

NSS UNIT, KESHAV MAHAVIDYALAYA

Report of Online/Offline Activities 1 July 2020 to April 2021

S.No.	Theme of Activity	Activity Conducted	Month of Activity	Number of Volunteers Participated Approx.	Location of Activity
1	International Yoga Day	A webinar on Holistic Well-being through Yoga	July	40	Google meet
2	Introduction, rules and regulations for volunteers	Orientation Program	August	78	Google meet
3	Fit India Movement- National Nutrition Week	Nutrition Week- Healthy cooking selfie competition	September	25	Google form
4	Teacher- Creator of the Future	Online poetry competition	September	35	Google form
5	Fit India Movement- National Nutrition Week	Meme competition	September	35	Google form
6	Fit India Movement- National Nutrition Week	Quiz (Food, Nutrition, Fit and Healthy body)	September	47	Google form
7	Fit India Movement- National Nutrition Week	Monologue competition	September	40	Google form
8	Fit India Movement- National Nutrition Week	Message from volunteers- informative video	September	36	Video shared online
9	Fit India Movement- National Nutrition Week	Webinar on demystifying the notion of healthy eating	September	120	Google meet
10	Fit India Movement- National Nutrition Week	Survey on eating habits	September	132	Google form
11	Fit India Movement- Fitness activity campaign	Volunteers sent screenshots of Step tracker app	September	78	Whatsapp, Step tracker app
12	Fit India Movement- Fitness activity campaign	Awareness drive on physical fitness	September	31	Google form
13	Fit India Movement- Fitness activity campaign	Online survey on physical fitness	September	110	Google form
14	Fit India Movement- Fitness activity campaign	Stamina, flexibility & strength competition	September	52	Google form
15	Fit India Movement- Fitness activity campaign	Sports quest quiz	September	45	Google form
16	Fit India Movement- Fitness activity campaign	Message from volunteers- informative video	September	34	Video shared online
17	Fit India Movement- Fitness activity campaign	Survey report	September	123	Whatsapp
18	Awareness on NEP 2020	Webinar on National Education Policy 2020	September	157	Facebook, Twitter, Youtube
19	NSS Day	Memory challenge, guess the picture, puzzle	September	66	Google form, Google meet
20	Gandhi Jayanti	Crossword puzzle competition	October	53	Google form
21	Gandhi Jayanti	Article writing competition	October	48	Google form
22	Lal Bahadur Shastri Jayanti	Awareness drive	October	47	Posters shared on social media
23	Covid pandemic	Pledge against covid spread	October	60	Google meet
24	World mental health day	Webinar on stress management	October	142	Google meet
25	Swachhta pakhwada	Swachhta pledge	October	77	Google meet
26	Swachhta pakhwada	Awareness drive	October	40	Posters shared on social media
27	Swachhta pakhwada	Drawing competition	October	53	Google form
28	Swachhta pakhwada	Indoor cleanliness drive	October	65	Videos shared on social media
29	Swachhta pakhwada	Outdoor cleanliness drive	October	48	Videos shared on social media
30	Swachhta pakhwada	Plogging run	October	41	Videos shared on social media
31	Swachhta pakhwada	Photography competition	October	55	Google form
32	Swachhta pakhwada	Digital cleanliness awareness drive	October	64	Posters shared on social media
33	Swachhta pakhwada	Best out of waste competition	October	37	Google form
34	Swachhta pakhwada	Poetry writing competition	October	53	Google form
35	Swachhta pakhwada	Plantation drive	October	78	Google form
36	Swachhta pakhwada	Treasure hunt	October	59	Google meet
37	Vigilance awareness week	Integrity pledge	October	118	Google meet
38	Vigilance awareness week	Slogan writing competition	October	58	Google form
39	Vigilance awareness week	Awareness drive	October	57	Posters shared on social media
40	Rashtriya Ekta Diwas	Online pledge	October	70	Google meet
41	Vigilance awareness week	Poetry writing competition	October	51	Google form
42	Vigilance awareness week	Quiz competition	November	38	Google form
43	Diwali	Diya making competition	November	46	Google form

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47	Parakram Diwas	Virtual interactive session	January	90	Google meet
48	Republic Day	Quiz, crossword puzzle	January	43	Google meet
49	National road safety month	Webinar on road safety	February	164	Microsoft teams
50	First love: Parents	Share picture with parents	February	51	Google meet
51	Vasant Panchmi	Informative posters	February	34	Posters shared on social media
52	World social justice day	Awareness on fundamental rights	February	41	Video shared on social media
53	International mother language day	Interactive session	February	58	Posters shared on social media
54	Culture of Indian states	Informative video, posters on Arunachal Pradesh	February	60	Posters shared on social media
55	Mental health	Mental health survey	February	80	Google form
56	Importance of wildlife	Poster making competition	March	56	Google form
57	International women day	Poetry writing competition	March	49	Google form
58	No smoking day	Slogan writing competition	March	40	Google form
59	Helping and educating slum children	Slum visit	March	31	Google form
60	World consumer rights day	Puzzle and case study competition	March	51	Google meet
61	Importance of environment	Informative posters	March	31	Posters shared on social media
62	Awareness regarding depression	Informative posters	March	22	Posters shared on social media
63	Global recycling day	Quiz competition	March	61	Google form
64	International forest day, world water day	Speech competition	March	59	Google form
65	International forest day, world water day	Plantation drive	March	64	Pictures posted on social media
66	Shaheed Diwas	Quiz	March	88	Google form
67	Shaheed Diwas	Interactive session	March	94	Microsoft teams
68	Importance of food web	Informative posters	March	35	Posters shared on social media
69	Mental wellness	Informative posters	March	32	Posters shared on social media
70	Human canine bond	Interactive session	March	67	Google meet
71	Culture of Indian states	Interactive session on Rajasthan culture	April	65	Microsoft teams
72	Cleanliness drive, Awareness drive	Humayun tomb visit	April	25	Humayun tomb
73	World health day	Crossword puzzle competition	April	57	Google meet
74	Culture of Indian states	Quiz competition	April	45	Google form
75	Environment awareness	Survey	April	88	Google form
76	Freedom struggle of India	Jallianwala bagh massacre video	April	143	Video shared on social media
77	Metoo movement, competition women	Debate competition	April	37	Google meet
78	Tika Utsav- COVID 19 Vaccination	Awareness drive	April	68	Social media, slum visit
79	Covid 19 Vaccination	Informative video	April	36	Posters shared on social media
80	Air pollution	Informative video	April	32	Video shared on social media
81	Yoga for women health and hygiene	Workshop	April	158	Google meet
82	Women safety, changing environment	Case study competition	April	42	Google form
83	Reforms needed in india	Bilingual speech competition	April	33	Google meet
84	Covid 19 Vaccination	Treasure hunt	April	52	Google meet
85	Animal-human relationship	Bilingual poetry competition	April	64	Google form, Google meet
86	Financial Literacy Awareness	Financial literacy workshop- 2 days	April	187	Google meet