



# NATIONAL SERVICE SCHEME

## SWAMI SHRADDHANAND COLLEGE



(UNIVERSITY OF DELHI)

# ANNUAL WORK REPORT

## 2020-2021





**DR. JOGINDER SINGH**  
**NSS-SSNC**  
**PROGRAMME OFFICER**  
**(2019-2021)**

**NATIONAL SERVICE SCHEME UNIT OF SWAMI SHRADDHANAND COLLEGE UNDER THE LEADERSHIP AND GUIDANCE OF OUR PROGRAMME OFFICER **DR. JOGINDER SINGH** HAS TAKEN VARIOUS INITIATIVES.**

**TO SPREAD **AWARENESS** AMONGST ITS VOLUNTEERS AND THEIR FAMILIES AS WELL AS THE COMMUNITY IN REGARD TO THE ONGOING PANDEMIC AND SOME OTHER ISSUES.**

**HERE ARE SOME OF THE EVENTS .**

# NSS-SSNC CORE TEAM VOLUNTEERS 2020-2021

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**PRESIDENT**  
(2020-2021)



**AARTI DEVI**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**SR. EXECUTIVE MEMBER**  
(2020-2021)



**RAKESH**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**VICE - PRESIDENT**  
(2020-2021)



**DIPTI CHAUHAN**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**GENERAL SECRETARY**  
(2020-2021)



**HIMANSHI PRIYA**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**JOINT SECRETARY**  
(2020-2021)



**SITAL DAS**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**TECHNICAL HEAD**  
(2020-2021)



**KULDEEP JHA**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**MANAGEMENT HEAD**  
(2020-2021)



**RESHMA KUMARI**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
*Outreach Team Member*  
(2020-2021)



**ROHIT SINGH**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**EVENT HELPERS**  
(2020-2021)



**PRIYANSHI OEL**



**TEJASVI RANJAN**

**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
*Outreach Team Member*  
(2020-2021)



**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
*Outreach Team Member*  
(2020-2021)



**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
**TREASURER**  
(2020-2021)



**NATIONAL SERVICE SCHEME**  
SWAMI SHRADDHANAND COLLEGE  
(UNIVERSITY OF DELHI)  
*Outreach Team Member*  
(2020-2021)



**MAYANK MODI**

# NSS-SSNC VOLUNTEERS LIST (2020-2021)

| NSS ENROLLMENT NO | NAME                | COURSE            | YEAR                 | COLLEGE RC  | BLOOD GROUP |
|-------------------|---------------------|-------------------|----------------------|-------------|-------------|
| 1                 | DU2019-NSS-SSNC-194 | Rohit             | B.A. (Prog.)         | 3           | 410 AB+     |
| 2                 | DU2019-NSS-SSNC-196 | Aryaman Sharma    | B.com(Prog.)         | 2           | 2229 B+     |
| 3                 | DU2019-NSS-SSNC-197 | Kuldeep jha       | B.a programme        | 3           | 30 B+       |
| 4                 | DU2019-NSS-SSNC-198 | Aakash            | BSc Physical Scien   | 3           | 4246 B+     |
| 5                 | DU2019-NSS-SSNC-201 | Samar jeet yadav  | B.A. program         | 3           | 66 A+       |
| 6                 | DU2019-NSS-SSNC-206 | Aarti Devi        | B. A Programme       | 2           | 215 B-      |
| 7                 | DU2019-NSS-SSNC-207 | Mayank Modi       | B.Com programme      | 2           | 2014 B+     |
| 8                 | DU2019-NSS-SSNC-208 | Himanshi Priya    | B.A.prog             | 2           | 205 B+      |
| 9                 | DU2019-NSS-SSNC-209 | Dipti Chauhan     | B.a prog             | 2 07        | AB+         |
| 10                | DU2019-NSS-SSNC-211 | Rahul Singh Rawat | B.Sc Physical Scier  | 3 19/4085   | A+          |
| 11                | DU2019-NSS-SSNC-213 | Mohd Asif         | B.A programme        | 3 180815010 | A-          |
| 12                | DU2019-NSS-SSNC-216 | Archit Yadav      | B.A. Geo Hons        | 2           | 1221 0+     |
| 13                | DU2019-NSS-SSNC-217 | Harsh Mathwal     | B.A Programme        | 2           | 808 AB+     |
| 14                | DU2019-NSS-SSNC-218 | Shrishti Singh    | Bsc Life science     | 3           | 3832 0+     |
| 15                | DU2019-NSS-SSNC-219 | Govind            | B.com program        | 2           | 2020 0+     |
| 16                | DU2019-NSS-SSNC-221 | Sumit Kumar Pande | B.A.(Prog.)          | 2           | 612 0+      |
| 17                | DU2019-NSS-SSNC-222 | Shivam Kumar      | B.Com(P)             | 2           | 2013 AB+    |
| 18                | DU2019-NSS-SSNC-223 | Abhishek Panthri  | B.A. Geography hor   | 2           | 1253 B+     |
| 19                | DU2019-NSS-SSNC-225 | Sujit Kumar       | Ba History (hons)    | 2           | 1680 B+     |
| 20                | DU2019-NSS-SSNC-226 | Abhishek Pandey   | Bsc chemistry hons   | 3           | 5627 0+     |
| 21                | DU2019-NSS-SSNC-229 | Vishal Garg       | Bcom(Prog)           | 2           | 1913        |
| 22                | DU2019-NSS-SSNC-230 | Dileep Kumar      | B.A. (Hons) history  | 2           | 1612 B+     |
| 23                | DU2020-NSS-SSNC-231 | Rohit Singh       | Bsc life sciences 2n | 2           | 3841 0+     |
| 24                | DU2020-NSS-SSNC-232 | Harshal Suri      | BA Programme         | 1 20/858    | B+          |
| 25                | DU2020-NSS-SSNC-233 | Sakshi sharma     | English honours      | 1           | 1020 O-     |
| 26                | DU2020-NSS-SSNC-234 | Lakshay Samdhyan  | Bsc. Life Science    | 1           | 3612 A+     |

|    |                     |                    |                                       |             |          |
|----|---------------------|--------------------|---------------------------------------|-------------|----------|
| 27 | DU2020-NSS-SSNC-235 | Priyanshi          | BA Hons (English)                     | 2           | 1115 B+  |
| 28 | DU2020-NSS-SSNC-236 | Tejasvi Ranjan     | BA(Prog.) Econom                      | 1           | 922 AB+  |
| 29 | DU2020-NSS-SSNC-237 | Tarushi Tyagi      | BA program (econ                      | 1 20/839    | B+       |
| 30 | DU2020-NSS-SSNC-238 | Simran             | BA English hons                       | 2           | 1003 A+  |
| 31 | DU2020-NSS-SSNC-239 | Devyani Singh      | BA program econ                       | 1 20/6105   | AB+      |
| 32 | DU2020-NSS-SSNC-240 | Km. Nidhi Bahukhan | B.A. hons.Geograph                    | 1           | 1202 A+  |
| 33 | DU2020-NSS-SSNC-241 | Aman yadav         | B.com (prog)                          | 2           | 2245 AB+ |
| 34 | DU2020-NSS-SSNC-242 | Neha               | B.Com Prog                            | 2           | 2262 B+  |
| 35 | DU2020-NSS-SSNC-243 | Anushka Srivastava | B.sc(prog)Life Scier                  | 1 20/3629   | B+       |
| 36 | DU2020-NSS-SSNC-244 | Reshma Kumari      | BSc. Zoology ( Hon                    | 2           | 5054 A+  |
| 37 | DU2020-NSS-SSNC-245 | Kanika             | BSc.(hons.) zoology                   | 2           | 5065 A+  |
| 38 | DU2020-NSS-SSNC-246 | Baldev yadav       | B.s.c botany (hons)                   | 2           | 4457 B+  |
| 39 | DU2020-NSS-SSNC-247 | Sakshi             | B.A. (HONS) ENGL                      | 2           | 1116 0+  |
| 40 | DU2020-NSS-SSNC-248 | Laxmi Sharma       | BSc Zoology hons.                     | 2           | 5052 A+  |
| 41 | DU2020-NSS-SSNC-249 | Shivani            | B.com( prog )                         | 2           | 2252 B+  |
| 42 | DU2020-NSS-SSNC-250 | Garima             | BA programme                          | 2           | 837 AB+  |
| 43 | DU2020-NSS-SSNC-251 | NIRAJ KUMAR KHEB   | B.Sc. (Hons.) Botan                   | 2           | 4419 0+  |
| 44 | DU2020-NSS-SSNC-252 | Swati              | B.A. Program                          | 2           | 443 B+   |
| 45 | DU2020-NSS-SSNC-253 | Tannu Malik        | B.A. English(hons.)                   | 2 190815110 | B+       |
| 46 | DU2020-NSS-SSNC-254 | Lalit Kumar        | BA program                            | 1           | 27 B+    |
| 47 | DU2020-NSS-SSNC-255 | Pinki              | B.A (English hrs)                     | 1 20/1003   | 0+       |
| 48 | DU2020-NSS-SSNC-256 | Akshat chaudhary   | B.A history honours                   | 2           | 1664 B+  |
| 49 | DU2020-NSS-SSNC-257 | Sital Das          | <a href="#">B.Sc hons. Microbiolo</a> | 2           | 4630 A+  |
| 50 | DU2020-NSS-SSNC-258 | Vishal             | <a href="#">B.Com (P)</a>             | 2           | 2325 0+  |
| 51 | DU2020-NSS-SSNC-259 | Riya Mishra        | <a href="#">B.sc Life science</a>     | 1           | 3801 A+  |
| 52 | DU2020-NSS-SSNC-260 | Himanshu           | <a href="#">B.sc Life science</a>     | 1 20/3602   | 0+       |



# NSS-SSNC ORIENTATION EVENT 2020-2021 BATCH

WhatsApp | New Tab | Inbex (2,518) - rakeshsc052@gm... | Inbex (22) - jsingh@ss.du.ac.in | Meet - syv-fndq-djv

meet.google.com/syv-fndq-djv?authuser=4&hl=en

REC Rohit Singh 3841 is presenting 3629-Anushka Srivas... and 83 more 101 11:58 AM You

## SONG NSS LAKSHAY GEET



लक्ष्य नीति : राष्ट्रिय सेवा योजना  
उड़ें समाज के लिए उड़ें-उड़ें  
जमें स्वराष्ट्र के लिए जमें-जमें  
स्वयं सजें वसुंधरा संचार दें-२  
हम उड़ें उडेगा जग हमारे संग साथियों  
हम बढ़ें तो सब बढ़ेंगे अपने आप साथियों  
जमीं पे आसमान की उतार दें-२  
स्वयं सजें वसुंधरा संचार दें-२  
उदासियों को दूर कर खुशी को बाँटते चलें  
गाँव और शहर की दूरियों को पाटते चलें  
ज्ञान को प्रचार दें प्रसार दें  
विज्ञान को प्रचार दें प्रसार दें  
स्वयं सजें वसुंधरा संचार दें-२  
समर्थ खाल युद्ध और नारियाँ रों सदा  
हरे भरे वनों की शाल ओढ़ती रहे धरा  
तरबिकियों की एक नई कतार दें-२  
स्वयं सजें वसुंधरा संचार दें-२  
ये जाति धर्म खोलियाँ बनें न शूल राह की  
बढ़ाएँ बेल प्रेम की अखंडता की चाह की  
भावना से ये चमन बिखार दें  
सद्भावना से ये चमन बिखार दें  
स्वयं सजें वसुंधरा संचार दें-२  
उड़ें समाज के लिए उड़ें-उड़ें  
जमें स्वराष्ट्र के लिए जमें-जमें  
स्वयं सजें वसुंधरा संचार दें-२

By- Himanshi Priya  
(NSS VOLUNTEER)

Meeting details ^

hanshi priy... Dipti Chauha... Rohit Dodani... Tanisha Khob... 3605 Gayatri ... Govind 2020 ...

Raise hand Turn on captions Rohit Singh 3841 is presenting

Meet - ykts | 3033 Tutor Teacher G B... | New Tab

meet.google.com/zvn-njge-mhx

Satish Kumar is presenting 3037 Abhishek Pa... and 40 more 16:30 You



Aarti 215

ykts ^

Satish Kumar is presenting

Meet - city-apt-ah | (13) WhatsApp

meet.google.com/city-apt-ah?hl=en&authuser=4

REC NSS Presentation is presenting Dilip Kumar 16... and 82 more 5:42 PM You

## Short Message By

### Dr. Joginder Singh

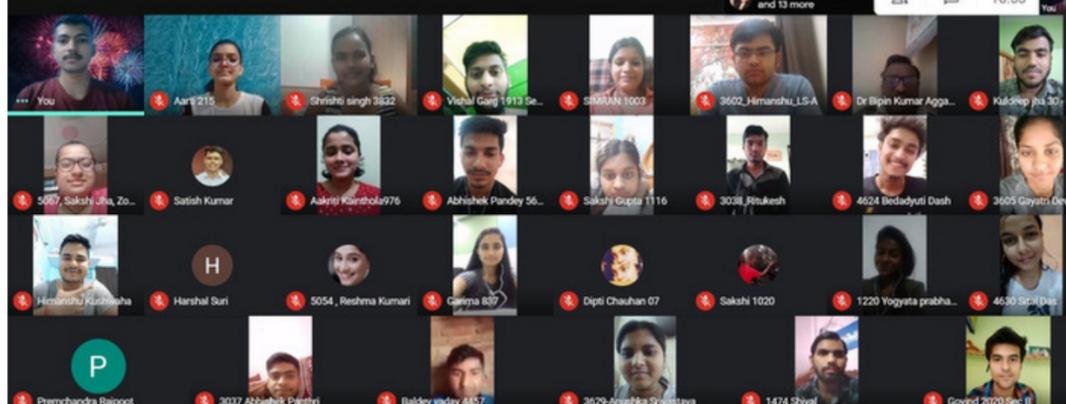
#### NSS PROGRAMME OFFICER

city-apt-ah

Meet - ykts | (3033) Tutor Teacher G B... | New Tab

meet.google.com/zvn-njge-mhx

2810 Namrata Kulk... and 13 more 16:53 You

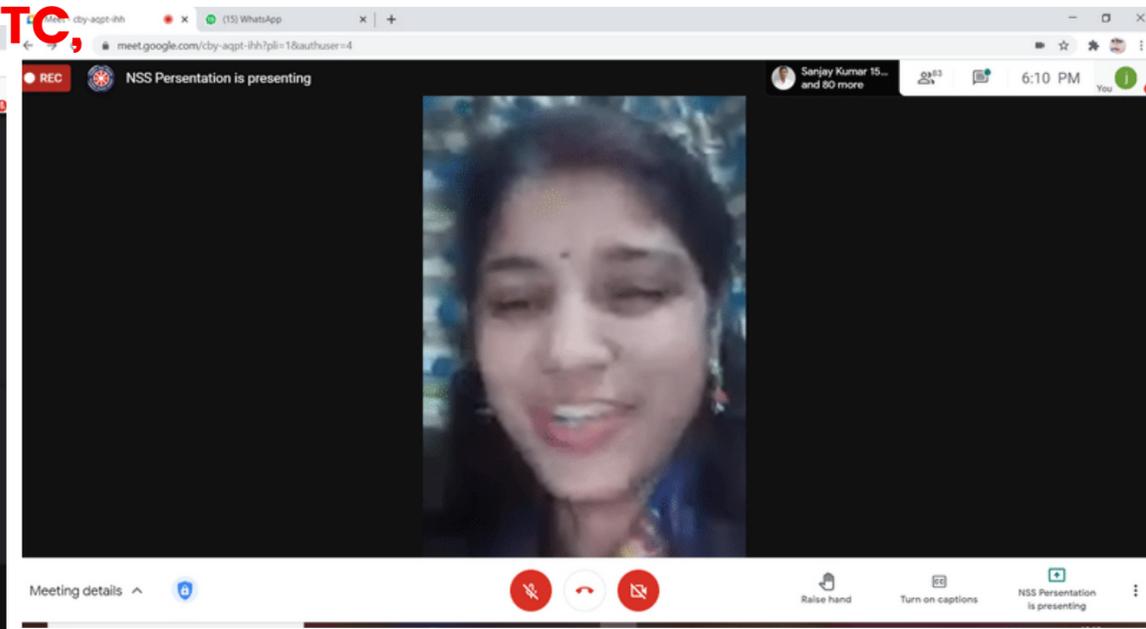
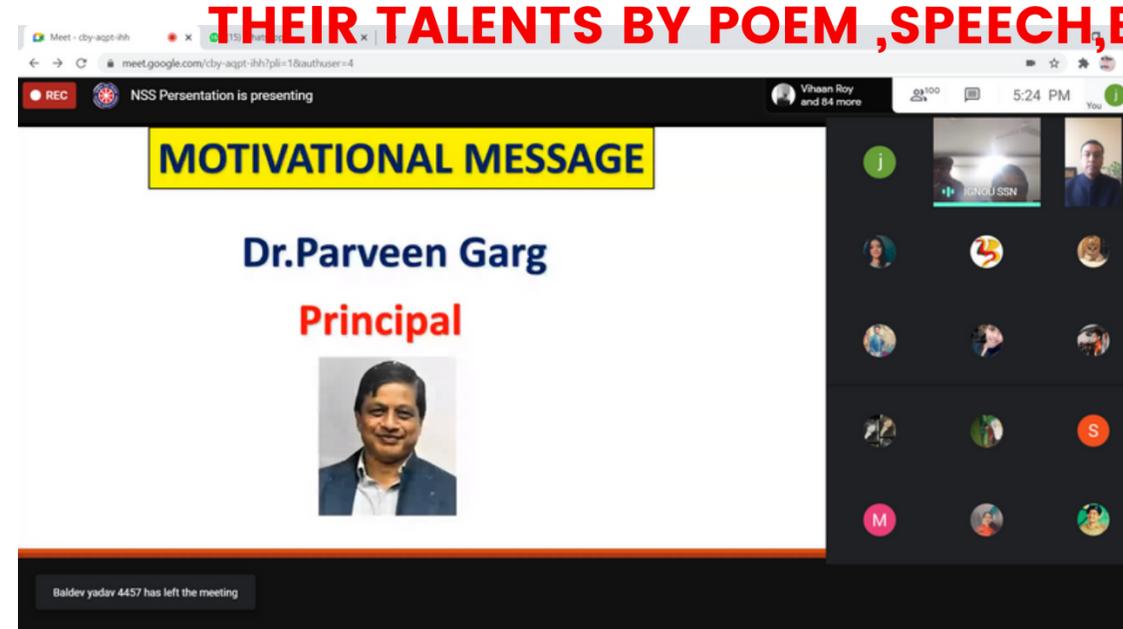
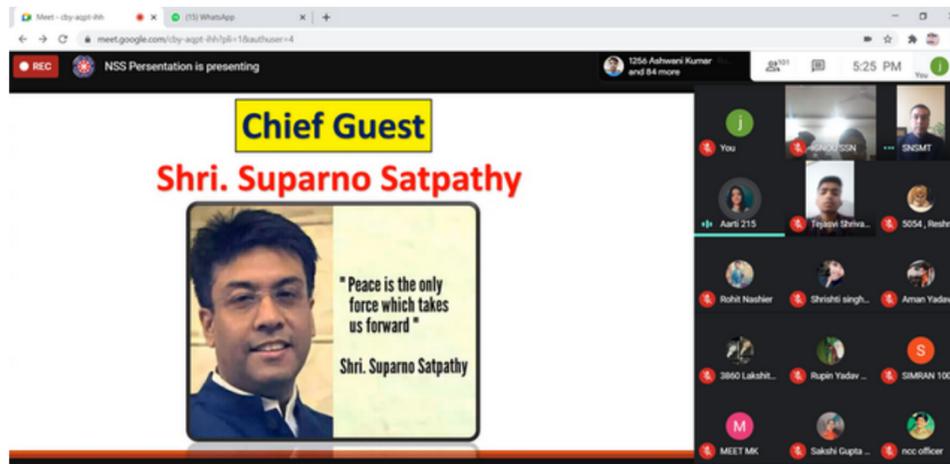


ykts ^

Present now

# 125TH BIRTH ANNIVERSARY OF SUBHAS CHANDRA BOSE. EVENT

IN THIS EVENT CHIEF GUEST AND PRINCIPAL SIR ,COLLEGE STAFF ADDRESS AND MOTIVATE ALL THE VOLUNTEERS ABOUT THE NATION LOVE AND NETA JI SUBHASH CHANDRA BOSE . VOLUNTEER ALSO SHOW THEIR TALENTS BY POEM ,SPEECH,ETC,



**SWAMI SHRADDHANAND COLLEGE**  
**NATIONAL SERVICE SCHEME**  
(UNIVERSITY OF DELHI)  
*CELEBRATING*  
**NETAJI'S**  
**125th BIRTH ANNIVERSARY**  
*ALL ARE INVITED TO JOIN*

**TIME-5 PM**  
**DATE**  
23 JANUARY 2021

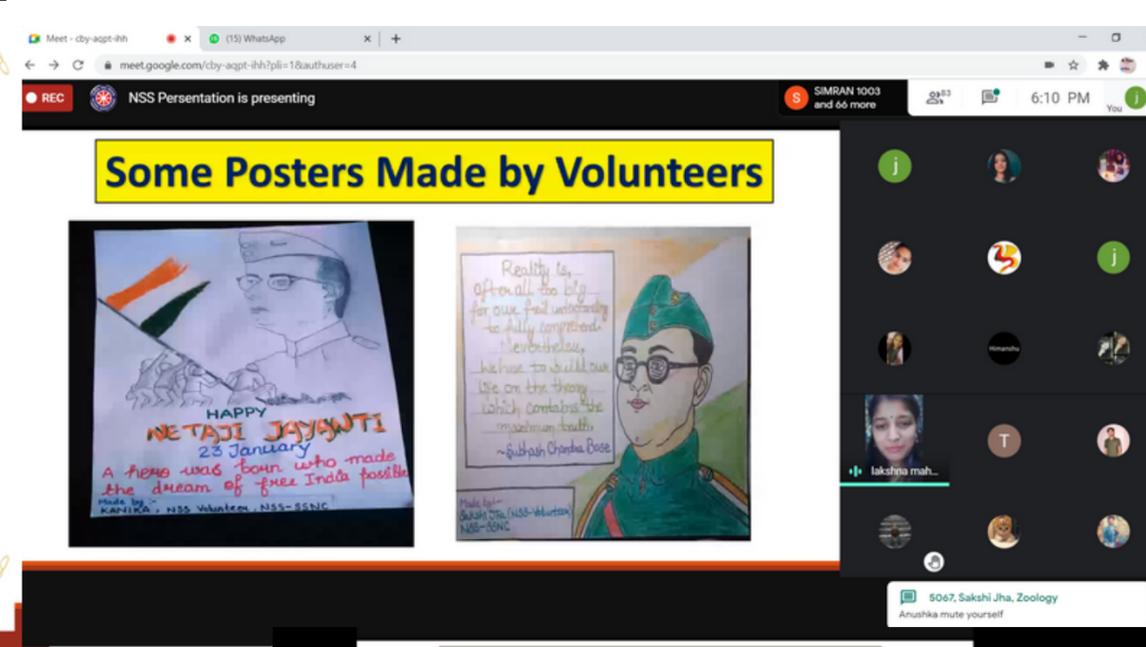
**DR. PARVEEN GARG**  
PRINCIPAL

**DR. JOGINDER SINGH**  
NSS PROGRAMME OFFICER

**CHEIF GUESTS**

**RETD.MAJOR GENERAL G. D. BAKSHI SM, VSM**  
(Major General Gagan Deep Bakshi SM, VSM or G. D. Bakshi (born 1950) is a retired Indian army officer. He is from the Jammu and Kashmir Rifles. He was awarded the Vishisht Seva Medal for commanding a battalion in the Kargil War. Later, he was awarded the Sena Medal for distinguished service in commanding a battalion during counter-insurgency drives.)

**SHRI. SUPARNO SATPATHY**  
Noted Socio-Political leader, lead member Netaji Movement and Chairman SNSMT

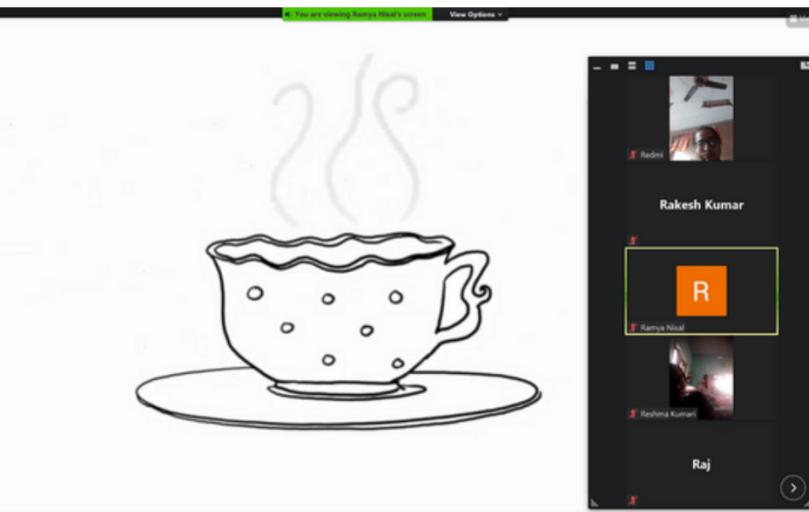


**Chief Guest**  
**Motivating Speech By**  
**Retd. Major General Gagan Deep Bakshi SM, VSM**



# INTERNATIONAL WOMEN'S DAY ; SAKSHI NGO WEBINAR

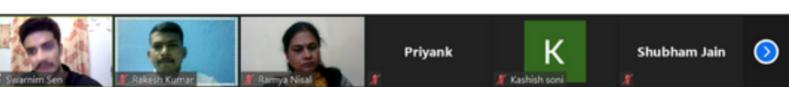
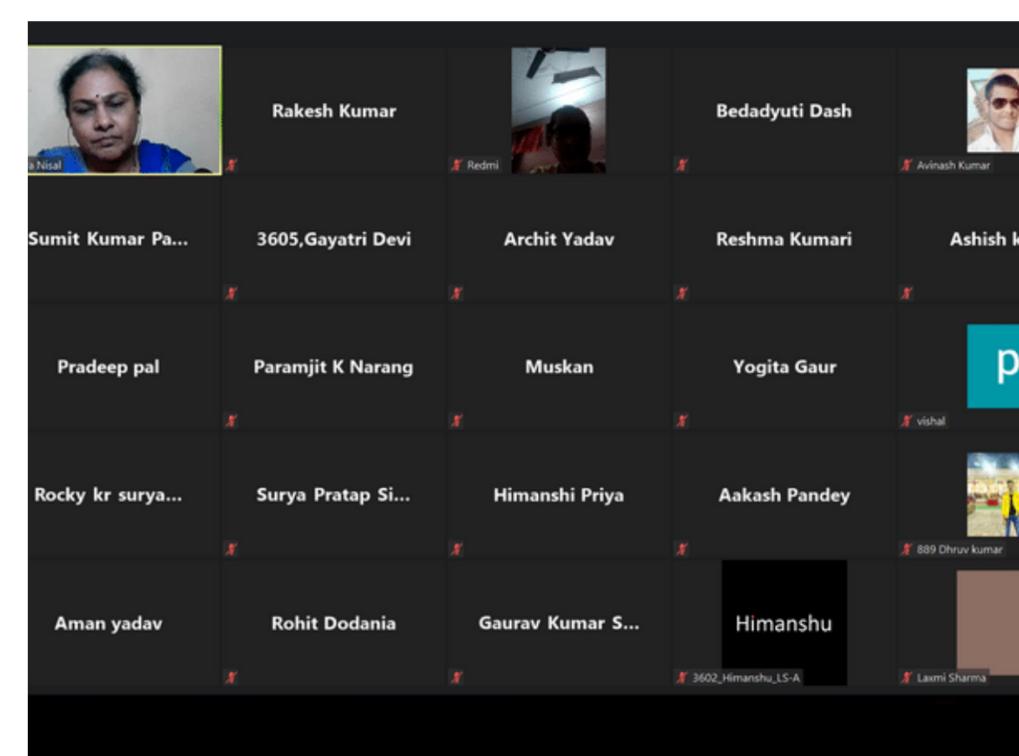
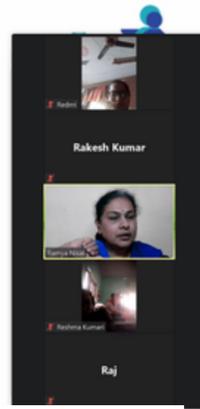
**VOLUNTEERS WERE TRAINED BY THE EXPERTS OF SAKSHI NGO TO STOP CHILD SEXUAL ABUSE BY ONLINE MEETING CUM TRAINING SESSION.**



## TYPES OF "YES"

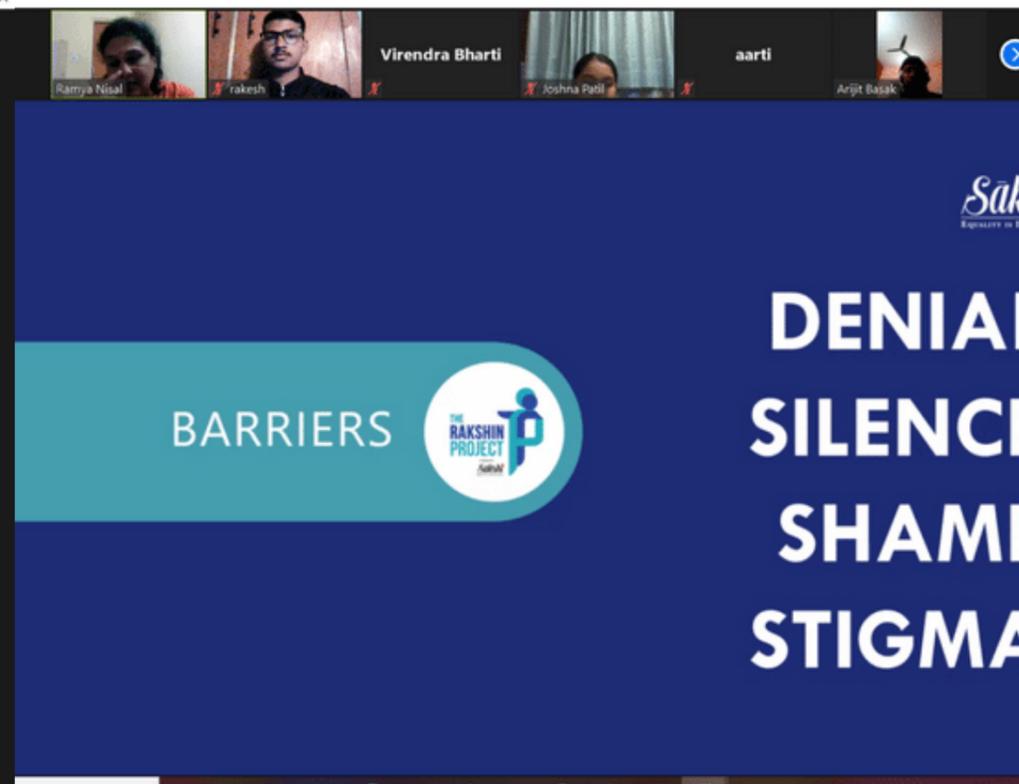
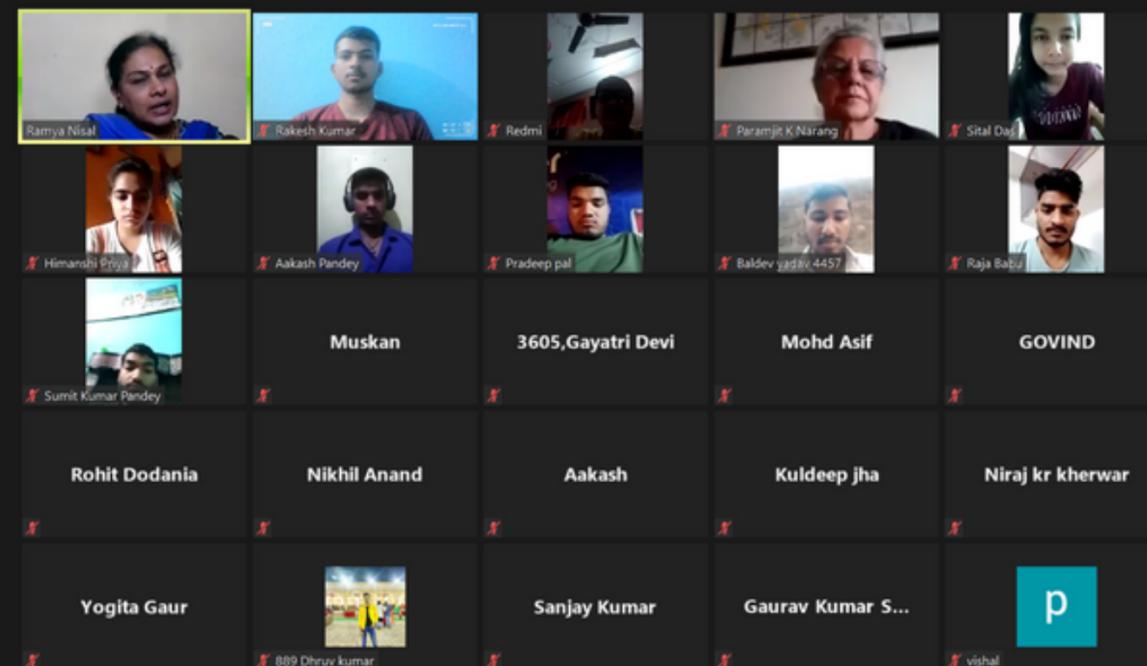
- YES • Assumed Yes
- NO
- MAYBE

CAN YES BECOME A NO?



## THE ROLE OF A RAKSHIN

जागरूकता फैलाना : SAFE SPACE का निर्माण करना  
PREVENT: भाषा और शब्दों के साथ जुड़ी शर्मिंदगी को दूर करना  
ADDRESS: यौन शोषण से हो रहे बर्ताव में परिवर्तन को पहचानना



# WORLD FOREST DAY EVENT

**VOLUNTEERS AWARE PEOPLE AND PLANT TREES ON THIS GREAT OCCASSION .**



*Sakshi sharma*



**Anushka Srivastava**

**NSS Volunteer**



**HERE IN NEXT SLIDES YOU WILL SEE OUR NEW PROJECT  
PHOTOGRAPS.**

**THAT IS - "LET'S HEAL THE BODY AND EARTH"**

**THIS PROJECT RUNS CONTINUOUSLY FROM  
(22 MARCH - 22 APRIL )**

**MEANS IT STARTS ON WATER DAY AND ENDS ON EARTH DAY**



# DAILY YOGA SESSIONS

**TO KEEP VOLUNTEERS PHYSICALLY AND MENTALLY HEALTHY WE USED TO ORGANISE DAILY YOGA SESSION WHICH INCLUDE.**



- **DAILY 1 HOUR YOGA PRACTISE**
- **YOGA IMPORTANCE AWARENESS**



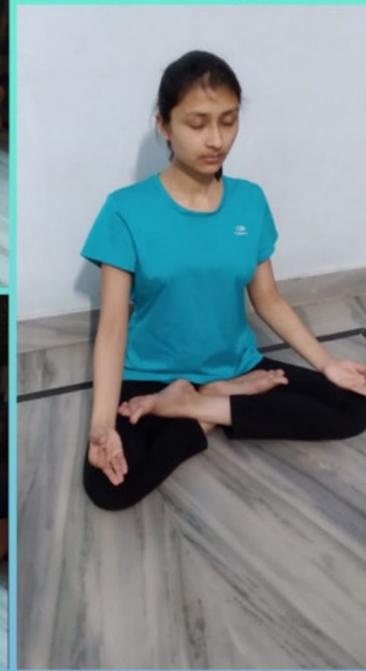
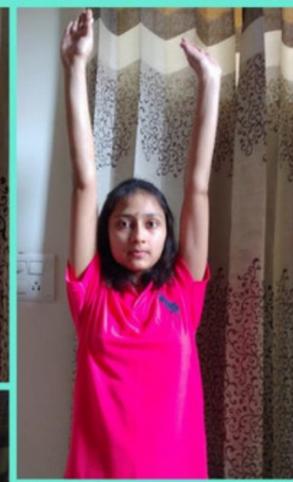


# 3. IMMUNITY BOOSTERS (30 DAYS YOGA SESSIONS) YOGA AWARENESS



**OUR NSS UNIT OF SSNC ORGANIZED 30 DAYS SPECIAL YOGA SESSIONS FOR VOLUNTEERS TO MAKE THEIR BODY HEALTHY SO THAT WE CAN EASILY FIGHT COVID19 WITH GOOD IMMUNITY.**





Tarushi Tyagi  
NSS  
volunteer  
1st year  
task- 1,3  
Day-3





*surya Pratap Singh*



*Swami shraddhanand College  
National service scheme*



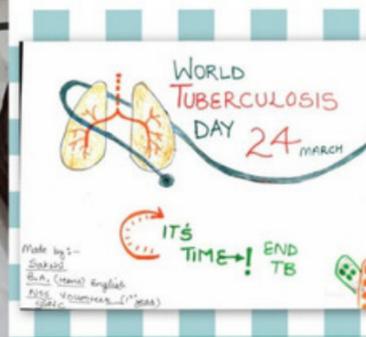
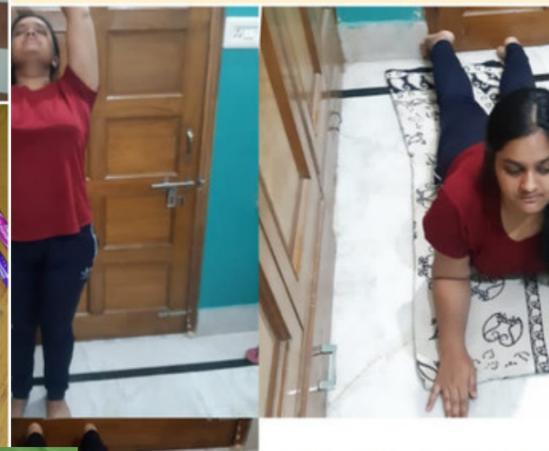




Let's heal the body and nature  
Raja  
NSS VOLUNTEERS  
Day 7



LET'S HEAL THE BODY AND EARTH"  
DAY 3- Yoga and Exercises



Sakshi, B.A. (HONS) ENGLISH, NSS VOLUNTEER, SSNC



ABHISHEK PANDEY

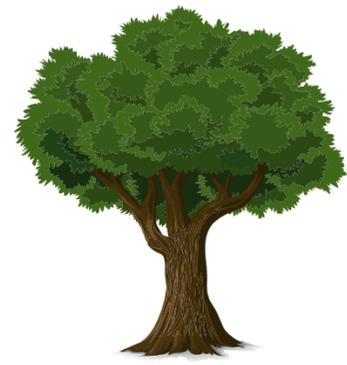
ustrasana

# PLANTATION DRIVE EVENT INCLUDES



- **PLANTING TREES**
- **SPREADING AWARENESS ABOUT IMPORTANCE OF NATURE AND TREES WITH THE HELP OF POSTER/AUDIO/VIDEO AMONG SOCIETY.**
- **WATERING THE PLANTS**





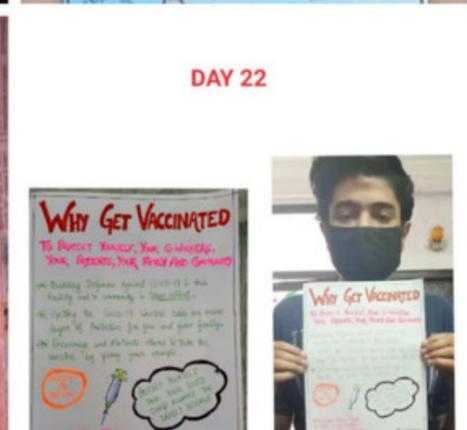
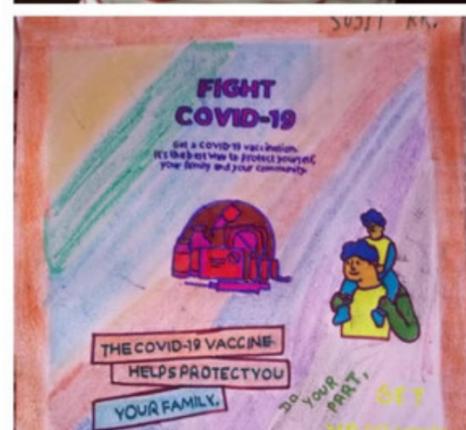
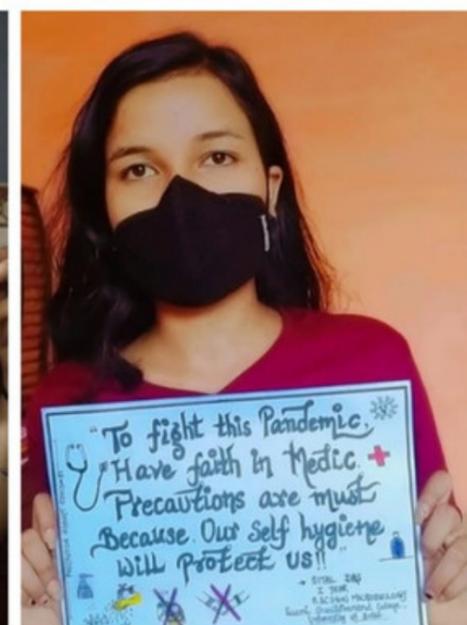
# PLANTATION DRIVE

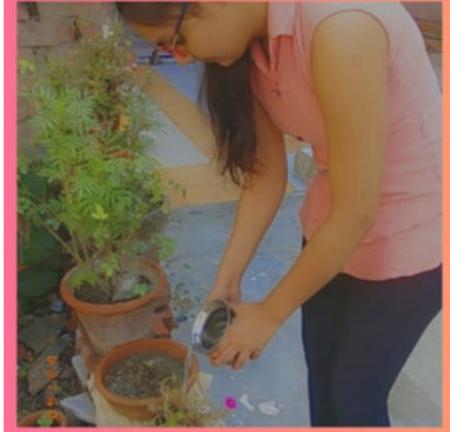
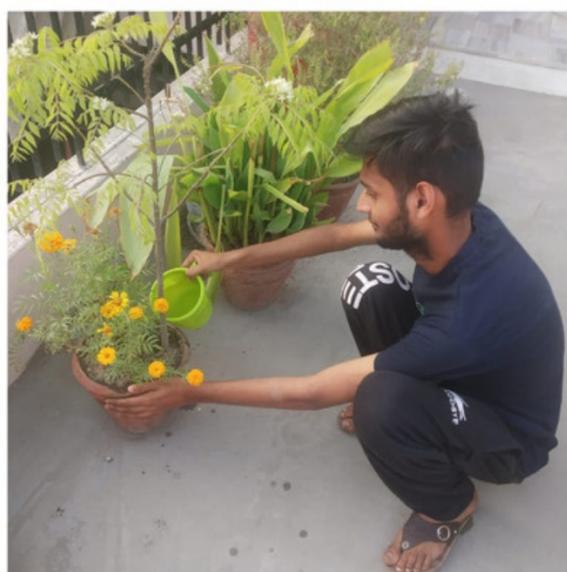


**WE ALL KNOW THAT ENVIRONMENT IS THE KEY FACTOR DUE TO WHICH ALL LIVING BEINGS ARE PRESENT ON THIS EARTH. SO TO HEAL THE ENVIRONMENT VOLUNTEERS AWARE PEOPLE AND RUN A PLANTATION DRIVE IN THEIR HOMES AND NEARBY PREMISES.**



**ABHISHEK PANDEY**







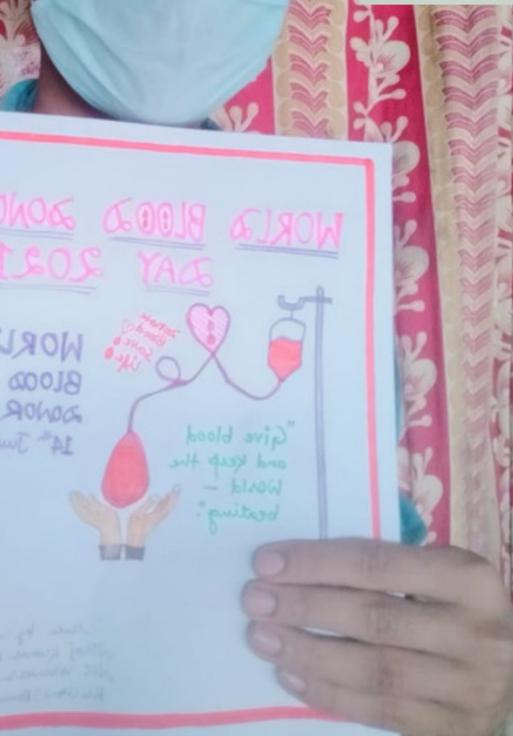
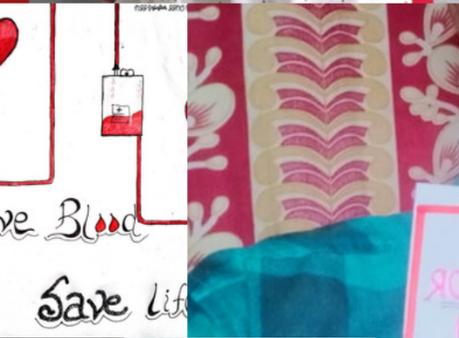
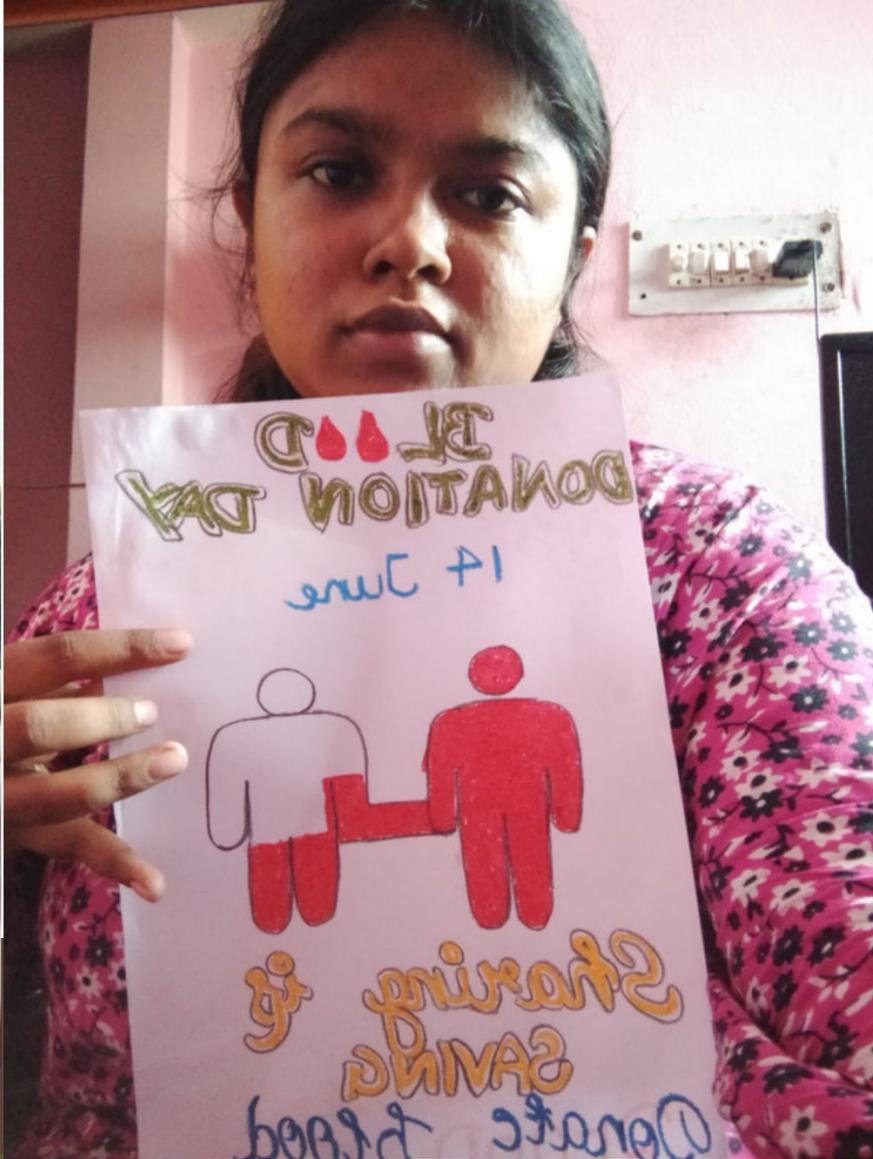
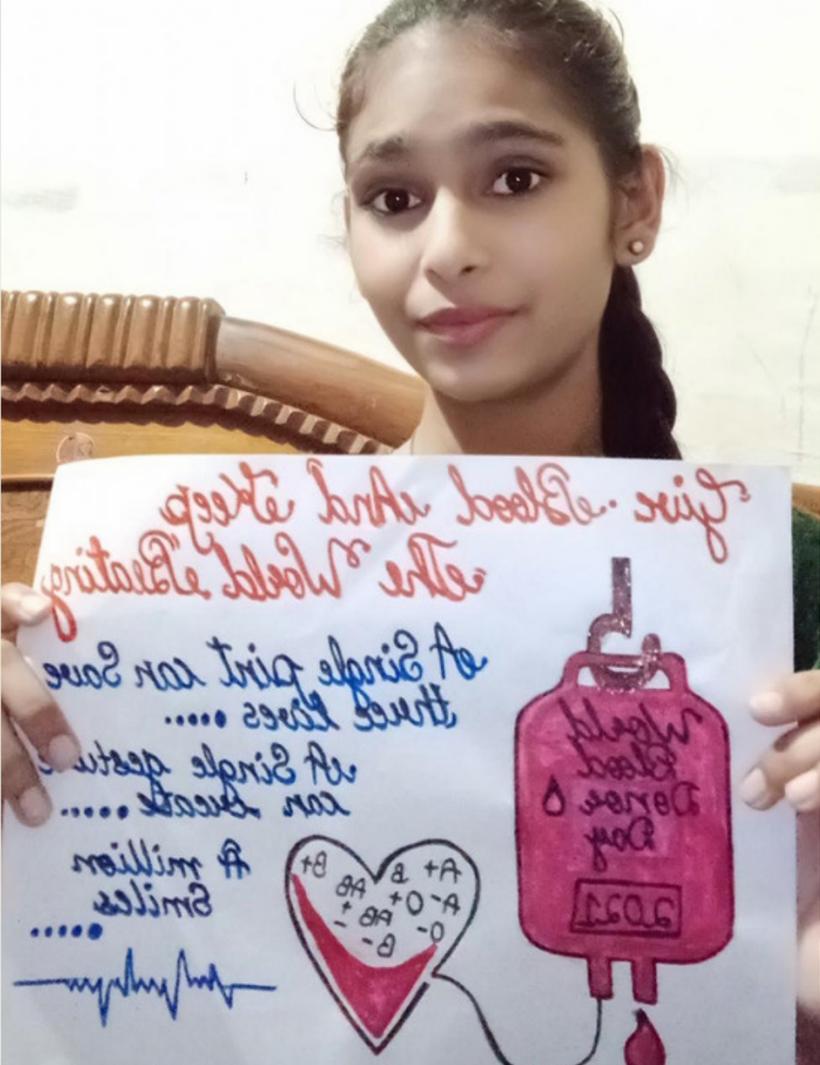
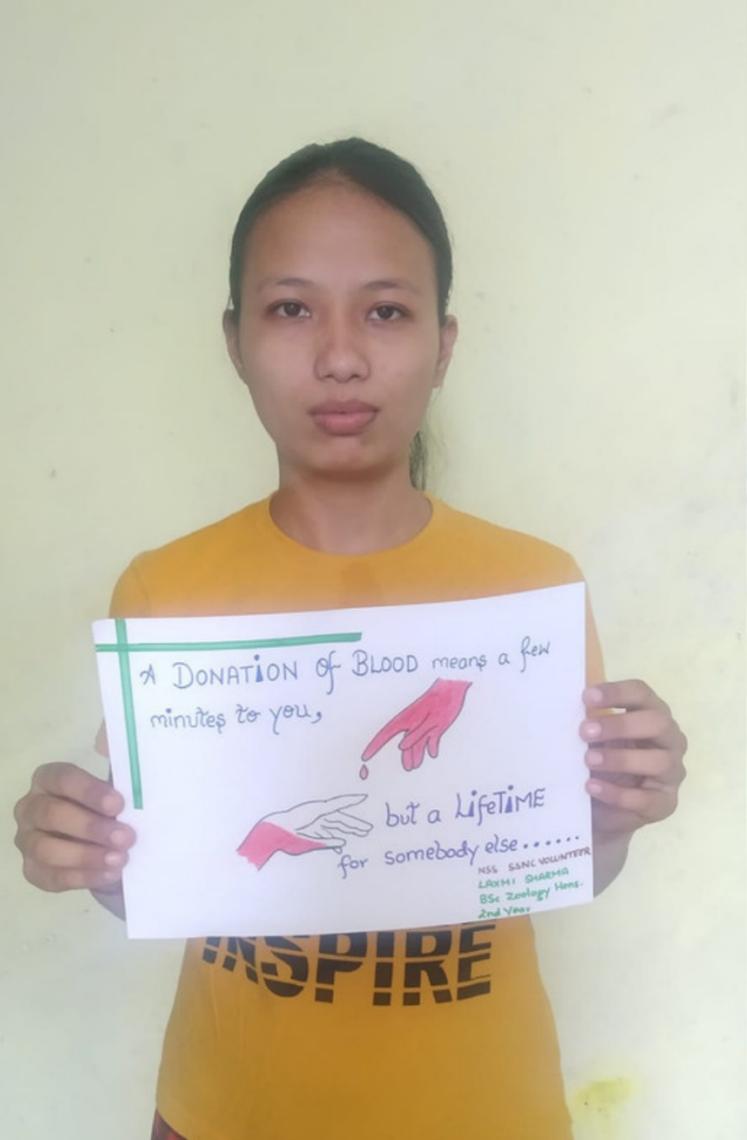
# SEVERAL IMPORTANT AWARENESS PROGRAMMES

- **T.B AWARENESS**
- **PLAY SAFE HOLI AWARENESS**
- **CLEANLINESS AWARENESS**
- **POLLUTION AWARENESS**
- **AIDS AWARENESS**
- **MENTAL HEALTH AWARENESS**
- **TRADITIONAL THINGS AWARENESS**
- **ALCOHOL IS DANGEROUS -AWARENESS**
- **ANCIENT ART AWARENESS**
- **LIVER HEALTH AWARENESS**
- **BLOOD DONATION AWARENESS**
- **EMERGENCY HELPLINES AWARENESS**
- **NATURAL RESOURCES CONSERVATION AWARENESS.**
- **RECYCLE/REDUCE/REUSE AWARENESS**

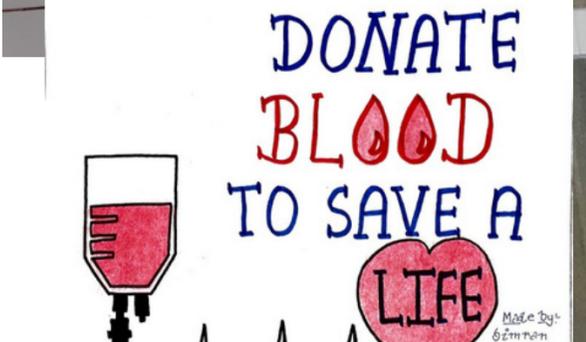
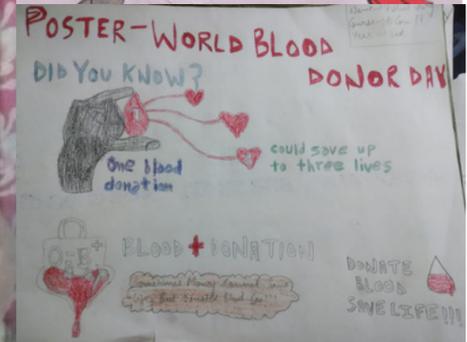
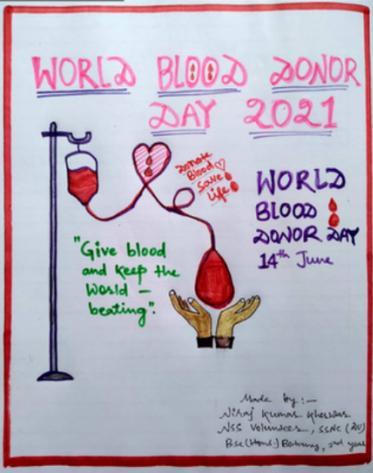


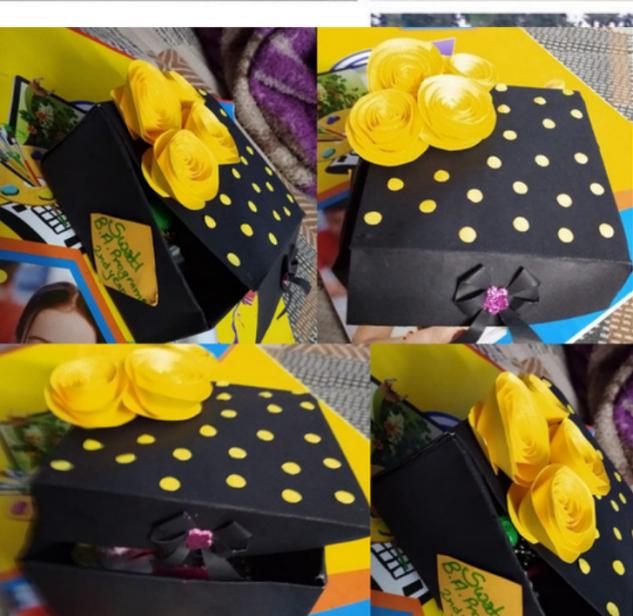


WORLD BLOOD DONOR DAY



Sukhasana Benefits - 1) Find stillness and tranquility. 2) Stretch the external aspect of the knee. 3) Open the ankles. 4) Promote grounded-ness. 5) Unlock the hips. 6) Lengthen the back muscles and spine.





**WORLD HEALTH DAY**

It's World Health Day  
It's time to build a fairer healthier world for everyone everywhere.

**World Health Day**

"Health is the greatest gift  
wealth cannot buy  
but the greatest wealth  
is health and the healthiest  
is the healthiest."

**7th APRIL**

Note: B. Com Prog-2nd year  
2nd year NSS Task-2

**DENGUE**

It is an infectious disease transmitted by a female mosquito!!!

**DON'T**

**BEWARE OF THE BITE**

**KEEP YOUR SURROUNDINGS CLEAN AND DRY....**

**International literacy Day**

"Illiteracy spreads instability in all areas of any society.  
Literacy puts an end to instability in all areas of any community. We could always be grateful to the great people who raised awareness for literacy the world."

SHIVANI

Save Our Earth

**REDUCE REUSE RECYCLE**

REUSE RECYCLE EARTH

Made by: Sakshi  
B.A. (Hons) English, NSS (1st yr)

**WASTE**

REUSE REPAIR REUSE

REUSE REPAIR REUSE

REUSE REPAIR REUSE

Sujit kumar NSS (2nd year)



Let's nurture the Nature so that we can have a better future

**SUN**

Ozone a Problems Treasure, Save it with care

**OZONE TODAY OXYGEN TOMORROW**

Prigyanshi BA Hons English

**REDUCE**  
Use Less, buy less, avoid  
turn off lights, take short

**REUSE**  
Use things more than once, use  
jute bags for shopping, repair, compost etc.

**RECYCLE**  
Separate waste materials so that the  
recyclable products can be transformed  
into something new!

**REDUCE**  
Use Less, buy less, avoid  
turn off lights, take short

**REUSE**  
Use things more than once, use  
jute bags for shopping, repair, compost etc.

**RECYCLE**  
Separate waste materials so that the  
recyclable products can be transformed  
into something new!

**WORLD HEALTH DAY**

**APRIL 7**

**KULDEEP JHA**  
NSS VOLUNTEER  
B.A (Prog) 3rd

64MP AI QUAD CAMERA  
Shot by Abhishek

2021\_04\_07 17:29

**WORLD HEALTH DAY**

**HEALTH DAY**

Lalit Kumar  
NSS Volunteer  
1st year student.

**CARE FOR ME**

**THE SUN WILL RISE**

**AND MENTAL HEALTH AWARENESS**

**RECYCLE**

Separate waste materials so that the  
recyclable products can be transformed  
into something new!

**Reduce Reuse Recycle**

**Reduce**

**Reuse**

**Recycle**

**DILEEP KUMAR HISTORY HONS 2ND YEAR**

**REDUCE**  
(Use less... buy less... avoid waste... turn off lights... take shorter showers... car-pool!)

**REUSE**  
(Use things more than once... use cloth shopping bags... compost!)

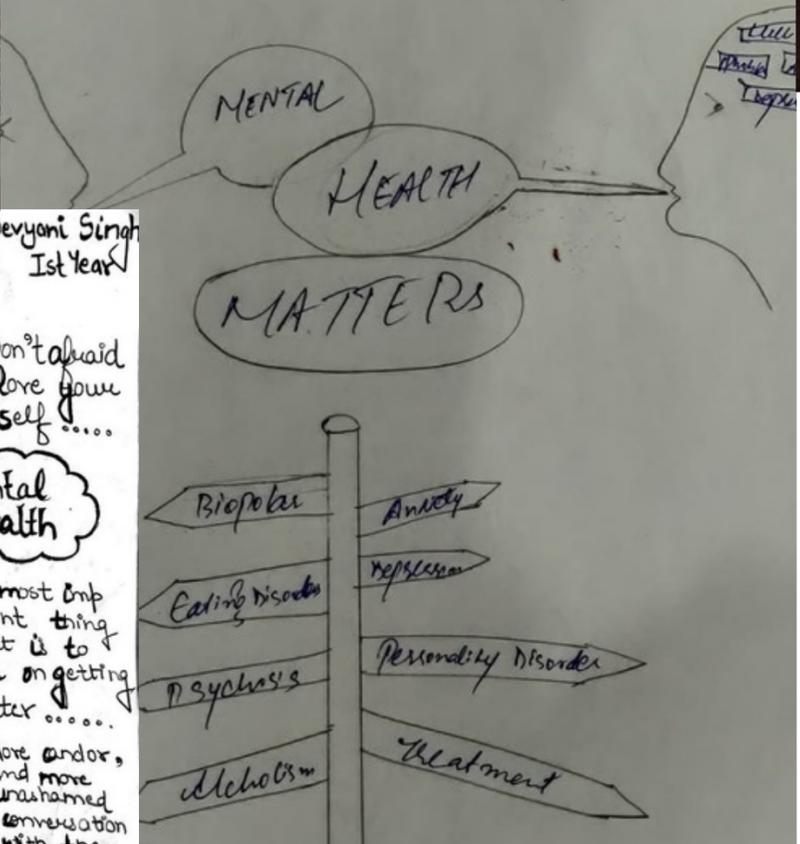
**RECYCLE**  
(Separate waste materials so that the recyclable products can be transformed into something new)

**REFUSE**  
(Do not buy unnecessary things)

Abhishek Panthri  
Civics Honors 3rd Year

# MENTAL HEALTH AWARENESS

Ghulam Mohammad  
NSS Volunteer  
1 year B.Com



You are amazing for facing this with so much courage and hope...  
A hope you are surrounded by people who are good for your spirit

Devyani Singh  
1st Year

Don't be afraid love your self.....

**Mental Health**

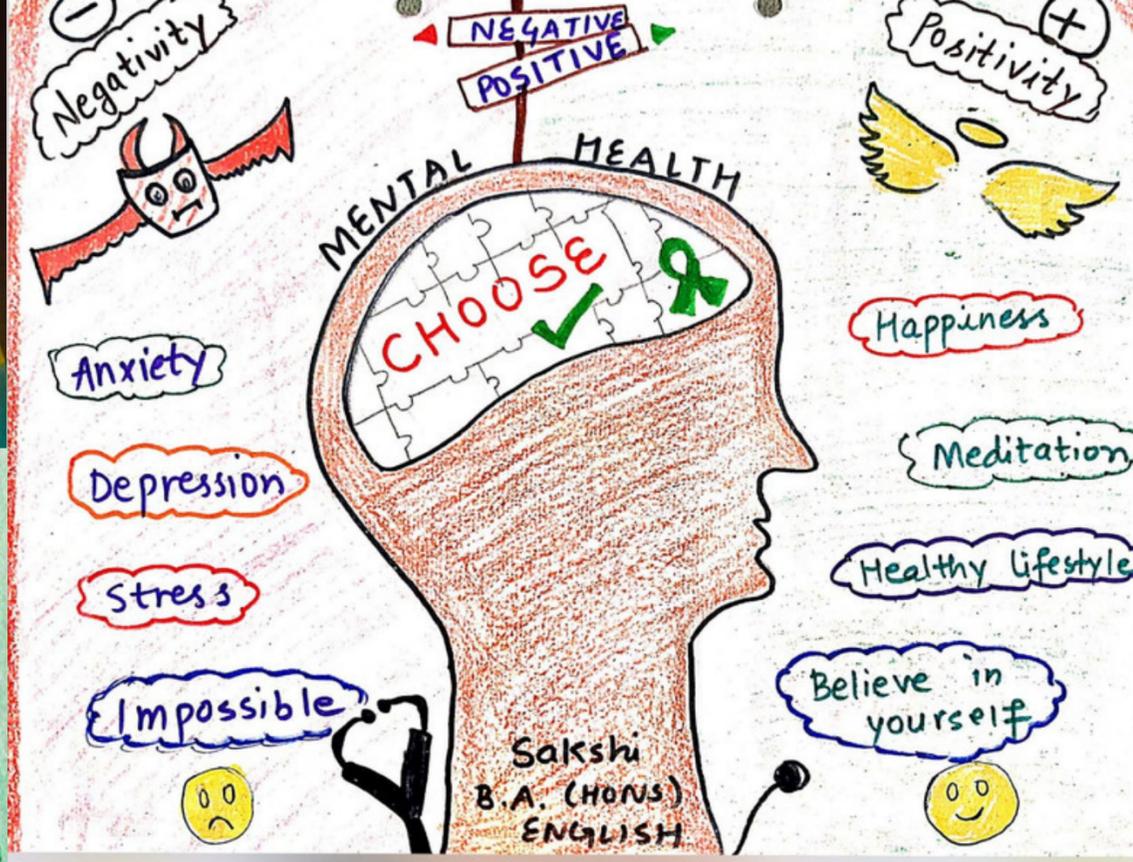
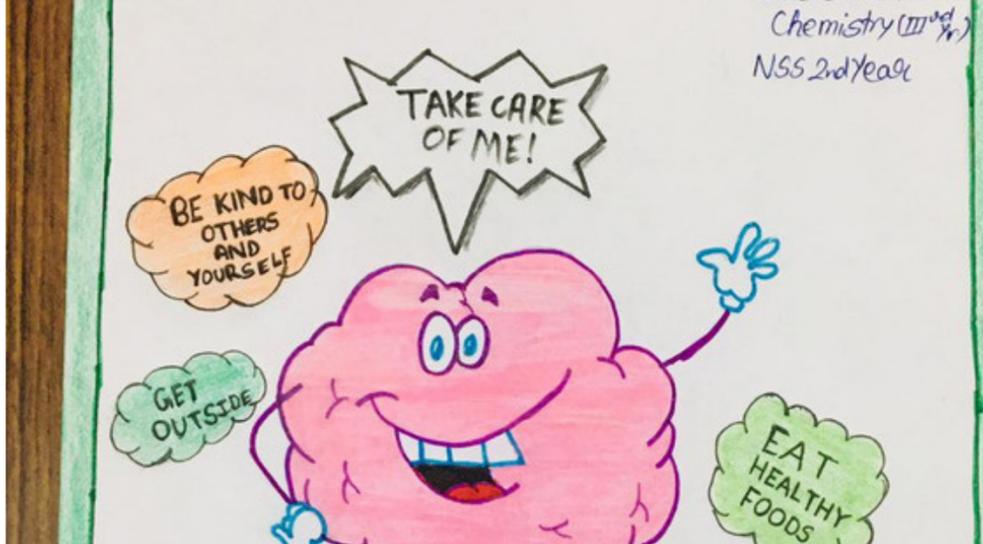
The most important thing right now is to focus on getting better.....

Be good to yourself.....  
say stop to stressful life situations.....

The only journey is the journey within just needs is more sunlight.....

More and more unwashed conversation with the right person.....

NSS-SSNC VOLT



Your mental health is a priority  
Your happiness is an essential  
Your self-care is a necessity.

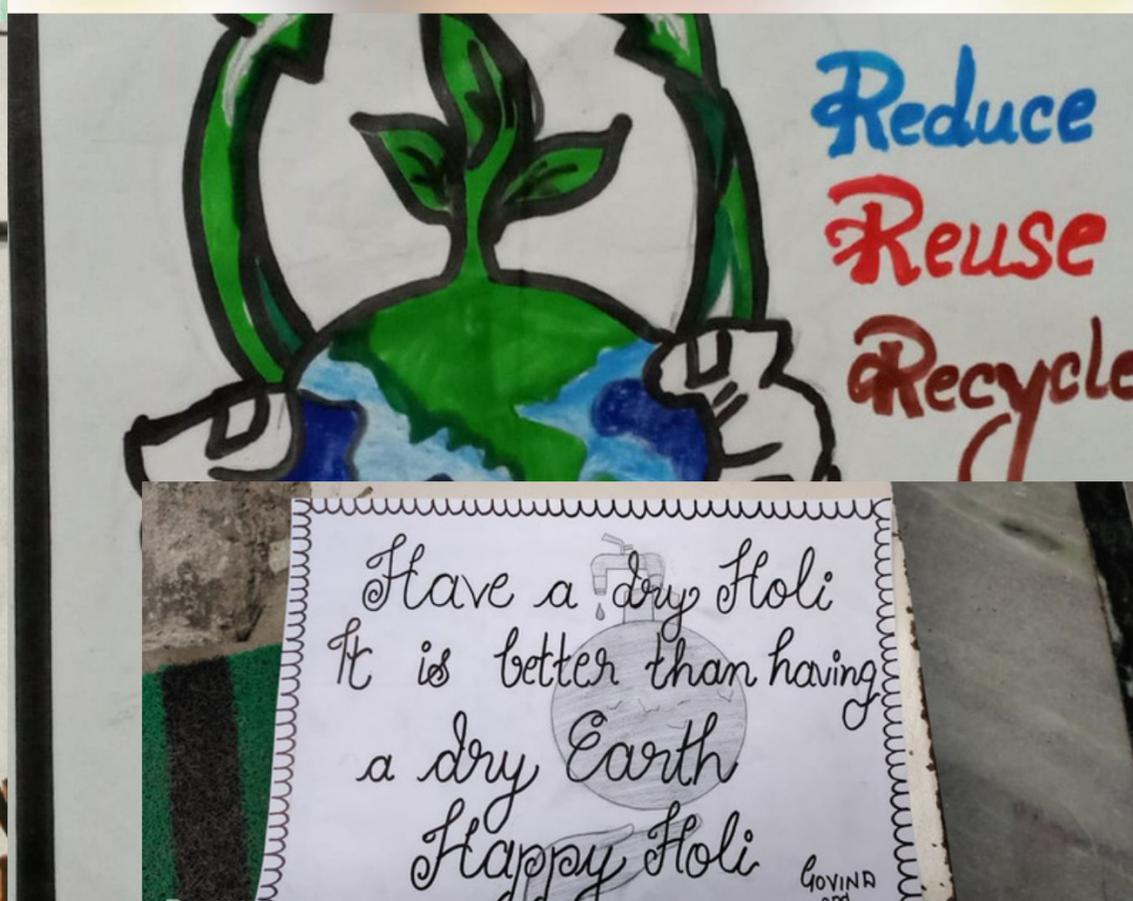
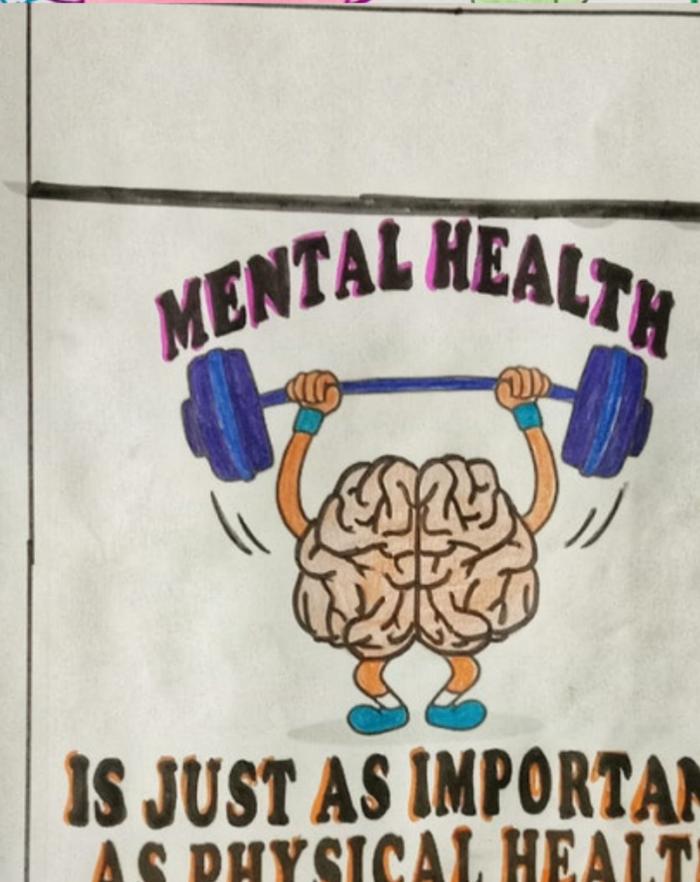
GARIMA  
B.A. (HONS)  
1st Year

Don't forget to..... (notes to self)

- FOCUS ON THE GOOD (It's there.)
- DO SOMETHING YOU LOVE (Like reading or drawing or playing or dreaming)
- GO OUTSIDE
- LOVE WHO YOU ARE NOW (The past is over let it go)
- KEEP BEING BRAVE (It might feel hard sometimes, but the night'll end & the clouds'll part.)

EVERY DAY IS A FRESH START

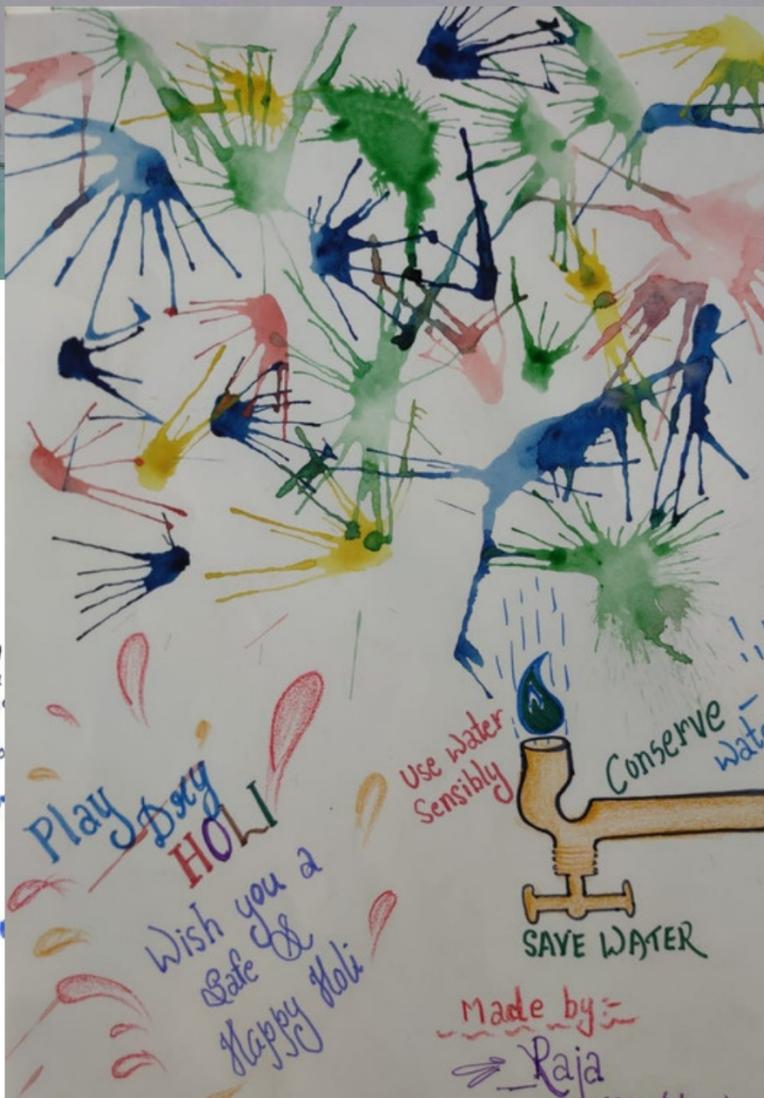
Made by: Sarman  
NSS Volunteer  
1st year  
B.A. English  
1st year





A Heartfelt request whether you are animal or not please don't put colours on them. It might itch and they might lick chemicals.

**HAVE A SAFE HOLI AND ENJOY RESPONSIBLY**



along with it a time of happiness, joy, and love. Enjoy yourself to the fullest on the occasion of celebrating love.....

the festival of love brings

NSS-SSNC VOLT  
Devyani Singh  
1st Year

RESPECT THE RAINBOW LOVE KNOWS NO GENDER LOVE THE RAINBOW

YOU HAVE TO KNOW, GAY, LESBIAN, BISEXUAL, TRANSGENDER PEOPLE ARE PEOPLE

LOVE HAS NO GENDER

PRIDE

Sujit N

WORTHY ENOUGH BRAVE

SUPPORTING LGBTQ PROMOTE

SAFE SCHOOL CULTURE

LOVE

POCO HOLLA

### STOP TB

Severe Symptom :-

- Persistent cough
- Chest Pain
- Shortness in Breathing
- Fatigue
- Urine discoloration
- Loss of appetite

Tubercle - Round  
Cus - Concave

Process of formation of TB :-

Stage 1 - Tubercle bacilli get inside macrophages and live in them.

Stage 2 - Alveolar wall damaged by cytokines.

Stage 3 - Tubercle formed with caseous center

Stage 4 - Tuberculosis granuloma torn. The bacteria spread to other parts.

Name - Reshma Kumari  
NSS SSNC (BSc. Zoo.)

World TUBERCULOSIS Day 24 MARCH

Ancient Greek Art

you don't have to fight your own battle. STOP BEING SAD. Talk to your Near Ones.

Take Care of me.

Love Yourself

Get Out Yourself

Be Kind Yourself

Make Positive Friendship

YOUR MENTAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

WHY TAKE CARE OF YOUR MIND?

- To help prevent mental illness.
- To Build Confidence.
- To live a positive and healthy life.

Eat Healthy Food

SHIVAM KR DM (PROG) and Yr VOLUNTEER

## HIV TESTING

'NEARLY 1 in 7 PEOPLE WITH HIV are unaware they have it.'

Archit Yadav

fever

Night Sweat

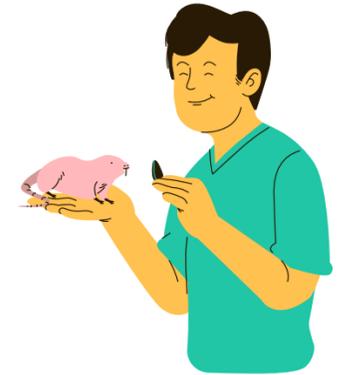
Persistent Cough

bloody phlegm

# FEEDING ANIMAL/BIRDS/NEEDY PEOPLE EVENT INCLUDES



- **FEEDING ANIMALS**
- **FEEDING BIRDS**
- **FEEDING NEEDY PEOPLE**
- **PUTTING POT OF WATER FOR ANIMALS/BIRDS**
- **CLEANING SOME AREA FOR FEEDING BIRDS**
- **SPREADING AWARENESS AMONG SOCIETY ABOUT THE IMPORTANCE AND BENEFIT OF FEEDING BIRDS/ANIMALS**





# 5.ANIMAL/BIRD FEEDING DRIVE



**OUR NSS -SSNC VOLUNTEERS AWARE PEOPLE TO FEED ANIMALS AND BIRDS IN THIS PANDEMIC. AND THEY ALSO FEED ANIMALS AND BIRDS AND INSTALL WATER POTS FOR BIRDS AND ANIMALS.**



Aman yadav  
B.com(program)  
NNS(1st year)  
task-2





**Neha**  
**B.com prog**  
**2nd year**  
**1st yr NSS**

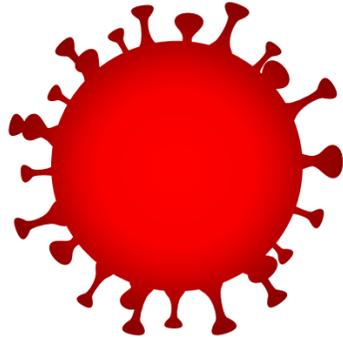
**Day 9**  
**Task 2**



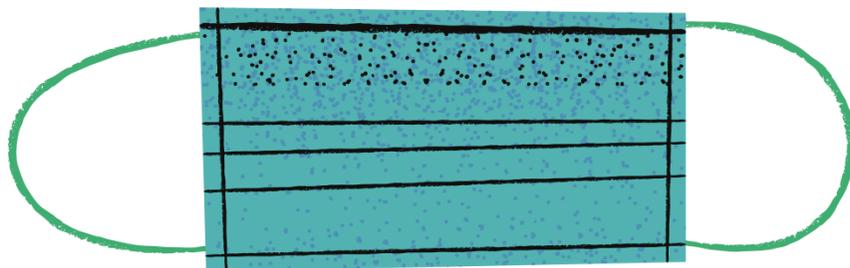
let's heal the body and the Ea

DILEEP KUMAR HISTORY HONS 2ND YE

# VACCINATION AND COVID-19 RELATED WORKS INCLUDES-



- **DOOR TO DOOR AWARENESS**
- **DOOR TO DOOR SURVEY AND MYTH BUSTER EVENT.**
- **TAKING OLD PEOPLE TO VACCINATION CENTER**
- **AWARENESS WITH THE HELP OF POSTERS, VIDEOS ETC.**
- **GIVING KNOWLEDGE ABOUT AROGYA SETUAPP**





# 1. VACCINATION AWARENESS (DOOR TO DOOR)



**OUR VOLUNTEERS FROM DIFFERENT AREAS WENT DOOR TO DOOR TO MAKE PEOPLE AWARE REGARDING VACCINATION, COVID-19 MYTHS . VOLUNTEERS WENT TO LOCAL AREAS SOME DISTRICT OF BIHAR, JHARKHAND , UP, DELHI NCR REGION AND CLEARED MYTHS REGARDING VACCINATION .**

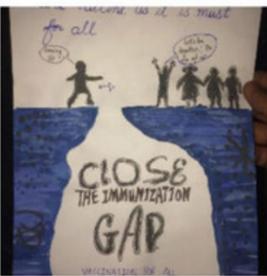
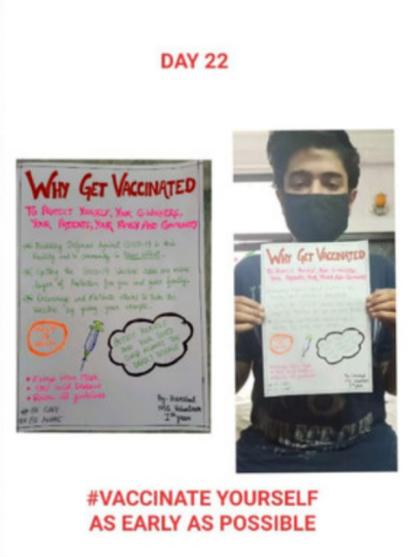
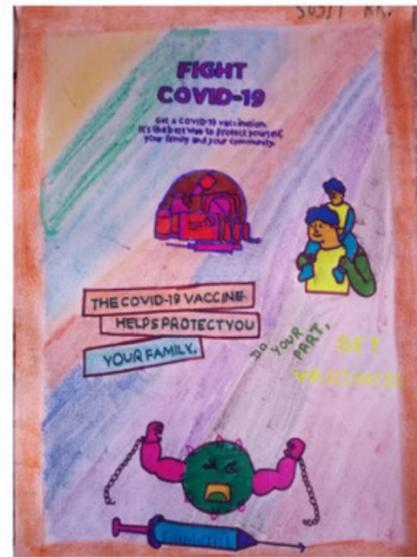
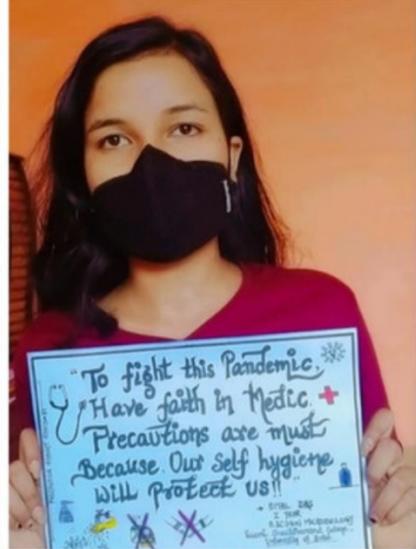
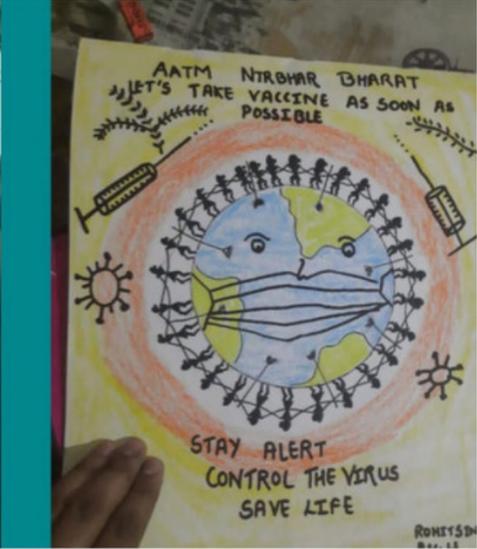




# 2. VACCINATION MYTH BUSTERS VIDEO MAKING , POSTERS ,



**IN INDIA THERE ARE AUTHORIZED AND RECOMMENDED COVID-19 VACCINES. ACCURATE VACCINE INFORMATION IS CRITICAL AND CAN HELP STOP COMMON MYTHS AND RUMORS. VOLUNTEERS HAD MADE VIDEOS FOR SPREAD AWARENESS REGARDING VACCINATION AND COVID-19. THEY CLEARED MYTHS REGARDING VACCINATION AND TRIED TO REMOVE VACCINE HESITANCY .**



# 7 DAY YOGA WORKSHOP WITH YOGA GURU MR. PARVEEN SWADESHI JI AND PROF. SUBHASH CHANDRA GUPTA IN THIS VOLUNTEERS LEARN HIGH LEVEL ACTIVITIES LIKE-

- MEDITATION
- YOGA
- JUMBA
- AYURVEDA BENEFITS

**Navasana**

Benefits :-

- (1) Tones and strengthens your abdominal muscles.
- (2) Improves balance and digestion.
- (3) Stretches your hamstrings
- (4) Strengthens your spine and hip flexors
- (5) Aids in stress relief.
- (6) Improve Confidence.



Akshat Chaudhary B.A History Hons 2nd year NSS Volunteer.

**CHAKRASANA**

Steps of Chakrasana :-



The Wheel Pose



**URDHVA DHANURASANA**

1. Sharpens eyesight
2. It reduces the stress and tension in the body.
3. This yoga Pose is beneficial for asthma patients.
4. This asana helps in strengthening the back and increases the elasticity of the spine.

Benefits of the Wheel pose :-

1. It reduces the stress and tension in the body.
2. Sharpens eyesight.
3. The chest expands and the lungs get more oxygen - this makes the pose especially beneficial for asthma patients.
4. This asana helps to strengthen the back and increases the elasticity of the spine.

Made by:-  
Nishaj Kumar, B.A  
NSS Volunteer, SC  
Bsc (Hons) Botany

**SWAMI SHRADDHANAND COLLEGE  
NATIONAL SERVICE SCHEME  
(DELHI UNIVERSITY)**



**ORGANISES**

**"हर घर हो योग"**

(AN EVENT UNDER PROGRAMME)  
**(YOGA FOR UNITY AND WELLBEING)**

**15 JUNE - 21 JUNE, 2021**

**COME AND JOIN US FOR  
7 DAYS FREE ONLINE YOGA SESSIONS**

**AND**

**DAILY MOTIVATIONAL TALKS**

**WITH**

**TIME**

**4:30-5:30 PM**



प्रो. (डॉ.) सुभाष चंद्र गुप्ता



योग गुरु श्री प्रवीण स्वदेशी जी

# Yoga Poses for Health Stomach



- \* Reduces fat on thighs.
- \* opens up the hips, stretching deep hip flexors.
- \* stretches and strengthens the shoulders and back.
- \* Expands the abdominal region, improving digestion and elimination.
- \* improves posture.
- \* opens the chest, improving respiration.
- \* Relieve lower back pain.

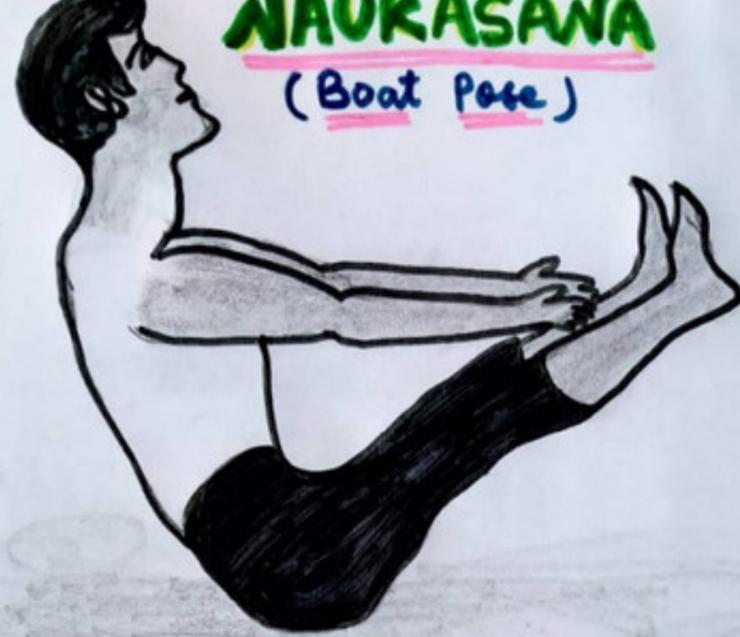
Ustrasana

- \* Naukasana strengthens the abdominal muscles.
- \* It strengthens the muscle of the arms, thighs and shoulder.
- \* It improves the health of all organs in the abdomen especially the liver, pancreas and kidney.
- \* It helps in regulating blood flow at sugar level.



Naukasana

Pose :-



Boat Pose Benefits :-

Strengthens abdominals,

# USTRASANA

Ustrasana is an intermediate level back-bending yoga posture known to open Anahata (Heart chakra). This yoga posture adds the flexibility and strength to the body and also helps in improving digestion. It helps in improving our body's flow system, breathing system, muscles, bones, endocrine and digestive system. Whether you have diabetes, asthma, thyroid, parathyroid, spondylitis, or bronchitis, this asana works like therapy on every disease.

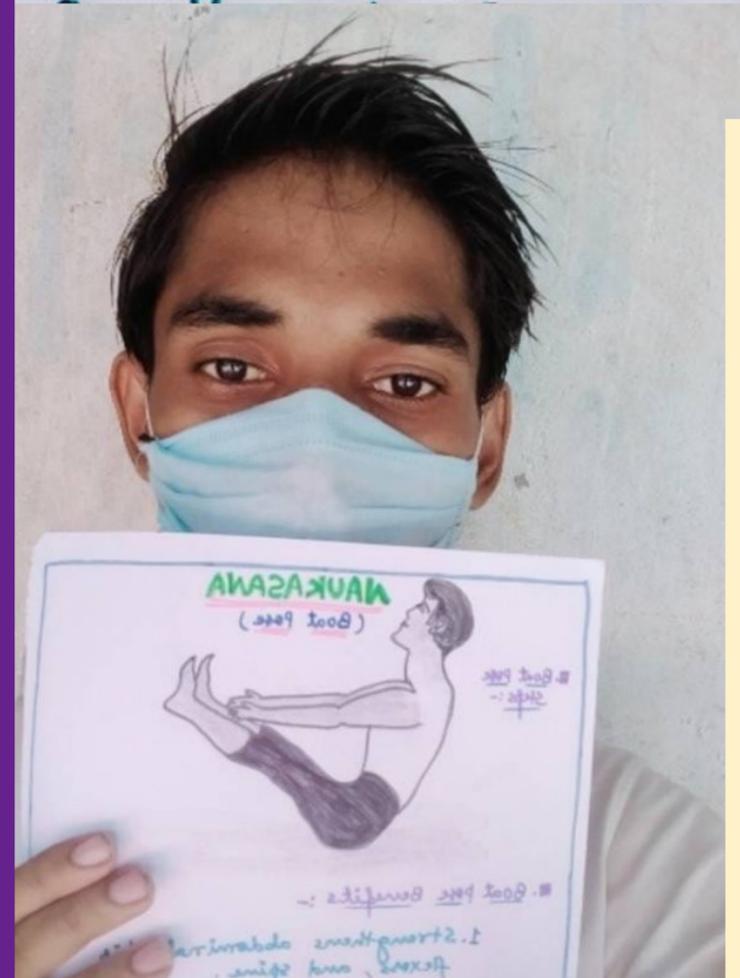


NSS-SSNC  
VOLT  
Devyani Singh  
1st year



## Dhanurasana

The bow pose, also known as dhanurasana (from the sanskrit word dhanu word for bow, and asana, for pose), is an intermediate yoga posture performed on the floor. In this position, the yogi lies on the stomach while performing a backbend, which allows them to grab their ankles, moulding their body into the shape of an archer's bow. While studies show that routine yoga practice has numerous health benefits like stimulates digestion, improves posture, strengthens spine and hamstring also upper back, improves hip flexors. It increases blood flow and oxygen to aid in elimination. Also shown to relieve menstrual discomfort, experts do not recommend performing bow pose while pregnant or if you have hypotension or hypertension, or extensive lower back pain.



## Vajrasana

[Yoga pose for stomach health]

- Helps in curing digestive acidity and gas formation
- Aiding in digestion
- strengthening pelvic muscles
- helping to relieve knee pain
- Helps in reducing obesity



# Yoga Poses To Empower Lungs

## Lotus shoulder stand (Padm-a Sarvangasana)

The inverted lotus pose helps in the proper expansion of the chest and allows easier passage of the air to the lungs. Twisting the upper side of the body acts as a massage for the internal organs, which in turn helps in better expulsion of toxins from the body. It also helps improve balance and strengthens the reproductive and nervous systems.

### Shoulder stand pose

This pose provides, the asana increases blood flow to the lungs. while in the pose, the respiratory movement of the lungs corresponding to the lifted arm is almost stopped, which causes the other lungs to work more rapidly and vigorously.



**Devyani Singh**  
1st year  
BA prog

# BHARAMARI PRANAYAM

It is the best cure for stress. It nurtures peace in your being, which in turn, results in self-healing.

It soothes the nerves.

The Practice of Bhramari pranayam helps dissipate anger.

It prevents heart blockages.

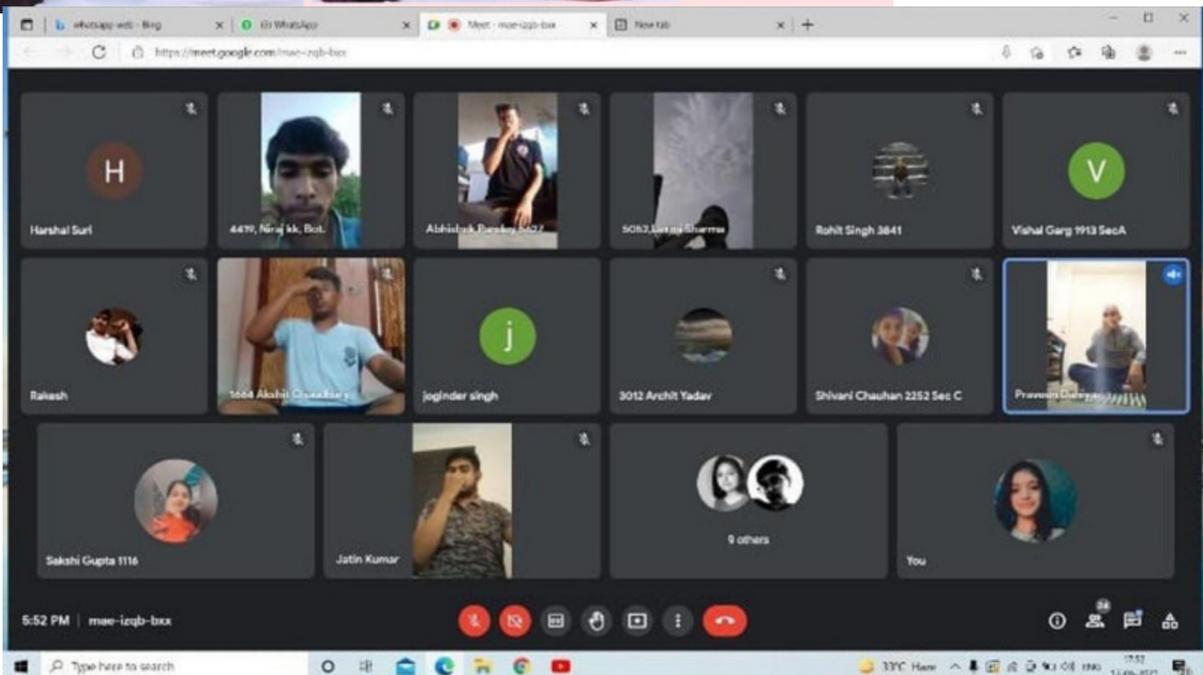
It helps with inducing deep sleep.



SWATI  
B.A. Program

# BOAT POSE

Boat pose is quite good from the point of view of health as it not only stretches your abdominal muscles but also tones the vital organs present in your abdomen. It is quite helpful in treating liver, pancreas, kidney and gastric juices-related health issues and problems. It is good for hormones. It strengthens the entire body systems like digestive, muscular, circulatory, hormonal and nervous systems. It also helps in treating diabetes.



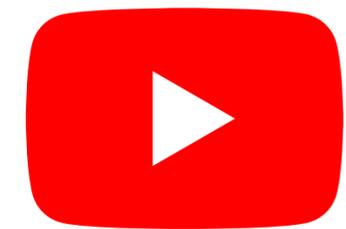
# FEW UNLISTED ACTIVITIES

## PLANTATION IN COLLEGE CAMPUS



# THANK YOU

HERE ARE SOME LINKS TO VISIT OUR SOCIAL  
MEDIA PAGES



[HTTPS://YOUTUBE.COM/CHANNEL/UCTUXOOL4T\\_NZIMJO-WEILUQ](https://youtube.com/channel/UCTUXOOL4T_NZIMJO-WEILUQ)



[HTTPS://TWITTER.COM/DUSSNC](https://twitter.com/DUSSNC)



[HTTPS://WWW.INSTAGRAM.COM/INVITES/CONTACT/?I=VUKNA59X5J9Z&UTM\\_CONTENT=AH7EXZ8](https://www.instagram.com/invites/contact/?I=VUKNA59X5J9Z&utm_content=AH7EXZ8)