



KAMALA NEHRU COLLEGE

UNIVERSITY OF DELHI

SUPPORTING DOCUMENTS FOR 3.3.3

**REPORTS OF THE EXTENSION ACTIVITIES OF SOCIETIES
FOR THE PERIOD**

2017-18

This document contains the extension activities organised by the following societies:

- NSS
- NCC
- Green Beans
- Equal Opportunity Cell & Enabling Unit
- Women Development Cell
- Gandhi Study circle
- Consumer Club
- Shinning Network
- Asar- The Entrepreneur Cell
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National Social Service (NSS) Activities

The NSS Society of Kamala Nehru College celebrated “**Swachhta Hi Sewa**” on the occasion of Swachh Bharat from 2 nd Aug. to 15th Aug. 2017. We took a pledge to observe and be a part of hygiene and cleanliness in all aspects of daily life, and to sensitize others also. Cleaning our college campus on regular basis is a part of our society. Our volunteers started an awareness campaign about the difference between Biodegradable and Non-bio-degradable wastes in the college campus. The volunteers cleaned up classrooms, corridors, Chaupal, canteen area and the college surroundings. The need to save electricity is also dire and we posted notices regarding such in each classroom.



'Swachhta Pakhwara' campaign-

Swachhta is one of the basics in our NSS routine and is portrayed amongst our youth significantly. Usually we used to do cleanliness drives spreading awareness about "keep it green ...keep it clean", but this year under the 'Swachhta Pakhwara' campaign, it started with a new essence, giving us responsibility and rearranging the distorted sections of our classrooms, corridors and washrooms. Our drives initiated from 2nd august where we organised a cleanliness



drive allotting each group of volunteers a room to clean. On 3rd august we conducted the oath ceremony where our programme officer took the oath asking every student to abide by it. On 4th of august we continued with our drives within the campus and students participated very actively. On 5th of august we initiated a 3 hours long drive in which we not only cleaned the college but also came up with a message to save electricity and made students realise responsibility towards college. The 4 day event turned out to be a huge success inculcating in students a responsible behavior towards a clean institution eventually leading to a clean nation.

Rally to Masjid Moth area, Gautam Nagar, Niti Bagh

We interacted with the people around the Masjid Mor, taking their views on a green and clean India. A man working at a nearby vegetable shop spoke to us about the fact that he would like to support the project but at the moment he does not make an active effort to do so. We informed him about how he could separate his bio-degradable and non biodegradable waste.

Begumpur

visit



It's so strange that a place just a few kilometres from our college seems like a completely different world. When we went for a survey for 'The Clean India Mission' to 'Begumpur Slums' we were astonished to see the condition in which the people are living. Sights such as dirty stagnant water, clogged drains, narrow lanes, cramped houses and heaps of garbage welcomed



us. Seeing us (maybe we seemed as strange to them as they seemed to us), the residents gathered all around us telling us about their grievances. We tried telling them that we are just a bunch of students who are here for a survey regarding The Clean India Mission.



Lecture on Cleanliness by Dr KK Rou

Dr. Roul, in light of the hon'ble Prime Minister's address to nation on the same issue in the Lok Sabha, decided to bring the debate on the state of India's sanitation practices within the academic sphere and create better awareness around the matter. Students took a pledge to work



towards

the true development of the country. The dais was then taken over by Dr. Roul who emphasized the need for immediate action to be taken to alleviate India's position from ranking at a shameful 155th in the world's list of cleanest countries which included 178 nations in total. He explained the socio-economic as well as cultural reasons behind India's poor performance and stated that although Indian people as a whole are quite particular about personal sanitation and hygiene, we must work towards broadening our perspective an

Visit to GOONJ

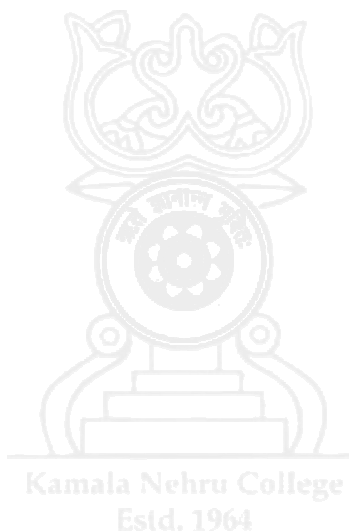
Goonj works basically for the relief of people during the time of disasters. Around 61 students along with the program officer (NSS) of our college went to the processing centre of the NGO and were given information about all the work that this NGO does. Goonj works especially in



the

flood prone areas and also for the rural dwellers, urban people who are economically backward and spreads awareness about the need of cloth, taboos related to menstruation etc. The Organization is working through various programmes and campaigns such as Raahat, Not just a piece of cloth, waapsi, etc. We also got a chance to meet the founder of Goonj Mr. Anshu Gupta who inspired us and asked us that whatever changes you can make just make it. The visit reaffirmed our ideas on public and social welfare and doing Good to others.

Seminar by NAASCOM

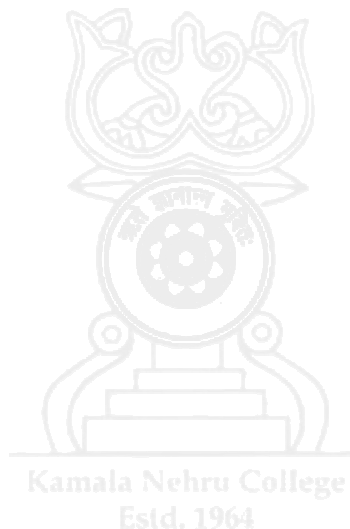




A

Seminar organized by the National Service Scheme of our College in collaboration with NAASCOM Foundation, a not-for-profit industry association. It is the apex body and the voice for the 154 billion dollar IT BPM industry in India with members like Accenture, Infosys, Cisco, and Microsoft, Google etc. that has made a phenomenal contribution to India's GDP, exports, employment, infrastructure and global visibility. The focus of the program was to create sustained social impact. By supporting technology based solutions that address critical gaps in key developmental area, the platform aims to foster inclusive growth.

Cancer Awareness Program by Rajiv Gandhi Cancer Institute and Research Centre





A

lecture was held on the topic “What every woman needs to know about Breast and Cervical Cancers?” by Dr. Indu Aggarwal, Sr Consultant, RGCIRC, Rohini. A team of 4 members of the special cell came for this program. They discussed about the causes, symptoms and the primary remedies of the diseases. Students even shared their experiences in the end of the lecture. The lecture was very informative.

Rally for Rivers



A lecture on “Irrigation and how construction of dams affect us” by Professor Satyajeet Singh was organized in support of RALLY FOR RIVERS movement He talked about the various



methods of irrigation that have been used since ancient times and how these methods have developed. He also informed us how construction of dams harms the rivers, the ecosystem and the people who are forced to resettle for the construction. A little question and answer round was held so that students can clear their doubts. Overall the lecture was quite informative.

Rashtriya Ekta Diwas



NSS

volunteers took pledge on the observance of “Rastriya Ekta Diwas”, on the remembrance of Sardar Vallabhabhai Patel, one of the leading freedom fighter of our country. We ran and covered the ground twice on this occasion to be physically fit and healthy **Rally for Cleanliness with South Delhi Municipal Corporation**

Along with our teacher convenor, Dr Minakshi Sethy, NSS team members accompanied SDMC workers to Hudco Place and spread awareness about keeping our surroundings clean. We distributed pamphlets and chanted slogans through the slum area

National Cadet Corps (NCC)

Year 2018 was full of events and our cadets also came out with flying laurels. Tracing back to the month of January 2018, our two very able cadets-JUO Divya Mishra and SUO Babita Sharma were selected for the Republic Day Camp and also were part of NCC girls marching contingent on Rajpath on 26th January. This whole selection process was stretched for a period of 4 months, our cadets went through various camp selections and finally made to Republic Day Camp. On the occasion of Republic day NCC cadets also participated very enthusiastically in the flag hoisting ceremony which was held on 25th January in our college. Along with this our 5



cadets SUO Joyti, Cadet Preeti, Cadet Ankita, Cadet Deepika, and Cadet Raveena were selected in Chief Minister Rally. In the month on February and March our college NCC team participated in various inter-college competitions where the Guard and Drill team of KNC, NCC secured 1st and 2nd position held in various college's NCC annual fest. Our cadet Babita Sharma was adjudged best cadet in various colleges such as Gargi, PGDAV. In April, 2018 on college day, cadets welcomed our Hon'ble Chief Guest, Deputy Chief Minister of Delhi Mr. Manish Sisodia by giving him ceremonial guard of honour. In June our two cadets- Deeksha and Sarika went of All India Trekking Expedition in Himachal Pradesh. On 21st June 4th International yoga day was conducted in our college where students of our college as well as NCC cadets of other schools and other colleges enrolled in 4DGBN also participated.

IN month of June from 18 to 21 NCC, KNC in collaboration with 4DGBN organized four day yoga Camp where cadets of Gargi, LSR, Dyal Singh College, Deshbandhu and various school students participated. NCC cadets also actively participated in the mission to clean and keep the nation and also important college surrounding neat under Swacch Bharat week along with active participation in poster making competition and tree plantation drive. There was combined annual training camp organised by 4 Delhi Girls Battalion at Group Headquarter 'C' at Safdarjung Enclave New Delhi which every 2nd and 3rd year cadet attended from 4th September to 13th September, 2018.



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Estd.1964

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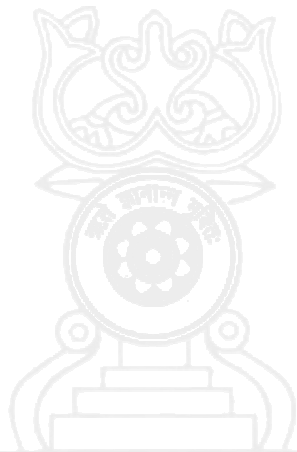
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Kamala Nehru College

Estd. 1964

GREEN BEANS- THE ENVIRONMENT CLUB



In

September 2017, the Society was approached by WWF (World Wide Fund for nature) India, to send two representatives of the eco club of college for an Inter-college panel discussion on the environmental activities that different colleges have taken up. It was followed by a panel discussion on 26th of September where representatives from the Environment society of Ramjas College, Satyawati College, Shaheed Bhagat Singh College, Hindu College and Sri Guru Nanak Dev Khalsa College were also present and presented their work.

Visit to Sultanpur National Park



On

November 4th, 2017 the green beans society organized a one day trip to Sultanpur National Park.



The national park was formerly a bird sanctuary, and it is famous for its migratory birds. Every winter the park blooms with several migratory species. At 7:30 am 40 students with faculty members boarded the bus from Kamala Nehru College for the one day trip. We all reached at our destination at 9:40 am. After reaching we all were accompanied by a guide for a nature trail of around 3 km which run around the lake to facilitate bird viewing. At the end of the trail, everyone had their appetizing lunch in a Haryana tourism restaurant which is 50 meters away from the park. After the quaint and informative trip, we all returned to college at 4:30 pm with a memorable experience.

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Anti-Cracker Campaign



In

October, before the festival of Deepawali an Anti-Cracker Campaign was organised on 12th October which was immensely successful and appreciated which was also covered by a local daily. Around 50 Students participated in it. Students were also required to make posters for the same. The Flash Mob on the theme of Anti Cracker Campaign saw on the spot turnout of around 60- 70 students during the Diwali Mela. Non-GBS members also participated in the drive for awareness.

Gandhi Vandan'



The

Gandhi Study Circle, the NSS and the Green Beans Society joined hands in the endeavour on the 30th of January. We conducted a plantation drive in which 10 plants of Harshingar were planted



in the premises by the Principal ma'am', Dr. Kalapna Bhakuni, the teacher convenor Dr. Sarita Ghai and the students advisors Dr. Akansha mishra and Chetan Chauhan and few students.

EQUAL OPPORTUNITY CELL AND ENABLING UNIT

TECHNOLOGY AWARENESS PROGRAM: a 'Technology awareness program' for visually impaired students and faculties was initiated as a step towards making them self-dependent, which led to the generation of idea of organizing a 'stage show' written by a visually impaired person.

DEBATE: An entertainment activity was also organized for visually impaired students in the form of cricket match for blind. Also a platform was provided for nurturing their debating skills in the form of "Intra college debate competition".

COLLABORATION WITH NGO: MOU was signed with 'INSIDE ME', an NGO wherein our students regularly visit their schools to help them in art and craft.

INTERNATIONAL CANE DAY: The society also commemorated 'International Cane Day' in college premise to sensitize people about the importance of white cane in the life of the visually impaired.

FILM SCREENING: The film "Margarita with a straw" was screened in college with the objective of conveying the message that "There is ability in disability".

GANDHI STUDY CIRCLE

ALL DRAMA COLLEGE COMPETITION: the students' participated in the All College Drama Competition at Gandhi Bhawan, DU. 20 students of Gandhi Study Circle of Kamala Nehru College were taken by the convener, Dr Neena Bansal and co-convener Harsh Meena to participate in the drama competition organized by the Gandhi Bhawan and won special prize for their play titled "Ek Katha Champaran Ki". More than 15 colleges had participated in the same.



PUBLIC LECTURE: 43 students along with convener and co-convener attended the public lecture by UN Secretary General Antonio Guterres at Stein auditorium, IHC, Lodhi Road, Delhi. The title of this public lecture was “Global Challenges, Global Solutions.”

GANDHI UTSAV: the society observed the annual fest, “Gandhi Utsav”. The central theme of the event was 'Understanding Gandhi in the current socio-political realities of life'. Prof. Dinesh Singh, the former Vice Chancellor of University of Delhi and currently the Chancellor of K. R Mangalam University was the Guest Speaker for the day. Prof. Singh delivered a thought provoking lecture on the topic, “Has Gandhi Failed”? Dr. Sita Bimbraw, the founder of Gandhi Study Circle in Kamala Nehru College and a former Associate Professor of the College also graced the occasion. The students performed the stage play 'Ek katha Champaran ki'. As an awareness to the idea of 'physical activity being a mandatory feature of the future health of the society', the circle organized interesting rural games events, where the College students played games like Stapu, Snakes and ladders and other games. This was organized in collaboration with the Department of Physical Education of the College. A photography competition was also organized on the themes of Non-violence, Satyagrah and Parenting. A stall by Khadi Ashram, Kamala Nagar on Khadi clothes and other products was the added attraction of the event of the day.

CONFLUENCE OF CREATIVE EXPRESSION OF YOUTH ON NON-VIOLENCE: a team of seven students of Gandhi Study Circle of Kamala Nehru College were taken to participate in the "Confluence of Creative Expression of Youth on Non-violence" organized by Gandhi Smriti and Darshan Samiti. The main objective of this event was to celebrate the power of nonviolence as a tribute to Mahatma Gandhi. The overarching goal of this Confluence of Youth was to make an environment where we can understand and propagate the philosophies of nonviolence which Mahatma Gandhi taught us to enliven our surroundings in a holistic way. Students used different techniques like posters, slogans, speeches, poetry, group presentations, plays, etc. to take part in the discourse. The students of our Circle gave presentations and expressed their ideas in poetry. „Violence in communication“ and „Violence against animals“



were the two presentations from our college. Poetry was done by Nistha and Suman. The presentation on "Nonviolence in Communication: A Study" by Dikhsa and Bhawna was highly appreciated and is published in the college magazine Apoorva. This is a study that was done by a group of students of the Gandhi Study Circle in the college under the guidance of the convenor Dr. Neena Bansal. The other presentation on "Non-violence towards Animals" made by students was appreciated too.

GANDHI VANDAN: "Gandhi Vandan" the annual event was organized to commemorate Gandhi by way of an Inter-College Poetry Recitation Competition on the theme 'Gandhi in Poetry'. There were 15 participants from 7 different colleges who brought their individual thoughts to the table. There was also an 'Ahimsa Silk Exhibition' put up by NSDTI, Madhya Pradesh.

COMMUNITY PROGRAM: A community outreach program was organized in two blind schools of Delhi, where the 26 members' students of the Circle along with four teachers interacted with blind students, listening to their thoughts and stories and sharing the same with them. It was an insightful experience for all of us.

MARTYR'S DAY -The martyr's day was observed in the college premises, in collaboration with three societies of the college namely Green Beans, Sangeetika and NSS. The programme started with the brief introductory documentary on and about Gandhi and his political journey from a common man of colonial national to 'Mahatma' or 'Baapu'. Students from sangeetika society presented some bahajans on Gandhi. Followed by facilitation of guest Dr. Deepti Bansal and her accompanists and also college Principal Dr. Kalpna Bhakuni. The guest were facilitated with 'Charka' a symbol of Gandhi's non violent weapon of all evils and a revolution in itself.

NIRVAAN DIWAS: the circle observed "Nirvaan Divas" in the college premises, in collaboration with three societies of the college namely Green Beans, Sangeetika and NSS. The program started with a brief documentary on Gandhi and his journey from a common man to the „Mahatma“ or “Baapu”. This was followed by the soulful songs of Gandhi by the guest singer of

the day Dr. Deepti Bansal, from the Department of Music, Daulat Ram College. The students of Sangeetika also participated in the same. The program ended with tree plantation in the College.

WOMEN'S DEVELOPMENT CELL

On 16 August 2017, as part of the **WDC orientation programme**, Q2P, a documentary about women's lack of access to clean public toilets, was screened and the issues discussed. During the same month, WDC organised a Clothes Donation Drive as part of its continuing association with Goonj. In addition, WDC and Wide Angle collaborated to screen the films Lipstick Under my Burkha and Suffragette on 8 September and 3 November respectively.

On 27 October an interactive session on Breast Cancer Awareness was organised in association with Womenite, during which a doctor imparted important information regarding prevention and caution and answered the queries of the students. On 3 November 2017, the movie Suffragette was screened.



CONSUMER CLUB

ORIENTATION PROGRAM: The event saw the presence of Ms Deepika Sur, Project Manager at National Consumer Helpline (NCH) delivering a lecture on “Consumer Rights and Making Digital Markets Safer.” She enlightened the students regarding various precautions one must take as a consumer, our rights and our redressal mechanisms. She made the students aware about the benefits of the National Consumer Helpline. Furthermore, she educated the students regarding protection and safeguards that can be implemented to make E-Commerce safer.

CONSUMIDOR: The annual event for the Consumer Club, Consumidor, was held on October 10, 2018 in collaboration with CCS, IIPA, sponsored by the Department of Consumer Affairs, Government of India. The chief guests for the day were Prof. Suresh Misra and Additional Secretary, Ms. Shefali Shah, Department of Consumer Affairs. Prof. Misra addressed the gathering regarding consumer awareness and rights. Various events were organized for the day such as Nukkad Natak, Poster making and Quiz. All the events saw the participation from large number of students across the different colleges. One of the major attractions of the fest, Nukkad natak was held in the Chaupal of the College. In this mega event, six teams participated. The judges for the event were Dr. Amarnath “Amar”, Doordarshan Consultant and Dr. Mamta Pathania, Assistant Professor, Public Administration. The judges for the poster-making competition were Mr Rajendra Chadhury, the director of Marketing Employment News and Dr Sapna Chaddha, Assistant Professor, IIPA. A Quiz Competition was also organized. There were 16 teams participating in 3 competing rounds, namely, Preliminary round, Logo and Tagline



round and Rapid Fire round. All the activities organised by the Club are based on sensitizing the students about consumer rights and redressal mechanism.



SHINING NETWORK

INAUGURAL SESSION: The inaugural session of Shining Network SOPHIA Chapter through a ruminative discourse on „The Nature of Good and Daily Life“. The program was facilitated by Dr. Balaganapathi Devarakonda, Head, Department of Philosophy, University of Delhi and it was engineered by Dr. Geetesh Nirban, Faculty Convenor of Shining Network. Dr. Devarakonda expounded on the meaning of “good” and “bad”, he also explicated how Philosophy as a discipline is part of our daily regime and life as whole. He further elucidated how our cultural, social and economic background moulds our understanding of good and bad. We considered various philosophical terms like “intrinsic value”, “existentialism”, “essentialism” the relationship between legality and morality, “cultural relativism” etc. The conversation gave an insight in the nature of “good” and how by using the positive mechanisms of “good” we ourselves can become a catalyst to bring about an efficacious revision in the society.

WORKSHOP: In order to further the understanding of ideas of “peace” and “tranquility” three members of Shining Network, Purvasha Anand, Yashasvi Kumud and Ritwika Basak participated in a Mindfulness workshop at India International Centre. Buddhist Monks from Plum Village, New York and Mr. Shantum Seth (Zen Master) led the group of participants, illuminated the entrants on the paramountcy of building our future, and venerated the significance of the present and ingeminated the value of living in the moment. The session concluded with a silent walk in the park, followed by a singing and meditation as part of mindfulness.

PAINTING EVENT: Rock-Painting event Paint for Peace.

February to March 2019--Every Friday, Mindfulness Meditation and Discourses on Silence were arranged for grasping the technique of Mindfulness practice as a part of daily life.