



"Only Knowledge can provide salvation"

KESHAV MAHAVIDYALAYA (UNIVERSITY OF DELHI)

NAAC Accredited 'A' Grade Institution- Cycle 2
H-4-5 Zone, Sainik Vihar, Pitampura, Delhi- 110034



NATIONAL SERVICE SCHEME

NOT ME, BUT YOU

Presents

PRAYATAN

an effort to bring change...

EDITION 3
2022-23

NATIONAL SERVICE SCHEME

With the motto "Not Me, But You", the college's NSS Unit has been organizing various activities suggested by the Regional Directorate of NSS and voluntarily carried out by the NSS Unit during the 2022–2023 academic year. The campus has hosted events such as competitions, cultural activities, cleaning drives, awareness drives, runs, donation drives, and other activities. Under the direction of the officers named below, the NSS unit has been performing these duties:



Dr. Amanjot Sachdeva - Programme Officer

Mr. Anuj Raghav- President

Ms. Anvesha Chouksey- Vice President

Mr. Aditya Kumar Singh- Secretary

Ms. Tripti Arora- Treasurer

AUGUST 2022



CYBER SECURITY AWARENESS SESSION

3 August

The NSS Unit of Keshav Mahavidyalaya organized an awareness session for its students on Cyber Security. The speaker of this webinar was Ms. Rashmeet Kaur Chawla (Assistant Professor, Department of Computer Science). Ms. Kaur imparted a lot of information on cyber security to the students.

She made the students aware of different types of cyber security methods that can be practiced both at home and at work through a presentation.

HAR GHAR TIRANGA

8-15 August

“Har Ghar Tiranga” is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India’s independence.

The following events were done under Har Ghar Tiranga:

- ‘Selfie Point’ with the National Flag - 8th August, 2022
- Online Quiz - 8th August, 2022
- Online Poster Making Competition - 8th - 14th August, 2022
- Offline Rangoli Making Competition - 12th August, 2022
- Flag Hoisting - 15th August, 2022



NASHA MUKT BHARAT

12 August

The NSS Unit of Keshav Mahavidyalaya organized a Pledge-Taking Ceremony under Nasha Mukta Bharat Abhiyan on 12th August, 2022. Participants gathered on the college campus to pledge to prevent themselves and their nation from the evil hold of drug addiction.



SEPTEMBER 2022

SWACHHTA PAKHWADA 2 - 15 September

Under Swachhta Pakhwada, a week-long event was organized that included cleanliness drives, presentations, and many more. The following events were done under Swachhta Pakhwada:

- Cleanliness drive in Canteen Lawn- 2nd September, 2022
- Cleanliness drive in a local park- 6th September, 2022
- Cleanliness drive on the roadside- 7th September, 2022
- Awareness campaign through social media- 9th - 11th September, 2022
- Presentation on recycling and reusing- 12th September, 2022



HINDI PAKHWADA 26 September - 10 October

On 14 September 1949, the Constituent Assembly of the country unanimously adopted Hindi as the official language, and hence every year 14th September is celebrated as Hindi Diwas, and during this Hindi Pakhwada was organized.

The NSS Unit of Keshav Mahavidyalaya and the Hindi Department in association with the Internal Quality Assurance Cell (IQAC), organized various sessions to mark the commencement of Hindi Pakhwada. The following events were done under Hindi Pakhwada:

- Inauguration Event - 26th September, 2022
- Poetry Competition - 27th September, 2022
- Extempore Debate Competition - 28th September, 2022
- General Knowledge Quiz Competition - 7th October, 2022
- Closing Ceremony - 10th October, 2022



OCTOBER 2022



WHERE DOES OUR FOOD COME FROM?

1 October

The NSS Unit of Keshav Mahavidyalaya under project Aarogya, organized a webinar on “WHERE DOES OUR FOOD COME FROM?” in association with Humane Society International/India. This webinar was hosted on 1st October, 2022 at 4 pm through Google Meet where the speaker Kanak Shriya Kaushik (Campaigner, Individual Meat Reduction at HSI) delivered the important information.

FIT INDIA

3 - 18 October

The NSS Unit of Keshav Mahavidyalaya, under Fit India, organized a plogging (a portmanteau of “jogging” and “plucking”) near the college and hostel premises on 3rd October, 2022. The participants went for a long jog around the college grounds with garbage bags and therefore, cleaned the premise. The following events were done under the Fit India Campaign:

- Plog Run - 3rd October, 2022
- Fitness Assessment Test - 10th October, 2022
- Awareness Rally - 18th October, 2022



CYBER CRIME AWARENESS SESSION

6 October

The NSS Unit of Keshav Mahavidyalaya in association with IQAC, NCWEB, and Delhi Cyber Police organized an awareness session for its students on Cyber Crime on Thursday, 6th October, 2022.

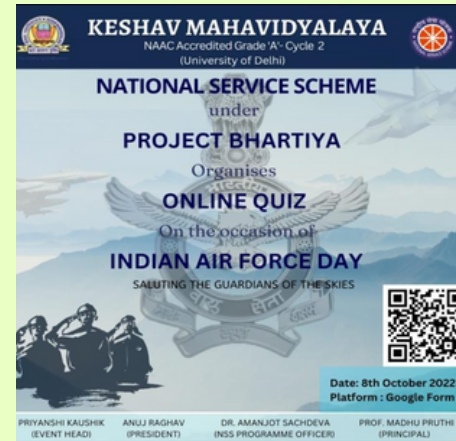
The Delhi Cyber Police Officers imparted a lot of information to the students on cyber-crime and different ways to prevent it.

OCTOBER 2022

INDIAN AIRFORCE DAY

8 October

This year marks the 90th anniversary of Indian Air Force Day. The NSS Unit of Keshav Mahavidyalaya under Project "Bhartiya" organized an online quiz about Indian Airforce. The Online quiz was conducted through Google form on 8th October, and the students actively participated in the quiz. Moreover, an informative video was also shared through the Instagram handle of NSS KMV about Indian Airforce.



PSYCHOLOGICAL FIRST AID

10 October

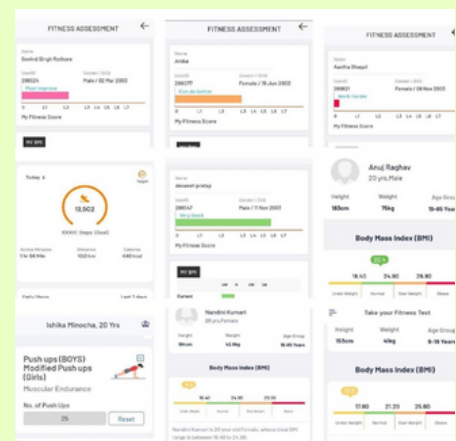
The NSS Unit of Keshav Mahavidyalaya in collaboration with InPsych (Society of the Department of Psychology of Keshav Mahavidyalaya) and Consulenza (Counselling and Training Cell of Keshav Mahavidyalaya) organized a seminar for its students on Psychological First-Aid on 10th October, 2022.

The speakers Ms. Tanvi Jajoria (Counselling Psychologist, Mentamigo) and Dr. Renu Sharma (Clinical Psychologist, AIIMS) imparted a lot of information to the students on the need for psychological first-aid and its application in crisis management and suicide prevention.

FITNESS ASSESSMENT TEST

10 - 27 October

The participants installed the Fit India app, completed the tests given on it, and used a tracker to count their daily steps. The submissions were taken through Google Forms.



OCTOBER 2022



CLOSING CEREMONY OF HINDI PAKHWADA

10 October

On 10th October, a speaker session was held in Seminar Hall to conclude the Hindi Pakhwada on the topic “Coalition of Hindi and the other Indian languages”. The session's keynote speaker was Dr. Suresh Dhingra, an acclaimed writer, poet, and editor. His celebrated works include books like ‘Alag Alag Hone Ke Bawajood’, ‘Cactus Aur Gulab’, and ‘Ab Tak’.

FIT INDIA PLOGGING

13 October

The NSS Unit of Keshav Mahavidyalaya, under Fit India, organized a plogging drive at the college campus on 13th October, 2022. The participants went for an hour-long jog around the college grounds with garbage bags and cleaned the premises. While jogging, the students collected plastic and other waste from the campus and disposed of it in the designated dustbins.



AWARENESS RALLY ON PLASTIC FREE INDIA

18 - 19 October

On the 18th and 19th of October, the NSS Unit of Keshav Mahavidyalaya organized an awareness rally regarding “Plastic Free India” and a plastic waste collection drive on the college campus. The volunteers marched around the college and its vicinity, carrying posters, placards, and banners and collecting plastics waste.

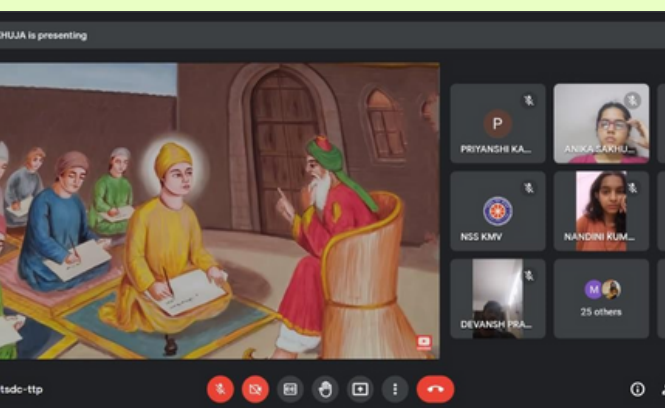
NOVEMBER 2022



VIGILANCE AWARENESS WEEK

2 November

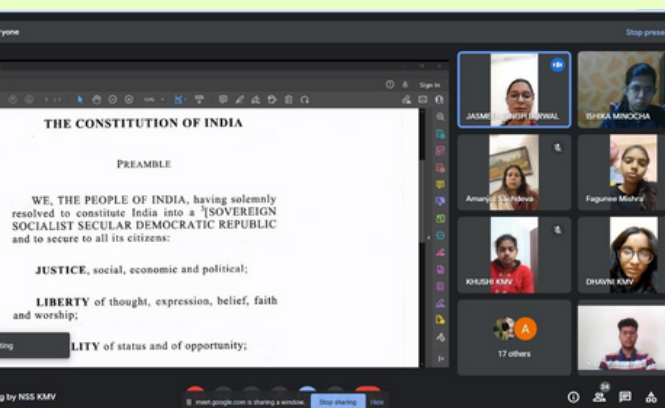
The NSS Unit of Keshav Mahavidyalaya in association with National Textile Corporation (NTC) Ltd. under Vigilance Awareness Week, organized a Declamation Competition for the students of the college on 2nd November, 2022. The topic of the declamation competition was "Corruption Free India for a Developed Nation".



GURU NANAK JAYANTI

8 November

To celebrate this occasion, the NSS Unit of Keshav Mahavidyalaya organized a movie screening on Google Meet for the volunteers. The movie was based on Guru Nanak Dev Ji's life. His birth anniversary is celebrated every year on the auspicious occasion of 'Kartika Purnima'.



READING OF THE PREAMBLE

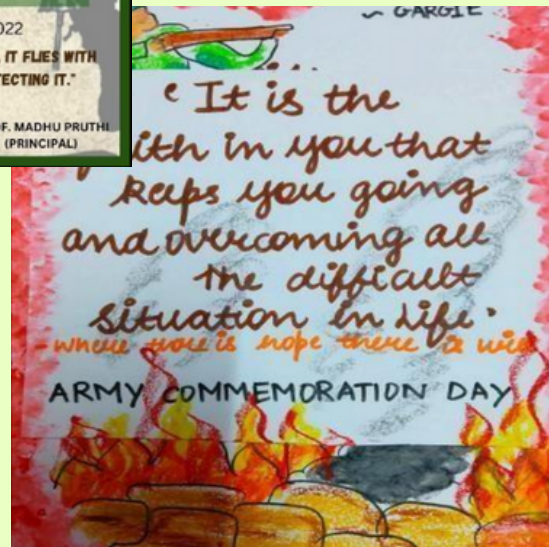
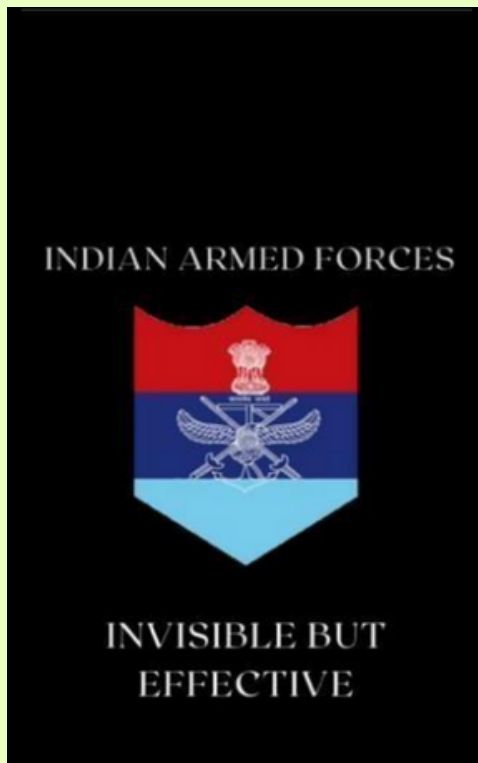
26 November

To mark the occasion of "National Voters' Day", the NSS Unit of Keshav Mahavidyalaya on 26th November, held an online event for reading The Preamble to remember once again the foundational ideology and principles of the Constitution that governs India and its citizens.

DECEMBER 2022

ARMED FORCES COMMEMORATION DAY

7 December



To mark the occasion of Armed Forces Day, the NSS Unit of Keshav Mahavidyalaya on 7th December, 2022 held a 'Slogan Writing Competition' and a 'Donation Drive' as a tribute to our Armed Forces and remembrance of the martyrs. The Unit also used their social media handle to spread awareness and sensitize the audience about the same.

JANUARY 2023

SELF-DEFENSE SESSION

20 January

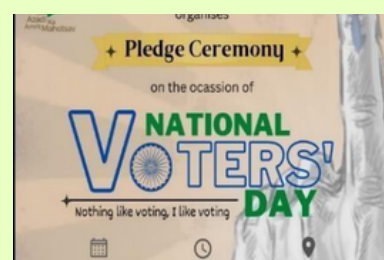
The NSS Unit of Keshav Mahavidyalaya on 20th January, 2023 held a self-defense session for women, "KAWACH" to spread awareness about the importance of women's safety in recent times.



NATIONAL VOTERS' DAY

25 January

The NSS Unit of Keshav Mahavidyalaya on 25th January, 2023 organized a 'Pledge Ceremony' on the occasion of National Voters' Day. The ceremony included the Voters' Pledge that was issued by the Election Commission of India.



LAUGHTER DAY

10 January

The NSS Unit of Keshav Mahavidyalaya on the occasion of Laughter Day, held an event to spread smiles and encourage optimism, by instructing the students to write something funny and positive on a card and to pick someone else's in exchange.

NATIONAL YOUTH DAY

12 January

The NSS Unit of Keshav Mahavidyalaya in collaboration with the Hindi Department of Keshav Mahavidyalaya and IQAC, on 12th January, organized a seminar session on National Youth Day on the theme "Swami Vivekananda Ji – A Personality" to spread awareness and enlighten the minds about the noble life of such a great personality whose messages and encouragement has been a leading light to many lives.



REPUBLIC DAY

26 January

The NSS Unit of Keshav Mahavidyalaya curated an informative post on 26th January, 2023 to wish a very Happy Republic Day to everyone and to educate them about our Constitution and the importance of the day.

SEMINAR ON RENEWABLE RESOURCES

31 January

The NSS Unit of Keshav Mahavidyalaya and IQAC in collaboration with the EVS Department organized a seminar on Renewable Resources: Key to Sustainability under Mission LiFE on 31st January, 2023. The speaker of this seminar was Mr. Niloy Sarkar (Assistant Professor, Department of Environmental Science).

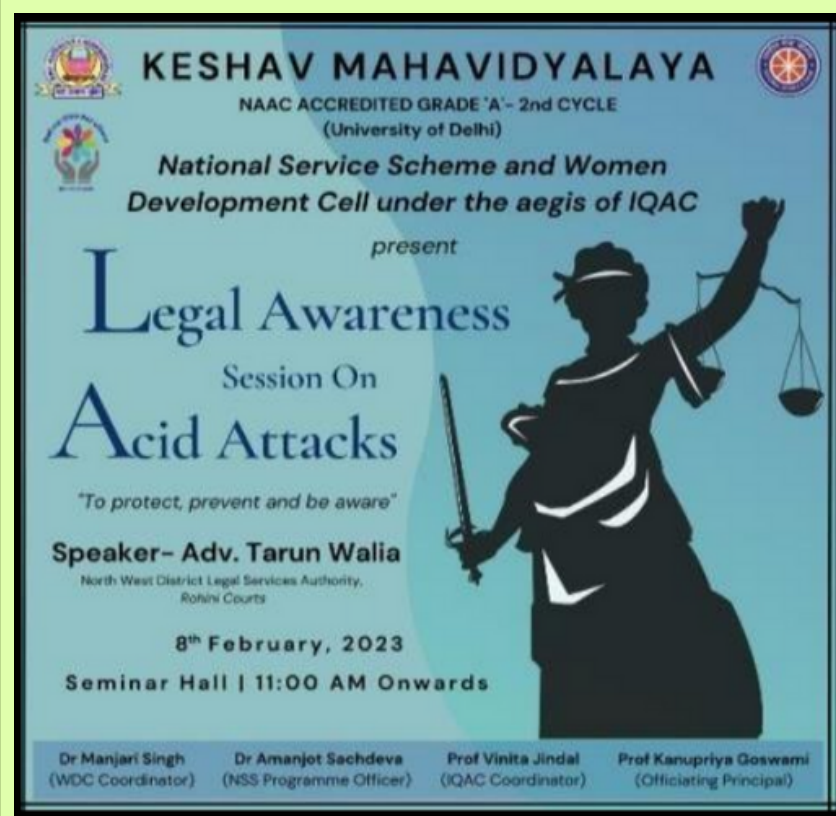


FEBRUARY 2023

ACID ATTACK LEGAL AWARENESS SESSION

8 February

Acid attacks, targeting primarily women and girls, are a violent form of crime prevalent in India. While the number of cases remains high, the filing of charge sheets has decreased. To raise awareness, the NSS Unit of Keshav Mahavidyalaya and the Women Development Cell organized a legal awareness session on acid attacks. Advocate Tarun Walia, an experienced criminal lawyer, shared his insights and experiences regarding the legal aspects of such crimes. Students actively participated and gained valuable knowledge about the laws and acts related to acid attacks in the Indian Penal Code. The session aimed to educate and empower students against this grave issue.



NATIONAL SCIENCE DAY

28 February

National Science Day, celebrated on February 28th, raises awareness about the importance of science and technology in our daily lives. It marks the discovery of the Raman effect by Sir C. V. Raman, who received the Nobel Prize in Physics in 1930. The NSS Unit of Keshav Mahavidyalaya commemorated National Science Day by honoring the contributions of exemplary scientists and their inventions. The event aimed to popularize science and technology and inspire the public. It served as a reminder of the transformative power of scientific advancements and their impact on society.



MARCH 2023



ZERO DISCRIMINATION DAY

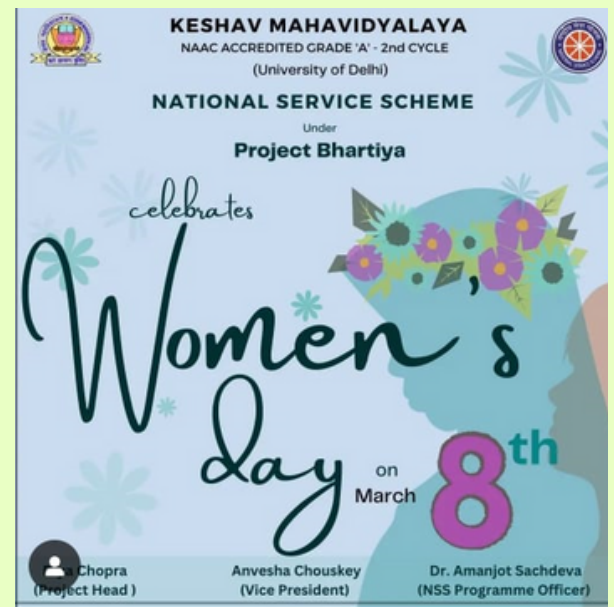
1 March

Zero Discrimination Day promotes diversity, inclusiveness, and equality globally. The NSS Unit of Keshav Mahavidyalaya created a post acknowledging the right of every individual to live with dignity. The post featured a powerful slogan and caption emphasizing unity, empowerment, and the need to combat discrimination.

INTERNATIONAL WOMEN'S DAY

8 March

International Women's Day, celebrated on March 8th, honors women's achievements, promotes gender equality, and raises awareness about women's rights. The NSS Unit of Keshav Mahavidyalaya created a post expressing gratitude towards women and emphasizing women's empowerment and independence. International Women's Day serves as a reminder that gender equality is a human rights issue and requires the participation of all.



NO SMOKING DAY

8 March

No Smoking Day is an annual health awareness campaign observed on the second Wednesday in March. It aims to educate people about the harmful effects of smoking and motivate them to 'Quit Smoking'. The NSS Unit of Keshav Mahavidyalaya created a post urging people to give up smoking and spread awareness about its risks. The post provided information on quitting methods and emphasized on the slogan "Every time you try to quit smoking, you are actually getting closer to staying SMOKE-FREE."



MARCH 2023



INTERNATIONAL DAY OF HAPPINESS

20 March

The International Day of Happiness promotes well-being and happiness as essential human goals and raises awareness about the significance of happiness and encourages governments to prioritize measures that enhance citizens' wellbeing. The NSS Unit of Keshav Mahavidyalaya created a reel highlighting activities that bring happiness to people's lives. It reminds us that while the day is celebrated on March 20th, the pursuit of happiness should be emphasized year-round.

G20 DECLAMATION COMPETITION

20 March

The focal point of this engaging event was "Global Cooperation and the Role of G20". The participants took the stage, delivering their well-crafted speeches within the specified time frame. The competition witnessed active participation from students across diverse courses, showcasing their profound understanding of the theme. Recognizing the outstanding performances, the deserving participants were rewarded, further encouraging their commitment to addressing global issues.



SHAHEED DIWAS

23 March

Shaheed Diwas, observed on March 23 in India, holds great significance as it pays tribute to the indomitable spirits of Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru. In recognition of their extraordinary contributions, the NSS Unit of Keshav Mahavidyalaya embarked on a special initiative. Under the project "Bhartiya", they created a heartfelt post on Shaheed Diwas. This post aimed to honor the valor of these revered heroes, serving as a reminder of their bravery and reminding us of the debt of gratitude we owe to them.

APRIL 2023

EKATHVA

10 April

EKATHVA is a celebration of the Unity of India. We live with various diverse cultures and traditions, with so many different languages as well as different places with different atmospheric conditions but at the core, we all are one, we are united. This richness in unity shows a way to the whole world and is also one of the main reasons for taking India as their presidency in the G20 summit.



EKATHVA included four events:

1. Kala Kosh – It was an open-stage event that featured performances by students from various regions of India studying in our college showcasing their unique traditions through poetry, dance, and other artistic expressions.

2. Interactive session – In the speaker session, Mr. Naveen Sharma, Professional Assistant, Library Department, Keshav Mahavidyalaya was the speaker for the event on the topic "Bharat Ke Badhte Kadam".

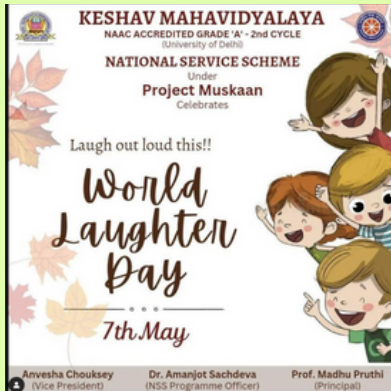


3. Swaranjali – It was aimed to increase the awareness of different cultures with the help of different languages. In this event, multiple dialects from different languages were presented in quiz form.

4. Quiz India in the G20 – The objective of the quiz was to increase students' awareness about G20 and its importance in promoting peace and harmony for progress and development. The quiz included questions based on the history of the G20 summit, the motto of the G20 summit and its aims, hosting cities, previous hosts, etc.

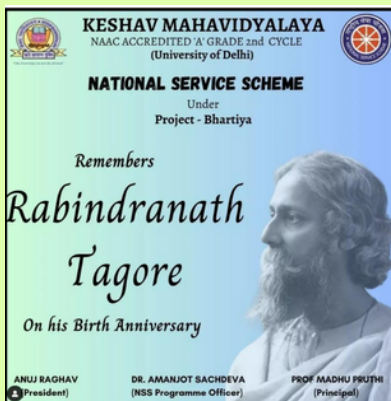


MAY 2023



WORLD LAUGHTER DAY 7 May

World Laughter Day is an annual event celebrated worldwide to raise awareness about laughter and its many healing benefits. On this occasion, social media content was curated and shared.



RABINDRANATH TAGORE BIRTH ANNIVERSARY 7 May

The NSS Unit of Keshav Mahavidyalaya presented a tribute to the great literary writer, Rabindranath Tagore on his birth anniversary. He was born on 7 May, 1861 in Calcutta.



MENTAL HEALTH AWARENESS MONTH

The NSS Unit of Keshav Mahavidyalaya dedicated a series of posts on Mental Health. Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network.



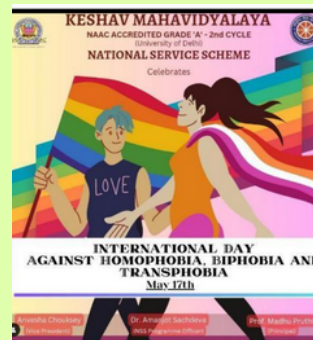
OSTEOPOROSIS MONTH

Osteoporosis Awareness and Prevention Month is observed every May to educate people about bone health and the importance of taking preventative measures. It is a condition in which new bone creation doesn't keep up with old bone removal.

INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA, TRANSPHOBIA

17 May

An equal world depends on recognizing and respecting diverse identities. With that in mind, the NSS Unit of Keshav Mahavidyalaya celebrates International Day Against Homophobia, Biphobia, and Transphobia.



This day emphasizes that LGBTQIA+ individuals are entitled to equal respect, protection, and fulfillment of their fundamental human rights just like everyone else.

The day aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide.

JUNE 2023

OZONE DEPLETION

1 June

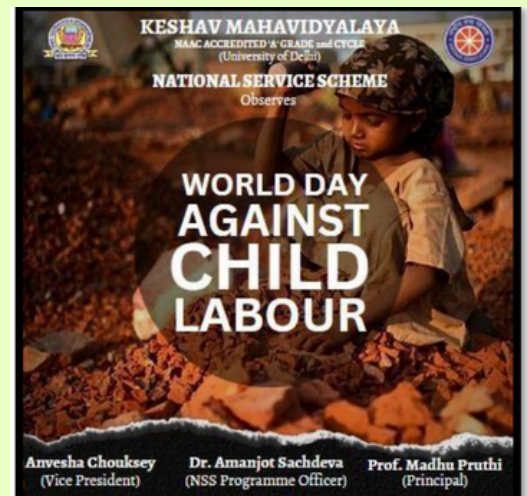
The NSS Unit of Keshav Mahavidyalaya on presented an informative post dedicated to the depletion of the ozone layer. The post consisted of different measures that should be taken to prevent ozone depletion and the harmful effects of ozone depletion.



WORLD DAY AGAINST CHILD LABOUR

12 June

The NSS Unit of Keshav Mahavidyalaya curated an informative post to spread awareness about the increase in children being pushed towards working to earn money rather than exercising their right to education.



STIGMA AGAINST BLOOD DONATION

14 June

The NSS Unit of Keshav Mahavidyalaya created a reel on the topic "Stigma around Blood Donation" to spread awareness about all the myths which revolve around this topic. The reel included all the common question that arises in a person before donating blood and the myths were proved wrong by stating the facts.

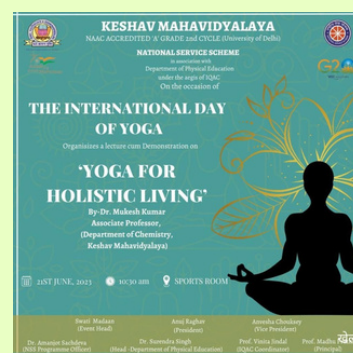


JUNE 2023

INTERNATIONAL YOGA DAY

21 June

The NSS Unit of Keshav Mahavidyalaya, in association with the Department of Physical Education, under the aegis of IQAC organized a series of events to honor this occasion. These events included a lecture and demonstration on yoga as a means of holistic living, a pledge-taking competition, and an interactive activity to engage all the volunteers as well as the college students.



Different events undertaken under Yoga Day

1. Lecture and Demonstration on "Yoga for Holistic Living"

To honor the occasion of International Yoga Day, the NSS Unit of Keshav Mahavidyalaya organized a speaker session on Yoga as a means of holistic living. Followed by the session, a demonstration of graceful yoga poses was also conducted.

2. Pledge-taking Ceremony

As another segment to commemorate one of the most meaningful day of the year, the NSS Unit of Keshav Mahavidyalaya also undertook a pledge-taking ceremony that each NSS volunteer took to understand, value, and respect the impact and application of yoga.

3. Interactive activity on Yoga Postures

To ensure active participation from not only the NSS volunteers but also the college students the NSS Unit of Keshav Mahavidyalaya organized an interactive activity, "Stay Healthy with Yoga", involving representations from various students on different yoga postures.

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