

**NSS UNIT OF KAMALA NEHRU COLLEGE**  
**REPORTS FOR THE NSS SESSION OF 2021**

**JANUARY 2021**

- NSS KNC resumed its session on **9th January 2021** with the **#SayNotoSharpManja Campaign**. The activity required volunteers to **make a kite from organic thread and cotton yarn and a slogan** on it to spread awareness on the harmful impact of using “manja” for flying kites. **These kites were showcased on 14th January on the occasion of Makar Sankranti.**



- NSS KNC volunteers took part in **Toycathon'21** organised by the Ministry of Education, GOI from **18th January to 21st January**. The volunteers participated in a number of teams and were required to design a blueprint for a toy that would promote the culture and heritage of India.
- The **#SayNotoSharpManja Campaign** resumed on **26th January 2021** (Republic Day) and volunteers took to Instagram, Snapchat and WhatsApp to spread awareness on the dangerous impact manja can have on birds and other animals and prompted the use of cotton yarn by posting pictures of their kites on social media.
- NSS KNC volunteers along with **Sacchi Saheli NGO** took part in the **Red Spot Campaign** on **28th January 2021** to promote conversations around menstruation and encourage people to take part in conversations around female reproductive health to break the stigma and taboo around menstruation and periods in India.



- On **31st January 2021**, a **winter donation drive** was organised by NSS KNC. The volunteers were asked to make donations containing essential items such as ration, masks and sanitisers along with warm clothing, blankets and covers to their neighbourhood or to an NGO.

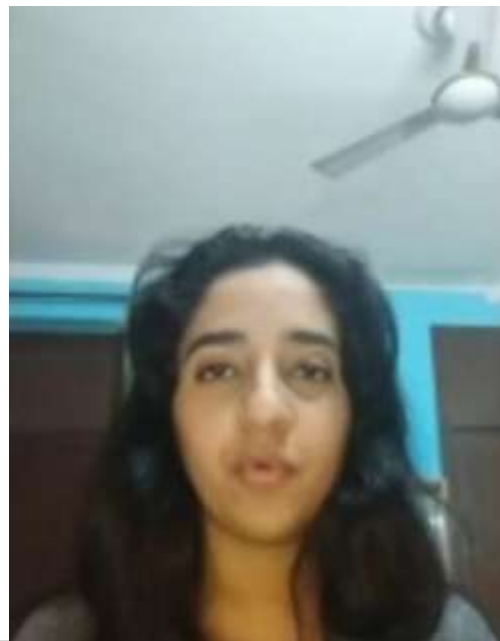
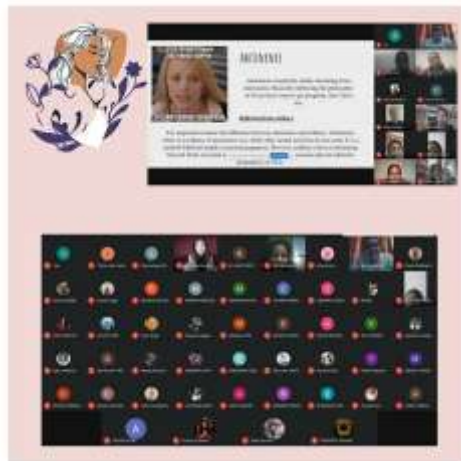
## **FEBRUARY 2021**

- NSS KNC organised a **4-day event from 11th to 14th February** on the occasion of **National Women's Day 2021**. The event consisted of the following activities and the theme for them was "Being a Woman in India" -
  - **Poem Writing Event**
  - **Posters/Art Making Event**
  - **A video of all NSS KNC volunteers talking about their experience as a woman in India.**
  - **A Webinar on "Female Reproductive and Sexual Health" with Prathisandhi Foundation on 14th February 2021.** This webinar spoke about about we need to know about female reproductive health, consensual sex and the methods of contraception available to women in India.

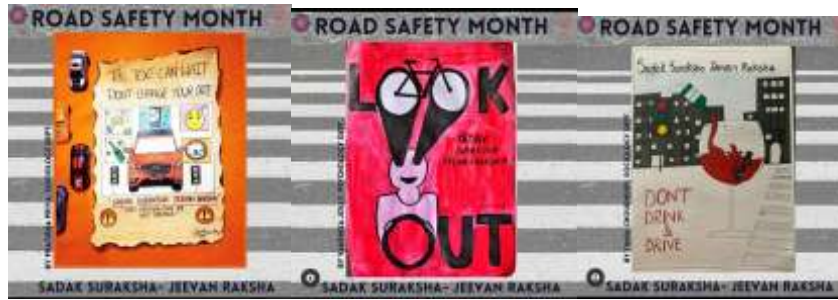


Don't go out  
It's already dawn  
If you do  
You'll be frowned upon  
Dress properly, cover yourself  
You need to save yourself him  
We worship women  
Our goddesses are durga, kaali  
You portray yourse  
If as an authentic Indian Naari  
If you wear a Saree  
You are sanskari  
If you wear short clothes, shorts or skirt  
You're nothing more than just dirt  
Rapes have become a daily routine  
Of my newspaper columns  
It's just too much to take in

By Riya Mehrotra



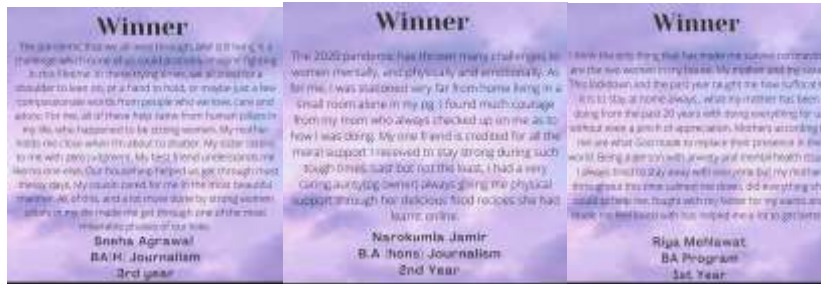
- NSS KNC on the occasion of Road Safety Month organised a poster making competition on **20th February 2021**. The theme for the same was - “Sadak Suraksha-Jeevan Raksha” The winners were -
  - 1st - Pratibha Priya, B.A (Hons) Sociology, 1st Year
  - 2nd - Tania Chaudhary, B.A (Hons) Sociology, 2nd Year
  - 3rd - Vanshika Jolly, B.A (Hons) Psychology, 1st Year



- NSS KNC volunteers attended a webinar on **24th February 2021** about water conservation in Delhi University. The webinar's central theme was the hashtag #catchtherain which brought focus to the importance of rain water harvesting all over delhi university. The panelists spoke of topics like water pollution, conservation and climate change which all connected to the need of the hour which is an active plan to conserve the planet and to get the youth involved.
- On **26th February 2021**, Akshita Gupta from BCom Hons 3rd Year, a volunteer of NSS KNC organised a workshop called **“Awareness, Acceptance and Adjustment – Growth for a better you.”** The hour-long session came as a much-needed break from the constant loop of toxic positivity and endless stream of work that we are tied up in these days. She addressed very relevant and relatable topics like how do we love ourselves, forgive and accept ourselves, know what we truly want and how do we move on from something that has really hurt or upset us.

## MARCH 2021

- For the occasion of **International Women’s Day 2021**, NSS KNC organised a series of events from **4th to 9th March 2021**. These were -
  - **4th to 6th March -**
    - Paragraph writing event on the theme “Women in COVID”



- **7th March -**

- Thank you Notes to women who have inspired us and made us stronger.



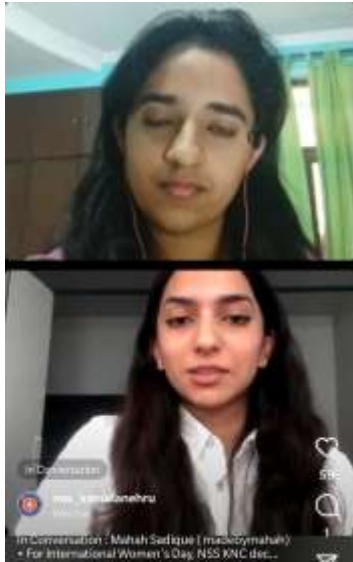
- **8th March -**

- #ChoosetoChallenge pictures on Instagram, Snapchat and WhatsApp. Choose to Challenge was the theme for International Women’s Day worldwide.



- Promoting small and local business led by women in India

- Instagram live with Mahah Sadique from madebymahah



- **9th March -**

- Kahoot Quiz on Women's Trivia in honour of International Women's Day and Women's History Month.
- The winners were -
  1. Anandi Sen, B.A (Hons) Journalism, 2nd year
  2. Sampriiti Mahapatra, B.Sc (Hons) Mathematics, 1st year
  3. Soumya Karnani, B.A (Hons) English, 1st year



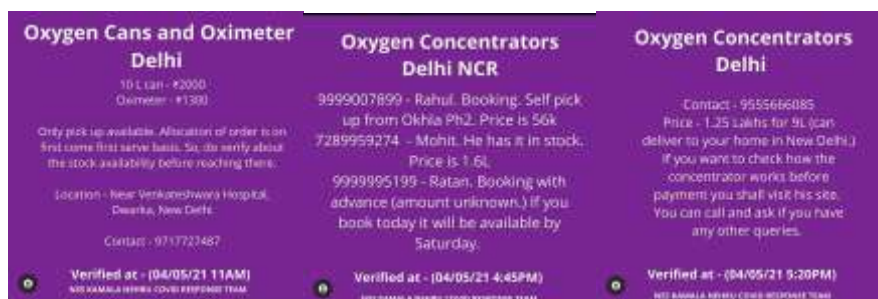
- Break for Semester Exams (Sem 1 for Batch of 2020 and Mid Semester Break

**APRIL 2021**

- NSS KNC volunteers took part in Sankalp organised by NSS Sri Venkateswara College on **14th April 2021**. The volunteers representing our unit were - Riya Mehelawat, Deepanshi Sharma, Vartika Ghai and Prachi Singh from 1st Year. The volunteers presented the work done by NSS KNC during lockdown and cleared the first round of the event.
- NSS KNC organised a Best out of Waste Competition on the occasion of Earth Day on **22nd April 2021**. The top 3 positions were given to -
  - 1st - Anvita Agarwal, B.Sc (Hons) Mathematics, 1st Year
  - 2nd - Shriya Singh, B.A Programme, 1st Year
  - 3rd - Vanshika Jolly, B.A (Hons) Psychology, 1st Year



- NSS KNC volunteers started to work for the verification of leads for people affected by the second wave of COVID-19 in India. The verification work began on 4<sup>th</sup> May 2021 on the NSS KNC Instagram page.



- On 9<sup>th</sup> May, the KNC helpdesk was opened and NSS Volunteers worked over there too along with verification of Instagram leads.

**MAY 2021**

- For the month of May, NSS KNC volunteers worked towards **COVID-19 relief** and verified leads and resources for medical emergencies faced by citizens all over India due to the second wave. These updates were made on Instagram.
- **19<sup>th</sup> May to 27<sup>th</sup> May**, NSS KNC volunteers took part in Week 10 and 11 of **Yoga4Unity**'s one month of yoga celebration in the days leading up to International Yoga Day on 21<sup>st</sup> June. The volunteers attended webinars on the benefits of yoga in daily life and also took part in morning sessions where they would practice yoga with qualified yoga gurus.
- NSS KNC x Wishes and Blessings NGO: Volunteers registered themselves with W&B's "Squad for Change" workshop where the focus is on self-development of volunteers in the world of social service.

## **JUNE 2021**

- **On 15<sup>th</sup> June**, Kamala Nehru College hosted a **workshop on Gain from Rain** on 14th of June, 2021 over Zoom which was attended by NSS KNC Volunteers. The session was addressed by Shri Rajendra Singh and Shri Manu Bhatnagar. Mr. Singh is the Chairman of the Tarun Bharat Sangh and has won numerous accolades for his continued efforts for water sustainability. Mr. Bhatnagar is the principal director of INATCH. Throughout the session, the speakers shared their knowledge and expertise on different ways of rainwater conservation, why it is necessary to conserve water for the prosperity of our planet, our environment and ourselves. The session also spoke about the neglect from the government and corporates to work towards protecting the environment and the vast dissatisfaction expressed by environmentalists.
- **On 21<sup>st</sup> June** for the occasion of **International Yoga Day**, NSS KNC volunteers attended a workshop conducted by Priyamvada Tripathi, a certified Hatha yoga teacher and healer. She taught many asanas which help in finding balance between mind and body. The overall workshop was focused upon relieving mental and physical stress from the body. Ms Tripathi also encouraged volunteers to make simple goals everyday like not eating junk today, drinking more water, doing yoga for 15 minutes again in evening so that they can make a habit of living a healthier life.

## **AUGUST 2021**

On **August 29, 2021**, NSS KNC organized a **short essay writing competition** on the theme "**My Favorite Sportsperson**" on the occasion of **NATIONAL SPORTS DAY**. All volunteers were asked to send a short essay based on the theme describing how a particular sportsperson has been an encouragement and inspiration in their lives with a word limit of 100-150 words. Out of all 19 volunteers who participated, 3 best writings were selected and posted on our official Instagram page. The winners were;



1. Aashi Bhadouriya from B.COM Programme 2nd year
2. Bhargavi Singh from B.A (hons) Science 2nd year and
3. Karishma Surana from B.A (hons) Psychology 2nd year



## SEPTEMBER 2021

- To commemorate **Teacher's Day**, NSS KNC organized a **thanking note event** on September 5, 2021. All volunteers were asked to send a note of thanks to their favourite teacher from school or college and send a screenshot of it. We received a number (21) of lovely thanking notes from the volunteers which were really heart-warming and full of gratitude.



## NSS DAY WEEK

- NSS KNC organized a **fun live quiz** for its volunteers, stepping on the theme of **Mental Health**. The quiz was conducted on the platform Kahoot. A total of 17 volunteers joined out of which three winners were announced according to their performance.

1<sup>st</sup> – Sampriti Mahapatra

2<sup>nd</sup> – Bhargavi Singh

3<sup>rd</sup> – Sarbari Chatterjee

- NSS KNC organized a **collage making competition** on the topic “**My Ideal World**” on 22<sup>nd</sup> September. The winners for the same are:

1<sup>st</sup> Pooja Gupta

2<sup>nd</sup> Khyati Bansal

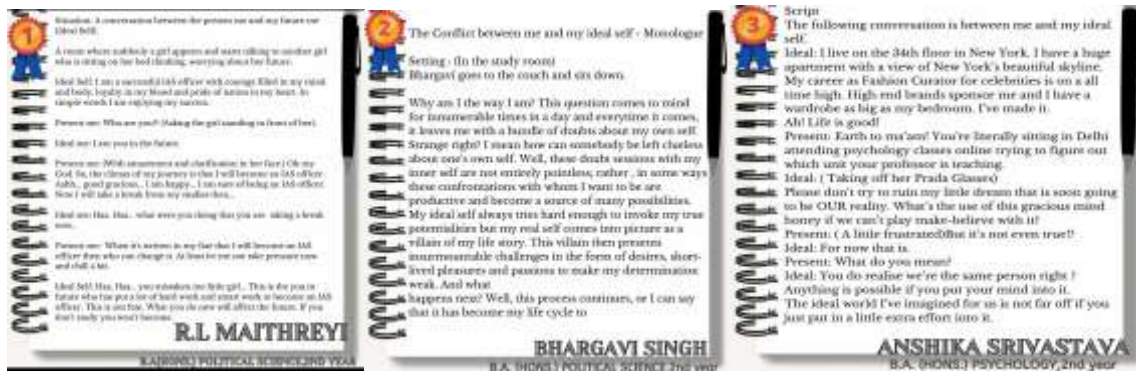
3<sup>rd</sup> Pratibha Priya



- As a part of NSS DAY, KNC NSS organized a **mono-acting/monologue scriptwriting competition** for its volunteers on 22<sup>nd</sup> September 2021. The mono acting\ scripts would revolve around either **an act between oneself and one’s ideal self or an act displaying the conflict between one’s shoulder angels** (negative vs positive side or demon vs angel side). All volunteers were required to send the mono acting videos with minimum lengths of 3 mins and a maximum of 10 minutes. As for the monologue script the word limit was made 100-200. A total of 11 entries from volunteers were recorded, from amongst which 3 winners were selected and posted on our official Instagram page.

1<sup>st</sup> - R.L Maithreyi

2<sup>nd</sup> - Bhargavi Singh



- As a part of NSS DAY, KNC NSS organized a **plantation drive** for all NSS volunteers. All volunteers were required to plant a sapling and send videos of doing the same. This event was organized to instil a sense of love and affection toward the conservation of today's endangered environment. A total of 13 video clips were received from the volunteers.



- On NSS DAY, 24<sup>th</sup> September 2021, KNC NSS organized a **webinar in collaboration with Breakthrough India on a Stand-up Session**. The session was made open to all volunteers and also other KNC students. The special guest\speaker invited was Bisma Javed, a Gender-Sensitive Trainer who is active in spreading awareness on gender equality, gender sensitivity and women's rights. She is also an award recipient of the "Rising Woman Award 2021". It was a very interactive session that highlighted the issues of women rights and circled the 5 strategies on what to do if one experiences or witness's street harassment. The speaker laid stress on how helpful it would be for someone if we reached out a hand in need and led the audience through various ways on how to intervene in street harassment in a very calm manner. A total of 22 people participated in this webinar and made it a great success.



## OCTOBER 2021

- On the occasion of **Gandhi Jayanti** on 2<sup>nd</sup> October, NSS KNC organized a **debate competition** where all volunteers were asked to send a write-up on either for or against the motion. The topics for the debate were; 1. Should truth be spoken in all situations? 2. In this world of war and terrorism, can we practice Ahimsa? 3. Love is the only way to rescue humanity.

Best 3 writings were posted on our official Instagram page:

- Rupal Gaur
- Karishma Surana
- Bhargavi Singh



- On the occasion of **Lal Bahadur Shastri's birthday** on 2<sup>nd</sup> October, NSS KNC organized an event directed to bring out creativity among everyone. All volunteers were asked to collect at least **5 facts of Lal Bahadur Shastri** and depict those creativity in the form of a collage, reel or poster. The event took place on the theme, **Let Your Creativity Pour**. Best three entries were selected and posted on our official Instagram page;

- Anshika Srivastava
- Ojas Ahlawat
- Pooja Gupta



- On the occasion of **Swachhta Diwas** on 5<sup>th</sup> October, NSS KNC organized a **cleaning drive** where all volunteers were asked to send a short video of cleaning their surroundings. The event was organized on the theme, Let's make the world a better place to live in. the event was organized to promote cleanliness and instill the idea that maintaining a clean environment is very important for the better health of all humans, where we received a number of beautiful responses.



- On the occasion of **Indian air Force Day** on 8<sup>th</sup> October, NSS KNC organized events where; 1. Volunteers were required to send a list of achievements of the IAF. 2. Volunteers were asked to send a picture of them saluting. The event was organized to instill a sense of bravery and reminisce the glorious day when the first operational squadron came into being.



- On the occasion of **World mental health day** on 10<sup>th</sup> October, NSS KNC organized a slogan writing competition keeping in mind the mental stress all students face during the time of admission. All volunteers were asked to send a slogan on the theme, Admission Anxiety.



- On the occasion of the **International Day of Girl Child**, NSS KNC organized an event where all volunteers were asked to write a paragraph of about 120-200 words on

the methods and ideas, they would implement to decrease the gender digital divide prevailing in the world.

- On the occasion of **Global Handwashing Day** on 15<sup>th</sup> October, NSS KNC organized a small event where all volunteers were asked to send a picture of them washing their hands along with a caption of 50-70 words, highlighting the importance of washing hands in current times.

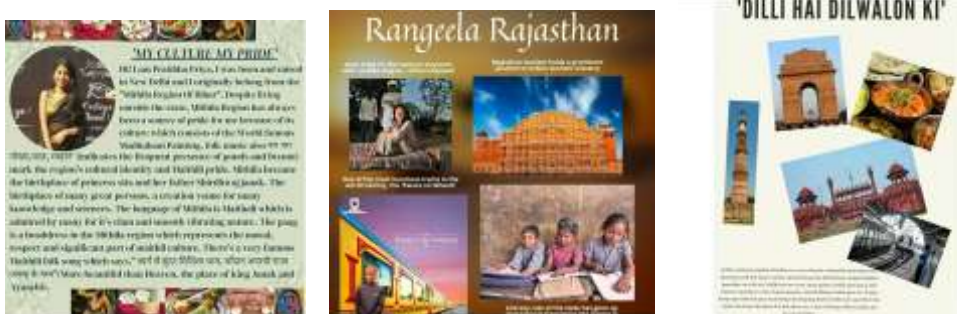


- On the occasion of **National Unity Day** on 30<sup>th</sup> October, NSS KNC decided to organize a **Unity week** which would be accompanied with various events.

**Day 1.** All volunteers were asked to cook a specialty dish of their state and send a series of pictures or a short video of them doing the same, which would be accompanied by a caption describing the specialty of the dish.



**Day 2.** All volunteers were asked to express their regional culture in any form (digital, writings, phot, collage, video etc) as in how you are proud to belong from your state.



**Day 3.** All volunteers were asked to pen down their thoughts on how unity in family impacts unity in world and vice-versa in around 250-500 words.

**Unity in a Family**

Unity in a family is a family preference in the country that it would be completely objective. Although, the answer to this statement cannot be as simple as that. Unity in a family depends upon individual behavior, past history, personal relations, and differences of opinion whereas unity in a country depends upon globalization, the Constitutional status of a country, and more behavior. On one side we can say that unity among the family might help us to enhance unity in the country due to the repetitive values but we cannot be objective enough to believe that every family represents the same values. Some people do have problematic families in which they feel isolated and separated but it doesn't mean that they will be against the unity of the country. Similarly, unity in the country doesn't guarantee unity among the family in which every member has a different opinion, different psychology, and different ways to convey their thoughts. It has been said that "personal is political" but it doesn't mean that personal should be political. At last, I can say that there is no black and white in this topic and it is safely surrounded by various shades of grey which denotes individuality in a united country.

**Rupal Gaur**

Unity is very important for everyone, it's where people can express joy and share problems to reduce stress. Family teaches us a lot of valuable lessons like how we should behave and talk to people, but the most important one is how important it is to stay together and stand in unity. Unity in family helps a person in terms of good and enjoyment. Spending time together, going on vacations and eating together are some times when all the members of the family are together and the events are planned just so that they can spend more time together.

When there is no unity among families, the unity in the world will get affected as both depend on each other. A family helps in making the society better. It is impossible to have a perfect society without a perfect family. A single member of the family can affect the unity and even their image in the society and when a person has an error of unity they will not be able to maintain it with others in the nation, so as a result it is crucial for a family to stay together and help the nation in staying together too. Unity is something that everyone should have, especially people who are related to each other with blood. As a quote says "A family doesn't need to be perfect, it just needs to be united". Perfection is desirable, unity is important.

**Megha Yadav**

What is Family? A group of people comprising of children and their parents living in the same house is a simple answer to this question but what makes a group of people living in the same house, a family is more than this. Family is a source of happiness, a place where one can share their joy when happy and grief when in distress. Family teaches us how to adapt to the changing environment, communicate with several types of people and deal with struggling times. But this is only possible when there is unity in family. Unity in the family promotes understanding, mutual cooperation, love, affection, tolerance and a peaceful family environment. Unity in the family teaches understanding other people, their situations and a better understanding is needed for a peaceful family environment. Unity in the family promotes mutual co-operation because all members help each other, and it creates a peaceful family environment. Everyone needs love and affection, and most parents give love and affection to their children. In our day to day activities, we must have tolerance of each other's behavior, beliefs and appearances. Likewise, unity in the world also requires mutual co-operation, understanding between countries, love for each other and tolerance. The understanding of human beings in family to develop all these values and qualities helps bring unity in the world as the world is run by humans and if humans who have grown up in a loving, understanding family are not united, their actions will always be directed in path towards bringing unity. Unity in world also impacts unity in family as humans learn and grow from their experiences, if the experiences are not shared, humans will keep their values and this will get reflected in family as well.

**Avishi Singh**

**Day 4.** All volunteers were asked to express in any creative form (poster, vide, digital illustration, piece of writing) the unity among all living beings.



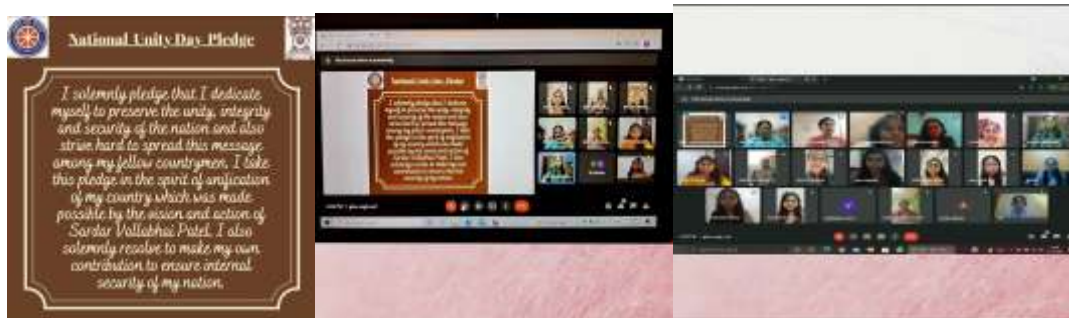
**Day 5.** All volunteers were asked to express in any creative form (poster, vide, digital illustration, piece of writing) What is unity in their own words.



**Day 6.** To pay a tribute to Sardar Vallabhbhai Patel for his huge contribution in bringing a diverse India together, all volunteers were asked to send a write up on the views on if Sardar Patel were alive Today, how would he react to the present scenario of the country and what reforms he would give.



**Day 7.** On this day, NSS KNC organized a pledge taking ceremony among all its volunteers on the platform, google meet as a tribute to Sardar Vallabhbhai Patel.



## NOVEMBER 2021

- Permission obtained from the Head of the Institution for organizing a series of events for Diwali on the theme “**R Diwali**” by NSS Kamala Nehru College. The event took place for **four days**; Nov 1<sup>st</sup> – 4<sup>th</sup> with one task per day.

- **Day 1: REDUCE AND RECYCLE**

- Task I: Volunteers asked to make any **gift product using any old materials** or things found at home (Recycle).



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- Task II: With the aim to reduce the excess expense of money during Diwali, volunteers asked to gift the **handmade gift** made by them to anyone they wish to.





○ **Day 2: REFUSE**

- Task: Volunteers asked to hold a placard where they can write a short sentence, slogan or phrase, make a poster on the theme – **Say no to Crackers.**



□

○ **Day 3: REUSE COMPETITION**

- Task: Using organic materials like flowers, rice, turmeric, leaves, etc., volunteers asked to make a Rangoli. **RANGOLI MAKING COMPETITION** initiated by NSS KNC on the theme REUSE.

Winners of the Competition announced in social media:

- Ojas Ahlawat, B.com Programme (2<sup>nd</sup> year)
- Sarbari Chatterjee, B.A. (Hons.) Geography (2<sup>nd</sup> year)
- Karishma Surana, B.A. (Hons.) Psychology (2<sup>nd</sup> year)

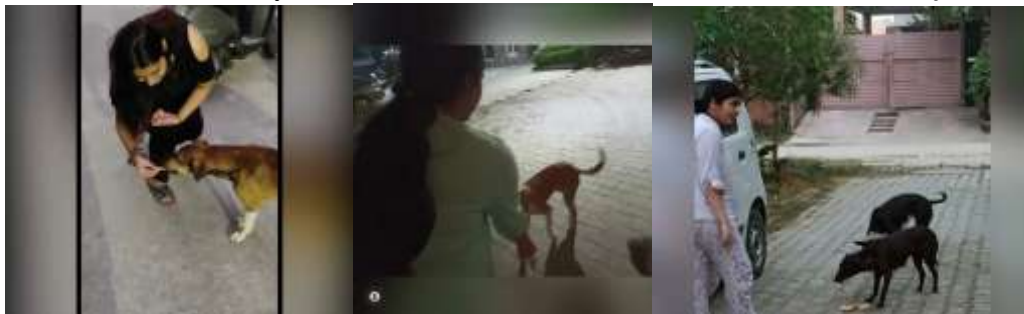


○ **Day 4: REFUEL**

- Task: volunteers asked to promote through hashtags **LOCAL VOCAL** and posters in social media; the act of buying diyas, flowers and other decorative materials from local vendors.



- On the occasion of **National Education Day** on 11<sup>th</sup> November, NSS KNC organized an event to commemorate the day. Volunteers required to write a paragraph of about 250-500 words on **“How do we aspire Indian Education system to be?”** Aim of the ask: to encourage new and better ideas for uplifting our education system in today’s times.
- On the occasion of **“World Kindness Day”** an event was organized by NSS, KNC to commemorate the day, where the volunteers were asked to **feed the stray animals**.



- On the occasion of **‘International Day for Elimination of Violence against Women’** NSS KNC held an event to commemorate the day. All volunteers were required to make a palm painting on the theme ' Elimination of Violence against Women'. The paintings submitted were posted on all social media handles with Women empowerment hashtags
- On the occasion of **‘WORLD TOILET DAY’** on 19<sup>th</sup> November 2021, NSS KNC put forth an event wherein all volunteers were asked to write a paragraph on their view on ‘how to spread knowledge about basic sanitation to layman’ in about 200-250 words.

## DECEMBER 2021

- **Recruitment of new NSS volunteers :** With the beginning of the new session 2021-22, new opportunities open up in the NSS forum of our college for the newly admitted and second-year students. The NSS team organised a three-layered selection process for the recruitment of volunteers. The first phase included a google form encompassing questions to check the basic understanding, getting an introduction and contributions by the applicants in the social sector at their level. The second phase included an orientation programme for the candidates selected in the first phase. The third phase also included a google form that was based on the orientation to check the candidate's alertness and focusing capabilities. After a week-long process of selecting, our team was welcomed with 75 new volunteers.



- On the occasion of the **National Youth Festival**, NSS volunteers were asked to submit an essay on either '**India of My Dream-Vision @2047**' or '**Unsung Local Heroes of Freedom Movement**'. The language was flexible, volunteers were to write in English or Hindi. The maximum word limit for the essay was 300 words only. Such a task helped volunteers to gain up knowledge regarding local heroes and express their visions for a better India. We had received beautiful responses.
- On the occasion of '**Local and Vocal**' and '**Azadi ka Amrit Mahotsav**', volunteers were asked to look for local handicrafts striving in the market since older times to uplift their art in today's machinery-dominated era. Further, they were asked to trace back the importance or role/use of the handicrafts dating back to the independence period. This task enabled them to look for different handicrafts in their neighbouring markets, in addition, coming across people and owners struggling from earlier times. We received a vibrant range of responses.



- In an initiative of NSS KNC to produce a documentary and research paper on the theme “**Searching for Street Talent on The Street**” volunteers were asked to look for street performers within their locality asking a few questions and creating a video clip out of it to be incorporated in the **documentary and research paper which is set to be produced and published at the earliest.**