



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 (20th 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 Dhyana, 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



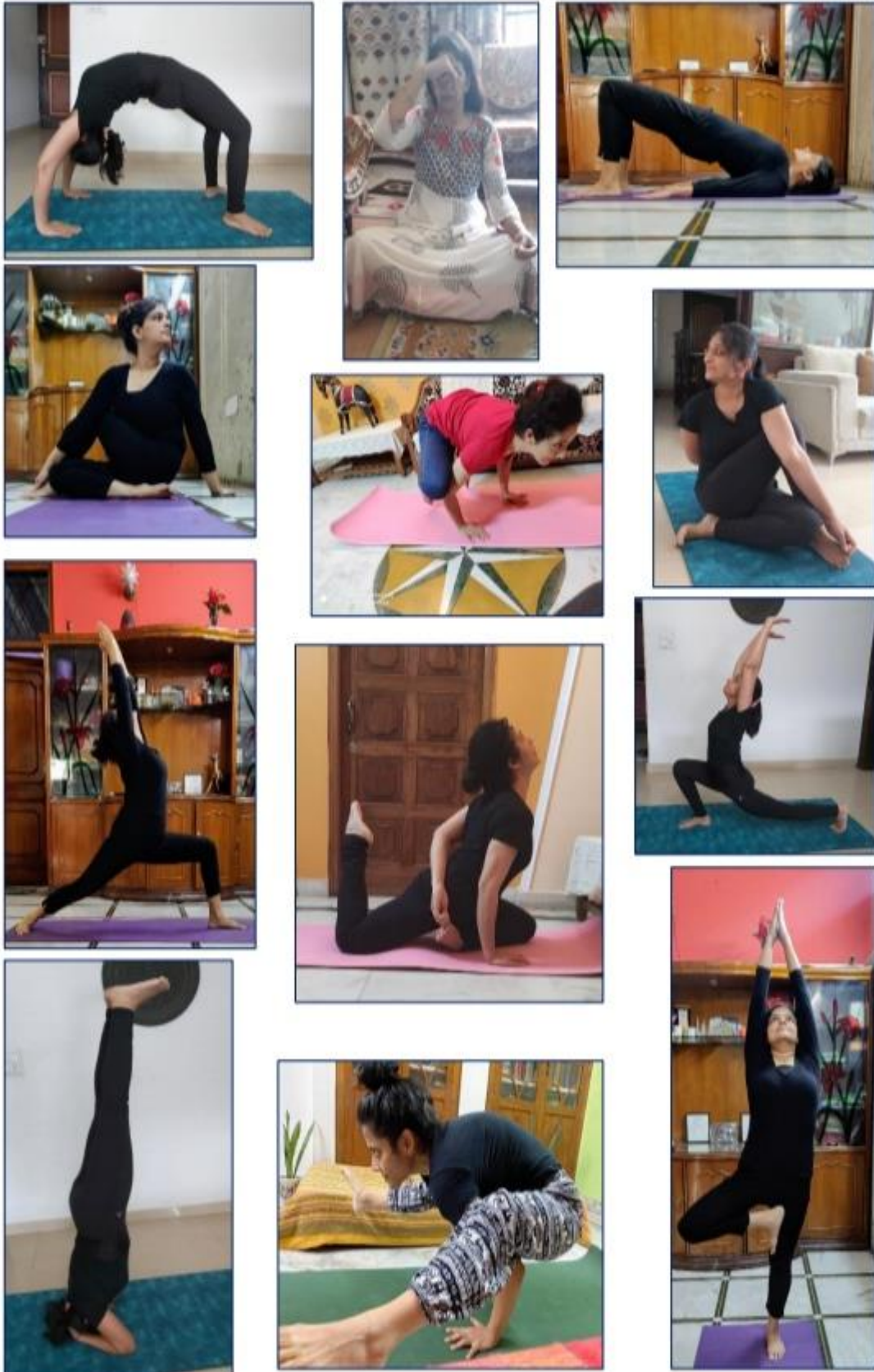
solutions in the end. The session proved to be quite enriching and

motivating for all participants. The staff and students who attended the webinar performed various Asanas 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 (29th 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
29TH August**

Dr. Richa Sharma
Programme Officer

Padyatra



The block features a large watermark of the NSS logo in the background. The word 'Padyatra' is written in pink at the top. Below it are two side-by-side photographs showing a group of people, including students and staff, walking along a path outdoors.



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	7 Survey Report
	Rahul Pareek (President)		Dr. Richa Sharma (NSS Programme Officer)	



National Nutrition Week (1st -7th 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. A link to join via Google Meet is provided as "Link in 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 5th 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 24th 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 9thSeptember to 21stSeptember) 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. 3rd Year, Kalindi College)



Sonali Limaye
 (B.Voc. 3rd Year, Jesus & Mary College)



Sangita Shenoy
 (B.Com 2nd Year, K.V. Pendharkar College)



Wudayagiri Reddy Sai Charan
 (B.Sc. Horticulture 2nd 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.
2nd 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 14th September to 16th 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. 21st 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**

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 15th September and 17th 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:



KESHAV MAHAVIDYALAYA
University of Delhi
National Service Scheme
Organizes
Quiz Competition
in
Physical Fitness Campaign
under
FIT INDIA
MOVEMENT
What do You like to play?
Hurry Up!!!
Limited entries only.
Participate using
the link below:-
<https://quillgo.com/form/uFWW5JPrPrivxAWk>
Bhavesh Yadav
(Treasurer)
Dr. Richa Sharma
(NSS Programme Officer)

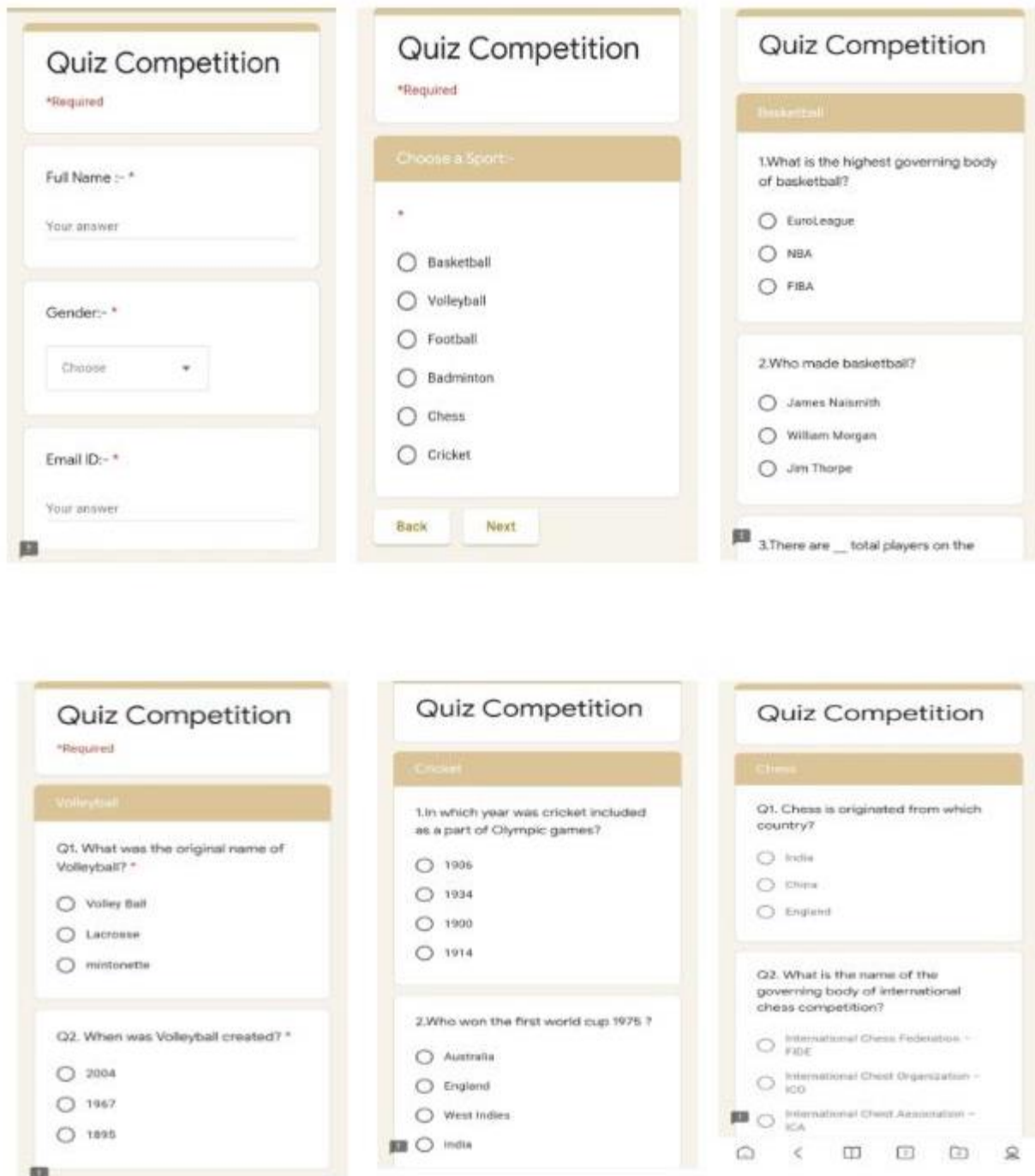


Event 4:- Online quiz competition

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 17th 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

1st Position – Shweta Singh

2nd Position – Ajay Kumar

3rd Position– Kunal

Strength and Stamina Competition

1st Position– Rubee Yadav

2nd Position– Jatin Kumar

3rd Position– Bhavya Jain & Arun Singh

Quiz Competition

1st Position– Mobani Biswas & Anoop Bhargava

2nd Position– Somya Gupta, Sahil Ahmed, Sarah Ulfat & Tanishq Singhal

3rd 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 (15th – 17th 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:

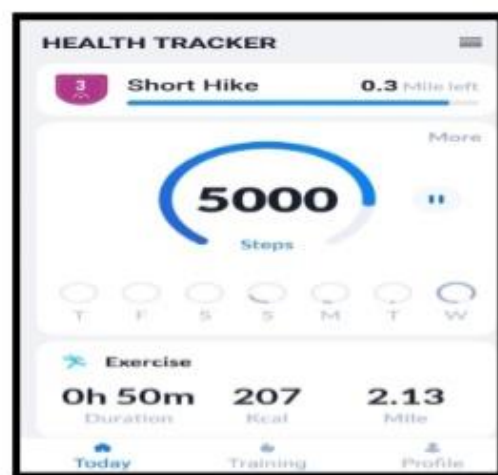




Event 2:-

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 (2nd October 2020)

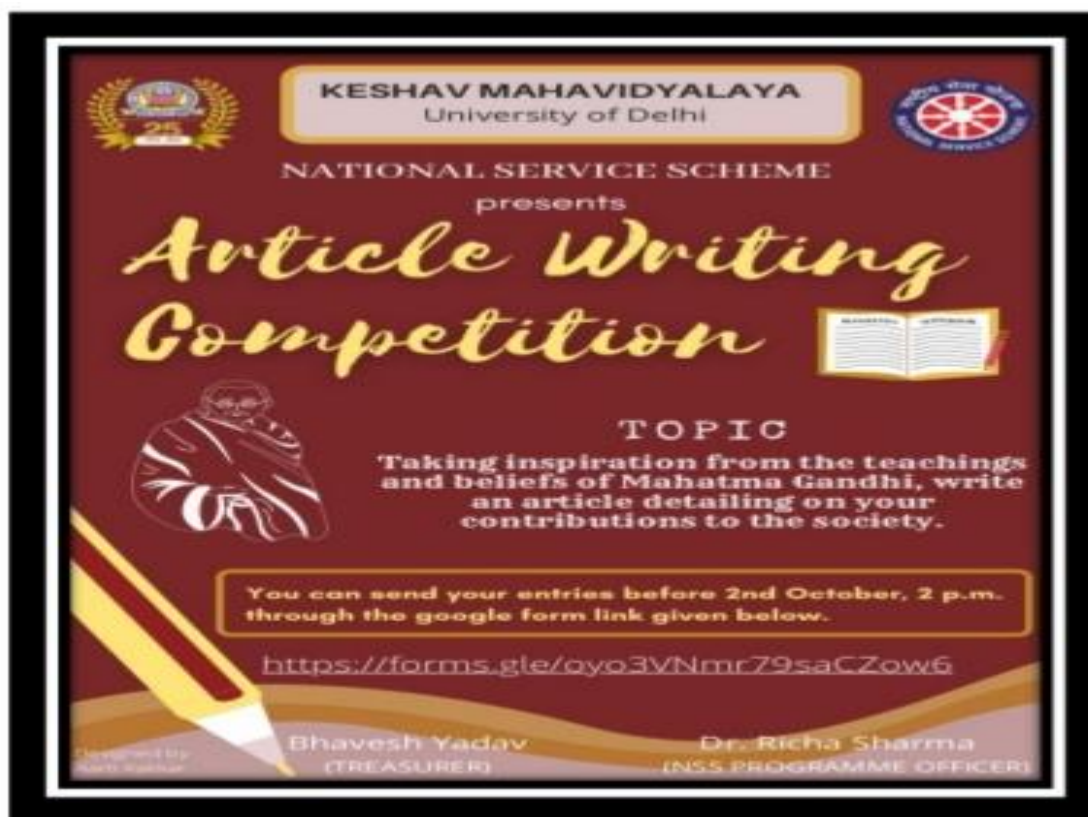


Poster of the event created by an NSS Volunteer

Gandhi Jayanti is celebrated on 2nd 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, 2nd 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 2nd 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 (17th-31st 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

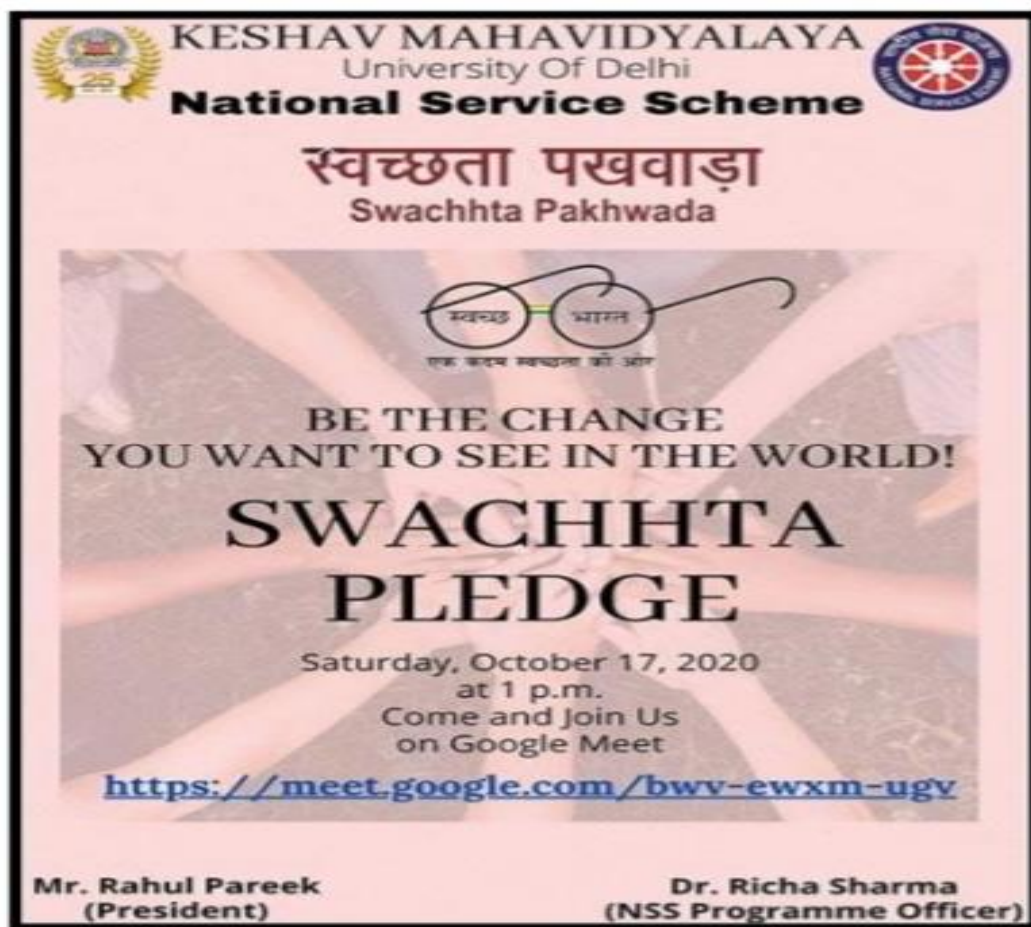


Date wise details of events/activities:

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

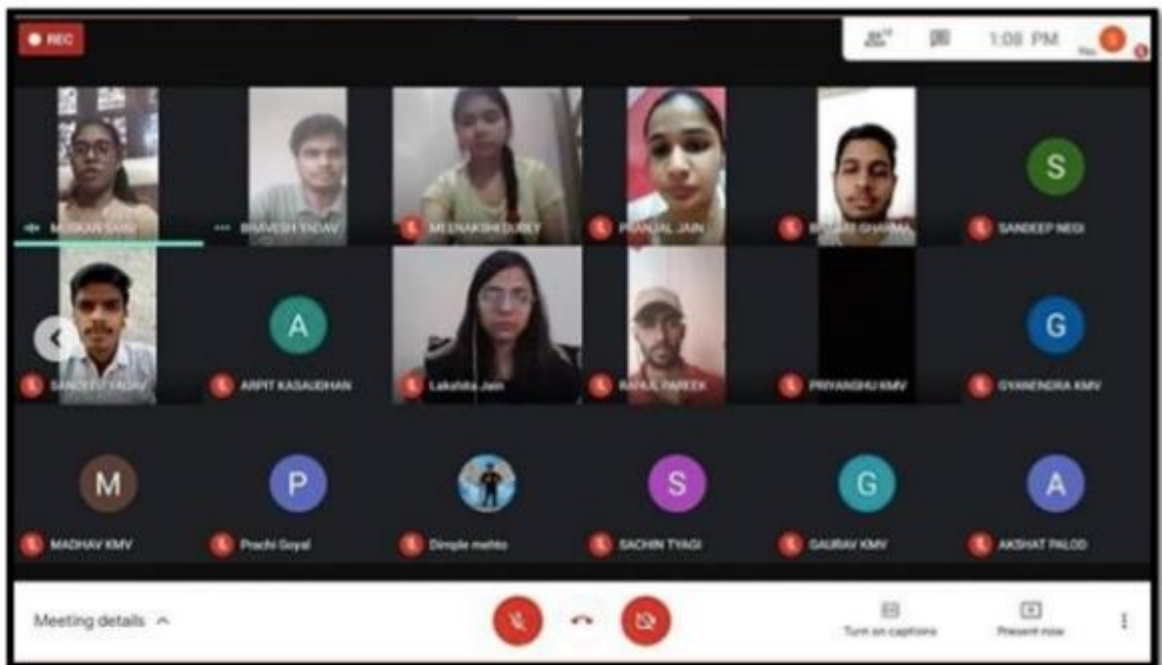
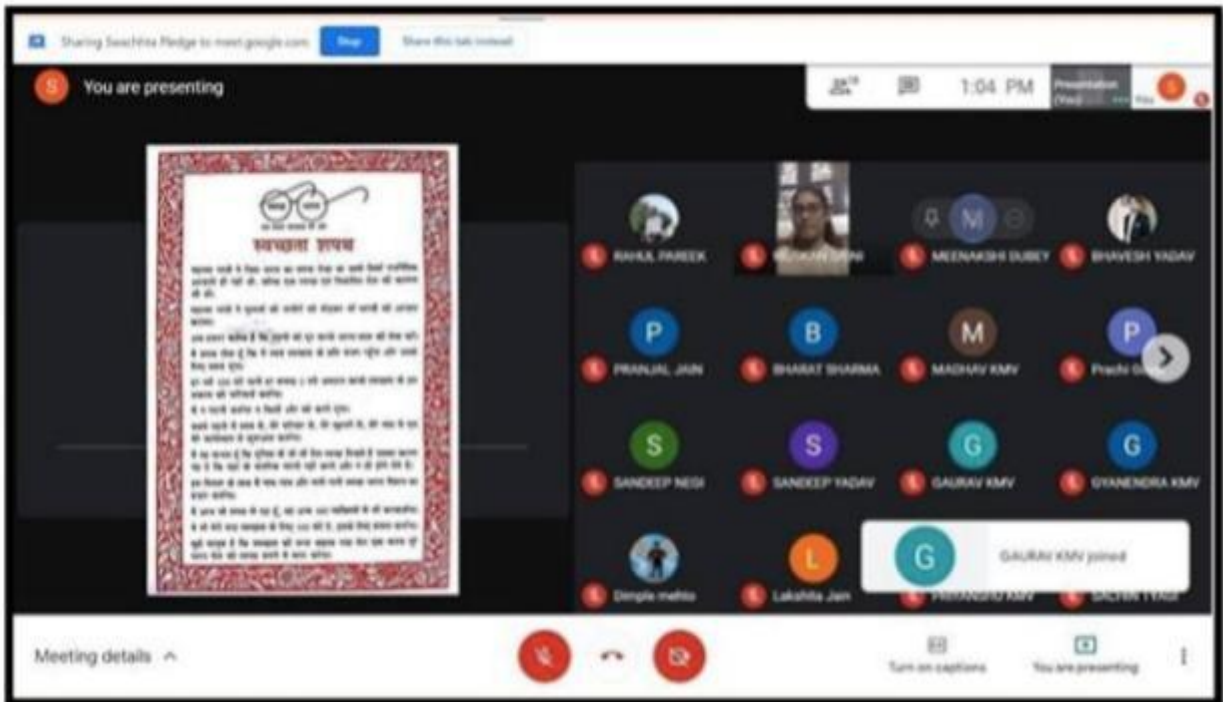
Swachchhata Pledge (17th October 2020)

Poster of the event created by an NSS Volunteer

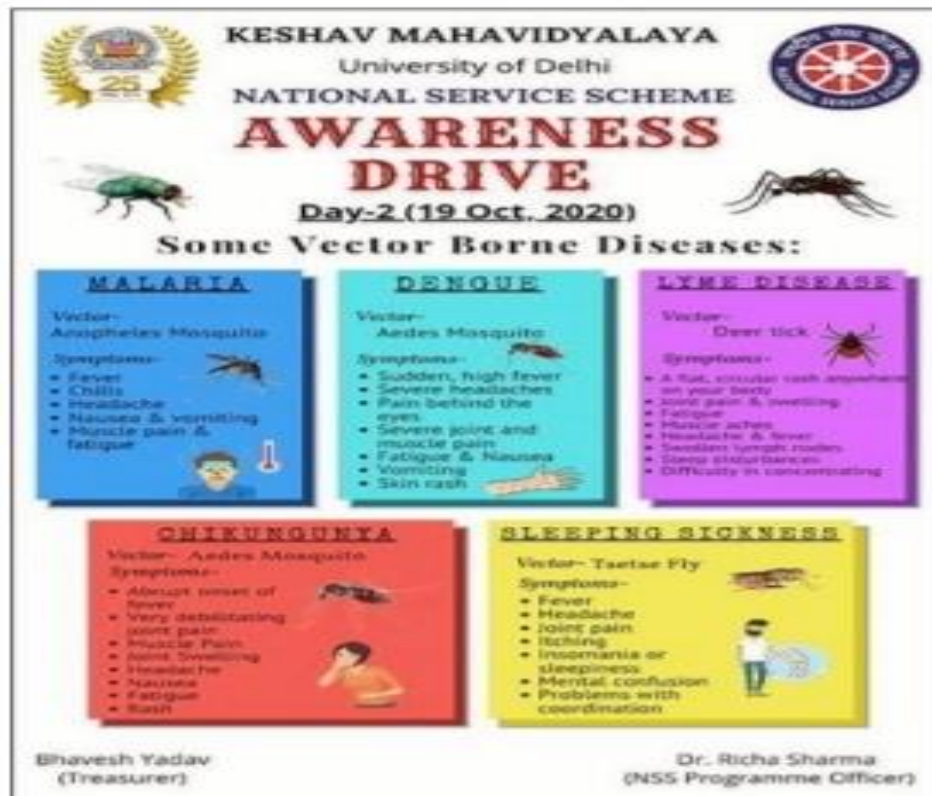


NSS Unit of Keshav Mahavidyalaya organised Swachchhata Pledge online via google meet on Oct 17, 2020 at 1 p.m. Rahul Pareek , President of NSS KMV, gave introduction speech and shared with participants the importance of Swachchhata and vision of our Father of Nation, Mahatma Gandhi. Pledge was administered 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

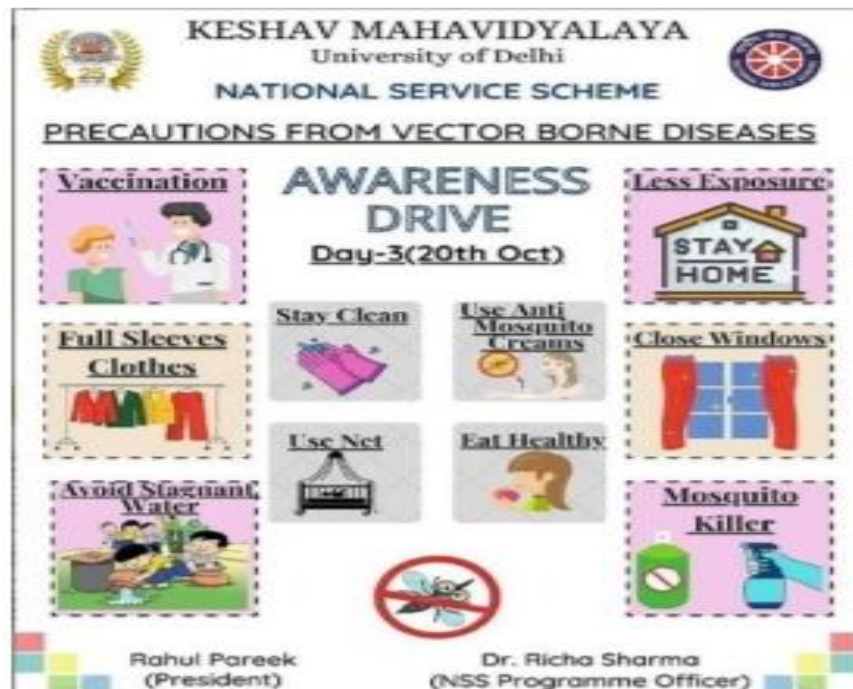


Awareness Drive (18th -20th October 2020)



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 (21st 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 23rd 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 (22nd 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 22nd 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 (23rd 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 (24th 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 24th 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 (25th October 2020)

Poster of the event created by an NSS Volunteer



NSS Unit of KMV organised a photography competition on 25th 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

1st– Renu Malik B.A. (H) Psychology (Keshav Mahavidyalaya)

2nd – Sachin Rana Class 12 Kendriya Vidyalaya Sec 8

3rd - Jyoti Chaurasiya BA Programme Shyama Prasad Mukherjee College

Digital Cleanliness Awareness Drive (26th – 27th October)



Poster of the event created by an NSS Volunteer

NSS Unit of KMV organised Digital Cleanliness Awareness Drive from 26th to 27th 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 (28th 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-

1st – Muskan Sharma (Dyal Singh College)

2nd – Srishti (IGNOU)

3rd – Arjun Verma (DITM College)

Poetry Writing Competition (29th 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 Virus"
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-

1st – Nancy Makhija (Keshav Mahavidyalaya)

2nd - Pragyan Poudyal (DTU)

3rd - Hitesh Bhat (Shivaji College)

Plantation Drive (30th October 2020)

On the 30th 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 (30th 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-

1st - Prince Saini (PDM College)

2nd - Yashika Goyal (Jesus and Mary College)

3rd - 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 27th to November 3rd, 2020)

As per the directions of Central Vigilance Commission (CVC), the Vigilance Awareness week was observed by NSS unit of Keshav Mahavidyalaya from 27th October 2020 to 3rd 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 (31st 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 (27th 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.

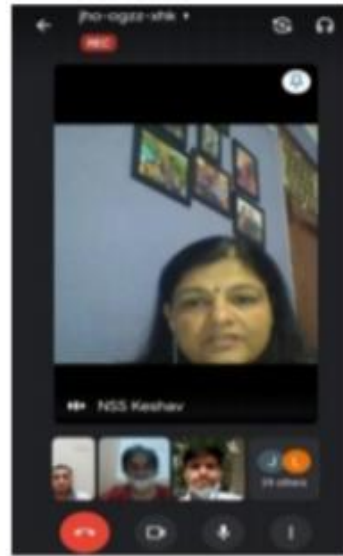
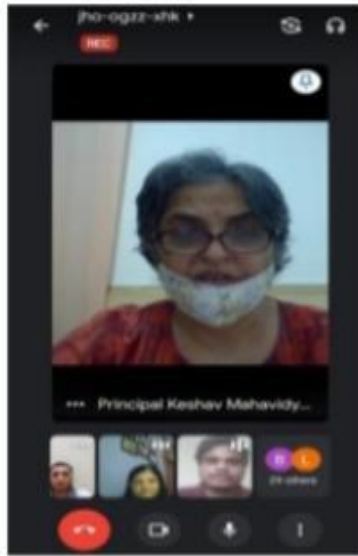
We acknowledge our responsibility to lead by example and the need to put in place safeguards, integrity frameworks and code of ethics to ensure that we are not part of any corrupt practice and we tackle instances of corruption with utmost strictness.

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 (28th October 2020)

Poster of the event created by an NSS Volunteer



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 30th 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 (29th October 2020)



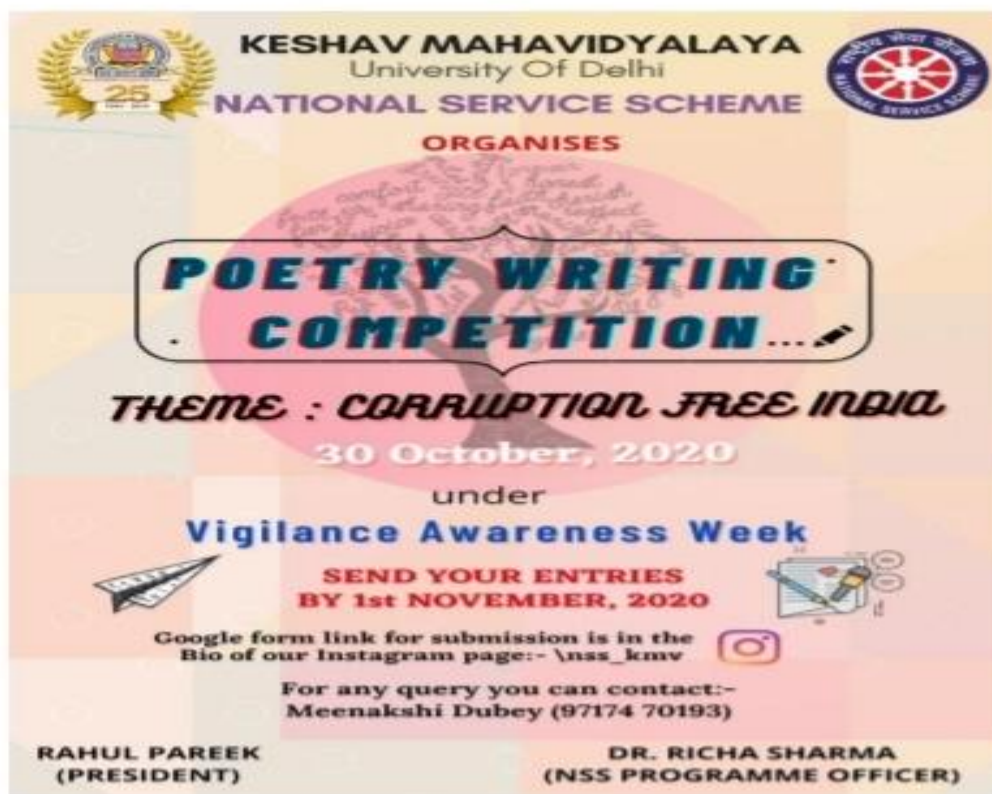
Poster of the event created by an NSS Volunteer

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 (30th 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 (30th 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 30th October to 1st 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 (3rd 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 3rd 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, 2nd year

College – School of Open learning, University of Delhi

Second Position Name – Chrislyn Emima J

Course and year – B.E. CSE, 5th Semester

College – St. Joseph Institute of Technology

Third Position Name – Anurag Gupta

Course and year – Economics (H) 3rd year

College – Hindu College, University of Delhi

Poetry Writing Competition

First Position Name - Sangita Shenoy

Course and Year – B.com (H), 2nd year

College – K.V. Pendharkar College

Second Position Name – Janvi

Course and Year – B.com (H), 3rd year

College – Janki Devi Memorial College

Third Position Name – Akansha Harsh

Course and Year – B.A. History, 3rd year

College – Hindu College

National Unity Day (31st 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-jbgo-ejs>

DR. RICHA SHARMA
(NSS PROGRAMME OFFICER)

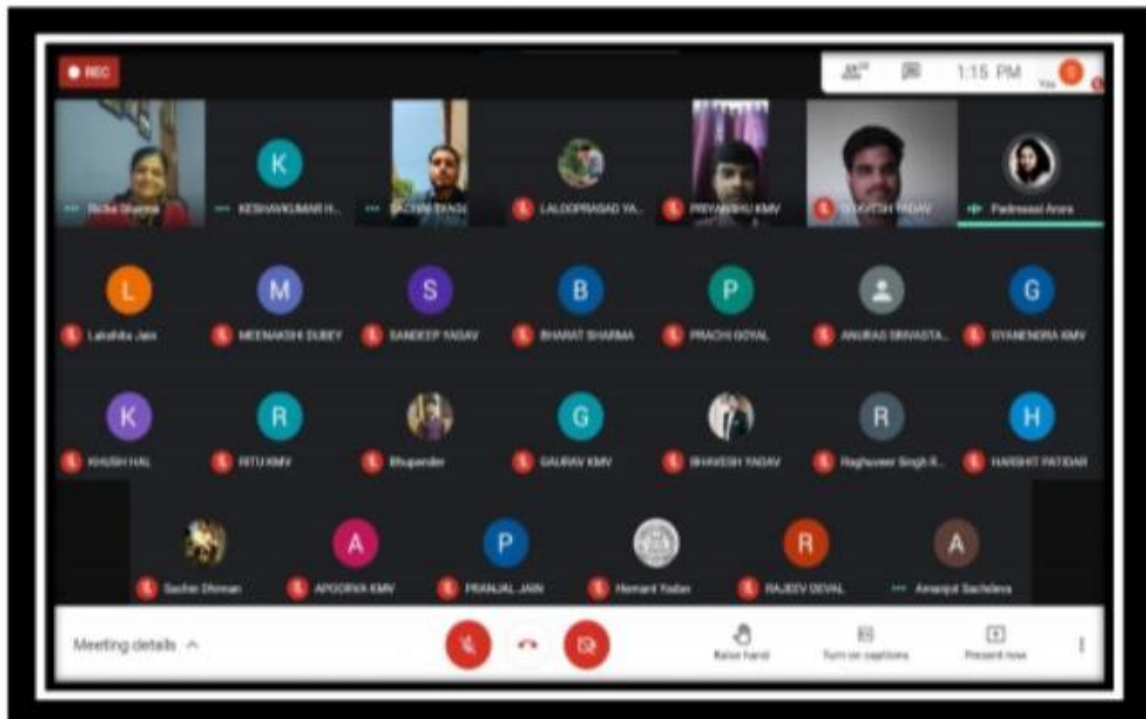
PROF. MADHU PRUTHI
(PRINCIPAL)

Rashtriya Ekta Diwas or National Unity Day is celebrated on 31st October every year since 2014 to mark the birth anniversary of Iron Man of India—Sardar Vallabhbhai Patel. This year marks the 144th 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 31st) every year. To commemorate the same, NSS Unit of Keshav Mahavidyalaya organised a virtual pledge taking ceremony on Google Meet at 11 a.m.,

31st 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 31st 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 (11th Oct-14th 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 (12th November 2020)

KESHAV MAHAVIDYALAYA
(University of Delhi)

NATIONAL SERVICE SCHEME
&
DEPARTMENT OF ENVIRONMENTAL STUDIES

दीया
लक़रिंग
तलरपलतलरन
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 12th 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

1st Position- Riya Jain B.Com (H) (Keshav Mahavidyalaya)

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

3rd Position- Isha B.A. (H) Psychology (Keshav Mahavidyalaya)

Rangoli Making Competition (13th 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 13th 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

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

Priyanka Singhal B.Com, 3rd Semester (Aditi
Mahavidyalaya)

Ginni BMS, 3rd Semester (Keshav Mahavidyalaya)

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

3rd Position - Prachee Rana 11th Class (KVS)

Chatna Sahrawat B.Sc Botany, 5th Semester (IGNOU)

Ayusdi Sarin B.Sc Mathematical Science, 3rd 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 16th 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 19th 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.

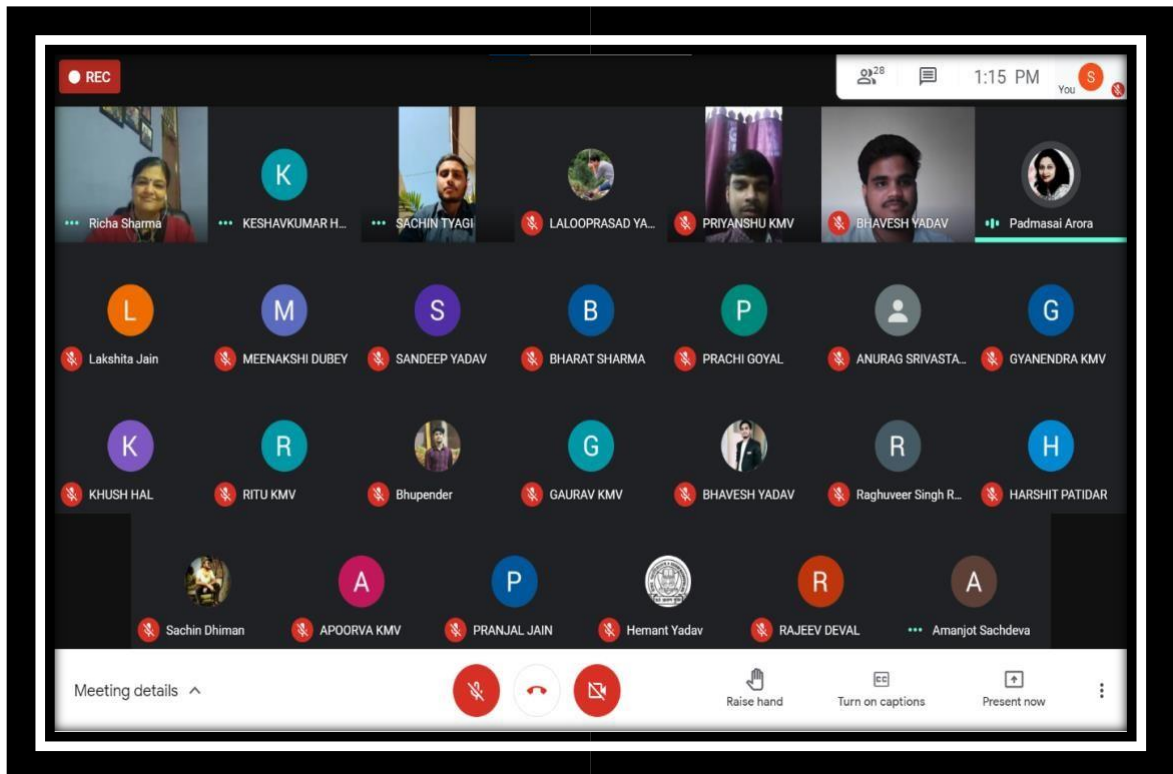
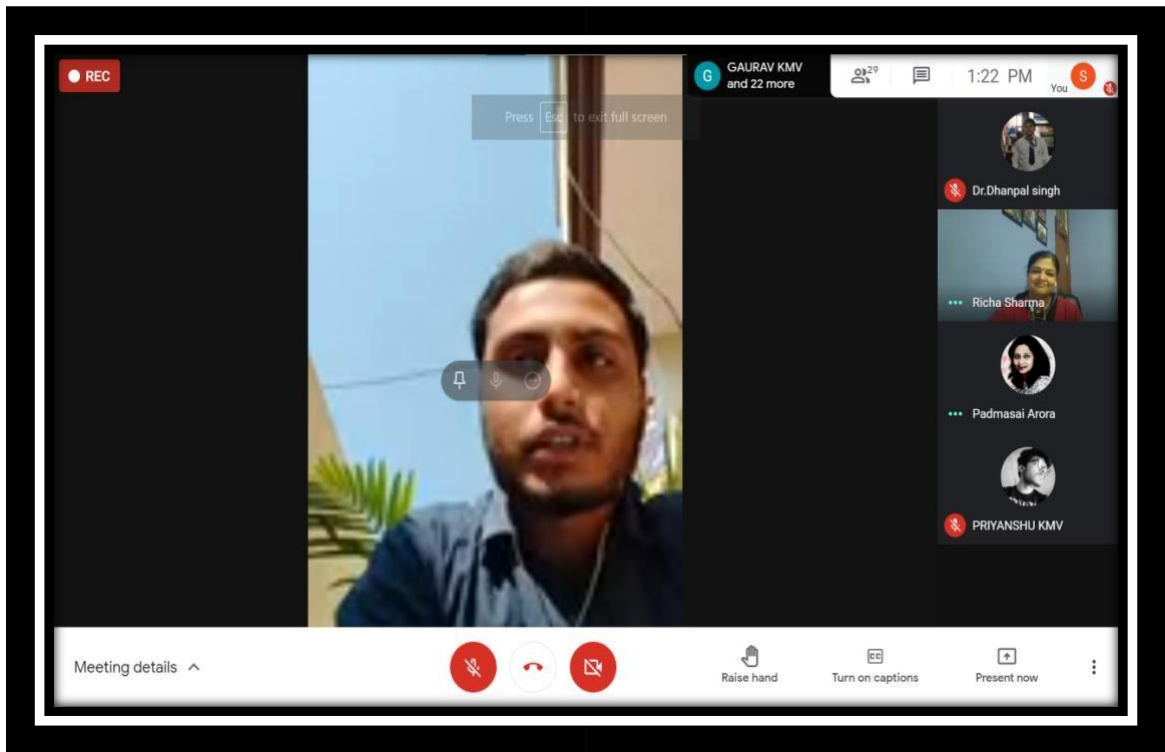
Ambedkar's Statue of Equality The year of 2015 was the 125th birth anniversary of Ambedkar, who had chaired the drafting committee of the Constituent Assembly and played a pivotal role in the drafting of the constitution. Previously this day was celebrated as Law Day. 26 November was chosen to spread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

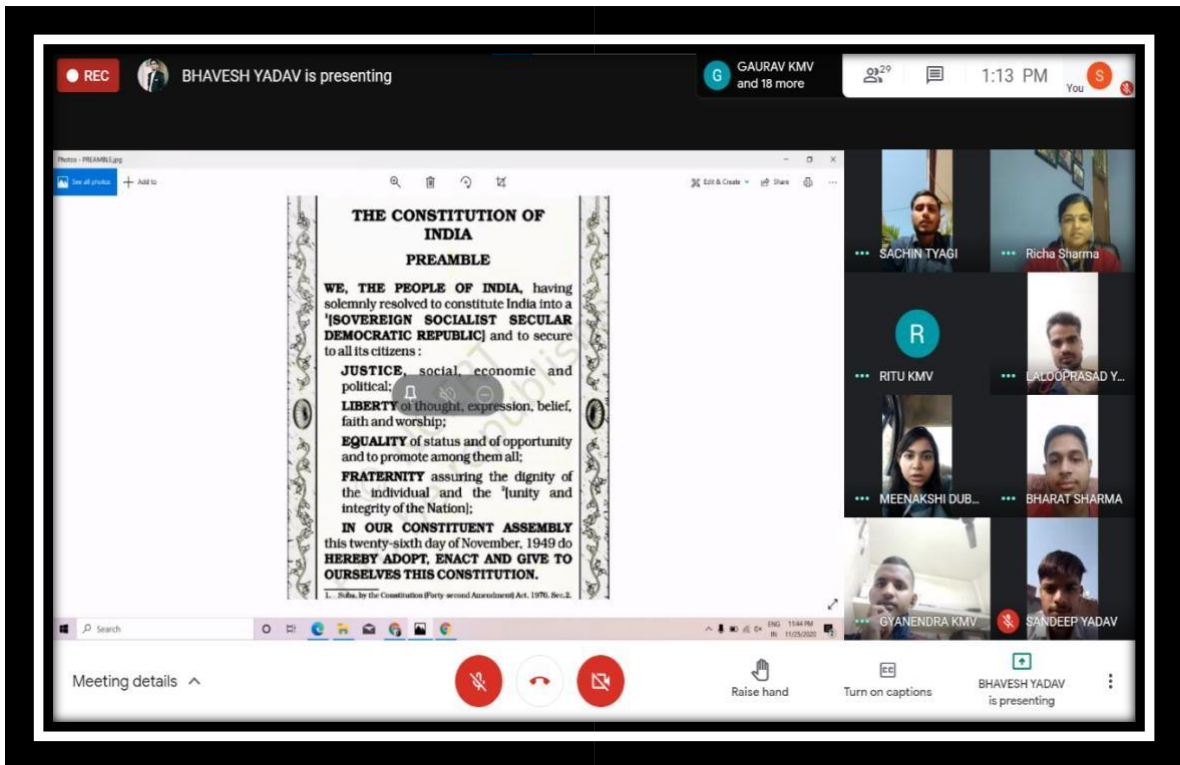
Programme Details

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 26th 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 (9th – 14th 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 16th 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
[@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



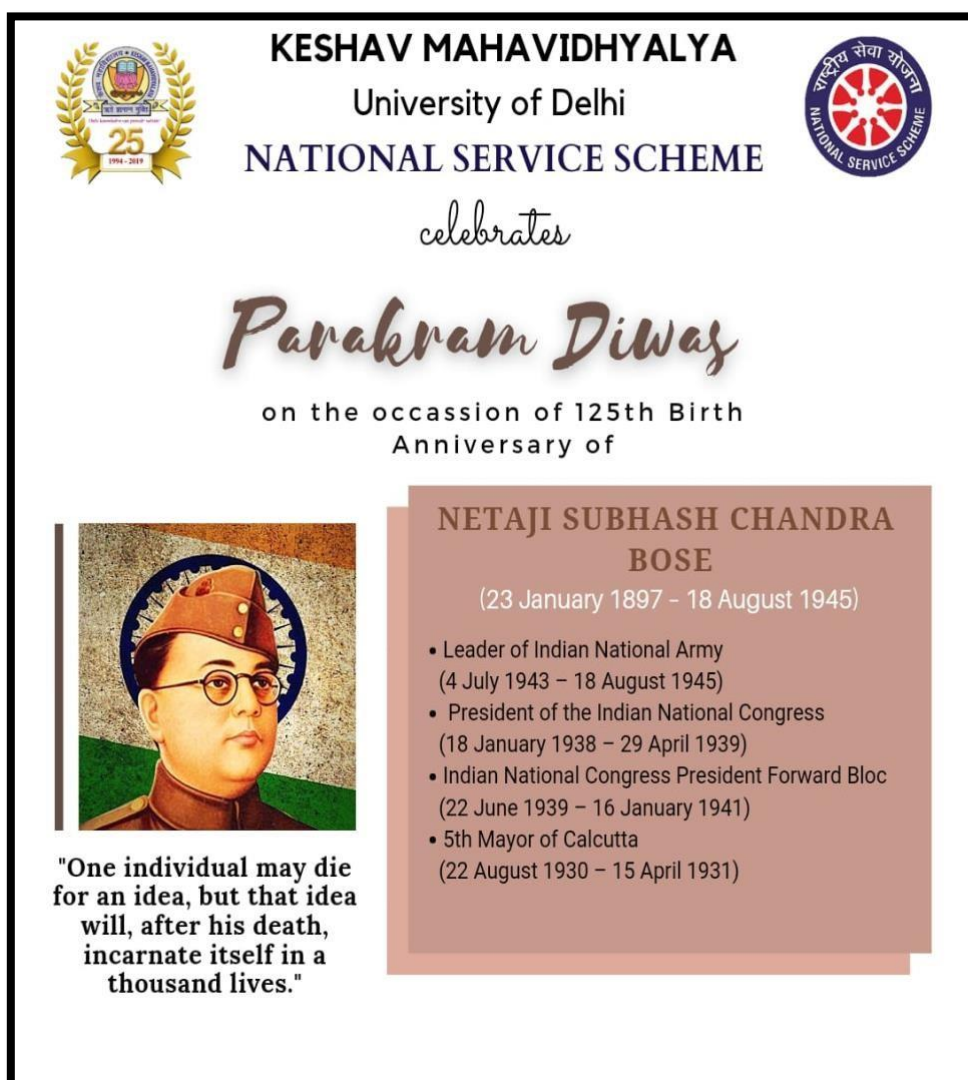
Helpline No.: 1075 (Tollfree)

When we are safe,
Nation is safe!

mohfw.gov.in [@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 (23rd January 2021)

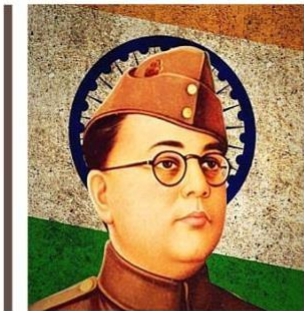


KESHAV MAHAVIDHYALYA
University of Delhi
NATIONAL SERVICE SCHEME

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.

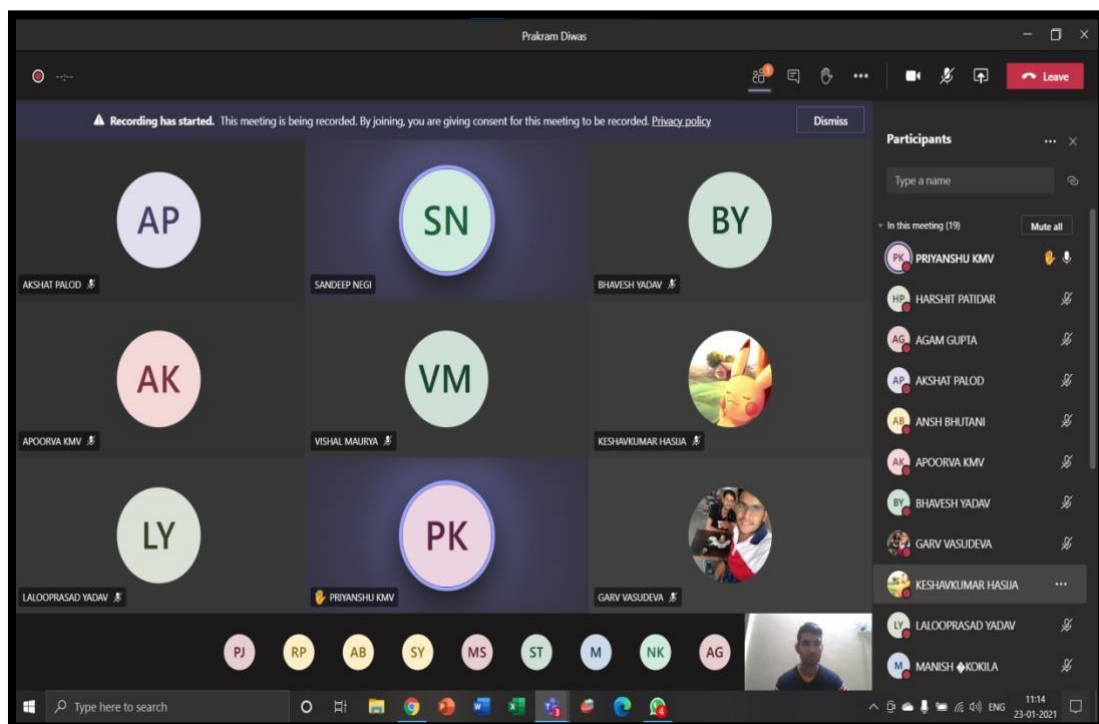
Programme Details

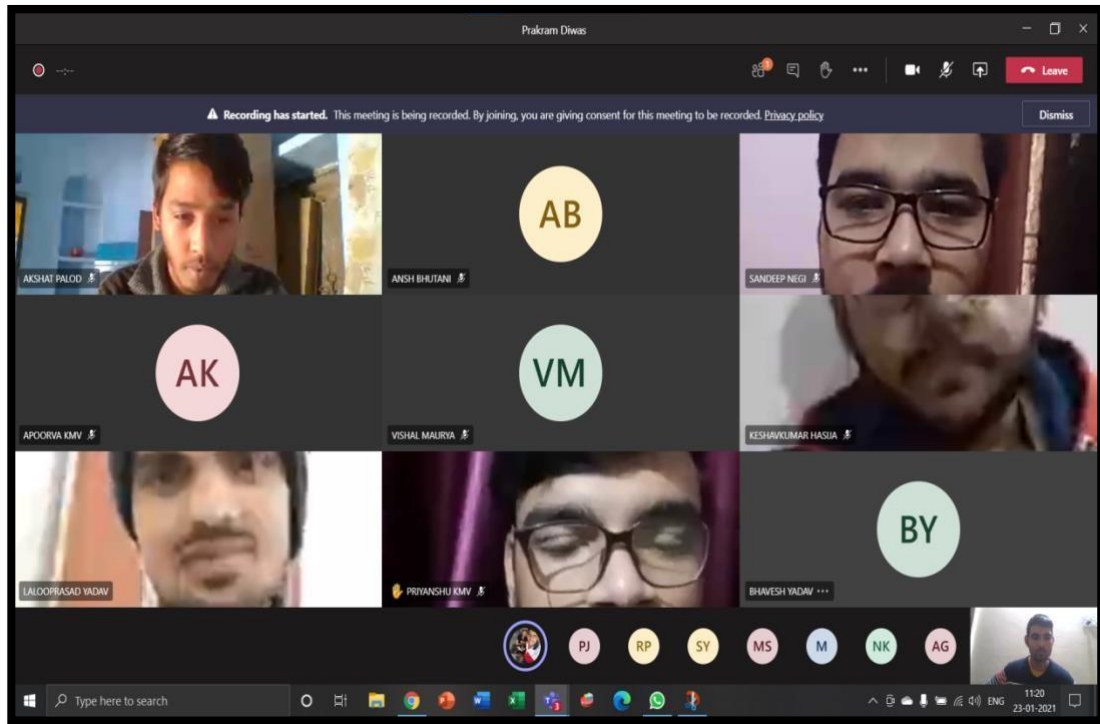
To celebrate the Parakram Diwas, NSS Unit of Keshav Mahavidyalaya organised a virtual interactive session on Microsoft Teams platform. The session was attended by NSS volunteers and students of Keshav Mahavidyalaya. The opening speech was given by NSS volunteer

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 23rd 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 (7th February 2021)



The poster is a colorful graphic with a blue sky background and a road scene at the bottom. It features the following text and logos:

- KESHAV MAHAVIDYALAYA NATIONAL SERVICE SCHEME** in collaboration with **HONDA** (with the Honda logo and 'SAFETY-INDIA HONDA' text).
- 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)** at **11 a.m.**
- Microsoft Teams Link:** https://linktr.ee/NSS_KMV
- Logos for Keshav Mahavidyalaya (25th anniversary 1964-2019) and the National Service Scheme.
- Illustrations of cars, traffic lights, and road signs.

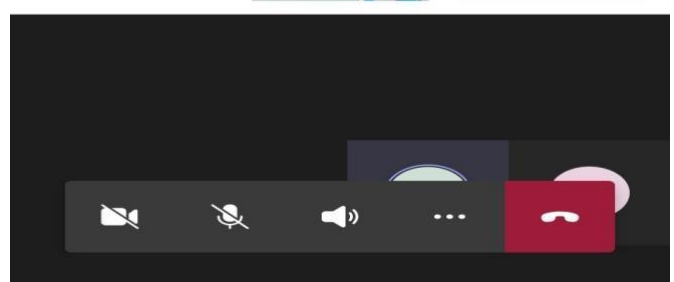
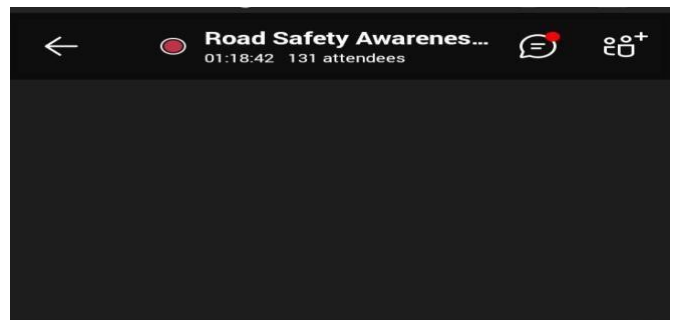
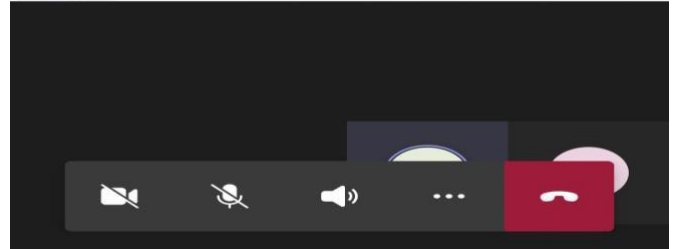
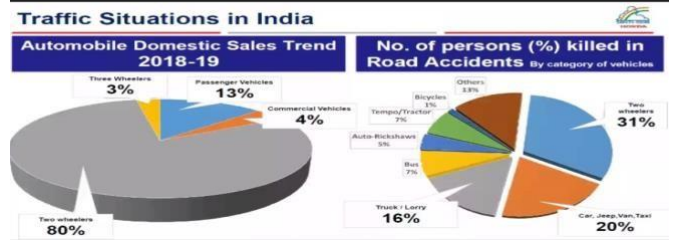
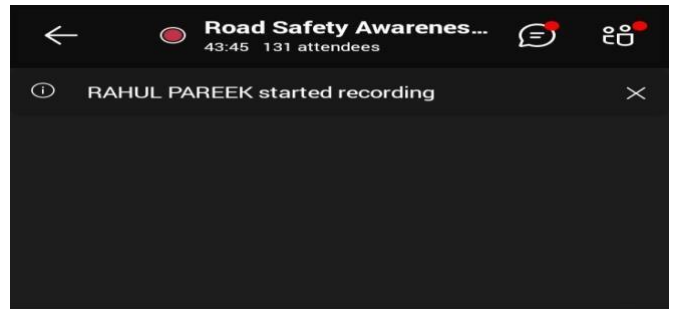
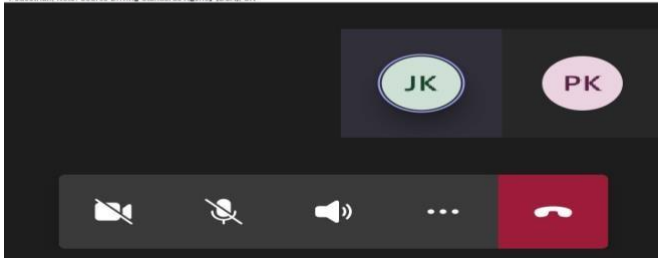
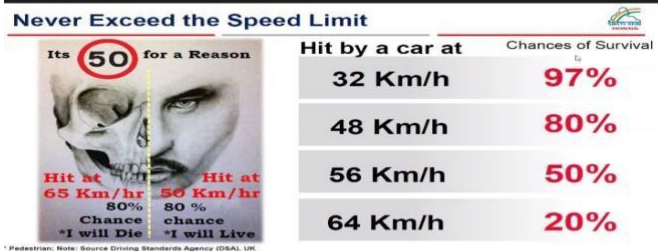
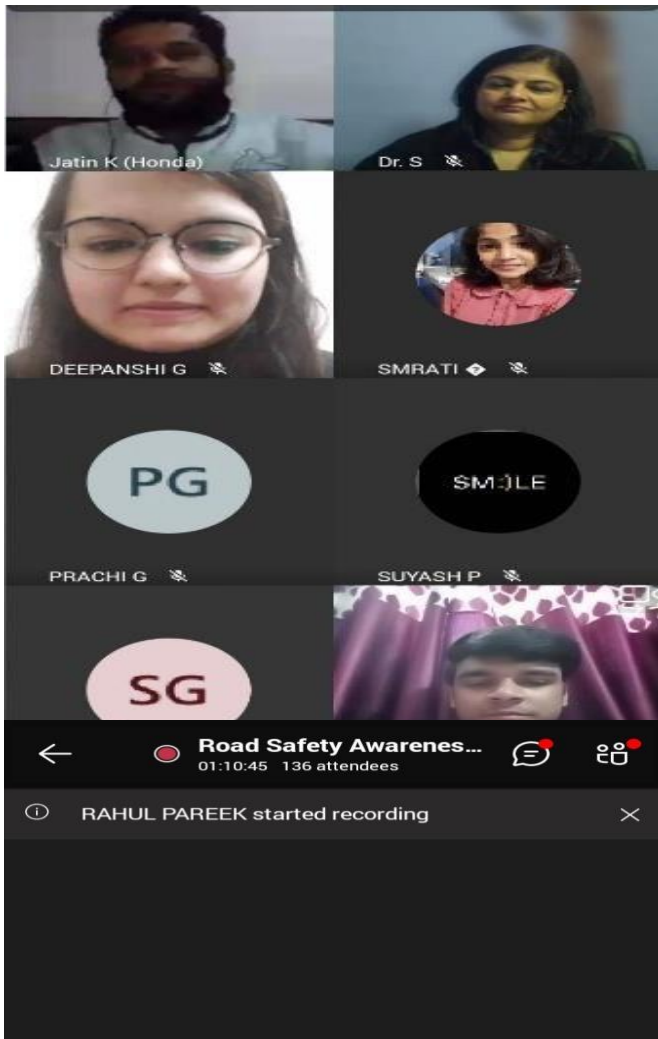
At the bottom, it lists **Dr. RICHA SHARMA (NSS PROGRAMME OFFICER)** on the left and **PROF. MADHU PRUTHI (PRINCIPAL)** on the right. A central note states: ***E-certificates from Honda will be provided.**

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 (4th 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**.

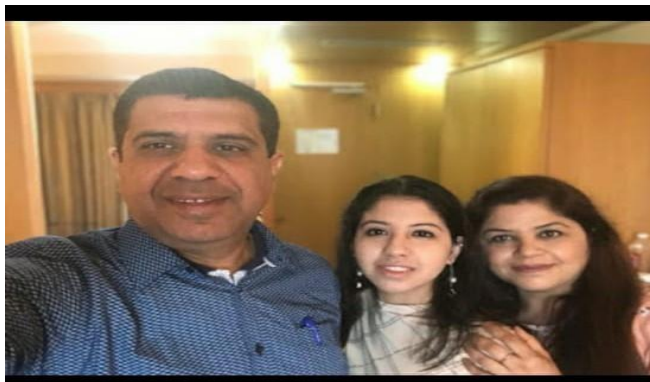
The volunteers worked hard and contemplated upon the theme. All the students of the college were informed about the great day and they were promoted to send pictures with their parents either doing a fun activity or helping them out.

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.

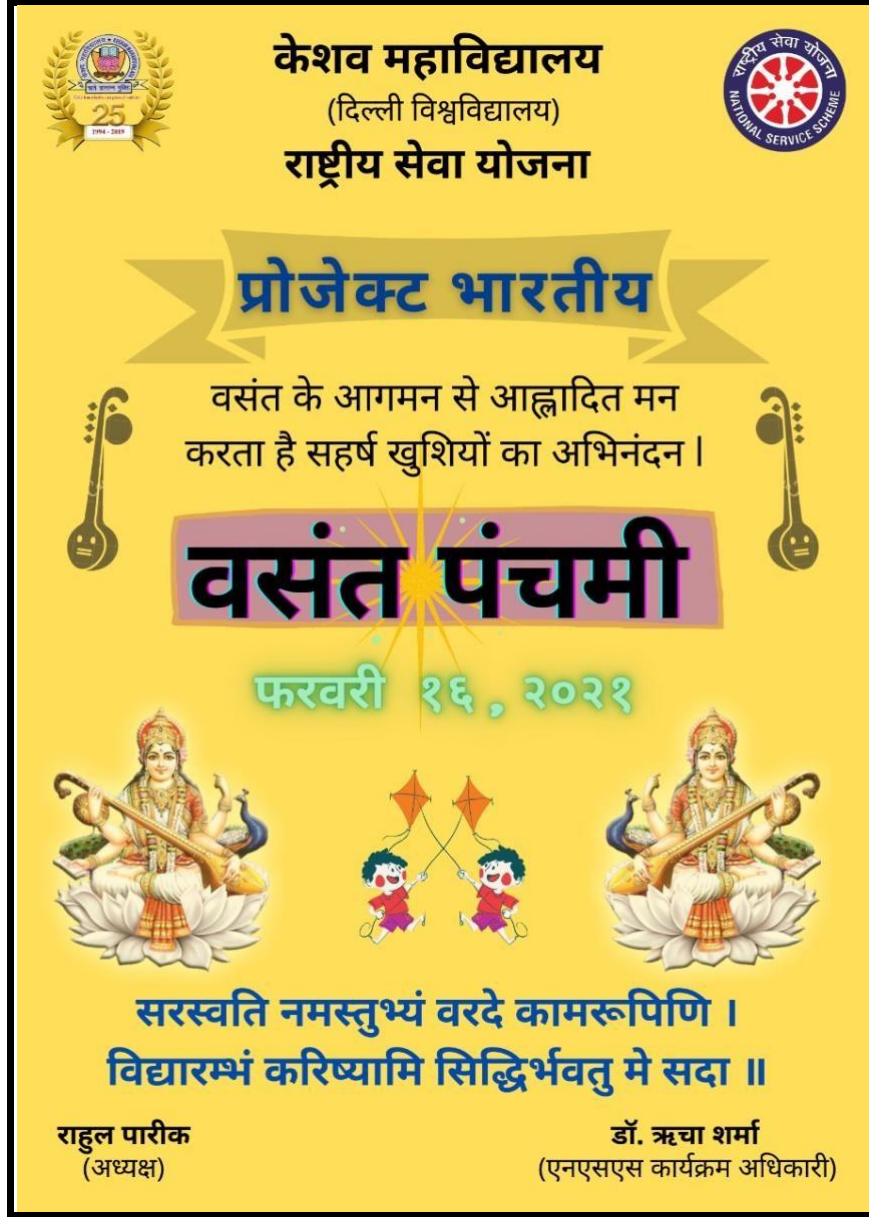


Memories captured at a family function.

Thus, the NSS volunteers left no stone unturned in restoring the cultural importance of the day. It was surely an attempt at indianizing the 14th 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 (16th 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.

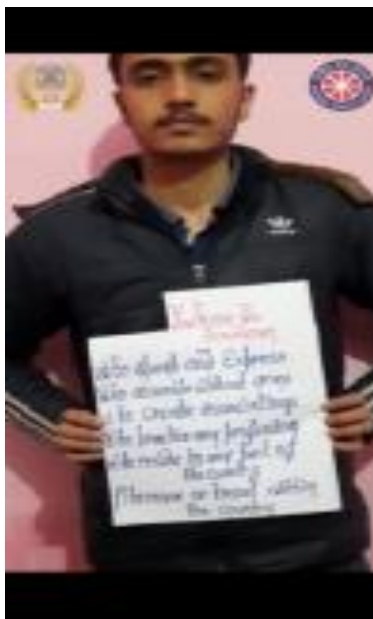
World Day of Social Justice (20th February 2021)

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

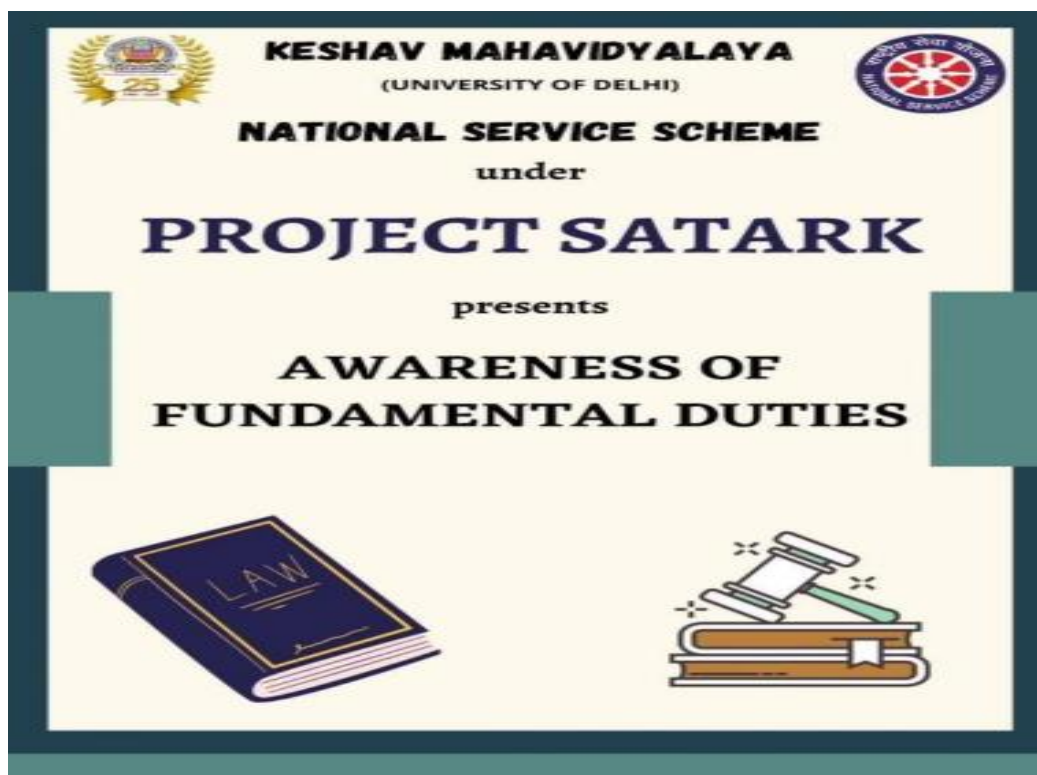
<https://www.instagram.com/tv/CLhWI CejCdM/?igshid=di2aw0vdq5g4>

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**

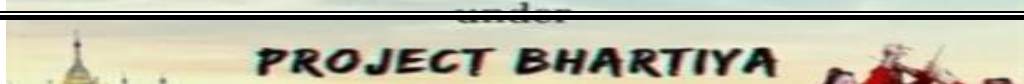
**- THEY ARE ALSO NON JUSTICIABLE SIMILAR TO
DIRECTIVE PRINCIPLE OF STATE POLICIES.**

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





Arunachal Pradesh Awareness Week (20th – 26th February 2021)



Poster of the event created by an NSS volunteer

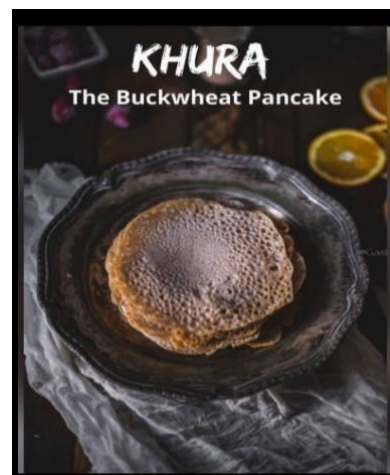
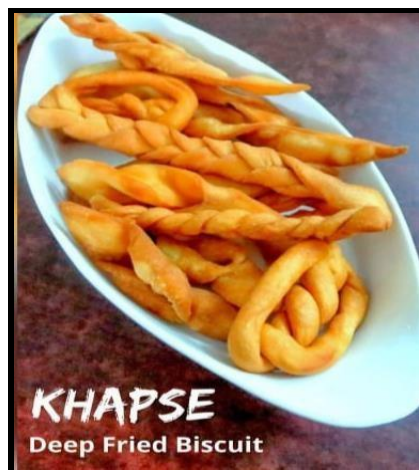
Arunachal Pradesh is the largest of the seven sister states of Northeast India. It shares 1,129 km border with China's Tibet autonomous region. As of the 2011 census of India, Arunachal Pradesh has a population of 1,382,611 and an area of 83,743 square kilometres. The north eastern states of India stand 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:

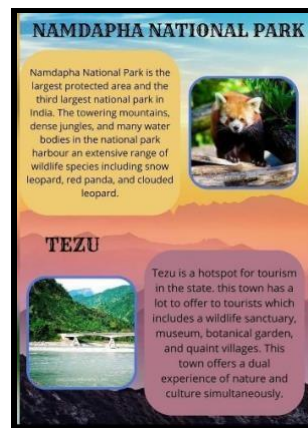
1. A video was uploaded on the Instagram handle of NSS in which all the volunteers provided useful information about the state including history, arts and handicrafts, famous places and many more things.



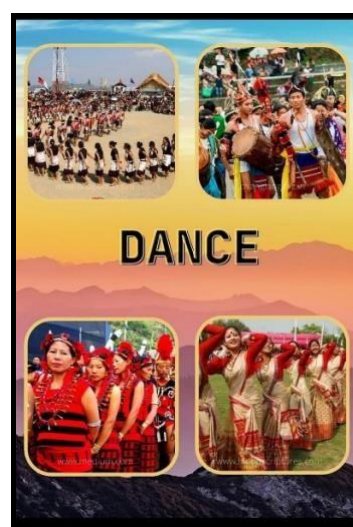
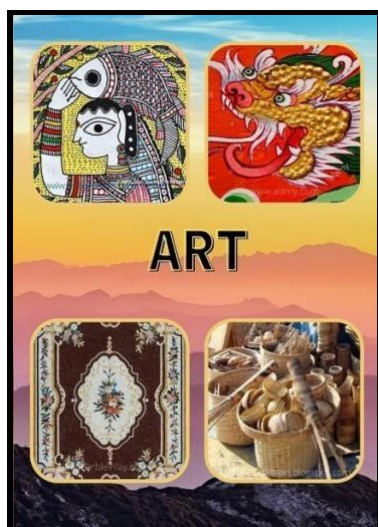
2. The mouth-watering dishes of the state were presented through various posts on the social media handles. Food items which vary from tribe to tribe form an essential part of Arunachal Pradesh and draw a lot of attention.



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 (21st 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 21st 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-

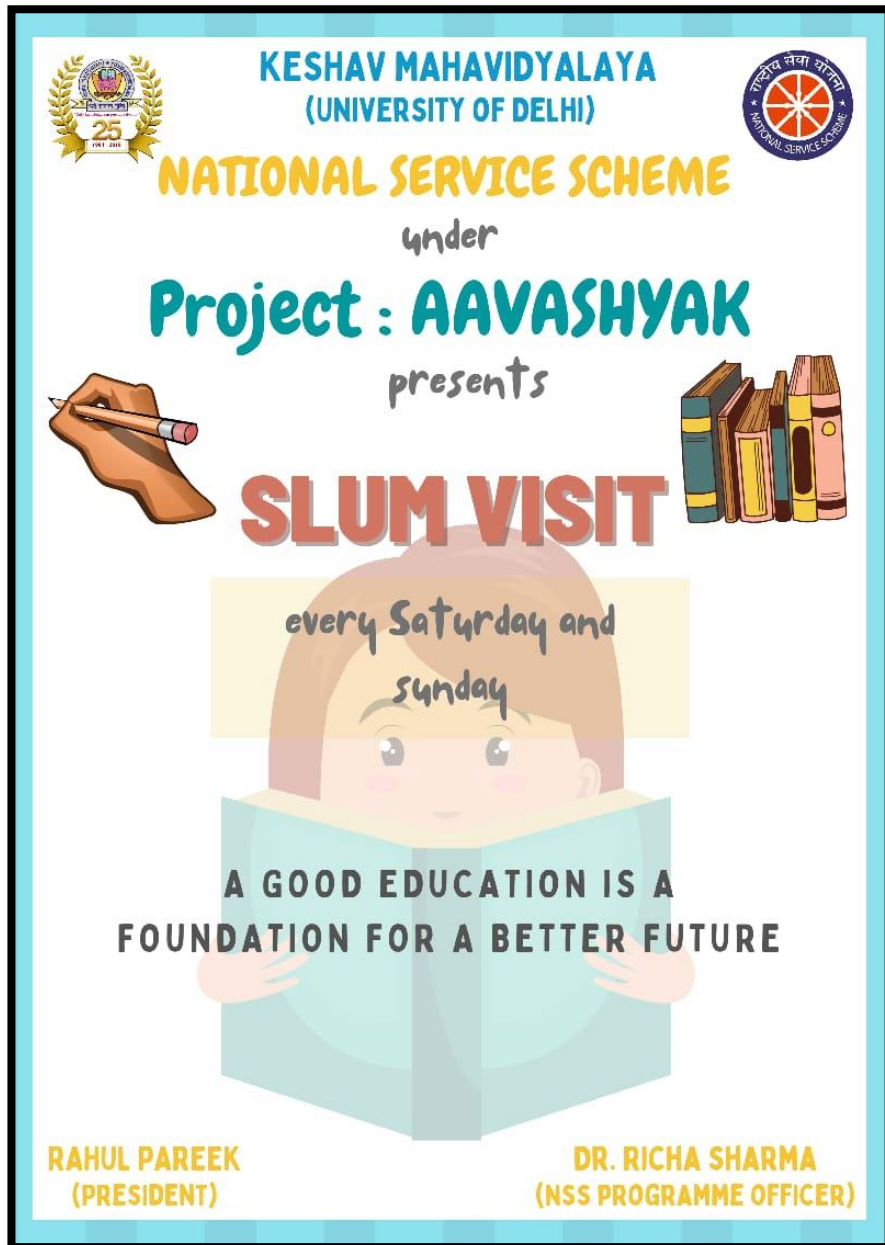
1. The event started with a detailed description of the Mother Language Day, given through Power Point presentation which was explained by one of the volunteers. It included the meaning, history, interesting facts, official languages recognised by the law and some more information.
2. After this came 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 (3rd March 2021)

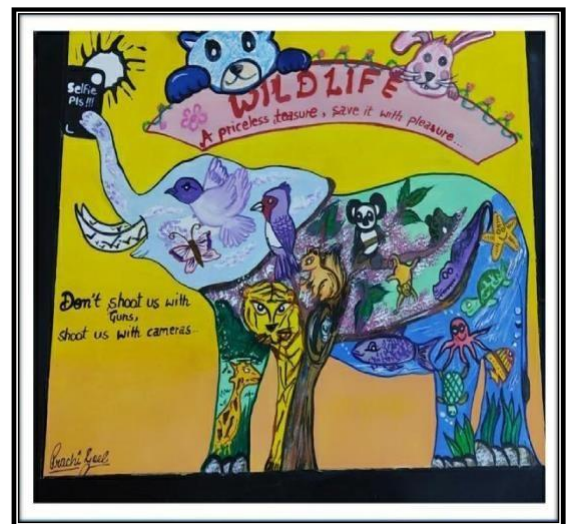
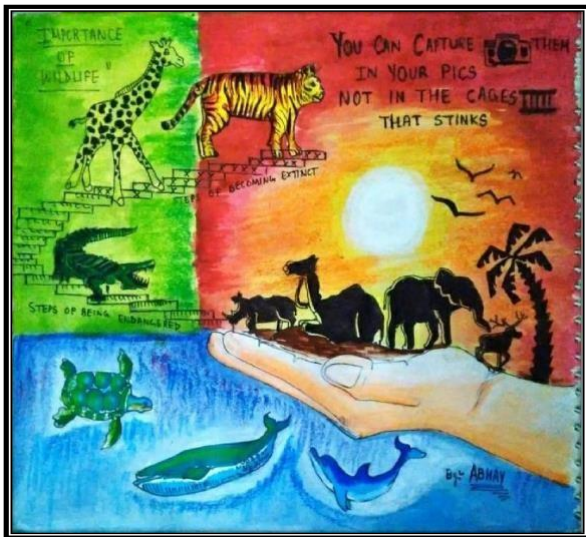


Poster of the event created by an NSS Volunteer

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 3rd 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 (8th March 2021)

The poster is for a poetry writing competition. 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 (NSS) logo. The text 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'. Below this is the registration link: 'LINK: https://linktr.ee/NSS_KMV'. The deadline is 'Last date of submitting entries: 10th March, 11:59 pm.' For queries, contact Sandeep Yadav (9971355542). At the bottom, Muskan Saini is listed as Secretary and Dr. Richa Sharma as NSS Programme Officer. The background features a silhouette of a woman's head, a quill pen, and an open book.

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 (11th 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

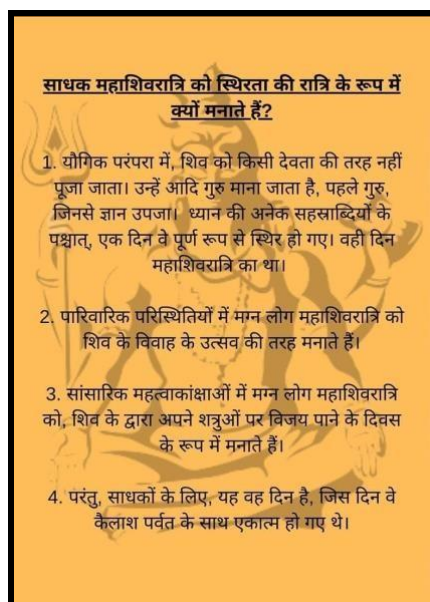
Maha Shivratri is predominantly a Hindu festival, celebrated annually in honour of Lord Shiva. Shivratri is celebrated in every month of the luni-solar calendar, in accordance with the Hindu calendar but once a year, in late winter Maha Shivratri is celebrated to commemorate the oncoming summer. Maha 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 (10th 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 8th March 2021. Interested participants had to submit their works via google forms latest by 10th 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 13th March 2021.

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

Slogan by Winners

1st position

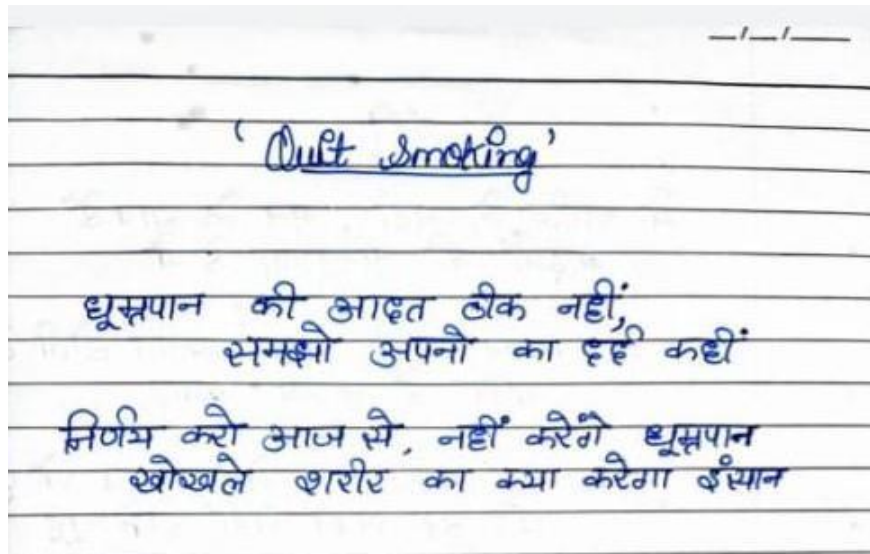
SLOGAN.

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 ।

2nd position



3rd position



Quiz Competition (14th 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.

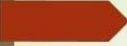
Only participants with potential to give enthusiastic competition and splendid knowledge on the topic were selected for Round 2.

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 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 1st, 2nd and 3rd 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 (18th 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 18th 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:

1st Position: Sangita Shenoy
(K.V. Pendharkar College, Maharashtra)

2nd Position: Annapurna Jajodia
(Keshav Mahavidyalaya College)

3rd Position: Goldi Yadav
(12th Class, Carmel High School)

Speech Competition (22nd March 2021)



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.

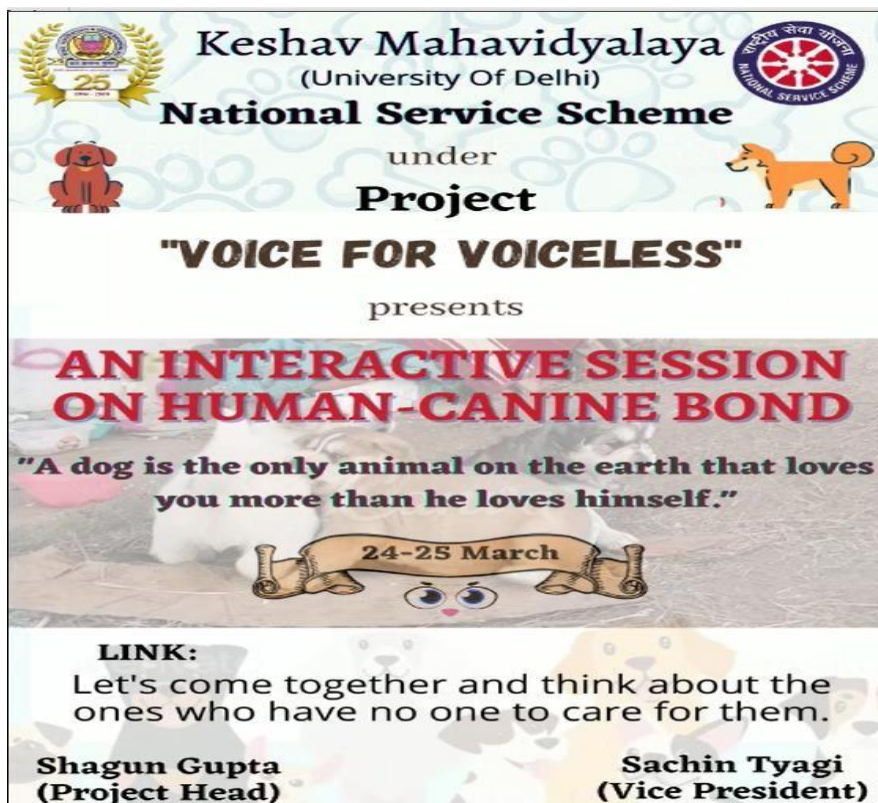
Winners of the Speech Competition:

1st Position: - Sarvesh Pratap Singh (Shivaji College)

2nd Position: - Nimisha Pathak (Miranda House)

3rd Position: - Vinayak Joshi (Zakir Hussain Delhi College)

Interactive Session (24th – 25th March 2021)



The poster features the logos of Keshav Mahavidyalaya (University of Delhi) and the National Service Scheme (NSS) at the top. It includes illustrations of a brown dog and an orange dog. The text is centered and reads: 'Keshav Mahavidyalaya (University Of Delhi) National Service Scheme under Project "VOICE FOR VOICELESS" presents AN INTERACTIVE SESSION ON HUMAN-CANINE BOND'. Below this is a quote: '"A dog is the only animal on the earth that loves you more than he loves himself."' and the dates '24-25 March' on a scroll. At the bottom, it lists the project head and vice president.

Keshav Mahavidyalaya
(University Of Delhi)

National Service Scheme

under
Project

"VOICE FOR VOICELESS"

presents

**AN INTERACTIVE SESSION
ON HUMAN-CANINE BOND**

**"A dog is the only animal on the earth that loves
you more than he loves himself."**

24-25 March

LINK:
Let's come together and think about the
ones who have no one to care for them.

Shagun Gupta
(Project Head)

Sachin Tyagi
(Vice President)

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 (23rd 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 24th 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

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 1st 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
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 25th 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

 DRISHTI B.Sc. (H) Statistics (2nd Sem) Mata Sundari College(DU)	 ABHAY TIWARI B.Sc. (Prog) (2nd sem) Keshav Mahavidyalaya (DU)	 BHAVYA CHADHA 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

 SANYA CHANDRA B.A. (H) ENGLISH (2nd sem) SGTB KHALSA COLLEGE (Delhi University)	 ANUSHREE ADHICARY B.A. (Prog) (2nd sem) SGTB KHALSA COLLEGE (Delhi University)	 SHREYAS SUDIP MITRA (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

 DIVYA GARG B.A. (Prog.) (4th Sem) Janki Devi Memorial College (DU)	 SONIA MISHRA Law (4th Sem) VPM'S TMC Thane College	 SACHIN CHAUHAN 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**

 JAHANVI AGGARWAL B.A. (Hons) Journalism (2nd Sem) Lady Shri Ram College (DU)	 ROSHNI ARORA B.A. (Hons) English (4th Sem) Mata Sundri College For Women (DU)
 KASHISH SONI B. El. Ed. (2nd Sem) Mata Sundri College For Women & AKARSH SRIVASTAVA 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 (4th 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 says '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'. It mentions 'E-certificates will be provided to all the participants.' and lists 'RAHUL PAREEK (President)' and 'DR. RICHA SHARMA (Programme Officer)'. The background includes images of a person in traditional attire, a camel, a desert landscape, and a Rajasthan 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)

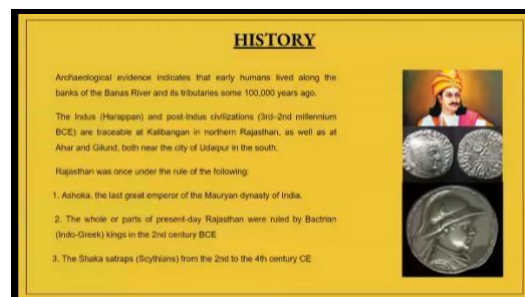
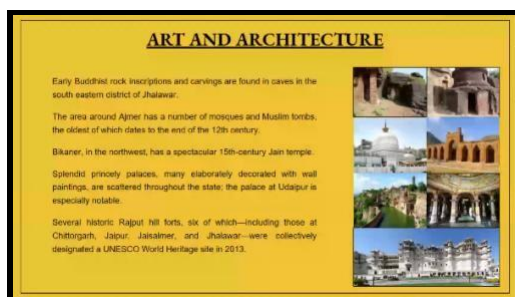
Poster of the event created by an NSS volunteers

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.

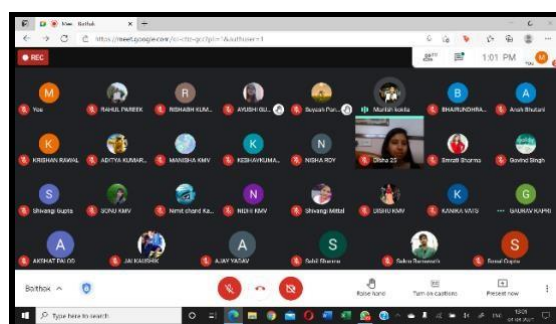
It's essential to have the knowledge of diverse culture of our country and be aware about its imperative states. Rajasthan is the largest state of India with a distinct culture therefore in order to impart knowledge about the state the NSS Unit of Keshav Mahavidyalaya under Project Bhartiya organized BAITHAK, an interactive session on the state of Rajasthan. An interesting session was conducted by the team on 4th 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-

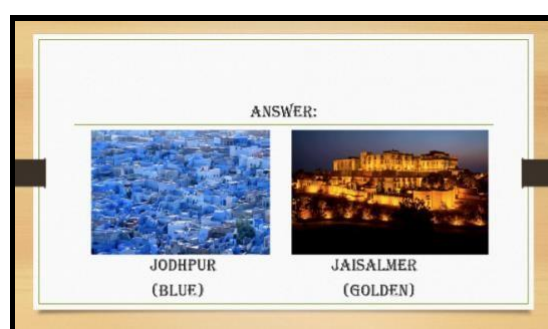
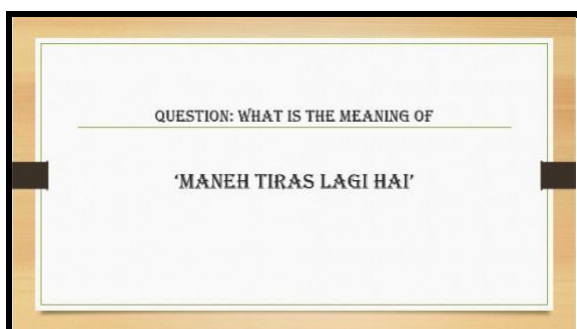
1. The event started with a basic introduction about the State and a gist of all the activities to be conducted was given.
2. Then detailed knowledge of the state was given through Power Point Presentation which covered all the spheres i.e., introduction, culture, food etc. It was very simple and informative 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 (6th April 2021)



NSS Volunteers at Humayun's Tomb

The Government of India will soon launch “Azadi ka Amrit Mahotsav”, the countdown to India's 75th 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 6th 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) (8th 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 4th 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 8th 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.



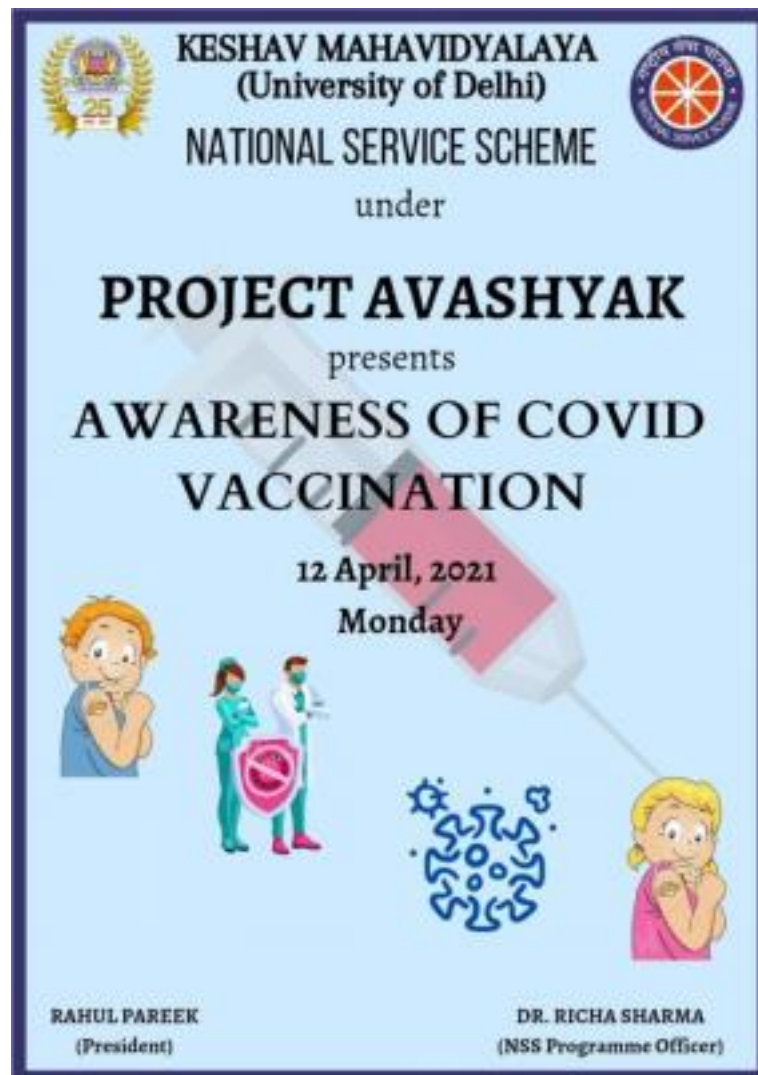
The above picture is of the second round being conducted and participants giving the answers in the chatbox.



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 (12th 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 12th 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.

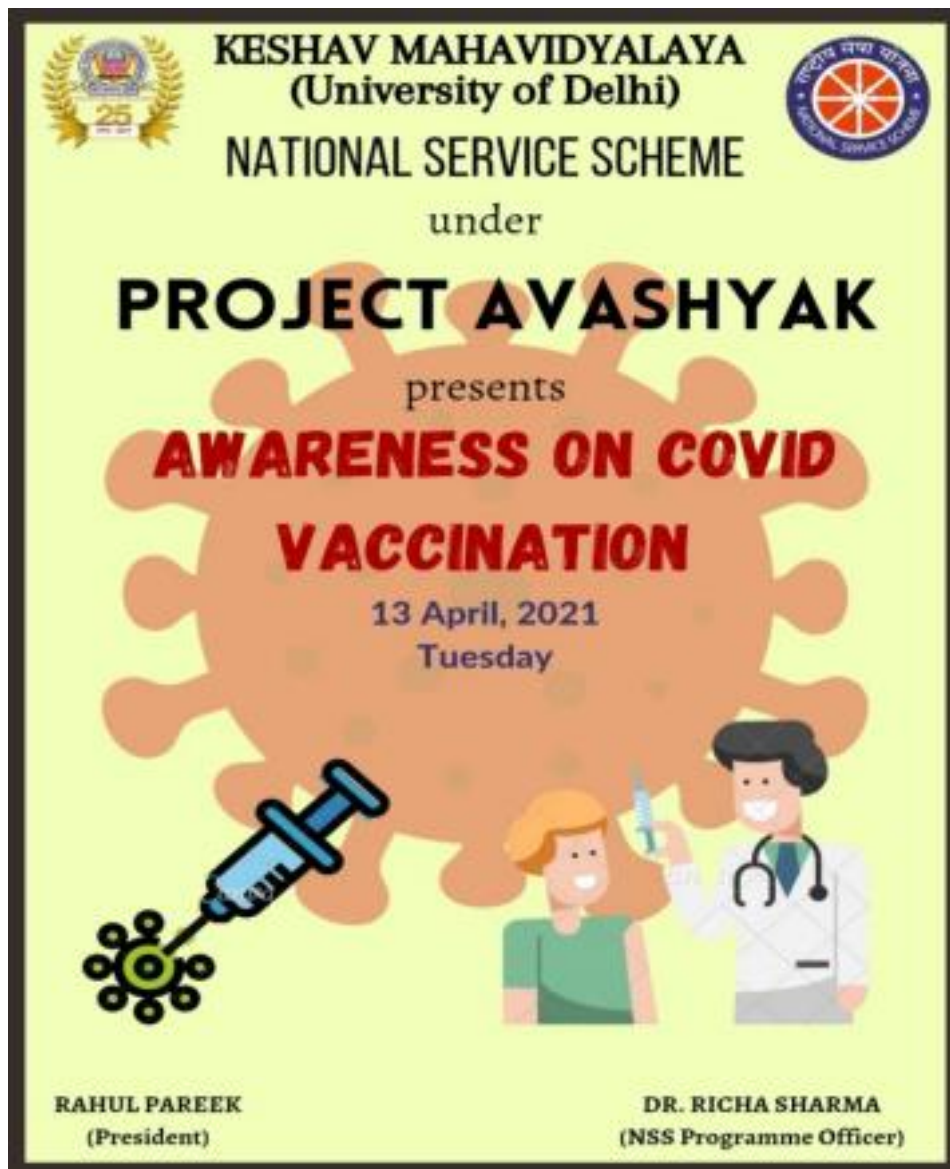


The volunteers helped the people to register themselves for the vaccination on the CO-WIN portal so that they can get their dosage hassle-free and quickly.

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 (13th 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 (11th
– 14th April 2021)**

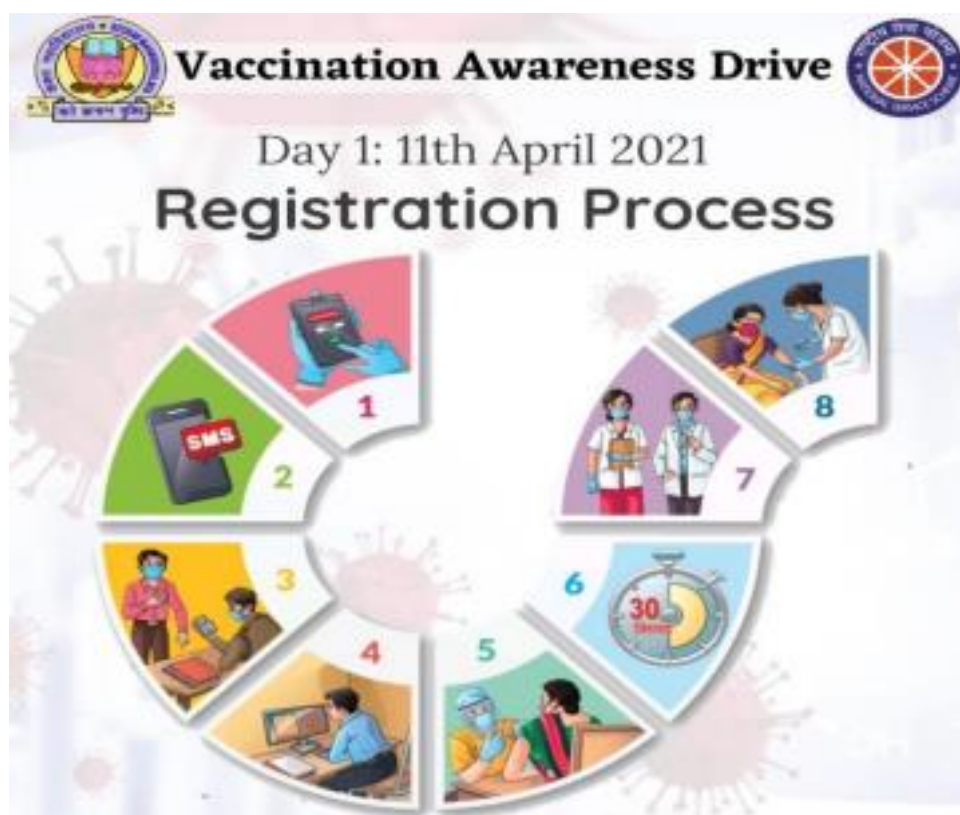


Poster of the event created by an NSS volunteer

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 -

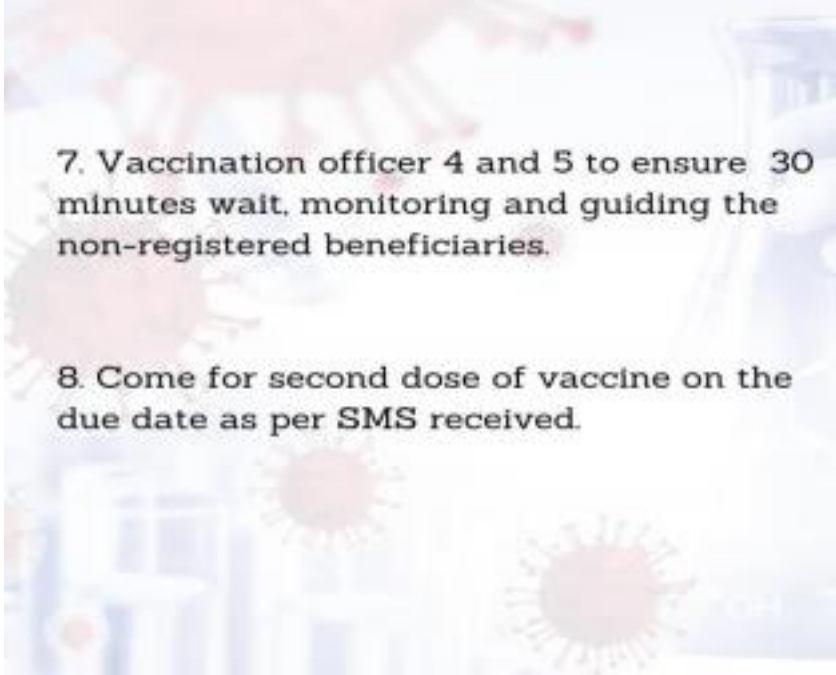
- First SMS will be generated on confirmation of registration
- Second SMS will be generated mentioning the date, time and place of vaccination
- Third SMS will be generated after 1st dose of vaccination with due date for next vaccine.
- Completion of 2nd dose along link for digital certificate

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 (28th – 29th 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 on a dollar sign and a person pointing at a greenboard.

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

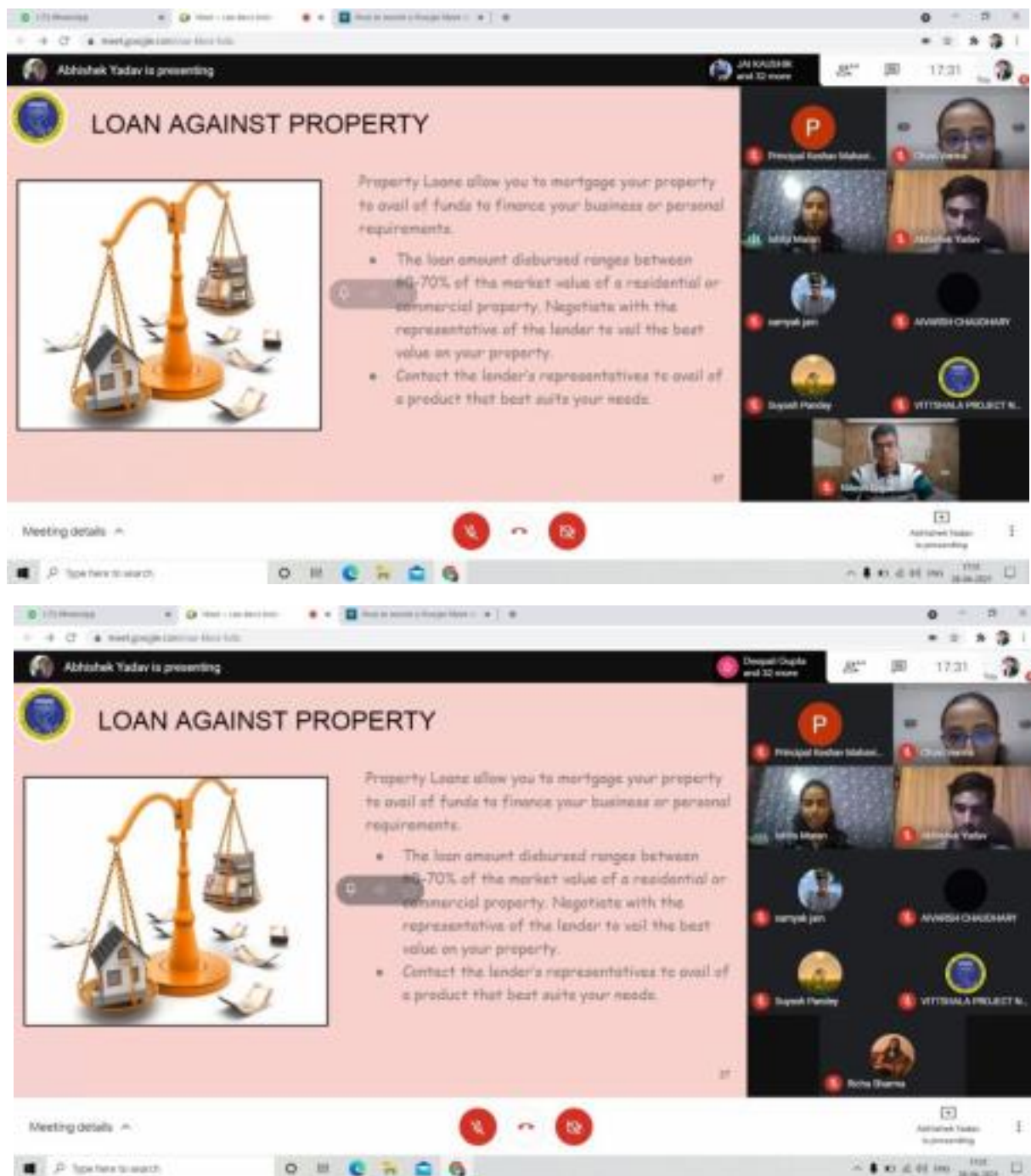
economies, as well as those who live in emerging or developing countries.

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 28th April 2021 and 29th 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 (17th 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.

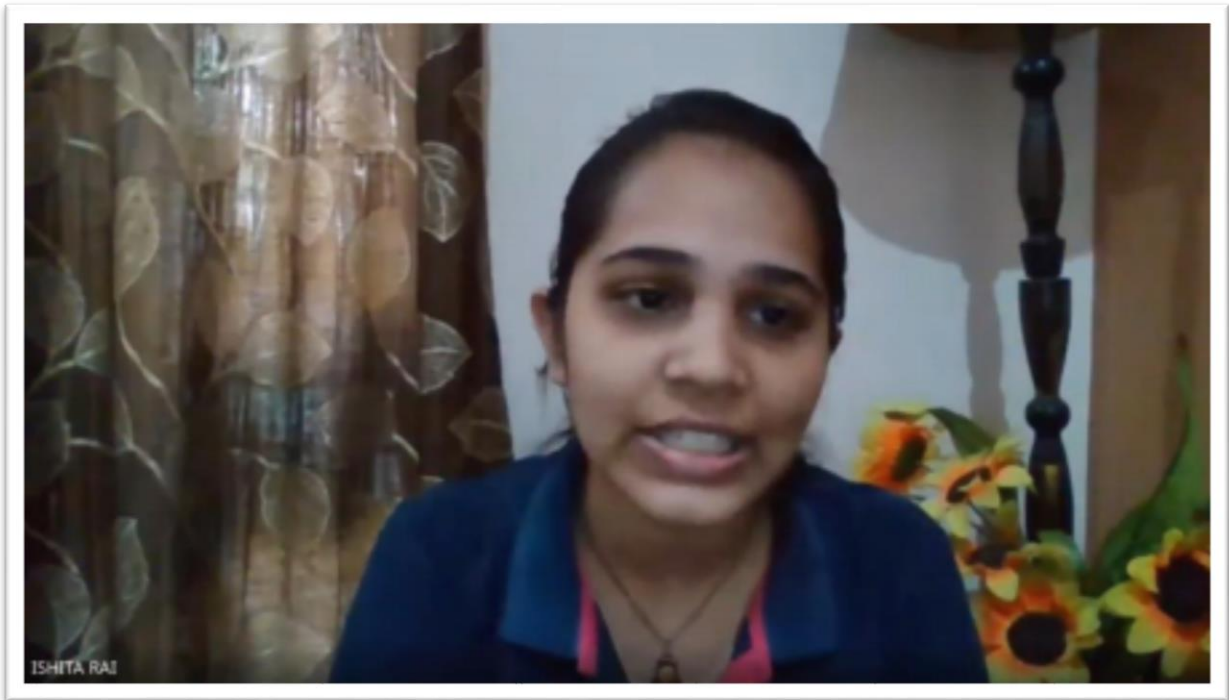
The event was held on April 17, 2021 (Saturday) via Google Meet. The event was judged by Mr Archit Nanda from English Department and Mr Virender Yadav from Hindi Department to ensure fair judgment based on content, language, presentation, etc. More than 50

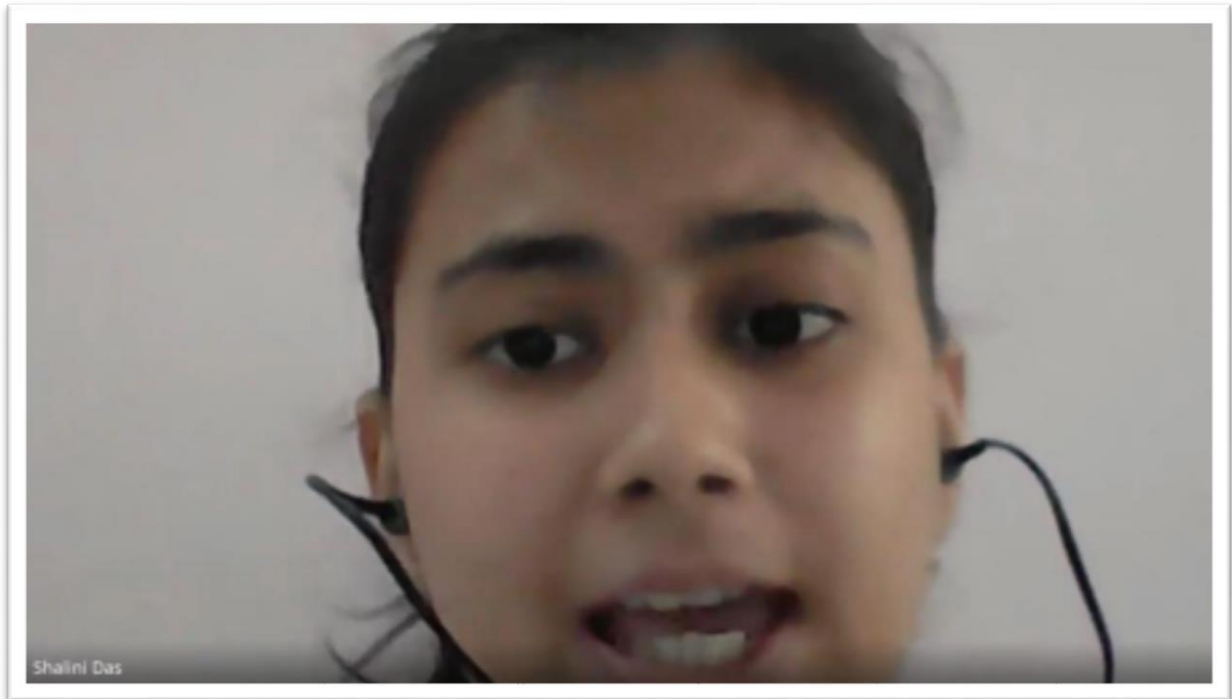
registrations from different colleges were received. All the participants had to speak for 3 minutes on the topic and 1 minute was given to them for answering the questions. Cross questioning was not allowed to avoid the chaos of any kind. Participants had to keep their cameras on while presenting their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

1st Position: Ishita Rai

2nd Position: Sheetal

3rd 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 (31st 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

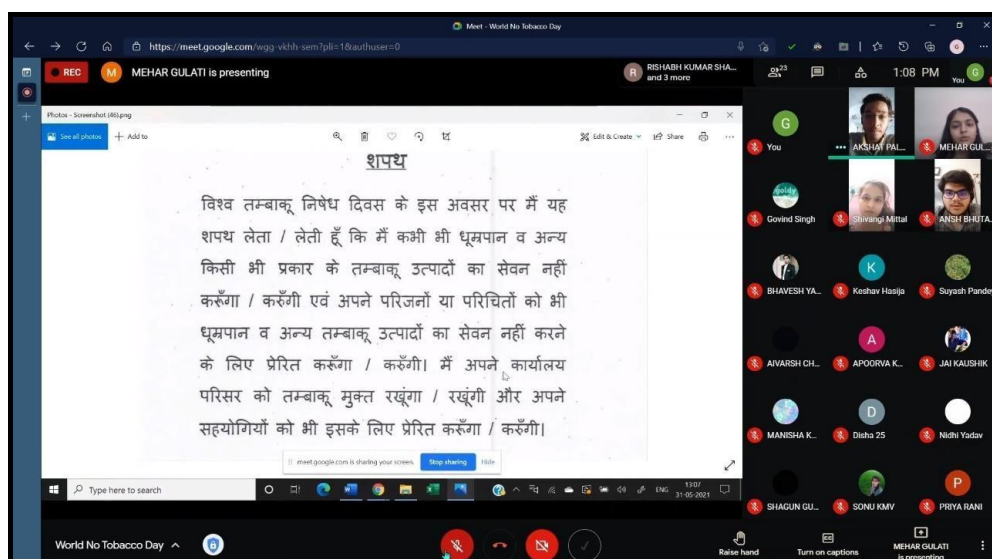
The aim of celebrating World No Tobacco Day is to inform the public on the dangers of using tobacco, the business practices of tobacco companies and what people around the world can do to claim their right to health and healthy living.

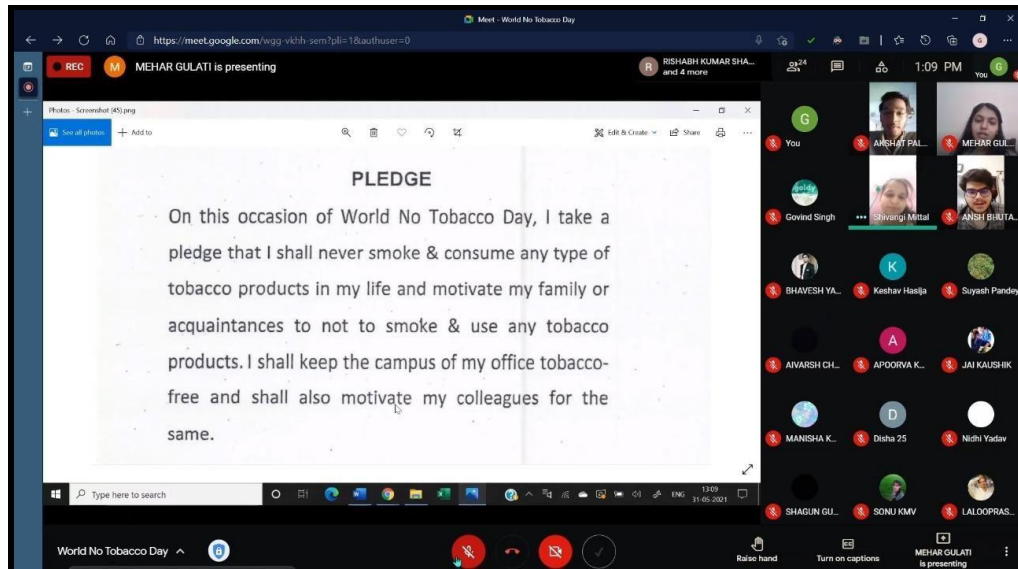
The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed a resolution, calling for 7 April 1988 to be an "a world no-smoking day." 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 (7th - 21st June 2021)

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

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

Since its inception in the year 2015, June 21st 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 7th June 2021 to 21st June 2021.

For the first 11 days i.e., from 7th June to 17th 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 18th June to 21st June, webinars were organised.

Day 1 - Session on Hypertension (7th June 2021)


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



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

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



Join us: https://linktr.ee/NSS_KMV

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

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 (8th 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

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

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 (9th 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

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

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 (10th 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 (11th 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 (12th 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 (13th 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

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

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 (14th 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 (15th 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

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

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 (16th 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 (17th 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

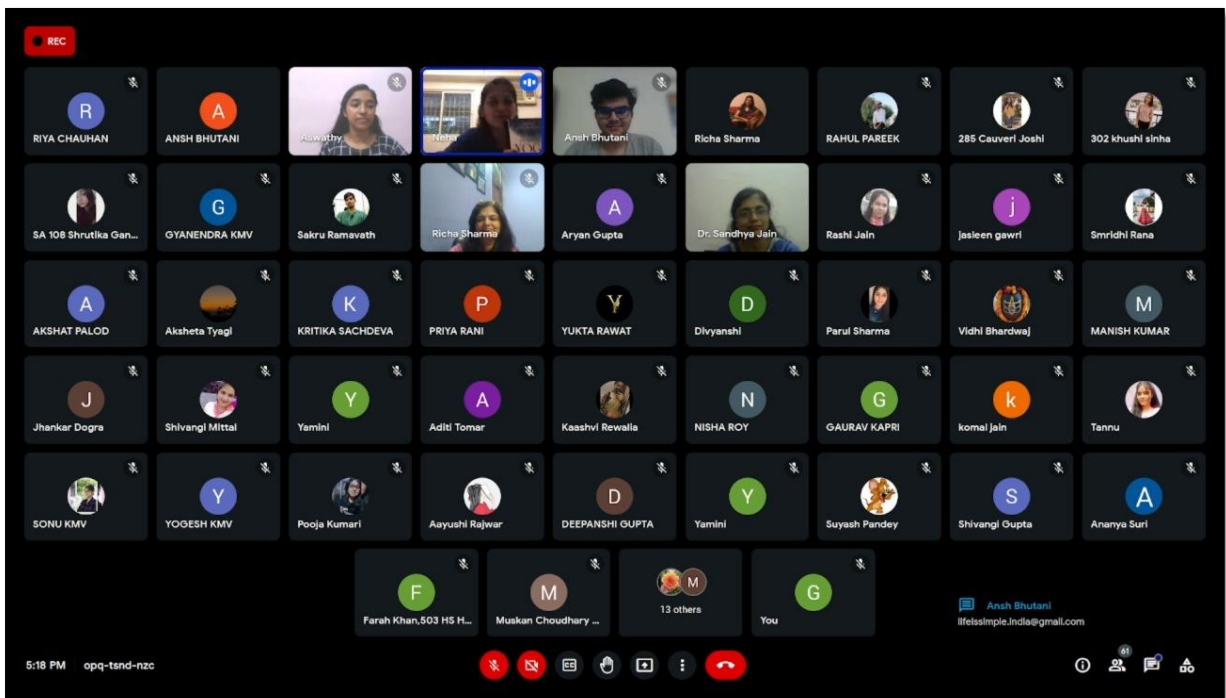
Yamini
(President)
Vivekananda College

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 (18th June – 21st June, 2021)



Keshav Mahavidyalaya
and
Vivekananda College

National Service Scheme
under
Yoga Mahotsav
organises sessions on

<u>Yoga beyond Asanas</u>	<u>Yoga & Martial Arts</u>	<u>Yoga for Holistic Well-being</u>
Speaker:- Ms. Neha Bansal	Speaker:- Kyoshi Shaurya Shandilya	Speaker:- Neeki Singh
on 18th June 4:00 PM	on 19th June 5:00 PM	on 20th & 21st June 4:00 PM

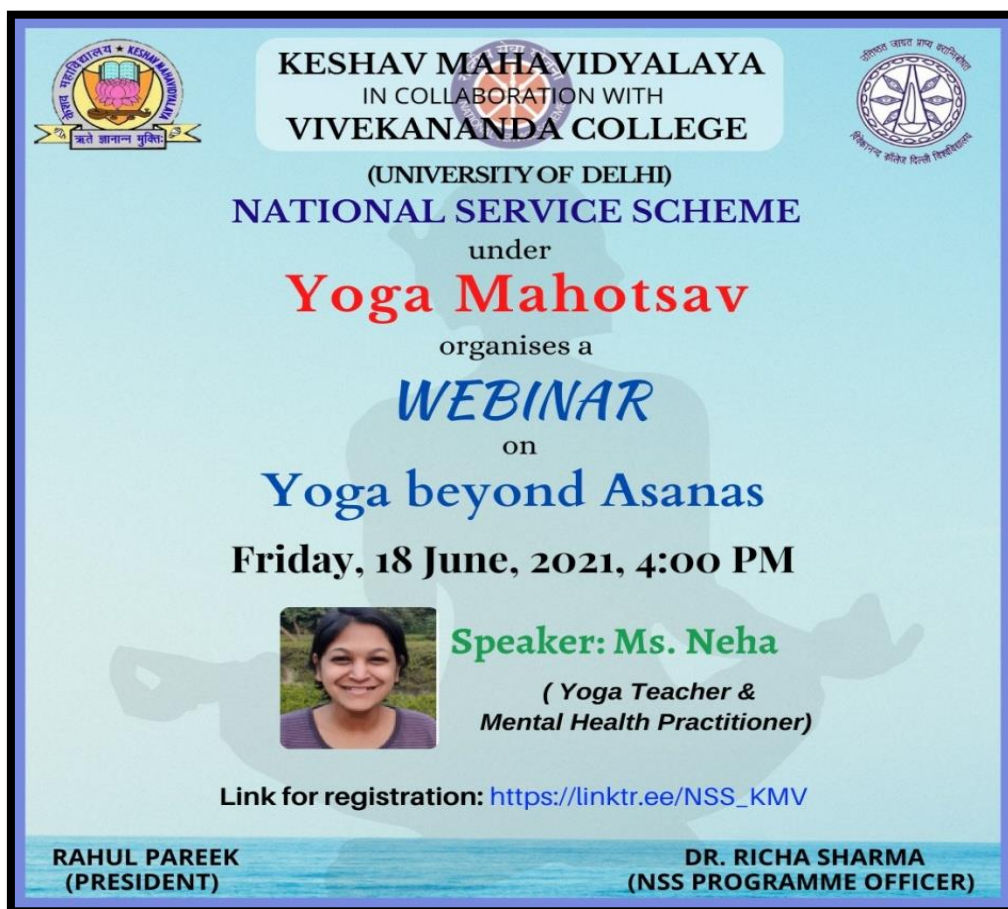
Registration Link :- https://linktr.ee/NSS_KMV

Rahul Pareek
(President)


Dr. Richa Sharma
(Programme Officer)

Poster of the event created by an NSS Volunteer

Yoga Beyond Asanas (18th 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

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 18th 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 (19th 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

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 19th 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 (21st – 22nd 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)

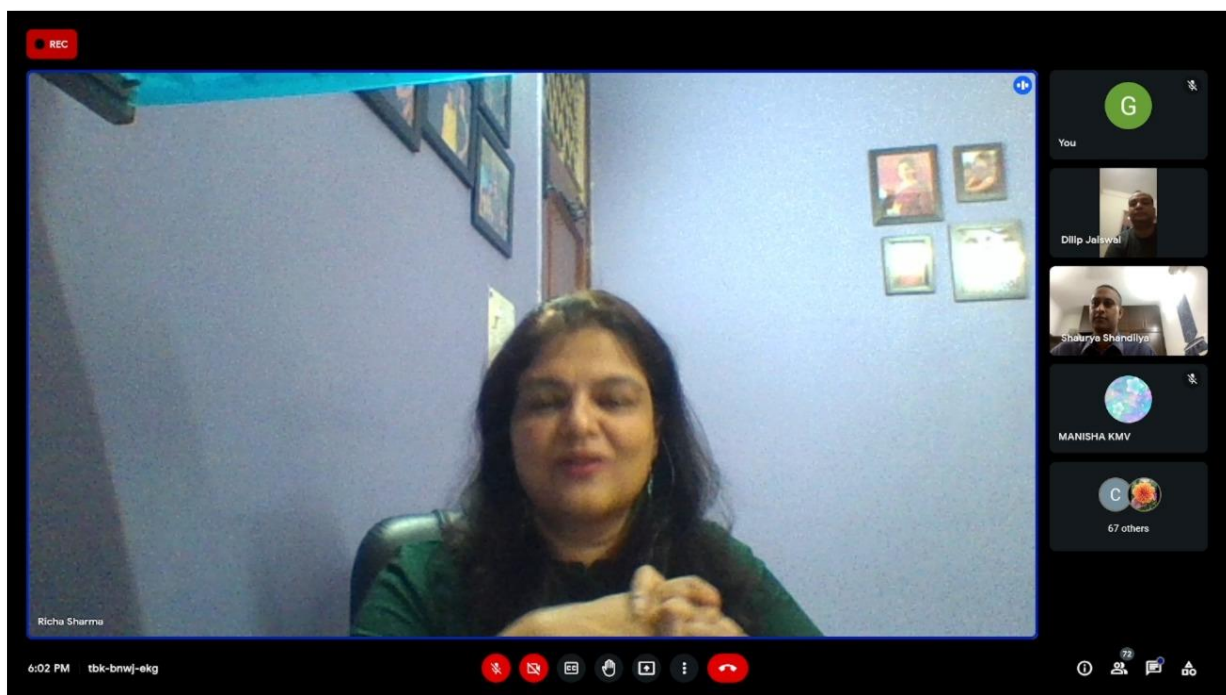
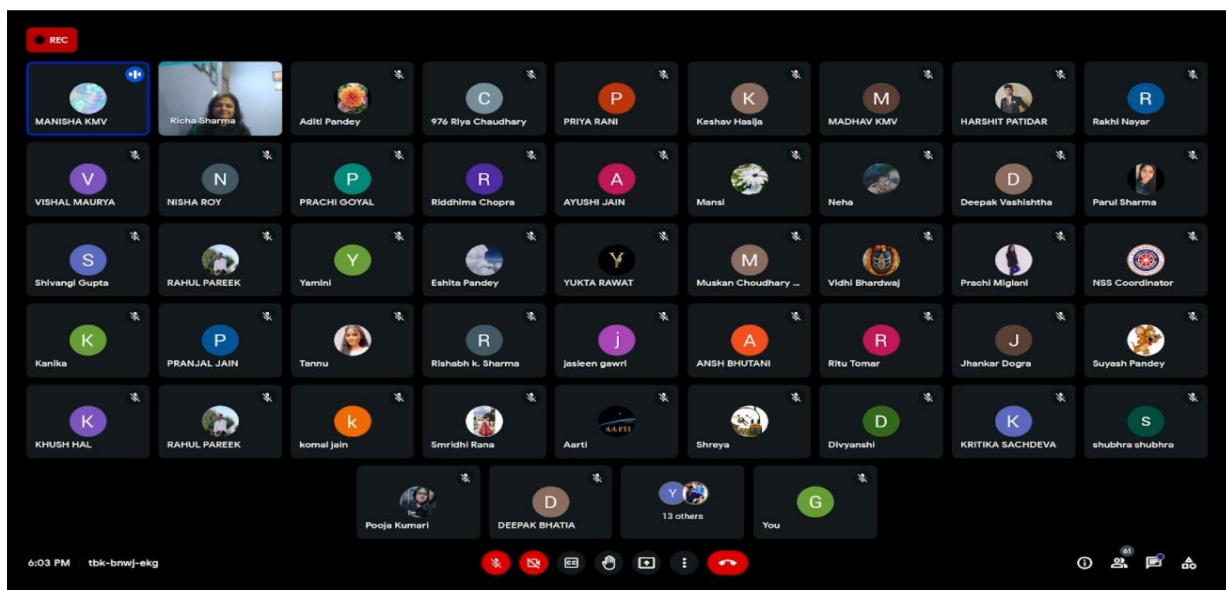
DR. RICHA SHARMA
 (NSS PROGRAMME OFFICER)

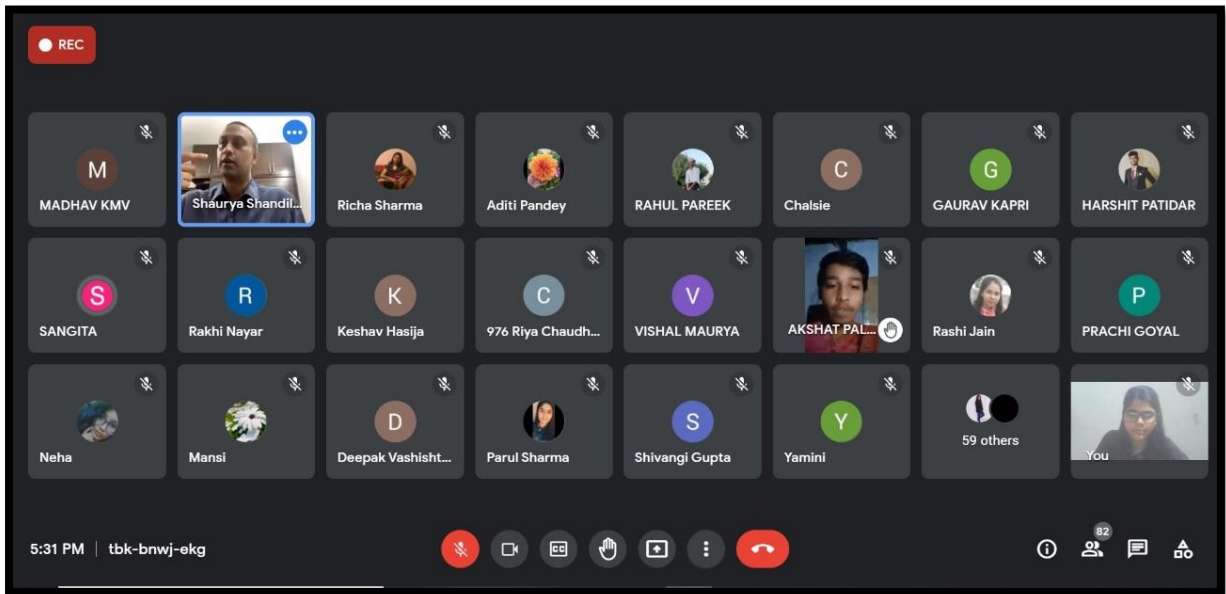
Poster of the event created by an NSS Volunteer

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 20th June and 21st 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 20th 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 7th June 2021 to 21st June 2021.

Dr. Richa Sharma
Programme Officer

Prof. Madhu Pruthi
Principal