



NATIONAL SERVICE SCHEME
COLLEGE OF VOCATIONAL STUDIES
2020-2021

NAME OF EVENT	NO. OF PARTICIPANTS	DATES
Motivational Talk	75	24/07/20
Vocal for Local	40	01-08-20 to 07-08-20
Webinar on fundamental rights and duties	50	07/08/2020
Fighting against cyber crime	71	28/08/20
Fit India	62	31/08/2020-05/09/2020
social issues	82	24/09/20
measures for safe and healthy workout	69	26/09/20
Gandhi in our creative imagination	140	02/10/20
E-Talk on Breast Cancer Awareness	80	14/10/20
Motivational Talk on How to live a Powerful life	77	16/10/20
Vigilance awareness week	80+	27-10-2020 to 02-11-2020
Webinar on Cyber psychology	62	05/12/20
Webinar on democracy and Constitution	66	26/01/21



MOTIVATIONAL TALK WITH CHINU



"Chinu Kwatra is another hero without capes"

The first event of NSS-CVS 2020-21 was a motivational talk with Mr. Chinu Kwatra where he interacted with the NSS volunteers. Mr. Chinu Kwatra is the founder and secretary of Khushiyaan Foundation. In order to prevent the country from becoming synonymous to pollution, which is a equivalent to attempting suicide for the individuals and the whole society, a 27-year old rising star took an initiative to clean the golden quadrilateral of India. He had sort to remove the Chalta-Hai_ attitude of people by cleaning up beaches and Worli Fort area with his team of 1500 genuine volunteers and earned a place in the prestigious Limca Book of Records by removing 200 tonnes of garbage in a record time of 24 hours.

This dedication and determination of Mr.Chintu Kwatra can't be overlooked or undermined; he and his team members are the real heroes in this type of need where they have taken the responsibility to save our environment and surroundings full of lots of irresponsible fellows.

These people are beach-warriors. Chinu Kwatra himself is a social activist by passion who undertook 360 developmental programs under his NGO. Roti Ghar, Roti Ghar for Birds and Animals, Biodegradable sanitary napkins distribution, Old age shelter homes, etc. are some initiatives that are being run in various states of India. Just to share another notable achievement, Roti Ghar had served more than 1 million packets of freshly cooked meals during nationwide lockdown.

The session organised by NSSCVS was really enriching, listening and attending to such great activist.

In the session he discussed various issues ranging from saving our environment to cope up with oneself during the covid lockdown era and beyond. The volunteers and NSSCVS teacher in charge Mrs. Shalini Singhal was also there, they shared their concerns about the uncertain future where he was putting his thoughts and different ideas which were full of positivity and innovation with a smile. It was indeed an interactive session where everyone enjoyed sharing their thoughts with Chinu Kwatra and we hoped for sessions like this in future.

Link to the event <https://www.instagram.com/p/CDBoU5YJ7D3/?igshid=YmMyMTA2M2Y=>

Photo of the event





VOCAL FOR LOCAL

On the auspicious occasion of our 74th Independence Day, NSSCVS organised several events to celebrate it wholly. The sole aim was to make people igniting the sentiment of patriotism among the young volunteers. This year when everyone was home, the department organized a virtual meet to catch up with candidates.

NSSCVS organised this Speech Competition to give the students a chance to showcase their talent and abilities in public speaking especially when it comes to speak on your own country, India.

With the view of spreading knowledge, the core members of NSS created an informational video. The topics for the video ranged from the contribution of the freedom fighters to the significance of the National Anthem and Tricolor flag.

Ranging from all the great freedom fighters from Subhas Chandra Bose, Lala Lajpat Rai to Shaheed -e- Azam Bhagat Singh, NSSCVS Volunteers paid respect to each and every and highlighted the hardships and sacrifices they did for our independence hoping and trying to instill and ignite the nationalism among the present generation youths.

The theme for this year's celebration was 'Vocal for Local.' With this view, a full fledged and planned plantation drive was also conducted wherein all the students and NSS Volunteers were motivated to plant any number of saplings possible. Since the plant sapling is a huge symbol of hope and growth and this is what requires the most in times when a country like India is walking on the footsteps of becoming a fully developed nation.

At the End, the national flag "Trianga" was hosted by the president of NSS from his native place. And we all pledged to become the very sincere and true citizens of India.

Link to the event

<https://www.instagram.com/p/CDT4OLtJh-b/?igshid=YmMyMTA2M2Y=>



NATIONAL SERVICE SCHEME
(MINISTRY OF YOUTH AFFAIRS AND SPORTS)
COLLEGE OF VOCATIONAL STUDIES



PRESENTS

ONLINE SPEECH COMPETITION

**1ST AUGUST 2020
TO
7TH AUGUST 2020**

TOPIC

VOCAL FOR LOCAL



<https://forms.gle/CG5ged2kN7hkYmbUA>

BEST 2 VIDEO WILL BE FEATURED ON OUR INSTAGRAM IGTV



WEBINAR ON 'FUNDAMENTAL DUTIES AND RIGHTS'



"Discussion over fights, Duties over rights."

At NSS-CVS we firmly believe that to become a citizen, you must consider and know your duties and rights well. We were extremely delighted to had a lecture on 'Fundamental Duties and Rights' in collaboration with 'Rajneeti ki Pathshala.'

Onboard we had Advocate Rohit Pandey, acting as Hony. Secretary in Supreme Court Bar Association. He is the Chairman of the Department of Legal Affairs - Rajneeti ki Pathshala. His work is backed with a vision of providing his clients with the best possible legal support.



The session aimed for creating a better understanding of Fundamental Duties and their relevance in an endeavor to make India strong. Mr. Pandey discussed various fundamental rights recognized by the Indian constitution.

He briefly explained about the fundamental rights and duties. Fundamental rights that were originally provided by the constitution are right to equality, right to freedom, right to exploitation, right to freedom of religion, cultural and educational rights, right to property and right to constitutional remedies.


He stated how as a nation we will not reach where we are designed to reach unless we are aware of rights and at the same time we do not forget our fundamental duties. He urged and motivated volunteers to follow their passion and do a bit for their nation. The session was very informative and had an impactful experience on our audience.

Link to the event <https://www.instagram.com/p/CDdChvtpJxH/?igshid=YmMyMTA2M2Y=>

Photo of the event

 **NATIONAL SERVICE SCHEME**
COLLEGE OF VOCATIONAL STUDIES
(UNIVERSITY OF DELHI) 

WITH


— Learn, Observe and Lead —
RAJNITI KI PATHSAALA

Lecture On:

FUNDAMENTAL RIGHTS AND DUTIES

Date - 7th Aug, 2020
Time - 4:30 PM (ONWARDS)
On Google Meet

ADVOCATE
ROHIT PANDEY

Acting Hony.
Secretary Supreme Court Bar Association
Chairman Department of Legal Affairs
Rajneeti ki Pathshala

FOR MORE INFORMATION CONTACT :
Chetan Goel (PRESIDENT)
+91 92342 60849



WEBINAR ON "FIGHTING AGAINST CYBER CRIME"



As per the research an urban individual spends nearly 2.5 hours of daily time online. And pertaining to the current pandemic, most of our activities have shifted online.

But did you know that every time we step onto a digital platform, our footprints are tracked?

To tackle such issues, NSS - CVS came up with a rescue by organizing an informational webinar on 'Cybercrime Awareness' to educate about security measures on how to prevent cybercrime in collaboration with 'Rajneeti ki Pathshala' and 'Macanscyber.'

Onboard we had Mr. Makarand Wagh, an Ex Law Enforcement Officer & Digital Fraud Investigator Co-founder. He is also the Director of Macans Cyber Clinic Pvt. Ltd.

Mr.Makarand Wagh holds strong expertise in CYBER CRIME and told some tricks on how to prevent it. Types of cybercrime in India include Cyberstalking, Phishing, Defamation, Email spoofing, Online gambling, Cyber deflation law, Denial of service attacks, Cyberbullying, Spoofing attacks, Logic bomb, SMS spoofing, voice phishing and ransomware were discussed.

Hence, educating ourselves on cybercrime was important, before we ended up committing a crime or becoming a victim of cybercrime.

Link to the event <https://www.instagram.com/p/CEgL2H5JubI/?igshid=YmMyMTA2M2Y=>

Photo of the event



NATIONAL SERVICE SCHEME

COLLEGE OF VOCATIONAL STUDIES (UNIVERSITY OF DELHI)



ORGANISED

SUCCESSFULLY WEBINAR

ON

FIGHTING AGAINST CYBERCRIME DURING CORONA



For info and resources about COVID-19, visit
the COVID-19 Information Center.





FIT INDIA MOVEMENT

We observed a 7 day challenge under FIT INDIA MOVEMENT where we highlighted the importance of being healthy and fit. We broadcasted information related to healthy food during the pandemic time to save yourself from the COVID-19 disease. We also organized an Instagram quiz to engage people and spread awareness through it. We conducted a seminar on FIT INDIA on 10th September, 2020.

NSS_CVS organized an informative webinar on *FIT INDIA* presided over by "Mr. Padamjeet Sehrawat*", in collaboration with the Department Of Physical Education, CVS on 10th September 2020, on Google MEET.

The guest of honour, Mr. Padamjeet Sehrawat, is an all-rounder personality: an anchor, singer, cricketer, commentator, motivational speaker and has won many awards and achievements in the same fields.

The webinar started with a warm welcome note by Dr. Shalini Singhal ma'am, (PO NSS, CVS).

As so efficiently put by Mr. Sehrawat, the FIT INDIA movement has created quite a stir in all over the country, amongst all people of all ages, be it youngsters, teenagers, or senior citizens.

Everybody now seems to have risen with the ideas of fit bodies and minds. He pointed out how exercising is a potent antidepressant, its obvious benefits being "weight loss, heart health, physical health, mental health, confidence and morale boost*" and many more, equally as important as healthy eating.

During the whole seminar the speaker's contagious zeal served as an amazing power booster for the listeners, he successfully pointed out how we never fail, either we succeed or we learn.

Mr. Sehrawat emphasized on the problem of "PROCRASTINATION*" and the *POWER OF NOW^* , and how it is the most disconcerting problem we have, how we can and have to make up our minds to complete our tasks before the end of the day for the motivation for the next day, until it becomes our habit successfully.

He mentioned some of his quotes like how a person never needs help to be *HUMBLE, TO BE HUNGRY, (PASSIONATE) and TO RKHARD^* , and how the best feeling is *SELF

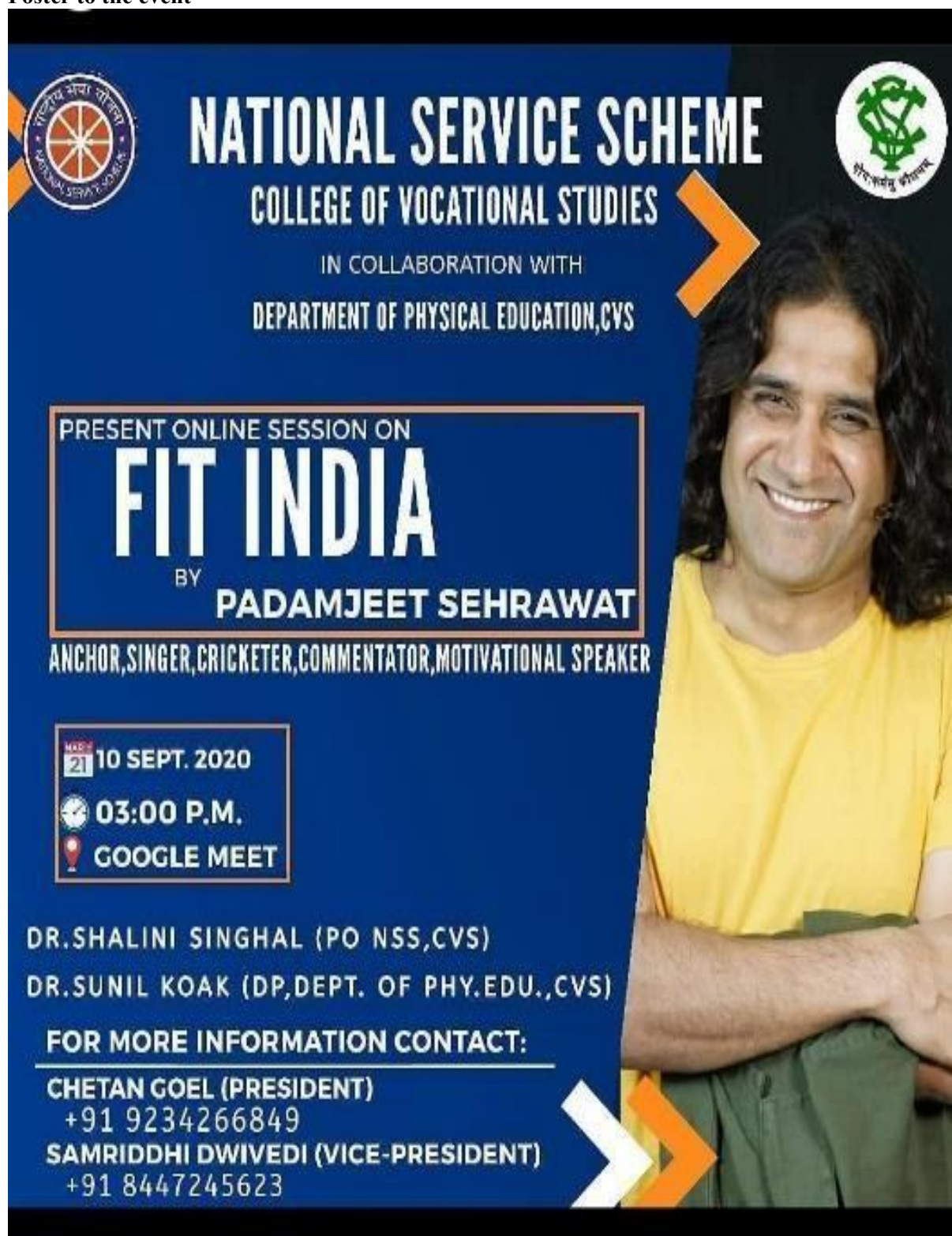
ACCOMPLISHMENT*. He quoted some of his personal experiences fighting with depression, failure in some

The informative and enthusiastic session ended with a note of thanks by Dr. Sunil Koak (DP, Dept. Of Physical Education CVS).

He can be reached out on his Instagram handle @paddy.padamjeet for any more information related to the movement.

Link to the event https://www.instagram.com/p/CEizBC4Ju_a/?igshid=YmMyMTA2M2Y=

Poster to the event



The poster is for a National Service Scheme (NSS) event. It features a blue background with white and orange text. On the right side, there is a photograph of a smiling man with long dark hair, wearing a yellow t-shirt and green pants, with his arms crossed. The text on the poster includes the NSS logo, the title 'NATIONAL SERVICE SCHEME', the host 'COLLEGE OF VOCATIONAL STUDIES', and the guest 'PADAMJEET SEHRAWAT'. It also provides the date and time of the online session on Google Meet.

NATIONAL SERVICE SCHEME
COLLEGE OF VOCATIONAL STUDIES
IN COLLABORATION WITH
DEPARTMENT OF PHYSICAL EDUCATION, CVS

PRESENT ONLINE SESSION ON
FIT INDIA
BY
PADAMJEET SEHRAWAT
ANCHOR, SINGER, CRICKETER, COMMENTATOR, MOTIVATIONAL SPEAKER

10 SEPT. 2020
03:00 P.M.
GOOGLE MEET

DR. SHALINI SINGHAL (PO NSS, CVS)
DR. SUNIL KOAK (DP, DEPT. OF PHY. EDU., CVS)

FOR MORE INFORMATION CONTACT:
CHETAN GOEL (PRESIDENT)
+91 9234266849
SAMRIDDI DWIVEDI (VICE-PRESIDENT)
+91 8447245623



WEBINAR ON SOCIAL ISSUES

On the occasion of 51st NSS Day, NSS CVS organized a Webinar based on the important topic of "Social Issues" on 24th September 2020. The webinar started with the warm welcome note by NSSCVS teacher in charge, Dr. Shalini Singhal to the speaker for the day. The speaker of the day was MR. RAKESH PANDEY, who is the founder & CMD of Bravo Pharma, a global entrepreneur, dedicated mentor, and an active social worker.

Mr. Pandey enlightened and encouraged everyone to instill social work and activism in one's life by explaining the true meaning of social work. He explained that when a person serves people for their inner peace and soul satisfaction not for fame or any kind of show off, then only it is a social service in true terms.

He briefed that a person does not require to be a part of any NGO or NSS to help and serve the society. An individual can contribute in whatever way he/she wants irrespective of the size and amount. What really matters is not the quantity but the purity and the real efforts you put into it.

Mr. Rakesh belongs to a small village of Bihar, India, and not so well-off family. After many years of hard work, he has achieved a lot in life. He has made many efforts to help his village and its people as according to him, we should pay back our environment and the place where we have come from. He does not believe in blame games instead it is us who has to create changes for which we need to start helping.

A person needs to decide how he has to use the resources efficiently that are available to him. To explain his point, he shared his life experience - A person approached Mr. Rakesh and offered him an award along with a TV show for which he had to pay 10 lakh rupees as a cheque, to which Mr. Pandey denied and told the person that this amount is given to the poor and needy people, will benefit them by filling the stomach of at least 15 families.

Mr. Rakesh Pandey concluded the session by encouraging every single person to serve society.

Link of the event <https://www.instagram.com/p/CFmFw6QJdBw/?igshid=YmMyMTA2M2Y=>

Photo of the event



NATIONAL SERVICE SCHEME

COLLEGE OF VOCATIONAL STUDIES (UNIVERSITY OF DELHI)





WEBINAR ON "MEASURES FOR SAFE AND HEALTHY WORKOUT"

"The way to a healthy body is through hard work, and hard work is no work without smart- work."

National Service Scheme, CVS successfully organized a webinar on "Measures for Safe and Healthy Workout" on 29th September, 2020 on the platform of Google Meet. Our special guest, Dr. Vipin Madhogarhia, Orthopaedic surgeon, Sports injuries specialist, and an esteemed member of The International Olympics Medical Commission shared his knowledge on all tricks and techniques to a safer, healthier, and smarter workout routine.

This ethical youth has represented Asia as a sports injury specialist in Rio Olympics 2016 and was awarded as the most talented and youngest doctor. He walked us through different aspects of exercising and we were astonished about knowing various sorts of injuries, ranging sweepingly from neck to leg and from mild to severe. He guided us through remedies at an individual level along with the prevention master tips.

It was a pleasure and enlightening experience listening to him and his ideas regarding how to do a safe and healthy workout for all young and old individuals.

In the end, he gave us a ray of hope for attaining a harmonized lifestyle supported by an optimistic and healthy attitude attached to parental guidelines. In a moment of time, everyone became comfortable enough to discuss their problems in order to attain an honest and non-ambiguous feedback.

The session was a great fun as well as gave a very eye opening lesson towards living and staying fit by accepting and practicing the right and safer ways of workouts.

Link of the event <https://www.instagram.com/p/CFmYJc6pJuF/?igshid=YmMyMTA2M2Y=>

Photo of the event



NATIONAL SERVICE SCHEME

COLLEGE OF VOCATIONAL STUDIES
(UNIVERSITY OF DELHI)



PRESENTS


WEBNIAR ON


MEASURES FOR SAFE AND HEALTHY WORKOUT


Dr. Vipin Madhogarhia

- Orthopedic Surgeon And Sports Injuries Specialist
- Member Of Medical Commission- International Olympics Commission
- Served As Sports Injuries Consultant At Rio Olympics 2016



 Sept 29, 2020

 At 5 P.M.

 On Google Meet

FOR MORE INFORMATION CONTACT:



Chetan Goel (President)
+91 9234266849

DR. SHALINI SINGHAL
(P.O. NSS,CVS)

Samridhi Dwivedi (V.President)
+91 8447245623



Webinar on 'Gandhi in Our Creative Imagination'



On the 151st birthday anniversary of Mahatma Gandhi, a webinar on the topic, "Gandhi in Our Creative Imagination " was organized by the College of Vocational Studies, Gandhi Study Circle, NSS under the aegis of IQAC.

The webinar began with a warm welcome by Dr. Shalini Singhal which was followed by the thoughts of Dr. Inderjeet Dagar on Gandhi Ji's philosophy. He talked about the ideals of Bapu and how they are even more relevant today than in the past and how his philosophy is global in nature. We were very fortunate to have had, Prof. Om Thanvi, VC, HJU, Rajasthan amongst us on this occasion. He is a Hindi writer, senior journalist, editor, and critic. One of his most famous works is showcased in his book, "Mohenjo Daro". He threw some light on the topic for the webinar and the need for us to understand who is Gandhi to us? Or even much more a question how is Gandhi Ji understood ?

He very well pointed out the reason for the humankind to walk on the path of Ahimsa and peace. The incidents from Bapu's life were also brought up. One of which was the meeting with Charlie Chaplin. Gandhiji did not only wanted us to be independent in the sense of regional area but also wanted us to be free from the Ghulami in the sense of language and machines. So just talking about Gandhiji and his principles on the 2nd of October is not enough instead, his philosophy should be carried out daily as well. His words were enlightening.

We also got the opportunity to hear Dr. Satish Poonia, an Indian politician and a member of the Rajasthan Legislative Assembly. He also talked about the thoughts and philosophy of Gandhiji in a great manner. He added that the state runs on ideas (vichar) which are given by great people. At last, he also remembered Lal Bahadur Shastri on his birth anniversary. He was followed by Dr. Chaminda Abeysinghe, Professor at the University of Kelaniya, Sri Lanka, who gave insight to all the students that how Gandhian values or Gandhi Giri affected cinemas. He talked about various movies from Hollywood to Bollywood.

Link to the event <https://www.instagram.com/tv/CGMgX2JpV0E/?igshid=YmMyMTA2M2Y=>

Photo of the event

9:40





WEBINAR ON BREAST CANCER AWARENESS

On 14th October 2020, Canfem in collaboration with NSS CVS organized an E-talk on breast cancer awareness to raise awareness among people regarding different types of cancers especially breast cancer in the month of October which is considered as pink month or breast cancer awareness month. The webinar was successfully completed with the presence of prestigious doctors who shared their views regarding awareness and how to keep oneself safe from breast cancer.

The event was started with an introduction by Dr. Preetha Ramrajan from the US embassy who introduced the guest doctors. She was followed by Dr. Kanchan Kaur, Director of breast surgery, Medanta Guru Gram. She talked about symptoms of breast cancer, breast pain (mastalgia) and different types of marks on breasts which occur due to infections. She gave a detailed explanation of each and every aspect of breast cancer and told some exercises that one has to follow regularly to avoid breast cancer. After that Dr. Dinesh Pendharkar Director of Sarvodaya Cancer Institute, Delhi shared some statistics regarding the rising number of cases of various types of cancer all across the world. He talked about various problems which help in triggering cancer like alcohol, tobacco and obesity.

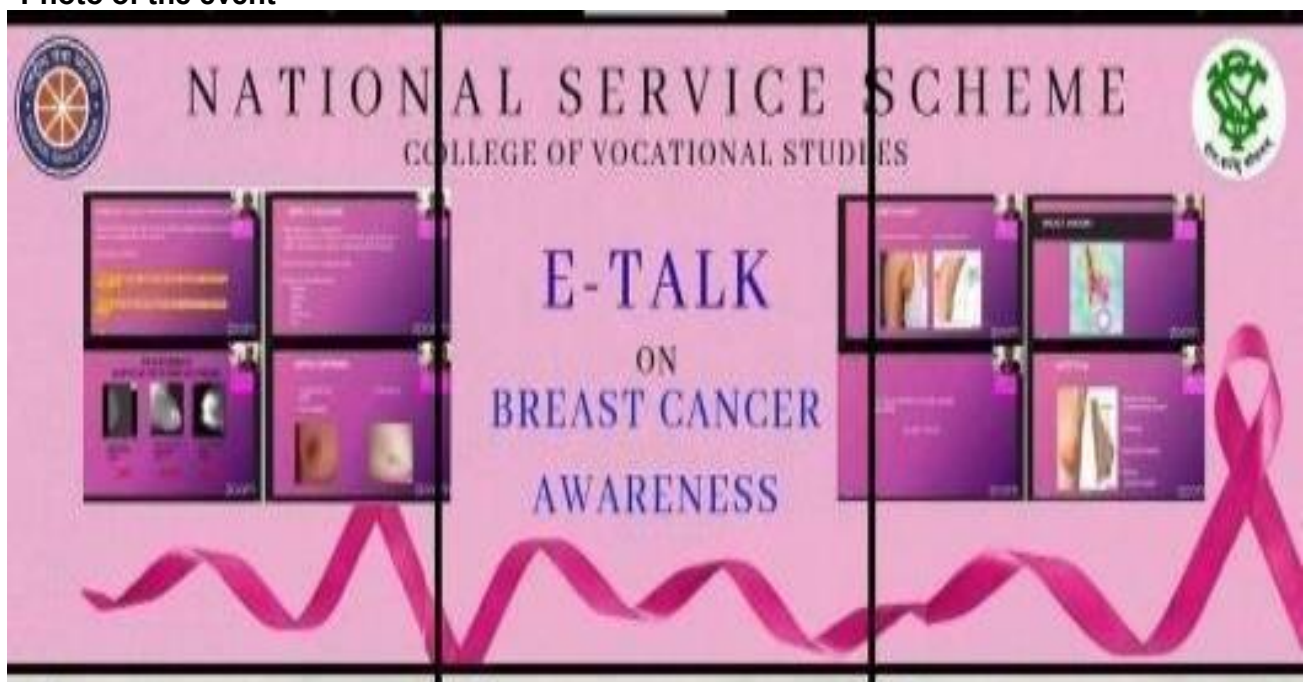
He told recommendations that are being shared by cancer prevention societies all over the world that can help in the prevention of cancer like being as lean as possible without being underweight, by doing exercise, maintaining a proper diet and being conscious about one's body condition. After then, they gave a small presentation regarding the taboo of breast cancer and provided some alternatives to the patients with breast cancer regarding the cheaper products they can use instead of high-priced products. This was followed by questions and answers from participants.

In the end vote of thanks was given by Dr. Preetha Ramrajan to all the guest doctors and participants for their overwhelming response and prestigious time.

Link to the event

<https://www.instagram.com/p/CGZIkzYpRmZ/?igshid=YmMyMTA2M2Y=>

Photo of the event





WEBINAR ON MOTIVATIONAL TALK ON POWER PLAY.



NSS CVS organized a Motivational Talk on POWER PLAY on 16th October 2020. Mrs. Seema Malhotra, Ex-NSS President of Lady Irwin College, was the guest speaker. The speaker is a lady of passion which soul-ly lies in Social work. She was warmly welcomed by our Program officer Dr. Shalini Singhal ma'am. Seema ma'am started the session by telling us about the life story of the Padma Shri Arunima Sinha, who despite losing both her legs in an accident has climbed 7 mountain peaks in the world with the mighty Everest being one of them.

She acknowledged the problems the adolescents face in their lives and the dilemmas we face in making the decisions of our careers and how we ask others what we should do with our lives rather than

It's up to us to decide what we are and what we can be and it's only us who are standing in between with nothing but fear or courage because we can have our cake and eat it too. The endearing session ended with words of gratitude from NSS volunteer Amit Dwivedi and Shalini ma'am.

She talked about taking control of our life rather than giving it to the people who left us showing their backs to us. Seema ma'am told us that self-doubt and self-esteem issues happen to the biggest of the biggest people in the world but even then they don't let them stop and so we should keep going and helping others in the way of life as we go on.

listening to the voice inside us. She advised us on the importance of living life as being OURSELVES rather than copying others and not giving it out full potential. She gave us a glimpse of her personal thrilling and life-endangering experiences and how she emerged victorious.

No of the students participated: 77 No

of the teachers participated: 1 Dr

Shalini Singhal

Link to the event

<https://www.instagram.com/tv/CGhVpViJa6W/?igshid=YmMyMTA2M2Y=>

Photo of the event

NATIONAL SERVICE SCHEME


COLLEGE OF VOCATIONAL STUDIES
(UNIVERSITY OF DELHI)





PRESENTS

A MOTIVATIONAL TALK
ON

**HOW TO LIVE A
POWERFUL LIFE**

 16th October, 2020

 5 P.M.

 Google Meet

SEEMA MALHOTRA

EX NSS PRESIDENT
(LADY IRVIN COLLEGE)



REGISTRATION LINK: <https://forms.gle/Q7tSh1sHUdF9pNRf8>

FOR MORE INFORMATION CONTACT:


Chetan Goel (President)
+91 9234266849

DR. SHALINI SINGHAL
(P.O. NSS,CVS)

Samriddhi Dwivedi(V.President)
+91 8447245623



VIGILANCE AWARENESS WEEK

NSS CVS and its volunteers in reference to the observance of Vigilance Awareness Week, 2020, commenced the week from 27th October to 2nd November 2020 with the theme "VIGILANT INDIA, PROSPEROUS INDIA."

The volunteers supported this by showing their utmost will and zeal in all the activities held in this time period.

To mark the beginning of the week, Integrity Pledge on 27 October at 3:00 PM took place. NSS CVS and its volunteers took an e-pledge for the same. As per the direction of the vigilance commission, the pledge was undertaken to ensure that every citizen should be vigilant and commit to the highest standards of honesty and integrity at all times and support the fight against corruption.

Dr Indrajeet Dagar shared his views on corruption-free society and emphasis on the role of youth in corruption-free India and how youth can play a role in awareness regarding how one can keep himself and others safe from all these.

On account of the "VIGILANCE AWARENESS WEEK conducted by the National Service Scheme, volunteers took part in the "Slogan Writing Competition on Vigilant India, prosperous India, Satark Bharat, samridhh Bharat.

Also a much-awaited interactive session, "NSS CVS brought a "Quiz Competition with NSS CVS Volunteers on 31st October 2020. The quiz was conducted over the WhatsApp group and consisted of 5 rounds

- 1) Consumer Awareness
- 2) Covid 19
- 3) Self-care
- 4) Cyber-threats
- 5) Personal hygiene

Not only this but we had different days dedicated to different topics

Day 1 was dedicated to Consumer Awareness (27th October)

Day 2 marked the importance of the phrase it's ok in our lives (28th October)

Day 3 was dedicated to spreading awareness about Covid 19 (29th October) Day 4 marked the importance of self-care

(30th October)

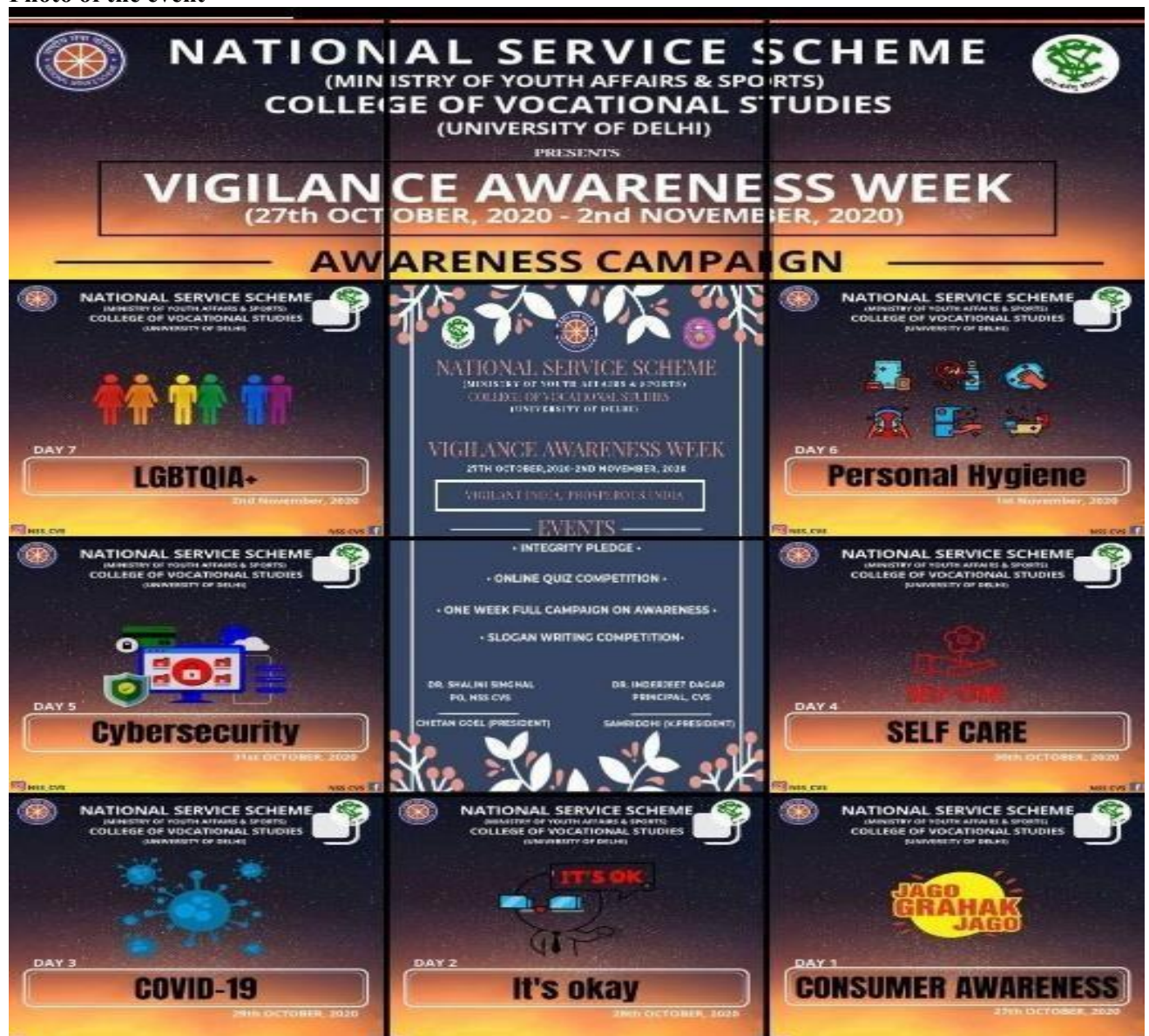
Day 5 made us aware of cyber security (31st October)

Day 6 was dedicated to the importance of Personal Hygiene (1st November) Day 7 was dedicated to LGBTQIA. (2nd November)

The week resulted as a huge success as we received massive responses and support from the participants. They brought their expertise and experience around the table. We would like to thank and congratulate all the participants for their enthusiastic participation. And we ended this week on a very happy and hopeful note of organising more events like this in future.

Link to the event <https://www.instagram.com/p/CHFh4U5JOLm/?igshid=YmMyMTA2M2Y=>

Photo of the event





WEBINAR ON CYBER PSYCHOLOGY



Webinar on Cyber Psychology was organised by NSS-CVS, collaborating with Macanscyber Clinic Pvt. Ltd. on 5th December 2020. The purpose of this event was to serve an awareness among the youth to cope with emotional issues on cyber platforms.

Cyberpsychology (also known as Internet psychology, web psychology, or digital psychology) is a developing field that encompasses all psychological phenomena associated with or affected by emerging technology.

Dr Kartik Rao, consultant psychiatrist expressed his experience and expertise with us about cyberspace.

First thing first, What is Cyberpsychology? Most of us have different views on it. Cyberpsychology is the study of the human mind and behaviour and how the culture of technology, specifically virtual reality and social media affect them. Some hot topics that were discussed were as follows online identity, online relationships, personality types in cyberspace, addiction to computers and the internet, regressive behaviour in cyber space and online gender switching.

He told us many alternatives so that we can keep ourselves safe from cyber crimes and frauds. He told us about cyberpsychological behaviour which can have on mental health like low self-esteem, depression, social isolation and ostracism, negative relationships, fear of missing out (FOMO), sleep deprivation, addictive behaviour, and eating disorders and much more. It was indeed an informative and successful webinar.

Link to the event

<https://www.instagram.com/p/CIU3PAhpzBx/?igshid=YmMyMTA2M2Y=>

Photo of the event

The poster is for a webinar titled "CYBER PSYCHOLOGY" presented by "DR. KARTIK RAO". It is organized by the "NATIONAL SERVICE SCHEME (MINISTRY OF YOUTH AFFAIRS & SPORTS) COLLEGE OF VOCATIONAL STUDIES (UNIVERSITY OF DELHI)" in collaboration with "Macanscyber". The event is scheduled for "5th December, 2020" at "11:00 AM" via "GOOGLE MEET". Contact information for Chetan Goel (+91 92342 66849) and Samriddhi V. (+91 84472 45623) is provided at the bottom. Social media handles for NSS_CVS and NSS CVS are also listed. A small photo of Dr. Kartik Rao is included on the right side of the poster.



OUR DEMOCRACY AND OUR CONSTITUTION.

On the occasion of 72nd Republic Day, NSS CVS successfully organized an informative and enriching session with Mr. Rajesh Badal, former executive director of RSTV on the topic of 'OUR DEMOCRACY AND OUR CONSTITUTION'.

The speaker was introduced and welcomed by our Program Officer Dr. Shalini Singhal. Mr. Badal in his long and informative speech thereafter, informed us and made us aware about the voluminous and wealthy history of our country, India.

How we overcame all the oppression which led us to this day. He educated us about our democracy and our preamble and how different it is from all other nations of the world as they were created when they were still under foreign rule.

Undoubtedly with time, need changes but the idea of Legislature, Executive and Judiciary always maintained checks and balances which ensured that India will not be ruled by an Oligarch or Monarchy or that it always has space for amendments keeping in vision the

tech-scientific progress and unrestrained ideologies of the countrymen. Our constitution was created by our own people after we attained our freedom and we should justify our thoughts and actions to it before our selfishness.

We should think about how it's our responsibility to carry forward the name of our nation and its people with it.

Our forefathers had built the Constitution of India in such a beautiful manner that it remained since its adoption and was respected by every citizen of the country, which is unique in itself.

It was a very impactful session ended on a patriotic, soulful and melodious note with a song performance by a NSS volunteer, Manak Malhotra and a note of gratitude for our guest speaker Mr Rajesh Badal, Principal Dr. Inderjeet Dagar, Program Officer Dr. Shalini Singhal and for all the attendees for making this webinar a success.

Link to the event

<https://www.instagram.com/tv/CKyvhZ-J3AU/?igshid=YmMyMTA2M2Y=>

Poster of the event



NATIONAL SERVICE SCHEME
(MINISTRY OF YOUTH AFFAIRS & SPORTS)
COLLEGE OF VOCATIONAL STUDIES
(UNIVERSITY OF DELHI)



IN COLLABORATION WITH



PRESENTS

SPECIAL LECTURE

WITH



MR. RAJESH BADAL

FORMER EXECUTIVE DIRECTOR RSTV

ON

DEMOCRACY AND OUR CONSTITUTION

ON THE OCCASION OF REPUBLIC DAY

26th
January, 2021

GOOGLE MEET
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DR. SHALINI SINGHAL
PROGRAM OFFICER

DR. INDERJEET DAGAR
PRINCIPAL

FOR MORE INFORMATION, CONTACT

CHETAN GOEL (PRESIDENT)
+91 92342 66849

SAMRIDHI (V. PRESIDENT)
+91 84472 45623

This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Anu Satyal

Dr. Anu Satyal
IQAC Coordinator
College of Vocational Studies

Ajay Jaiswal

Prof. Ajay Jaiswal
Officer on Special Duty
College of Vocational Studies
OSD/Principal/अ.एस.अ. / प्रधानाचार्य
College of Vocational Studies
कॉलेज ऑफ वोकेशनल स्टडीज
(University of Delhi) / (दिल्ली विश्वविद्यालय)
Triveni Sheikh Sarai, Phase II
त्रिवेणी शेख सराय, फेज- II,
New Delhi-110017/नई दिल्ली -110017