

NSS ARYABHATTA COLLEGE REPORT 2020-21

□ LIKHO ON CORONA

NSS unit of Aryabhata college is organised an online writing competition*. *लिखो ON कोरोना* *Top 3 writers from both English and hindi medium were acknowledged on our social media handle and also awarded an certificate of merit.(Hard copy). E-certificate has been provided to all the participants.

*TOPIC:-*Write a creative poem, short article,shayari. based on the following prompts mentioned in the poster. last date of submission was 06 May 2020, 5:00 pm. Entries were in Hindi/English with Word Limit of 250

NATIONAL SERVICE SCHEME
(ARYABHATTA COLLEGE)

लिखो
ON
कोरोना

Topic
On Awareness, Health workers
Lockdown, Innovation
word limit-250
Medium- Hindi, English

Poems
Shayari
Short Articles.....

LAST DATE
6TH MAY 2020

* Top 3 writer's will be Acknowledged on our
Social media handle

* E- certificates will be provided to all the
participants

PROGRAMME OFFICER
Dr Pawan
Kumar

FOR QUERIES- 82855 14333

□ INDEPENDENCE WEEK, 15 AUGUST 2020

NSS unit of ARYABHATTA COLLEGE is organised INDEPENDENCE WEEK from 9th to 15th August 2020 with 2 major events

 **NSS** 
ARYABHATTA COLLEGE
University of Delhi
presents

"INDEPENDENCE WEEK"
10th - 15th August 2020

This independence day don't just send messages. Join us in the following events and showcase your patriotism.

➔ **PLANTATION DRIVE**
10th - 15th August
(Due to current pandemic it can be done near your area)

➔ **POSTER MAKING COMPETITION (HANDMADE)**
13th - 14th August
(theme : awareness and prevention from covid-19)

FOR FURTHER QUERIES CONTACT
DEV(7496089540) DHURV(8930094049)

PRINCIPAL
DR. MANOJ SINHA

PROGRAM OFFICER
DR. CHANDRASHEKHAR NISHAD

- **PLANTATION DRIVE** from 10th to 15th August (with regards to current pandemic it can be done near your area)



 **NSS**
ARYABHATTA COLLEGE
University of Delhi

presents
"INDEPENDENCE WEEK"

 **PLANT A TREE**
save the environment
Any sapling can be planted
in your house garden or
near your house area or even
in flower pots.

**TAKE A SELFIE WITH SAPLING AND
UPLOAD IT ON THE FORM**
*E-Participation Certificates will be
provided.

**TREE
PLANTATION**
Due to current pandemic
it can be done near your
area
Date -
10th-15th Aug 2020

For Further Queries,
Contact
Geethika (7659055667)
Anand (8874848587)
Nss.aryabhatta@gmail.com

- **POSTER MAKING COMPETITION** on 13th and 14th August

Theme: AWARENESS and PREVENTION from COVID-19

All the participants were duly authorized with participation certificate and winners were awarded with a trophy and certificate of merit.

NSS

ARYABHATTA COLLEGE
University of Delhi

presents
"Independence Week"

**POSTER MAKING
COMPETITION**

Theme : Awareness on COVID-19

WINNERS GET A TROPHY + MERIT CERTIFICATE AND
E-PARTICIPATION CERTIFICATE WILL BE PROVIDED
TO ALL THE PARTICIPANTS.

last date of submission - 14 August 2020

Fill the google form to participate.
*The entries can be in the form of a handmade painting,
drawing or sketch with an appropriate tagline or
slogan.*

.....
For Further Queries, Contact
Dhuru(8930094049) Dev(7496089540)
Nss.aryabhatta@gmail.com

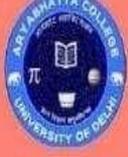
□ **WEBINAR ON CANCER AWARENESS, 12 SEP 2020**

NSS ARYABHATTA in association with SANJEEVNI organised a webinar on cancer awareness on 12th Sep 2020 on 11:00am. E-certificates was provided to all 40 attendees.



The poster is for a webinar on cancer awareness. It features a red background with white and black text. At the top, it says 'NATIONAL SERVICE SCHEME ARYABHATTA COLLEGE University of Delhi'. On the left, there is a photo of Miss Sumki Begum, Program Co-ordinator of SLBC (outreach). The main text reads 'Organises WEBINAR on CANCER AWARENESS In association with Sanjeevni (life beyond cancer)'. Below this is the registration link: 'REGISTRATION LINK:- [HTTPS://FORMS.GLE/WANZBMNCXMZFUH239](https://forms.gle/WANZBMNCXMZFUH239)'. A note states '*E-Certificates will be provided to all Attendees'. At the bottom, it lists the time as 11:00 AM and the date as 12th September. The Program Officer is Dr. Chandrasekhar Nishad and the Principal is Dr. Manoj Sinha.

NATIONAL SERVICE SCHEME
ARYABHATTA COLLEGE
University of Delhi



MISS SUMKI BEGUM
PROGRAM CO-ORDINATOR
SLBC (outreach)

Organises
WEBINAR
on
CANCER AWARENESS
In association with
Sanjeevni (life beyond cancer)

REGISTRATION LINK:-
[HTTPS://FORMS.GLE/WANZBMNCXMZFUH239](https://forms.gle/WANZBMNCXMZFUH239)
**E-Certificates will be provided to all Attendees*

Time:- 11:00 AM **Date:- 12th September**

PROGRAM OFFICER
DR.CHANDRASEKHAR NISHAD

PRINCIPAL
DR.MANOJ SINHA

□ **EKTA DIWAS PLEDGE. 31st October,2020.**

A pledge ceremony was organized by NSS unit of Aryabhata college, on the account of NATIONAL UNITY DAY. In this event volunteers, teachers and other students were made to a pledge on national unity. The ceremony was held on both online and offline mediums by following all the SOPs of social distancing. About 45 students and 20 teachers participated in the ceremony.

NATIONAL SERVICE SCHEME
ARYABHATTA COLLEGE
University Of Delhi

celebrates

RASTRYA EKTA DIWAS

By organising a pledge to foster and reinforce our dedication to preserve and strengthen our unity of our nation on the birth anniversary of sardar vallabhbai patel.

Time: 12:00pm **Venue: on Google meet**
Date: 31st oct 2020

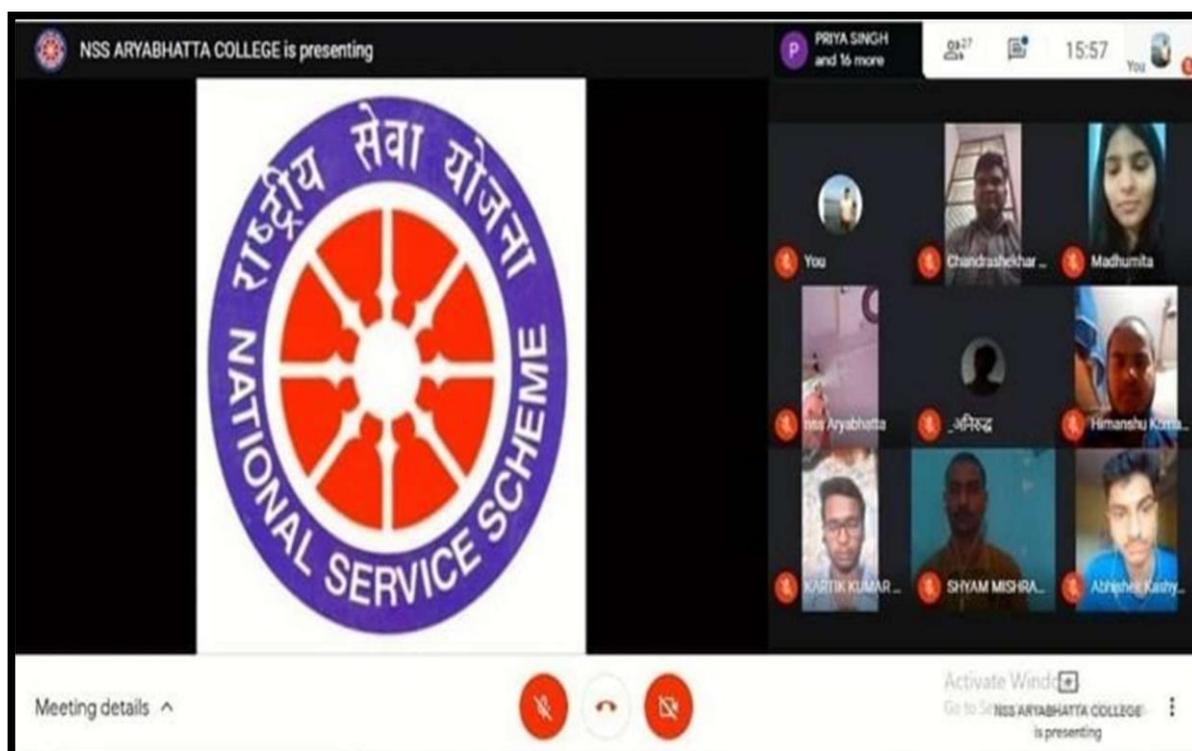
NATIONAL UNITY DAY

Program Officer
Dr.Chandrasekhar Nishad

Principal
Dr.Manoj Sinha

□ **CONSTITUTION DAY 26th November,2020.**

A meeting was organized by NSS unit of Aryabhata college, on the account of CONSTITUTION DAY. In this event volunteers, teachers and other students were made to read the PREAMBLE TO THE CONSTITUTION OF INDIA. The ceremony was held on both online and offline mediums by following all the SOPs of social distancing. About 35 students and 20 teachers participated in the ceremony.



□ **CLOTH DONATION DRIVE. 15th January, 2021.**

A cloth donation drive was organized by NSS unit of Aryabhata college from 01st January to 08th January, 2021 and distributed them on 15th January, 2021 to the needy and to the construction workers in our college. This event was organized in physical mode by taking all the safety precautions for COVID-19. Some of our volunteers from Delhi also came to college and worked during this COVID times taking all the precautions and also our principal sir “Prof. Manoj Sinha” and our program officer “Dr. Chandrasekhar Nishad” also guided and supported us. All the clothes were washed and sanitized before distributing them to the needy.


NATIONAL SERVICE SCHEME
ARYABHATTA COLLEGE
 University of Delhi
organizing


CLOTH DONATION DRIVE
 1st JAN 2021 - 5th JAN 2021

"Give your
CLOTHES,
 make a fashion
STATEMENT
 & share the
WARMTH."

PROGRAM OFFICER
DR. CHANDRASEKHAR NISHAD

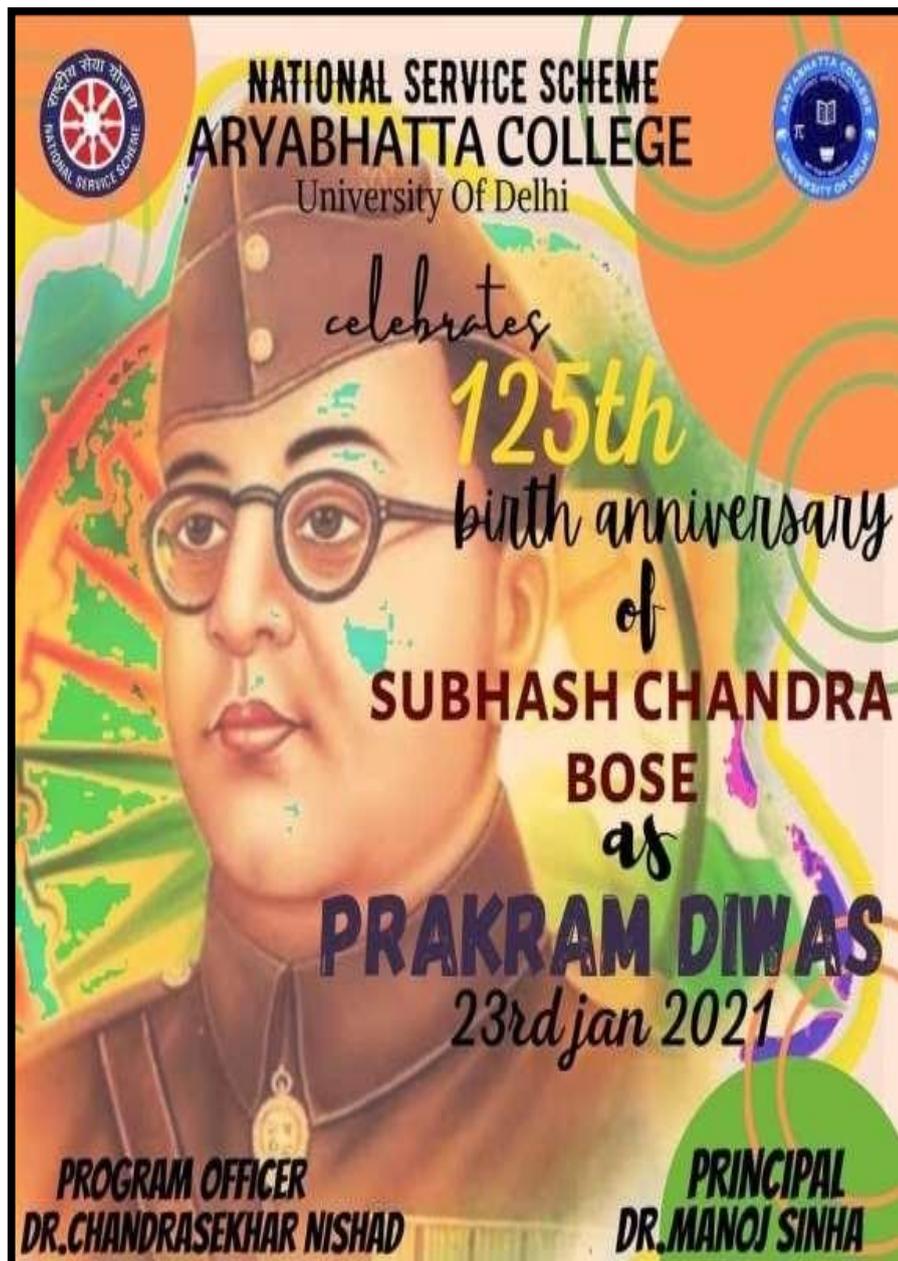
For further details contact :-
 Dhruv : 8930094049 Geethika : 7659055667
nss.aryabhatta@gmail.com



□ **Parakram Diwas. 23 January 2021.**

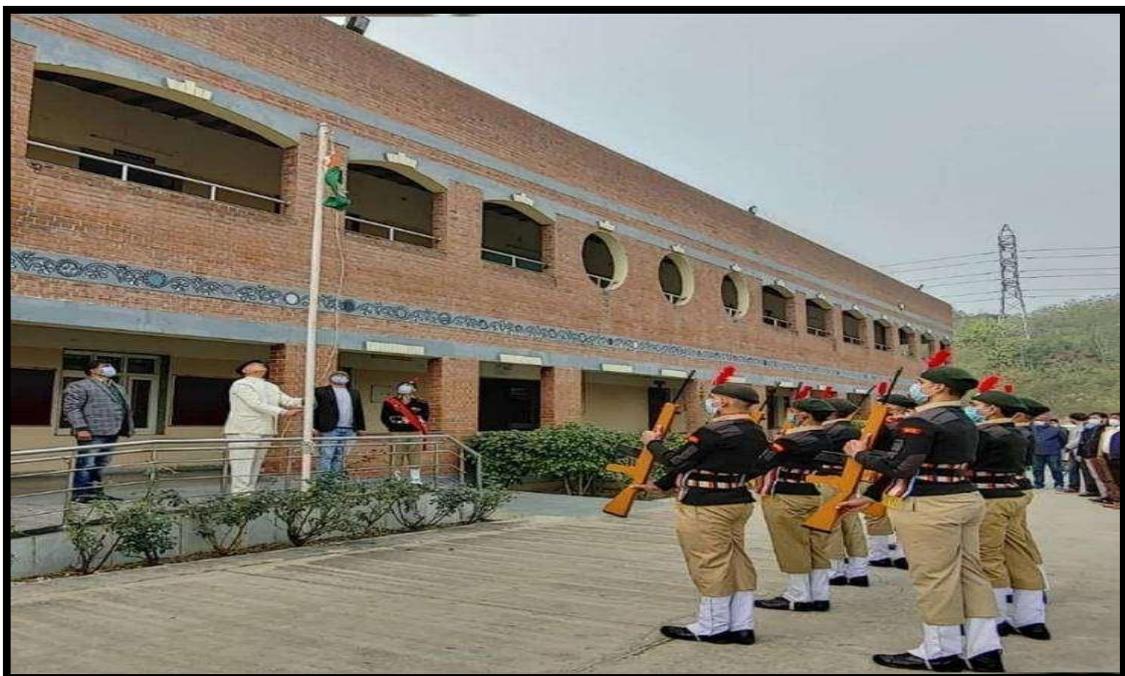
On the account of 125th birthday anniversary of Netaji Subhash Chandra Bose, Parakram diwas of celebrated by NSS unit through an online medium.

Students were given brief overview of Netaji's life and the value points which we can learn from him. Students were shared with his ideals and inspiring life incidents. The program successfully ended with the embodiment of pride and motivation among the students.



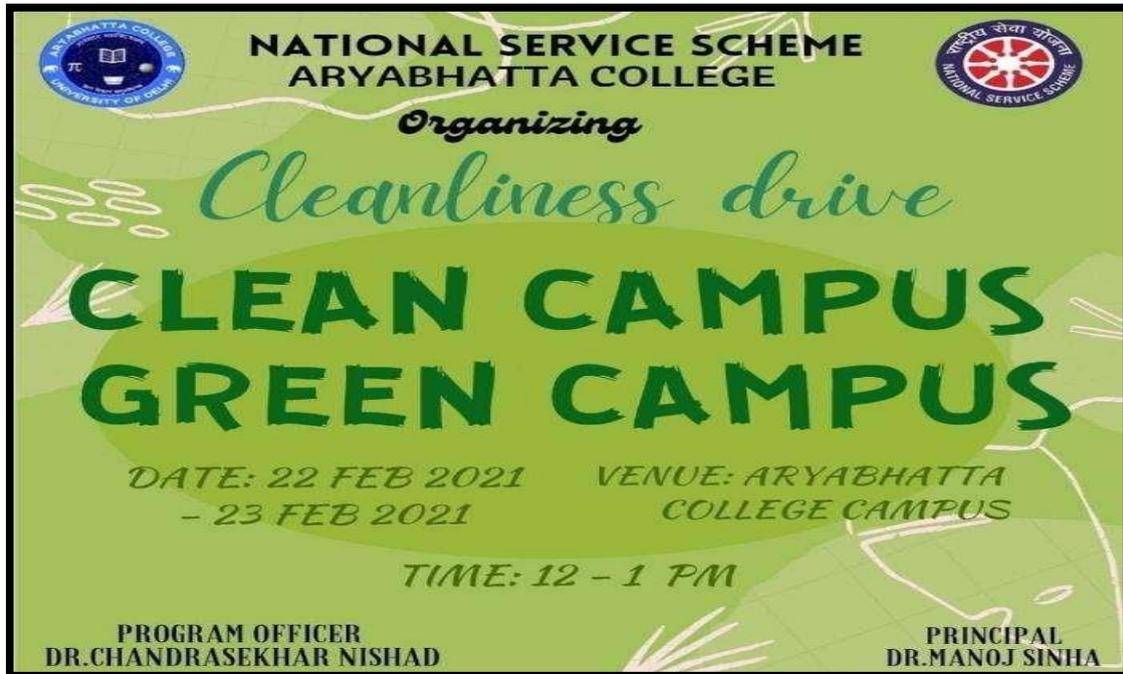
□ **FLAG HOISTING CEREMONY, 26 JAN 2021**

NSS Aryabhata Unit participated in flag hoisting ceremony in Aryabhata College on the occasion of Republic Day. The occasion was graced by our principal Dr. Manoj Sinha.



□ **CLEANLINESS DRIVE, 22-23 Feb 2021**

NSS ARYABHATTA unit organized a cleanliness drive in college campus on 22-23 Feb 2021 at 12pm. 20 volunteers participated in CLEAN CAMPUS GREEN CAMPUS.



- WOMEN'S DAY. 9th March, 2021.

NATIONAL SERVICE SCHEME
ARYABHATTA COLLEGE
University of Delhi

Presents

DEBATE AND QUIZ
COMPETITION

On

INTERNATIONAL
WOMEN'S DAY

8th March 2021

PROGRAM OFFICER
DR.CHANDRASEKHAR NISHAD

PRINCIPAL
DR.MANOJ SINHA

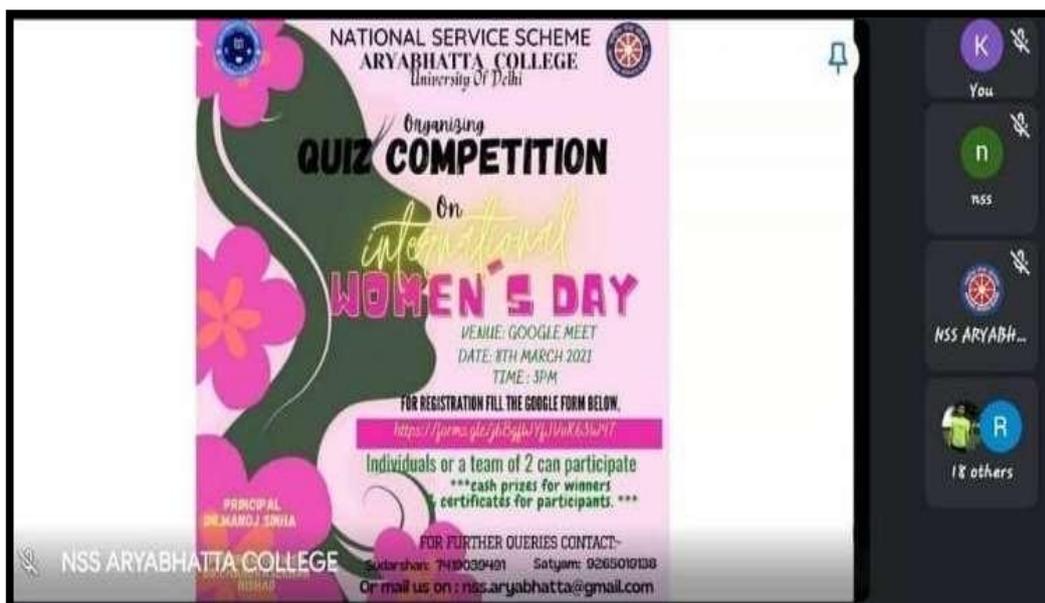
□ WALKATHON

NSS unit of ARYABHATTA COLLEGE participated in a Walkathon on the occasion of INTERNATIONAL WOMEN'S DAY and celebrating 125 years of NETAJI'S LEGACY organized by Ministry of Youth affairs and sports & FIT INDIA on 8th March, 2021 from 7am to 9am at Jawaharlal Nehru stadium, New Delhi by taking all the COVID precautions. Our Sports minister Sh Kiren Rijiju appreciated women empowerment and addressed the audience and volunteers. It was a wonderful program done with great energy & enthusiasm.



□ QUIZ COMPETITION

An online quiz competition was conducted on 8th March, 2021 by NSS UNIT of ARYABHATTA COLLEGE on the occasion of WOMEN'S DAY. We received an overwhelming response from everyone and got more than 80 entries, out of which top 6 teams were selected to finals. Participation certificates were given to all the participants and top 3 runner-up's Naveen Yadav, Anurag Gupta and Adarsh Das were awarded with cash prizes along with certificate of merit. All the team members worked hard and made the event a great success.



□ DEBATE COMPETITION

An online debate competition was also conducted on 8th March, 2021 by NSS UNIT of ARYABHATTA COLLEGE on the occasion of INTERNATIONAL WOMEN'S DAY.

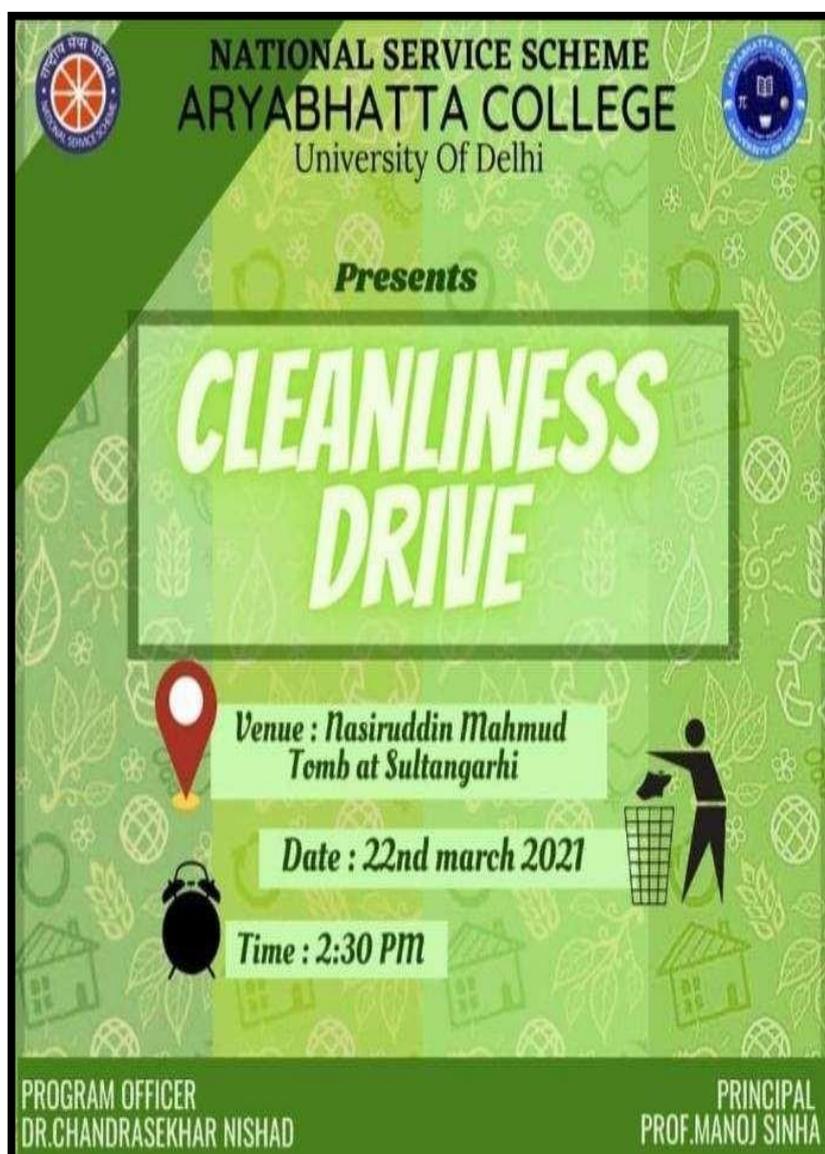
For this event too we received a great response and 25 slots were confirmed. Top 3 runner-up's Nitiksha Tyagi, Aditi Srivastava and Prabhakar were awarded with certificate of merit as well as cash prizes and certificates of participation were given to all the participants. The event was made a big success with the hard work done by all the team members.



□ **SHAHEEDI DIWAS. 19th March, 2021.**

NSS Aryabhata College has organized two events.

- **Cleaning drive of the monument: “Nasiruddin Mahmud tomb”** at Sultangarhi, on 22nd March 2021, at 2:30 PM.
- A panel discussion on the subject: **Commemoration of Shaheedi Diwas: Some Reflections.** NSS Aryabhata College organized Martyrs’ Day commemoration on 23-03- 2021 The programme started with paying tribute to all freedom fighters. Prof. Shri Prakash Singh, Department of Political Science, Delhi University, was present with us as a guest during this time discussed every aspect related to the freedom movement and struggle.

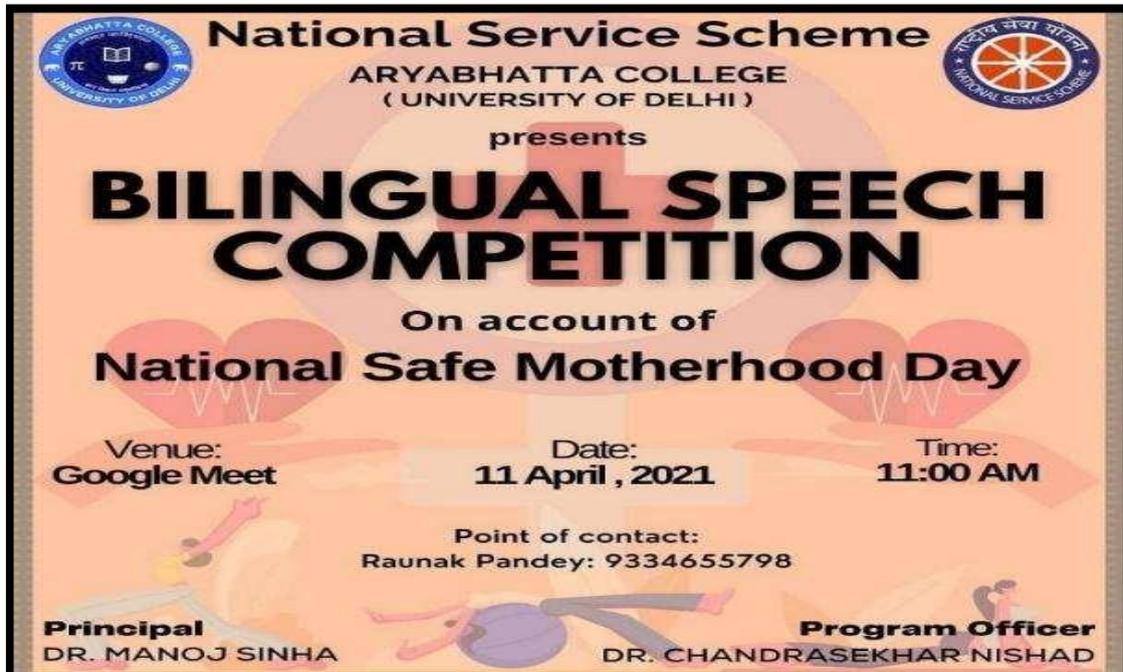






□ **BILINGUAL SPEECH COMPETITION, 11 April 2021**

NSS Aryabhata organised an online bilingual speech competition on the occasion of national safe motherhood day (11th April) the competition was interesting and participants participated with great enthusiasm.



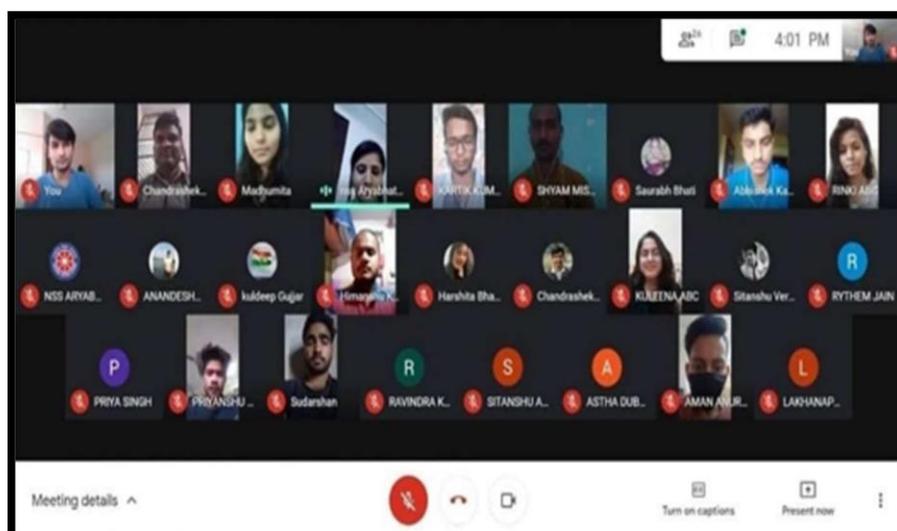
□ **OPEN MIC CONTEST, 13 April 2021**

NSS unit of ARYABHATTA COLLEGE, UNIVERSITY OF DELHI is organised OPEN MIC on the account of the *Jallianwala Bagh Massacre* on 13th April, 2021 Preferred languages: Hindi/Urdu/Punjabi. The performance was not to exceed 10mins



□ **Covid-19 webinar. 13 May 2021.**

A webinar was organized by the NSS Aryabhata unit on Covid awareness. In collaboration with Dharamshila cancer foundation. Students were told about the hazards of cancer during covid times and were also told about some prevention measures.



□ **World No Tobacco Day Event. 31st May 2021**

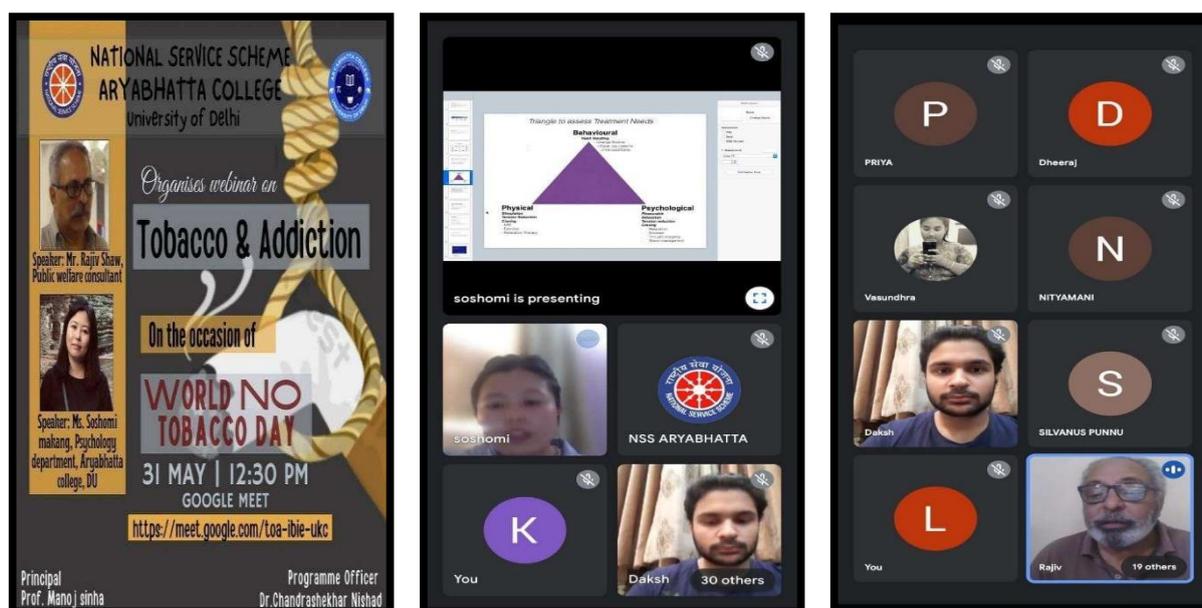
NSS unit of ARYABHATTA COLLEGE, UNIVERSITY OF DELHI organized an OATH taking ceremony and a webinar on 31st May on the occasion of *WORLD NO TOBACCO DAY* declared by WHO.

This event was centered around the theme for the year 2021 " *commit to quit* " and therefore presents two lectures on aspects of addiction.

Topic: " TOBACCO AND ADDICTION "

Speaker 1: Mr. RAJIV SHAW, public welfare consultant on "Drug use and it's treatment and consequences "

Speaker 2: Ms. SOSHOMI MAKANG, Department of Psychology, Aryabhata College, DU on " Strategies to assist in tobacco cessation "



□ **Mental Health Awareness Webinar. 2nd June 2021**

NSS unit of ARYABHATTA COLLEGE, UNIVERSITY OF DELHI organized a webinar on MENTAL HEALTH AND COVID TIMES. The speaker was Ms Saumya Mathur, a renowned counsellor. As we all know in these hard times quarantine is affecting our mental health. While some people are also facing serious depression and anxiety, others have seen loved ones go. NSS unit of Aryabhata college made a small attempt in helping people cope better with the stress.



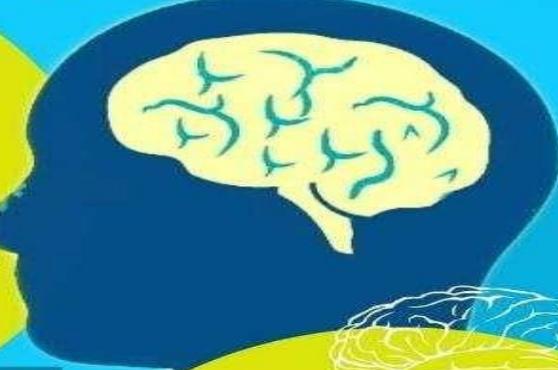
NATIONAL SERVICE SCHEME
ARYABHATTA COLLEGE
 University of Delhi



ORGANISES WEBINAR ON

Mental health & covid times

Topic: Coping with Grief





Guest: Saumya Mathur,
 Psychotherapist & Yoga instructor,
 Founder at Dhyanaa

2ND JUNE | 2 PM
GOOGLE MEET
<https://meet.google.com/zox-oetw-ijd>

Principal
 Prof. Manoj Sinha

Programme Officer
 Dr. Chandrashekhar Nishad

REC



The Many Faces of Grief

Saumya is presenting



Vidhi

A

AMIT



You



Saumya 48 others

zox-oetw-ijd

REC



Saumya



Aayushi



Shrimi

M

Muskan



Ashraj

B

B



You



KULEENA 48 others

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□ **INTERNATIONAL YOGA DAY 2021. 21-27 June 2021.**

A yoga workshop was conducted from 21st June 2021 i.e., Monday to 27th June 2021, on the account of International Yoga Day 2021 by NSS ARYABHATTA in collaboration with the Department of Physical Education, Aryabhata college. About 200 practitioners registered for the event, among them were 150 students from the various institutions of the nation. Also, many professors and working professionals showed interest in the program.

The first session began at 7 AM on 21st June 2021. About 60 practitioners joined it. Including students, teachers, house wives and other working professionals. The agenda for the session was - COMMON YOGA PROTOCOL. The program was officially inaugurated by our college principal Prof. Manoj Sinha. And the guest speakers were Mr. Sumit Kumar, Dr. Tarak Nath, Mr. Krishen Kumar, Mr. Shishir Pokhriyal, Dr. Ajay Shastri, Mr. Deepak Saini and Dr. Brijesh Singh

The attendees were enlightened by the broadening words of the guest and we're imparted with in-depth knowledge of yoga and its benefits. The program successfully ended with an interactive doubt session in which the guest mentor answered the questions put up by the attendees.

PROGRAMME SCHEDULE

Day 1(21-06-21)

TOPIC:- COMMON YOGA PROTOCOL



MR. SUMIT KUMAR
Resource Person(Yoga lecture),
SPM College & CIE (DU)

Day 2(22-06-21)

TOPIC:- COMMON YOGA PRACTICE



MR. KRISHAN KUMAR GARG
Yoga teacher, Asian & national
gold medallist

Day 3(23-06-21)

TOPIC:- YOGA & AYURVEDIC DIET



DR. AJAY SHASTRI
Yoga Expert at JNU & Delhi President,
State Yoga and Sports Association

Day 7(27-06-21)



TOPIC:- SCIENCE OF BREATHING & MEDITATION

DR. BRIJESH SINGH

Asst. Prof.(Yoga) IDS, Somaiya Vidya Vihar University,
Mumbai & Member of INO, IYA, DIYA, AWGP

Day 4(24-06-21)

TOPIC:- PHYSIOLOGY OF YOGIC PRACTICE



DR. TARAK NATH PRAMANIK
ASST. PROF(PHY.EDU & YOGA)
IGIPESS, DU & G.SECRETARY, State
Yoga and Sports Association

Day 5(25-06-21)

TOPIC:- HOW TO MANAGE VAAT PIT KAF BY
YOGIC PRACTICE



MR. SHISHIR POKHRIYAL
Yoga Teacher & Founder of Shivaya
yog sansthan and holistic health care

Day 6(26-06-21)

TOPIC:- YOGIC MANAGEMENT OF MENTAL
HEALTH



MR. DEEPAK SAINI
Yoga Teacher, The Shri Ram
School , Vasant Vihar, Delhi

- Poster drafted by Ms. **Vaishnavi Awasthi**, a talented NSS volunteer of Aryabhata College. This poster was selected by the NSS Headquarters University of Delhi to be the face of the program initiated by the University to help people during the disastrous second wave of COVID 19 in Delhi. NSS Unit of Aryabhata College also worked on the helpdesk from 15th May to 25th June, 2021 during the slot 0800 Hrs. to 1400 Hrs. Various NSS teams from the different colleges and departments of Delhi University were working in coordination during this period. Efforts of NSS Unit, Aryabhata College were commended by University and NSS officials.

NATIONAL SERVICE SCHEME UNIVERSITY OF DELHI

HELPPDESK HELLO DU-8114464101
<https://twitter.com/ServiceScheme?s=08>

OXYGEN 8AM TO 2PM 2PM TO 8PM 8114464101 9599373046 7060896214 9267926403	VENTILATOR & BEDS 8AM TO 2PM 2PM TO 8PM 8595998566 6397280564 9654253558 7678207162

COUNSELING & AWARENESS 9868899758

8AM TO 2PM **2PM TO 8PM**
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8287659676 7742267820
<https://www.facebook.com/nsshansrajcollege/>
<https://instagram.com/nsshansrajCollege?igshid=1bqsrstchgg4w>