

NATIONAL SERVICE SCHEME KALINDI COLLEGE UNIVERSITY OF DELHI

# समर्पण-दर्पण

### THE E-NEWSLETTER (2021-2022)

# (Reflection of our dedication)



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# **ABOUT NSS**

NATIONAL SERVICE SCHEME is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. It provides an opportunity to the student youth of schools of Technical institutions, Graduate & Post Graduate at the colleges and University level of India to participate in various government-led community service activities & programs. With the sole aim to provide hands-on experience to young students in delivering community service. In May 1969, a conference of student representatives (of universities and institutions of higher education) convened by the Ministry of Education and the University Grants Commission unanimously agreed that a national-service scheme could be an instrument for national integration. On 24 September 1969, the then Union Education Minister V.K.R.V. Rao launched the NSS program in 37 universities covering all states. simultaneously requested the Chief Ministers of States for their cooperation and help. It was appropriate that the program was started during the Gandhi Centenary Year as it was Gandhiji who inspired the Indian youth to participate in the movement for Indian independence and the social uplift of the downtrodden masses of our nation.

### ABOUT THE NSS UNIT OF KALINDI COLLEGE

NSS UNIT of Kalindi College, the University of Delhi is a group of young girl volunteers under the guidance of programme officer Dr. Alka Chaturvedi who opt to serve the nation through the NSS-led community service wearing the NSS badge with pride and a sense of responsibility towards helping the needy. We believe the best way to find yourself is tolosee yourself in the service of others.

It also provides opportunities for for the students to take part in various governmentled community service activities & programs. 'Not me but you're' keeping this motto in mind organize a series of social events and conduct various awareness programs based on many social issues throughout the session for a better understanding of society and betterment of the society. The total number of NSS Volunteers in one NSS Unit – 100

# **MOTTO OF NSS**

The Motto Of NSS is "Not Me But You", An NSS volunteer places the 'community' before 'self'. To practice national integration and social harmony. NSS attempts to establish meaningful linkages between 'Campus and Community', 'College and Village' and 'Knowledge and Action'. In which our aim to instill the idea of selfless services for helping society in every possible way and striving to work hard to ensure the enhanced standard of living.

# **OUR OBJECTIVE**

Our main objective is to understand the community and also to provide opportunities to the students to connect them and understand themselves in relation to their community and to utilize their knowledge in finding out practical solutions to individual and community problems

# SELECTION OF VOLUNTEERS

Firstly interested students are required to fill out the registration form. Secondly, the students are called for an interview, and based on their abilities the students are shortlisted.

Each volunteer is required to work for 2 years and 240 hours in total. After completing the benchmark of required hours they are awarded certificates.

Our NSS Team consists of two groups i.e., OFFICE BEARERS and VOLUNTEERS.

Office bearers are selected based on their work and also have to go through another interview conducted by the programme officer explaining how they are the best candidate for leading the team.

# राष्ट्रीय सेवा योजना "लक्ष्य गीत"

उठें समाज के लिए उठें- उठें जगे स्वराष्ट्र के लिए जगें-जगें स्वयं सजे वसुंधरा संवार दें -२ हम उठें उठेगा जग हमारे संग साथियों हम बढें तो सब बढेंगे अपने आप साथियो जमीं पे आसमान को उतार दें -2 स्वयं सजे वसुंधरा संवार दें-2 <u> उदासियों को दूर</u> कर ख़ुशी को बाँटते चले गाँव और शहर की दूरियों को पाटते चलें ज्ञान को प्रचार दें प्रसार दें विज्ञानं को प्रचार डी इ प्रसार दे स्वयं सजे वसुंधरा संवार दें-2 समर्थ बाल वृद्ध और नारियां रहे सदा हरे भरे वनों की शाल ओढती रहे धरा तरक्कियो की एक नई कतार दें-2 स्वयं सजे वसुंधरा संवार दें-2 ये जाति धर्म बोलियाँ बने न शूल राह की बढाए बेल प्रेम की अखंडता की चाह की भावना से ये चमन निखार दें सद्धभावना से ये चमन निखार दें स्वयं सजे वस्ंधरा संवाद दें -2 उठें समाज के लिए उठें- उठें जगे स्वराष्ट्र के लिए जगें-जगें स्वयं सजे वसुंधरा संवार दें -2

#### NATIONAL SERVICE SCHEME "LAKSHYA GEET"

Uthen Samaj Ke Liye Uthen – Uthen, Jagen Swarashtra Ke Liye Jagen – Jagen Swayam Saje Vasundhara Sanwar Den-2 Hum Uthen – Uthega jag Hamare Sang Sathiyo Hum Badhen To Sab; Badhenge Apne Aap

#### Sathiyo

Jamin Pe Aasmann Ko Utar Den – 2 Swayam Saje Vasundhara Sanwar Den – 2 Udasiyon Ko Door Kar Khushi Ko Bantte Chalen

Gao Aur Shahar Ki Duriyo Ko Patte Chalen Gyan Ko Prachar De Prasar De Vigyan Ko Prachar De Prasar Den Swayam Saje Vasundhara Sanwar Den – 2 Samarth Bal Varidh Aur Nariyan Rahen Sada

Hare Bhare Vano Ki Oudhati Rahe Dhara Tarakkiyon Ki Ek Nayi Katar Den – 2 Swayam Saje Vasundhara Sanwar Den – 2 Ye Jati Dharam Boliyon Bane No Shool Raah Ki

Vdhayen Bel Prem Ki Akhandata Ki Chaah Ki

Bhavana Se ye Chaman Nikhar Den Swayam Saje Vasundhara Sanwar Den – 2 Uthen Samaj Ke Liye uthen – Uthen Jagen Swarashtra ke Liye Jagen – Jagen Swyam Saje Vasundhara Sanwar Den – 2

## FROM THE DESK OF PRINCIPAL



It gives me immense pleasure to write for the NSS Unit of Kalindi College, University of Delhi. The main objective of NSS is to provide the students an opportunity to understand the community and find practical solutions to the problems faced by the individuals & community at large. From the beginning till now NSS is trying to achieve these objectives. The Unit has rendered service to the community by participating and involving in various social activities at College and at University Level.

I am very much happy to know that e-newsletter has been started by NSS Unit since the academic year 2020-21. The current newsletter for 2021-22 records all the events as well as presents the talent of NSS Volunteers and other students of the College. I convey my best wishes to the NSS Team working under the able guidance of NSS PO Dr. Alka Chaturvedi.

> Prof. Anula Maurya (Principal)

# FROM THE DESK OF PROGRAMME OFFICER



On the eve of the 75th year of India's Independence - Azadi ka Amrit Mahotsava - I feel very glad to release the 2nd edition of the NSS enewsletter 'Samarpan Darpan' of Kalindi College, University of Delhi. This newsletter is the document showcasing the freedom, determination & social service of the generous young volunteers. The feeling of cooperation, service, compassion, dedication, and understanding in the heart of our college students is the result that they are committed to create awareness about equality, underprivileged community, cleanliness, health, gender sensitization, environmental issues etc.

During two years term of my tenure as NSS Programme Officer, I have always found these volunteers excited, joyful, elemental and energetic. I wish that this feeling in them expand further. I am deeply grateful to Principal Madam, College administration and non-teaching staff for the uninterrupted cooperation.

> Dr.Alka Chaturvedi (NSS Programme Officer)

# **PRESIDENT'S NOTE**



NSS has taught me to be selfless, the happiness one gets by serving others is unmatched. I'm incredibly thankful and honored to have been able to serve as president of such a prestigious organization, working with such talented members has always been a delightful experience.

I want to thank them for their continued participation and enthusiasm. NSS has been an integral part of my college life and will continue to guide me in my action toward the betterment of society in the future as well.

> Vinshika (President)



#### Ritu yadav Vice- Presidentt

I am honored and feel so great to shoulder this responsibility as the Vice-President of the NSS Unit of Kalindi College, niversity Of Delhi. The biggest asset that NSS has is its members. It is our indomitable team spirit that synergizes the magnitude of our effort to positively impact the lives of the underprivileged. Always remember, every person can make a difference, and every person should try. Long live NSS KC



Kanishka Ajmera General secretary

Nss kalindi helped me see the bigger picture of society and helped me develop myself as an responsible individual to contribute towards upliftment and awareness. It was the group work and the community that we've created over the period of two years which eventually became my second home.



#### Raashi Vashist Creative Head

Being a part of NSS has been one of the best phases in my life. The journey has brought a lot of experiences that I will cherish throughout. Turning from introvert to extrovert, from diffident to confident, from a follower to a leader, I have come a long way to improve myself. I can never forget the doom phase when lockdown limited our on-ground work due to which we all were in a state of dilemma. I can never really put into words, how greatly I have been impacted by NSS but summing up, the ride was a rollercoaster one which will always be memorable. I will not stop to work for society here but will try my best to pass on my mere contributions for upliftment of nature and people in the life ahead too.



Kanika Phalswal Treasurer

Not me But you. The two year journey brought excitement, opportunities, knowledge, oneness, worth of small efforts and making big impact from it. NSS always gave me a platform to perform and excel while at the same time learn and grow. Lastly when I say graduating from Kalindi college it includes graduating from NSS as it is the most integral part of two years of my life as well.



#### Vijaya kumari Media-in-House

I joined NSS Kalindi on 23 august 2020. I have very delightful Experience with them. As an office bearer, I never feel pressurize regarding work. Everyone was so cooperative and under our program officer, I learn a lot of things. Like Teamwork, leadership, accountability, responsibility, and many more. Definitely these things help me in future



#### Shivani Mishra Media-in-House

The journey of two Years with NSS was one of the best and most wonderful parts of college life. I learned a lot, Enjoyed it a lot and it was an amazing experience to work as a team with full support and coordination.NSS was a platform during a covid time where we did a lot of things online and never let covid affect our activities. have learned a lot from here from coordination to experience, developed confidence, and improved my skill set. And Also I am really thankful to our Program Officer Mrs.Alka Chaturvedi Mam for being so calm .supportive, cheerful and encouraging guidance. At last the thing I learned from here is the motto Not me but You which will stay with me always for lifetime



In past, I always thought "how wonderful it would be if no one had to wait even a moment to make the world better." But what and how to do this? I learned this after joining NSS. The service and dedication of NSS teachers and volunteers provide millions of real-life lessons in many cases. That's why I proud to be a part of this service. as a volunteer I'm just want to say that "Start where you are. Use what you have. Do what you can."



Sakshi Gautam Newsletter Head

It's a matter of pride for me that I had been an NSS volunteer for the past two years. Looking retrospectively, it has been a wonderful experience. NSS has played a major role in my personality development and I have cherished every aspect of it. I feel the most important part of being an NSS volunteer is one's participation in the donation drive, and visits to NGOs, Social Empowerment, contrary to the popular belief, isn't the sole responsibility of the government. If any section of society faces the stigma of poverty and discrimination or dearth of resources, it isn't just the failure of the administration, it is also the failure of all of us collectively as a societyheading to our main motto, "Not Me But You"



Uma Kumari Newsletter Head

ALWAYS BE BOLD, BRAVE & BRIGHT. YOU ARE & YOU SHOULD BE LIMITLESS NO MATTERS WHAT!!



Priya Jain Newsletter Head

"Start where you are, Use what you have, Do what you can"

I'm grateful that i had been a part of Nss as a Newsletter Head, since last 2 years. It was full ups and downs journey for me, Nss taught me a lot of things like self confidence, patience, unity and teamwork which is really helpful for me to improve myself and make me a better personality. At last i would like to thank our team members and A very special thanks to our programme officer Dr. Alka chaturvedi ma'am for guiding us in each and every stage and providing me this opportunity to serve our Nss as a Newsletter head.



Khushi Newsletter Head

It was a great experience to be a part of NSS. It always gave me the platform to grow and excel at the same time learn and work. It helped me develop my personality and taught me discipline, teamwork, and punctuality. And a special thanks to our Programme officer Dr. Alka ma'am who always inspires and motivates us. Pooja Tiwari Arts Representative

It was a beautiful experience working with NSS Kalindi college. We learned here new skills, boosted our leadership qualities, developed new ideas, and enjoyed the time working with my fellow office bearers as well as professors.



#### Priya Sharma Arts Representative & Newsletter Head

Getting Bestowed with the title of NSS VOLUNTEER is indeed a matter of great pride for me as I worked as a Frontline warrior with the help of the NSS unit of Kalindi college Here I Would like to express my gratitude to Dr. Alka Chaturvedi for making me the part of the team and always guiding me. Our journey was like a roller coaster ride and being a part of the same I changed into a more disciplined person !!!



Manvi Veerwal Arts Representative

The national social scheme has given me a platform to serve society. These 2 years in NSS have given me inspiration and motivation to move way ahead in my life. NSS has built a leadership quality in my personality that I will cherish for the rest of my life. The experience will always stay in my memories. I will always be a social worker. Thank you nss Kalindi college



It has been an honor serving the NSS unit. I want to thank all current and past members of the NSS for giving me two of the most rewarding years of my life. We have held several events in the past two years that have created leadership opportunities, brought our community together, and led to great learning experiences. But all of this would not have been possible without the excellent and hard work of our wonderful NSS unit of volunteers. Finally, I would like to express my gratitude for the mentorship and support I received from Dr. Alka Chaturvedi mam. They were the best team I could have asked Sor.



Pranjali Gupta Commerce Representative

I joined NSS Kalindi college in year 2020 and i must say this was my best decision in these 3 years of my graduation. I worked in NSS for almost two years and I really got to learn alot .NSS gave me a platform where i could do something for my society and really felt so good that i was able to do it with all my heart by participating in different activities. I really want to thank my convenor Dr.Alka chaturvedi mam who helped me at every point of time . She's really a very hardworking teacher and instructor . Today when my journey of these three years are ending i must say I'll miss my NSS team alot.



#### Nandita Science Representative

Leaders don't create followers, but they create more leaders". From a volunteer to office bearer, with increased responsibilities that taught me to manage things with patience and without any chaos. I enjoyed my two-year incredible journey with my fellow mates which has given me a long life of cherishing moments. NSS helps me to groom my personality and enhance my leadership skills. I'm very grateful to our core team and our Programme officer who helped me at every step ....and At last, I wish good luck to the upcoming team



#### Monu Science Representative

My heaven-like experience as a volunteer in NSS I became a better leader. After getting into NSS, I have been in the forefront in all the activities. I have become more confident, optimistic and hopeful about the future. I have gained some very beautiful souls in my life as friends because of NSS. I have always been a topper throughout my college days and I can surely say that NSS taught me more than the textbooks did. It taught me to live life happily and make others lives happier. Help as much as you can. Be compassionate and be kind to others.



#### Shefali BA Programme Representative

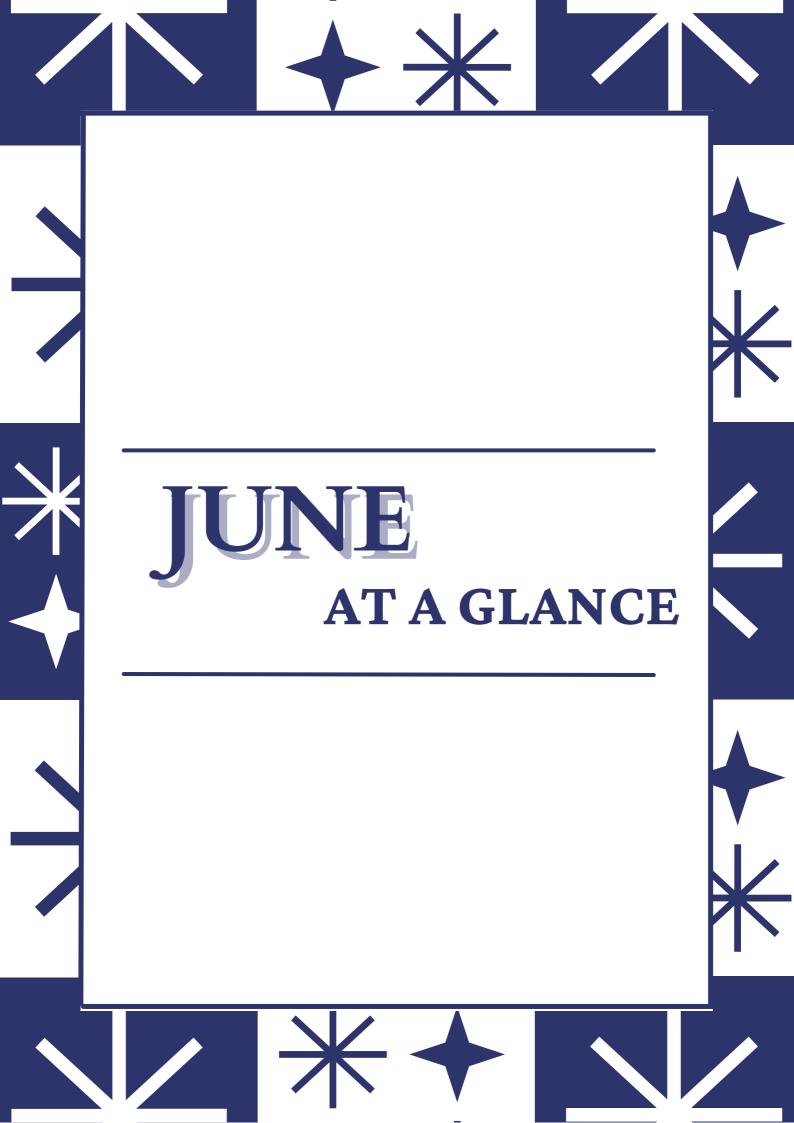
It was definitely an experience of my lifetime. I am grateful that I got to be in such a body that gave me a taste of professionalism, and showed me how a team works while balancing friendships and work ethics. Lastly but most importantly, to be able to do something for the community would certainly be in the proudest moments of my life.



Yamini Rawat BA Programme Representative

NSS is the beaming pole star of my college life. It provided me with opportunities, I never imagined I could have. NSS, for me, is like a family , that has worked immensely towards my growth. The wide spectrum of exposure and experience. It provided here is a necessity in today's competitive world .I became a better leader. After getting into NSS I have been in forefront in all the activities. It taught me to live life happily and make others lives happier.

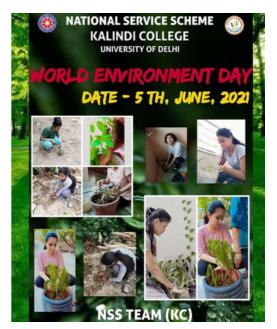




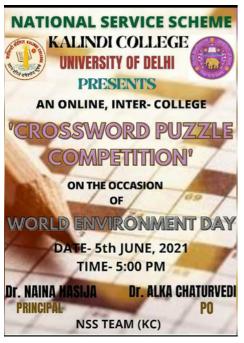
### PLANTATION DRIVE, 5TH JUNE 2021

THE NATIONAL SERVICE SCHEME of KALINDI COLLEGE participated with great Zeal and enthusiasm during the celebration of World Environment Day. The students of various courses planted saplings in their houses and nearby places to raise awareness and consciousness about the environment

among the masses. As we all know plants are the foremost source of oxygen in the environment, they help to reduce the level of CO2. At present, the whole world is facing the problem of global warming and to recover from such a crisis, planting trees has become one of the most important aspects today. All were happy and felt proud after the tree plantation event was done because it felt great to do something positive for nature.



#### **CROSS WORD PUZZLE COMPETITION, 5TH JUNE 2021**



National Service Scheme, of Kalindi College, University of Delhi, on 5th June, Saturday, 2021 organized an Online Inter-College CROSSWORD PUZZLE COMPETITION on the occasion of World Environment Day, through the virtual platform Zoom. The event was embellished with the presence of our Programme Officer, Dr. Alka Chaturvedi. Students from various colleges of

the University of Delhi actively participated in the event. There was a total of three puzzles and the duration given to each participant to solve the puzzle was 30 minutes. The question was shared in the meeting in the form of google form. The top three winners were- Rajni Verma -Kalindi College, Divyani Dawar -Kalindi College, and Saijal Bajaj -Ram Lal Anand College. Each winner was given a certificate. Meeting link:https://us04web.zoom.us/j/4750736274pwd=UG1IVTNMRz drMFJONXIQRWVqOEMzZz09

"The greatest glory in living lies not in falling, but in rising every time we fall". -Nelson Mandela

### SPEECH COMPETITION, 12 TH JUNE 2021

The speech competition was organized on the 12th of June 2021 by the NSS Unit of Kalindi College, the University of Delhi with the blessings of Dr.Naina Hasija (Principal) under the supervision of Dr.Alka Chaturvedi (Programme Officer).In the event the participants had to present a well-prepared speech on the Topic:- Child is meant to learn not to earn or

"Child Labor:- India's hidden shame The event was remarkable and helped to give people the opportunity to improve their speaking abilities as well as to establish contacts with a group of people. The winners were decided on the basis of their understanding of the topic, research, originality, utilization of the time, fluency, body language and eloquence. The winners of the event were:- Anshika Mathur [ B.Com (hons)-1 st year- Kalindi College ], Rishika Malik [ BA.Eng + Psychology-1st year-Indraprastha College ], Ritika Chandel, Bhargavi [ B.Com (hons)-2nd year-Kalindi.



### POSTER-MAKING COMPETITION, 14TH JUNE 2021



National Service Scheme of Kalindi College has organized an INTER COLLEGE POSTER MAKING COMPETITION on 14 th June 2021- World Blood Donar Day through Google meet with the blessings of Dr. Naina Hasija (Principal) and under the supervision of Dr. Alka Chaturvedi (Programme Officer). The program went smoothly from 5:00 pm to 6:00 pm on Google meet.

Everyone participated in the competition very enthusiastically and demonstrated their art one by one. This event made us learn how we can save the life of someone who is in dire need of blood Everyone made very beautiful posters but as it was a competition, all can't be selected. The position holders were as follows:- 1st prize - Tanu Bhushan, 2nd prize - Anjali Vishwakarma, 3rd prize -Shiwani Rana

If life were predictable it would cease to be life, and be without flavor. -Eleanor Roosevelt

### VIDEO- MAKING COMPETITION, 21ST JUNE 2021

On the occasion of the International Day Of Yoga, The NSS team of Kalindi College organized an online intra-level video-making competition. Students are required to submit a video clip of doing yoga poses of a minimum of 30 seconds to 2 minutes. They must perform three to five yoga poses to participate in the competition.

Yoga helps in keeping our mental and physical health intact. It helps us to connect to nature. Furthermore, our body becomes more flexible after consistent yoga practice and we can also develop a great sense of selfdiscipline and self-awareness. In short, it improves our well-being and gives us better mental clarity.

We received more than 30 videos, from which the top three were selected. The students are judged on the basis of the perfection and accuracy of yoga asana. Our respected mam motivated us a lot for organizing the wonderful competition. The enthusiasm of Students makes this competition successful.



" Spread love everywhere you go. Let no one ever come to you without leaving happier. -Mother Teresa "

### DONATION DRIVE, 23RD JUNE 2021

#### "Giving is not just about making donations it is about making the difference "



To encourage young people to help the needy and pursue careers in the public sector, on the occasion of UNITED NATIONS PUBLIC SERVICE DAY, the National Service Scheme Unit of Kalindi College, University Of Delhi organized an Online Donation Drive on June 23rd, 2021



During covid, the people who indulge in farm labor are affected very badly. People like auto drivers are also not earning as much money as they used to, so they could survive with their families in lockdown. So, our NSS volunteers have taken the initiative of donating essential stuff that we put together at our respective homes to the poor people.



guidance of our Under the NSS Programme Officer Dr. Alka Chaturvedi, our NSS volunteers donated essential like stationery, clothes, thinas and medical supplies to needy and poor people. All this was conducted safely, we made sure that all the volunteers who made donations are in their local areas or homes. The of this entire purpose program was to help people in need and spread awareness among people during this pandemic.

"When you reach the end of your rope, tie a knot in it and hang on. -Franklin D. Roosevelt"



### **BEST OUT OF WASTE COMPETITION, 12TH JULY 2021**





"With paper bags, the world is like a diamond which shines everywhere." With this beautiful mindset, NSS Kalindi College, the University of Delhi on the 12th of July 2021 organized an Inter college 'Best out of waste Competition on the occasion of 'Paper Bag Day' in the presence of our program officer Dr. Alka Chaturvedi.

The enthusiastic participation of the volunteers and participants made it a huge success. The top three performances were encouraged by E-Certificates. The whole NSS team was elated by the performance and would like to convey thanks to all the participants and Programme

Officer for their immense support and cooperation. Tannu Bhushan from Kalindi college grabbed the 1st position. However, the 2nd position was shared by Asha Kumari and Parul Jain from Kalindi college. And Ayushi from Kalindi college seized the 3rd position.



"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. -Steve Jobs "

### **TALENT HUNT COMPETITION, 15TH JULY 2021**



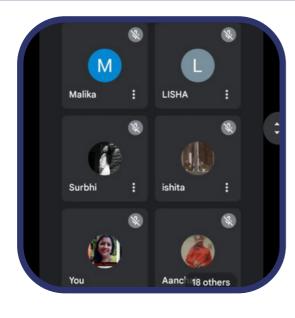
On eve of World Youth Skill Day, dated, 15th July 2021 NSS [ National Service Scheme] of Kalindi College organized a Hidden Talent Hunt competition. The event held place under the supervision of the NSS programme officer, Dr. Alka Chaturvedi. The top contestants were Shruti Mishra, Shraddha, Metal Soni, Shruti, and Ashita respectively.

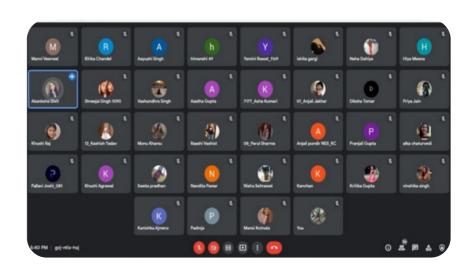
The program went smoothly and took place on google meet - https://meet.google.com/yop-yjfp-xpi

The participants had left no stone unturned to win the competition and exhibit their talent and confidence. The event ended with a vote of thanks. It was a memorable event and everyone left with memories to cherish and smiles on their faces. The event was made a success with the hard work of both NSS members and participants

"Always remember that you are absolutely unique. Just like everyone else. -Margaret Mead "

### INTER COLLEGE SPEECH COMPETITION, 17TH JULY 2021





"Justice and power must be brought together so that whatever is just may be powerful, and whatever is powerful may be just." NSS, National Service Scheme, of Kalindi College, University of Delhi, on 17th July, Saturday, 2021 organized an Online Inter-College SPEECH COMPETITION on the occasion of WORLD DAY OF INTERNATIONAL JUSTICE through a virtual platform, Google meet.

The event was embellished with the presence of the Programme Officer of NSS Kalindi, Dr. Alka Chaturvedi. Students from various colleges actively participated in the event. The meeting started at 5 pm. The duration of the time given to participants to deliver the speech was 3 minutes and it was bilingual. The views put up by the participants to deliver the speech was 3 minutes.

It was bilingual. The views put up by the participants were amazing and their active participation made the event successful. In the end, we finally got three top winners- Ayushi Singh, Parul Sharma, and Anshika Mathur.

Meeting link: https://meet.google.com/efq-zuxu-iqm

### **POETRY COMPETITION, 26TH JULY 2021**



"A soldier fights not because he hates what is in front of him but because he loves what's behind him"

Kargil Vijay Diwas is observed on July 26 in memory of soldiers who sacrificed their lives in the Kargil War, and to commemorate this day National Service Scheme Unit of Kalindi College, University of Delhi celebrated Poetry Competition on July 26, 2021.

This day is celebrated all over India and in the national capital, New Delhi, where the Prime Minister of India pays homage to the soldiers at Amar Jawan Jyoti at the India Gate every year. Functions are also organized all over the country to commemorate the contributions of the Indian Armed Forces.

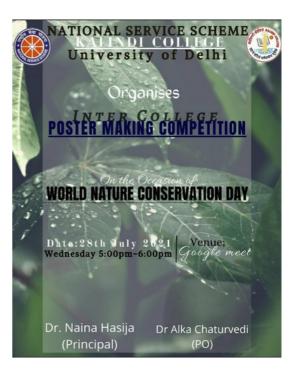
" The future belongs to those who believe in the beauty of their dreams. -Eleanor Roosevelt "

World Nature Conservation Day, observed on 28 July each year, is celebrated to remind all of us of the importance of a sustainable and stable environment. This day aims to create awareness among people about conserving natural resources for future generations. On the Occasion of World Nature Conservation Day. the National Service Scheme Unit of Kalindi University College. Of Delhi organized Online Making Poster an Competition due to the ongoing pandemic. Venue: Google Meet, Time: 5 pm

As per the guidance of our NSS Programme Officer Dr.Alka Chaturvedi, the competition began at 5 pm. Participants were given one hour to make and mail their posters. The winners were judged on the basis of the rules of the competition. i.e, The participant should stay online and log in on Google Meet throughout the poster making Competition, The participants have to keep their Camera on, Participants have to make posters on an A4 sheet., Participants will be required to send pictures of the poster (before filling in the colors) as well as a picture of the final poster on

nsskcevents@gmail.com.etc.

The purpose of this entire program was to draw the attention of the young generation toward the development of a sustained environment.





"Success is not final; failure is not fatal: It is the courage to continue that counts. -Winston S. Churchill "



### NATIONAL WEBINAR, 6TH &7TH AUGUST 2021



Freedom fighters struggled a lot to make India free from Britishers and an Independent Country. The list of Freedom Fighters is endless. Some of them are known while others quietly sacrificed their life protection of their motherland. the То for remember their sacrifices and to celebrate India's 75th Independence (Azadi Ka Amrit MAHOTSAV) some special Guests were invited. This year the NSS units of Ramanujan College and Kalindi College had organised a 2 Days National Webinar on August 6th and 7th, 2021 from 3:30 pm to 5:00 pm with the support and permission of Respected Principals of both colleges and NSS Programme Officer Dr Alok Ranjan Pandey and Dr Alka Chaturvedi. The event was conducted online on Zoom platform. The first day of event was enlightened and delighted by the warm presence of the Chief Guests Bollywood actor Mr. Akhilendra **Professor Anand Prakash and other** Mishra. teachers and second day was enlightened by Prof. Sunil Kumar Tiwari, Prof. Pandarinath Patil and Captain Yashika Hatwaal Tyagi.

The event started with the warm welcome of everyone by the anchors. While inaugurating the event Principal of Ramanujan delivered motivating words addressing the important points of freedom. The event went very smoothly followed by the great poems and messages given from our Chief Guests. Each speaker had delivered their thoughts in such a way that it filled everyone with the excitement and emotions. Total approx. 1000 people has registered for the event but only 210 turned in. At last everyone expressed their warm gratitude to both the NSS teams for inviting the eminent personalities and organizing such a memorable event. **Both** the & NSS great Programme officers conveyed the vote of thanks to all.

The event was ended on a positive note with the joint efforts of the NSS team's volunteers of both the colleges.

"Never let the fear of striking out keep you from playing the game. :-Babe Ruth "

### NATIONAL YOUTH AWARDS, 12TH AUGUST 2021



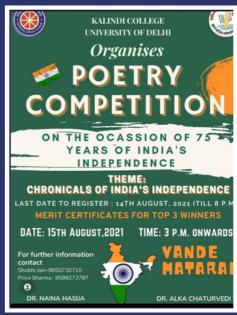
On 12th August, 2021 Ministry of Youth Affairs & Sports conducted a National Youth Award Function. The event started from 12:30 pm and continued till 1:30 pm in Vigyan Bhawan, New Delhi. Hon'ble Union Minister of Youth Affairs & Sports conferred the award to the awardees.

The webinar was attended by numerous volunteers. Watching the awardees being celebrated for their hard work motivated all the participants to do better and bring laurels to the country. It was heart-warming to watch the prize distribution as the Volunteers were being recognized for their diligent efforts. Hon'ble Union Minister for Ministry of Youth Affairs and Sports, Shri Anurag Singh Thakur addressed everyone present and encouraged them to earnestly develop themselves and strengthen the country by constantly working for it.

<sup>&</sup>quot;You will face many defeats in life, but never let yourself be defeated. -Maya Angelou "

### POETRY COMPETITION, 15 TH AUGUST 2021

The National Social Service unit of Kalindi college organized a virtual Inter College Poetry Competition on the 15th of August 2021 at 3:00 pm to celebrate "75वां Azadi Ka Amrit Mahotsav". Beauty is the realm of poetry; the students of various colleges enthusiastically participated in the competition as they got an opportunity to exhibit their talent and confidence. Participants turned up with different self-written poems on the theme "chronicles of India" and recited them with great fondness and zeal for the country. The event was done with the blessings of Principal Mam, Dr. Naina Hasija, and the supervision of Dr. Alka Chaturvedi. It was also graced with the presence of Alka's mam. The participants had left no stone unturned to win the competition & they were judged, on the parameters- Physical appearance (camera on), Voice and articulation, dramatic appropriateness, level of complexity, and overall performance. The judges appreciated and applauded the performances of the participants and the feeling of patriotism filled the air with affection and respect for the motherland

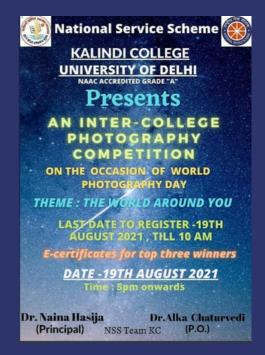


#### PHOTOGRAPHY COMPETITION, 19TH AUGUST 2021

#### THEME OF THE EVENT: THE WORLD AROUND YOU NUMBER OF STUDENTS REGISTERED: 58 NUMBER OF STUDENTS PARTICIPATED: 54

The National Service Unit of Kalindi College had organised an online Inter-College Photography Competition on 19 August, 2021 to celebrate World Photography Day.

"Taking pictures is savouring life intensely, every hundredth of second." With this notion, students from various colleges participated in the competition as they got an opportunity to exihibit their talent and confidence. Participants turned up with different and self captured photographs on the theme " The World Around You " and their vision stunned our judges without a doubt. The event was conducted with the blessings of Principal Ma'am, Prof. Naina Hasija and the Supervision of Programme Officer Dr. Alka Chaturvedi. The participants had left no stones



unturned to win the competition. The judges appreciated their work and decided the winners accordingly.

"Life is either a daring adventure or nothing at all. -Helen Keller "

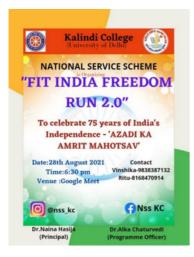
### **CLEANLINESS PLEDGE, 24TH AUGUST 2021**

Give your city a clean look to maintain the dream book. The intensive national cleanliness campaign started in April 2016. Swachhata Pakhwada" as a part of "Swachhta Abhiyan" was initiated, to bring a fortnight of intense focus on the issues and practices of Swachhata-meaning Cleanliness. The Ministries observing Swachhata Pakhwada are monitored closely using the online monitoring system of Swachhata Samiksha where the



actions plans, images, videos related to Swachhata activities are uploaded and shared. As a responsible citizen, to support this great initiative of GOI and to create an awareness about the need of cleanliness, we at Kalindi College considering it as our moral duty had organized a NSS student pledge on 24th August 2021 on Google meet platform. Swachhata pledge was taken by all NSS volunteers of Kalindi College. They took oath of keeping their home, locality and city clean. The main purpose of this program was to create awareness among the students regarding the cleanliness and its benefits. It was a unique experience for all the NSS volunteers.

### PLOG RUN, 25TH AUGUST 2021



Under the aegis of Swacchta Pakhwada, NSS Kalindi College organized online competition in the presence of our Programme officer, Dr. Alka Chaturvedi. It was a Poster making competition for all the Kalindians held on the 31st of August on google meet from 5 p.m. Students from varied courses participated with full enthusiasm. The event became a huge success with such beautiful and creative contributions. The motto of the event was "Design creates culture. Culture shapes values. Values determine the future." The main motive of the Swacchta Pakhwada was to

focus on the cleanliness around us. We received a bunch of innovative and creative posters which rightly justified the theme of the event. The winners and participants were applauded on the google meet by Dr. Alka Chaturevedi for their efforts. It was enchanting to see and appreciate such creative minds together. The entries were received till 6:30 pm. on 31st August 2021. The top three winners were decided by the judges based on creativity, and ideas. They were encouraged with E-certificates. The NSS team was delighted to organize such an innovative event and would like to thank our respected Principal, Prof. (Dr.) Naina Hasija and volunteers for their endless cooperation and support.

" It is during our darkest moments that we must focus to see the light. -Aristotle "

### **DEBATE COMPETITION, 26TH AUGUST 2021**

On 26th August 2021 NSS unit of Kalindi College organized a debate competition on the occasion of Women's Equality Day on the topic " A feminist is anyone who recognizes the equality and full humanity of women and men".

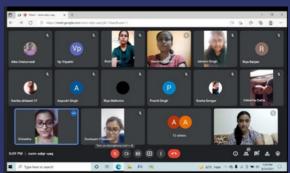
The event was conducted through an online platform, google meet, and was held under the supervision of NSS programme officer Dr. Alka Chaturvedi Mam. The competition started at 5:00 pm and had more than 30 attendees. Participants were asked to speak in favor or against the given topic for a maximum of 3 minutes.

The event ended on a positive note with the participation of a very enthusiastic group of people.

The winners of the competition were Debarna Datta (Kalindi college) secured first position, the Anshika Mathur(Kalindi College) the secured position, Riya second and Malhotra(Ramanujan college) secured the third position.

Thelinkprovidedwas:-https://meet.google.com/cwm-sdqr-uaq.







#### **CLEANLINESS DRIVE, 27TH AUGUST 2021**



These are the pictures of HUMAYUM TOMB.



These are the pictures of TUGHLAQABAD FORT.

"Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson "

## FREEDOM RUN, 28TH AUGUST 2021

The "FIT INDIA FREEDOM RUN 2.0" was organised on 28th August, 2021 by NSS Unit, Kalindi College, University of Delhi with the blessings of (Prof.)Dr.Naina Hasija (Principal) under the supervision of Dr.Alka Chaturvedi (Programme Officer) to celebrate 75 Years of India's Independence - "Azadi ka Amrit Mahotsav & Fit India Freedom Run 2.0". The program was conducted online via google meet at 6:30pm. It was an amazing opportunity where participants showcased their patriotism and also this event helped them to burn their calories. The participants were asked to follow some rules and regulations of the event like participants were asked to be dressed up in sports wear and also follow the Covid norms while showing their participation.At the end of the event they were asked to send their photos and videos of the same.





## **SLOGAN WRITING COMPETITION, 30TH AUGUST 2021**

The NSS unit of Kalindi College organized a "Slogan writing competition" on 30th August 2021 at 5:00 pm with great zeal and devotion under the guidance of Dr. Alka Chaturvedi. About 80 students participated in the Slogan Writing Competition. The students participated with great enthusiasm and they wrote catchy slogans. All the winners were awarded an e-certificate. The NSS team members coordinated the program. The volunteers were asked to write them in their preferred language, either in Hindi or English

The volunteers were asked to send their entries using a google drive link. The volunteers were asked to highlight the following topics and turn their thoughts/views or feelings into words. There was enthusiastic participation among the volunteers and everyone worked on their slogans and articles diligently. A good slogan helps to attract the attention of the people about the topic and a good article enables the production of information to a potential audience all across the world. This overwhelming participation of the volunteers will create a powerful impact in society and would enable us to reach a step closure by enlightening people about their rights and helping make a change in society.



#### POSTER-MAKING COMPETITION, 31ST AUGUST 2021



Under the aegis of Swacchta Pakhwada, NSS Kalindi College organized an online competition in the presence of our Programme officer, Dr. Alka Chaturvedi. It was a Poster making competition for all the Kalindians held on the 31st of August on google meet from 5 p.m. Students from varied courses participated with full enthusiasm. The event became a huge success with such beautiful and creative contributions. The motto of the event was "Design creates culture.

Culture shapes values. Values determine the future." The main motive of the Swacchta Pakhwada was to focus on the cleanliness around us. We received a bunch of innovative and creative posters which rightly justified the theme of the event. The winners and participants were applauded on the google meet by Dr. Alka Chaturevedi for their efforts. It was enchanting to see and appreciate such creative minds together.

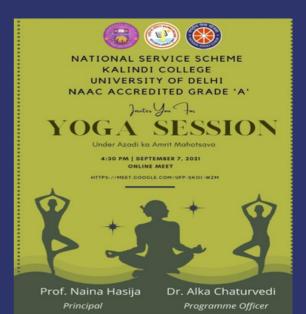
The entries were received till 6:30 pm. on 31st August 2021. The top three winners were decided by the judges based on creativity, and ideas. They were encouraged with E-certificates. The NSS team was delighted to organize such an innovative event and would like to thank our respected Principal, Prof. (Dr.) Naina Hasija and volunteers for their endless cooperation and support.



# **SEPTEMBER** ATAGLANCE

## YOGA SESSION, 7TH SEPTEMBER 2021

The National Service Scheme unit of Kalindi College, University of Delhi organized a successful Yoga Session for its volunteers under "Azadi ka Amrit Mohatsav", an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Modi's vision of activating India 2.0, fuelled by the spirit of Atmanirbhar Bharat. Many members participated in the event and enjoyed the event to the fullest.



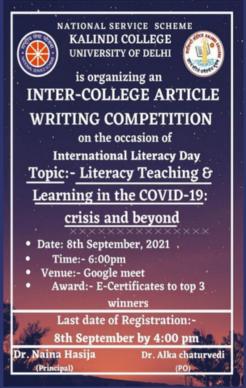
#### **ARTICLE WRITING COMPETITION, 8TH SEPTEMBER 2021**

The National Service Scheme of Kalindi College on 8th September, on the occasion of International Literacy Day, organized a virtual inter-college Article Writing Competition.

The event was embellished with the presence of the Programme Officer of NSS Kalindi, Dr. Alka Chaturvedi. Participants from various colleges of the University of Delhi turned up with their Articles on the topic – Literacy teaching and learning in the Covid-19 crisis and beyond and left everyone aw-stuck as they presented their writing talent so immaculately and effortlessly. They judged parameters- Content, grammar, writing flow, Handwriting, and word limit.

**The top 3 Winners were provided with certificates.** Winners

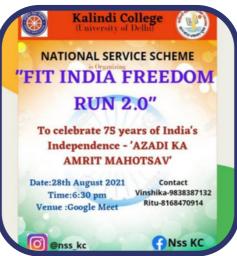
- 1. Astha Mishra- first position
- 2. Bharti Gupta second position
- 3. Bhawna- third position



"You miss 100% of the shots you don't take. -Wayne Gretzky "

# **FREEDOM RUN, 9TH SEPTEMBER 2021**









#### "If the body is fit, mind is a hit"

India's Mission has conceptualized "FIT INDIA FREEDOM RUN 2.0" to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". A nationwide campaign was on the concept of "Physical/Virtual Run" in a continuum from 13th August to 2nd October 2021. The NSS Unit of Kalindi college has organized a FREEDOM RUN on 9 Sept 2021 to encourage the fitness of NSS volunteers and help us to get freedom from obesity, laziness, stress, anxiety, diseases, etc. NSS volunteers enthusiastically participated in the run.











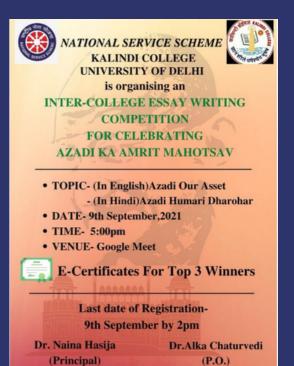
"I have learned over the years that when one's mind is made up, this diminishes fear. -Rosa Parks "

#### **ESSAY WRITING COMPETITION, 10TH SEPTEMBER 2021**

On the occasion of World Suicide Prevention Day on 10th September 2021, the NSS team of Kalindi College organized an essay writing competition to spread awareness through the words of the students.

This day holds great importance in the lives of every youth these days as mental instability and other societal problems have made them seek suicide as the only solution. Suicide is the most common cause of death for people aged 15 to 24. People need to be aware of the situation and should be motivated and helped.

The event held was a great success and several students wrote their opinions in their essays. We received not only focused on essavs that regarding suicide awareness prevention but also presented various painstaking facts numbers and revolving around this social and human evil. The NSS unit of Kalindi **College stands upright and together to** spread awareness and help in this cause.

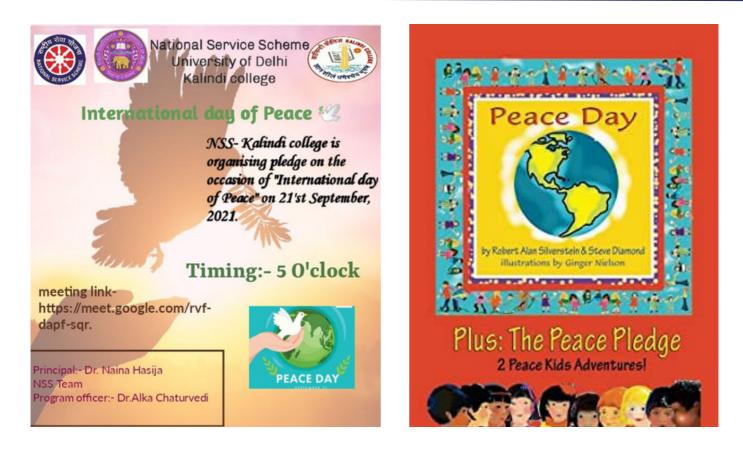






"I alone cannot change the world, but I can cast a stone across the water to create many ripples. -Mother Teresa "

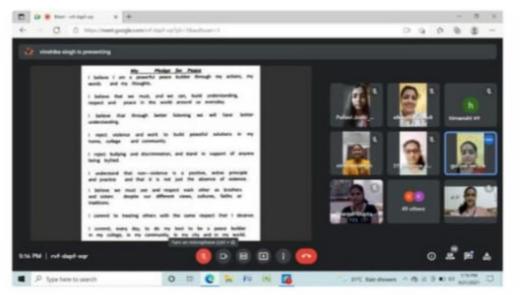
#### **INTERNATIONAL PEACE DAY PLEDGE, 21ST SEPTEMBER 2021**



The online "International Day of Peace" pledge was organized by NSS ( National Service Scheme) team, at Kalindi college on 21st September 2021, with the blessings of Prof. Naina Hasija (Principal) and under the supervision of Dr. Alka Chaturvedi (Programme Officer).

The program was a smooth ending with lively and cheerful smiles on all the faces. Teachers and students participated in it, and a strong belief was noticed that would ensure peace within our college, community, City, and in our world.

Google meet link:- https://meet.google.com/rvf-dapf-sqr



"Nothing is impossible, the word itself says, 'I'm possible!' -Audrey Hepburn. "

#### POSTER MAKING COMPETITION, 26TH SEPTEMBER 2021



National Service Scheme of Kalindi College has organized an INTER COLLEGE POSTER MAKING COMPETITION on WORLD ENVIRONMENTAL HEALTH DAY held on 26th September 2021 at Google met with the blessings of Prof. Naina Hasija (Principal) and under the supervision of Dr. Alka Chaturvedi (Programme Officer). The programme went smoothly from 5:00 pm to 6:00 pm On Google meet.

The link for the same was https://meet.google.com/fxs-gndh-ewd.

Everyone participated in this competition very enthusiastically. Everyone demonstrated their art one by one. They all were very good. They worked very hard. This event grabs our attention on how we can learn to maintain our health.

> "The question isn't who is going to let me; it's who is going to stop me. -Ayn Rand "



# JOY OF GIVING WEEK, 2ND - 8TH OCTOBER 2021





The National Service Unit of Kalindi College organized a donation drive from 2nd October 2021 to 8th October 2021 to celebrate Joy Of Giving Week.

"Joy of giving week" As the name of the event says its motto of giving happiness to all that's " चलो खुशियाँ बाटें ". In this event, volunteers have to donate something to a needy one. The things can be food, clothes, stationery, shoes, etc anything that they can give to make someone smile as this is a really hard time for all.

The joy of Giving Week is India's very own 'Festival of Giving' that happens from October 2 to 8. It aims at spreading joy and happiness among those who need help and support, and for each of us to experience the joy in giving.

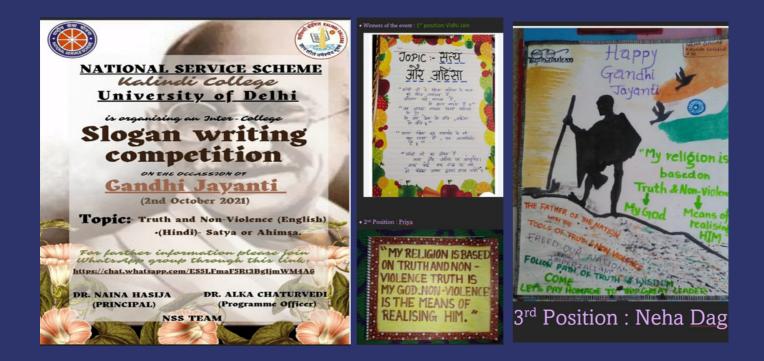
Much like an attitude of gratitude, the joy of giving leads to a happier, healthier life. Generosity sets off a series of reactions in your brain that improves mood, reduces stress, boosts overall physical health, builds self-esteem, and even helps you live longer! The event was conducted with the blessings of Principal Ma'am, Prof. Naina Hasija, and the Supervision of Programme Officer Dr. Alka Chaturvedi.

The volunteers had left no stone unturned to spread happiness to as many people as possible. Their dedication was appreciated by everyone.



"If you're offered a seat on a rocket ship, don't ask what seat! Just get on." -Sheryl Sandberg

#### **SLOGAN WRITING COMPETITION, 2ND OCTOBER 2021**



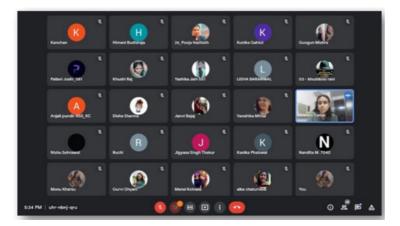
The National service scheme Kalindi College, University of Delhi organized a successful "Inter College Slogan writing Competition" on the auspicious occasion of" Gandhi Jayanti", dated 2nd October 2021. Firstly, the anchors of the event announced the rules to all participants and described the theme, the topic was briefly described which was "Truth and Non-Violence" (English) and " Satya or ahimsa" (Hindi).

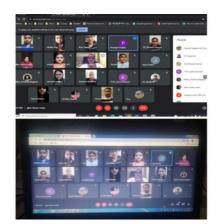
The participating Students then had to write and Present the slogan by using charts, and pictures in the allocated time. The students made captivating slogans that put serious concerns and emotions in their expressions.

The entries were judged on the parameters of Relevance with the theme, originality, creativity, enactment, and clarity of message. It was all done under the supervision of Our programme officer Dr. Alka Chaturvedi Ma'am. The students participated with great enthusiasm and the winners were awarded an E certificate.

"I would rather die of passion than of boredom." -Vincent van Gogh

## POETRY COMPETITION, 11TH OCTOBER 2021



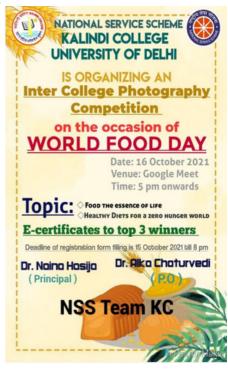


Poetry is the rhythmical creation of beauty in words. To reiterate this NSS Unit of Kalindi College has organized an inter-college poetry recitation competition on the propitious occasion of International Girls Child Day, dated: 11th October 2021, under the supervision of our Programme Officer Dr. AlKa Chaturvedi. The participants from all the respective colleges left no stone unturned to win for their house and they were judged on the parameters like confidence, expression, voice modulation, originality, and overall presentation

#### **PHOTOGRAPHY COMPETITION, 16TH OCTOBER 2021**

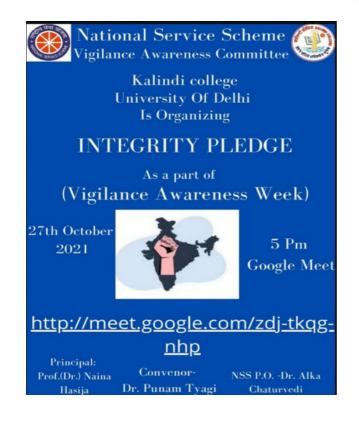
NSS Unit of Kalindi College organized an inter-college photography competition on the propitious occasion of World Food Day, dated: 16th October 2021, with the blessings of our Principal Prof. Naina Hasija and the supervision of our Programme Officer Dr. Alka Chaturvedi Ma'am. The participants enthusiastically participated in the competition as they got an opportunity to showcase their talent.

The topics of the were:- • Food is the essence of life, • Healthy diets for a zero hunger world. The event was headed by NSS volunteers Pranjali Gupta and Asha Kumari and the timing of the competition was 5:00 pm to 6:00 pm. During this time duration participants were requested to choose any one topic given and requested to post their respective photos based on their understanding of the topic in WhatsApp groups. for participants and thus the winners declared were: 1st: Shivani Verma: BA(H) Journalism: 3rd year: Kalindi College, 2nd: Tanvi Dubey: Bvoc. Web designing: 2nd year: Kalindi College, 3rd: Ishika Dey: BA (H) Geography: 2nd year: Kalindi College.



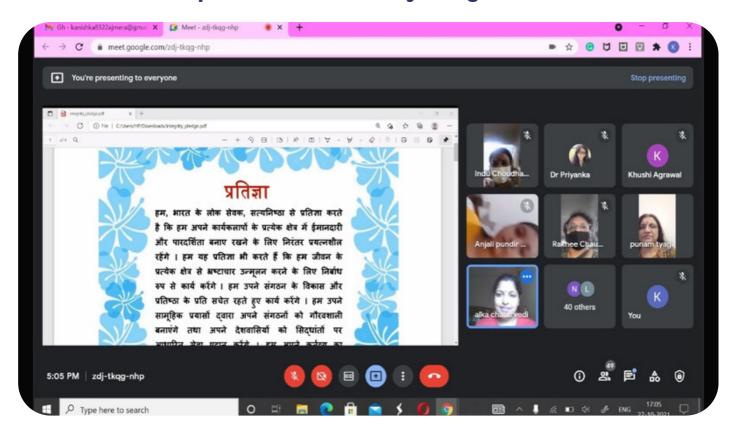
"Dreaming, after all, is a form of planning." -Gloria Steinem

#### VIGILANCE AWARENESS WEEK PLEDGE, 27TH OCTOBER 2021



On the occasion of Vigilance Awareness Week organized National the Service by Scheme, Kalindi college with Vigilance Awareness the **Committee on 27th October** 2021, under the guidance of our principal - Prof. Naina Hasija. our programme officer- Dr, Alka Chaturvedi, and the convenor of the Vigilance Awareness **Committee Dr. Punam Tyagi.** 

With a total of 51 participants including NSS volunteers and Teachers respectively attended the meeting. The symbolism of vigilance awareness pledge has deeply inspired us and helped us become a better person for our society and government.



"Someone is sitting in the shade today because someone planted a tree a long time ago." -- Warren Buffett

#### **POSTER MAKING COMPETITION, 28TH OCTOBER 2021**

On the occasion of Vigilance Awareness Week organized by the National Service Scheme, Kalindi college with Vigilance Awareness Committee on 28th October 2021, under the guidance of our principal – Prof. Naina Hasija, our programme officer- Dr, Alka Chaturvedi, and the convenor of the Vigilance Awareness Committee Dr. Punam Tyagi. With a total of 28 participants including NSS volunteers, the program went smoothly from 5:30 pm to 6:30 pm.



The Theme of Poster Making Competition was "Five Pillars of Self-Reliant India". Everyone participated in this competition very enthusiastically. Everyone got the opportunity to demonstrate their creativity. Participants worked very hard for this competition.

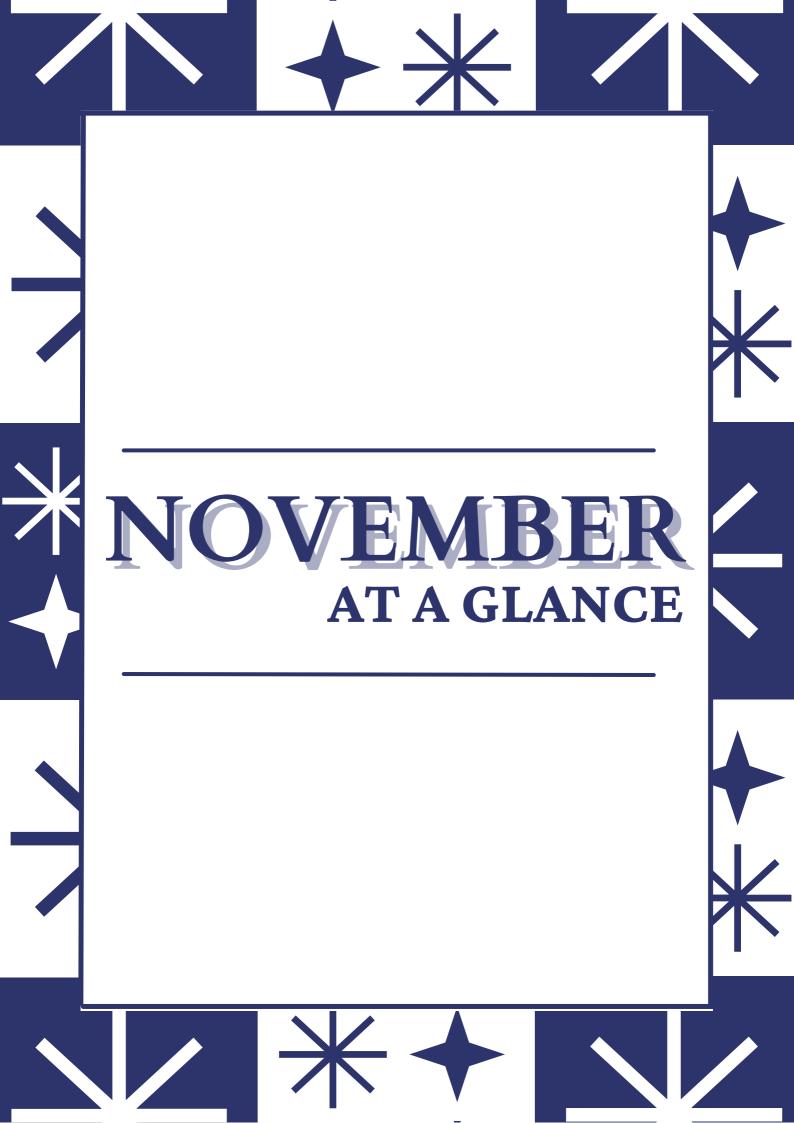
## **SPEECH COMPETITION, 30TH OCTOBER 2021**



The "Speech Competition" was Organised on 29th October 2021 by NSS with the vigilance awareness committee of Kalindi College, the University of Delhi with the blessings of Prof Dr. Naina Hasija (Principal) under the supervision of Dr. Alka Chaturvedi (Program Officer) and Dr. Poonam Tyagi (convenor of vigilance committee) awareness to Celebrate Vigilance Awareness Week. The program was conducted via Google meet at 5:30 p.m. Let the eye of vigilance never be students closed. The of various departments of our college

enthusiastically participated in the competition as they got an opportunity to exhibit their talent and confidence. Participants turned up with different selfspeech on the topic "PUBLIC PARTICIPATION IN PROMOTING INTEGRITY AND ERADICATING CORRUPTION" and came up with fondness and zeal for the country. The participants had left no stone unturned to win the competition & they were judged upon the criteria for the judgment was- Fluency, Content, Vocabulary, Relevance, and Effectiveness Within a Given Time limit (3 Mins).

"Once you choose hope, anything's possible." -- Christopher Reeve



#### **QUIZ COMPETITION, 1ST NOVEMBER 2021**

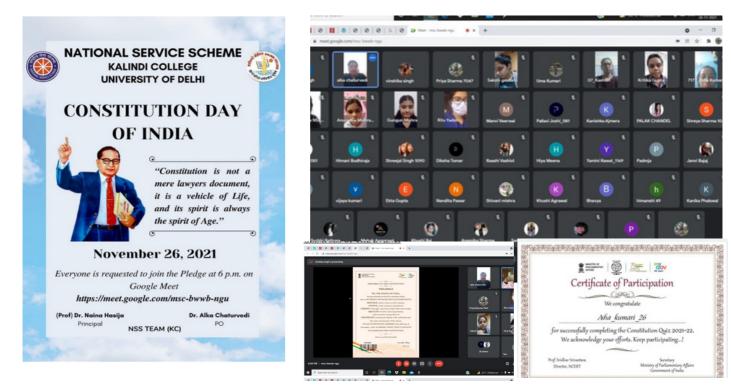


**Putting Your Beliefs in Action.** 

Quiz competitions are always exciting and informative, which provide excitement among the Students The main objective of this event to make them aware of current general knowledge on major aandolans in India. The NSS unit of Kalindi College organized an intra - college quiz competition dated: 1st November 2021, under the supervision of our Programme Officer Dr. Alka Chaturvedi.

The Quiz was unique in itself because it was held on a virtual platform. The Quiz had three rounds and one bonus round. Rules and regulations of the quiz were explained at the beginning. Three-round competition includes Objective, Direct answer and audio-visual round, which engaged the students for one and half hour.

## **CONSTITUTION DAY PLEDGE, 26TH NOVEMBER 2021**



We Indians are celebrating this year as Azadi ka Amrit Mahotsav in account of the 75th year of independence. so to commemorate the day of the adoption of our Constitution, "The Samvidhan Diwas". It was celebrated on a mega-scale with "Jan Bhagidari". In the same line On 26th November 2021, The National Service Scheme, Kalindi College Unit, University of Delhi has organized a pledge event with the blessings of Prof. Naina Hasija (Principal) & under the supervision of Dr. Alka Chaturvedi (Programme Officer), through virtual platform-- Google Meet at 6:00 p.m.

In this event, the Host read out the preamble of our Indian constitution in Hindi & English, her reading took us back in the time and made us realize that "this 26 November 2021 is the "The Day" which brings every Indian citizen together and solemnly resolved to constitute India into a Sovereign, Socialist, Secular, Democratic and Republic nation." The event was joined by 45 NSS volunteers. Along with this the volunteers have also read out the preamble of the Indian constitution and took an online Quiz on Constitutional Democracy at https://readpreamble.nic.in and https://constitutionquiz.nic.in respectively, the portal developed by the Ministry of Parliamentary Affairs.

<sup>&</sup>quot;Success is the sum of small efforts, repeated day-in and day-out." - Robert Collier



#### AIDS AWARENESS EVENT, 1ST DECEMBER 2021





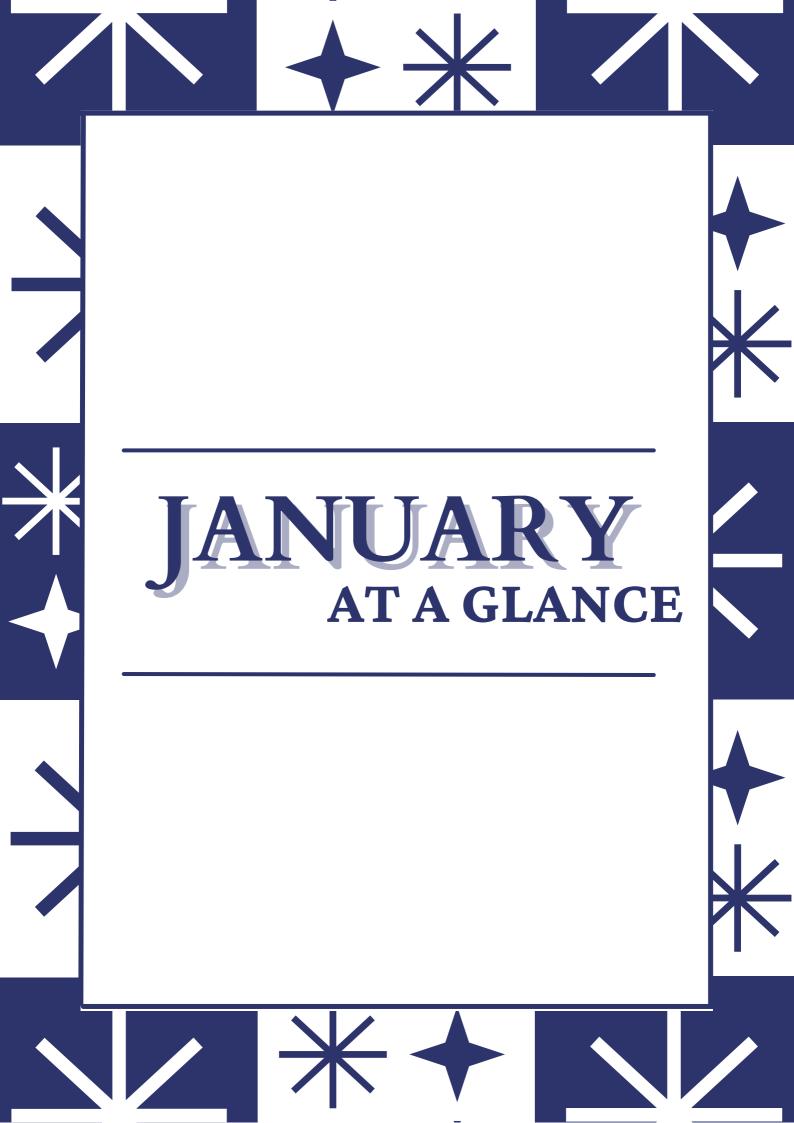
Date: 1st December 2021 Time: 5:00 P.M. Number of Volunteers joined: 44 Google Meet Link: https://meet.google.com/dgy-nxjr-dqm

World AIDS Day is acknowledged around the world on December 1st each year. Every year since 1988, it is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. Acquired immunodeficiency syndrome (AIDS) is a life-threatening condition caused by the human immunodeficiency virus (HIV).

Therefore, to honor this day's National Service Scheme, Kalindi College organized AIDS Awareness Programme with the blessings of Prof. Naina Hasija (Principal) and under the supervision of Dr. Alka Chaturvedi (Programme Officer) through a virtual platform-- Google Meet at 5:00 p.m.

The Programme was embellished with a pleasing presentation and a good speaker. The presentation contains about what is AIDS, the origin of AIDS, facts, indicators of AIDS, transmission, how we can detect AIDS, treatment, and prevention as prevention is better than cure. The program ended with happy faces and some fact-bites. The red ribbon is the global symbol of solidarity with HIV-positive people and those living with AIDS.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - Barack Obama



## **ELOCUTION COMPETITION, 11TH JANUARY 2022**

On 11th January 2022, the NSS unit of Kalindi College organized an elocution competition on "ROAD SAFTY AWARENESS WEEK". The event was conducted on Google meet and was held under the supervision of NSS Programme Officer, Dr. Alka Chaturvedi ma'am, Elocution Competition started at 5:00 pm and had 30+ participants. The participants performed really well and with full enthusiasm.

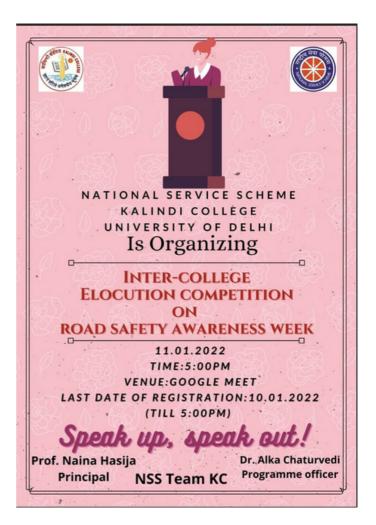
WINNERS OF THE COMPETITION WERE:-

1. SUBIYA NOOR 2. RITI VERMA 3. ADITI CHAUHAN

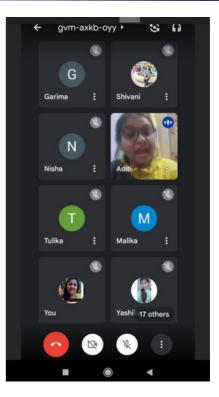
Selection of winner's was done on the basis of – timing, Content, Expressions, Body Language, and Confidence.

#### LIST OF PARTICIPANTS:-

- 1. Aayushi Singh
- 2. Khushi Raj
- 3. Anjali pundit
- 4. Manisha Joshi
- 5. Aditi Chauhan
- 6. Anshika Sharma
- 7. Sarita
- 8. Tulika Jha
- 10. Aastha Khurana
- 11. Riti Verma
- 12. Rohit Singh
- 13. Avantika Dixit
- 14. Varnika Anand
- 15. Vardan Chawla
- 16. Divyakshi Vashist
- 17. Deepali Chatnani



"To achieve greatness one should live as if they will never die." —Francois de La Rochefoucauld 18. Aanchal Jha
19. Umar Ali
20. Subia Noor
21. Rubia noor
22. Akshit Chaudhary
23. Nidhi Agrawal
24. Smriti Anand
25. Varchasvi Gupta
26. Saniya Jain
27. Nisha sharma
28. Ritika Gurawalia
29. Vivek
30. Shweta Singh
31. Shivika Singh



The link provided: - <u>https://meet.google.com/gvm-axkb-oyy</u>.

The event ended on a positive note with participation of a very enthusiastic group of people.



#### **JAM COMPETITION, 12TH JANUARY 2022**

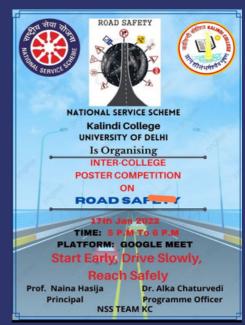
On 12 January 2022 NSS unit of Kalindi College organised an 'Inter-College JAM Competition' on the occasion of NATIONAL YOUTH DAY celebrating the birth anniversary of SWAMI VIVEKANAND.On the **TOPIC:- NATIONAL YOUTH DAY. The event was** conducted through an online platform google meet under the supervision of NSS were held and Programme Officer Dr. Alka Chaturvedi Ma'am. The competition started at 5:00pm. The participants had really performed well and with full enthusiasm. The speakers of the various colleges had spoken very well and made this event a very successful one and one among the best organized event of NSS 2022 January month. All the participants were awarded with certificates and shout out on our social media platform.





#### **POSTER MAKING COMPETITION, 17TH JANUARY 2022**

"START EARLY, DRIVE SLOWLY, REACH SAFELY". To reiterate this message, the NSS Unit of Kalindi College has organized an Inter College Poster – Making Competition on the propitious occasion of Road Safety Awareness Week, dated: 17th January 2022, under the supervision of our Programme Officer Dr. Alka Chaturvedi Ma'am. Firstly, the host Gurvi Dhyani extended a very warm welcome to all the participants and then she announced the rules and regulations for the competition on the theme "Road Safety Awareness". The participants enthusiastically participated in the competition as they got an opportunity to exhibit their talent and confidence. Students were asked to express their



ideas through handmade paintings and sketches. The young learners displayed their artistic skills through an array of posters. The participants thoroughly enjoyed the activity. The participants left no stone unturned to win. Students were judged on the parameters like expression, originality, and overall presentation. The judges appreciated and applauded the performances of the participants.

'A successful man is one who can lay a firm foundation with the bricks others' have thrown at him.'' -- David Brinkley

#### JAM COMPETITION, 12TH JANUARY 2022

On 12 January 2022 NSS unit of Kalindi College organised an 'Inter-College JAM Competition' on the occasion of NATIONAL YOUTH DAY celebrating the birth anniversary of SWAMI VIVEKANAND.On the **TOPIC:- NATIONAL YOUTH DAY. The event was** conducted through an online platform google meet and were held under the supervision of NSS Programme Officer Dr. Alka Chaturvedi Ma'am. The competition started at 5:00pm. The participants had really performed well and with full enthusiasm. The speakers of the various colleges had spoken very well and made this event a very successful one and one among the best organized event of NSS 2022 January month. All the participants were awarded with certificates and shout out on our social media platform.





#### POSTER MAKING COMPETITION, 17TH JANUARY 2022



"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." -- David Brinkley

#### STUDENT CENTRIC WORKSHOP, 23RD JANUARY 2022



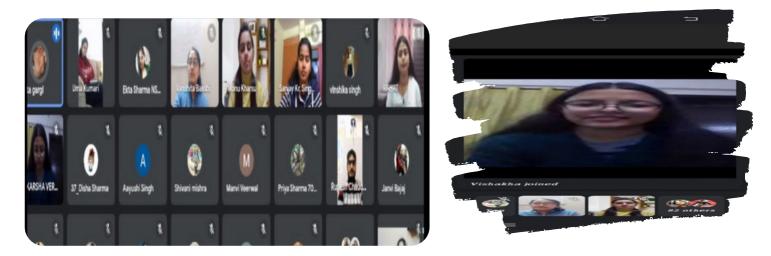
On 23 January 2022 NSS unit of Kalindi College organized a 'STUDENT CENTRIC WORKSHOP' on the occasion of PRAKARAM DIWAS celebrating the 125th birth anniversary of Netaji SUBASH CHANDRA BOSE. on the THEME:- INDIA'S PHILOSOPHY OF PEACE WAR AND UNITY: 75 YEARS OF INDEPENDENCE. and the TOPIC:- PRAKARAM DIVAS: INDIA'S DAY OF PRIDE.

The sequence of the event:-

- Hosting slogan
- Introduction NSS team
- Welcome of Principal, Programme officer, participants & speakers
- Lamp lighting
- Saraswati Vandana
- Welcome speech or message
- by principal mam
- Hosting
- Introduction of speaker 1
- Performance
- Introduction of speaker 2
- Presentation / short video related to the theme
- Introduction of speaker 3
- General Quiz (2 to 4 questions)- auditions and participants



"The way I see it, if you want the rainbow, you gotta put up with the rain." - Dolly Parton



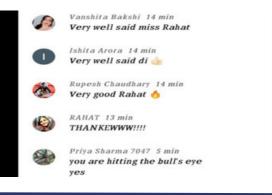
- Introduction of speaker 4
- Song by NSS volunteers
- Vote of thanks by Alka mam

The event was conducted through an online platform, google meet, and was held under the supervision of NSS Programme Officer Dr. Alka Chaturvedi Ma'am. The workshop started at 5:00 pm and had more than 80 participants. The participants performed well and with full enthusiasm. The speakers of the various colleges had spoken very well and made this event a successful one and one of the best-organized event of NSS 2022 in January month.

- Rahat was the best performer(Maitreyi College)
- 2nd Utkarsha(Gargi College)
- 3rd Ishita(Kalindi College)
- 4th Rupesh(Ramanujan College)
- •

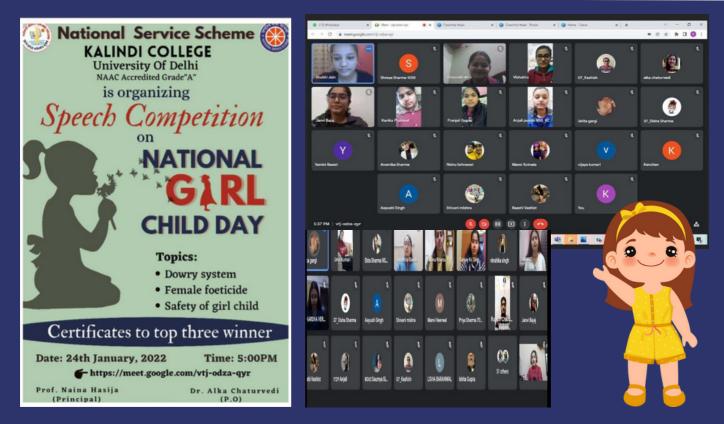
All the participants were awarded certificates and shoutouts on our social media platform. Meeting link: <u>https://meet.google.com/hyk-jipc-</u>





"Start where you are. Use what you have. Do what you can." -- Arthur Ashe

## SPEECH COMPETITION, 24TH JANUARY 2022



The "Speech Competition" on the occasion of "NATIONAL GIRL CHILD DAY" was Organised on 24th January 2022 by the NSS unit of Kalindi College, the University of Delhi with the blessings of Prof. Naina Hasija (Principal) under the supervision of Dr. Alka Chaturvedi (Programme Officer) via Google meet at 5:00 p.m.

The NSS volunteers participated in the competition as they got an opportunity to exhibit their talent and confidence. Participants turned up with different self-speeches on the topic "DOWRY SYSTEM, FEMALE FOETICIDE, SAFETY OF GIRL CHILD". The participants had left no stone unturned to win the competition and the criteria for the judgment were Fluency, Content, Vocabulary, Relevance, and Effectiveness Within a Given Time limit (2-3Mins). The young speakers enthralled the audience with their articulation and made the audience enjoy the speech of expression, thoughts, and words of wisdom. The judges appreciated and applauded the performance of the participants. WINNERS:

- 1st Position- Vishakha,
- 2nd Position- Aayushi
- 3rd Position- Shivani

Google meet link:- https://meet.google.com/vtj-odza-qy

"At his best, man is the noblest of all animals; separated from law and justice he is the worst. Aristotle"

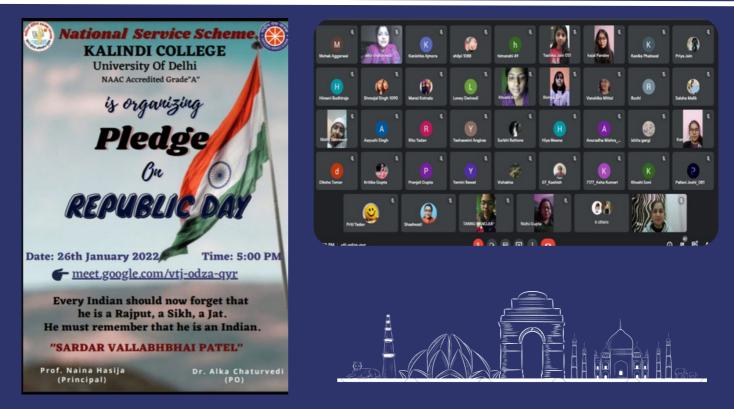
#### NATIONAL VOTER'S DAY, 25TH JANUARY 2022



National Voters' Day began as an initiative by the Election Commission of India in the year 2011 to create awareness about the need to participate in the electoral process through voting. Those who attain 18 years of age get eligible to cast their votes. January 25 was chosen as the date of observance of National Voters' Day to commemorate the founding of The Election Commission on this day in 1950. The Government of India celebrates National Voters' Day to identify those eligible to vote, inspire people to vote, and assure voters about the safety of the electoral process. The theme for this year's National Voters' Day was 'Making Elections Inclusive, Accessible & Participative'. With the involvement of Principal-Prof. Naina Hasija and under the guidance of Programme Officer- Dr. Alka Chaturvedi to celebrate the 12th observance of this event, the National Service Scheme, Kalindi College, University of Delhi, organized a PowerPoint presentation session on a virtual platform- Coogle meets on 25th January 2022 at 5:00 pm. In the session, a presentation highlighting the importance, history, and theme of National Voters' Day was shared on the screen and the same was read out loud by a volunteer. While listening to the presenter, the attendees were reminded of their voting rights and how each vote matters. After the presentation, the voters' pledge was taken. Following the pledge, Dr. Alka Chaturvedi (Programme Officer) addressed the volunteers highlighting the importance of voting. The vote of thanks was given at the end of the session. Afterward, the volunteers also took the e-Voters' pledge on http://www.ceodelhi.gov.in/ and downloaded their certificates.

"Don't be distracted by criticism. Remember — the only taste of success some people get is to take a bite out of you." -Zig Ziglar

#### **REPUBLIC DAY PLEDGE, 26TH JANUARY 2022**

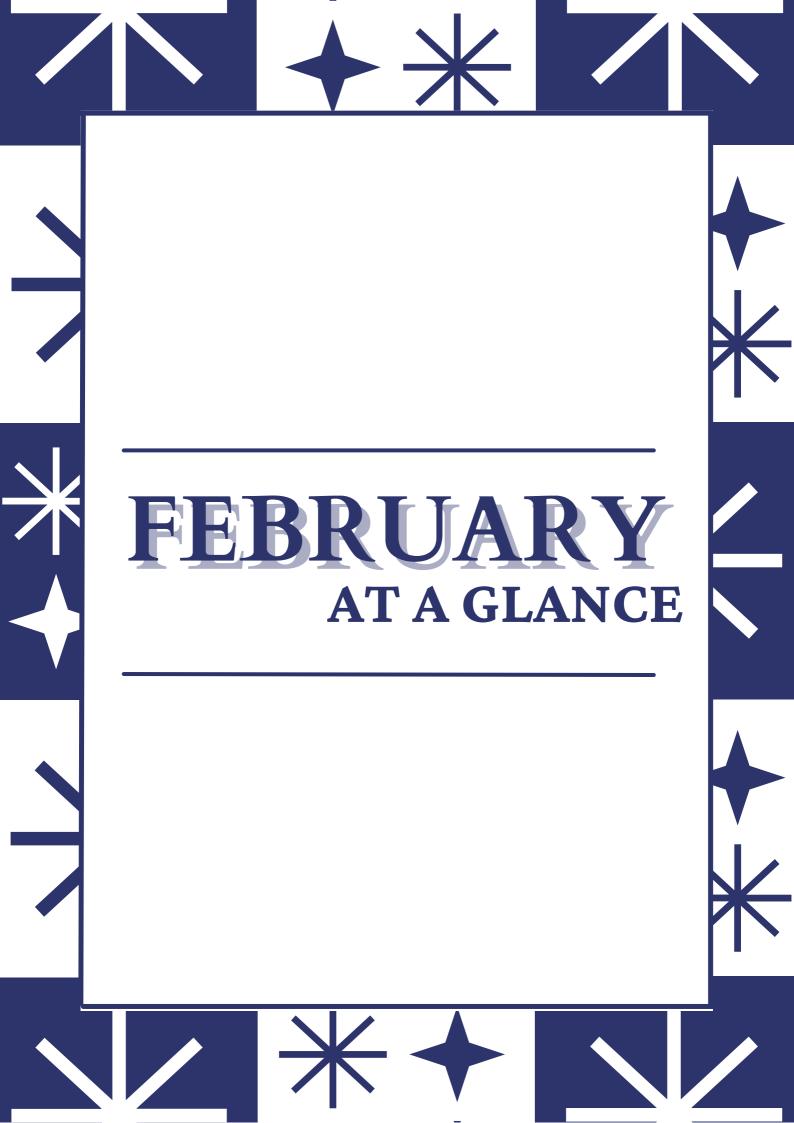


On the auspicious occasion of Republic Day, an online oath-taking ceremony was organized on 26th January 2022, by the NSS unit of Kalindi College, the University of Delhi with the blessings of Prof. Naina Hasija (Principal) and under the supervision of Dr. Alka Chaturvedi (Programme Officer) via Google meet at 5:00 p.m.

The NSS volunteers pledged to keep the pride of the nation and uphold the integrity and unity of the Indian Republic intact. The Programme Officer Dr. Alka Chaturvedi enlightened and motivated the volunteers with her valuable input. She also advised us to become ideal citizens of the country. The national song was played and sung by the volunteers with great pride and patriotism. This was followed by a musical rendition by the host of the event through screen sharing, which awakened everyone's feelings toward the motherland.

A sense of happiness and pride could be seen on the faces of the volunteers. Everybody was filled with "JOSH" (spirit). In the end, everybody said 'Jai Hind, Jai Bharat'. Indeed, it was a day of joy, a day to love and respect our country and make it a better place for Indians to live and experience freedom, peace, and unity in diversity. Google meet link:- meet.google.com/vtj-od za-yr.

"Winning isn't everything, but wanting to win is." -Vince Lombardi



#### CANCER AWARENESS EVENT, 4TH FEBRUARY 2022

- NUMBER OF STUDENTS WHO PARTICIPATED: 45
- PLATFORM: GOOGLE MEET
- TIME: 7 PM



Cancer is not the ultimatum, you are, and you have the power to win the battle. Here's to never giving up.

The primary goal of World Cancer Day is to significantly reduce illness and death caused by cancer and is an opportunity to rally the international community to end the injustice of preventable suffering from cancer. Thus, NSS, Kalindi College, University of Delhi organized an Awareness program on the occasion of World Cancer Day on 4th February 2022. A Presentation was prepared by the volunteers for the same purpose, aiding both visual and listening learning. The presentation was well received by the audience.

"Man perfected by society is the best of all animals; he is the most terrible of all when he lives without law, and without justice. Aristotle"

#### **EXTEMPORE SPEECH COMPETITION, 13TH FEBRUARY 2022**



"When there is oppression, the only self-respecting thing is to rise and say this shall cease today because my right is justice" is a quote given by Sarojini Naidu. On the occasion of her birthday and purposely celebrated National Women's Day, the National Social Service unit of Kalindi College, Delhi University has organized an inter-college extempore speech competition dated February 13, 2022. The competition was held through a virtual meet but the participants were as much excited as they would have been in a real meet so it was not felt any less.

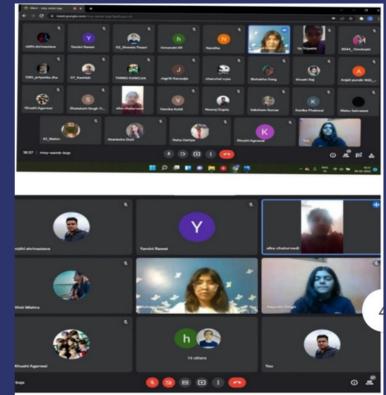
The students of various colleges enthusiastically participated in the competition as they got an opportunity to exhibit their knowledge, confidence, and talent. Participants were given so many interesting topics and they all speak about them so attentively and with great zeal. The event was done with the blessings of principal ma'am Prof. Naina Hasija, and the supervision of Dr. Alka Chaturvedi. The participants had left no stone unturned to win the competition and they were judged on the parameters - Physical appearance (camera on), Voice articulation, dramatic appropriateness, level of complexity, and overall performance.

The students spoke of women as a leader & they all were so confident and devoted. Everyone was delighted after seeing their pleasing performances. Judges appreciated and applauded the performances of the participants and enjoyed there their contribution to making this event aesthetic.

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." -Henry Ford

#### **QUIZ COMPETITION, 28TH FEBRUARY 2022**





NSS Unit of Kalindi College organized an inter-college Quiz competition on the auspicious occasion of National Science Day, on 28th February 2022, under the blessings of our Principal Prof. Naina Hasija and our Programme Officer Dr. AlKa Chaturvedi Ma'am. The participants enthusiastically participated in the competition as they got an opportunity to explore their knowledge.

The quiz was divided into two parts, the first round contained 10 questions and the second round contained 15 questions. The timing of the competition was 6:30 pm to 7:30 pm. During this time duration participants were requested to give the answers to all the questions and thus the winners declared were:

- 1st position-Vamika Kohli : B.El.ED, 2nd year- Lady Shri Ram College, University of Delhi.
- 2nd position- Chanchal rani :B.A Sanskrit honor- 2nd year- Kalindi College, University of Delhi
- 3rd position-Sonia: B.sc zoology honors- 3rd year- Kalindi College, University of Delhi

"Dreaming, after all, is a form of planning." -Gloria Steinem



#### Date: 08th March 2022 Timing: 06:00 p.m. – 08:30 p.m. Venue: Google Meet Meeting Link: https://meet.google.com/evh-qivd-gfr

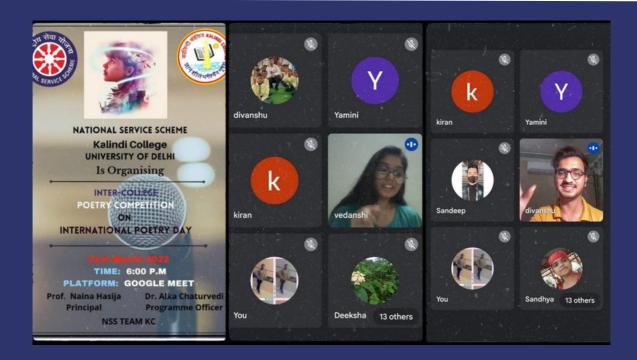


The movie named 'Rashmi Rocket' which was based on inequalities towards women in our society and the struggle a woman had to go through in her journey of being successful and independent was presented to the NSS volunteers. It was a very motivational movie.

We got lots and lots to learn and implement in our life from it.

"If you don't build your dream, someone else will hire you to help them build theirs." – Dhirubhai Ambani

# **POETRY COMPETITION, 21ST MARCH 2022**



"Poetry is an echo, asking a shadow to dance. Poetry is the spontaneous overflow of powerful feelings:"

To appreciate all the poets around us, on the occasion of World Poetry Day, the National Service Scheme unit of Kalindi College, University of Delhi organized an Inter College Poetry Competition on March 21, 2022, at 6 pm. The competition was held through a virtual meet but the participants were as much excited as they would have been in a real meet so it was not felt any less. The students of various colleges enthusiastically participated in the competition as they got an opportunity to exhibit their knowledge, confidence, and talent. Participants were presenting their thoughts with a great love of poetry.

The event was done with the blessings of Principal ma'am Prof Naina Hasija. It was also graced with the presence of our Programme Officer Dr. Alka Chaturvedi. The participants left no stone unturned to win the competition and they were judged on the parameters - Physical appearance (camera on), Voice articulation, dramatic appropriateness, level of complexity, and overall performance. The students were so keen to make their participation worthwhile. Everyone was delighted after seeing their pleasing performances. judges appreciated and applauded the performances of the participants and enjoyed their contribution to making this event aesthetic.

> "Pearls don't lie on the seashore. If you want one, you must dive for it." – Chinese proverb

#### Venue: Google Meet Meeting Link: https://meet.google.com/dsq-crhm-bed



NSS Unit of Kalindi College organized an Inter College Slogan for Writing Competition on the auspicious occasion of World Water Day on 22nd March 2022, under the blessings of our Respected Principal Dr. Naina Hasija and our Program in charge Dr. Alka Chaturvedi Ma'am. Every participant showed their interest in the slogan writing competition and the participants enthusiastically participated in the competition as they got an opportunity to explore their creativity.

The time of the competition was 6:30 pm to 7:30 pm. During this time duration participants were requested to give the slogan poster and thus the winners declared were:-

- First, Pallavi Joshi, Bcom. (P) 2nd year, Kalindi College, University of Delhi
- Second, Anjali Pundir B.Sc Hons chemistry 3rd year Kalindi College, University of Delhi
- Third, Priyanshi Goel BA Hons (English) 3rd-year Swami Shraddhanand College, University of Delhi



# SPEECH COMPETITION, 4TH APRIL 2022



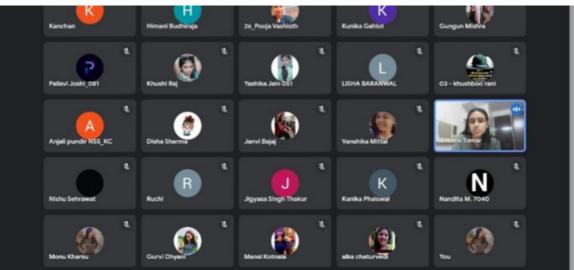
On 4th April of 2022 NSS unit of Kalindi College organized a SPEECH COMPETITION on the topic of 'EAT HEALTHY BE NUTRITION WEALTHY '. The event was conducted through an online platform, google meet, and was held under the supervision of NSS Programme Officer Dr. Alka Chaturvedi. The Speech competition started at 5:30 pm and had more than 30 participants. The participants performed well with great enthusiasm.

Winners of speech competition. 1 Jigyasa Singh - B.Sc. (P) Life Sciences,1st Year

- 2. Anjali Pundir B.Sc Hons chemistry, 3rd year
- **3. Pooja Vashisth- Bsc Physics Hons.**

The link provided was:- https://meet.google.com/uhr-nbnj-qru • The event ended with an empathy note through the participation of very enthusiastic people.





Under the aegis of 4th Poshan Pakhwada, NSS Kalindi College organized online competition in the presence of our Programme Officer, Dr. Alka Chaturvedi. It was an Inter-college Poster making competition held on the 4th of April on google meet. Students from different colleges and varied courses participated with full enthusiasm. The event became a huge success with such beautiful and creative contributions.

The main motive of the Poshan Pakhwada was to focus on the health of children, monitoring and taking care of identified malnourished children. We received more than 15 innovative and creative posters which rightly justified the theme of the event. The winners and participants were applauded on google meet by the programme officer for their efforts. It was enchanting to see and appreciate such creative minds together.

The first position was grabbed by Anjali Soni. Whereas, the second and third positions were grabbed by Vidhi from Laxmibai college and Mahika respectively. They were encouraged with E-certificates. The NSS team was delighted to organize such an innovative event and would like to thank our respected Principal, Prof. Naina Hasija, and Dr. Alka Chaturvedi for their endless cooperation and support.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away." – Maya Angelou

### NEEV (FEST), 8TH APRIL 2022

The NSS unit of Kalindi College, on the 8th of April 2022 organized the annual fest of NSS, "Neev 2022". It was not just a fest but a festival for the NSS team as well as the whole College. Neev 2022 was not just an event but a series of events that came out with flying colors. The chief guest of the event was Prof. Ranjan Kumar Tripathi, the Joint Dean of Colleges at the University of Delhi. Under the umbrella of Programme Officer, our NSS Dr. Alka Chaturvedi, and the office bearers, the event was a great success.

The event commenced at 10 in the morning with the welcoming of the guests and all the dignitaries. Lightening of the lamp was done to start this event with a pious touch. 'Not me but You' under this motto the NSS team of Kalindi college organized a donation drive for the students in need. All the college students donated their stuff for the needful ones. The event anchors were Soumya Mishra, Shilpi, Vaishali, Vanshika, Mehak Aggarwal, and Deeksha Negi. The guests were welcomed with a classical dance by Manjaree Sharma, Diksha Rawat, and Reetika Bhama.

The Oath ceremony also took place on this day. All the office bearers were felicitated with their respective titles and were also appreciated for their tremendous hard work even during the times of pandemic to keep the soul of NSS alive. It was then followed by the most motivating and meaningful speech by the Chief Guest, who not only inspired us to be strong and helpful but also gave us insights on how to live a life for







"Think big and don't listen to people who tell you it can't be done. Life is too short to think small." – Tim Ferriss others as well. We also got to witness amazing poetry by our respected Dr.Abhishek Sir. The introductory event ended with a vote of thanks by our program officer Dr. Alka Chaturvedi ma'am followed by refreshments.

The first competition organized on this day was Talent Hunt Competition. Several students participated and presented their talents. From singing to dancing and from poetry to comedy, everything was onboard. The jury selected the best deserving candidates and awarded them with exciting cash prizes. The winners of this competition were Rishita Singh as 1st, Minakshi Tiwari as 2nd, and Mehul Tete as 3rd.

The second competition was organized as a Monoact competition. This was very interesting for everyone as there were students who performed extremely well and it was jaw-dropping. The winners of this competition were Anjali Jakhar as 1st, Uma as 2nd, and Fatima Khan 3rd. The event ended with a great DJ set and everybody enjoying themselves. With the efforts and guidance of all the office bearers, participants, organizers, program officers, and our faculty members, this event was one of the best events of the NSS. This Fest made us learn a lot and got lots of appreciation from our Principal Prof. Naina Hasija Ma'am.



"The universe has no restrictions. You place restrictions on the universe with your expectations." – Deepak Chopra





CAVALLARPE







"Do one thing every day that scares you." – Eleanor Roosevelt



# NSS KALINDI COLLEGE AT DU CENTENARY CELEBRATION



पूर्वाहन 11:00 बजे स्थानः बहुउदेशीय हॉल, दिल्ली विश्वविद्यालय खेल परिसर, दिल्ली

2

It's hard to beat a person who never gives up." - Babe Ruth

2

On 1st May 2022, a grand event was organised by University of Delhi. NSS DU actively participated in the event which was held at Multipurpose Hall, Delhi University Sports Complex, Delhi.

The event was enlightened by the presence of many dignitaries like former Vice President of India Shri M. Venkaiah Naidu, Education Minister Shri Dharmendra Pradhan, Vice Chancellor of DU Prof. Yogesh Singh and highly respected professor.

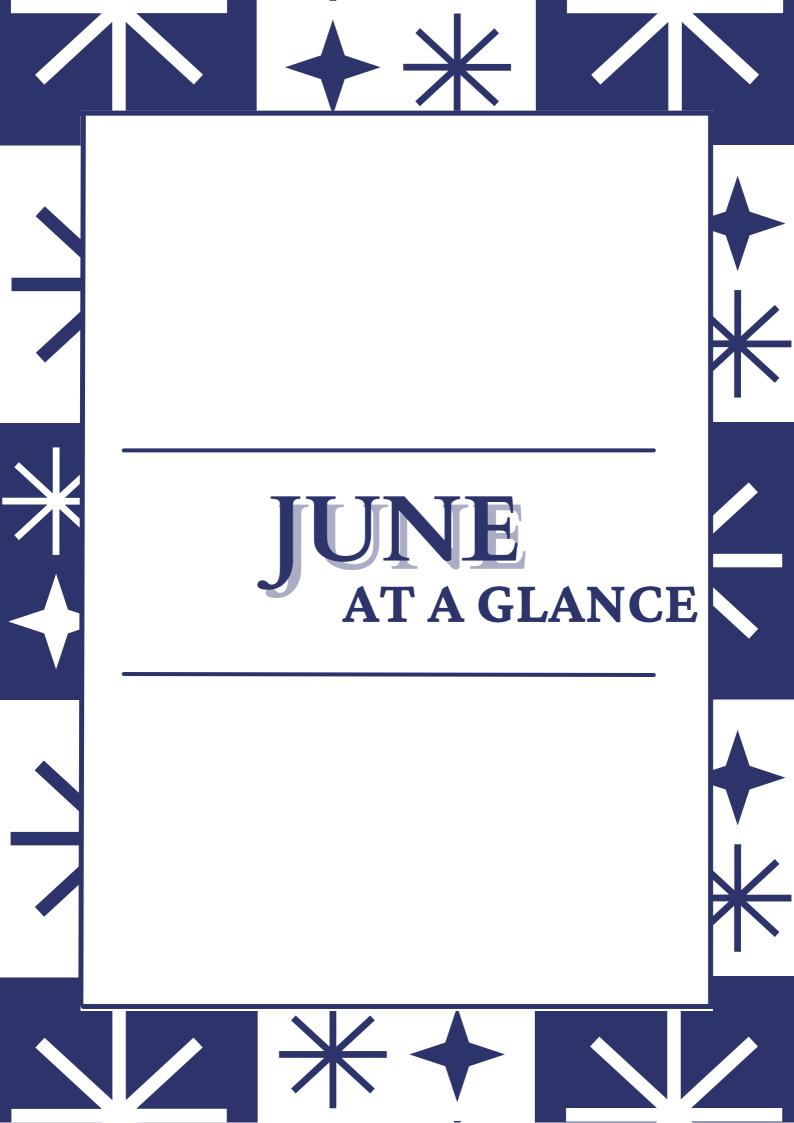
Nine volunteers from NSS Unit Kalindi College, University of Delhi participated in the event. We were given the responsibility to volunteer especially in the management of refreshments distribution work and to maintain the decorum of the event.

Names of the Volunteers:

- 1. Khushi Raj
- 2. Rishita Singh
- 3. Vishakha Kumari
- 4. Mehak Aggarwal
- 5. Subhi Jain
- 6. Sakshi Gautam
- 7. Gungun Mishra
- 8. Shivani Mishra
- 9. Khushi Soni



"The universe has no restrictions. You place restrictions on the universe with your expectations." – Deepak Chopra



# WORLD ENVIRONMENT DAY, 5TH JUNE 2022

NATIONAL SERVICE SCHEME KALINDI COLLEGE UNIVERSITY OF DELHI

CELEBRATES

WORLD ENVIRONMENT DAY JUNE 5, 2022

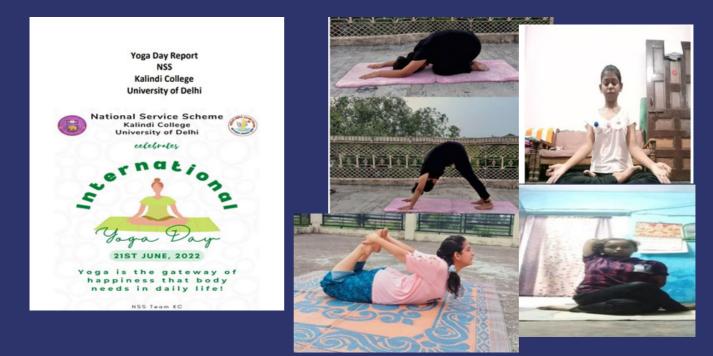


On eve of World Environment Day, dated, 5th June 2022 NSS [ National Service Scheme] of Kalindi College organized an Awareness program. The event held place under the supervision of the NSS Programme Officer, Dr. Alka Chaturvedi. The program went on smoothly and took place on google meet. The event started with the relaxing Vedic period Gandharav music which is used by the Vedic people to call the rain. Even today it does not lose its importance this music is good for calming the surrounding, realizing, for meditation, and last but not least it helps to balance mental health., followed by the speech of Alka mam. after her alluring speech. Then a PowerPoint presentation was presented among the NSS volunteers by the organizers. the ppt was so well made that it not only demystify the basic environmental concept but also made us revise the concepts which we studied in school and might forget.

During the presentation, presentations present bilingually and once again imbibed the feeling that as global citizens, It is our responsibility to protect our environment and also be aware of the same. Everyone enjoyed the event. The event ended with a vote of thanks from the NSS programme officer and a memorable group picture was taken. It was a memorable event and everyone left with smiles on their faces. The event was a huge success and was the result of the hard work of event organizers and participants. on 5th June 2022, the NSS unit of Kalindi college learned to celebrate mother Vasundhara and consume its resources with care... we took one step ahead of being a responsible citizens.

"Happiness is not something ready-made. It comes from your own actions."— Dalai Lama

# YOGA CELEBRATION, 21ST JUNE2022

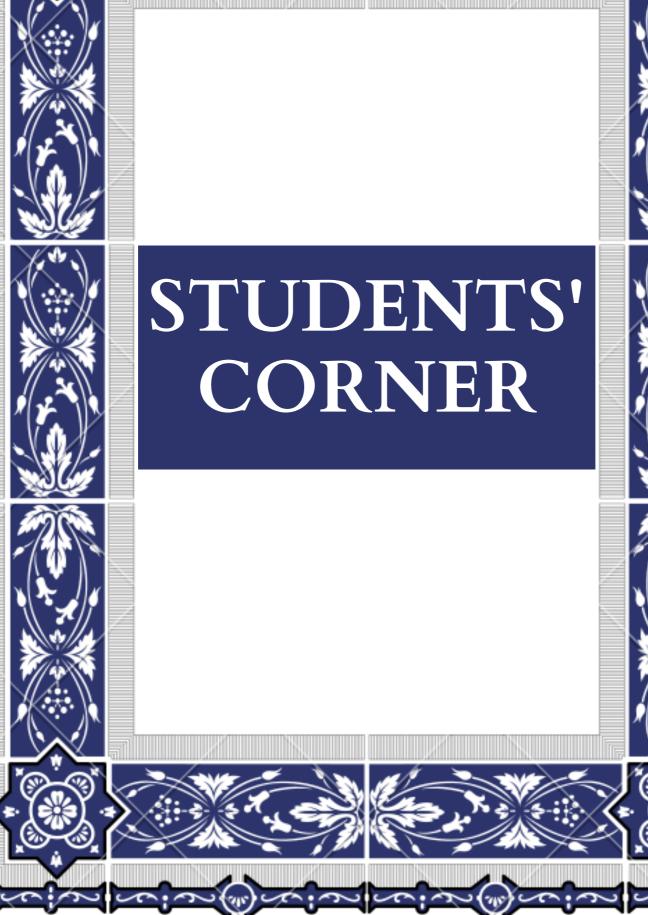


This year the Yoga day celebrations were held at Kalindi College of Delhi University on June 21. The session was held in virtual mode from 9 to 11 am. Students of the NSS Team took part in the celebration.

The celebration was organized under the guidance of Dr. Alka Chaturvedi Mam (NSS PO Kalindi College) who emphasized the importance of Yoga and physical exercises in daily life. A Group of students who were team of the NSS Unit of our college performed several asanas. They also performed standing and sitting asanas. One could understand by watching their performance that they have been practicing yoga for several years. About its history, century of origin, and how it helped the common people. They even told us that yoga helps increase concentration. Yoga day was celebrated with great enthusiasm.

The theme for 2022 was "Yoga for humanity." This year's theme of international yoga day focused on the importance of yoga in serving better mental health in our life. This theme was decided upon considering the importance of yoga and how it benefited the masses in keeping them safe and healthy during the outbreak of coronavirus. It also sheds light on the fact that the last few years have caused significant mental, physical and emotional stifling for many because of the COVID-19 pandemic. It also focuses that there is a greater need for inculcating better health practices in our day-to-day life through yoga.

"Those who dare to fail miserably can achieve greatly." – John F. Kennedy



#### **CLIMATE CHANGE**

#### **By:- Shreejal, NSS Volunteer**



Climate change refers to the change in the environmental conditions of the earth. This happens due to internal and external factors. Climate change may be happened because of the variations in the solar cycle. Over the last few decades, climate change has become one of the major threats to global security. The damage, loss, and impact caused by various natural disasters worldwide and becoming serious. With the research on the impact of climate, change in recent years, climate change has become one of the important factors affecting national vulnerability directly or indirectly. The main manifestations of climate change are temperature, precipitation, etc. which on one hand, directly affect the vulnerability through subtle changes. On the other hand, climate change is indirectly affected by glaciers and sea levels. Burning fossil fuels, cutting down forests and farming livestock are increasingly influencing the climate and the earth's temperature. This adds enormous amounts of greenhouse atmosphere, increasing the greenhouse effect and global warming. With further warming, some regions could become inhabitable, as farmland turns into desert. In other regions, the opposite is happening, with extreme rainfall causing historic flooding. People in poorer countries will suffer the most as they do not have the money to adapt to climate change. Many farmers in developing countries already have to endure climates that are too hot and this will only get worse. It's important to remember the equally vital contributions that can be made by private citizens-which is to say, by you "change only happens when individuals take actions", says clean energy advocate Aliya Hag. "There are no other ways if it doesn't start with people."

Here are some easy, effective ways each one of us can make a difference.

- 1.) Power your home with renewable energy
- 2.) Invest in energy-efficient appliances
- 3.) Reduce water waste
- 4.) Drive a fuel-efficient vehicle
- 5.) Buy better bulbs

While we cannot stop global warming overnight, we can slow the rate and limit the amount of global warming by reducing human emissions of heat-trapping gases and soot ("black carbon"). If all human emissions of heat-trapping gases were to stop today, the earth's temperature would continue to rise for a few decades as ocean currents bring excess heat stored in the deep ocean back to the surface. Once the excess heat radiated out to space, the earth's temperature would stabilize.

### **VISHWA GURU BHARAT**







Bharat has a history of thousands of years. It has been the 'VISHWA GURU' of the world for centuries. Being one of the ancient civilizations and knowledge centers in the world, Bharat lived the glory of global leadership socially, culturally, intellectually, and politically.

The greatness, identity, wealth, experience, and knowledge of Bharat are incomparable to any nation on Earth.

India's claim to world guru status is based upon old thinking of 'vasudhaiva KUTUMAKAM' the world is one family.

India was known as the vishwaguru because of our wise personalities, who did everything to make the country more powerfull and prosperous.

India is the first country that taught the entire world about 0. Along with this, it also gives information about things like numerology, mathematics, astrology, alchemy, surgery, and gravitational force to the whole world.

For a healthy lifestyle, India also gave the ancient practice of yoga and Ayurveda which the entire world is following now.

These were the things about ancient times but today also India is known for its unique strengths, it has a rare combination of universal philosophy, inherently tolerant religion, a young population, the largest democracy in the world, and diversity that no other country can have.

#### THE ROLE OF NSS FOR STUDENTS IN HIGHER EDUCATION

#### **By:- Nishu Sehrawat, NSS Volunteer**



The 21st century is an age of technology. The process of science and technology has resulted in an outburst of knowledge. Within seconds, news or information of any type can reach any corner of the earth. This has become possible through science and technology. The entire youth is unable to get education in the age of 17-24 year only seventy percent youngsters are pursuing higher education. The nation considers education as a medium to impart the legacy of cultural, social and political values to the coming generation.

In addition the knowledge received by the college students, in order to develop their personality through physical labour, service, character and renouncement and to give them an experience of practical life. NSS is not an extra-curricular activity in the true sense. It is helpful in the vivid and clear study of various fields of science. It is an organized with this view in the mind, the college education will receive a new dimension and through the communication and dialogue between the university and the common man, social transformation would be boosted.

There should be close and developmental contacts between the volunteers and people. The students should full enthusiastic to observe and actively protect natural wealth. Thus, NSS play a very significant role towards students in higher education. Regular programe conducted by NSS. Various objects are learned and tought in the college. Through this process the important aim to mould discipline and dutiful students into be achieved.

Simultaneously they are expected to aware of the various happening in the social line to achieve this purpose together with a various educational activites.

#### **By:- Gurvi Dhayani, NSS Volunteer**





Urban Gardening is a practice of cultivating processing and distributing food in or around urban areas. It in compasses a complex and diverse mix of food production activities including fisheries forestry in many cities in both developed and developing countries.

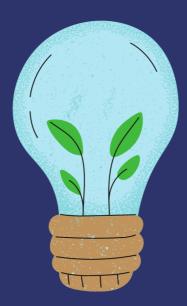
Urban gardeners are doing their work all around from last stop gardens to colourful windows hanging baskets more city goers are practicing their green thumbs.

Container gardening is very common for people with small patios, Yards or balconies. They utilise all sorts of containers such as buckets raised beds and window boxes. Rooftop gardening is when you transform the roof of a building into a garden by adding soil and garden beds. Rooftop Gardening is traditionally used to grow vegetables and larger plants.

The Food and Agriculture organization of the United Nations defined the impact of urban gardening as industry that produces processes and markets food and fuel, largely in response to daily demand of consumers within a town city or metropolis, on land and water dispersed throughout the urban and peri-urban areas applying intensive production methods using and reusing natural resources and urban waste to yield a diversity of crops and livestock. More recently urban gardening is used for more than just food security. People find solace in having plants in the home and office as well as increasing their journal emotional and social well being while reducing stress level.

Urban agriculture can also provide people with a primary of supplemental income. Income from urban agriculture is particularly high in African cities. Collective benefits from urban gardening including solving transportation problems and converting urban waste into fertilizers. Cities have more fresh produce and fewer perishable agricultural products coming from rural areas. During COVID-19 when people lose their jobs and have plenty of time at home so they started. Gardening add their homes lawns and rooftop. They fulfilled their needs of green vegetables. Flowers and many other house at home without going out. This house gardening Helps more people to earn in the lockdown and they earn money to sell their products in their neighbourhood.

Ruler gardening can help us in food security as well people can use their waste water fruits peels vegetables peels to make fertilizers and can use them to grow plants they can save money of transportation and many other problems of markets.



#### **By:-Priya sharma NSS Volunteer**

The environment is the basic life support system of all the living things on planet earth. It provides us with every small or big necessity in life. We all are only alive until it supports us. But human activities are altering the environment in a direction where it can impact us negatively. Forests are the lungs of our land, purifying our air. But the greed of people has led to deforestation which in turn is changing our climate and harming people. It is high time that we check our practices that harm our environment and together save it from further deterioration. Various NGOs and environmental activists are working hard to save our environment and are inspiring others too with their work and are spreading awareness among youth to help save our planet. NSS has also been a part of this noble cause and has inspired our youth in many ways. One of the aims of NSS Activities is Awareness of Environmental Protection. NSS has organized 'Plantation Drive' in which so many students across the country planted trees and actively participated.

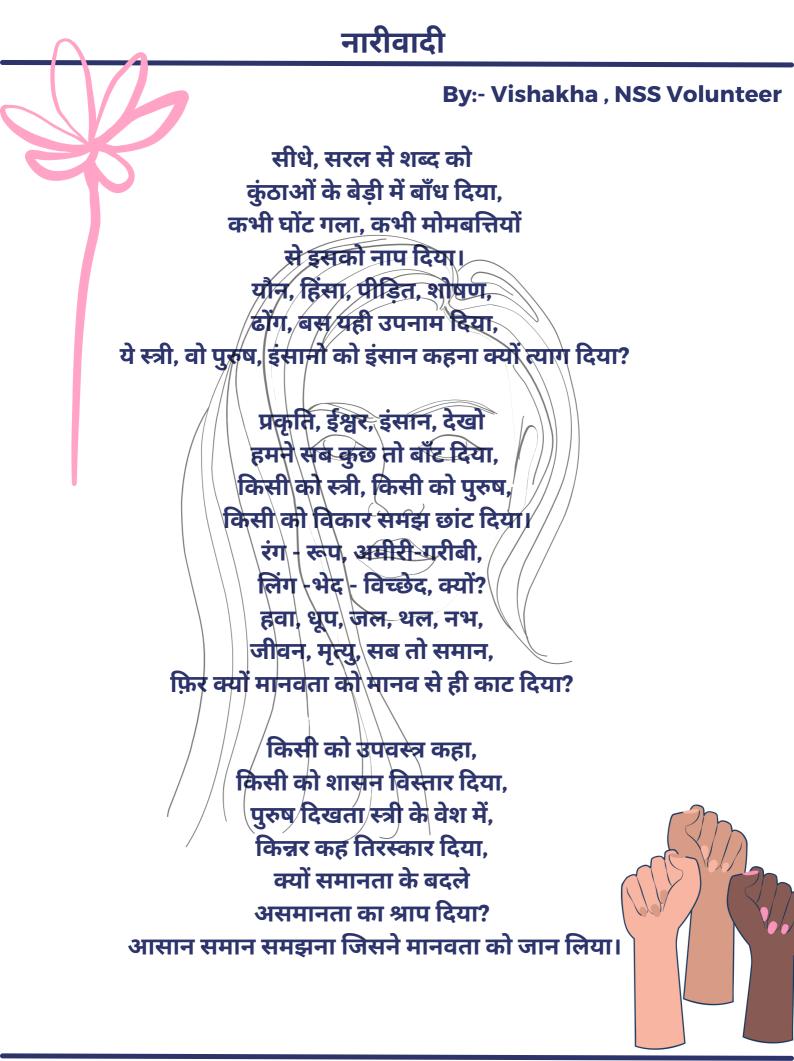
'Swachata Drive' is also organized in which NSS volunteers cleaned their nearby public places and hence promotes and inspired many others to do the same. NSS has been playing an important part in shaping young minds. Webinars on 'Sustainable Development Goals and Their Importance' and many other webinars were organized to teach the importance of alternative energy sources, and the use of natural resources in such a way that enough natural resources are left for our future generation. NSS as an organization has played a crucial role in encouraging young minds to make better, sustainable decisions and encouraged them to become more responsible and spread awareness regarding the importance of our environment.

#### By:- Pranjali Gupta, NSS Volunteer

India is a vast country and is rich in diversity in culture, religion, language and ethnicity. India's ethnicity is a system of inconsistencies. Indian nationality consists of dozens of regional ethnolinguistic groups, common ethnic and ancestral groups, ethnic minorities and group of the exact cultural origin.

Ethnic profiling is not new in India and is being practiced worldwide. The term 'Racial Profiling' refers to an individual suspected by government authorities of a crime against them because of their religion, ethnicity or place of origin. Cases od racist abuse, hate of each other's ethnic, social, caste and the results of people's potential views, belief, stereotypes and biased attitudes toward one group towards another. Minorities face dominance of power by the majority of the population.

Not only people but officials are also biased towards minority people. The Indian police have been there since 1943, but their struggle to become friends with people of different races, cultures and religions is yet to be overcome. As a result of all misunderstandings and if these the lack proper communication from minority groups, they lead to racial profiling and violence against them. Moreover, in India, there is particular law against anti-racism. Hence, the one no committing the abuse has no fear of being punished. Though the government of India has enacted certain safeguards and measures, the fact that their impact in minorities harms their dignity does not change.



# एकता

#### **By:- Kritika Gupta, NSS Volunteer**

नफ़रत की दीवार तोडकर, प्रेम की गंगा बहाएंगे, सबके दिलो मे फिर से. एकता का दीप जलाएंगे ।। छुआ-छूत को मानकर, आपस में न भिड़ं जाएंगे, हँसी खुशी हम साथ-साथ, <u>मिलकर भेदभाव भुलाएंगे ।।</u> नारियो की इज्जत कर, <u>उनका अधिकार दिलवाएंगे,</u> सबके दिलो मे फिर से, एकता का दीप जलाएंगे ।। दो पैसो के लालच मे, भ्रष्टाचार नही फैलाएंगे, भूख-प्यासे रहकर भी, एकता का दीप जलाएंगे ।।

#### DAYDREAM

#### **By:- Khushi Soni, NSS Volunteer**

I'm drifting into the night Through some most common and spontaneous

Predicament of an afterglowy statistics Crashed in a void I holed up with words And poems, lined with magnificance Dreams on edged windows

Swaying past the metaphor of happy And jostling fingers meager At the thought of flaking Through the mid-west streets Getting into an abyss, Stars twinkling far beyond my land While

Sift into hardened sand Still as a rock, yet sinking Into a bottomless pit of days; Passing particles of sunburn stories And boats that take me nowhere yet something still plants me, Into a subconscious desire to an attainment of some fire Of some loatheless ground In a Daydream



# मैं नदिया अंचल की

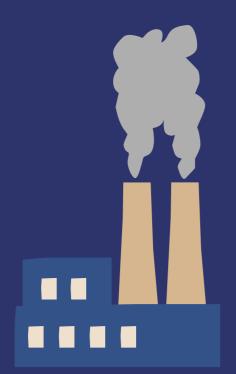
#### **By:- Vanshika Mittal, NSS Volunteer**

धारों में घुंघरू बांधे खलिहानों के गलियारों से टेढ़े मेड़ो के सिरहानो से मदमस्त बहती मैं चंचल सी मैं नदियाँ अंचल की।

स्वागत करती मैं पयस्विनी,प्रवाहिनी छुपते तरेगन , अलसाएँ नारंगी पाहुन की प्यास बुझाती, तरनी तीज - त्योहारों की माँ कह पूजी जाती, कल्लोल कंचन सी में नदियाँ अंचल की ।



पर अब जैसे सावन बदला घुटती में विषमताओं के बदरी सी झाग, कूड़े का अंबार लगा, हो गई मैं प्रदूषित सी मेरे कोख में मौन मृत्यु का बाजार लगा अब कहाँ रही मैं चंचल, कंचन सी भूर मैं नदियाँ अंचल की।



निर्झरणी मैं बँधी, बेड़ियाँ आधुनिकता की भूली बहना, बन गई कूड़ादान कारखानों की क्या लौटेंगे फ़िर दिन मेरे बचपन के? गिनती सांसे मैं , अंतिम घड़ियां बंधन की बचा लो... बचा लो... मैं थी नदियाँ अंचल की।

सुन हृदय क्या काँपा नहीं नदियाँ की? करते हैं सच्चा प्रयास इसे बचाने की। मुस्कुराएगा भविष्य, अविरल के संगम से जब कहेगी नदियाँ, अब मैं बचपन सी

हाँ, तू नदियाँ मेरे अंचल की। हाँ, तू नदियाँ मेरे अंचल की। खुदा और तुम

#### **By:- Yamini, NSS Volunteer**

सर सजदे में झूका के, अरमानों की पेटी दरगाह में साजा के, हाथों की कशिश में जूनून जोड़ी दुआएं लाख मांगी है लोगो ने, मगर सिर्फ़ उन्हे पाने की इल्तिजा शायद काफी नहीं।

काफ़ी नहीं ये ख्याल के तुम उसके काबिल हो क्युकी तुम में उसे पाने की हसरत है, काफ़ी नहीं ये कहना के तुम्हारे अरमान तुम्हारी हस्सीकन बनने के काबिल है। खता नजरों से होती है खुदा से नहीं।

जो आज तुम्हारे मुक्तसर है वो शायदे संच नहीं, जो तुम सोचते हो शायद वो वह्य है, जिसे तुम इश्क समझते हो शायद वो मौजूद ही नहीं।

मौजूद है तो सिर्फ तुम्हारा ईमान, तुम्हारो यकीन की एक रोज़ तुम्हारा तस्व्वुर मुक़म्मल होगा। हकीकत वो नहीं जो तुमने देखा है, हकीकत वो है जो तुम्हारे ज़हन के दामन में दफ्न हो चुकी है।

जिस दिन उससे रूबरू हुए, शायद और कोई आरजू वाजिब न लगे।



#### **By:- Khushi Raikwar, NSS Volunteer**

Our society comprises men and women. In earlier times, men were recoganised to be the prominent members of a family. They were accountable for earning the livelihood and were the decision takers of the family. Contrastingly, women were subjected to household chores and fostering children. So, the functions were on the whole were based on gender. There was no engagement of women in decision making. If we gauge our entire sector, then research says that women's issues are either concentrated on her reproductive role and her body or on her economic role as a worker. But none of them is focused on empowering the women.

Women empowerment is the process that creates power in women to live a happy and honorable life in a society. Women are empowered when they are able to ingress opportunities in a variety of fields such as in education, profession, lifestyle, etc., without any restraints and restrictions. It includes raising their status through education, awareness, literacy and training. It also encompasses the authority to take decisions. When a woman makes a crucial decision, she feels empowered. Women's empowerment is the most momentous point for the overall advancement of a country rate. Out of the total population, 50% of the population should consist of women. However, due to female foeticide practices, girl child numbers are declining sharply in India. It has also striked the sex ratio in India. The literacy rate in girls is very low. Most of the girls are not even provided with primary education. Moreover, they are married early and made to raise children and do only household work.

# आज़ादी की लहर

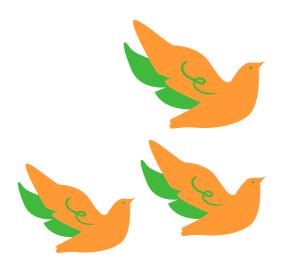
श्रेत नव पर लालिमा छायीआजादी के नव उद्घोष पे सबने वीरो की गाथा गायी, गाँधी, नेहरू पटेल, सुभाष ध्वनी चारो

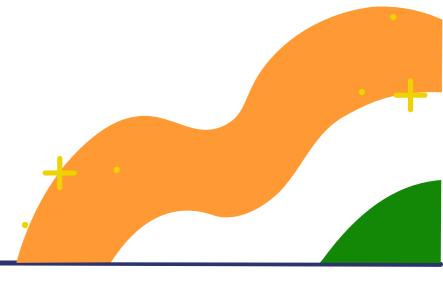
ओर है छायो की, भगत, राजगुरु और सुखदेव की कुरबानी सआँखें भर आई,

ऐ भारत माता तझसुं अनोखी और अद्भतु माँन हमने पायी, हमारे रंगो में तरे कर्ज़ की एक एक बँदू समायी ,

माथे पर है बांधे कफ़न और तरेी रक्षा की कसम है खाथी सरहद पर खड़ेरहकर आज़ादी की रीत निभाई।

### By:- Aayushi, NSS Volunteer





# अनुशासन

#### **By:- Himanshi, NSS Volunteer**

अनुशासन सफलता की कुंजी है- यह किसी ने सही कहा है । हर किसी के जीवन में अनुशासन सबसे महत्वपूर्ण है। अनुशासन के बिना कोई सुखी जीवन <u>नहीं जी सकता। अनुशासन वह सब कुछ</u> है जो हम सही समय में सही तरीके से करते हैं।यदि मनुष्य अनुशासन में जीवन-यापन करता है, तो वह स्वयं के लिए सुखद और उज्जवल भविष्य की राह निर्धारित करता है । जीवन के सभी कार्यों में अनुशासन अत्यधिक मूल्यवान है। हमें हर समय इसका पालन करना है चाहे वो स्कूल, घर, कार्यालय, संस्थान, फैक्टेरी, खेल का मैदान, युद्ध का मैदान या दूसरी जगह हों।अनुशासन दो शब्दों से मिलकर बना है – अनु और शासन। अनु का अर्थ है पालन और शासन का मतलब नियम। हमारे जीवन में अनुशासन का बहुत महत्व है यह हमें नियमों का पालन करना सिखाता है। मनुष्य एक सामाजिक प्राणी है, जो कि समाज में रहता है और उसमें रहने के लिए अनुशासन की आवश्यकता होती है।अनुशासन हमारी सफलता की सीढ़ी है, जिसके सहारे हम कोई भी मंजिल हासिल कर सकते है। अनुशासन दो प्रकार का होता है – एक वो जो हमें बाहरी समाज से मिलता है और दूसरा वो जो हमारे अंदर खुद से उत्पन्न होता है। हालाँकि कई बार, हमें किसी प्रभावशाली व्यक्ति से अपने स्व-अनुशासन की आदतों में सुधार करने के लिये प्रेरणा की जरुरत होती है।अनुशासन के बिना जीवन निष्क्रिय और बेकार हो जाता है क्योंकि योजना के अनुसार कुछ भी नहीं होता है। अगर हमें किसी भी कार्य को पूरा करने के बारे में सही तरीके से अपनी रणनीति को लागू करना है, तो हमें पहले अनुशासन में रहने की आवश्यकता है। अनुशासन चीजों को आसान बनाता है और हमारे जीवन में सफलता लाता है। अनुशासनहीनता के कारण जीवन में कोई शांति और प्रगति नहीं होती है, इसके बजाय बहुत सारी समस्याएँ पैदा हो जाती है। हमें नियमों का पालन करने, आदेशों का पालन करने और व्यवस्थित तरीके से व्यवहार करने की आवश्यकता है। हमें अपने दैनिक जीवन में अनुशासन को महत्व देना चाहिए। वे लोग जो अपने जीवन में अनुशासित नहीं हैं, उन्हें बहुत सारी समस्याओं का सामना करना पड़ता है और उन्हें जीवन में निराशा ही मिलती है। यदि दृष्टि डाली जाए तो समाज में चारों तरफ अनुशासनहीनता दिखाई देती है । यही कारण है कि देश की प्रगति और विकास सही प्रकार से हो नहीं पा रहा है । यदि विद्यार्थियों में अनुशासन नहीं होगा तो समाज की दशा बिगड़ेगी और यदि समाज की दशा बिगड़ेगी तो देश कैसे उससे अछुता रहेगा ।स्वतंत्रता के पहले बहुत-सी समस्याएँ नहीं थीं। लेकिन अब, हमारा देश भ्रष्टाचार, घूसखोरी, घोटाला, धोखेबाजी, आतंकवाद आदि-जैसी समस्याओं का सामना कर रहा है। कुछ युवा भ्रमित हो चुके हैं। सिर्फ शिक्षित और अनुशासित युवा ही हमारे देश को उज्ज्वल भविष्य दे सकते हैं। अंतः यह कहना गलत नहीं होगा कि अनुशासन वह सीढ़ी है जिसके माध्यम से व्यक्ति अपने जीवन में सफलता की ऊँचाई की ओर चढ़ सकता है। यह उसे अपने लक्ष्य की ओर ध्यान केंद्रित करने में मदद करता है और उसे

अपने लक्ष्य से भटकने नहीं देता हैं। अनुशासन ही इन समस्याओं का एकमात्र समाधान है।

#### By:- Khushi Raj, NSS Volunteer

World temperatures are rising because of human activity, and climate change now threatens every aspect of human life. Humans and nature are and will be experiencing catastrophic warming with worsening droughts greater sea level rise and mass extinction of species. We face a huge challenge but there are potential solutions to it.

#### • What is Climate Change?

Climate is the average weather in a place over many years. Climate change is a shift in those average conditions.

The rapid climate change that are now seen are caused by human beings using oil gas and coal for their homes factories and transportation.

When these fossil fuels burn their release greenhouse gases mostly carbon dioxide. These gases trap the sun's heat an cause planet's temperature to rise. The world is now about 1.2 degrees Celsius warmer it was in the 19 century and the amount of carbon dioxide in the atmosphere has risen by 50%. A report in 2021 by climate action tracker group calculated that the world was heading for 2.4 degrees Celsius of warming by the end of the century. If nothing is done, scientists think global warming could exceed 4 degrees Celsius in the future leading to the devastating impacts.

• Impact of Climate Change

Extreme weather are already threatening our lives and livelihoods.

- Regions could become uninhabitable.
- Farmlands could turn into deserts.
- Extreme rainfall causing rhetoric flooding as seen recently in China, Germany, Belgium and the Netherlands.
- Poor will suffer the most due to lack of facilities to them.

 Oceans and its habitats are also under threat like the Great Barrier Reef in Australia.

Wildfires are becoming more frequent.

 As frozen ground melts in places like Siberia, greenhouse gases trapped for centuries will be released into the atmosphere, worsening the climatic conditions.

 Animals find it harder to sustain. For example, polar bears could die out as the ice they rely on melts away, and elephants struggle to find the 150-300 liters of water a day they need.

Scientists believe at least 550 species could be lost if action is not taken.

Government Initiatives

» Countries agree that climate change can only be tackled by working together. In a landmark agreement in Paris in 2015, they pledged to try to keep global warming to 1.5°C.

**»** The COP26 global climate summit in Glasgow in November 2021 is crucial if climate change is tackled positively.

• In this summit countries set out their carbon reduction plans for 2030.

• Many of them have pledged to get out to net zero by 2050. This means reducing greenhouse gas emissions as much as possible and balancing out the remaining emissions by absorbing an equivalent amount from the atmosphere.

• Experts agree that this is achievable, but it will require governments, businesses, and individuals to make big changes.

VHY AREN'T WE?

#### Conclusion

At an individual level, we can limit our impact on the climate in the following ways:

- Take fewer flights.
- Live car free or use an electric car.
- Buy energy efficient products such as washing machines, when they need replacing.
- Switch from a gas heating system to an electric heat pump.
- Do plantation.

# आजादी का अमृत महोत्सव

#### **By:- Akansha Dixit, NSS Volunteer**



15 अगस्त 2022 को भारत की आजादी के 75 वर्ष पूरे हो जाएंगे। भारत की आजादी के 75 साल पूरे होने के साथ, यह आजादी को फिर से मनाने का समय है जजसे हमनें 75 साल हाससल फकया है। अमतृ महोत्सव की शुरुआत प्रधानमंत्री नरेंद्र मोदी ने 12 मार्ष 2021 को नमक सत्याग्रह के 91 वर्ष पूरे होने पर साबरमती आश्रम से की है। आज के युवा आजादी संग्राम में होने वाली कई घटनाओं और कई वीरों से अपररचर्त है जजन्होंने आजादी की लडाई में अपना योगदान ददया। एक देश तभी आगे बढ़ता हैजब वहााँके युवा अपनी जडों को याद रखते हो और अपने अततत से सबक लते` हों। युवाओं को स्वतंत्रता और संघर्ष के महत्व को बताने के सलए घटना बहुत महत्वपूर्ष है। इस ऐततहाससक, सांस्कृततक और राष्ट्रीय रे्तना का पालन करने के सलए, प्रधान मंत्री नरेंद्र मोदी ने अहमदाबाद, गुजरात में साबरमती आश्रम से एक पदयात्रा (स्वतंत्रता मार्ष) को झंडी ददखाकर रवाना फकया और इस तरह 'आजादी का अमतृ महोत्सव' कायक्रष म का शुभारंभ फकया। आजादी का अमतृ महोत्सव 15 अगस्त 2022 से 75 सप्ताह पहले शुरू हुआ और 15 अगस्त 2023 को समाप्त होगा।

दांडी मार्ष की तजष पर इस कायक्रष म की शुरुआत फ्रीडम मार्ष नामक पदयात्रा से की जाएगी। यह यात्रा अहमदाबाद के साबरमती आश्रम से शुरू होकर दांडी तक जाएगी और नमक सत्याग्रह की तरह 25 ददन में 241 मील का रास्ता तय फकया जाएगा जजसमें 80 पदयात्रत्रयों को शासमल फकया जाएगा। इसके तहत देश की अदम्य भावना के उत्सव ददखाने वाले सांस्कृततक कायक्रष म भी आयोजजत फकए जाएंगे। इनमें संगीत, नतॄ्य, प्रवर्न, प्रस्तावना पठन (प्रत्येक पंजतत देश के ववसभन्न क्षेत्रों का प्रतततनचधत्व करने वाली ववसभन्न भाराओं में) शासमल हैं। युवा शजतत को भारत के भववष्ट्य के रूप में ददखा ते हुए गायकवंदृ में 75 स्वर के साथ-साथ 75 नतषक होंगे। साथ ही साथ इस आयोजन के माध्यम से 'वोकल रि लोकल' असभयान को बढ़ावा देने की कोसशश की जा रही है। इसके सलए साबरमती आश्रम के पास मगन तनकास है वहां एक ररखा रखा गया है और ये ररखा सामान्य रखा नही है जब भी कोई व्यजतत लोकल व्यापारी और कं पनी का माल खरीदेगा और उसकी तस्वीर को सोशल मीडडया पर लोकल रि वोकल ति वोकल का टैग लगाकर सोशल मीडडया पर डालेगा उसके

#### By:- Ishita Gargi , NSS Volunteer

वर्तमान में हम इक्कीसवीं सदी में जी रहे हैं. जिस प्रकार उन्नीसवीं सदी को ब्रिटेन का समय कहा जाता हैं, बीसवीं सदी को अमेरिकन सदी कहते हैं, उसी प्रकार इक्कीसवीं सदी भारत की हैं. IBM इंस्टिट्यूट फॉर बिज़नेस वेल्यु की रिपोर्ट 'इन्डियन सेंचुरी ' के अनुसार : भारत एक तेजी से बदलने वाली अर्थव्यवस्था हैं. आने वाले वर्षों में भारत को सबसे अधिक उन्नति करने वाले देशों में शामिल किया गया हैं. स्वतंत्रता के पश्चात् हमारे देश ने विभिन्न क्षेत्रों में उन्नति की हैं, जैसे : सामाजिक अर्थव्यवस्था में प्रगति, वैज्ञानिक आविष्कार, सांस्कृतिक रूप में समृद्धि, शिक्षा के क्षेत्र में विकास, खेती के उन्नत तरीके, तकनीकी और विज्ञान का समुचित विकास, चिकित्सा के क्षेत्र में अनुसंधान, आदि कई क्षेत्र हैं, जिनमें अब हम आगे बढ़ चुके हैं.

- डिजिटल भारत आज के भारत को इक्कीसवीं सदी का भारत कहा गया है, मोदी सरकार के आने के बाद भारत में डिजिटल क्रांति का भी संचार बहुत ज्यादा हुआ है. जिस तरह ई-कॉमर्स ने भारत में जगह बनाई है ठीक इसी तरह आज भारत में अनेक सरकारी सुविधाओं के लिए हम घर बैठे ऑनलाइन आवेदन कर सकते हैं. यहाँ तक की अब तो यह सेवा बैंकिंग क्षेत्र में भी बढ़ गई है और अनेक डिजिटल बैंक्स भी भारतियों के लिए उपलब्ध है. आगे बढ़ते हुए भारत को डिजिटल योगदान मिलने के बाद भारत में अनेक तरह के बदलाव आने शुरू हुए है. और हम कह सकते हैं की आने वाला समय भारत का होगा.
- आर्थिक क्षेत्र -- आज हमारा देश आर्थिक रूप से पहले की अपेक्षा कही अधिक सक्षम हैं. हॉवर्ड यूनिवर्सिटी के अर्थशास्त्रियों के अनुसार भारत की विकास दर [Crowth Rate] लगभग 7% हैं, जो इसे सबसे तेज गति से विकास करने वाला देश बनाती हैं और इसी वजह से वर्ष 2024 तक इसे चाइना से भी आगे ले जाएगी. अगर आज भी देखा जाये, तो भारत का स्थान दूसरा ही हैं अर्थात् अर्थव्यवस्था के मामले में हम चाइना के बाद विश्व की सबसे बड़ी आर्थिक शक्ति हैं. हमारे देश की मोदी सरकार और उने वित्तीय मंत्री मण्डल ने अभी हाल ही में विदेशी प्रत्यक्ष निवेश [FDI पॉलिसी] को पूर्ण रूप से अपनी मंजूरी प्रदान की हैं, जिससे अब कई बाहरी कम्पनियाँ भारत में बड़े पैमाने पर निवेश करने में नहीं हिचकिचाएंगी और जिसका लाभ देश की अर्थव्यवस्था को मिलेगा.
- चिकित्सा विज्ञान क्षेत्र :- प्राचीन काल से ही हम चिकित्सा के क्षेत्र में अव्वल रहे हैं, परन्तु उपकरणों के अभाव में हम पिछड़ गये थे, परन्तु आज स्थिति कुछ और हैं. हमारे देश में सभी बीमारियों का इलाज उपलब्ध हैं, साथ ही उनकी जांच के लिए भी सभी मशीनों की व्यवस्था देश में उपलब्ध कराई गयी हैं. स्वतंत्रता के बाद प्रारंभ की गयी प्रथम पंचवर्षीय योजना की तुलना में, आज हमारे चिकित्सकों और अस्पतालों में पलंगों की संख्या बढ़कर पहले की तुलना में क्रमशः लगभग 2 गुनी से 6 गुनी हो चुकी हैं. मलेरिया, टी.बी., हैजा [ Cholera ] जैसी बीमारियों से लोग पहले की अपेक्षा कम पीड़ित होते हैं. वही जानलेवा बीमारियों, जैसे : प्लेग, छोटी माता [ Small Pox ], आदि से होने वाली मृत्यु दर में भी कमी आई हैं. देश में व्याप्त पोलियो जैसी बीमारी को लगभग हम पूर्णतः ख़त्म कर चुके हैं. देश में औसत आयु बढ़ी हैं और बिमारियों से होने वाली मृत्यु दर में भी कमी आई हैं. देश में व्याप्त पोलियो जैसी बीमारी को लगभग हम पूर्णतः ख़त्म कर चुके हैं. देश में औसत आयु बढ़ी हैं और बिमारियों से होने वाली मृत्यु दर में भी कमी आई हैं. देश ने बमारियों से होने वाली मृत्यु दर में भी कमी आई हैं और बिमारियों से होने वाली मृत्य दर में भी कमी आई हैं और बिमारियों से होने वाली मृत्य दर में भी कमी आई हैं. देश तरात्र कर लेंगे. विकित्सा विज्ञान में उन्नति करने के साथ ही हम देश में बीमारियों के प्रति जानकारी फ़ैलाने और उससे बचाव के प्रति जागरूकता उत्पन्न करने में भी सफल रहे हैं.

- तकनीकी क्षेत्र में : तकनीकी के मामले में भी हम पहले की अपेक्षा कही अधिक आगे बढ़ चुके हैं. कई मशीने, यंत्र, आदि का अब हमे आयात नहीं करना पड़ता, बल्कि हम स्वयं ही उसका उत्पादन कर रहे हैं. बड़े – बड़े कारखानों में उत्पादन, मशीनों की सहायता से माल बनाना, संगणक से कार्य करना [Computerization], आदि ने इस प्रक्रिया को अधिक सरल बना दिया हैं.
- Computerization : आज हमारे देश का प्रत्येक विभाग कम्प्यूटर पर कार्य करता हैं, किसी भी जानकारी को आप इसके माध्यम से आदान – प्रदान कर सकते हैं. साथ ही सभी सूचनाये भी इसी पर उपलब्ध हो जाती हैं. इसके अंतर्गत 'ई – कॉमर्स 'भी शामिल हैं. जिसके द्वारा हम घर बैठे – बैठे अपना सामान कम्प्यूटर पर खरीद सकते हैं और बेच भी सकते हैं. ये ई – कॉमर्स कम्पनियाँ स्थानीय बाजारों से प्रतियोगिता करती हैं, पर वही दूसरी ओर ये कई लोगों को रोजगार भी उपलब्ध करा रही हैं.
- ऑटो मोबाइल क्षेत्र : इस क्षेत्र में हम अब तक वांछित उन्नति नहीं कर पाए हैं, जैसे : हमारा देश आज भी कारों के निर्माण के लिए विदेशी तकनीक पर ही निर्भर हैं. हम केवल इसके कुछ भाग ही बनाते हैं. परन्तु प्रयास जारी हैं और जल्द ही हम इस क्षेत्र में भी सफलता प्राप्त कर लेंगे.
- कृषि उत्पादन के क्षेत्र: आज हमारे देश में कृषि करते समय आने वाली बाढ़, सूखे आदि समस्याओं से निपटने के लिए पर्याप्त साधन और तकनीकी उपलब्ध हैं, जिसके चलते आज 21वी सदी के भारत देश का उत्पादन कई गुना बढ़ गया हैं. आज हम हमारे देश की खाद्य – पदार्थों की जरूरतों को तो पूरा कर ही सकते हैं, बल्कि दूसरे देशो की जरूरतों के मुताबिक निर्यात करने में भी सक्षम हैं. इस स्थिति को पाने में देश में चलाई गयी 'हरित क्रांति' का बहुत बड़ा योगदान हैं. फसलों के ख़राब होने, सड़ने जैसी समस्याओं पर हमने नियंत्रण पा लिया हैं और दूसरी ओर उन्नत बीजों, खाद, सिचाईं के पर्याप्त और उन्नत तरीके, संग्रहण क्षमता, आदि ने इसके विकास में बहुत महत्व – पूर्ण भूमिका निभाई हैं.
- रक्षा उपकरणों के क्षेत्र में : हमारे देश में 3 प्रकार की फौजें हैं : थल सेना, जल सेना और वायु सेना. तीनों को सम्मिलित किया जाये तो हम विश्व की प्रथम 7 शक्तियों में स्थान रखते हैं. साथ ही तीनो ही सेनाओं के रक्षा उपकरण भी हमारे पास पर्याप्त मात्रा में उपलब्ध हैं. हाल ही में सबसे कम वजन का लड़ाकू विमान बनाने में भी हमने सफलता प्राप्त की हैं. इस विमान का नाम ' तेजस ' हैं और इसके लगभग सभी कल पुर्जे, मशीने, आदि भारत में बनाई गई हैं. यह हमारी रक्षा के क्षेत्र में अब तक की सबसे बड़ी उपलब्धि हैं नजी क्षेत्रों को रक्षा क्षेत्र में सम्मिलित करने से इसके तीव्र गति से विकास की सम्भावनाये व्यक्त की जा रही हैं. इसमें अम्बानी बंधू, टाटा जैसी कंपनियों को शामिल किया गया हैं, परन्तु अभी इनके प्रोजेक्ट सरकार के पास अनुमति हेतु अटके हुए हैं.
- शिक्षा के क्षेत्र में : हमारे देश में शिक्षा का स्तर भी सुधरा हैं. परन्तु अभी तक हम केवल प्राथमिक शिक्षा को ही मुफ्त उपलब्ध करा पाए हैं, जो काफी नहीं हैं. आज हमारे देश में विद्यार्थी सभी क्षेत्रों में उच्च शिक्षा प्राप्त कर सकते हैं. यहाँ पर्याप्त मात्रा में शालाए, महाविद्यालय, आदि खोले गये हैं. साथ ही हमारे यहाँ बाहर के विद्यार्थी भी शिक्षा ग्रहण करने आते हैं. हमारे देश में प्रौढ़ शिक्षा अभियान, सर्व शिक्षा अभियान जैसे कार्यक्रम चलाकर

- देश में शैक्षिक स्तर को सुधारने के लिए सराहनीय कदम उठाए गये हैं. देश के सम्पूर्ण विकास के लिए लड़कों के साथ साथ लड़कियों की शिक्षा के लिए भी समुचित प्रयास जारी हैं. बल्कि आज देश में कल्पना चावला [ प्रथम भारतीय महिला अंतरिक्ष यात्री इंदिरा गाँधी [प्रथम महिला प्रधानमंत्री], प्रतिभा देवी सिंह पाटिल [प्रथम महिला राष्ट्रपति], चंदा कोच्चर [ICICI बैंक की वर्तमान CEO एवं D.], आदि जैसी महिलाये तो पुरुषों से भी आगे निकल चुकी हैं. इक्कीसवीं सदी का भारत जहाँ इन क्षेत्रों में उन्नति प्राप्त कर रहा हैं, वही कुछ क्षेत्र एसे हैं, जिनकी तरक्की अभी बाकी हैं, जिनकी परिस्थितियों में सुधार की आवश्यकता शेष हैं, उनमे से कुछ क्षेत्र अग्र लिखित हैं
- बेरोजगारी: आज हमारे देश को युवा शक्ति के मामले में विश्व का सबसे समृध्द राष्ट्र माना जाता हैं, परन्तु रोजगार के अभाव में यह शक्ति व्यर्थ हो रही हैं और इसी कारण हमारे देश की कई प्रतिभाये विदेशों में स्वयं को साबित करके रोजगार प्राप्त कर रही हैं, जिसमे देश का ही नुकसान हैं, देश के युवा दिशा – हीन होकर अपराध के मार्ग पर बढ़ रहे हैं. हमारे देश में हमे रोजगार के अनेक अवसरों की आवश्यकता हैं. यदि हम बेरोजगारी की समस्या से छुटकारा पा ले तो कई समस्याए स्वयं ही समाप्त हो जाएगी.
- गरीबी हमारे देश में दुर्भाग्य की बात यह हैं कि अमीर और अमीर तथा गरीब और गरीब होता जा रहा है. इस कारण देश पूर्ण रूप से विकसित नहीं हो पा रहा और अभी तक विकासशील देशों की गिनती में गिना जाता हैं. इसका कारण कही न कही स्विस बैंकों में रखा काला धन भी हैं, यदि इसे देश में लाग्रे जाने के प्रयास सफल हो, तो यह समस्या काफी हद तक हल हो सकती हैं.
- जनसंख्या : हमारे देश की जनसंख्या बहुत ही तेज गति से बढ़ रही हैं, जिसके कारण हम लागू योजनाओं का उचित प्रकार से लाभ नहीं उठा पाते और सरकार भी इन्हें व्यापक रूप में सफल नही बना पाती. हम भारतीय आज 125 करोड़ से भी अधिक हैं. जिसमें सभी सुविधाओं को बांटना, सरकार के लिए भी मुश्किल हैं. इस पर नियंत्रण पाना अत्यंत आवश्यक हैं अन्यथा हमारी समस्याओं की सीमा दिन – प्रतिदिन बढ़ती ही जाएगी.

इन सब के बावजूद हमे 'सुपर – पावर ' कहा जाता हैं, इसका कारण हैं : आज दक्षिण एशिया में भारत की स्थिति सभी क्षेत्रों में अन्य देशों की तुलना में सबसे मजबूत हैं, चाहे वह क्षेत्र आर्थिक हो, राजनीतिक क्षेत्र हो, सैन्य बल की बात हा, सांस्कृतिक क्षेत्र की बात हो अथवा जन – सांख्यिकी [Demographic ] की. दक्षिण एशिया की जनसंख्या का लगभग 77% हिस्सा हमारे देश का हैं, इसकी जी.डी.पी. में हमारा योगदान 75% हैं, 77% भू – भाग हमारे क्षेत्रफल का हिस्सा हैं, इसके रक्षा बजट का 80% हिस्सा हमारा होता हैं और इसके सैन्य बल में 82% हमारा सैन्य बल शामिल हैं और सबसे महत्व – पूर्ण बात –: हम विश्व की सबसे बड़ी लोकतांत्रिक अर्थव्यवस्था में से एक हैं., जिसकी वर्तमान जी.डी.पी. दर 9.2% हैं, जो वैश्विक अर्थव्यवस्था में महत्व- पूर्ण स्थान रखती हैं. साथ ही हमारे देश के अन्य बड़ी अर्थव्यवस्था वाले राष्ट्रों के साथ समझौते और संधियाँ भी हैं, जो इसे इक्कीसवीं सदी का सुपर पावर बनाने में और विकास की ओर अग्रसर होने में मदद करती हैं. इस प्रकार इक्कीसवीं सदी के भारत का भविष्य बहुत ही स्वर्णिम हैं.







