

NSS ARYABHATTA COLLEGE

REPORT FOR SESSION 2018-19

- **PAKHWADA ORGANISED AT ARYABHATTA COLLEGE, UNIVERSITY OF DELHI (24th September, 2018 - 2nd October, 2018)**

As part of the campaign for Swachh Bharat-Swachhta Pakhwada, various activities were conducted in our college, Aryabhata College (University of Delhi) to create awareness among the students regarding Cleanliness and the on-going cleanliness drive “Swachh Bharat” started by our respected Prime Minister, Shri Narendra Modi.

In the month of September, Swachhta Shapath was organised by the NSS unit on the first day of the Pakhwada, 24th September, 2018, wherein all the students and the staff of the college participated. English and Hindi debates, Essay Writing Competition, Painting and Poster making competition on 'Cleanliness and Hygiene Practices' were conducted by the College NSS unit, wherein the NSS volunteers realised the importance of cleanliness and sanitation, as the role of the college NSS unit has been instrumental in realizing the mission of Swachh Bharat.

A rally and prabhat pheri by NSS volunteers were also organized inside the college campus to create awareness about the importance of “Cleanliness and Hygiene”. Swachhta Awareness messages were posted on the college website and photographs were displayed at various places inside the college premises.

The NSS volunteers also explained the benefits of keeping clean surroundings in and around the living and working areas to fight the menace of diseases spread through mosquito bite like Dengue, Malaria and Zika. The week-long events ended with a beautiful drama performed by the NSS volunteers focussing upon Dengue awareness and hygiene. A documentary on Mahatma Gandhi’s life and his views regarding cleanliness was also shown to the volunteers in the college seminar room. The documentary motivated the NSS volunteers to work selflessly and untiringly for the greater cause of cleanliness and hygiene in our country.

Hence, all the above activities conducted by the college, enabled it to take the mission of cleanliness to the community, thereby creating mass awareness among college students. The college Principal congratulated the NSS volunteers for their enthusiasm towards spreading the message of cleanliness. Fifty NSS volunteers from NSS Unit of the college were involved in the various Swachhta activities during this week.





- **REPORT ON PARTICIPATION OF NSS UNIT OF ARYABHATTA COLLEGE IN THE CELEBRATION OF PARAKRAM PARV IN COLLEGE PREMISES AND AT INDIA GATE LAWNS**

(28th - 30th September, 2018)

Parakram Parv was celebrated to mark the second anniversary of the Indian Army's surgical strike on Pakistani occupied Kashmir based terror camps. The anniversary was celebrated from 28th September, 2018 (Friday) to 30th September, 2018 (Sunday) to showcase the courage, valour and sacrifice of Indian armed forces. The main event was planned at India Gate lawns, Rajpath in New Delhi.

Aryabhata College, University of Delhi also celebrated Parakram Parv at its premises on 28th September, 2018 by organizing poster and card making competition dedicated to Indian soldier. The principal of the college highlighted the sacrifices made by the soldiers to safeguard our borders and freedom. The NSS unit of the college showcased various activities and events dedicated to our country's armed forces as a tribute to Parakram Parv. 18 NSS volunteers dressed in official NSS jackets also participated in the festivities at India Gate lawns on Rajpath on 28th, 29th and 30th September, 2018.

The events at India Gate highlighted the valour of Indian armed forces in general and Indian army's special forces in particular. Raksha Mantri Smt. Nirmala Sitharaman also visited India Gate lawns on 28th September, 2018 to inaugurate the Parakram Parv and also to interact with the NSS volunteers and general public. The programme started with a bugle call at 6.30 PM on 28th September, 2018 and thereafter, movies and photographs depicting valour and courage of the Armed Forces were shown. The event was open from 11 AM to 10 PM on 29th and 30th September, 2018.

NSS volunteers of the college got the opportunity to see captured weapons used by terrorists and Pakistan army. Indian army also displayed its equipment like howitzers, artillery guns and small arms. On 30th September, 2018, noted singers like Kailash Kher and Sukhvinder Singh also performed at the venue apart from the various military bands. The volunteers from NSS Unit of the college also got a chance to personally interact with the soldiers and hear their valour stories. This was quite a learning experience for the NSS volunteers who were quite impressed by the humility and simplicity of the army jawans.

The general public was encouraged to take selfies at all venues and events, including India Gate and post them on the social networking sites with #ParakramParv to show their love and respect for Indian armed forces.



"THE TYRANT DIES AND HIS RULE IS OVER, THE MARTYR DIES AND HIS RULE BEGINS."



मैं तिरंगा लहराकर वापस आऊंगा या फिर
तिरंगे में लिपटकर आऊंगा, लेकिन मैं वापस
अवश्य आऊंगा |

#NSSARYABHATTA



- **REPORT ON CELEBRATION OF NSS DAY AND SWACHHATA HI SEVA DAY ON 24TH SEPTEMBER, 2018 AT ARYABHATTA COLLEGE, UNIVERSITY OF DELHI**

On the occasion of NSS Day, 24th September 2018, NSS Unit of Aryabhata College organized a series of social events for the NSS volunteers and enthusiastic students to come forward and contribute for a common cause- well-being of our society. There were three events including cleanliness drive, Dengue awareness rally and street play on the theme of cleanliness and hygiene awareness.

The celebration began with a cleanliness drive at 10:30 am. Around 50 NSS volunteers along with teaching, non-teaching staff from all the departments participated in cleaning and dusting of the college campus. In a very systematic manner, all the NSS volunteers got divided in different groups and were allotted a separate area (canteen, garden, corridors and classroom area) in college campus with brooms and bins. A neat and clean atmosphere was created within four hours.

A Dengue awareness rally began in the college campus at 01:30 am. With strong and appealing slogans and effective messages on Dengue and cleanliness, the rally took one complete round of the college campus waking up every mind and making them aware about the very necessary information regarding the disease. The last event was the main crowd puller of the day- street play.

A very strong performance by NSS volunteers highlighting the importance of cleanliness was presented in front of students and teachers. The principal of the college also described the importance of the day and Swachhata Abhiyan. It was a successful celebration of NSS day at Aryabhata college and once again proved the dedication of NSS students and their inclination to support for a noble cause.

Swachhata Hi Sewa, the cleanliness campaign was announced to emphasize and enhance the importance of hygiene and proper sanitation among the public to pave the way for national development. This campaign was initiated focusing the mobilization of people from all walks of life for achieving the targets of clean India and to ensure to make surroundings free from open defecation. It also targeted cleaning of public and tourist places too.



- **Workshop on “Promoting Intergenerational Bonding” at Aryabhata college on 28 January, 2019**

Owing to contemporary changing family settings, social structures and processes and socio-cultural factors, there has been a growing gap between the generations in attitudes, prejudice, beliefs and values. This has sometimes given way to antisocial behavior, violence and aggression towards individuals and groups.

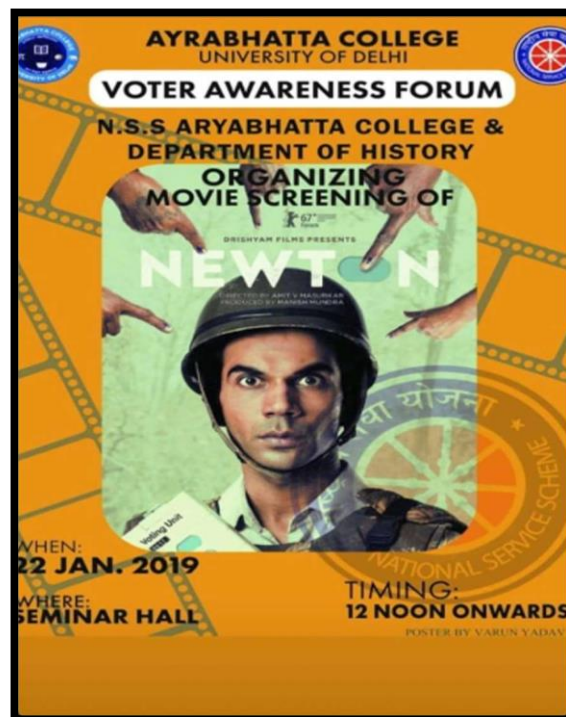
There is, therefore, an urgent need to understand the dynamics of change in the community and sensitize the generations to maintain elements of community organization, harmony, peace and ethical behavior for the development of a happy, healthy and sustainable society. Students in their late teens are in the process of forming social self, self-concept, self-esteem and identity while peers, family, society, community and others seek to control, discipline, and persuade them to conform in their own vision. Group dynamics breakdown leads to erratic behavioral patterns. For this purpose, All India Women's Education Fund Association (AIWEFA) with support from the National Institute of Social Defence, Ministry of Social Justice, is organized workshops for college students specially the 1st year & 2nd year students to bring about transformational behavior between the different generations (two or three). Particular attention is given to include students from National Service Scheme (NSS) and National Cadet Corps (NCC). Following were facilitators during the process

- Dr. Renu Malaviya: She is Asso. Professor & H.O.D. of B. Ed. Dept., LIC. She is a Pedagogue & Mental health Professional. She is also the Joint Secretary of AIWEFA.
- Ms. Sarla Manchanda, Vice President AIWEFA & Convenor of these workshops. She is a former Asso. Prof. of Applied & Textile Chemistry at LIC.
- Adv. Shweta Gupta: She is a lawyer practising in Delhi. She is a member of Delhi Services authority and legal advisor to many organizations.
- Dr. Anand Katoch, Director, National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment. GOI
- Dr. H C Sridhara C. Ranga Reddy, Deputy Director, National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, GOI



- **Screening of movie ‘Newton’ on National Voters’ Day**

The NSS Unit and Dept. of History, Aryabhata College organized screening of movie ‘NEWTON’ which is based on importance on right of voting on January 22, 2019 from 12 Noon onwards in the Seminar Room. There was a talk/ discussion after the movie screening on “Importance of Voting and Youth”. Students, faculty members and non-teaching staff were all present in the screening and enjoyed the movie.



- **NSS unit organized one day Blood Donation Camp in collaboration with the Red Cross Society on occasion of the Women's Day**

NSS unit of Aryabhata College organized a Blood Donation Camp for the students and teachers in collaboration with Red Cross Society as part of two-day Celebration of Women's Day. The camp was organized on the 8th March 2019. The camp started with Blood donated by the NSS coordinator Dr. Pawan Kumar and Dr. Sachin Kumar from Department of History as an example for the rest of students, reminding them of their social responsibility. Their donation was followed by large number of students donating blood and adding to their participation in social responsibility as young adults. The camp opened up at 10 am and was concluded at 2:30pm.



- **NSS Unit Organized a Health Awareness Workshop for Women in Collaboration with Gracias Raina Foundation**

The NSS unit organized a workshop for the benefit of young women and faculties of the college in collaboration with Gracias Raina Foundation on 7th March 2019 as part of women's day celebration. The workshop was conducted by the founder of Gracias Raina Foundation Ms. Priyanka Chaudhary Raina and her on board team of doctors. The workshop had physical health expert and a psychologist who spoke to the students about the ongoing changes in a young body. Around 50 students participated in this event.

The entire workshop was divided in two sections, one that focused on reproductive and contraceptive measures that women must pay attention to while the other section was centered around the techniques to deal with psychological issues like decision making, peer pressure and biopsychic responses of the body during adolescence and post-delivery periods.

Young girls were made aware of the dangers of unprotected and irresponsible sexual intimacy and over the counter emergency contraceptive alongside the methods and importance of maintaining basic physical hygiene. The young working women on the other hand were educated on pre, during post pregnancy and work-related stress that can have far reaching effect on the body.

The workshop was extensive in its content and covered lifestyles advices alongside precautionary measures to undertaken to avoid serious illnesses like cervical cancer and STDs.

The workshop saw a large attendance of young men alongside women, therefore it also sensitized young male adults towards teenage sexual behavior and precautions along with sensitizing them towards the needs and problems of their female peers.

The program was inaugurated by our principal Dr. Manoj Sinha who highlighted the importance of taking note of persistent confusion and mis information over the above matters amongst young adults. He thanked Gracias Raina Foundation for conducting a workshop on such sensitive topic and congratulated them for the wholesome coverage of all aspects of the problem faced by students in their late teens and early 20s.



- **NSS Unit Organized a Week-Long Self Defense Workshop for Women in Collaboration with Delhi Police**

As part of their women' day celebration the NSS unit collaborated with Delhi Police to organize a week-long self-defense class for women that concluded on 8th March, 2019. While the aim of a responsible society should be to sensitize men, the camp aimed at enabling the women to be able to face alarming situations with confidence and skill if they encounter any such threat in their everyday life. The camp aimed at educating women about basic techniques of quick responses against any physical danger. The camp was attended by 20 girl students.



- **NSS Organized Breast Cancer Awareness Program for Women**

Fortis hospital surgeon was invited by the NSS unit of the college to educate the faculty and students of symptoms, diagnosis, prevention of breast cancer amongst women. The program was aimed addressing the issue of breast cancer amongst women in the demanding lifestyle era. The women are often presented with stressful routine trying to manage work and home, these super women of new age sometimes do not find time to take care of their bodies and end up either ignoring physical signs of illness or delaying the diagnosis due to lack of time to visit doctors. The college made an attempt through NSS to bring the doctor at the workplace to make sure that the working teaching and non-teaching women staff were aware of the needs of taking care of their physical bodies while the young girls were aware well in advance of the dangers of certain lifestyle habits that may lead to future illness. The program was attended by teaching and non-teaching community of the college.



- **Shaheed Diwas Celebrated by NSS**

On Shaheed Diwas NSS organized a session on 11th April 2019. The special guest for this event was Yadvinder Singh Sandhu, Grandson of Freedom fighter Bhagat Singh. He shared his family experience and stories of the massacre on 100th Anniversary of Jallianwala Bagh Massacre.

