

SRI GURU NANAK DEV KHALSA COLLEGE

(University of Delhi)



Reports of Events for 3.4.3 and 3.4.4

Reports of the Events Organized

(2016-2021)

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Reports of Events Organized in 2020-21

Webinar on Healthy Lifestyle

Date – 26 February 2021

No.of participants - 70

The NSS Unit of Sri Guru Nanak Dev Khalsa College organized a webinar on Healthy Lifestyle on 26th of February 2021 at 04:00 PM. The college teaching staff, along with NSS volunteers and other students of different colleges attended the webinar as well. A strength of 70+ students were present in the webinar. Ms. Ruchika Dhawan and Ms. Shubhangi Gupta were the guests of the event. They guided us on how to keep ourselves fit and fine in body and by mind as well. Ms. Ruchika Dhawan gave us incredible tips on how to keep ourselves healthy. Ms. Shubhangi Gupta also explained us few shlokas to have a peaceful soul and mind. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.

Webinar on Self Esteem

Date – 27 February 2021

No.of participants - 83

The NSS Unit of S.G.N.D. Khalsa College organized a webinar of self-esteem on 27 February 2021. There were 83 numbers of participants who discussed the details about the self-esteem by Mr. Jatin Puri.

Webinar on Media: The Mind Maker

Date – 1 March 2021

No.of participants - 59

The NSS unit of Sri Guru Nanak Dev Khalsa college organized a webinar on the topic Media: The Mind Maker at 3:30 PM via Google meet. Students of different courses of our college as well as from different colleges were a part of the informative and inspiring webinar. The webinar started with the felicitation and introduction session of the two guest speakers Mr. Lakshmi Shankar Vajpayee (Retd Director General, AIR) and Mr. Mahendra Pratap Singh (Assistant Professor, University of Delhi). Mr. Lakshmi Shankar Vajpayee highlighted the role, impact, and working of various media platforms and how they control our mind. He also pointed out some loopholes as well as some positive aspects of media with some interesting examples. At the end of his session, on the students' request, he also presented one of his favorite ghazals—'Shayar ke tewar nahi badle'. After the end of the 1st session, the second speaker of the event Mr. Mahendra Pratap Singh addressed the second session of the webinar. He threw light on the present situation of Indian media, negativity, and communalism that was spreading across all media platforms, role of advertisements etc. He also briefly explained how the media is under the control of external, political and bureaucratic power and how they all control the minds of the common people of the society. At the end of the session, there was a Q&A round where students asked their questions, cleared their doubts related to the Media. A

large number of students as well teachers joined the session and remained connected with the webinar till the end. They really enjoyed and inspired by both session of the webinar. The webinar concluded with the positive and thankful note of NSS convener of SGND Khalsa College Dr. Deepmala.

Online Yoga Session - "Benefit of Stillness and Cultivating Peace"

Date: 02 March 2021

No. of participants: -60

"Benefit of Stillness and Cultivating Peace"—the NSS Unit, in collaboration with the Student Welfare Committee of Sri Guru Nanak Dev Khalsa College has organized a live session on Yoga - "Benefit of stillness and cultivating peace" on 2nd of March 2021 at 04:00 PM. Dr. Urmil Groh was the guest speaker of the event. She guided us on how to keep ourselves fit and fine by body and by mind as well. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, BhujangAsana and ending with Shavasana. Dr. Urmil Groh motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Dr. Urmil Groh gave us incredible tips on how to keep ourselves healthy. They shared their incredible experiences and made the webinar, a very interesting and wonderful one. She also spoke of the Yogic exercises that recharge the body with cosmic energy and facilitate: 1. Attainment of perfect equilibrium and harmony 2. Promotes self-healing 3. Removes negative blocks from the mind and toxins from the body 4. Enhances personal power 5. Increases self-awareness 6. Helps in attention, focus and concentration, especially important for children 7. Reduces stress and tension in the physical body by activating the parasympathetic nervous system. The true essence of yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas'.

Poetry Competition

Date: 8 March 2021

No. of participants: 55

The NSS Unit of Sri Guru Nanak Dev Khalsa College organized a poetry competition on 8th of March 2021 in which 55 students participated.

Webinar on Women's Security: Law and Social Responsibility

Date: - 9 March 2021

No. of participants: 70

The National Service Scheme (NSS) Unit of Sri Guru Nanak Dev Khalsa College, University of Delhi organized a webinar on "Women's Security - Law and Social Responsibility". It was held on 9th March, 2021 at 4:00 p.m. via Google Meet. Advocate Pragya Bhushan, who is a Corporate Lawyer and POSH trainer in cases of sexual harassment against women, was the guest speaker. She is also Managing Director of Law Firm Vikalp and Promoter Director of NGO, Vikalp–EkSamadhan. She guided the students regarding the rights of the women in the constitution and law. The webinar began with a welcome note by our event coordinator, Dr. Jasvinder Kaur Bindra, followed by an enlightening webinar by the guest speaker. Advocate Pragya Bhushan talked about various problems, which women face during their everyday lives. She first discussed how the women safety in India has always been a challenge for law-and-order authorities in the country. She also discussed situations of rape, sexual molestation, child marriage, mental harassment and other problems that women face. She stressed upon the fact that when cyber - bullying happens, it is important to document and report the behaviour so that it can be addressed. It is necessary to understand these issues amongst future change makers of our nation as teenager girls are most affected by these problems because of their development stage. She explained the role of government and judiciary that they should come together for quick delivery of justice for women in India. By the end of the session, we learnt the problems that women face, their possible solutions, the authorities which women can approach and so on. The webinar ended with an interactive question and answer part in which Advocate Pragya Bhushan took pains to address every question posed by the students. The popularity of the session can be gauged by the fact that it went on for two hours. The programme was brought to a close with a vote of thanks by our college principal, Dr. Gurmohinder Singh and our NSS programmed officer, Dr. Deepmala.

Online Traffic Training Campaign

Date – 19 March 2021

No. of participants: 60

NSS Unit of Sri Guru Nanak Dev Khalsa College has organized an Online Traffic Training Campaign on 19th of March 2021 at 05:00 PM. Mr. Sunil Sen, Ms. Santosh Chauhan and Manpreet Singh were the guests of the event. The team also gave information about the "Motor Vehicle Act and Traffic Rules" and also said that the best way to keep others and yourself safe is to follow proper traffic rules. Whenever you drive a car, follow the traffic rules, it is important to wear helmet while driving a two-wheeler, obey the traffic lights to avoid accidents. One should always wear seat belt while driving a car. Avoid rash driving as speed is the core reason of accidents. Always carry all the paperwork of the vehicle. Mr. Sunil Sen and Mr. Manpreet Singh motivated the staff. They spoke of how Road traffic today is inherently dangerous. In fact, in contrast to other modes of transport such as railways and air traffic, the road traffic system was not designed with safety in mind. Consequently, in road traffic it is us humans who make the difference between hazard and safety, with little keeping us from harm, should we make a mistake. Given that humans are almost inadvertently prone to make mistakes

and commit violations, human behaviour is of particular interest for most road safety professionals. That is where road safety campaigns come in. Together with other 'behavioural' measures (e.g. law enforcement, education, training, and even infrastructure to some extent) road safety campaigns are used as a means of influencing the public to behave more safely in traffic. Road safety campaigns can be defined as purposeful attempts to inform, persuade, and motivate a population (or sub-group of a population) to change its attitudes and/or behaviors to improve road safety, using organized communications involving specific media channels within a given time period. It can have many and multiple purposes, such as informing the public of new or little-known traffic rules, increasing problem awareness or convincing people to refrain from hazardous behaviors and adopting safe ones instead. The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. The Traffic Training session lasted for 1.5 hours from 05:00 PM to 06:30 PM. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Mr. Sunil Sen gave us incredible tips on how to keep ourselves safe. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.

Balidan Diwas

Date - 23 March 2021

No. of participants: 35

The NSS Unit of Sri Guru Nanak Dev Khalsa College organized Balidan Diwas on 23rd of March 2021 in which 35 students participated.

Webinar On Spinal Injury

Date - 20 March 2021

No. of participants: 60

The NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on Spinal Injury. NSS volunteers and college faculty actively participated in the programme. The guest speaker of the day was Dr. Randhir Lal Ranjan. He explained to us the problem of spinal injury. He also told us how to deal with it. How long it takes to recover from a spinal cord injury and its other aspects. He told us that the spinal cord controls various parts of the body and plays an important role when it comes to bladder control. The spinal cord forms a vital link between the brain and the rest of the body and is part of the central nervous system. Together with the brain it controls bodily functions, including movement and behavior, so it's important to know about spinal injury. He also showed PowerPoint slides that made the concept easily understandable. He also showed us the practical example by showing us videos as well. It was a very interactive session. There was a query session at the end and all the students asked their doubts and questions to the guest. The event ended with the Principal's vote of thanks. The duration of the webinar was 2 hours, i.e., 5:00P.M. to 7:00P.M. A feedback form was provided to the participants so that they fill in their suggestions.

Poster Making Competition**Date - 21 March 2021****No. of participants: 4**

The NSS Unit of Sri Guru Nanak Dev Khalsa College organized a poster making competition on 21 March 2021 in which 4 students participated.

Webinar on How to Balance your Creative and Logical Mind**Date - 31 March 2021****No. of participants: 60**

NSS unit of Sri Guru Nanak Dev Khalsa College organized a webinar on - How to Balance Your Logical and creative mind and NSS volunteers and college faculty took active participation. The guest speaker of the day was Richa Madan who is a Makeup Artist, Life Coach and is a faculty at Art of Living. She told us how we can balance our logical and creative mind since it's She told us that It is possible to be both logical and creative as both are closely related, creativity is at the core of every reasoning and analytical ability. The left brain is largely considered logical, analytical and academic while the right side of the brain is considered as artistic, intuitive and creative. She also explained to us about the Nostrils and the Brain, how we can figure out whether anyone has a logical or creative mind. She discussed how breathing on different sides affects the brain, as in when the left nostril is active then the right brain is active. And vice-versa. She further discussed unblocking either or both nostrils, Nadishodhan, a yogic breathing technique also known as alternate nostril breathing. With patience, the energy centers in your body and brain receive nourishment from slow, deliberate breaths in and out of one nostril at a time. It was a very interactive session. There was a query session at the end and all the students asked their doubts and questions to the guest. The event ended with our convenor Dr. Deepmala's vote of thanks. The duration of the webinar was 2 hours, i.e., 4:00P.M. to 6:00P.M. A feedback form was provided to the participants so that they fill in their suggestions.

Webinar on Media: Animal Welfare**Date – 12 April 2021****No. of participants: 64**

The NSS unit of Sri Guru Nanak Dev Khalsa college in collaboration with Perroayuda Welfare Foundation, organized a Webinar on the topic Animal Welfare at 4:00PM via Google meet. Students from various courses of our college as well as from different colleges were the part of the informative and inspiring webinar. A special video that was made by NSS unit also shown to everyone with a tagline– Animals doesn't care whether you're rich or poor, they only need is your attention your care. The webinar started with the felicitation and introduction session of the two guest speakers Mr. Prabhjeet Singh (Director of Perroayuda Welfare Foundation) and Mr. Arpit Mathur (director of Perroayuda Welfare Foundation). Mr Prabhjeet Singh share his experiences of rescuing stray animals, how and why he moves towards Animal Welfare,

adoption process, how to be friendly with animals, which foods are healthy for them and also talk about animal behavior. He also underlined the need to protect and care animals, birds and any living being. He said that in the present time, corona virus hit each and every part of the Earth and Stray animals, birds, etc. are also a part of our life, so if we are not able to adopt them at least feed them so that they also survive. After the end of the 1st session, the host invited the second speaker of the event Mr. Arpit Mathur to entertain the second session of the webinar. He threw light on how he started Perroyuda Welfare Foundation, what are the motto of the organizations, how it works, constitutional provisions related to animals, what are laws to protect animals, laws for accidental cases etc. He concluded his speech with the motto of his organization "Each One, Feed One". At last there was a Q&A round where students are free to ask each and every question, clear any type of doubts on Animal's welfare. Large number of Students, NSS volunteers, Animal lovers, volunteers of Perroyuda Welfare foundation as well as faculty members of college joined the session and connected with the webinar till the very end, they really enjoyed and inspired by both session of the webinar. The webinar concluded with the vote of thanks from the NSS convener of SGND Khalsa College Dr. Deepmala.

Webinar on Dr. B.R. Ambedkar Jayanti

Date: 14 April 2021

No. of participants -60

The National Service Scheme of Sri Guru Nanak Dev Khalsa College organized a Webinar on the occasion of Babasaheb Bhim Rao Ambedkar Jayanti on 14 April 2021 at 5:30 pm via Google Meet. Our chief speakers of the day were Mr. Inderjeet Singh (Assistant Professor, University of Delhi) and Mr. Rudresh Narayan Mishra (Assistant Professor, Dept. of Hindi Journalism). After the felicitation and introduction session of both the speakers, the host of the event firstly invited Mr. Inderjeet Singh to talk about the relevance of Dr. B. R Ambedkar and his ideology in present India and the world. Mr. Inderjeet Singh who is the Assistant Professor of Political Science Department throws lights on each and every part of Babasahib's life, how he fights for social justice, inequality, untouchability, why he was known as the Symbol of Knowledge and how he became the father of Indian Constitution. Mr. Inderjeet Singh also compare the relevance of B.R Ambedkar ideology with the ideology of Mahatma Gandhi and Pandit Jawaharlal Nehru in present time. After the inspiring speech of our first speaker, host invited our second speaker Mr. Rudresh Narayan Mishra to address the webinar. In his lecture, Mr. Rudresh Narayan Mishra informed the participants about the struggling childhood of B.R Ambedkar, his primary and higher education, his idea of eradication of untouchability, inequality and social discrimination and constitutional provisions that was made by B.R Ambedkar for the welfare of the society. Following the Q& A session, our NSS convener Dr. Deepmala also advised students to read books and writings of B.R Ambedkar to learn how he fights with all the social injustice and discrimination. and she also said that B.R Ambedkar's tremendous works in the field of social welfare inspired us all. The webinar was attended by volunteers, students from various streams, and our faculty members.

Webinar on Nature's Green Industry Countering Climate Change

Date: 22 April 2021

No of Participants: 70

The NSS Unit of S.G.N.D. Khalsa College organized a Webinar on Nature's Green Industry Countering Climate Change on 22nd April, 2021 in which in total 70 students participated.

Webinar on "Covid-19 Awareness and Management"

Date: 23 April 2021

No of Participants: 68

The NSS Unit of Sri Guru Nanak Dev Khalsa College organized a webinar session on "Covid19 Awareness and Management" on 23rd April 2021 at 05:00PM. Dr. KS Johari (MBBS, MD Intensivist, Indian Army Veteran) was the guest of the event. He spoke that coronavirus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous. In early 2020, after a December 2019 outbreak in China, the World Health Organization identified SARS-CoV-2 as a new type of coronavirus. The outbreak quickly spread around the world. COVID-19 is a disease caused by SARS-CoV-2 that can trigger what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). It spreads the same way other coronaviruses do, mainly through person-to-person contact. Infections range from mild to deadly. SARS-CoV-2 is one of seven types of Coronavirus, including the ones that cause severe diseases like Middle East respiratory syndrome (MERS) and sudden acute respiratory syndrome (SARS). The other coronaviruses cause most of the colds that affect us during the year but aren't a serious threat for otherwise healthy people. The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. This session lasted for 1 hour from 05:00 PM to 06:00 PM. The session was very refreshing, reviving and relaxing. Dr. Johari gave us incredible tips on how to keep ourselves fit and fine. He shared his incredible experiences and made the webinar very interesting and wonderful.

Reports of Events Organized in 2019-20

Yoga Day

Date - 21 June 2019

No. of participants – 29

Yoga keeps mind healthy and fresh. It refreshes the mind. The NSS unit participated in the Yoga Day celebration organized by NSS Centre Delhi at University campus after which the volunteers of SGND Khalsa College participated in Yoga Day at the college campus organized for all the teachers as well as students. The active participation of all the students and teachers made it a success. The aim of the event was to ensure the healthy wellbeing of each and everyone.

Swachhta Pakhwada: Group Discussion

Date - 2 August 2019

No. of participants – 43

On 2 August 2019, a Group discussion was organized as a part of the Swachhta Pakhwada event. The event begins with the first round where all the participants presented 1-minute speech on the topic. After first round 3 best participants were selected for the second round. Each of them presented their topic with question answering round. The best speaker was chosen and was awarded with a certificate for the same. The aim of the event was to provide a platform to enhance the knowledge.

Sawachhta Pakhwada: Visit to Yamuna Khaddar Slum

Date -3 August 2019

No. of participants: 31

Cleanliness is a step that led to happiness. On 3 August 2019, as a part of Swachhta Pakhwada event. Volunteers visited 'Yamuna Khaddar Slum' at Kashmeri Gate. Volunteers interacted with the residents of the slum and made them aware of Swachh Bharat Abhiyan. Children were informed how could they practice cleanliness in their daily activities. The aim of the event was to spread cleanliness among the slum area.

Swachhta Pakhwada: Campus Cleaning**Date - 5 August - 10 August 2019****No. of participants – 34**

Swachh Bharat means Swasth Bharat. From 5 Aug-10 Aug, The NSS Unit of SGND Khalsa college organised a cleanliness drive under Swachhata Pakhwada event in the college campus. At the event, the canteen, floors and various other parts of the college campus were cleaned. The event was a success due to the active participation of all the volunteers. The aim was to spread awareness among the college students.

Inaugural Ceremony**Date -8 August 2019****No. of participants – 62**

The NSS Unit of SGND Khalsa college had an orientation on August 08, 2019(Thursday) which began with some great guidance by our respected convenor Mr. R.K. Sharma, to all the present students and worthy teachers by telling all about NSS. Then, the cultural team of the NSS unit was given a beautiful performance with a message of "Save Girl Child". Then, our honourable principal, Dr. Gurmohinder Singh was welcomed upon the stage and given "Tulsi Plant" as a mark of respect by our convenor. Our respected principal gave his precious knowledge about "Why to choose NSS". Earlier, the presentation, "What is NSS?", its motto, its activities, its benefits was displayed to the audience. We had a question-answer session asked by students. At the end, the programme closed with an amazing interaction by our volunteers and taken feedback from all the students.

Essay Writing Competition**Date -13 August, 2019****No. of participants – 43**

Is Swachhta a selfie game? The question every one of us wonders at least once. So, a step was made to find the answer of the question. NSS unit organized an essay competition on 13 Aug 2019. This was part of Swachhta Pakhwada event and it was based on the topic Is Swachhta a selfie game? A large no. of students participated. The aim was to spread the message that swachhta should be ensured by everyone without showing off.

Swachhta Pakhwada: Visit to Hospital and Signature Drive**Date- 14 Aug 2019****No. of participants – 27**

NSS unit organized a visit to NC Joshi Hospital on 14 Aug 2019. This was part of Swachhta Pakhwada event where volunteers cleaned various parts of the hospital and awarded people about the importance of swachhta. The aim of the event was to spread awareness in the hospital.

School Visit and Signature Drive under Swachhta Pkhwada**Date- 16 August 2019****No. of participants - 35**

The NSS Unit of the Sri Guru Nanak Dev Khalsa College organized a school visit on August 16, 2019 (Friday). The unit went to the school behind our college named SGTB school to spread awareness among children including teachers and staffs by using various handmade posters and making understand about cleanliness & its importance and took the oath of cleanliness. The aim of the event was to make students follow the practice of Swachhta, as they are the future generation of the country.

Swachhta Pakhwada - Signature Drive**Date- 16 August 2019****No. of participants – 20**

An event named Swachhta Pakhwada was organized by NSS team on 16th August, 2019 in the college premises, where signature drive was carried out. Around 20 participants were present.

Fit India Movement - Fitness walk and awareness**Date - 29 August 2019****No. of participants – 44**

As a part of the Fit India movement organized by the honourable primeminister Narendra Modi. The NSS unit on their behalf organized "Fit India Movement" programme in the college premises where all the respected teachers and students learnt about the importance of fitness & health in our life. The aim was to spread the message of fitness among the people.

Literacy Camp: Visit to Yamuna Khaddar Slum**Date- 15 September 2019****No. of participants – 47**

The NSS unit organized a literacy camp on 15 September in 'Yamuna khaddar slum' at Kashmeri gate, as education is an important part of life. The event started when the volunteers started interacting and teaching students. NSS unit also organized a quiz competition and also distributed prize to those who came first, second, third. All the volunteer participated and learn many things. The aim of the camp was to create awareness among people which was successfully done.

Swachhta Hi Sewa: Campus Cleaning**Date - 19-20 September 2019****No. of participants – 39**

The students themselves are responsible for the cleaning of campus. The NSS unit organized an event Campus cleaning under Swachhta Hi Seva on 19th September and 20th September 2019 at Sri Guru Nanak Dev Khalsa college. The event started when NSS volunteers were formed in three separate groups each group were having six students and were sent to different areas of college for cleaning the campus and we started spreading awareness to each and every student of college about Prime Minister Narendra Modi scheme Swachhta Bharat Abhiyan. Children were informed that how can they keep their college campus clean. The aim was to clean the college environment.

Slum Visit**Date - 22 September 2019****No. of participants - 48**

NSS Unit organized a Slum Visit with the purpose of a Survey to find the problems facing by slum's people, its possible solutions and to spread awareness among people about the Electoral Verification Program along with a Donation Drive in which we distributed some clothes, eatable items and juices etc. The aim was to have a detail knowledge of the problems faced by the people living in slums.

Poster Making Competition**Date - 24 September 2019****No. of participants - 42**

To celebrate the auspicious occasion of NSS day, NSS unit organized a poster making competition on some social issues such as child labour, was organised for the college students to enhance the creativity of the students. The event was organized in the college premises. The best poster was awarded with the certificate.

Speech Competition**Date - 24 September 2019****No. of participants - 39**

To celebrate the auspicious occasion of NSS day, NSS unit of our college organized a speech competition on topic "Is social worker a fool"? To know about students views on a social worker. The event was organized in the college premises. The best speaker was awarded with the certificate.

Ambassadorial Lectures**Date- 25 September 2019****No. of participants -29**

NSS unit of SGND Khalsa College attended the interactive lecture by German Ambassador H.E. Walter J. Lindner at the Convention Hall, University of Delhi.

Swachhta Hi Sewa Rally in Karol Bagh**Date -26 September 2019****No. of participants -48**

On 26 Sept 2019, the NSS unit organized the Swachhta Rally in Karol Bagh where volunteers hold different posters that have messages written on them regarding Swachhta and they tried to aware the people about the importance of swachhta. The aim was to make aware the people to practice cleanliness on the roads.

National Gandhi Museum Visit**Date -28 September 2019****No. of participants -39**

On 28 Sept 2019, NSS unit of our college organize a visit to the National Gandhi Museum on the occasion of Gandhi Jayanti to know more about the life of one of the freedom fighters of the country Mahatma Gandhi and to experience the historical events.

Elector's Verification Programme**Date -3 October - 4 October 2019****No. of participants -20**

On 3-4 Oct 2019, NSS unit organized an elector's verification programme for the verification of the voter Id cards issued by the government. Volunteers helped the students get their voter id cards verified. The aim was to ensure that all students above the age of 18 have their voter Id Card.

Swachhta hi Sewa: Play on Swachhta**Date- 6 October 2019****No. of participants -20**

NSS unit organized a play on swachta on 6 October 2019 to spread the message of cleanliness among other people. This play was performed by the cultural team of NSS unit in Connaught place. The aim was primarily to spread the message of cleanliness. Shabad Anaahad Light Show- Guru Nanak Jayanti NSS unit attended the light show on the occasion of Guru Nanak

Jayanti organized at CP by DSGMC volunteers attended the event and did Sewa on the occasion.

Street Art Festival

Date- 21 October 2019

No. of participants -39

The Karol Bagh Zone of North Delhi Municipal Corporation organized a Street Art Festival on the iconic Ajmal Khan Pedestrian Street for creating awareness of a pedestrian street environment. NSS Unit of the college also gave its contribution in this so that the message beautiful pedestrians' streets reach to every corner of the country and not just in Delhi.

Rally on Pollution free Diwali

Date - 24 October 2019

No. of participants –44

On 24 Oct 2019, NSS unit organized an anti-cracker rally in order to spread the message of celebrating Pollution Free Diwali. The students joined in large no. for a rally in Karol Bagh area holding various posters to spread the message. The aim was to spread green Diwali and encourage others to do so.

Slum Visit for Diwali Celebration

Date- 25 October 2019

No. of participants – 39

Is *Diwali kuchacha ho jaye!* On 25 Oct 2019, NSS unit celebrated Diwali in a unique way by donating and gifting to the families residing in slums. We met new families and also gave them the wishes of Happy Diwali; it was a pleasure to celebrate Diwali in a different way.

Diwali Donation Drive and Integrity pledge

Date-30 October 2019

No. of participants – 25

On 30 Oct 2019, NSS unit organized an oath ceremony in the college premises. All the present college staff and students took oath for integrity. The aim was to spread the message of integrity.

Slogan Drive**Date- 31 October 2019****No. of participants – 25**

On the occasion of National Unity Day, 144th Birth Anniversary of Sardar Vallabhbhai Patel NSS UNIT organized a slogan drive in the college premises. The event was organized on 31 October 2019.

Speech Competition on Integrity Day**Date - 31 October 2019****No. of participants – 48**

On the occasion of National Unity Day, 144th Birth Anniversary of Sardar Vallabhbhai Patel organized a speech competition on "Unity in Diversity in the college premises. The event was organized on 31 October 2019. The aim of the event was to spread the message of unity in diversity.

Lata Mangeshkar Music Competition for Blind**Date - 5 November 2019****No. of participants – 27**

The NSS unit took active participation in 'Lata Mangeshkar Music Competition' which was organized by the Umang- Enabling Unit with the collaboration of NSS unit where various volunteers participated to help PWD students. The aim of the event was to encourage the disabled students to come up for the competitions.

Medical Camp**Date - 6 November 2019****No. of participants – 28**

On 6 November 2019, NSS unit organized a Medical Health Check-up Camp' where medical staff from Joshi Hospital came and a huge number of students came for their medical health check up. The aim of the event was to check whether the students are healthy.

Workshop on Polycystic Ovarian Syndrome**Date- 6 November 2019****No. of participants – 35**

On 6 November 2019, NSS unit presented a workshop on 'Polycystic Ovary Syndrome' where each and every girl was told all about this through an impressive PPT and a short documentary and several students asked many questions to the experts and got answer of each question cleared.

Founders' Day**Date- 8 November 2019****No. of participants – 42**

On 8 Nov 2019, NSS unit participated in the Founder's Day of college, during the day long celebration NSS volunteers performed 'Joda- Sewa'.

Rally against Plastic Use and Pollution**Date - 9 November 2019****No. of participants – 43**

NSS unit took active participation in plastic banscheme and had a rally along in collaboration with NCC unit of college to spread awareness among people about the plastic use and pollution.

Nagar Kirtan**Date- 11 November 2019****No. of participants – 46**

NSS unit participated in the Nagar Kirtan that was organized on 11 Nov 2019 on 550th birth anniversary of Sri Guru Nanak Dev NSS volunteers did seva in the Nagar kirtan from 10:00AM onwards. Volunteers participated with the Nagar Kirtan from Sri Ganj sahib to Nanak Piao Gurudwara.

Visit to News 18**Date- 23 December, 2019****No. of participants – 31**

On 23 December 2019, NSS unit organized a visit to news 18 for the purpose of having a live debate program where volunteers along with college students were free to raise questions from their representatives.

Walkathon on Road Safety at India gate**Date: 11 January 2019****No. of participants – 60**

On 11 January 2020, NSS unit took active participation in the National Road Safety Week Celebration' at India Gate where we had a rally along with different college's NSS unit and NCC.

Winter Clothing Drive & Donation**Date: January 14- January 15, 2019****No. of participants – 25**

NSS unit organized winter clothing collection drive for two days. The collected clothes were then distributed at Yamuna Khadar Slum at Kashmiri Gate. The aim was to help the needy person to escape the chilly winters.

Campus Cleaning Drive**Date - 17 January 2019****No. of participants – 38**

On 17 January 2019, NSS unit organized a cleanliness drive under Swachhata Pakhwada event in the college campus. In the event, canteen, floors and various other parts of the college campus were cleaned.

Tree Plantation Drive**Date- 21 January 2020****No. of participants – 37**

Plant a tree, plant a hope for tomorrow. Keeping this motto in mind on 21 January 2020, A plantation drive was organized in the NDMC park in Dev Nagar. Various volunteers participated in the event. 6 plant saplings were planted by the volunteers.

Workshop on Stress management**Date- 24 January 2020****No. of participants – 57**

Whatever be the race, it is the health that matters but running for the race we consider our health? An inter college workshop on Stress Management and Healthy Lifestyle was organized in the college campus. Various students of Delhi University were part of it. Guest of honor for the event was International Acclaimed photographer and Life Coach Mr. Niraj Gera, Mayur Siwan and Mr. Amar Rai. The event was conducted under the guidance of convenor Mr. RK Sharma. The event was to ensure we practice some simple things day to day to relieve from the stress we all face.

Visit to Traffic Training Park**Date- 1 February 2020****No. of participants – 41**

Life is a traffic jam, don't break the rules, just follow them for your own safety...A visit to traffic training park was organized on 1st February, 2020. Various volunteers participated in the event to learn about various traffic rules as well as few exercises were conducted to know their

efficiency in riding. The visit was organized for all the NSS volunteers to learn about traffic rules and their own safety.

Film Screening and Workshop on Child Labour

Date- 5 February 2020

No. of participants –58

Don't Ask Children To Take Tool ~~✂~~ Instead Send Them To School. With this motive, On 5 Feb 2020 a film screening and seminar on child labor was organized. A short movie was shown to aware about the adverse condition of child labor in India. Miss Pallavi, the founder of NahnePakshi NGO discussed about the same and approached volunteers to actively participate in educating and awaking people about the pros of education and cons of child labour.

Inter College Quiz Competition

Date :18 February 2020

No. of participants –56

To enhance the knowledge on 18 February 2020 an inter college quiz competition was organized. Students from different college have participated in the event to showcase their knowledge.

Blood Donation Drive

Date-- 26 February2020

No. of participants –43

"Every blood donor is a life saver". Blood can save someone's life. With this motive on 26 Feb 2020, BLOOD DONATION CAMP was organized in collaboration with BLOOD BANK ORGANISATION in the college campus. Several students and college staff took part in this event and donated blood. Blood donation does not simply help that specific person but also contribute to a responsible gesture towards society. The aim of the event was to help the patients Whenever, they are in urgent need of blood.

Seminar on E-Waste Management

Date- 4 March2020

No. of participants –53

"If it can't be reduced, reused, repaired, rebuilt, refurbished, refinished, resold, recycled, or composted, then it should be restricted, designed or removed from production." E-waste or electronic waste is created when an electronic product is discarded after the end of its useful life. The rapid expansion of technology and the consumption driven society results in the creation of a very large amount of e-waste in every minute. On 4 March, 2020 Seminar on E-waste management was organized. Dr. Ashish Thomas and Mr. Rushikesh Dudhat were the

speakers for the event. Highlighting the significance of lesser consumption unminimizing the ecological degradation and eradicating the poverty, advising the students to take a pledge of reducing their material consumption for reducing the burden of our mother Earth.

Awareness against Coronavirus, Promotion of AarogyaSetu App

Date: 4 March 2019

No. of participants – 39

NSS unit of Sri Guru Nanak Dev Khalsa College, University of Delhi, in lockdown time due to spread of Covid19 took a step forward to awarethe people about the Coronavirus through online method. Videography was used showing the steps to make a mask from home with use of cloth that is accessible to all the members of the family. Also, awareness through handmade posters was also done.

Celebrated Earth Day

Date: 22 April 2020

No. of participants –38

NSS unit of Sri Guru Nanak Dev Khalsa college observed Earth Day on22nd of April 2020. A talk in climate change was organized by the NSS unit. PO R. K. Sharma conducted the session and told us about the climatic changes and its effect on our future. He aware us about the effects of COVID19. The program was held through Zoom app video conferencing.

Reports of Events organized in 2018-19

Cleanliness Drive on Swachhta Abhiyan

Date: 22 August 2018

No. of Participants - 28

Campus cleaning program was organized by the NSS volunteers to aware the college students about how much cleanliness is important not just for our homes but for our society, school and colleges as well. This is the best way to create awareness to the college students about Swachhta Abhiyan.

Signature Drive to Save Girl Child

Date - 17 September 2018

No. of Participants - 35

The NSS organized a signature drive for the 'Save Girl Child', where NSS volunteers collected the signatures to show that how much youth and students are specially dedicated towards saving girl child issues.

Cleanliness Program

Date - 19 September 2018

No. of Participants - 34

Campus cleaning program was organized by the NSS volunteers in the college, where they were taking the initiative to clean the college campus and delivering the message that how much cleanliness is important for our society.

Swachhta Rally and Campaigning

Date - 20 September 2018

No. of Participants - 38

Swachhta rally and campaigning in school was done by the NSS volunteers where they spread awareness about swachhta and how much it is important for our society.

Essay Writing Competition

Date - 25 September 2018

No. of participants :42

NSS organized an essay writing competition in regarding with swachhta hi seva where 42 students participated.

Conversational Debate**Date- 26 September 2018****No. of Participants: 42**

NSS organized a conversational debate on the topic “Swachhta Abhiyan successful or unsuccessful”. Where many participated and gave their views on it, interject and made a conclusion to make it successful.

Swachhta hi Seva**Date - 29 September 2018****No. of Participants: 48**

The NSS organized a play on swachta hi seva named “Kya fark padhta hai”. This play was placed by NSS volunteers in the parking area of the college. In this play NSS volunteers were giving a message on cleanliness and telling how badly we ignore our surrounding dirt and run from our responsibilities to make it clean.

Speech Competition**Date- 16 January 2019****No. of participants - 39**

NSS Unit of S.G.N.D. Khalsa College organized a Speech competition on topic “Relevance of Voting” on 25th March, 2019 in which in total 39 students participated.

Photography competition**Date- 25 March 2019****No. of Participants- 45**

The NSS Unit of S.G.N.D. Khalsa College organized a photography competition on 25th March, 2019 in which in total 45 students participated.

Reports of events organized in 2017-18

INTERNATIONAL DAY OF YOGA (NSS OFFICE)

Date -21 June 2017

No. of Participants - 100

On 21st of June, 2017, S.G.N.D. Khalsa College celebrated International day of Yoga by inviting a talk cum demonstration by two active exponents of Yoga, Mr. Kamal Dang and Ms. Hemna Hirani.

Compliance Report of Registration Camp for EPIC (Elector's Photo Identity Card) (NSS Office)

Date - July 27-28, 2017

No. of Participants - 59

“Elector's Photo Identity Card (EPIC) is everyone's right who have attained the age of 18 and one must have it.” With this positive approach in mind, the team of NSS volunteers of S.G.N.D. Khalsa College, Dev Nagar successfully organized two-day camp, on 27th and 28th July, 2017, for registrations of fresh voter's photo identity cards within the college premises itself. In this EPIC Camp, volunteers were guided by two BLO officers who visited the college as per SVEEP (Systematic Voters' Education & Electoral Participation) guidelines. Posters provided by SVEEP were used to spread awareness about the programme among students, and further dissemination of information was achieved by placing a registration desk whereby interested students were directed towards NSS/NCC rooms to fill and submit their forms with the BLO officers. The camp also facilitated students who were looking to correct their data in their voter ID. In all, 69 registrations were achieved in two days of which 59 were converted into actual submission of forms.

Swachhta Pakhwada (NSS OFFICE)

Date: August 1, 2017-August 15, 2017

“Swachh Bharat” is an initiative taken by Indian Government to make people of India aware of total sanitation and cleanliness which must be understood as a continuous process. The Swachh Bharat Pakhwada is an aculmination of Mahatma Gandhi's dream of spreading cleanliness in their premises as well as in their daily lifestyle. The Swachh Bharat Abhiyaan was launched by Prime Minister Narendra Modi, on October 2, 2014 to urge people to clean India by 2019 which coincided with 150th Birth Anniversary of Mahatma Gandhi.

A list of the series of events undertaken by the volunteers of NSS Unit of Sri Guru Nanak Dev Khalsa College to celebrate Swachhta Pakhwada from August 1, 2017 to August 15, 2017 is as under:

Pledge**Date: Aug 4, 2017****No. of Participants: 100**

August 4, 2017: On this day a pledge was undertaken by the students and faculty members of the college under the guidance of NSS Volunteers. Both the students and faculty members gathered in the college ground and pledged not to litter and stop those whom they see littering. Everyone present took the oath to devote at least 2 hours in a week i.e., 100 hours in a year towards this mission. Thus, each one of the students, with this promise, became the Campus Ambassador of Swachh Bharat Abhiyan.

Signature Drive**Date: Aug 4, 2017****No. of Participants: 79**

After the Pledge, a Signature Drive was also initiated in the college campus where each Faculty members, students, administration staff signed in support of Swachhta Pakhwada. This drive was used as a tool by NSS team to spread a word in the college about the campaign.

Play**Date: Aug 9, 2017****No. of Participants: 60**

August 9, 2017: The pledge and the signature drive on the eve of Swachhta Pakhwada was followed by an Awareness campaign which was initiated by performing a play "Daakiya Daak Laaya, Bharat ke Naam kya Laya". The play was conceptualized around the topic of 'Swachhta' and was executed well by the amateur actors. The response to the play, that was held within the college campus, was good. At the end of the play NSS Volunteers once again briefed the students about the concept of Swachh Bharat Abhiyan, a message that was well received by the audience.

Seminar**Date: Aug 10, 2017****No. of Participants: 45**

August 10, 2017: As part of the awareness campaign a seminar was also conducted where Dr. Robin Suyesh, Assistant Professor, Department of Environmental Studies, Venkateshwara College, Delhi University and Dr. Ashish Thomas, Assistant Professor, Department of Environmental Studies, Sri Guru Nanak Dev Khalsa College, Delhi University talked about clean India campaign. The seminar began with a video being shown about Asia's cleanest village-Mawlyngong Meghalaya- to underline the importance of keeping the country clean. The principal of the college, Dr. ManMohan Kaur, took active interest and graced the seminar with her presence. Both the resource persons talked about the root cause of this problem, government's contribution,

people's involvement at all levels and a brief history of such campaigns that were launched before Swachhta Abhiyan. The statistics shared by resource persons were an eye opener for all the participants. Students interacted with these source persons to clear their doubts and other queries and took back a lot of knowledge.

CP Awareness Drive

Date: 11 Aug 2017

No. of Participants: 45

August 11, 2017: Any change in attitude must be corroborated by useful action and thus an Awareness Drive was held at Connaught Place, New Delhi where all the NSS Volunteers brought out a rally in the inner circle. Slogans on placards were displayed and the volunteers interacted with the public to spread awareness about Swachhta Pakwara as well as governmental efforts to bring sanitation. People were also made aware of the segregation of dry and moist waste and the use of blue and green dustbins for their disposal. The volunteers also cleaned the garbage littered around and disposed it off into dustbins. Their successful attempt to catch the attention of the public resulted in many people coming forward to know more about the whole concept. Thus, the awareness of this event did not remain located within the college but was taken outside the college and into the streets.

Campus Cleaning

No. of Participants: 50

If people of India can reach Mars with minimal expenditure, why can't they keep their streets and colonies clean?

With this inspiring thought in mind NSS Volunteers took to clean the streets of Karol Bagh around the college premises, along with the bus stop, almost every day. Another activity that continued throughout the duration of fifteen days was weeding out of old files from the college premises, disposal of all obsolete articles in the office, cleanliness of rooms along with toilets, and a drive for digitalization of files to bring the college work up to date with the requirements of 21st century India.

Quit India Movement Pledge (NSS Office)

Date: Aug 9, 2017

No. of Participants: 150

“Freedom cannot be bestowed. It must be won.”

As per the communique received from MHRD on August 8, 2017 enjoining upon the institutions to celebrate 75th anniversary of the 'Quit India Movement' and 70th Independence Day Celebration, a pledge ceremony was organized on August 9, 2017 by the students of Sri Guru Nanak Dev Khalsa College, Delhi University under the guidance of NSS volunteers.

We are into the 70th year of Independence and volunteers in the NSS Unit, along with the faculty members of Sri Guru Nanak Dev Khalsa College, Delhi University, celebrated the sense of being free by taking a Pledge to keep on 9th August, 2017. The Pledge once again asked us to commit ourselves to the vision of creating a clean, poverty free, corruption free, terrorism free, and caste and communalism free India. All the students and the teachers, under the leadership of the Head of the Institution, pledged to help build this new India and help the government in this initiative.

Rally for Rivers Campaign (NSS Office)

Date - 1 September 2017

No. of Participants: 15

As instructed by Ministry of Drinking Water and Sanitation NSS volunteers also participated in Rally for River campaign and took initiative to spread awareness about this movement in college premises by organizing an Essay competition on 1st September 2017.

Sankalp Se Siddhi-Essay Writing Competition (NSS Office)

Date- Sept 5, 2017

No. of Participants- 32

NSS UNIT of Sri Guru Nanak Dev Khalsa College, University of Delhi had organized an essay competition on 5th September 2017 from 2 p.m. to 3 p.m. as instructed by Ministry of Drinking Water and Sanitation and NSS Unit of University of Delhi on the topic "Mei Swachhta key leyay kya karunga/karungi / What will I do for cleanliness?" The event was organized in pursuit of the vision to achieve a new India by 2022 under "Sankalp Se Siddhi".

Celebrations of NSS Week

Inaugural Ceremony of NSS (NSS Office)

Date-19 September 2017

No. of Participants -80

In order to celebrate the inception of National Service Scheme, team of volunteers in Sri Guru Nanak Dev Khalsa College decided to conduct a week-long activities which began with an expansion of their horizons by starting a collaborative relationship with Connecting Dream Foundation (CDF). It is often said that: "If a nation reads what is good with a good understanding, it gets a good understanding for a nation building!" – and this motto became the inspiration for the Khalsa Chapter of CDF which was inaugurated by the co-founder of CDF, Dr. Amit Tuteja. Inaugural of the Khalsa Chapter began on September 19th 2017, from 2:00 PM to 4:00 PM, in the college premises itself with the felicitation of Dr. Tuteja by the NSS team. Dr. Tuteja shared the journey of his Foundation along with his own personal journey to present a living source of inspiration for the volunteers. He talked about his vision to connect everyday problems of life with easy solutions that exist nearby and thus to make a common man's dreams come true. Instances of such efforts were catalogued as he talked about the Foundation's efforts to bridge the gap between rural and urban India through programmes like

“Apna Tree Tech Installations (ATT).” He also outlined the roadmap for Khalsa Chapter where NSS volunteers are to create libraries in schools to inculcate reading habits in underprivileged children.

On 24th September 2017, college celebrated the NSS Day by organized a competition for “Alternative NSS Motto” as per the instructions of NSS Unit of Delhi University.

Stem Cell Donor’s Registration Drive

Date -26 September 2017

No. of Participants - 70

In the third leg of these celebrations, volunteers of NSS Unit organized a blood-cell-donors’ registration drive on 26th September 2017 from 9 a.m. to 3 p.m. in the college premises in collaboration with Win-Over-Cancer, an NGO that works along with DATRI, a government authority providing free HLA matching for blood cancer patients. Motto of the drive was “*There is a 'can' in cancer because we can beat it*” and students along with the staff registered themselves as voluntary donors for this social cause.

The process itself was a simple one that involved filling a consent form followed by a cheek swab, i.e. rubbing of the inner cheek with a simple cotton bud to collect the sample. Further testing is to be done by DATRI in its labs and if patients with identical stem cell are found then the voluntary donors will be contacted to donate stem cell. The event saw a total of 119 registrations and concluded on a positive note.

Along with the collection of the samples, volunteers of NSS Unit were able to spread awareness amongst students, teachers and staff members about how a patient of blood cancer can be saved by donating stem cell as well as by bone marrow transplant.

National Unity Day (NSS Office)

Date – 31 October 2017

No. of Participants- 78

Unity is strength, when there is teamwork and Collaboration.

On 31st October, 2017, NSS Unit of Sri Guru Nanak Dev Khalsa College celebrated the birth anniversary of Sardar Vallabhbhai Patel - The Iron Man of India in the form of National Unity day (Rashtriya Ekta Diwas) which was introduced by Government of India in 2014. The event began with a Pledge to dedicate ourselves to preserve the unity, integrity and security of the nation followed by a Play on the theme 'Unity' where everyone was mesmerized to see the diversity that our cultures have and still living unitedly with each other as one nation and the event was concluded with an Essay Writing Competition on the topic 'Relevance of Sardar Vallabhbhai Patel in today's times'. NSS volunteers actively participated in all the events.

Nagar Kirtan**Date – 3 November 2017****No. of Participants - 31**

Apart from organizing events to create social awareness NSS Unit was also an active participant in the Nagar Kirtan held on 3rd November 2017. Around 31 volunteers from the NSS unit participated in managing the crowd in the kirtan and walked from Chandni Chowk to reach Nanak Piao Gurdwara, in Rana Pratap Bagh where the procession finally ended.

Elector's Photo Identity Card Camp (EPIC) (NSS Office)**Date - 7-8 November 2017****No. of Participants - 80**

On 7th November and 8th November, NSS volunteers conducted the second leg of Elector's Photo Identity Card Camp (EPIC) wherein yet another 100 registrations were recorded.

College Founder's Day**Date - 10 November 2017****No. of Participants - 80**

On 10th November 2017, college celebrated its Founder's Day and NSS team performed the duty of joda seva.

National Youth Day-Essay Writing Competition**Date - 16 January 2018****No. of Participants - 40**

"Believe in yourself and the world will be at your feet." ~Swami Vivekananda

On 16th January 2018, to celebrate the Birth Anniversary of Swami Vivekananda and to witness National Youth Day Celebrations, Student Advisory Committee and NSS organized an event focusing on the life, achievements, and teachings of Swami Vivekananda. The day began with the address of the Principal Dr. Manmohan Kaur by inspiring the students with the wise words of Swami Vivekananda and making everyone understand the power of youth. Representatives from Student Advisory Committee also spoke about how youth is the future of the country and how practical the principles of Swami Vivekananda are even in this time. The event was graced by Dr. Manmohan Kaur and Dr. Gurmohinder Singh. Their words were truly an inspiration for all the students present there.

An essay writing competition was kept afterwards, wherein the topic was given on the spot i.e., Reflection of Swami Vivekananda Ji's Principles in Contemporary Times. Great level of enthusiasm could be seen among the students. The best 3 entries were chosen and the cash prizes were awarded to the students. The event ended at 2.30 pm with a vision to be an inspiration for others. We could see the power of words being weaved by them to strongly

express their opinions and thoughts. The event ended on a happy note with announcement of results for the competition.

Vigilance Awareness Week (NSS Office)

Date - 15-19 January 2018

No. of Participants - 60

“Fight Corruption: Be the one who helps build a better society for all.”

Vigilance means the action or state of keeping careful watch for possible danger or difficulties. To promote probity in public life and to achieve a corruption free society, the Central Vigilance Commission, as part of its efforts, aimed at celebrating Vigilance Awareness Week. To contribute to this effort, NSS Unit of Sri Guru Nanak Dev Khalsa College celebrated Vigilance Awareness Week from 15th January to 19th January 2018. It's the need of the hour that we come together and help in eradicating this poisonous disease called corruption because corruption is something which starts from you and it has to end from you. NSS Unit, in its efforts, to take a little step in this direction organized various events just to make students and teachers more aware about vigilance. The details of the event are as follows:

Event 1: Slogan Drive

Date - 15 January 2017

Venue - College Premises

Slogans are a vital part of promotion and making people aware about the current issues. For the Vigilance Awareness Week, a slogan drive was kept in the college premises wherein each of the students as well as teachers wrote a powerful and an inspiring slogan on 'Fighting against corruption' on the wall. The amalgamation of such ideas through slogans is a good way of tinkering.

The day ended on a good note with positive responses received by the end of the day in the form of inspiring slogans. The event primarily focussed upon the awareness through slogans and practicing them in every possible way.

Event 2: Presentation of Videos

Date - 16 January 2018

On the next day, to keep the enthusiasm level spirited, a video was presented on 'Fight against corruption' wherein stories of some heroes were shared about how they fought against corruption and won their life battles. It also showed the rights one must understand and know and thus work accordingly. The video screening was presented to all the students, NSS Volunteers and teachers also joined us in the screening. The students inculcated great amount of knowledge and inspiration which motivated them to enact in the future accordingly.

Event 3: Quiz Competition

Date: 17 January 2018

To teach students and test them on their skills, a quiz competition took place on 17th January 2018 inclusive of concerns such as what the central vigilance commission does to fight corruption, what is whistle blowing etc. Mass participation was received and the volunteer who won the quiz was also awarded a prize in kind.

Event 4: Integrity Pledge

Date - 18 January 2017

For the vigilance awareness week, an Online Integrity Pledge was taken with a belief that corruption has been one of the major obstacles to economic, political, and social progress of our country. The students pledged to follow probity and rule of law in all walks of life, to neither take nor offer bribe, to act in public interest, to report any incident of corruption to the appropriate agency etc. The pledge surely inspired a sense of responsibility in the minds of everyone. The students received their respective online integrity pledge certificates.

Event 5: Poster Making Competition

Date: 19 January 2017

To have an impactful end to the Vigilance Awareness Week, a poster making competition was organized on 19th January 2017 in the college premises. The topic was 'Stop the corruption' and on this theme, all the NSS Volunteers made some of the impactful posters which were then shared on the wall and the idea was appreciated by everyone. The volunteers who won were rewarded.

All the events were well organized and executed. All the NSS Volunteers participated in huge numbers in all the events. The awareness week ended with a hope to make a change in the society because it starts with us.

National Voters' Day Pledge (NSS Office)

Date -25 January 2018

No. of Participants - 150

"The ballot is stronger than the bullet." –Abraham Lincoln

On 25th January 2018, NSS Unit of Sri Guru Nanak Dev Khalsa College organized the National Voters' Day celebrations. It is a day which tells about the unique power the constitution provides to the society who are above 18 years of age. One Person, One Vote is a fundamental right and accounts for a change. Keeping in mind its importance, the National Voters' Day Celebrations began at 11:00 AM with the voters' pledge. All the students, teaching and non-teaching staff gathered in the ground for the flag hoisting ceremony which was followed by National Voters' Day oath ceremony wherein everyone took the pledge to cast their vote in a fair and peaceful manner. After the pledge, the principal addressed the gathering with her words on the importance of a vote and hence asking them to vote in every election. The one hour event ended with active participation from all the NSS Volunteers and college teaching and non-teaching staff.

Seminar on Rebuilding Hope: A World of Opportunities

Date – 25 January 2018

No. of Participants - 56

“The world is full of opportunities and you must know and try to seek as many as you possibly can”.

In this world of choices, it is confusing for youth to choose from where can they help themselves by helping others. Keeping this concern in mind NSS Unit of Sri Guru Nanak Dev Khalsa College, Delhi University organized one of its kind seminar on ‘Rebuilding hope – A world of opportunities’ on 25th January 2018 wherein students were not only introduced to the groundbreaking work being done by various organizations in the field of education, community services and the likes, but also became aware about opportunities to make a career out of helping the underprivileged combined with learning and make a career out of social service.

Many organizations like Teach for India, Goonj, Make a Difference joined us for the seminar and made everyone understand the career opportunities available in this field and how one can redefine hope. The event started with the welcome address and the event was graced by the Principal.

The event began with the address of Mr. Siddhartha from Make a Difference who showed the students their journey and the sections of society they have worked with. Many questions were put to them and they were also asked the volunteer ship and trainee programs.

After that, Ms. Isha from Teach for India Mission joined us and stated some of the saddening facts regarding how many students are still not able to get education and how their team comes into play in providing them education. They also illustrated how a person can become a part of this organization and can build a career.

After this, Ms. Rhythm and Ms. Pragya from Goonj Foundation displayed how a single cloth can make a difference to you and your personality and how little contribution can make a huge difference.

After all the talk sessions, there was a question-answer round where all the queries were answered. The 3 hour long but interesting sessions ended with a clarity in the mind-set of students and making them opt for something out of the box than the general sessions.

Clothing with Dignity: A Collection Drive

Date – 19-24 February 2018

No. of Participants - 45

From 19th February to 24th February 2018, NSS organized a hugely successful collection drive named “Clothing with Dignity.” The purpose of the drive was to make people realize that they need to look beyond their own self and help the less fortunate. NSS collected clothes, footwear, stationery, bags, books, toys, medicines and miscellaneous items in large number to be donated the underprivileged.

International Mother Language Day (NSS Office)

Date -21 February 2018

No. of Participants - 90

"Language is the road map of a Culture."

NSS Unit of Sri Guru Nanak Dev Khalsa College celebrated "International Mother Language Day" on 21st February 2018, in order to promote awareness on linguistic and cultural traditions based on understanding, tolerance, and dialogue. Keeping in mind its importance, NSS Unit organized various competitions to encourage students to show their talent and to check their knowledge. The competitions were judged by Dr. Abhishek Sharma and Dr. Bhupinder Kaur. The following events were organized: -

1. Poetry Competition

All the participants recited their own poem in their own language and were judged on the basis of comprehension, poetic device, rhythm, word selection, etc. Following were selected as winners: -

I Position - Ashutosh (History honors, I year)

II Position - Jaskaran Kaur (BBE, III year)

III Position - Arundeeep Singh (English honors, I year)

2. Quotes Competition

Over 70 students participated in this competition. Participants were given 5 minutes to write a quote on the topic "Our Culture" which was given on the spot. In this way, the writing skills of students were analyzed and examined by our judges. Following were selected as winners: -

I position - Akash Singh (Pol Sc., III year)

II position - Kavya Joshi (B Com Prog., III year)

III position - Ritu (Pol Sc., II year)

3. Idioms and Phrases Competition

Idioms and phrases enrich our language and for this very reason we organized a competition where students were judged on their knowledge of idioms and phrases in Hindi language. Following are the results: -

I position - Abhay

II position - Shruti (English honors, II year)

Students including our NSS volunteers participated in a huge number. The event ended on a positive note.

Visit to Orphanage

Date - Feb 27, 2018

No. of Participants - 16

On 27th February 2018, NSS Unit of Sri Guru Nanak Dev Khalsa College, University of Delhi visited an orphanage "Bal Sahyog" founded by late Prime Minister, Smt. Indira Gandhi in

1954, for the care and protection of orphan, helpless, abandoned and neglected children. It is situated in Connaught Place. The main objective of the visit was to understand the mindset and needs of these children and to spend quality time with them. The NSS team reached the orphanage at around 11 am and stayed till 5 pm.

We distributed clothes, stationery, toys, games, bags, etc. which were collected in our last event "Clothing with Dignity - a collection drive". We also distributed foodstuffs like biscuits and chocolates. We indulged in various activities with them such as dancing, singing, reciting poem, sports, discussing about their hobbies, helping them to prepare for their exam, etc. in order to get along with them and it proved to be wholesome.

This visit in itself was enough to experience that 'giving' comes with immense joy and soul-stirring satisfaction.

Visit to Kirti Nagar Slum

Date -13 March 2018

No. of Participants - 10

“The slums are not a place of despair. Its inhabitants are all working towards a better life.”

Having said that, it is really important to see slums with aspirations and envision rather than with repugnance. To take this view further NSS Unit of Sri Guru Nanak Dev Khalsa College, University of Delhi, visited a slum in Kirti Nagar on 13th March 2018, Tuesday. The team reached the slum area at 10 am and stayed there till 4 pm. The main focus of the visit was to understand the conditions and situations in which they live, the problems they face each day, their mindset and their ambitions. Our team went over there with a lot of questions in mind about whether they feel safe and secure, whether they send their children to school or not, whether they get medical facilities, whether they are able to feed their family with their income or not and so on and so forth but surprisingly we got positive answers.

We started with our survey regarding their living conditions and got to interact with many people, then we spent some time with kids by teaching them basic things like healthy habits, good manners, etc. as well as we helped them with their curriculum. We interacted with them and they shared their stories. The kids are so talented that they win awards in co-curricular activities as well as they excel academically. By interacting with those people, we learnt that they feel satisfied with what they have and they have adapted themselves to these conditions. Women are mostly engaged in household work but to get an extra income they do stitching and embroidery work. They send their kids to school regularly which means that they don't live with a backward mindset. The primary school is situated within the slum to attract more and more children. Their only concern is that they don't have a permanent house to stay in and each day they live in this fear that they will have to desert their house someday.

During the visit, NSS volunteers not only shared the experiences of the slum dwellers but also attempted to suggest hand on solutions to the problems of education, cleanliness, commutation etc. NSS also plans to sensitize other students of the college by bringing these stories and pictures to them through various platforms.

Blood Donation Camp
Date - 20 March 2018
No. of Participants - 76

A Single pint can save Three Lives, a Single gesture can create a Million Smiles.

Blood donation is a most important social service to the humankind. Keeping this in mind, NSS Unit of Sri Guru Nanak DevKhalsa College, University of Delhi organized “Blood Donation Camp” in the college premises on 20th March 2018, Tuesday. The camp began at 9 a.m. and continued till 4 p.m. It was organized in collaboration with Lions Blood Bank, a project by Lions Club, which is based in Chennai and operates blood bank and camps in many cities. We were able to collect 76 Units of blood.

A registration desk was placed in the ground area to register the students, teachers, and non-teaching staff who volunteered for blood donation. They were assisted by the NSS Volunteers in filling the form and for further formalities. A bloodmobile of Lions Blood Bank; a mobile donation center (vehicle) equipped with everything necessary for a blood donation procedure was stationed in college premises wherein all the tests and blood donation took place. NSS volunteers made announcements in all the classes and distributed pamphlets to aware the students about the importance of blood donation and how it is beneficial for the donor’s health as well. Banners and posters were placed at various places in the college. The event saw a huge participation from the students but as some were not as healthy as required for blood donation the tally rounded up at 76 units.

The event ended on a positive note and this initiative proved to be one among the successful events.

NSS Fair with Sikkim and North East Theme
Date - 22 March 2018
No. of Participants - 80

Sikkim – Where Nature Smiles

Volunteers of National Service Scheme along with Student’s Union of Sri Guru Nanak Dev Khalsa College organized its annual fair TASHI’18: #redpanda on 22nd March 2018 from 10 a.m. to 5 p.m. in the college premises. The theme of the fair was “Tourism in Sikkim” that was in accordance with the directive of Ministry of Human Resource Development. The fair was jointly coordinated by Ms. Harpreet Kaur Bahri, Convenor of Student Union (Ex-officio Programme Officer of NSS) and current Programme Officer Dr. Abhishek Sharma. The name TASHI means *Good Fortune* in Sikkimese language and it was inspired by the name of a former king of Sikkim *Tashi Namgyal* who was the 11th ruler of Namgyal Dynasty and ruled the state from 1914 to 1963. The subtitle #redpanda was given to the fair to commemorate the annual winter carnival, known as *Red Panda Winter Carnival*, organized in Sikkim. The main focus of this fair was to make people aware of the impeccable beauty, tradition and culture of Delhi’s sister state Sikkim.

Chief Guest for this occasion was Major General Dilawar Singh, Director General of Nehru Yuva Kendra Sangathan, who has also been in the care committee for FIFA U-17 World Cup 2017 hosted by India as a member. He is a member of the Central Selection committee for National Youth Development Fund as well as a Committee for Selection of award to the best Youth Club. He was felicitated by our Principal Dr. Man Mohan Kaur after which the students were addressed briefly by both Dr. Man Mohan Kaur and Major General Dilawar Singh.

Various inter-college competitions and games were organized by the team of NSS volunteers based on the theme. The team tested the knowledge of students about the state of “Sikkim” by organizing a quiz about it and also promoting tourism in Sikkim by displaying the map of the state and various places to visit there along with their native attractions. The winners of these competitions were provided prizes in both cash as well as kind. The festival also became an occasion for our college teams, such as Magus, Musoc, Nepathya, Gatka, Giddha, and Beat boxing, to showcase their talent on a single platform which is in consonance with our desire to bring the diversity of talents within our college together. Various Sikkimese food stalls were also put together where various Sikkim cuisines were on display. The decorations had a distinct Sikkimese flavor and a Sikkimese dance was also performed by NSS volunteers to bring forth the essence of Sikkim. Along with these recreational activities social causes were also given a fair chance to make students aware of their work in the field of social service. Organizations such as *Goonj* and *Wishes & Blessings*, an organization working with disabled students, were also invited to put up their stall, show their products, some of which were even bought by our students to help their cause. The event was greatly appreciated for its scope and execution and we hope that this will pave way to more such events in future.

Health Mela

Date - 4 and 5 April 2018

It is never too early or too late to start working towards the healthiest you.

Regular health check-up and tests help to discover problems before they start. By taking the right health services, screenings, and treatments, a person can increase his chances for living a longer and healthier life. For this reason, NSS Unit of Sri Guru Nanak Dev Khalsa College, University of Delhi took this initiative to organize a two day event “HEALTH MELA”. We invited MAX Super Specialty Hospital to organize free Health Check-up Camp on 4th April 2018, Wednesday from 9 a.m. to 4 p.m. as well as Electrocardiogram (ECG) Camp on 5th April 2018, Thursday from 9 a.m. to 4 p.m. for our students, teachers, and non-teaching staff.

Banners and posters were displayed at various places in the college. A registration desk was placed outside to register and assist students and teachers. Announcements were made by the NSS volunteers in all the classes.

Health Check-Up Camp

Date -4 April 2018

No. of Participants - 110

The check-up camp included Random Blood Sugar (Sugar Test), Blood group check, Blood Pressure check, cardiology, orthopedic test, Consultation, Medicine, etc. A team of specialty

doctors gave a free medical health check-up for the whole day and around 110 registrations were recorded. Students and faculty members partake in the event and got themselves thoroughly checked.

Electrocardiogram (ECG) Camp

Date - 5 April 2018

No. of Participants - 53

A team of cardiac physiologist and his assistants visited the college, who gave consultation and did the ECG test. Around 53 registrations were recorded for this event, which included a majority of our faculty members. This one-day event proved to be a huge success. The organizers were appreciated for taking this initiative and organizing a health mela for the first time in our college.

Reports of the events organized in 2016-17

Collection Drive: GOONJ-A DAAN UTSAV

Date - 6-12 February 2017

No. of Participants -18

The volunteers of NSS in collaboration with GOONJ organized a collection drive, GOONJ - A DAAN UTSAV from 6th to 12th February 2017. The organization with the help of collected old materials made an effort to make new things of daily use from old and used clothes, books etc. And donate them for a noble cause. Most of the students, college faculty and also the nearby people came up to donate for this noble cause and made it a successful one.

Vittiya Sakhsharta Abhiyan

Date - 6 January 2017

No. of Participants -100

Vittiya Sakhsharta Abhiyan was organized by NSS Unit in the college on January 6 2017 at a large scale, involving students and Teaching and non-teaching staff alike. The aim of the 'abhiyan' was to educate the college about the use of cashless systems and its benefits. Under this, a talk was organized, in which two officials from IDBI bank apprised and taught the students about various applications started by the government of India and also the bank which can help us carry out various transactions without the use of cash. Later, these students, NSS Volunteers, went to educate other students and Teaching and non-teaching staff about cashless system. Also, the students in a group went to the shops in the vicinity, educating them on how it is easy and beneficial to opt for a cashless system.

Sweep Campaign Club

Date - 25-26 January 2017

No. of Participants -18

To celebrate National Voters' Day, NSS unit of Sri Guru Nanak Dev Khalsa College with College's SVEEP Campaign Club organized a programme on January 25-26 2017 where a pledge was administered by the staff and students for "unbiased" voting. A symposium was organized on the topic "Every vote count", in which students conveyed the message of strength of democracy and significance of voting. Principal of the college Dr Manmohan Kaur was also present along with Ms. Harpreet Kaur Bahri. The entire programme was coordinated with the help of the two ambassadors trained under the SVEEP workshop, namely Harshita and Gurpreet. The NSS unit of Sri Guru Nanak Dev Khalsa College in connection with National Voters' Day organized an awareness & new voters' registration campaign, wherein 15 NSS volunteers participated & around 46 students applied for enrolling themselves in the electoral rolls as new voters. Manmohan Kaur, Principal of the college threw light on the importance of the day. The programme was conducted under the guidance of Ms. Harpreet Kaur Bahri, Programme Officer, NSS Unit of the college.

Talk on Anti-Drug Awareness**Date - 22 September 2016****No. of Participants -100**

On 22 September 2016, NSS Unit of the college in conjunction with the Narcotics Control Bureau (N.C.B), Delhi Zonal Unit organized an 'Anti-Drug Awareness Program' to educate the students about the dangers and adverse effect of drug abuse. Through slide shows, speeches, pamphlets, and handouts, Mr. Madhu Singh, Zonal Director, N.C.B, Mr. Sanjay Mehta, ACP and Mrs. Sarita Katiyar, ACP, N.C.B, warned the students against the drug menace, which is crippling the youth.

Dry Day for Tobacco**Date - 30th of every month****No. of Participants -18**

Dry Day for Tobacco is organized by the NSS and the College Anti-smoking Nodal Officer, Dr. Gurmohinder Singh on 30th of every month. The aim of the event is to spread awareness about the ill-effects of the use of tobacco. It also apprised the students of various smoking bans internationally and also the smoking bans in India.

Rashtriya Ekta Saptah**Date - 31 October –5 November 2016****No. of Participants -50**

Under Rashtriya Ekta Saptah (31st October 2016-5th November 2016), NSS Unit of SGND Khalsa College, to commemorate the birth Anniversary of Sardar Vallabh Patel and his ideology of nation building and Unity, organized screening of two documentaries on Sardar Patel and Unity in diversity. The screening was followed by an enlightening talk by the College Principal on the need to look inward, introspect, and find a unifying principle in the self. Slogan writing, Essay writing competition and a street play were also organized in the college.

Vigilance Week**Date - 31st October – 5th November 2016****No. of Participants -150**

The volunteers of NSS unit also observed The Vigilance Week from 31 October-5 November 2016, where the unit organized a signature Drive and slogan writing competition in the college. During the campaign, volunteers spread awareness about the significance and need for public participation in promoting integrity and eradication of corruption among the students.

National Youth Day**Date - 12 January 2016****No. of Participants -100**

NSS unit celebrated National Youth Day and also commemorated the Birth Anniversary of Swami Vivekananda on 12 January 2016. The following events were organized in the college: A documentary on Swami Vivekananda and his philosophy, NukkadNatak on the role played by the youth on social issues, Declamation & Debate Competition, A talk and Discussion on the influence of Swami Vivekananda on the young minds and Best out of waste.

Interactive Session on Transgender Community**Date - 31 March 2017****No. of Participants -50**

The NSS Unit and CCC (College Community Collaboration) unit of the college organized an interactive session on "TRANSGENDER COMMUNITY" on 31st March 2017. The session was presided over by Amrita Sarkar. She explained the students about the essential rights amended and new provisions provided by the state. She also informed us that being in the initial phases of progress, they are still facing different challenges in the society.