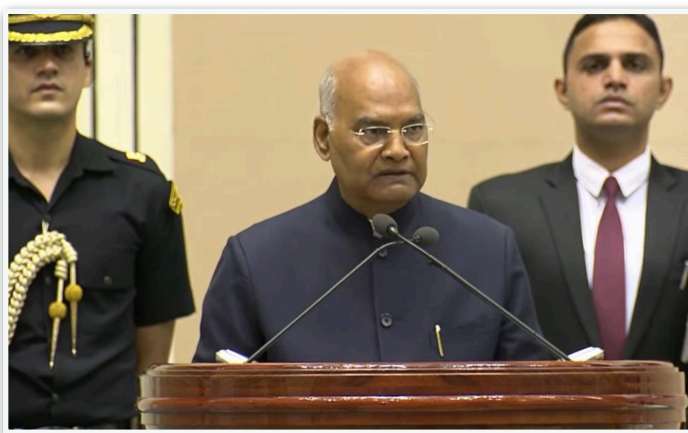


Report on NSS Events (July 2022- June 2023)

Yuva Sammelan

The students of NSS, Aryabhatta College, University of Delhi attended an event held by the organization My Home India titled “Yuva Sammelan” at Vigyan Bhawan, New Delhi. The event was organized on July 9, 2022, to celebrate the “Azadi ka Amrit Mahotsav”. The aim was to guide and motivate the youth toward the concept of New India and Aatmanirbhar Bharat- the India where peace, prosperity, and integrity of the nation come with unity in its diversity. The event was attended by students from various institutions. 14 volunteers along with 4 teacher co-ordinations took part in the event.

The event was presided over by Dr. Harish Shetty, All India President, My Home India. The chief speaker was Shri Sunil Deodhar, Founder – My Home India & National Secretary- BJP, and Mr. Vinay Pandey, Trustee, My Home India as the convener. Several other members of the organization were also present at the event. The Chief Guest for the occasion was the Hon’ble President of India, Shri Ram Nath Kovind.



One day Symposium

The NSS Aryabhatta Unit attended the One-day Symposium at the IIC Kamaladevi Complex, New Delhi on July , 2022. The event was a seminar cum book launch session with several dignitaries in attendance. The speakers, all from different professions, shared their views regarding the book and it's importance in current times. The volunteers also had the opportunity to meet the renowned author Amish Tripathi and Shri Arif Mohammed Khan, Honourable Governor of Kerala. 16 volunteers from the unit took part in the event.

Booster Dose Drive

The NSS Aryabhatta unit organised a Covid-19 vaccine Booster Dose program on July 21, 2022 on the college premises. Booster doses of ‘COVISHIELD’ and ‘COVAXIN’ were made available for the students, teaching and non-teaching staff of the college. Under the supervision of the teacher coordinators, the drive saw a positive response from the attendees.

The volunteers, though their service helped in achieving the goal of making vaccination accessible for everyone. In the wake of the COVID-19 pandemic, the vaccines have played a very important role in preventing the spread of the virus as well as protecting the individuals from infections. The Programming Officer along with the teacher, coordinators and 15 volunteers organised the drive.

Plantation Drive

The NSS unit, Aryabhata college, in collaboration with the Environment and Aesthetics Committee of the College, successfully conducted a massive plantation drive on September 12, 2022. on the college premises.

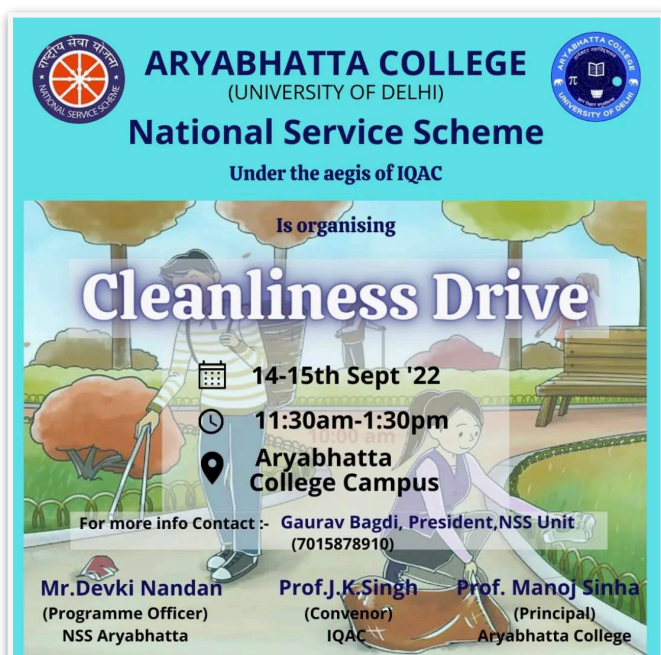
The event took place under the able guidance of the Programme Officer, NSS Aryabhata, and Dr. Deepika Goel, Convenor, Environment and Aesthetics Committee, along with the other teacher coordinator is, who led the team of 39 volunteers from the front.

In keeping with the resolve to protect our environment and make it clean and green, the volunteers showed enthusiastic participation in planting saplings around the college and took oath to nurture them. The plantation drive was a grand success not only in the plantation of saplings but also in spreading awareness regarding the importance of trees in our environment.



Cleanliness Drive

The NSS unit, Aryabhata college, under the aegis of IQAC, successfully conducted cleanliness drives on 14th & 15th September, 2022 on the college premises. The event took place under the able guidance of the Programming Officer and Dr. Deepika Goel, Convenor, Environment and Aesthetics Committee, along with the other teachers, who led the teams of 30 volunteers from the front.



The volunteers worked in teams, clearing the college premises of non-biodegradable waste such as plastic cups, wrappers, straws, etc. They also sensitized fellow students regarding the importance of sanitization and cleanliness through proper waste management.

IGNCA

NSS, Aryabhata in collaboration with The Ministry of Culture and The Hindustan Samachar organised the great Diwali Event, DEEPOTSAV'22 at Indira Gandhi National Centre for Arts (IGNCA), Janpath. It was a 3-day event from October 20 to 22, 2022. 12 volunteers from the unit took part in the event.

The volunteers present helped with the smooth functioning of the program. The events celebrated the rich culture and customs of Diwali celebration throughout the country. Different stalls were set up with a variety of art and craft from different parts of India. An array of food was also featured during the event.



Deepawali Celebrations at AKSHAR

NSS Aryabhata Unit organised a Diwali Milan for the students of Project Akshar on October 10, 2022. The children were engaged in activities such as rangoli making and arts. They were also given sweets. The happiness and excitement among the children was palpable. 10 volunteers along with the teacher coordinator is a part of the event.



National Unity Day

Rashtriya Ekta divas or National Unity Day is celebrated annually on October 31, 2022 to pay tribute to Sardar Vallabh Bhai Patel, an Indian freedom fighter and independent India's first deputy Prime Minister and home Minister. for his efforts towards a united India, Sardar Patel's birth anniversary is now celebrated as national unity day in the country.

To mark the day, the NSS Aryabhata unit organised an exhibition, Fit- India run, rangoli making competition and a movie screening. The volunteers also took the Unity pledge. The Programming Officer and the teacher coordinators lead a team of 28 volunteers for the event.



NATIONAL YOUTH DAY

National Youth Day was celebrated by the NSS volunteers with the students of "Akshar" on January 12, 2023 in the college premises. A series of activities were organised throughout the day to support the cause of promoting and celebrating "National Youth Day" with the theme of "Vikshit Yuva – Vikshit Bharat" on the college premises. These included sports, drawing competitions, poster making, essay writing, and slogan writing. 12 volunteers along with the teacher coordinators organised the event.



MILITARY TATTOO AND TRIBAL DANCE

India's first-ever Military Tattoo and Tribal Dance festival was organised at the Jawaharlal Nehru Stadium on 23 and 24 January, 2023 with gripping stunts by armed force personnel and captivating performances by tribal groups. The festival 'Aadi Shaurya – Parv Parakram Ka' was organised by the Tribal Affairs Ministry and the Defence Ministry as part of Republic Day celebrations and to

mark the 126th birth anniversary of Netaji Subhas Chandra Bose. 6 volunteers from the unit were part of the event.

The festival showcased the incredible skills of the armed force personnel who entertained the audience with their daredevilry and gravity-defying stunts such as horse show, Khukuri dance, Gatka, Mallakhamb, Kalaripayattu, Thang-ta, a motorcycle display, air warrior drill, navy band and martial arts. Around 20 tribal groups from different parts of the country gave traditional dance performances, including Gaurr Maria, Gaddi Nati, Siddi Dhamal, Baiga Pardhoni, Purulia, Bagurumba, Ghusadi, Balti, Lambadi, Paika, Rathwa, Budigali among others.



HEALTH CHECK-UP CAMP

NSS Unit, Aryabhata College and the Department of Economics (under the aegis of IQAC), in collaboration with the Naturopathy Health and Research Society, organised a Health Check-Up Camp on January 24, 2023. The event saw an influx of students, teachers and staff in the college for the check-up. Dr Anita Gupta, President of the Naturopathy Health and Research Society intimated to the people regarding the importance of regular health checkups and adopting a healthy lifestyle, especially for the youth. The volunteers on duty assisted the patients and the medical team and made sure the program run smoothly. A team of 20 volunteers led by the Programming Officer and the teacher coordinators organised the camp.



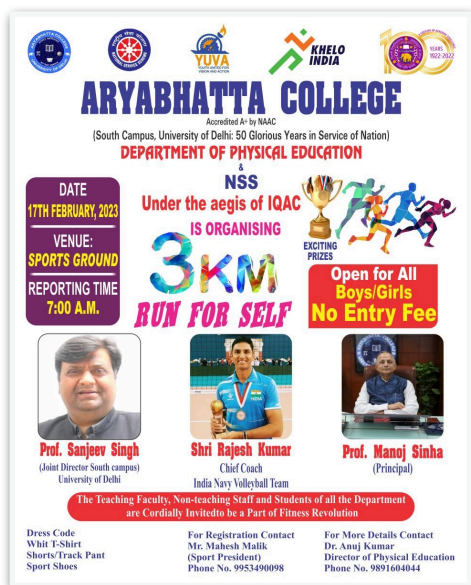
PARLIAMENT VISIT

30 volunteers from the NSS unit Aryabhata College visited the Parliament to witness the Budget Session on February 8, 2023. The volunteers witnessed the Parliamentary proceedings from the Visitor's Gallery. It was an informative session about the Parliamentary functions and their role in India's democracy.



3 KM RUN FOR SELF

A marathon was organised by the Physical Education Department, in collaboration with the NSS unit, Aryabhata College to promote and celebrate Run For Self. The event took place on February 17, 2023. Certificates of participation were distributed as well as the prizes for the first, second and third rank holders. A team of 50 volunteers led by the Programming Officer and the teacher coordinators organised the event.



HOLI CELEBRATION

The NSS unit, Aryabhata College organized an event for the children who are part of Project Akshar to mark the Holi celebration for the deprived. The event took place on the college campus on February 24, 2023. The volunteers organized various Holi-themed activities where the children participated with zeal and enthusiasm. These included card making, group dance, and poem recitation and of course, Holi with flowers and gulal was the final part of it.



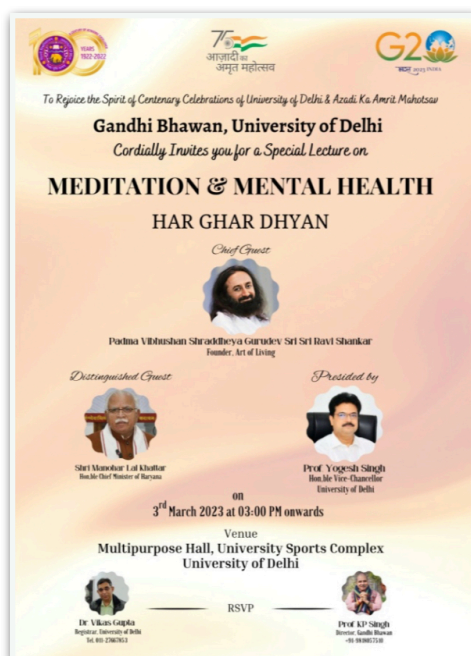
The children were gifted stationery kits. The volunteers, along with the teachers, distributed sweets and gulal to the families of these children as well, who work in the unorganised sector and mostly as daily wage labourers on construction sites. The Programming Officer and the teacher coordinators along with a team of 34 volunteers organised the event.



Lecture on Meditation and Mental Health

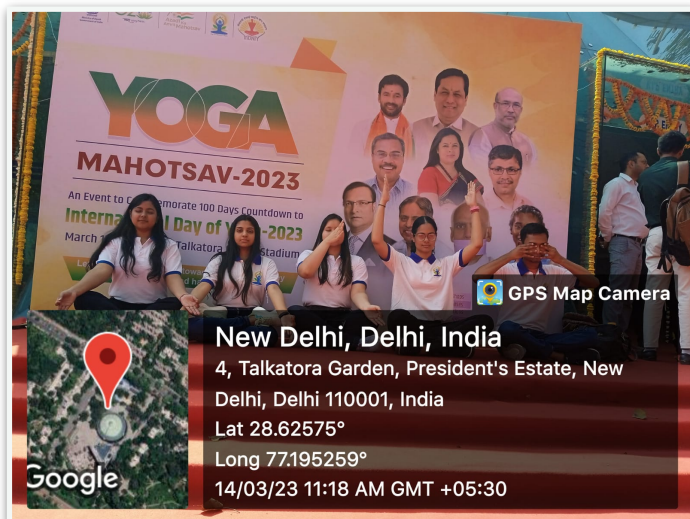
The Gandhi Bhawan, University of Delhi organised Meditation and Mental Health under the program “Har Ghar Dhyān” on March 3, 2023 at the Multipurpose Hall, University Sports Complex. The Chief Guest of the program was Padma Vibhushan Shradhheya Gurudev Sri Sri Ravi Shankar (Founder of Art of Living). The other Distinguished Guest of the event was Shri Manohar Lal Khattar (Hon’ble Chief Minister of Haryana) and the event was chaired by Prof. Yogesh Singh (Hon’ble. Vice Chancellor, University of Delhi).

Sri Sri Ravishankar Ji motivated students and everyone present there to adopt meditation in their schedule for the better standard of life. 5 volunteers from the unit took part in the event .



YOGA MAHOTSAV

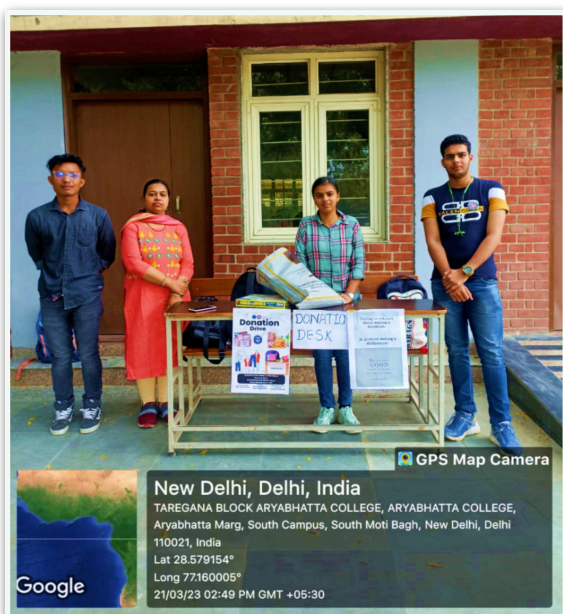
The students of NSS, Aryabhata College, University of Delhi attended an event held by the organization Morarji Desai National Institute of Yoga and Ministry of Ayush, Government of India titled “Yoga Mahotsav- 2023” at Talkatora Indoor Stadium, New Delhi. The event was organised on March 13 and 14, 2023 to commemorate 100 days countdown to International Yoga Day-2023.



The programme featured a range of activities which included talks and discourses by Yoga Gurus, Vice Chancellor Summit, where heads of leading Yoga institutes shared their experience, State/UT Ayush Summit, photo exhibition of previous IDY editions, Yoga Fusion/ demonstration, Yoga rhythmic performance, and so on. 5 volunteers along with the teacher coordinators took part in the event.

DONATION DRIVE

The NSS unit Aryabhata College, University of Delhi, conducted a donation drive for the children who are part of the project “Akshar”. Akshar is an initiative by the unit to provide free of cost and quality education to underprivileged children of parents who work in the unorganised sector as daily-wage labourers at construction sites. A team of 20 volunteers led by the Programming Officer and the teacher coordinators organised the donation drive.



The 5 day drive was held on the college premises from March 20 to 24, 2023. The donation drive saw an active participation of college students as well as teachers who came forward with various articles to donate. Variety of books, toys, clothes and other stationary items were donated.

YOGA SESSION

The NSS Unit of Aryabhata College organised a Yoga Session in collaboration with the Department of Physical Education on April 13, 2023 in the college's lawn area. The session was held as a part of the countdown to the Ministry of Ayush's preparations for International Yoga Day.

Seema Sharma, Rameshwari Bisht, and Param Veer Singh Yadav, three knowledgeable yoga instructors from Patanjali, guided the class. The yoga session started with a variety of pranayamas, such as Udgeeth Pranayam, which included the chanting of Om, and Anulom-Vilom, a technique that helps people improve their breathing and cardiovascular function while also lowering stress. Additionally, participants learned how to perform asanas from a variety of yoga styles, including ashtanga, vinyasa, tadasana, surya namaskar, bikram yoga, hatha yoga, etc.



The knowledgeable yoga instructors also informed the pupils of the many advantages of regularly doing yoga. The faculty, students and other participants were refreshed and energised by the time the yoga session concluded. 33 volunteers along with the Programming Officer and the teacher coordinators organised the event.



Elixir

Elixir'23- the annual cultural fest of Aryabhata College was organised on April 21 and 22, 2023 on the college premises. A series of events were organised during the 2-day event. Exciting competitions held for the students, such as music and dance competitions, photography competition, film making competition, creative writing and art competitions, showcased an array of talent. The event ended with a musical evening.

Throughout the fest, 69 volunteers of the NSS unit under the guidance of the teacher, coordinators ensured the smooth sailing experience for the attendees and the participants. Coordinating with the event organisers, the volunteers in attendance assisted with the logistics and contributed in making the fest a success.

DEFSAT CONFERENCE AND EXPO

The visit to DEFSAT or Defence Space Aeronautics and Technology Conference and Expo was held on April 29, 2023 at the Manekshaw Centre, Delhi Cantt., New Delhi. The NSS Aryabhata unit was cordially invited to attend the seminar on space technology and its emerging opportunity with the business world that is newly opened to the industry and market. Many big companies of the world presented their weaponry arts of missiles, drones and defence systems. 5 volunteers from the unit took part in the event.

The volunteers also had the opportunity to meet with DRDO General Director (T.M.) Shri Hari Babu Srivastava and the eminent personality in himself , Ex-Air Marshal Gurucharan Singh Bedi. The sessions were led by Air Marshal Bedi, Air Marshal Rajeev Sachdeva (Rtd.), Col. Rajiv Chib and Cap. Vishal Kanwar, who explained the various opportunities in this field and interacted with the entrepreneur and the students at the end of the session.

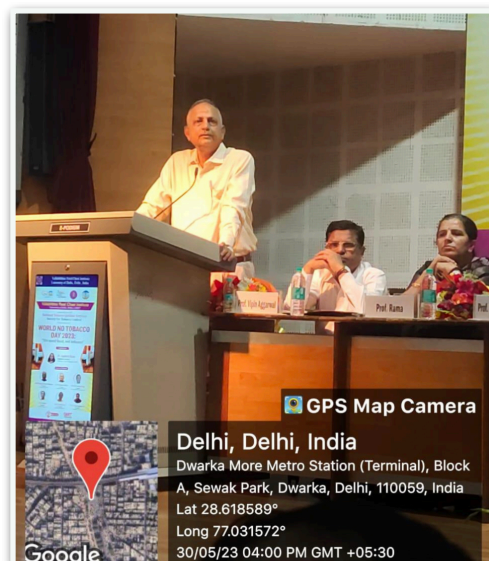


WORLD NO TOBACCO DAY

NSS Aryabhata unit attended a seminar at the V.P Chest Institute on 30th May, 2023 on the occasion of "WORLD NO TOBACCO DAY". The Chief guest of the event was Dr. Jagdish Kaur. By profession a medical doctor and a public health expert, Dr Kaur works at the World Health Organisation Regional Office for South-East Asia as the Regional Advisor for Tobacco Free

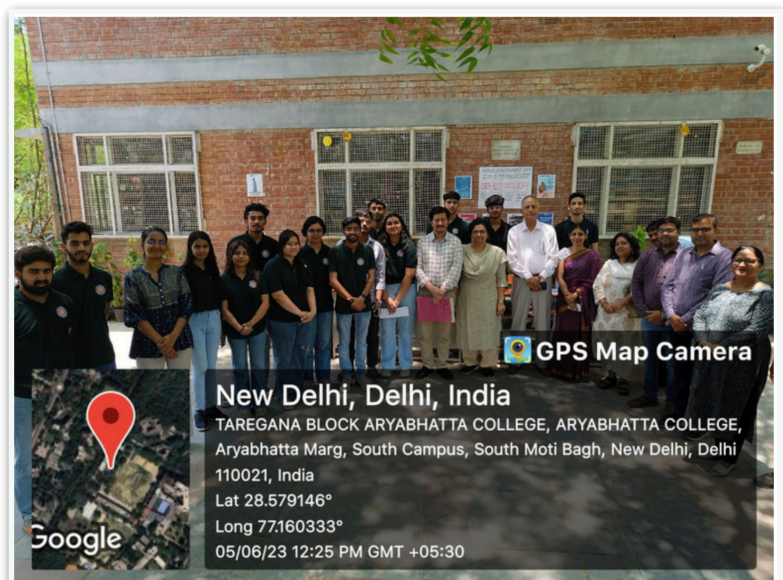
Initiative. The guest of honour were the principals of Aryabhata College, Ramjas College, Aurobindo College, Daulatram College, Swami Shraddhanand College, Hansraj College. The Programming Officer and the teacher coordinators along with a team of 8 volunteers from the NSS unit were part of the event.

Dr. Kaur educated the students in the audience regarding the ill effects tobacco products can have on the youth. She underlined all the ways in which it affect a person's physical and mental health condition. Addiction to tobacco has negative effects on the persons personal and professional lives. She cautioned the youth to stay vigilant about the use of such substances. A Nukkad- Natak was also presented by the students of the V. P. Chest Institute to spread awareness and to stop the use of such products.



WORLD ENVIRONMENT DAY

The 50th World Environment day was celebrated on June 5, 2023 with the motto "Beat plastic pollution". On this occasion, NSS Unit of Aryabhata college organised an awareness campaign in the college premises. A team of 20 volunteers led by the Programming Officer and the teacher coordinators organised the event.



A stall was set up by the NSS volunteers and activities such as online/offline poster making and slogan writing were conducted with an aim to spread awareness among student fraternity. The GOI initiative of LiFE- Lifestyle For Environment- was incorporated in the campaign to promote sustainable lifestyle for environment. Students also had an interaction with Prof. Manoj Sinha, Principal of the college. The event was made successful under the guidance of the Faculty members along with active participation of our 18 NSS volunteers.



SAMVAD

The Aryabhatta College, University of Delhi organised “Samvad- a dialogue with students” on 9th June, 2023, in the college premises. The chief guest and the keynote speaker for the event was Dr. Subrahmanyam Jaishankar, the External Affairs Minister of the Government of India. Alongside, Mrs. Meenakshi Lekhi, Minister of State for External Affairs & Culture of India, Mr. Virendra Sachdeva, Delhi Bhartiya Janta Party (BJP) President, Dr. Rajan Chopra, Chairperson, and Prof. Manoj Sinha, Principal, Aryabhatta College, also shared the dais. Apart from the dignitaries on the stage, the programme was attended by many other dignitaries from academia and other walks of life. The programme was also attended by students of Aryabhatta college and Ram Lal Anand College. The event was organised under the guidance of the Programming Officer and the teacher coordinators leading a team of 57 volunteers of the NSS unit.



The session started with a ceremonial lighting of lamp by all the dignitaries present and Saraswati Vandana. Prof. Manoj Sinha, Principal Aryabhata college welcomed the distinguished guests by presenting them shawls and mementoes, followed by a welcome address. Mr. Virendra Sachdeva, followed by Mrs. Meenakshi Lekhi, then took to the stage. Their speech focused on the students and the role they play as a nation builders and the torch bearers for the future. They highlighted developments in the recent years, which has created a base for future progress in the next 25 years,- the “Amrit Kaal”- and how it would benefit the youth.



The honourable minister, Dr. S. Jaishankar in his key note address, threw some light on the contemporary developments within the country as well as the geopolitical scenario of the world. He explained the importance of India's G20 presidency in 2023, which showcases the ways in which India is getting ready for the world and the world is getting ready for India. He also talked about the infrastructural and digital development across all the sectors and how it is changing the world's perception of India, making it a much desired place for foreign investors. Dr. Jaishankar then highlighted it's importance for the youth and their role as the next generation of successful leaders.

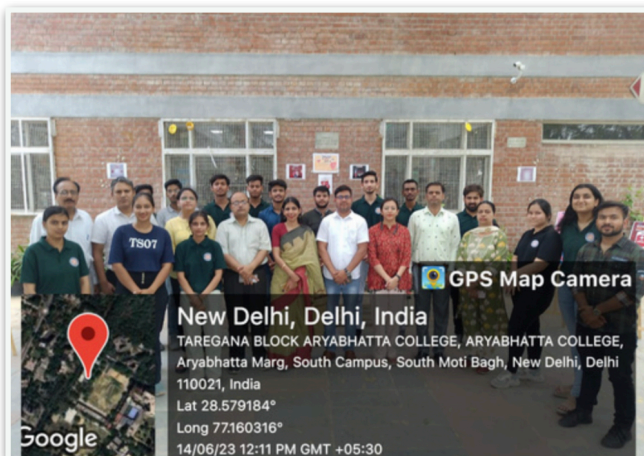
The Chief Guest then opened the floor for questions from the students. Dr. Jaishankar also interacted with the college toppers and various position holders, the NCC and the NSS unit of the college. The zealous participation by everyone resulted in a fruitful discussion and an enthrallingly successful “Samvad”.

WORLD BLOOD DONOR DAY

NSS unit of Aryabhata College celebrated World Blood Donor Day as part of "Raktdaan Amrit Mahotsav" on 14th June 2023, with the slogan “Give blood, give plasma, share life, share often”, near library in the college premises.

The event was organised with an aim to raise awareness on the need & importance of blood donation and to bust various myths surrounding blood donation. As part of awareness campaign, poster making and slogan writing activities were also organised.

The programme commenced with Prof. J K Singh, the acting Principle of the college taking Blood donation pledge along with the faculty and students. The event was made successful under the guidance of the faculty members and active participation of 15 NSS volunteers.

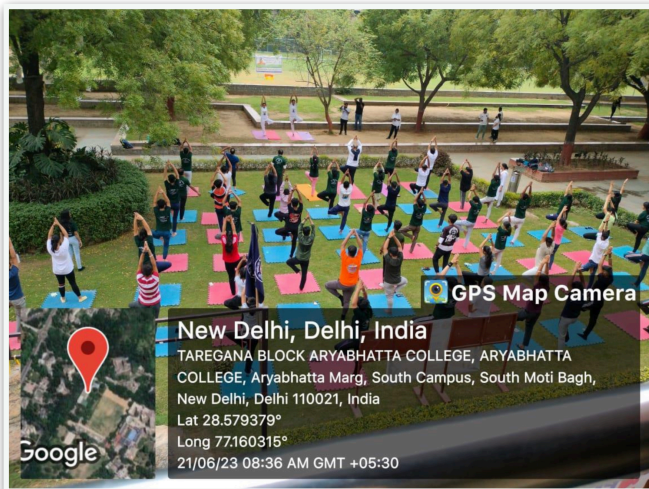


INTERNATIONAL DAY OF YOGA

NSS Aryabhata Unit, in collaboration with the Department of Physical Education, organized a Yoga session on the occasion of the Ninth International Day of Yoga on June 21, 2023 in the college premises. The event witnessed the enthusiastic participation from more than 60 people, including the Programming Officer and the teacher coordinators along with 25 NSS volunteers, students, the teaching as well as the non-teaching staff of the college.

Mr. Mukesh Yadav and Ms. Seema Sharma along with their team from Patanjali Siddhanth Foundation were the instructors for the event. They were welcomed by the Principal, Prof. Manoj Sinha and Dr. Astha Ahuja, Programming Officer. The attendees were guided through a series of yoga asanas and breathing exercises. Mr. Mukesh also explained the benefits of yoga as part of the daily routine in the busy lives of people today. He explained how yoga transforms the connection between the body, mind and soul.

In the end, a prayer was said for the peace and wellness of every soul followed by refreshments for the participants. The session was fruitful in delivering the message of the importance of a healthy lifestyle and how that can be achieved through yoga.



VALEDICTORY CEREMONY OF THE CENTENARY CELEBRATIONS

The Valedictory Ceremony of the Centenary Celebrations at the Multipurpose Hall of Delhi University Sports Complex was a grand event that was attended by 3 volunteers of NSS Aryabhata Unit on June 30, 2023.

The ceremony was a fitting tribute to the 100 years of the University of Delhi. The Vice Chancellor of the University, Prof. Yogesh Singh, in his address, spoke about the University's rich history and its contribution to the education sector in India. He also spoke about the University's plans for the future, which include the expansion of its facilities and the introduction of new courses. The Education Minister, in his address, spoke about the importance of education in the development of the country. He praised the University for its contribution to the education sector in India and encouraged the students to work hard and make the most of the opportunities that the university provides.



The Prime Minister's Address was inspiring and provided insight on his vision for the future of higher education in India. The Prime Minister traversed through the metro to reach the venue. He also interacted with the students during the journey. Upon arriving, the Prime Minister walked through the exhibition - The Journey of 100 Years. The Prime Minister noted that the goal of Delhi University was India's independence when it first began, but now that the institution will complete 125 years when India reaches 100 years of independence, the goal of Delhi University should be to make India a 'Viksit Bharat'. He spoke about the need for innovation and creativity in the education sector and encouraged the students to think outside the box. He also spoke about the importance of technology in education and how it can be used to improve the quality of education in India. The Commemorative Centenary Volume, Logo Book and Aura were also released. Overall, it was an unforgettable experience and honour to be able to witness such an event, for all the attendees.

