



KESHAV MAHAVIDYALAYA

(UNIVERSITY OF DELHI)

NAAC ACCREDITED GRADE-'A' 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 IV, 2024-25

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 2024-2025 academic year.

Under the leadership of our respected Principal Prof Madhu Pruthi, Programme Officer Dr Amanjot Sachdeva and Office Bearers listed below, the NSS unit has made efforts to perform their duties with diligence and commitment.

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. Tushar Malhotra - President

Mr. Vansh Sharma - Vice President

Ms. Gurleen Kaur - Secretary

Ms. Bhoomika Sharma- Treasurer

SEPTEMBER 2024

SWACHHTA PAKHWADA

17TH SEPTEMBER TO 1ST OCTOBER 2024

Under Swachhta Pakhwada, a week-long event was organized that included cleanliness drives, poster making competition, awareness session and many more. The following events were done under Swachhta Pakhwada

- Cleanliness drive in Canteen Lawn-17th September 2024
- Poster Making Competition on the theme of "Recycle for betterfuture"-19thSeptember 2024
- Cleanliness drive on the sports round- 20th September 2024 Cleanliness drive on Amphitheatre - 24th September 2024
- Mega Event- 26thSeptember 2024
- Under Mega Event three events were conducted:
 - seminar on Cleanliness and Hygiene by Dr. Niloy Sarkar
 - Slogan Writing Competition Walkathon Pledge Ceremony- 30th September 2024
 - Awareness Session on waste segregation- 1st October 2024



WORLD GRATITUDE DAY

21ST SEPTEMBER 2024

Why gratitude is Important

- **Warms the Heart:** Gratitude is like sunshine, warming our hearts and chasing away the clouds of stress and worry.
- **Grows Happiness:** Just like sunshine helps plants grow, gratitude helps our happiness blossom.
- **Feels Good:** Gratitude is like a warm hug, making us feel happy and content.



World Gratitude Day is celebrated to emphasize the importance of gratitude among individuals and the community at large. On this occasion, the NSS unit of KMV created a reel and shared a post on the theme of Gratitude. The content featured students and faculty expressing what they are grateful for, while also highlighting the value of gratitude in everyday life. This initiative aimed to spread awareness about respect, thankfulness, and the power of fostering a positive, appreciative mindset within the community.

OCTOBER 2024

WASTE SEGREGATION AWARENESS

3RD OCTOBER 2024

The NSS unit of KMV raised awareness about waste segregation through social media campaign. By sharing informative posts on Instagram, it effectively educated students about the importance and benefits of proper waste segregation.

TIPS TO MAINTAIN CLEANLINESS IN OUR SURROUNDINGS

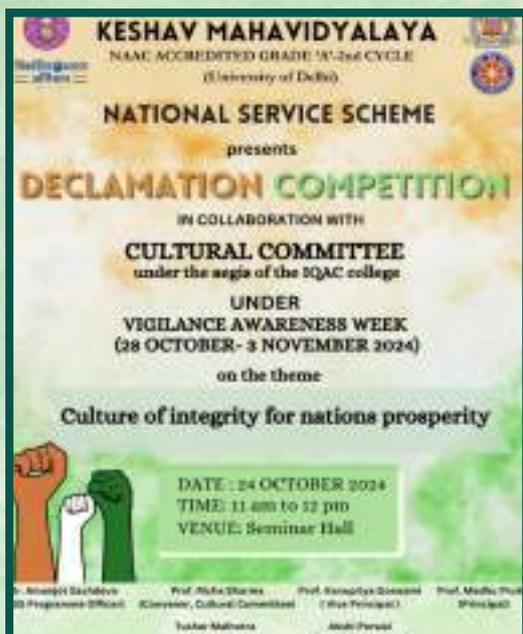
- **Reduce, Reuse, Recycle:** The 3Rs are the foundation of a cleaner world- the magical trio that can transform waste into resources.
- **Green Thumb:** Plant trees and gardens to improve air quality. Imagine your city as a lush, green oasis where every breath is a breath of fresh air.
- **Waste Not, Want Not:** Minimize waste by being mindful of your consumption. Think of yourself as a sustainability superhero, saving the planet one less plastic bag at a time.
- **Clean Up Your Act:** Volunteer for community clean-ups. Be the change you want to see in the world, one piece of trash at a time.
- **Spread the Word:** Educate others about the importance of environmental cleanliness.
- **Become a sustainability ambassador.**

DECLAMATION COMPETITION

24TH OCTOBER 2024

The NSS unit of Keshav Mahavidyalaya organized a Declamation Competition on 24th October 2024 in the seminar hall on the theme "Culture of Integrity for Nation's Prosperity" as part of Vigilance Awareness Week.

Students from various courses delivered powerful speeches on vigilance, corruption, and transparency. Judged on content, clarity, and engagement, participants impressed the audience with their insightful perspectives.



NOVEMBER 2024

NASHA MUKTI AWARENESS

17TH NOVEMBER 2024

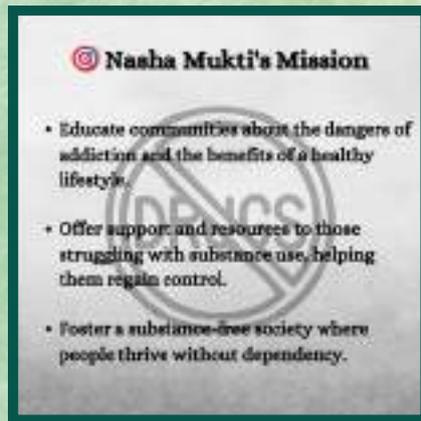
The NSS unit of Keshav Mahavidyalaya raised awareness about Nasha Mukti by posting its benefits on Instagram, educating communities about the dangers of addiction and encouraging the first step towards a substance-free life. Through this initiative, NSS promoted a healthier lifestyle and supported individuals in overcoming addiction.



Take the First Step to Freedom

- Seek support from family, friends, or local support groups who can guide and encourage you.
- Find resources near you, like counseling centers and rehabilitation services, to aid recovery.
- Join awareness programs to stay motivated and informed about the journey.

The journey starts with a single step. Let's walk it together toward a healthier, happier life!



Nasha Mukti's Mission

- Educate communities about the dangers of addiction and the benefits of a healthy lifestyle.
- Offer support and resources to those struggling with substance use, helping them regain control.
- Foster a substance-free society where people thrive without dependency.

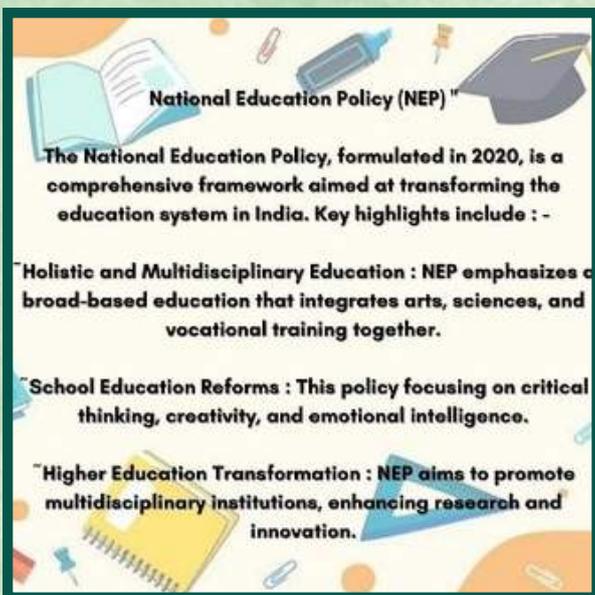


Benefits of Nasha Mukti

Choosing a substance-free life leads to:

- 1. Improved health - physical, mental, and emotional wellness all flourish.
- 2. Happier families - stronger bonds, more joyful moments, and a secure future.
- 3. More opportunities - unlock your potential with a clear mind and a positive spirit.

Let's live free, live strong, and embrace all that life has to offer!



National Education Policy (NEP)

The National Education Policy, formulated in 2020, is a comprehensive framework aimed at transforming the education system in India. Key highlights include :-

- Holistic and Multidisciplinary Education : NEP emphasizes a broad-based education that integrates arts, sciences, and vocational training together.
- School Education Reforms : This policy focusing on critical thinking, creativity, and emotional intelligence.
- Higher Education Transformation : NEP aims to promote multidisciplinary institutions, enhancing research and innovation.

NATIONAL EDUCATION DAY

11TH NOVEMBER 2024

The National Education Day is celebrated on the occasion of birth anniversary of Mulana Abdul Kalam Azad. On this day, the NSS unit of KMV created Instagram posts related to importance of education, the key factors of National Education Policy, 2020 regarding holistic and multidimensional education, school education reforms and higher education transformation.

NOVEMBER 2024

CONSTITUTION DAY PLEDGE CEREMONY

16TH NOVEMBER 2024

To commemorate Constitution Day, the NSS unit at Keshav Mahavidyalaya organized a pledge ceremony on 26th November 2024, promoting civic responsibility and unity. Participants took the pledge in both English and Hindi. After the pledge ceremony, an awareness quiz was held, reinforcing the significance of India's constitutional values.



AIR POLLUTION AWARENESS

29TH NOVEMBER 2024



The NSS unit of Keshav Mahavidyalaya raised awareness about air pollution, highlighting its impact on health and sharing essential do's and don'ts for precautions. Through this initiative, NSS educated the community on ways to mitigate air pollution's effects and promote a healthier environment.

DECEMBER 2024

BAL DIWAS CELEBRATION

26TH DECEMBER 2024

On 26th December 2024, the NSS unit of Keshav Mahavidyalaya commemorated Bal Diwas with a poignant lecture titled "Sacrifices of Young Kids of Shri Guru Gobind Singh Ji." Held at 12:30 PM in the Seminar Hall, the event honoured the courage and sacrifice of Guru Gobind Singh Ji's young sons. Mr. Naveen Sharma, Professional Assistant from the Library Department, delivered a stirring narration that brought to life their unwavering faith and bravery. His words inspired deep reflection among students and faculty, highlighting the values of resilience and moral strength. The NSS unit thanks all contributors for making this meaningful tribute a success.



KESHAV MAHAVIDYALAYA
NAAC ACCREDITED GRADE 'A'-2nd CYCLE
(UNIVERSITY OF DELHI)

NATIONAL SERVICE SCHEME

ON THE OCCASION OF
BAL DIWAS
PRESENTS A LECTURE ON

TOPIC: "SACRIFICES OF YOUNG KIDS OF SHRI GURU GOBIND SINGH JI"

DATE : 26 DECEMBER 2024
TIME : 12 : 30 P.M.
VENUE: SEMINAR HALL

SPEAKER: MR. NAVEEN SHARMA
[PROFESSIONAL ASSISTANT,
LIBRARY DEPARTMENT, KESHAV MAHAVIDYALAYA]

Tushar Malhotra (NSS President) Vansh Sharma (NSS Vice President)
Dr. Amanjot Sachdeva (NSS Programme Officer) Prof. Kanupriya Goswami (Vice Principal) Prof. Madhu Pruthi (Principal)

JANUARY 2025

GROUP DISCUSSION ON URBANIZATION AND TRAFFIC CONGESTION

2ND JANUARY 2025

On 2nd January 2025, the NSS unit of Keshav Mahavidyalaya held an online group discussion on “How Urbanisation and Traffic Congestion Affect Road Safety.” The session encouraged students to reflect on the challenges of rapid urban growth, poor infrastructure, and the need for sustainable transport. Participants actively discussed solutions, emphasising awareness, discipline, and collective responsibility. The event successfully inspired students to promote safer and more responsible urban living.



ONLINE QUIZ ON DELHI ELECTIONS

11TH JANUARY 2025

On 11th January 2025, the NSS unit of Keshav Mahavidyalaya organized an online quiz on ‘Upcoming Delhi Elections’ to promote civic awareness and democratic understanding. Conducted via Google Forms, the quiz featured 10 questions on election history and voter participation. Thirty students from various courses participated, with an impressive average score of 8.67 and 9 students scoring full marks. The event successfully fostered informed citizenship and critical thinking among youth.

JANUARY 2025

VOTING AWARENESS PLEDGE CEREMONY

25TH JANUARY 2025

On 25th January 2025, the NSS unit of Keshav Mahavidyalaya held a virtual Pledge Ceremony themed “Raise Your Voice, Make Your Choice – Vote” to promote the importance of voting. The event encouraged participants to commit to active civic engagement and inspire others to do the same. With enthusiastic participation from students and faculty, the digital format ensured broad accessibility. The ceremony fostered a reflective and empowering atmosphere, reinforcing democratic values and the power of every vote.



REPUBLIC DAY AWARENESS

26TH JANUARY 2025



The NSS unit of Keshav Mahavidyalaya celebrated Republic Day by sharing informative content about its significance, historical facts, and celebrations across India on Instagram page. Through this initiative, NSS educated students and the community about the importance of the Constitution and the spirit of unity and patriotism that defines this national holiday.

FEBRUARY 2025

KAWACH WEEK

10TH FEBRUARY TO 16TH FEBRUARY 2025

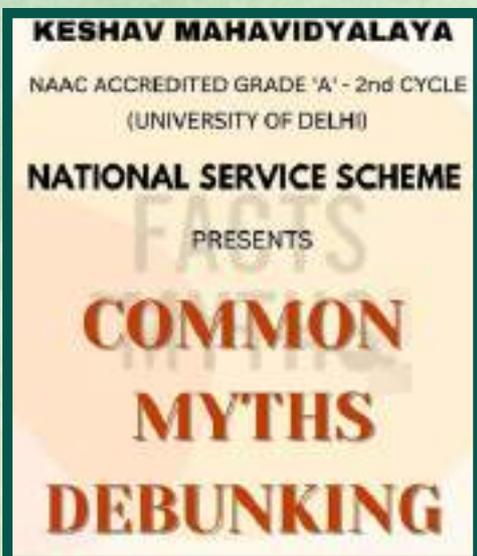
The NSS unit of Keshav Mahavidyalaya, in collaboration with SPUWAC, Delhi Police, organized "Kawach," a 7-day self-defence training program from 10th to 16th February 2025. Under the theme "Empower, Protect, Defend," the initiative aimed to equip female students with vital self-defence skills while promoting confidence and awareness.

Over 70 students actively participated in interactive sessions conducted by Delhi Police instructors, learning practical techniques to handle real-life situations. Digital certificates were awarded to those who completed the full program, acknowledging their commitment and growth in personal safety and empowerment.



DEBUNKING COMMON MYTHS

16TH FEBRUARY 2025



The NSS unit of Keshav Mahavidyalaya debunked common myths surrounding physical health, fitness, and mental health by sharing factual information on Instagram page. Through this initiative, NSS aimed to promote accurate knowledge, dispel misconceptions, and foster a better understanding of overall well-being.

FEBRUARY 2025

DEBATE COMPETITION

17TH FEBRUARY 2025

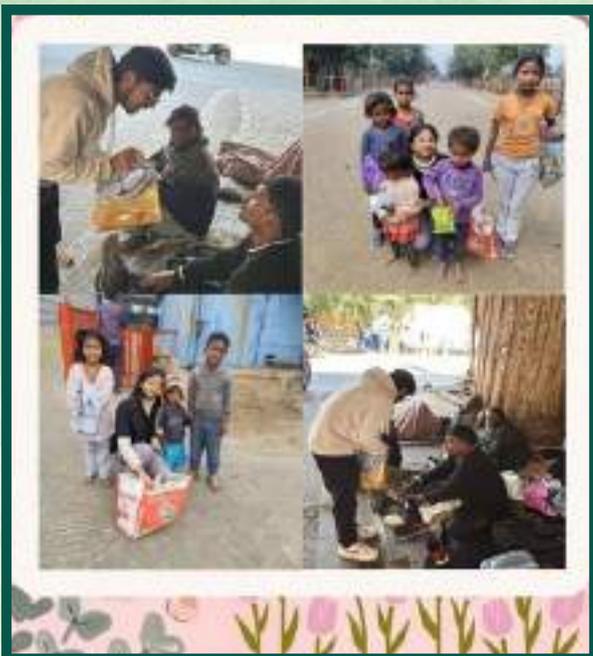
In collaboration with Delhi Police, a Debate Competition was organized on 17th February 2025 as part of Delhi Police Week. The theme, "Proactive and Reactive Policing: Rethinking Policing for Delhi's Women," invited critical-viewpoints on community safety and policing reforms. Students passionately articulated their perspectives, shedding light on the evolving role of law enforcement in ensuring women's safety. The event was graced by esteemed officers, including ACPs and SHOs from Mangolpuri, Sultanpuri, and Rajpark. Winners were awarded mementos and certificates of appreciation.



RANDOM ACTS OF KINDNESS

17TH FEBRUARY 2025

The NSS unit of Keshav Mahavidyalaya created a heartwarming post on Instagram about their Random Act of Kindness initiative, where they distributed food, clothes, and gifts to underprivileged individuals. This event included feeding dogs, cats, cows and other birds spreading joy and promoting compassion and empathy.

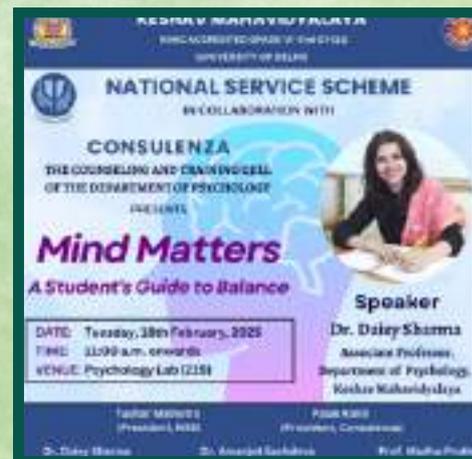


FEBRUARY 2025

SPEAKER SESSION – MIND MATTERS

18TH FEBRUARY 2025

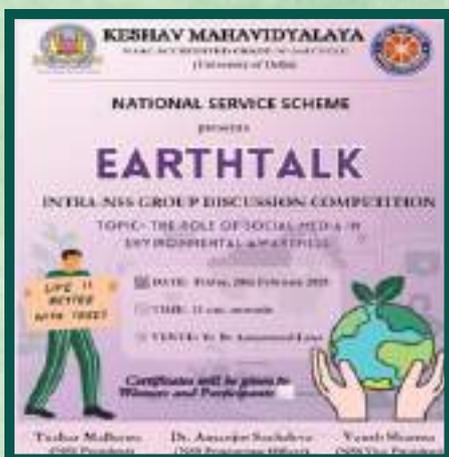
On 18th February 2025, a speaker session titled “Mind Matters – Understanding Mental Health” was conducted in collaboration with Consulenza, the Counselling & Training Cell of the Department of Psychology. The session aimed to raise awareness about mental health focusing on stress, anxiety, and emotional well-being. A Q&A round encouraged open dialogue, making space for honest conversations around psychological wellness.



GROUP DISCUSSION -EARTHTALK

28TH FEBRUARY 2025

An intra-NSS Group Discussion Competition titled “EARTH TALK” was held on 28th February 2025. Participants explored the theme of Social Media Awareness in the Context of Environmental Consciousness, exchanging diverse insights on digital advocacy and sustainability. The event was judged by Dr. Amanjot Sachdeva, and all participants received certificates for their active and thoughtful engagement.



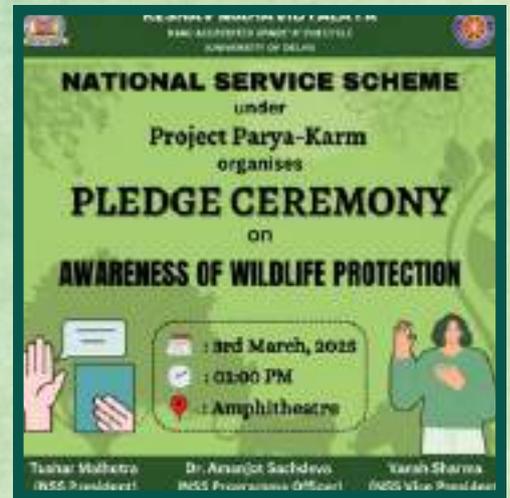
MARCH 2025

WILDLIFE CONSERVATION PLEDGE CEREMONY

3RD MARCH 2025

As part of Project Parya-Karm, a pledge-taking ceremony was organized on 3rd March 2025 to promote wildlife conservation and environmental sustainability.

Volunteers solemnly pledged to adopt eco-friendly habits and support biodiversity protection, reinforcing their commitment to nature and responsible living.



ONLINE ENERGY CONSERVATION QUIZ

6TH MARCH 2025



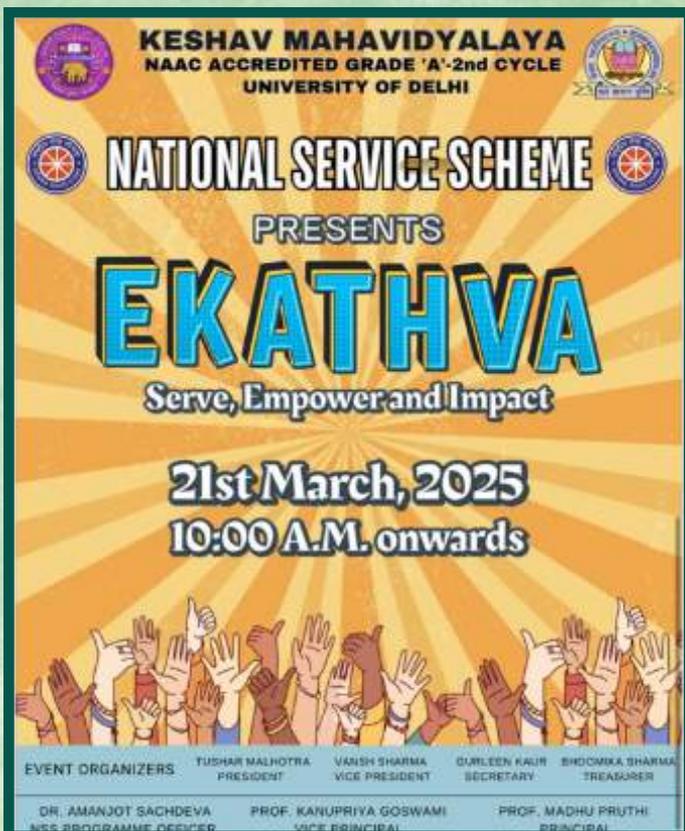
An online quiz on energy conservation was conducted under Project Parya Karm, featuring 10 questions to test awareness on sustainability and responsible energy use. Fourteen students participated, achieving an impressive average score of 9.21—reflecting strong awareness and commitment to green practices.

MARCH 2025

INTERNATIONAL WOMEN DAY CELEBRATION

8TH MARCH 2025

The NSS unit of Keshav Mahavidyalaya celebrated International Women's Day by creating a reel on Instagram, featuring students and faculty sharing their thoughts on the significance of the day, women's rights, and their personal beliefs.



EKATHVA 2025 FLAGSHIP EVENT OF NSS

21TH MARCH 2025

The NSS Unit of Keshav Mahavidyalaya successfully organized its annual fest EKATHVA 2025 on 21st March, 2025. Anchored around the theme "Serve, Empower, Impact," the fest celebrated volunteerism, awareness, and social impact through a series of interactive events and training sessions.

MARCH 2025

The following activities were conducted under EKATHVA 2025:

ORGAN DONATION AWARENESS SESSION

In collaboration with Dadhichi Deh Dan Samiti, a session was held to promote awareness about organ donation. Speakers Mr. G. P. Tayal (North Zone Convenor) and Mr. Vishal Kalra (Programme Coordinator) addressed myths, medical procedures, and the life-saving importance of organ donation. The session included visual presentations, impactful videos, and a Q&A segment.



CPR TRAINING

A hands-on CPR training was conducted by Dr. Abhishek Ranjan (Chief Medical Officer, Emergency Medicine) and Mr. Ravinder Kumar (Assistant Manager, Balaji Action Hospital). Students learned techniques such as chest compressions, rescue breathing, and emergency response using mannequins.

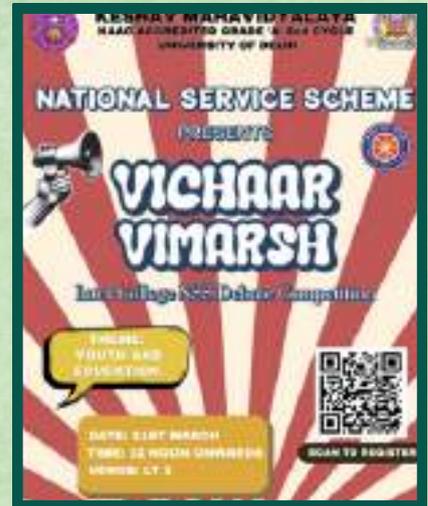


MARCH 2025

VICHAAR VIMARSH INTER-COLLEGE DEBATE COMPETITION

A debate on the motion “This House believes that the current education system does not prepare the youth for their future” was held.

Participants presented arguments on topics such as the National Education Policy (NEP), rote learning, and the relevance of skill-based education. The competition encouraged critical thinking and meaningful discussion.



WALK IN HER PAIN

A simulation activity allowed male participants to experience menstrual cramps, fostering empathy and sparking dialogue around menstrual stigma and inclusivity.

MARCH 2025

MENTAL WELL-BEING AND RELAXATION SPACE

A dedicated space was created for students to unwind, reflect, and prioritize mental health.

POP IT

Overcoming Insecurities – Students wrote personal fears and insecurities on balloons and popped them, symbolizing self-acceptance and emotional strength.

COMPLIMENT JAR

Participants exchanged positive handwritten notes to spread kindness and encouragement within the campus.



THEMED PHOTOBOOTHS



Four photobooths were set up representing the NSS KMV flagship projects:

- Aarogya – Health & Wellness
- Bhartiya – Cultural Heritage
- Muskaan – Happiness & Well-being
- Parya-Karm – Environment & Sustainability

MARCH 2025

EKATHVA 2025 was a celebration of unity, service, and student leadership. It provided a platform for awareness, dialogue, and life-skill development—reinforcing the NSS motto, “Not Me, But You.”

EKATHVA 2025 emerged as more than just an event—it was a transformative journey of learning, reflection, and empowerment. From fostering life-saving skills and breaking social taboos to engaging in critical discourse and nurturing emotional well-being, every activity was thoughtfully designed to ignite awareness and inspire action. The NSS unit of Keshav Mahavidyalaya extends heartfelt gratitude to the esteemed speakers, dedicated volunteers, and passionate participants who made this event a resounding success. EKATHVA was a celebration of compassion, courage, and community spirit, reaffirming NSS’s enduring mission to cultivate socially conscious, empathetic, and empowered individuals ready to shape a better tomorrow.

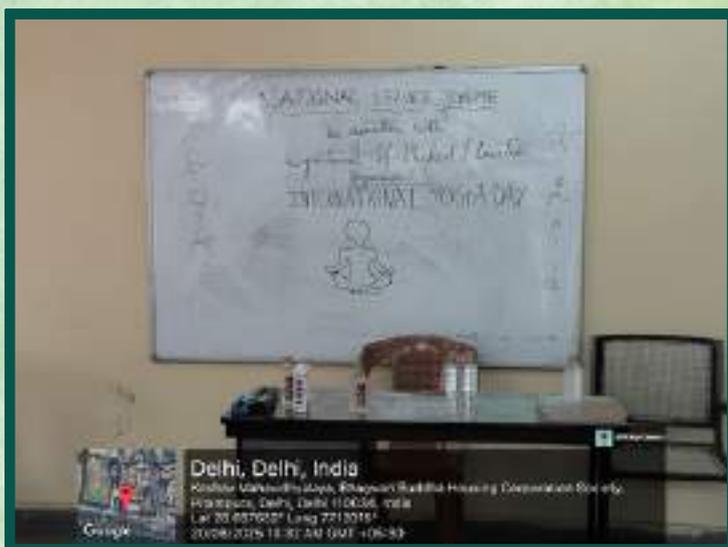
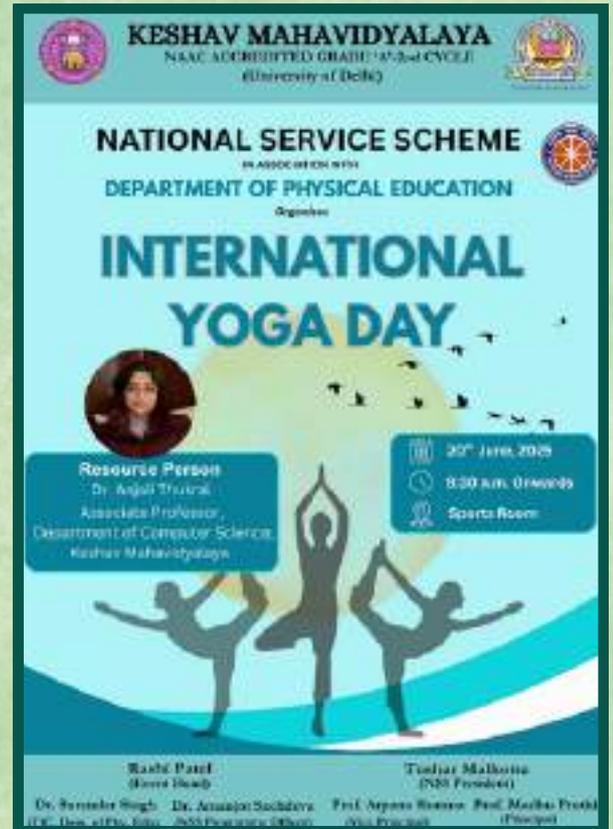


JUNE 2025

INTERNATIONAL YOGA DAY

20TH JUNE 2025

The National Service Scheme (NSS) unit of Keshav Mahavidyalaya, in collaboration with the Department of Physical Education, organized a session to mark International Yoga Day on 20th June 2025. Recognized worldwide, this day highlights the importance of integrating yoga into our daily lives for physical, mental, and emotional well-being. As a practice that transcends generations and geographies, yoga offers balance in a world that often feels overwhelming and fast-paced.



Rooted in ancient Indian tradition, yoga is a holistic discipline that connects the body, mind, and spirit. It encourages mindfulness, flexibility, inner peace, and resilience through practices like asanas, pranayama, and meditation. Especially for students, yoga can be a powerful tool to manage stress, improve concentration, and promote a sense of calm in the midst of academic and personal responsibilities.

JUNE 2025

The session held at the college was well-received, with enthusiastic participation from both students and faculty. Led by Dr. Anjali Thukral, the guided practice introduced simple yet impactful techniques that participants could adopt in their everyday routines. The event created a serene and reflective atmosphere, reinforcing the value of collective well-being and mindfulness. The NSS unit expresses its gratitude to everyone who contributed to making the event a success.



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