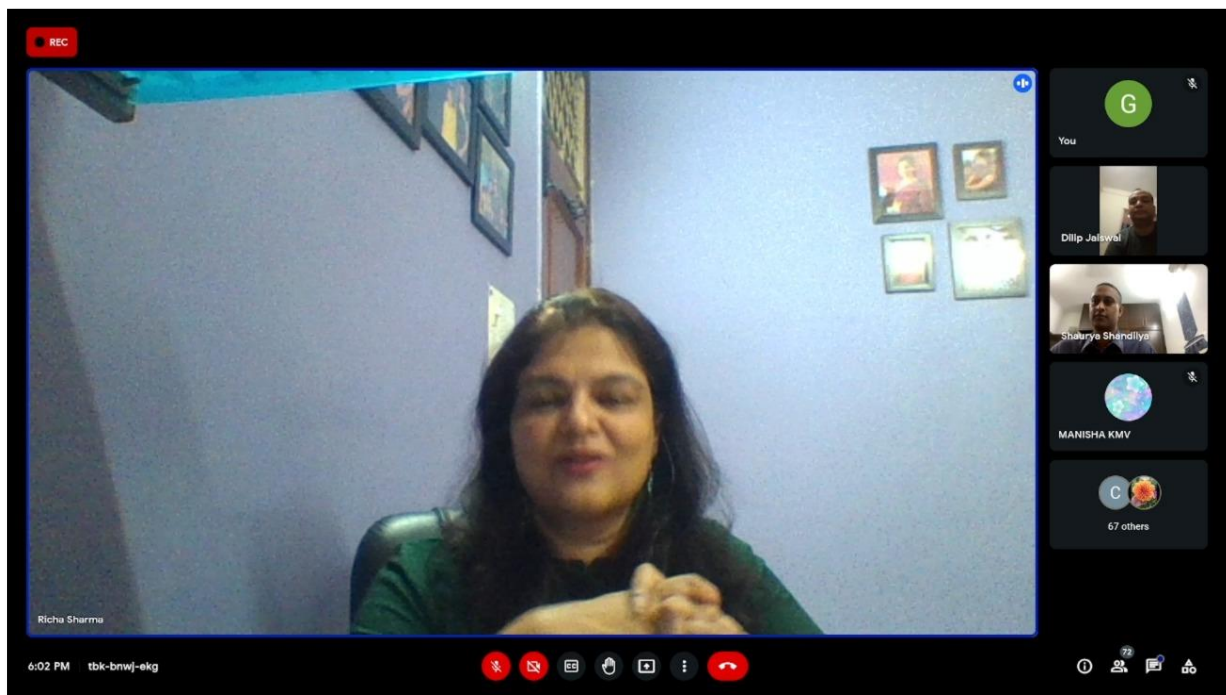
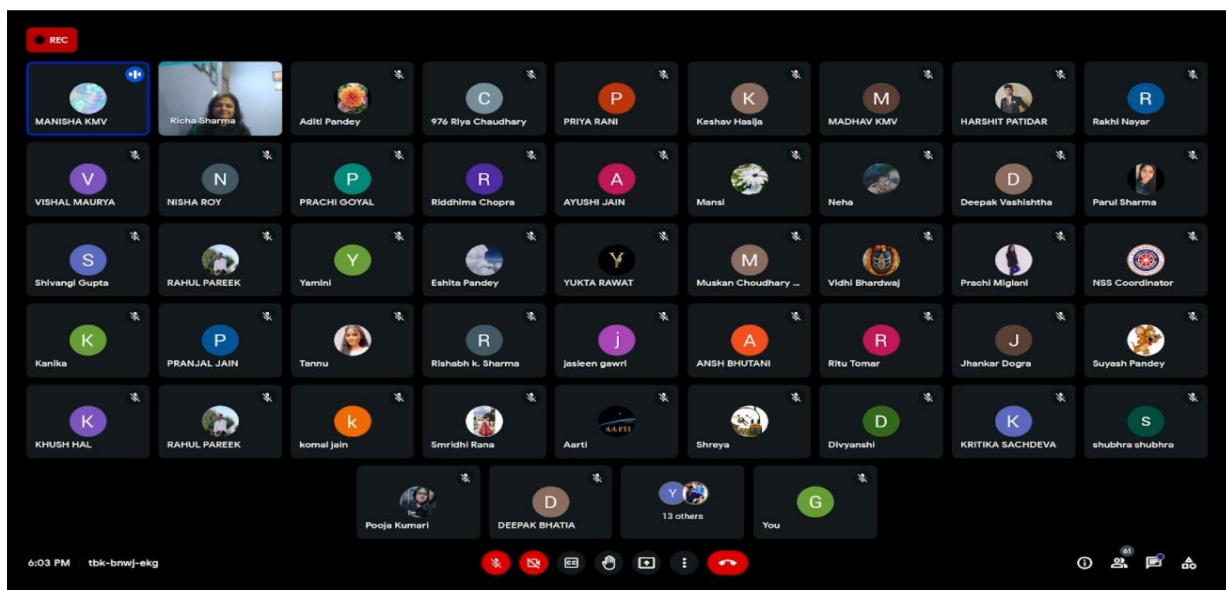
Poster of the event created by an NSS Volunteer

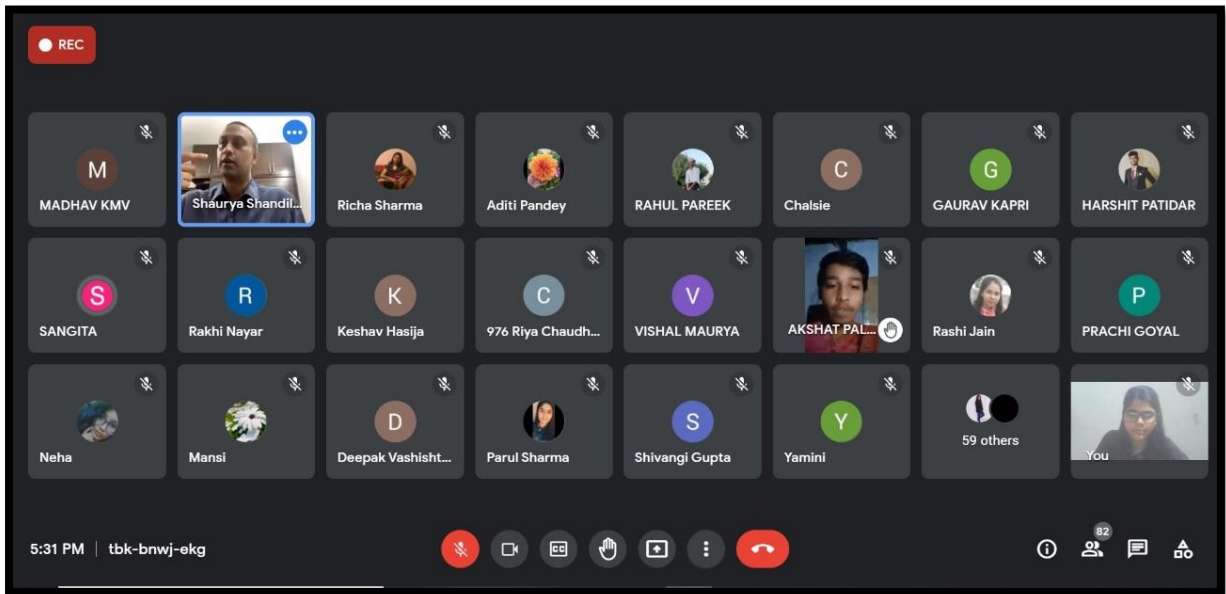
Yoga can have a calming restorative effect on the mind, and body. Yoga asana, pranayama and meditation are particularly useful to control stress levels naturally. This can help prevent lifestyle diseases such as blood pressure. Holistic practises such as yoga can drastically improve the quality of life. Keeping this into consideration, 2 day workshop was organised on the topic ‘**Yoga for Holistic Well-Being**’ on 20<sup>th</sup> June and 21<sup>st</sup> June 2021 at 4 PM on Google Meet. The speaker for the webinar was Ms Neeki Singh, the International Yoga Coach and Director of ANS Trust. On 20<sup>th</sup> June, speaker gave a detailed explanation on how to keep the body healthy and what are the important aspects to focus on. She taught some breathing exercises



also. On first day the theory portion was covered and on the second day, speaker taught yoga asana for keeping oneself fit. On both days of the session, more than 60 people attended the session.

## Screenshots of the webinar





NSS Unit of Keshav Mahavidyalaya in collaboration with NSS Unit of Vivekananda College successfully organised various sessions and webinars as a part of celebration of International Yoga Day. The NSS volunteers worked on the proposal with enthusiasm and organized a well-coordinated 15 days long programme from 7<sup>th</sup> June 2021 to 21<sup>st</sup> June 2021.

Dr. Richa Sharma  
Programme Officer

Prof. Madhu Pruthi  
Principal

International Youth Day



Independence Day



KESHAV MAHAVIDYALAYA  
University of Delhi  
NATIONAL SERVICE SCHEME



wishes  
you



74<sup>th</sup>

I ndependence  D ay

"Freedom is the way God intended us. It is something we are born with. Something that no one can take away from you."



Self - Reliant India




DATE  
15th August, 1947




Commemorating  
the nation's  
independence  
from British rule

Rahul Pareek  
(President)


Richa Sharma  
(NSS Programme Officer)



**Keshav Mahavidyalaya**  
 NAAC ACCREDITED GRADE 'A'  
 University of Delhi



Department of Physical Education & NSS Unit  
*Invite you for celebrating*  
**74<sup>th</sup> Independence Day**




**15<sup>th</sup> August 2020, 11:00 AM**  
**Paying tribute to all  
 Freedom Fighters**

Retd. Brig R. S. Bhatia

**LINK IN BIO**

Join with Google Meet: <https://meet.google.com/svs-kbjq-zpy>

Programme Schedule	
Welcome Address by Dr. Richa Sharma (NSS Program Officer)	11:00 AM
Address by Chief Guest Retd. Brig R. S. Bhatia	11:05 AM
Cultural Performances	11:20 AM
Flag Hoisting & National Anthem	11:45 AM
Vote of Thanks by Dr. Surender Singh	11:55 AM



Dr. Surender Singh (TIC, Dept. of Physical Education)    Dr. Richa Sharma (NSS Program Officer)    Prof. Madhu Pruthi (Principal)

Women's Equality Day



**KESHAV MAHAVIDYALAYA**  
UNIVERSITY OF DELHI  
**NATIONAL SERVICE SCHEME**



WISHES

**64%**  
OF ILLITERATE  
ADULTS ARE  
WOMEN.



**WOMEN'S**  
**EQUALITY DAY**

IN INDIA, FEMALE  
GROSS ENROLMENT  
RATIO (GER) JUMPED  
FROM 19.4 IN 2011-12  
TO 26.4 IN 2018-19.

AUGUST 26, 2020

More than **100** countries have laws on the books that restrict women's participation in the economy.

**95%** of countries have a male head of state.



The economic impact of achieving gender equality in India is estimated to be US\$700 billion of added GDP by 2025. The IMF estimates that equal participation of women in the workforce will increase India's GDP by 27.



**"THERE IS NO LIMIT TO WHAT WE, AS WOMEN,  
CAN ACCOMPLISH." - MICHELLE OBAMA**

RAHUL PAREEK  
(PRESIDENT)

DR. RICHA SHARMA  
(NSS PROGRAMME OFFICER)



*Celebrating 25 years of Excellence in Education*

# **KESHAV MAHAVIDYALAYA**

NAAC Accredited 'A' Grade Institution

H-4-5 Zone, Sainik Vihar, Pitampura, Delhi - 110034

**University of Delhi**



## **NATIONAL SERVICE SCHEME (NSS)**

**World Mental Health Day**

September 22, 2020 – October 10 2020





# NATIONAL SERVICE SCHEME

World Mental Health day





## KESHAV MAHAVIDYALAYA

(University of Delhi)

### NATIONAL SERVICE SCHEME

invites you to a webinar on the occasion of

## WORLD MENTAL HEALTH DAY

on

### STRESS: Psychological Impact and Management Strategies for Positive Mental Health

Eminent Speakers:

 <p><b>Ms. TARANA JAIN</b> Consultant Clinical Psychologist and Team Lead Stress Management Division FIPREX Living Green</p>	 <p><b>Mr. MANISH KUMAR SHARMA</b> Founder, FIPREX Estd. 1999 Faculty, THE YOGA INSTITUTE Level 3, YCB, Ministry of Ayush, Govt. Of India</p>
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Website: <http://www.fiprex.org/>

**Saturday, October 10, 2020, 10:30 am**

Join with Google Meet: <https://meet.google.com/gvx-uydo-aof>

<b>Mr. Rahul Pareek</b> (President)	<b>Dr. Richa Sharma</b> (NSS Programme Officer)	<b>Prof. Madhu Pruthi</b> (Principal)
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Both mental and physical health matters when it comes to a healthy and sound body. But people focus more on physical health than mental health end up being unhealthy. People tend to neglect mental issues and during pandemic it exaggerates anxiety and tension leads to poor mental health. COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. The quality and magnitude of impact on minors is

determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.

### **Awareness campaign (22 September 2020 – 10 October 2020)**

Keeping all these points in mind NSS KMV decided to run a full fledged awareness campaign started from 22 September to 10 October. As we all know that mental health is connected with physical health. A physically unfit person can't lead a healthy mental life. Hence Volunteers decided to start the campaign from physical activities. They d added Morning Run and jog to their routine using Pedometer to record their daily steps. Volunteers also encouraged their family and friends to involve in physical activities and shared benefits of it. Since our motive was to improve our mental health volunteers decided to include an activity dealing with mind, body and soul and no activity is better than *yoga*. Yoga guarantees wellness as well as fitness. Yoga is not merely an exercise but a way to attain peace through physical, mental and spiritual well being. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. With all these benefits Volunteers decided to do yoga daily with their family and friends and to encourage others they shared their pictures and videos to their relatives and friends.

### **Webinar on Mental health (10 October 2020)**

With all these activities Volunteers decided to take experts advice as an expert adds perfection to any work, hence on the last day of our campaign i.e 10 October 2020. Volunteers organized a webinar on the topic of “*The psychological impact and management strategies for positive mental health*”. With prominent experts Ms. Tarana Jain (psychologist) and Mr. Manish Kumar Sharma (founder of FIPREX living green, YCB, Ministry of Ayush) on Google meet. Webinar was well planned which dealt with all the topics covering basic knowledge about mental health, Mental state of an individual in Lockdown, fear of being infected and how to cope up with stress and poor mental health. Webinar was informative and much interactive. Participants asked their questions from experts all of them were satisfied. There was a soft song in the webinar shows the significance of music in our daily life and how music can help us to cope up with anxiety and stress. Participants enjoyed the webinar and music. Webinar ended on a vote of thanks by Programme officer Dr. Richa sharma.

The campaign for world mental health day was an attempt to create awareness among college students and society to their Mental Health. We would like to thank **NSS KMV** Programme officer Dr. Richa Sharma and NSS KMV volunteers for their efforts to educate people on the Mental Health and making this awareness campaign a huge success.

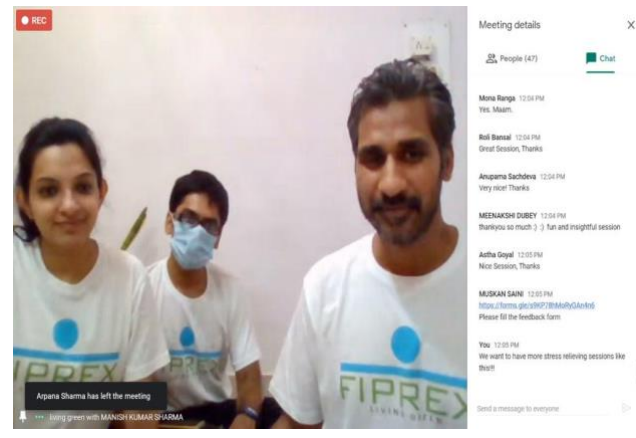
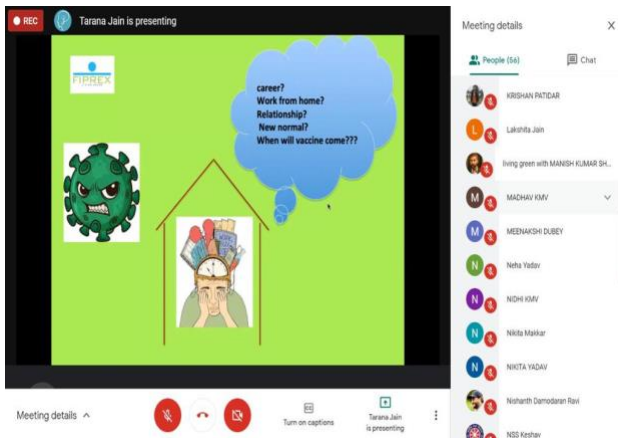
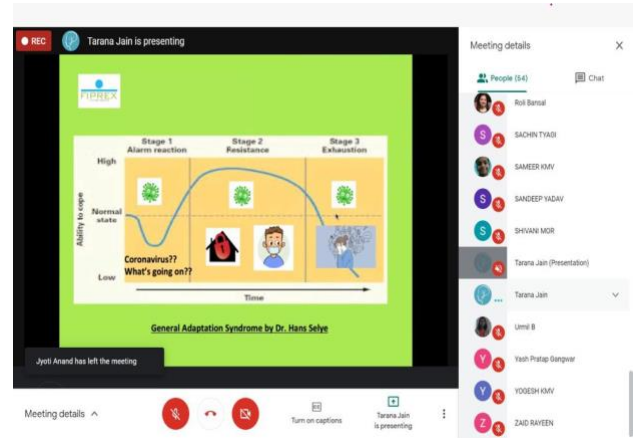
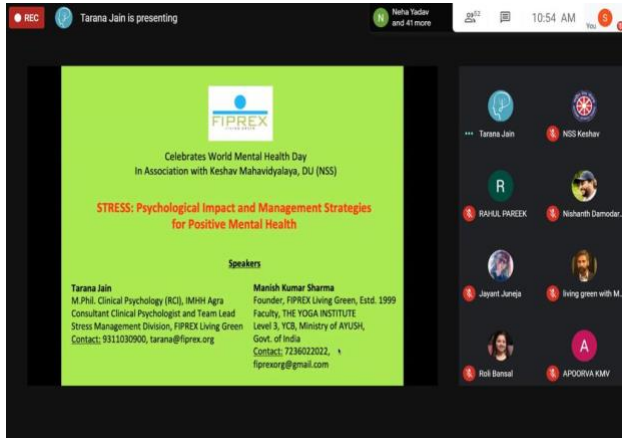
**Dr. Richa Sharma**  
( **NSS programme officer**).

**Dr. Madhu pruthi**  
( **PRINCIPAL** )

# Pictures of NSS KMV volunteers doing *YOGA* and other physical activities.



# Screenshots of the webinar through Google meet.





*Celebrating 25 years of Excellence in Education*

# **KESHAV MAHAVIDYALAYA**

NAAC Accredited 'A' Grade Institution

H-4-5 Zone, Sainik Vihar, Pitampura, Delhi - 110034

**University of Delhi**



## **NATIONAL SERVICE SCHEME (NSS)**

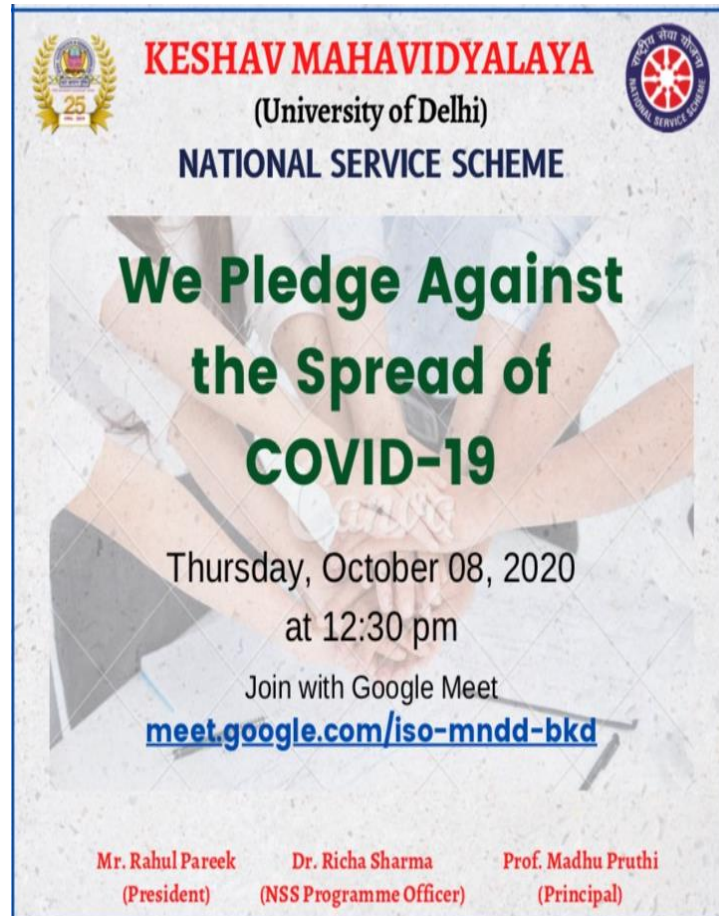
**PLEDGE AGAINST COVID SPREAD**

Oct 08, 2020



# NATIONAL SERVICE SCHEME

## PLEDGE AGAINST COVID SPREAD



**The poster of the event created by an NSS Volunteer**

**COVID-19** has rapidly affected our day to day life, businesses, disrupted the world trade and movements. Today, almost 35 million cases of COVID-19 have been reported by WHO, and more than 1 million people are reported to have lost their lives. Thus, the emphasis is on taking extensive precautions such as extensive hygiene protocol, social distancing, and wearing of masks, and so on. This virus has spread exponentially region wise. Identification of the disease at an early stage is vital to control the spread of the virus because it very rapidly spreads from person to person. Presently the impacts of COVID-19 in daily life are extensive and have far reaching consequences.

Hence, taking all this under consideration, a pledge regarding awareness against the spread of COVID-19 was taken by 28 NSS volunteers on Google Meet at 12:30 p.m. The key message was to 'wear mask, follow physical distancing and maintain hand hygiene'.

**Richa Sharma**  
**NSS Programme Officer**

### **The pledge taken by volunteers**

**Pledge**

I \_\_\_\_\_ commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.

I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.

To always wear a mask / face cover, especially when in public places.

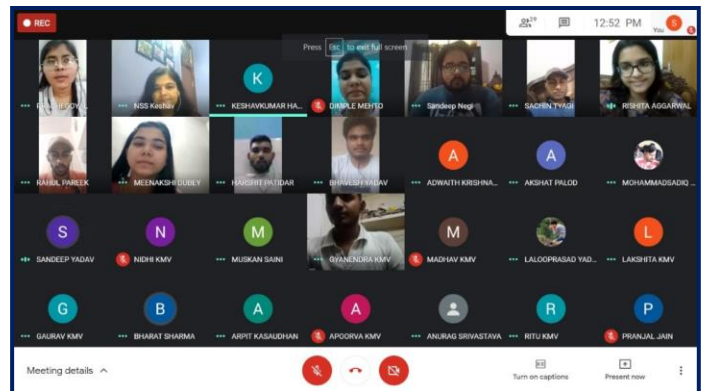
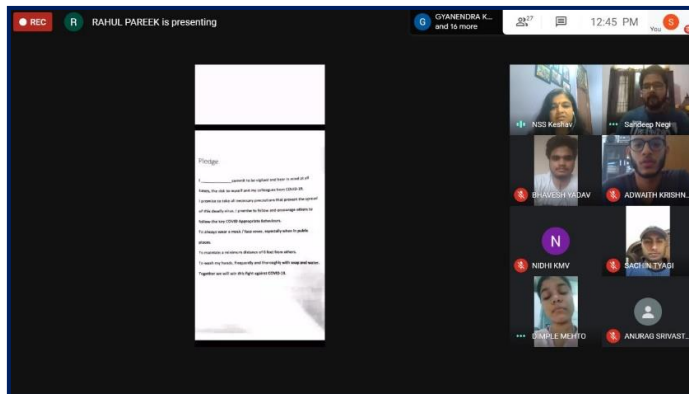
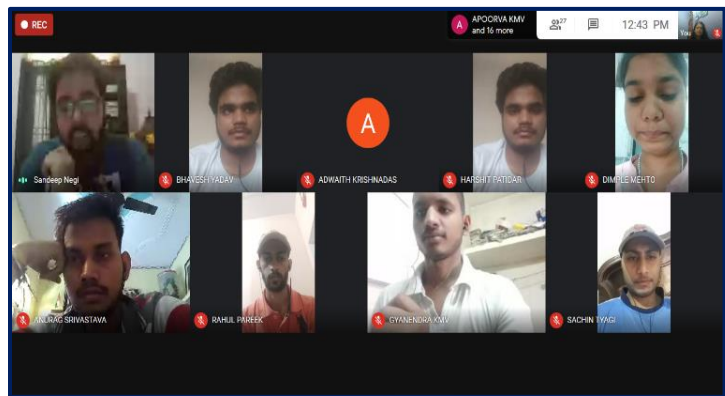
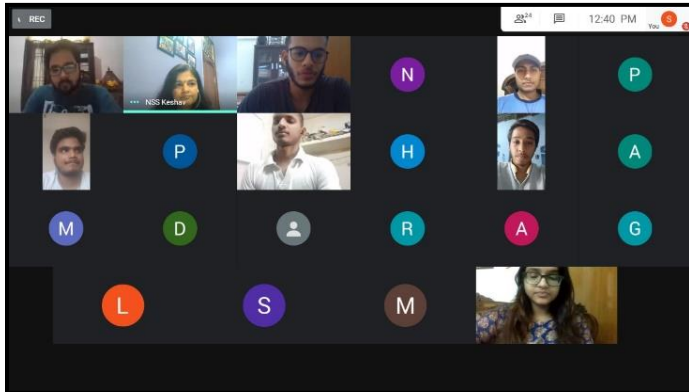
To maintain a minimum distance of 6 feet from others.

To wash my hands, frequently and thoroughly with soap and water.

**Together we will win this fight against COVID-19.**



## Screenshots of the online meeting through Google Meet



Republic Day



**KESHAV MAHAVIDYALAYA**  
University Of Delhi

**NATIONAL SERVICE SCHEME**  
organises

**PATRIOTISMO** ?

on the auspicious occasion of

**72**  
**Republic Day**

**1**  
Guess The Picture

**2**  
Who Am I

**3**  
Constitutional Crossword

Amazing Prizes for Winners

Date - 26th January  
Time - 11 a.m.

For any queries contact Sandeep Negi (7428610314)

Sponsored By Mosaic

Rahul Pareek (President)

Dr. Richa Sharma (Programme Officer)

Holi Celebration in Slum











*Celebrating 25 years of Excellence in Education*

# **KESHAV MAHAVIDYALAYA**

NAAC Accredited 'A' Grade Institution  
H-4-5 Zone, SainikVihar, Pitampura, Delhi -  
110034 **University of Delhi**



## **NATIONAL SERVICE SCHEME (NSS)**

**SHAHEED DIWAS QUIZ COMPETITION**

**22<sup>nd</sup> March, 2021**





# National Service Scheme



## SHAHEED DIWAS QUIZ COMPETITION

KESHAV MAHAVIDYALAYA  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME

organises

**Shaan-e-Shaheed**  
(QUIZ COMPETITION)

on

**THEME :** Indian Freedom Struggle &  
Freedom Fighters of India

March 22, 2021, 12:00 PM

Round 1 MIXED BAG

Round 2 EX - QUIZ - IT!

Round 3 FEW MINUTES... FOR OUR HEROES!

Round 1 will be Google form based quiz.  
Round 2 and 3 will be organised on Microsoft Teams.

Registration Link:-  
[https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

Merit certificate to top 3 winners and participation certificate  
to all the Round 2 qualifiers .

MEENAKSHI DUBEY  
(Event Head)

DR. RICHA SHARMA  
(Programme Officer)

Poster of the event created by an NSS Volunteer

Shaheed Diwas : The day to remember the struggle of the people who didn't care about their lives but about our nation. Like a rose won't bloom without its petals, the nation won't shine without the names of freedom fighters like Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru. Keeping this in mind with a happily crying heart KMV volunteers

organized a quiz competition, Shaan-e-Shaheed to remember the heroes on 22<sup>nd</sup> March' 2021 at 12:00 pm. The theme of the Competition was **“Indian Freedom Struggle & Freedom Fighters of India”**. The session started of with a heartfelt introduction about the day with primary importance. The quiz competition was divided into 3 rounds with first round being a bag full of questions related to lives of our freedom fighters organized through a google form. The qualifying participants then moved on to the second round to dwell deeper into the patriotic minds which included identification of the dialogues, sounds etc. Further the third round comprised of paying homage to heroes who gave their life to us.

### **Winners of the Competition:**

1<sup>st</sup> Position : CHITRANK KAUSHAL ( PGDAV COLLEGE)

2<sup>nd</sup> Position : ANURAG GUPTA (RAJDHANI COLLEGE)

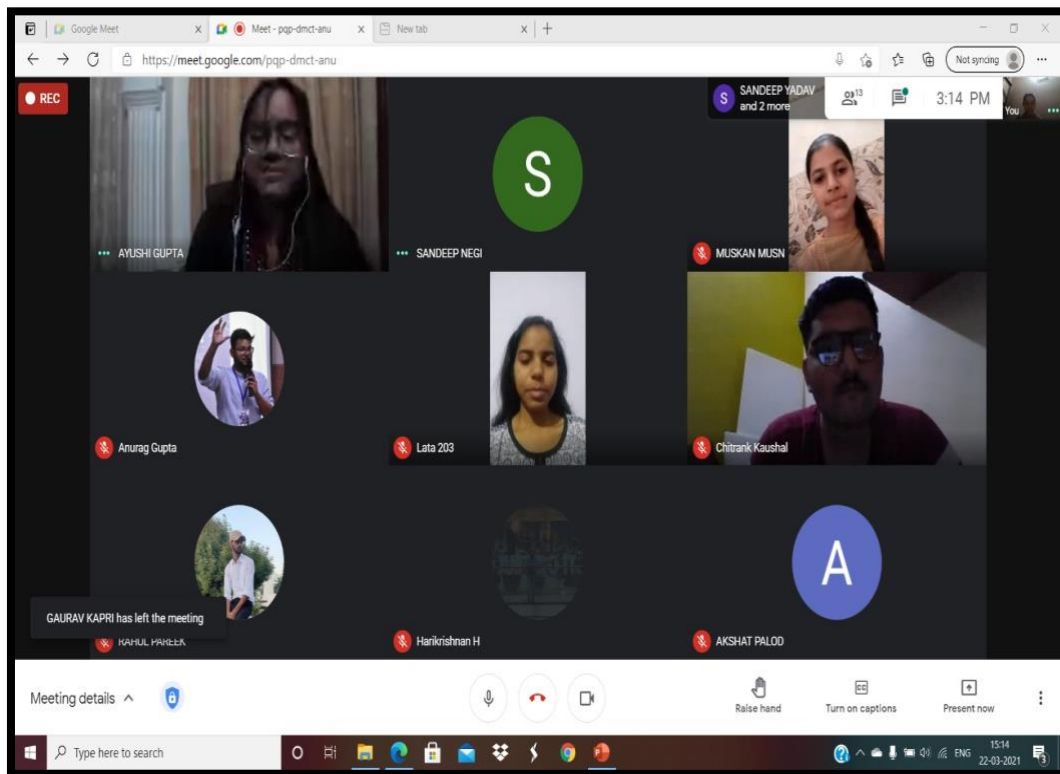
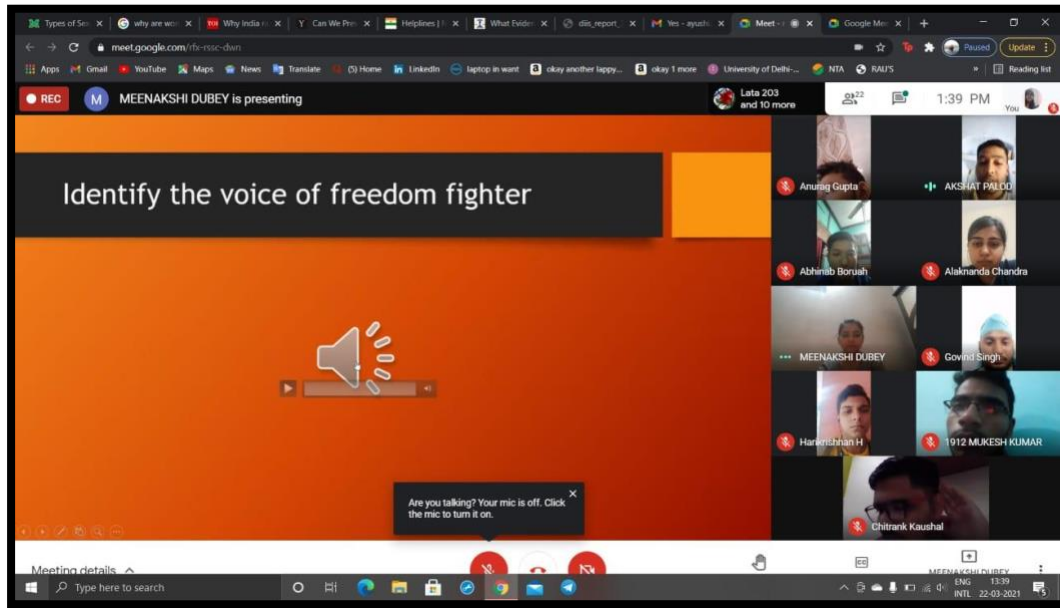
3<sup>rd</sup> Position : LATA (MAITREYI COLLEGE)

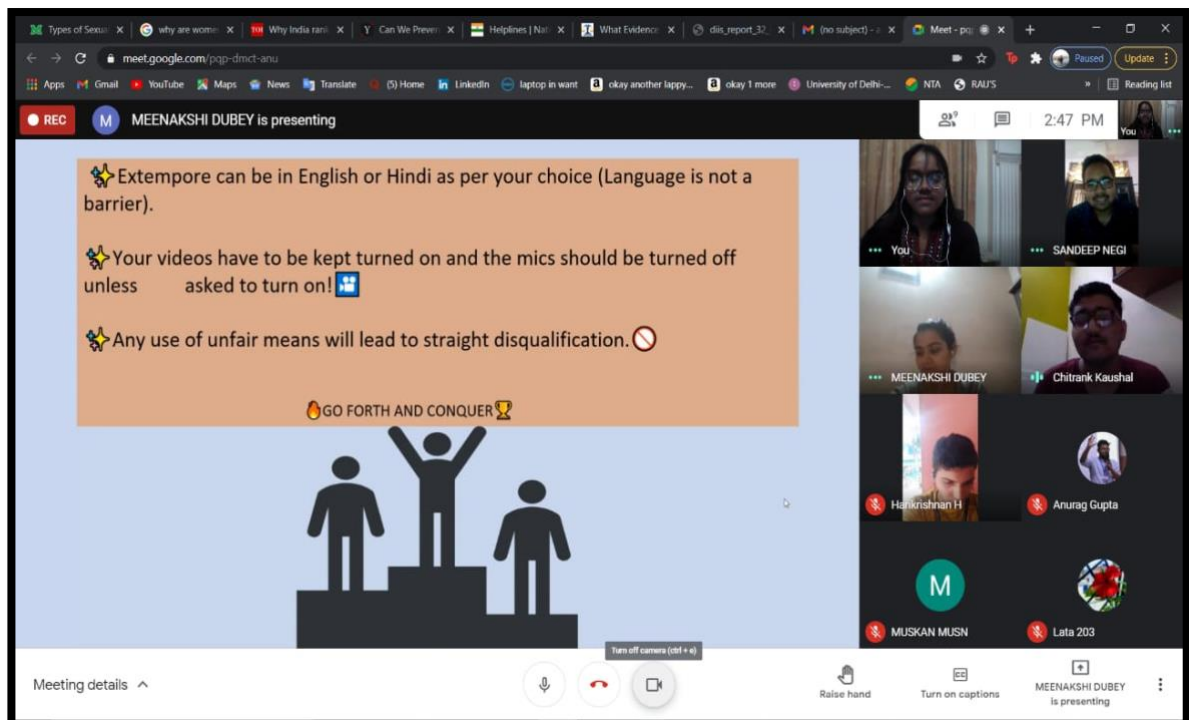
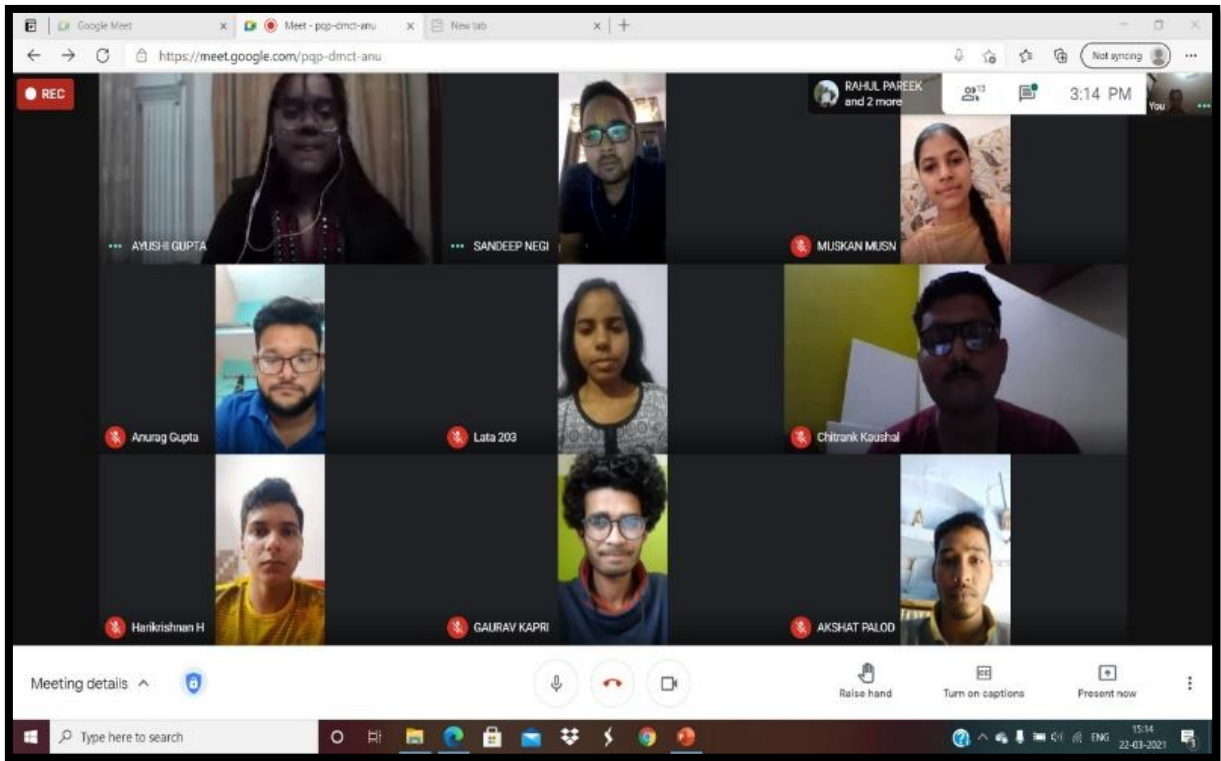
It was a very beautifully organized extempore competition which was fairly appreciated by the participants. The box of event was surely informative as well as an eye opener for all the attendees. The kind of enthusiasm people showed could be felt by the aura of the event. It was surely an event not only organized as a competition but to revive onto the past memories which are bundled up in our hearts. The participants were highly satisfied by the event and shared their beautiful feedbacks. The event left an unimaginable memory in the heart of every attendee. The event ended with a vote of thanks by the NSS volunteer.

**Dr. Richa Sharma**

**Programme officer**

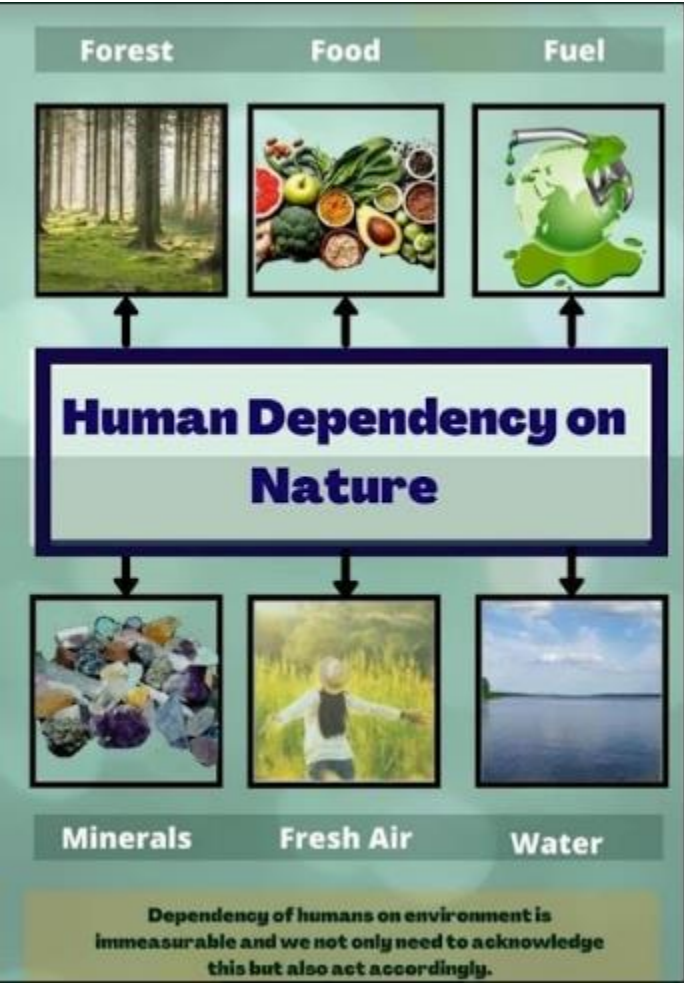
# Screenshots of the event







Importance of Environment



Dependency of humans on environment is immeasurable and we not only need to acknowledge this but also act accordingly.





**KESHAV MAHAVIDYALAYA**

(University of Delhi)

**NATIONAL SERVICE SCHEME**



under

**PROJECT : PARYA-KARM**  
**(Work for Environment)**

presents awareness on

**IMPORTANCE  
OF  
ENVIRONMENT**



**"One of the foremost condition of  
existence and happiness is that the  
link between the human and nature  
must not be broken"**

Muskan Saini  
(Secretary)

Dr. Richa Sharma  
(NSS Programme Officer)



# Sustainable Development



## Why it is important

- To improve the quality of human life
- To let our future generations live a better life
- Environmental care implies development

## How can it be achieved ?

- Shift to renewable resource
- Control pollution
- Target welfare not GDP
- Protect health of ecosystem

Importance of Foodweb



**Keshav Mahavidyalaya**  
(University of Delhi)  
**National Service Scheme**



**under**  
**Project : PARYA-KARM**  
(Work for Environment)  
**presents awareness on**

# Importance Of Environment

"If we break the chain then it will definitely destroy us"

## **Food chain**

A Food chain is a linear sequence of organisms through which nutrients and energy pass as one organisms eats another



## **Food web**

A Foodweb is the natural interconnection of food chains and a graphical representation of what - eats - what in an ecological community

"Everything is linked with each other ,if we harm the environment then definitely it will kill us"

# Food Web Disruptions

## Causes

- Over population
- Water pollution
- Acid rain
- Climate change
- Air pollution
- Illegal hunting
- Soil pollution
- Illegal dumping
- Littering
- Mining
- Deforestation
- Human greed
- Natural cause

## Effects

- Imbalance of environment
- Endangerment of animals and plant species
- Migration of animals
- Biodiversity loss
- Loss of human food sources
- Social Tension
- Poverty
- Starvation

## Solution

- Global cooperation
- Protection of natural habitats
- Protection of species
- Adjustment in consumption behavior
- Avoidance of waste
- Reduction in pollution
- Mitigate global warming
- Population control
- Education
- Rise awareness and convince family and friends

Caused mainly by us, must be solved by us.

# Tropic Pyramid illustrating 10% energy transfer rule

Energy need to be transferred through an ecosystem to support life at each Tropic Level



Ten Percent (10%) Law : According to this law , during the transfer of energy from organic food from one topic level to the next , only 10% of the energy from organic matter is stored as flesh

**Reduce Deforestation, Plant More, Save FUTURE!**

World Health Day

Yoga on women Health and Hygiene



# Keshav Mahavidyalaya

University of Delhi

## National Service Scheme

in collaboration with



**NSS NSUT**  
organises

## WORKSHOP

on

### Yoga for Women Health and Hygiene (PCOD Cure)



22ND APRIL 2021



4:00 PM

Registration Link :- [https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)



**Acharyaa  
Swati Jha**  
(Fit India Cell, NSUT)

Shagun Gupta  
(9213250816)

Dr. Richa Sharma  
(Programme Officer)

Prof. Madhu Pruthi  
(Principal)

Survey: Importance of Environment

 **Keshav Mahavidyalaya**  
(University of Delhi)  
**National Service Scheme** 

*under*  
**Project : PARYA - KARM**  
(Work for Environment)

*conducts*  
**SURVEY**  
*on*  
**ENVIRONMENT**

**WHAT DO YOU THINK ABOUT CURRENT SITUATION?**  **WHAT CAN BE THE FUTURE?**

Take part in our survey and let us know your perspective towards environment!!!

*LINK IS IN BIO*

Rahul Pareek  
(President)

Dr. Richa Sharma  
(NSS Programme Officer)

Anti Covid Task Force

**UNIVERSITY OF DELHI**  
**NATIONAL SERVICE SCHEME**

**Anti Covid Task Force**

In this unprecedented situation, let us stand united.

24/7

Manish Soni- 8114464101; Meenakshi Dubey- 9717470193; Govind- 9319937829;  
Suyash Pandey- 9198930483; Rishabh Kumar Sharma- 9024273116

24\*7 call support

Webinar on Stop Child Abuse





**KESHAV MAHAVIDYALAYA  
AND  
VIVEKANANDA COLLEGE**



University Of Delhi  
**National Service Scheme**

in collaboration with



**Sakshi**  
EQUALITY IS INCLUSIVENESS



organises

**WEBINAR ON  
STOP CHILD SEXUAL ABUSE  
AND  
POCSO ACT 2012**

Date: 4th June (Friday)

Time : 5:00 pm

Platform : Zoom

Link:- <https://bit.ly/2TBKHTK>

Yamini  
(President)  
Vivekananda College

Dr. Sandhya Jain  
(NSS Programme Officer)  
Vivekananda College

Muskan Saini  
(Secretary)  
Keshav Mahavidyalaya

Dr. Richa Sharma  
(NSS Programme Officer)  
Keshav Mahavidyalaya

Meme Making Competition



**KESHAV MAHAVIDYALAYA**  
(UNIVERSITY OF DELHI)  
**National Service Scheme**



under

**Project: PARYA-KARM**

**(WORK FOR ENVIRONMENT)**

presents

**MEME-O-MANIA**  
**THE MEME MAKING COMPETITION**  
**Theme: ENVIRONMENT**



**Last date to Register:**

**7 May 2021**

**Till: 11:59PM**

**Registration Link is in bio**

**Participation certificate to all the participants**

**Govind Singh**  
(Event head)

**Dr. Richa Sharma**  
(Programme officer)

Webinar on information and Busting Myth's on Covid-19 Vaccine



**Keshav Mahavidyalaya**  
(University of Delhi)



**National service scheme**

under

**PROJECT NIROG**



organises

*Webinar on information and busting myths about covid-19 vaccine.*

**WEBINAR ON MEET**

 **8 May, 2021**  
**Time: 5:30pm**



Student doctor at the university of Mauritius  
Actively Researched on scope of medical diagnosis in age of artificial intelligence & machine learning.  
completed over 9 publication, few also indexed in US national library of medicine- Pubmed.

**Abhishek Kashyap**  
[Google meet link:https://meet.google.com/htv-jnvh-arw](https://meet.google.com/htv-jnvh-arw)  
For any Queries, contact :Lakshita jain  
**+91 88180 71581**



Bhavesh  
(Treasurer)



Dr. Richa Sharma  
(Programme Officer)

Awareness session on Myth's and Facts about COVID-19



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED INSTITUTION - 'A' GRADE  
UNIVERSITY OF DELHI  
**NATIONAL SERVICE SCHEME**



organises

**An Awareness Session**

on

**Myths and Facts about COVID-19**

**on Wednesday, May 12, 2021, 5:00 PM**



Speaker: **Dr. Rakesh Gupta**



Link to join Session:

<https://meet.google.com/jyr-jfbh-kzd>

**Dr. Richa Sharma**  
(NSS Programme Officer)

**Prof. Madhu Pruthi**  
(Principal)

PPT : World Environment Day


 **NATIONAL SERVICE SCHEME**  
(UNIVERSITY OF DELHI) 

**Vivekananda College & Keshav Mahavidyalaya**

*Present*

**"परिवेश"**

(ON THE OCCASION OF WORLD ENVIRONMENT DAY)

 **PPT presentation by our NSS Volunteers**

*Date : 05/06/2021*  
*Time : 2:00 pm*  
*Venue : Google Meet*

**Meeting code :- hpp-bpeq-nrq**

<b>NSS Programme Officers</b>	<b>Presidents</b>	<b>Officiating Principals</b>
Dr. Sandhya Jain Dr. Richa Sharma	Rahul Pareek Yamini	Dr. Hina Nandrajog Prof. Madhu Pruthi

Plantation Drive



**KESHAV MAHAVIDYALAYA**  
(University of Delhi)



**National Service Scheme**

under

**PROJECT: PARYA-KARM**

(Work for Environment)

presents

**Plantation Drive**

on the occasion of

**WORLD ENVIRONMENT DAY**



**Deadline: 6th June, 5PM**

Send your entries via Google form (Link in Bio)

or

WhatsApp- 9354442124

**Nisha Roy**  
(Project Head)

**Dr. Richa Sharma**  
(NSS Programme Officer)



**P L A N T A T I O N   D R I V E**  
organised on the occasion of World Environment Day





World Day against Child Labour





KESHAV MAHAVIDYALAYA  
IN COLLABORATION WITH  
VIVEKANAND COLLEGE



UNIVERSITY OF DELHI  
NATIONAL SERVICE SCHEME

organises



**UDAAN**

**An awareness week**

(June 6 - June 12)

on the occasion of



*World Day Against Child Labour*



BHAVESH YADAV  
(TREASURER)

*Child is meant to LEARN  
not to EARN*  
**STOP CHILD LABOUR!**



DR. RICHA SHARMA  
(PROGRAMME OFFICER)



KESHAV MAHAVIDYALAYA  
IN COLLABORATION WITH  
VIVEKANANDA COLLEGE



UNIVERSITY OF DELHI  
NATIONAL SERVICE SCHEME



under  
**UDAAN**  
organises



## Poster Making Competition

Theme: *Eradicating Child Labour*

Deadline: June 9, 2021 (11:59 PM)

Submit your poster in the link given below:

<https://bit.ly/3wYV1n8>

*Show your creativity to combat child labour.*

MUSKAN SAINI  
(SECRETARY)

DR. RICHA SHARMA  
(PROGRAMME OFFICER)



KESHAV MAHAVIDYALAYA  
IN COLLABORATION WITH  
VIVEKANANDA COLLEGE  
(UNIVERSITY OF DELHI)



NATIONAL SERVICE SCHEME  
under



**UDAAN**



is spreading awareness on

# Child Labour

"I dream for a world which is free of child labour,  
a world in which every child goes to school,  
a world in which every child gets his rights."  
-Kailash Satyarthi



Nearly 1 in 10 children across the globe  
(around 152 million) are subjected to  
child labour, almost half of whom are  
in hazardous forms of work.



Survey



**KESHAV MAHAVIDYALAYA**  
IN COLLABORATION WITH  
**VIVEKANANDA COLLEGE**



**UNIVERSITY OF DELHI**  
**NATIONAL SERVICE SCHEME**

on the occasion of  
*World Day Against Child Labour*

presents

**SURVEY**

under

**UDAAN**



Survey form link:

[https://linktr.ee/NSS\\_KMV](https://linktr.ee/NSS_KMV)

*"Children deserve holding books, not bricks.  
Stop child labour!"*

**MUSKAN SAINI**  
(SECRETARY)

**DR. RICHA SHARMA**  
(PROGRAMME OFFICER)

Tarak



KESHAV MAHAVIDYALAYA  
In collaboration with  
VIVEKANANDA COLLEGE



University Of Delhi

**National Service Scheme**

under

**UDAAN**

organises

**तर्क = 3**

Theme : Child labour during Covid-19 pandemic and beyond the vicious disease targeting humanity

*Date : 11/06/2021*

*Time : 3:30 pm*

*Venue : Google meet*

Meeting code :- fef-uxnv-vkr

MUSKAN SAINI  
[SECRETARY]

DR. RICHA SHARMA  
[NSS PROGRAMME OFFICER]

Vartalap

**National Service Scheme**  
**University Of Delhi**

Keshav Mahavidyalaya, Vivekananda College & Sri Aurobindo College (M)

under  
**UDAAN**  
Present

**वार्तालाप - 4**  
[ON THE OCCASSION OF WORLD DAY AGAINST CHILD LABOUR]

*Date : 12/06/2021*  
*Time : 4:00 pm.*  
*Venue : Google meet*

Meeting code :- ukm-pgcj-uik

**PRESIDENTS**  
RAHUL PAREEK  
YAMINI  
MOHD. AMIR HUSAIN

**NSS PROGRAMME OFFICERS**  
DR. RICHA SHARMA  
DR. SANDHYA JAIN  
DR. MEENAKSHI CHAUDHARY

Mental Health Awareness



**KESHAV MAHAVIDYALAYA**

(University of Delhi)

**NATIONAL SERVICE SCHEME**



under

**PROJECT NIROG**



presents



# Mental Health Awareness

## DEPRESSION

*Depression is a mental disorder that can be characterized by persistent feeling of sadness. It affects how you feel, think, behave and handle daily activities, such as sleeping, eating or working. It can lead to a variety of emotional and physical problems.*



**Rahul Pareek**  
(President)

**Dr. Richa Sharma**  
(Nss Programme Officer)

# Enactus Keshav Mahavidyalaya

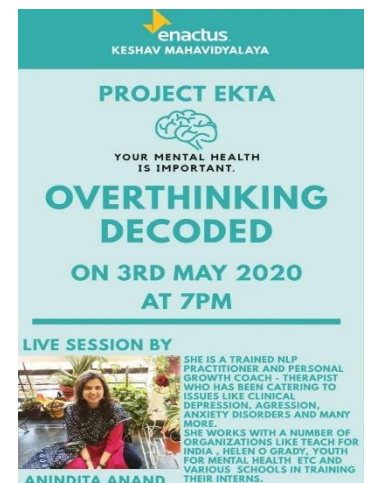
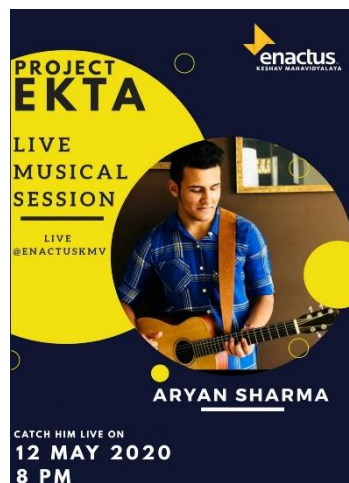
Enactus KMV is a branch of the internationally recognized student-run social entrepreneurship organization – Enactus which strives to build a better world by escalating enthusiastic students to social entrepreneurs and giving them an opportunity to practically abridge the existing socio-economic disparities in a sustainable manner.

The projects currently undertaken by the society are working to tackle various social issues, including but not limited to protecting the dying art of potters (**Project Sahaayta**); promoting canvas bags while uplifting the women community (**Project Pehel**), spreading awareness about mental health in times of a global pandemic (**Project Ekta**) and eradicating plastic pollution through means of reduction and recycling (**Project Ehsaas**). All these projects tackle the problems by means of entrepreneurial action.

Events Conducted by Enactus KMV in the academic year 2020-21:

## 1. MENTAL HEALTH AWARENESS SESSIONS UNDER PROJECT EKTA –

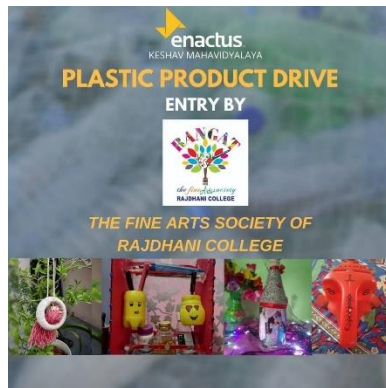
We conducted a series of interactive and engaging sessions on our official social media handles. These sessions were at the beginning of the session, during the COVID-19 lockdown, to help people focus on keeping themselves mentally healthy. Various experts and organizations came aboard to impart knowledge and interact with the audience.





## 2. VIRTUAL PLASTIC PRODUCT DRIVE UNDER PROJECT EHSAAAS –

It was an online activity, done with the aim to make use of plastic waste in our homes and upcycle them



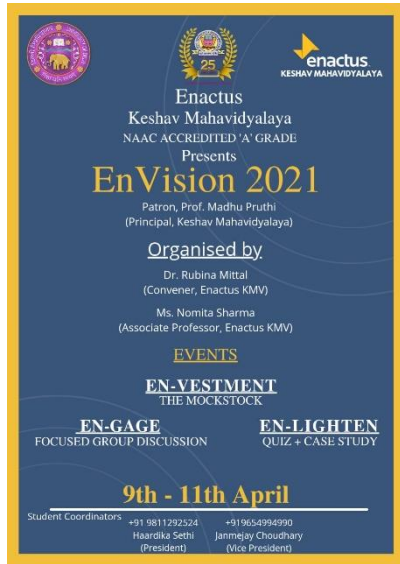
into an item for long-term use. We collaborated with art societies across the university for this initiative to raise awareness about plastic recycling. Some of the entries under this initiative are present below –

## 3. FIELD VISITS UNDER PROJECT SAHAAYTA –

Field visits are conducted, at least once every couple of months so that the members can go and interact with the communities and gain first-hand knowledge about how they run their day-to-day operations. The visits are aimed at gaining an insight into the issues faced by the target communities residing in that area and working on plans to alleviate those problems.



4. **En-Vision 2021** – It was a 3-day online competition, conducted with the aim to propagate community-oriented resolution of socio-environmental problems. It comprised of three separate events, and each of them had an element which required the participant to take entrepreneurial decisions with certain economic and environmental implications. All the events aligned with the goal of Enactus to set up an enterprise that creates a positive impact on the community and ecosystem.



## Women's Development Cell

1.



**Keshav Mahavidyalaya**  
NAAC ACCREDITED GRADE 'A'  
(University of Delhi)



### Women Development Cell

*invites you to a Webinar on*

**Contours of Women Empowerment:  
Mapping Feminine Lives in Masculine Spaces**

*by*



**Ar. Anjali Shukla**  
Co-founder, 'Studio 9491'



**Tuesday, 25<sup>th</sup> August 2020, 11:00 am**

Join with Google Meet:  
<https://meet.google.com/rsa-redr-rvy>

**Dr. Manjari Singh**  
(Convenor)

**Prof. Madhu Pruthi**  
(Principal)

Student Coordinators: Swati, Khushboo, Kriti, Aastha

General Guidelines for Participating and Attending Webinar  
organized by Women Development Cell, Keshav Mahavidyalaya  
to be held on Tuesday, 25-08-2020 @ 11: A.M. on Google Meet



**Contours of Women Empowerment:  
Mapping Feminine Lives in Masculine Spaces**

*Your Cooperation in following these guidelines shall be highly appreciated.*

1. Participants are required to join at least 10 minutes before the start of the session
2. Staff and students of Keshav Mahavidyalaya are requested to login using their Institutional IDs
3. Participants must put their audios and videos in mute mode throughout the session.
4. Participant must take due care not to present their screens at any time during the session.
5. Any query/ question related to the session should be asked only through the Chat Box that may be taken up at the end by the coordinators.
6. A link to a feedback form will be shared in the chat box towards the end of the session. Participants are requested to fill up the feedback form before leaving the google meet.


*We thank you in anticipation of your wholehearted cooperation and support in helping us conduct the proceedings of the webinar smoothly.*

2.



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED GRADE 'A'  
(University of Delhi)

**WOMEN DEVELOPMENT CELL**  
*organizes*





**POSTER MAKING COMPETITION**  
*on the theme*  
**"WOMEN WARRIORS IN HISTORY"**

*E-Certificates will be awarded to winning entries!*  
Send your posters to us by **17th January, 2021** at  
<https://forms.gle/sWBBj9rJXXB2x8Y4A>

*Student Coordinators*


<b>Dr. Manjari Singh</b> (Convenor)	<b>Khushboo</b> (+91 9871604809)	<b>Aastha</b> (+91 9999014946)	<b>Prof. Madhu Pruthi</b> (Principal)
--	-------------------------------------	-----------------------------------	--

3.



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED GRADE 'A'  
(University of Delhi)

**WOMEN DEVELOPMENT CELL**  
*organizes*



**POETRY COMPETITION**  
*on the theme*  
**"COMBATING GENDER STEREOTYPES"**  
Entries may be either in English or Hindi.

*E-Certificates will be awarded to winning entries!*  
Send your self-composed poems to us by **17th January, 2021** at  
<https://forms.gle/BVHUU2tBNXRqPZC37>

*Student Coordinators*

<b>Dr. Manjari Singh</b> (Convenor)	<b>Swati</b> (+91 9675212220)	<b>Kriti</b> (+91 7827549383)	<b>Prof. Madhu Pruthi</b> (Principal)
--	----------------------------------	----------------------------------	--



# केशव महाविद्यालय

NAAC द्वारा ग्रेड-A प्रद  
(दिल्ली विश्वविद्यालय)

## WOMEN DEVELOPMENT CELL

द्वारा आयोजित



### काव्य प्रतियोगिता विषय

## "लिंग रूढ़िवादिता के विरुद्ध संघर्ष"

प्रविष्टियाँ हिंदी एवं अंग्रेजी दोनों में स्वीकार्य।

विजयी प्रविष्टियों को ई-सर्टिफिकेट प्रदान किया जायेगा!  
अपने स्वरचित कविताओं को हमें **17 जनवरी 2021** तक  
<https://forms.gle/BVHUU2tBNXRqPZC37> पर भेजें।

डॉ. मंजरी सिंह  
(संयोजक)

स्वाति  
(+91 9675212220)

छात्रा समन्वयक

कृति  
(+91 7827549383)

प्रो. मधु प्रुथि  
(प्रधानाचार्य)

4.



**KESHAV MAHAVIDYALAYA**  
NAAC ACCREDITED GRADE 'A'  
(University of Delhi)

**WOMEN DEVELOPMENT CELL**  
*celebrates International Women's Day with*

CONTOURS OF WOMEN EMPOWERMENT  
*Movie Review Competition  
& Panel Discussion*

Send your reviews to us by  
*Friday, 5th March 2021!*

Results shall be declared at the end of the  
**PANEL DISCUSSION**  
*Monday, 8th March 2021, 3:00 pm*  
Join via Google Meet: [vja-xchx-qvi](https://meet.google.com/vja-xchx-qvi)

**Dr. Manjari Singh**  
(Convenor)

**Dr. Priti Sehgal**  
(Vice Principal)

**Prof. Madhu Pruthi**  
(Principal)

Student Coordinators: Swati, Khushboo, Kriti, Aastha



## Entrepreneurship Development Program Cell (EDPC)

The EDP cell of Keshav Mahavidyalaya aims at encouraging the students to come up with new ideas related to taking initiative for a start-up or starting a new business venture. This cell has student members along with the teachers. The EDP cell organizes interactive sessions, quizzes, talks by the experts, and discussions amongst the students. During the session 2020-21, the cell organized an online webinar on “Social Entrepreneurship” by the eminent speaker Dr. Smriti Pahwa. It was attended by students as well as the faculty and the session received a lot of positive feedback.

(Dr Jagneet Kaur Anand)

Coordinator-EDP Cell



**Keshav Mahavidyalaya**  
NAAC Accredited 'A' Grade  
(University of Delhi)

The EDP Cell & IQAC jointly welcome you to  
*Webinar on*

**“Social Entrepreneurship- through MOC  
(Missed Opportunities Cognizant)  
Mindset™”**

Speaker: Dr. Smriti Pahwa  
Founder, MOC  
(Missed Opportunities Cognizant) Mindset™

Friday, 16<sup>th</sup> April 2021 at 11:00 am  
Join here: <https://meet.google.com/hpu-esnr-sss>

Dr. Jagneet Kaur Anand  
Coordinator, EDP Cell

Dr. Anju Arora  
Convener, IQAC

Prof. Madhu Pruthi  
Principal

Speaker

## COLLEGE PLACEMENT CELL

Start@KMV, the Placement cell of Keshav Mahavidyalaya is devoted to the purpose of providing great opportunities to the students of the college, and help them kick-start their careers on a high note – wherein they have the necessary skills and experience that makes them the top choice of the recruiters. The team consists of the most hardworking and ambitious students of the college, who are handpicked after a rigorous recruitment procedure from the different courses at the beginning of the academic session and work ardently to connect with the top companies of the industry.

The academic session 2020-21 might have been overshadowed by the novel coronavirus, but the Placement Cell, with their positive attitude and high spirits, did not let anything come into the way of their work. In order to seize the opportunity and make the best of it all, the Cell began the session by organizing a 7-episode webinar series that hosted industry experts like Mr. Yoheshwaran (Marketing & Partnership Head, Canva India), Mr. Ashok Sangwan (Head – Cost of Delivery, Wipro Ltd), and many esteemed alumni of the college, working in companies like Bain&Co, JD Irwing Ltd., Moody's Analytics, etc. who each shared their views and experience in their respective domains.

With the onset of the recruitment season, the Cell took an initiative to organize a 'Placement Preparation Series' starting July 2020 which focused on making the students of our college placement ready and attractive to the recruiters. The series began with a very insightful webinar by Mr. Sunil Dua (Senior Regional Head at T.I.M.E.) who spoke on the topic of 'Case study-based GD/PIs'. Following that, a session was organized where Mr. Ashish Garg (Vice President, Global Talent Acquisition at American Express) enlightened the students on 'How to Prepare for Interviews'. Being a career coach himself, he discussed a lot of insightful topics that helped the students prepare better. The series ended in early September 2020 with a session on 'Acing Group Discussions' by Mr. Anil Singh Bhaduria (Senior Regional Head, T.I.M.E). In the later period, various webinars and workshops took place, each playing a significant role in the holistic development of the students.

The Cell organized a Resume Building Session by Mr Gagandeep Singh (GWEPP, IIMA alumnus) on 23<sup>rd</sup> February 2021 to prepare students for the annual internship fair. The Virtual Internship Fair, organized on February 28, 2021, was a huge success with students registering from all across the nation. The Fair witnessed over 4300 student applications applying for internship opportunities in various profiles offered by the 50+ companies that virtually attended the fair, including the likes of Zomato Feeding India, Sharekhan, Unschool, Teach for India, and many others.

The Placement Cell has worked tremendously hard to take steps towards its own growth, and for the growth of the college. Various opportunities are shared with the students of the college from time to time. As a result of these efforts, this year the College saw participation in recruitment drives by 50+ companies including the likes of many prominent recruiters such as D. E. Shaw & Co, EY, Willis Towers Watson, Byju's, TresVista, Decathlon, Bank of America, and Wunderman Thompson etc to hire from the current and alumni batches as well. The highest package this year has been Rs. 19.25 lakhs p.a., with the average package being Rs. 6.71 lakhs p.a. However, there is no break for the Placement Cell as it aspires to do even more in the future.



# KESHAV MAHAVIDYALAYA

NAAC Accredited 'A' Grade  
UNIVERSITY OF DELHI



## START@KMV THE PLACEMENT CELL

PRESENTS

# INTERNSHIP FAIR

SUNDAY, 28<sup>TH</sup> FEBRUARY 2021

10:00 AM - 6:00 PM



Pranjal: 97113 76316

Riya: 92899 97915

[internship@keshav.du.ac.in](mailto:internship@keshav.du.ac.in)

### PAST RECRUITERS



Convener

Dr. Subodh Pandit

Co-Conveners

Ms. Astha Kanjlia

Dr. Vandana Gambhir

Vice Principal

Dr. Priti Sehgal

Principal

Prof. Madhu Pruthi



# **KESHAV MAHAVIDYALAYA**

NAAC Accredited 'A' Grade Institution

H -4 -5 Zone , Sainik Vihar , Pitampura , Delhi – 110034

**University of Delhi**



**NATIONAL SERVICE SCHEME ( NSS )**

**MANJHA AWARENESS DRIVE**

Oct 8, 2020



# MANJHA AWARENESS DRIVE



**KESHAV MAHAVIDYALAYA**  
(University of Delhi)

**NATIONAL SERVICE SCHEME**

**FINE LINE BETWEEN LIFE & DEATH**

**KITE  
THREAD  
OR LIFE  
IN  
THREAT**

**BAN ON  
SYNTHETIC  
MANJHA**

**PROTECT  
LIVES**

**SAVE BIRDS**

**AWARENESS  
DRIVE**

SHARE YOUR VIEWS THROUGH  
ANY CREATIVE AND  
ORIGINAL WORK:-

- ★ POSTERS (HAND-MADE OR DIGITAL)
- ★ ESSAYS
- ★ SLOGANS
- ★ POETRY
- ★ ARTICLES etc via

**E-CERTIFICATES WILL  
BE PROVIDED. SEND  
YOUR WORK BY 10TH  
AUGUST, 10 AM.**

For Any Queries:-  
**RAHUL PAREEK  
(PRESIDENT)  
7062471713**

<https://forms.gle/ckRbrQM2Cb8Qeq1P7>

**LINK IN BIO**

Dr. Richa Sharma (NSS Programme Officer)      Prof. Madhu Pruthi (Principal)

The poster of the event created by an NSS Volunteer

Kite flying is a popular sport amongst children and adults alike and it catches pace weeks before, the Independence Day celebration. However, the threads used for kite flying are made of plastic, nylon or other synthetic materials. It

causes harm to humans and birds alike. The bans on (Chinese) manjha have been imposed under provisions of the Environment (Protection) Act, 1986. Hence, NSS KMV decided to run an online campaign to spread awareness about the effects of manjha on our environment. The campaign consisted of participants submitting creative work on the theme of Ban on Synthetic Manjha. The entries were selected through Google form. The best entries were featured on our social media pages.

Richa Sharma

NSS Programme officer

### SELECTED ENTRIES

Let's not dethrone the  
rulers of sky  
While they try to reach  
new high..  
Let's not cause  
hindrance in their flight  
For thy momentarily  
delight..



**Bijita Nayak**

B.A. programme  
Shri Aurobindo College  
(Slogan writing)

### BAN ON SYNTHETIC MANJHA

Someone said, "Never say that won't happen to me; Life has a funny way of proving us wrong." So true! Isn't it? Flying a kite has always been an exhilarating activity for us. All of us for atleast once in our lives have experienced flying a kite. But have we ever thought that our temporary pleasure can bring a permanent darkness in someone's life?

The answer is simply no! Most of us never thought that a delightful and chillike activity of flying a kite can have an outcome so evil. But what I'm going to talk about is not directly about kite but its perilous thread. The string which makes the kite fly high in sky and admire the beauty of nature from a considerable altitude: Chinese manjha. It is basically a polymer made kite flying string which is found to be life threatening. If every person including you and me decide not to use that hazardous manjha then so many lives can be saved especially when it comes to birds and two wheeled riders. I know it is not easy to at once give up on our consumption of it but if we think of the pain and suffering the family of the dead goes through I'm sure our conscious won't allow us to make a second purchase. Who imagined that a minutely thin thread can harm so many lives on ground. I know that our collective efforts will surely pay off someday but every coin has two sides. If there are empathetic and caring humans then there are heartless and selfish giants also who only thinks of fetching profit from anything possible be it someone's life. The gloomy picture keeps coming in report that there are people who are selling off these manjha to earn illegal profits. An effective solution is public awareness. We need to talk, write, debate, discuss and deliberate as much as possible on questions related to the adverse effects of chinese manjha. This is when more people will know about the pressing challenges of this manjha and will try to refrain from its usage. Today human society stands at an important crossroad. The path we take hereon will not only decide our well being but also of so many others. The imbalance between our greed and ethnicity have led to grave outcomes. We can either accept this, go ahead with this as if it is our usual business or we can take corrective actions.

This time lets play a proactive role and understand that compassion towards one another is essential. Lets understand that leading a harmonious lifestyle is part of our rich tradition. This time lets enjoy flying kites without harming anyone. This time lets take care and show that every life matters to us.



### Reiya Rani Rama

(Essay Writing )

Eco(H) , 4thSem

St. Columbia's College  
(VinobaBhave University)

"Protect Nature's Beauty, Save Lives"

Let's be human today. Let's take a pledge today. To protect lives to save lives. Every living creature on this planet earth has a purpose has a right to live has a freedom to live. We must care we must love every life we must protect all of the life on this planet Earth because it defines us humans we have highly developed brains we understand feelings we understand emotions we know the feel the difference of everything which comes to our life. Being human is only possible for human beings for Homo Sapiens not for animals & birds. We, Homo Sapiens, we must protect nature's beauty, we must nurture GOD'S creations. We must live being humans. We must live this life. We should love to care. We should love them. We must protect birds, animals & each life having life on the Earth. We need to create awareness. We need take a stand to make a difference. We need to be the change we wish to see. We should stop things going against nature's beauty. Let's be there for nature, be there for future, be there to nurture lives.



**Rakshita  
Manglani**

( Essay Writing )  
B.Ed 4th Semester  
SevaSadan's College of  
Education ( University of  
Mumbai )



Slogan - Reject Synthetic  
Be Empathetic !

Essay -

Tradition of kite flying is very common in India . Bright coloured kites and their coloured threads paints a perfect picture in the Indian skies especially during the harvest festivals and the Indian Independence Day. But do we all know that these coloured threads are made of nylon and even in some cases it is made using synthetic material. In addition to it, some of the 'manjha' are made using cotton thread coated with glass including Chinese 'manjha'.

The consequences of synthetic 'manjha' is even more deadly than the materials it is made from. It is deadly not only for humans but animals and birds too. Thousands of pigeons ,crows ,owls , endangered vultures and other birds are often wounded or killed by these synthetic 'manjha' and the nylon thread. The synthetic threads or the Chinese manjha which breaks or cuts while flying kites either gets entangled in the trees or in the power lines . This in turn proves out to be fatal for those human beings or animals who comes in contact with it. A data records that around 2000 birds are injured in the city every year during Utrayan and approximately 500 of them die from these injuries. Moreover a previous report says that a 18 year old man in North Delhi was killed after a stray chinese ' manjha ' slit his throat while he was riding his bike as the 'manjha' was hung on the tree across the road. The cut was so deep that his windpipe was slashed. This is just one example .There are many other reports and news about the people dying from such severe injuries. Sharp manjha also wreaks havoc on the power lines . A single power line disruption can affect upto 10,000 people. Due to 'manjha' being coated with glass , metals and other sharp materials , these strings act as good conductor of electricity , increasing the probability of detached 'manjha' strings stuck in powerlines electrocuting kite flyers and passers-by coming into contact with these strings. Moreover these strings are non - biodegradable and thus destructively hampers our environment.

So, it became very much necessary to put ban on the synthetic 'manjha' used for kite flying. As a result, the National Green Tribunal imposed an interim nationwide ban on use of glass-coated cotton thread or the synthetic 'manjha' for flying kites. But to say that people are abiding by the rules or are implementing them or has awareness regarding it, is still a matter of great concern. After knowing it's deadly circumstances we as a youth - the bright future of India must take a vow to be environment friendly and avoid using synthetic 'manjha' . Instead we must use only such strings which are made of cotton and natural fibre which are free from any metallic and glass components . Besides this, one must also take the pledge to not only limit their knowledge of this to themselves but also create awareness among people as much as possible so that the precious lives of both the humans and the animals can be saved . After all 'everyone's life' matters.



**Puja Kumari**

(Essay Writing)

B.A. Pol Science , 3rdSem

ShriAurobindo College

(Delhi University)

### ESSAY WRITING

The manja used in kite-flying competitions is often coated with adhesive and powdered or finely crushed glass, metal, or other materials to make it sharp. It's deadly for thousands of pigeons, crows, owls, endangered vultures, and other birds, who are often wounded or killed when they become entangled in the strings .

A bird rescuer in Ahmedabad estimates that 2,000 birds are injured in the city every year during Uttarayan and that approximately 500 of them die from their injuries. Sharp manja is hazardous not only for birds but also for humans – including passers-by travelling on open vehicles such as bicycles, motorcycles, or scooters – and is responsible for numerous injuries and deaths of children and adults every year. In February 2019, a motorcyclist died in the Timarpur area of North Delhi after his neck was slashed by sharp manja. In July, a 3-year-old girl died in South East Delhi after a stray piece of manja cut her uncle's neck, causing the motorcycle they were riding to crash. Sharp manja also wreaks havoc on power lines.

And it's our request also to please not buy any kind of manja that is dangerous for someone's life .It was our tradition please won't change it in a deadly competition .  
Enjoy the festivals but not at the cost of others



## Ayushi Jaiswal

(Essay writing)

B.Com, 3rdSem

ShriAurobindo College

(Delhi University)

## Synthetic Manjha: An Enemy of the Birds, Humans and Their Environment

### Definition of Manjha and Its Flaws

Manjha or Kite Thread is a sharp string used in kite-flying rivalries for cutting opponents' kite strings.

It might be made of sharp material or covered with finely squashed glass, metal, or different substances. These strings do not just slice through other kite strings but they also inflict painful deadly wounds and kill the birds and humans including kids. Manjha likewise causes costly power outages and electric shock when it slices through electrical cables. A single electrical cable disturbance can affect up to 10,000 individuals.

### Manja Ruins and Murders Birds

Manja ruins and murders a great many pigeons, crows, owls, jeopardized vultures, and different species of birds every year. The strings cut birds and get knotted in trees or on buildings where they at that point trap and harm animals. A rescuer of bird in Ahmedabad gauges that manjha wounds 2,000 birds consistently during the city's Uttarayan celebration and that 500 of which gets killed because of their severe wounds. During 70th Indian Independence Day celebrations, Delhi's Shri Digambar Jain Lal Mandir bird's clinic treated about 700 birds for their manjha-related wounds.

### Manja Is Also Life-Threatening for Humans and Environment

Individuals walking on the roads, riding bikes, or going in vehicles with their heads hanging out the windows have lost their lives to these deadly strings. Frequently, the fatal string cuts their throat, making the odds of staying alive slim. A five-year-old kid in Chennai kicked the bucket as he was being cut by manjha when he was riding with his dad on a bike, and endless people across the nation have died because of the strings. Another five-year-old kid kicked the bucket in Vadodara after manjha cut his throat while he was going to his school. Similarly, a two-year-old kid in Jaipur got 22 stitches after manjha cut his face and neck so seriously that specialists battled to spare his life. Manjha is also a threat to the environment as it is made of plastic, glass and nylon which are non-biodegradable material meaning they take thousand of years to degrade into the soil.

### Manja of Every Type Should Be Banned

In 2017, The National Green Tribunal (NGT) restricted the manjha made of synthetic fibre and nylon. yet all types of Manja are similarly perilous. The Government of NCT of Delhi has restricted all types of man has, in addition to cotton strings covered with glass, otherwise called "Bareilly ka manjha". At Delhi, Kite-flying is allowed only when the plain cotton strings are liberated from any sharp coatings. The best way to prevent birds and human losses from manjha is to boycott all its types including cotton strings covered with glass.



## Mohammed Sibstain Kadri

(Essay writing)  
Msc. (Evs and  
tech.), 4th Sem  
Bharathidasan University



**Nidhi**  
 5th Sem  
 B.Com (H)  
 Keshav Mahavidyalaya  
 (Delhi University)

अपने उन रंगीन कागजातों  
 को कलम से सजाओ  
 माझों से नछे क्योंकि  
 पतंग आपकी अंग है,  
 और अंग अगर किसी  
 पक्षी की जीविक उल्लास  
 तोड़ दे तो वह अंग नहीं  
 बचता है—  
 उन्हें भी जीने दो।



**Ankita**  
 Class 10  
 Royal Public Senior  
 Secondary School





**Bhavya Jain**  
3rd Semester  
Applied Psychology (H)  
Vivekananda College  
(Delhi University)



**Mohammad Sibtain Kadri**  
4th Semester  
MSc Environmental Science  
and Technology  
(Bharathidasan University,  
Tiruchirappalli)





**Pooja Kumari**  
3rd Semester  
B.A. Political Science (H)  
Sri Aurobindo College  
(Delhi University)

### SAY NO TO SYNTHETIC 'MANJHA'

the coloured thread which is used in flying kite is made of nylon thread or synthetic material which results in deadly consequences .

"Use cotton thread kites or the kites made of natural fibres"

#### HARMFUL EFFECTS -

- kills birds
- harm animals
- injures humans
- havocs power lines
- affects environment

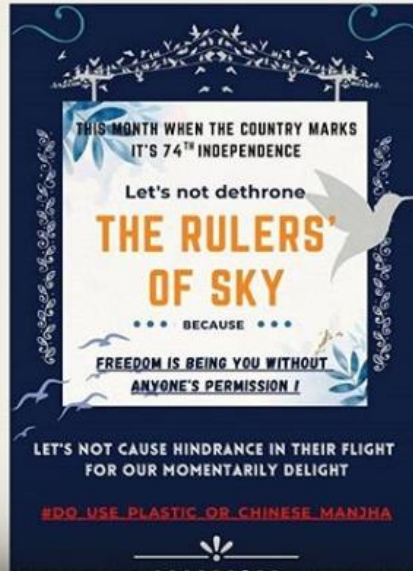


**Harshada Patil**  
7th Semester  
B Pharmacy  
SSR College of Pharmacy  
(Savitri bai Phule Pune University)





**Bijita Nayak**  
3rd Semester  
B.A. (P)  
Sri Aurobindo College  
(Delhi University)



**Tamanna**  
Class 10  
Royal Public Senior  
Secondary School





## Jay Prakash

3rd Semester  
B.Sc. Electronics (H)  
Keshav Mahavidyalaya  
(Delhi University)



## Nimisha Nagpal

5th Semester  
B.A. PROG.  
Kalindi College  
(Delhi University)







# START@KMV



Start@KMV

The Placement Cell | Keshav Mahavidyalaya

In Collaboration With

## PREP JUNCTION

Presents

# Aptitude Tests & Training Session

**Aptitude Test**

Sept 13, 2020

4:30 PM- 6:00 PM

**Training Session**

Sept 15, 2020

4:30 PM- 6:00 PM

**Aptitude Test**

Sept 23, 2020

4:30 PM- 6:00 PM

Quantitative Aptitude | Logical Reasoning

Verbal Ability | Data Interpretation

MS Excel Proficiency

For More Info:

Manav: 87450 07937

Ikshita: 83768 32162

# START@KMV

The Placement Cell  
Keshav Mahavidyalaya

IN COLLABORATION WITH



Triumphant Institute of  
Management Education Pvt. Ltd.

PRESENTS

## ACING GROUP DISCUSSION

Sept 4 • 4:00 pm

Session By :- Mr. Anil Singh Bhadauria

Senior Regional Head, T.I.M.E

---



# START@KMV

The Placement Cell  
Keshav Mahavidyalaya

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## FINANCIALS 101 WEBINAR

**A BEGINNER'S GUIDE TO FINANCES**

By: CA Hemraj S Joshi  
CS, CFA



Not sure where to start? We're here to answer your questions. This session will go through the topics like investing during a pandemic and impact and recovery of a few sectors

Sept 19, 2020  
5:00 pm

For More Info:  
Manav: 8745007937  
Raghav: 8506036566



# START@KMV

The Placement Cell

Keshav Mahavidyalaya



## Interview Preparation Session




Ashish Garg

Vice President, Global  
Talent Acquisition at  
American Express |  
Career Coach | Human  
Potential Assessment  
Coach

- Date: August 21, 2020 (Friday)
- Time: 3:30 PM

 [instagram.com/placementcell\\_kmv](https://www.instagram.com/placementcell_kmv)

 [linkedin.com/in/keshavmahavidyalaya/](https://www.linkedin.com/in/keshavmahavidyalaya/)

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For More Info.  
Pranjal :97113 76316  
Riya: 92899 97915



# Keshav Mahavidyalaya

University of Delhi

**Start@KMV**

The Placement Cell

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## RESUME BUILDING SESSION

**BY : MR. GAGAN SINGH**

Founder of GWEPP

Leadership Trainer & Motivational Speaker

- Golden Rules while making a Resume
- Components of an O.P.T.I.M.I.S.T.I.C Resume
- Corporate context & Profile requirements
- Understanding Resume context
- Formating options



FEBRUARY 23, 2020  
4PM - 6PM  
PLATFORM : GOOGLE MEET

FOR MORE INFORMATION :  
PRANJAL : 9711376316  
RIYA : 9289997915



# KESHAV MAHAVIDYALAYA

NAAC ACCREDITED GRADE 'A'  
(UNIVERSITY OF DELHI)



## Department of Management Studies



*Metamorphosis presents a webinar on*

# SOCIAL STARTUPS



## Mr. Ankit Kawatra

**Founder Zomato Feeding India**

- Queen's Young Leader Award
- National Youth Award
- UN Young Leader
- Forbes 30 under 30
- Pursuing MBA at Stanford, USA



9:30 A.M. | 5th October 2021

Click here to join:



[Microsoft Teams](#)



[Youtube live](#)



[Facebook live](#)

Ms. Sonu Mehta  
Teacher in Charge

Prof. Madhu Pruthi  
Principal

Devanshi Srivastava - 9971932171  
Kunal Agarwal - 9733151632  
Rhea Gupta - 9560434405



# Keshav Mahavidyalaya

NAAC ACCREDITED GRADE 'A'  
University of Delhi



**IQAC & Department of Environmental Studies**

*invite you to a webinar on*

**Sustainable Consumption: The Way Ahead...**



**Speaker:**  
**Prof. Sheetal Kapoor**  
Kamala Nehru College  
University of Delhi

**Wednesday, 22<sup>nd</sup> September 2021, 3:00 PM**

**Join here: <http://meet.google.com/xfr-ruaw-owt>**

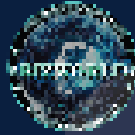
**Prof. Padmasai Arora**  
Coordinator, IQAC

**Dr. Arpana Sharma**  
Coordinator, EVS

**Prof. Madhu Pruthi**  
Principal



**Keshav Mahavidyalaya**  
 NAAC Accredited 'A' Grade  
 University of Delhi



**BIZWORLD**  
**The Commerce Society**

*Presents*

**WEBINAR**  
**MARKET RESEARCH &  
 DATA ANALYTICS**

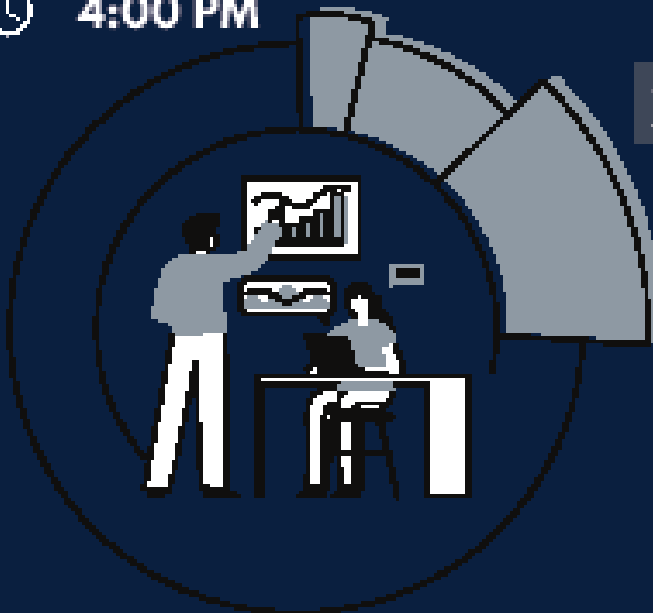
 **18th SEPTEMBER**

 **4:00 PM**



**MR. DEVAN BHALLA**

**IIM SCHOLAR  
 BRAND BUILDER  
 & MARKETER  
 LAUNCHED 38+  
 SUCCESSFUL PRODUCTS  
 PUBLIC SPEAKER  
 CITED RESEARCHER**



For more information:-  
 Deepti - 98110 98631  
 Ikshita - 83768 32162

Platform  
 (click)



Register Now!

Deepti Jain  
 (President)

Dr. Shalini Kumar  
 Dr. Shalini Devi  
 Dr. Deepak Srivastava  
 (Staff Advisors)

Prof. Madhu Pruthi  
 (Principal)





# Keshav Mahavidyalaya

NAAC Accredited 'A' Grade  
(University of Delhi)



## Internal Quality Assurance Cell

*Organises a first in series Webinar on*

**“Understanding & Embracing NEP: the way ahead..”**

Friday, 30<sup>th</sup> July 2021 at 2:00 pm

**Inaugural Address by:**



**Prof. P. C. Joshi**  
Hon'ble Vice Chancellor,  
University of Delhi

**Keynote Address by:**



**Prof. Sushma Yadav**  
Former Vice Chancellor,  
Bhagat Phool Singh Mahila Vishwavidyalaya,  
Sonapat, Haryana

**Eminent Speakers:**



**Prof. Balaram Pani**  
Dean of Colleges, DU



**Prof. Suman Kundu**  
Director South Campus, DU



**Dr. Vikas Gupta**  
Registrar, DU

**Panel Discussion:**



**Ms. Saraswati Kalyani**  
Advocate & Treasurer, GB



**Prof. Saroj Sharma**  
Chairperson NIOS & Member, GB



**Prof. T.V. Vijay Kumar**  
Dean, School of Computer Science &  
System Science, JNU



**Prof. P.D. Sahare**  
Department of Physics &  
Astrophysics, DU



**Prof. J.P. Dubey**  
Hon Director, Delhi School of  
Journalism, DU



**Prof. Sanjeev Singh**  
Institute of Informatics &  
Communication, UDSC

**Join here: <https://meet.google.com/wag-tpsw-nhf>**

Dr. Dhannal Singh

Prof. Padmasai Arora

Mr. Pankaj Gaur

Prof. Priti Sehgal

Prof. Madhu Pruthi



**KESHAV MAHAVIDYALAYA**

NAAC ACCREDITED INSTITUTION - 'A' GRADE

(UNIVERSITY OF DELHI)



**NATIONAL SERVICE SCHEME**

organises a webinar on the occasion of

**International Day of Yoga 2021**

on

**The Philosophy, Biology and Psychology of Yoga**



Eminent Speaker:

**MS. NANDITA BAL**

Senior Research Scientist,  
GenePath Diagnostics, Pune

Sunday, 20 June, 2021, 11:00 AM

Google Meet Link: [meet.google.com/gnv-krca-jsx](https://meet.google.com/gnv-krca-jsx)

Dr. Richa Sharma  
(NSS Programme Officer)

Prof. Madhu Pruthi  
(Principal)



# Keshav Mahavidyalaya

NAAC Accredited 'A' Grade  
(University of Delhi)



The EDP Cell & IQAC jointly welcome you to  
*Webinar on*

## “Social Entrepreneurship- through MOC (Missed Opportunities Cognizant) Mindset™”

Speaker: Dr. Smriti Pahwa  
Founder, MOC  
(Missed Opportunities Cognizant) Mindset™



Speaker

Friday, 16<sup>th</sup> April 2021 at 11:00 am

Join here: <https://meet.google.com/hpu-esnr-sss>

Dr. Jagneet Kaur Anand  
Coordinator, EDP Cell

Dr. Anju Arora  
Convener, IQAC

Prof. Madhu Pruthi  
Principal



**KESHAV MAHA VIDYALAYA**

NAAC ACCREDITED GRADE 'A'  
(University of Delhi)



## **Women Development Cell**

*invites you to a Webinar on*

**CONTOURS OF WOMEN EMPOWERMENT:  
7 TRANSFORMATIONS  
THAT WILL CHANGE MY LIFE FOREVER!**

*by*

**DR. MOHIT D. GUPTA**

**DM (Cardiology),  
Professor of Cardiology,  
GB Pant Institute of  
Postgraduate Medical Education  
and Research**



**Wednesday, 27th January 2021, 3:00 pm**

*Join via Zoom:*

**Meeting ID: 820 0629 8983  
Password: MOTIVATION**

**Dr. Manjari Singh  
(Convenor)**

**Prof. Madhu Pruthi  
(Principal)**

**Student Coordinators: Swati, Khushboo, Kriti, Aastha**



# KESHAV MAHAVIDYALAYA

NAAC Accredited 'A' Grade College  
(University of Delhi)



## Internal Quality Assurance Cell

Invites you to a Webinar on

### Provident Fund Management in Educational Institutes

(For Staff Members)

Eminent Speakers:



**Dr. SC Panda      Dr. Ved Bansal**



*Associate Professors  
Satyawati College(Evening)*

**Wednesday, 07 October 2020 at 12:30 PM**

Join with Google Meet: <http://meet.google.com/zmu-avmh-vai>

Dr. Anju Arora  
Co-ordinator, IQAC

Prof. Madhu Pruthi  
PRINCIPAL



# Keshav Mahavidyalaya

NAAC ACCREDITED GRADE 'A'

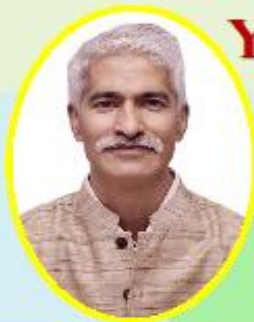
University of Delhi



## IQAC & Department of Physical Education

*Organize Webinar on*

### PHYSICAL & PSYCHOLOGICAL WELLBEING DURING COVID 19 TIMES THROUGH YOGA & MEDITATION



**Speaker:**

**Dr. Vikram Singh,**  
Jawaharlal Nehru University,  
New Delhi

**Link to Join:**

<https://meet.google.com/vpr-ppkx-kjb>

**TUESDAY, 21<sup>ST</sup> JULY 2020, 10:00 AM – 11:00 AM**

**DR. ANJU ARORA**  
COORDINATOR, IQAC

**PROF. MADHU PRUTHI**  
PRINCIPAL

**DR. SURENDER SINGH**  
TEACHER IN CHARGE  
DEPARTMENT OF PHYSICAL EDUCATION



**KESHAV MAHAVIDYALAYA**  
NAAC Accredited Institution- 'A' Grade  
(UNIVERSITY OF DELHI)



## **Keshav Mahavidyalaya Alumni Association**

presents

**WEB-INTERACTIVE SESSION  
ON**

# **TALLY**

FOR

**Staff members of college**

Source: [www.dsnigeria.com](http://www.dsnigeria.com)

**28 July 2020  
3:00 PM**



**SPEAKER**

**Krishan Kumar Aggarwal**  
B.Com, FCA, L.L.B.

**Krishan Agarwal**  
(President)

**Ankur Jain**  
(Secretary)

**Dr. Amit Sehgal**  
(Treasurer)

**Gaurav Baudh**  
(Jt. Secretary)

**Prof. Madhu Pruthi**  
(Principal)

**Dr. Priti Sehgal**  
(Faculty Coordinator)

**Dr. Anupama Sachdeva**  
(Faculty Coordinator)



# Keshav Mahavidyalaya

NAAC ACCREDITED GRADE 'A'

University of Delhi



**IQAC & DEPARTMENT OF PSYCHOLOGY**

*Invite you to webinar on*

## **REVISITING PSYCHOLOGICAL HEALTH DURING COVID 19**



**Eminent Speaker:**

**PROF. N. K. CHADHA**

**(Chairperson, Doctoral Programs and  
Dean International Relations – MRIIR)**

Join here: [meet.google.com/vzk-qgte-hcw](https://meet.google.com/vzk-qgte-hcw)

**Saturday, 5<sup>th</sup> September 2020, 11:00 am**

**Dr. Anju Arora**  
Coordinator,  
IQAC

**Prof. Madhu Pruthi**  
Principal

**Dr. Harpreet Bhatia**  
TIC,  
Dept. of Psychology





# KESHAV MAHAVIDYALAYA

NAAC Accredited 'A' Grade  
University of Delhi



## BLITZ

THE COMPUTER SCIENCE SOCIETY  
*invites you*

TO A **WEBINAR** ON

# TRENDS IN CYBERSECURITY



An eminent speaker

**PUNAM NAGPAL**  
(USA)

- Product Manager, Security Business Group (SBG), Cisco
- Chair of the Women in Science and Engineering (WISE), Employee Resource Group (ERO), Cisco
- IEEE, USA published her autobiography



SEPTEMBER  
10 AM

Platforms:  
(Click) →



Register here:



Contact:

**Farhan** (President): 7011828935  
**Simrat** (Secretary): 9013027661



# KESHAV MAHAVIDHYALYA

## NAAC ACCREDITED INSTITUTION "A" GRADE (UNIVERSITY OF DELHI)



IN ASSOCIATION WITH

ENACTUS CELL



Wako up to a New India

PLACEMENT CELL

## 4- DAY ONLINE NATIONAL WORKSHOP ON HOW TO START A BUSINESS

February 15th to 18th 2021,  
Time 03:00p.m. to 06:30p.m.

The rules of the economy have changed post Covid pandemic, There has been a steady loss of jobs across many sectors creating a severe crisis for the youth. In such times, more than ever, there is a need for successful entrepreneurs with knowledge of various aspects of doing business. Workshop Aims to introduce the concept of starting a business to our participants so that they can become successful Entrepreneurs.

'HOW TO START A BUSINESS' Workshop is an initiative of Sleepwell Foundation, the CSR arm of Sheela Foam Ltd, the makers of Sleepwell Mattresses. The online workshop will provide a comprehensive knowledge of setting up a business and running it successfully.

**PATRON**  
Principal  
**Prof. Madhu Pruthi**

**ORGANISING HEAD**  
**Dr. Rubina Mittal**  
Associate Professor  
Head of Department, Mathematics  
Convenor Enactus Cell  
Email: [drmittal@keshav.du.ac.in](mailto:drmittal@keshav.du.ac.in)

Please register with the same Email ID  
from which you will join the Workshop on Zoom app.



"Only Knowledge can provide salvation"

# START@KMV

THE PLACEMENT CELL  
KESHAV MAHAVIDYALAYA



presents

## A TRAINING SESSION

on

# HOW TO SOLVE CASE STUDIES

### CA PRIYANKA GULATI

Founder of Manthan Advisors

20 years of experience in consulting domain

SRCC Alumna | Ex-Deloitte | Ex-Accenture

- Structure thinking to solve case studies  
- MECE
- Types of Case Studies
- Solving case studies with participants



15th Sept. 2021



5:00 PM



MS Teams

For any queries, contact-  
Aarushi Gupta: 9810443298  
Raghav Bhatia: 8506036566



**KESHAV MAHAVIDYALAYA**

NAAC ACCREDITED GRADE 'A'  
UNIVERSITY OF DELHI



**WOMEN DEVELOPMENT CELL**

invites you to a virtual seminar on

# LEGAL LITERACY FOR WOMEN



**Adv. Sapna Malik**  
on Marriage and Inheritance Laws



**Adv. Kiran Ashri**  
on Domestic Violence

**Monday, 25th October 2021, 2:30 pm**

Join via

Google Meet: <https://meet.google.com/qxd-hvhz-msy>

- Facebook: <https://fb.me/e/2UZ0hcxoZ?ti=wa>

**Dr. Manjari Singh**  
(Convenor)

**Prof. Madhu Pruthi**  
(Principal)

**Student Coordinators**  
Aishwarya, Priyansha, Roshni, Kriti, Aastha



# Keshav Mahavidyalaya

NAAC ACCREDITED GRADE 'A'  
University of Delhi



**Department of Environmental Studies & IQAC**

*invite you to an interactive talk on*

**Rediscovering post pandemic urban lifestyle changes with innovative nature based solutions**



**Eminent Speaker:**  
**Prof. Chirashree Ghosh,**  
**Department of Environmental Studies,**  
**University of Delhi**

**Tuesday, 8<sup>th</sup> June 2021, 12:00 noon**

**Join here: <http://meet.google.com/mvk-njws-gkh>**

**Dr. Anju Arora**  
**Coordinator, IQAC**

**Dr. Arpana Sharma**  
**Coordinator, EVS**

**Prof. Madhu Pruthi**  
**Principal**



**KESHAV MAHAVIDYALAYA**

NAAC ACCREDITED 'A' GRADE  
(UNIVERSITY OF DELHI)

AND

**MAHATMA HANSRAJ FACULTY DEVELOPMENT CENTRE**

(A CENTRE OF MINISTRY OF EDUCATION, GOVT. OF INDIA UNDER PMMMNMTT SCHEME)



## **PROGRAMME SCHEDULE**

**One Week Interdisciplinary Online Faculty Development Programme (FDP – 54)**

**On**

**“Creation and Development of MOOCs while managing online classes”**

**24th August 2021 (Tuesday) to 31st August 2021 (Tuesday)**

**DAY 1**  
**24 AUGUST 2021 (TUESDAY)**

***Inaugural Session (10:00 AM onwards)***

**Chief Guest**



**Prof. P.C. Joshi**  
**Hon'ble Vice-Chancellor**  
**University of Delhi**

**Guest of Honour**



**Prof. Balaram Pani**  
**Dean of Colleges**  
**University of Delhi**

**Guest of Honour**



**Prof. Ruchi Das**  
**Professor, Head and Dean,**  
**Faculty of Mathematical Science**  
**University of Delhi**

**Chairperson, FDP**



**Prof. Madhu Pruthi**  
**Principal, Keshav Mahavidyalaya**  
**University of Delhi**

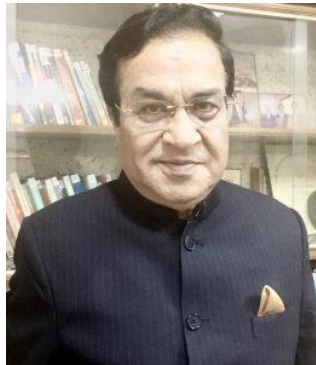
**Chairperson, MHRFDC**



**Prof. (Dr.) Rama**  
**Principal, Hansraj College**  
**University of Delhi**

**DAY 1**  
**24 AUGUST 2021 (TUESDAY)**

**Session 1 (2:00 PM to 3:30 PM)**



**Prof. A.K. Bakhshi**  
Vice-Chancellor, PDM University,  
Bahadurgarh, Haryana

**Title of the Talk**

E-Learning, MOOCs and Online Education in India:  
Challenges and Opportunities



**DAY 1**  
**24 AUGUST 2021 (TUESDAY)**

**Session 2 (3:45 PM to 5:15 PM)**



**Dr. Vimal Rarh**

Project Head & Joint Director,  
GAD TLC of MHRD,  
Coordinator  
National Resource Centre of  
Chemistry of MHRD

**Title of the Talk**

Methodology and Implementation of Four  
Quadrant Approach for E-content and  
MOOCs Development

**DAY 2**  
**25 AUGUST 2021 (WEDNESDAY)**

**Session 1 (2:00 PM to 3:30 PM)**



**Prof. K. Srinivas**  
Head ICT & Project Management,  
NIEPA

**Title of the Talk**

Building the Competencies of Teachers in Blended Learning: A Step by Step Approach and Developing Interactive Videos with “Screencastify” and “PresentationTube”

**Session 2 (3:45 PM to 5:15 PM)**

**Title of the Talk**

Designing and Developing Learner Centric MOOCs with MOODLE - Learning Management System

**DAY 3**  
**26 AUGUST 2021 (THURSDAY)**

**Session 1 (2:00 PM to 3:30 PM)**

**Title of the Talk**

Grading and Evaluation: Preparation of  
Online Assignments, Projects and Quizzes



**Prof. Sanjeev Singh**  
Director, DUCC

**Session 2 (3:45 PM to 5:15 PM)**

**Title of the Talk**

Copyright and Plagiarism in Education and  
Teaching



**Mr. Pulkit Doger**  
Joint Partner  
Lakshmikumaran and Sridharan Attorneys

# **DAY 4**

## **27 AUGUST 2021 (FRIDAY)**

### **Session 1 (2:00 PM to 3:30 PM)**

#### **Title of the Talk**

MOOCs and E-Learning Platforms: An Overview



**Dr. Sudhir Verma**  
Assistant Professor,  
Department of Zoology,  
Deen Dayal Upadhyaya College

### **Session 2 (3:45 PM to 5:15 PM)**

#### **Title of the Talk**

MOOCs: Preproduction, Production and Launching on Platforms



**Dr. Nikhil Kumar Rajput**  
Coordinator, TLC  
Ramanujan College

**DAY 5**  
**28 AUGUST 2021 (SATURDAY)**

**Session 1 (2:00 PM to 3:30 PM)**

**Title of the Talk**

Open Access Web Resources for Academics and Research



**Dr. Neeraj Chaurasia,**  
Deputy Librarian  
Central Library, IIT Delhi

**Session 2 (3:45 PM to 5:15 PM)**

**Title of the Talk**

Developing E-content using Online Interactive Tools while Creating MOOCs



**Prof. Sanjay Kumar Tyagi**  
Assistant Professor of Mathematics,  
Department of General Studies,  
Higher College of Technology, Fujairah, UAE

**DAY 6**  
**31 AUGUST 2021 (TUESDAY)**



**Dr. Nikhil Rajput**  
Coordinator, TLC  
Ramanujan College

**Session 1 (2:00 PM to 3:30 PM)**

**Title of the Talk**

Content Creation for MOOCs  
(Hands-on Session)

**DAY 6**  
**31 AUGUST 2021 (TUESDAY)**

**Session 2 (3:45 PM to 5:15 PM)**

**Valedictory Session**

**Chief Guest**



**Prof. A.K. Bakhshi**  
**Vice-Chancellor, PDM University,**  
**Bahadurgarh, Haryana**

**Chairperson, FDP**



**Prof. Madhu Pruthi**  
**Principal, Keshav Mahavidyalaya**  
**University of Delhi**

**Chairperson, MHRFDC**



**Prof. (Dr.) Rama**  
**Principal, Hansraj College**  
**University of Delhi**

# ORGANIZING COMMITTEE

## MHRFDC Team

**Prof. (Dr.) Rama**  
Principal, Hansraj College and Chairperson,  
MHRFDC

**Dr. Jyoti Bhola**  
Coordinator, MHRFDC

**Mr. Ashutosh Yadav**  
Dy. Coordinator, MHRFDC

## Keshav Mahavidyalaya Team

**Prof. Madhu Pruthi**  
Principal, Keshav Mahavidyalaya

**Dr. Dhanpal Singh**  
FDP Coordinator

**Dr. Ashish Bansal**  
FDP Convenor

**Dr. Mukesh**  
FDP Co-Convenor

**Dr. Rajni Mendiratta**  
Teacher-in-Charge, Department of Mathematics



# KESHAV MAHAVIDYALAYA

NAAC ACCREDITED 'A' GRADE INSTITUTION  
(UNIVERSITY OF DELHI)

## COSMOS

THE PHYSICS SOCIETY  
PRESENTS AN ONLINE LECTURE ON

*What are Exoplanets made of? Molecular line lists to aid the characterization of Exoplanets.*



**Speaker : Prof. JONATHAN TENNYSON**

(Department of Physics and Astronomy, University College London, UK)

**APRIL 08, 2021, 4:00 PM**

(Time zone: India Standard time)

Google meet link - <https://meet.google.com/mix-ibbp-gvz>

YouTube live stream link - <https://youtu.be/4EpQdyxEdhE>

**Prof. MADHU PRUTHI**  
(Principal)

**Dr. PRITI SEHGAL**  
(Vice-Principal)

**Dr. KANUPRIYA GOSWAMI**  
(Convener – Physics Society Committee)

**Dr. JASMEET SINGH**  
(Teacher In charge)