







राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

A Report on **Yoga Session** organised by **NSS CVS in association** with **Physical Education Department** of our College

Yoga Instructors: Mr. Himanshu Jaiswal Total no. of Participants : 24

Mr. Atul Kumar Yadav Total no. of Teachers : 01

8th International Yoga day under the theme of "YOGA for HUMANITY" was celebrated by the students and the teachers of the College of Vocational Studies on 21st June 2022 with great enthusiasm. HOD of Physical Education Department, Dr. Sunil Koak also participated in the celebration.

The function began with the brief introduction of Yoga Instructors, Mr Himanshu Jaiswal and Mr. Atul kumar Yadav who were from Vivekananda Kendra Delhi Branch. The yoga instructors were facilated by Dr. Sunil koak, HOD physical Education Department.

Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Mr. Himanshu Jaiswal explained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physical health. Mr. Atul Kumar Yadav started Yoga demonstrations with the Yoga prayer. After which a few warm up Asanas and Asanas such as Ardha Kati Chakrasana, Paschimottanasana, Bhujangasana, Halasana, Adho mukha Svanasana, Surya Namaskar and Shavasana (Shavasana is for relaxing the muscles and to provide relief to the body) were demonstrated and were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Yoga Instructors. In between a small meditation session of 10 minutes was also conducted. Breathing exercises like Bhramari Pranayama, Nadi Shodhan Pranayama (alternate nostril breathing) were also taught and performed.

Yoga Instructors made the volunteers of NSS CVS and participants aware about the various ways in which the asanas prove to be beneficial for us like:

- i) It helps the students understand how to maintain harmony between body and mind.
- ii) It will help the students achieve better mental and physical health.

Last but not the least they explained that how some people suffering from various health issues like heart disease, high blood pressure etc. Should refrain from performing certain yoga Asanas.









The session ended with the distribution of bananas and oranges among all the participants and a final vote of thanks to all by Dr. Sunil Koak.

GLIMPSE OF SESSION



The above image depicts volunteers practicing Bhujangasana, Adho mukha svanasana, Padmasana, and Nadi shodhan Pranayama. These images are also uploaded on the social media handles of NSS CVS.

Link to Social Media Handle:

https://www.facebook.com/NSScvs/posts/pfbid06wxCtfccw7h66HpQYA718Ne7xgMt8crnskk6uKgbzqcwRo7HUnCzFD7EqKmgjTPWl?_cft_[0]=AZUBV-SXCAIvJWbACKY1_ReF--ryP4lylShgvOEsugdyKL8A97utca7LgNLa5Kvc-lLJ6wjiGXa-1RNYHkSizTuyGzPDWJ_Gmezjp2xnXk0t_Dk0OaLvRPdz7exnr3d-









 $\underline{QU3o3muWAZXQ5m21LkuqZIa2ON972tC1OqQLYMiZAwmwP6LhEQ6DCGhrrPlv8Xh3SPE\&_tn_=\%}\\ \underline{2CO\%2CP-R}$

https://www.instagram.com/p/CfWWBXjP0pc/?igshid=YzdkMWQ2MWU=











The Above Images depicts the Volunteers and students actively performing Yoga.













ATTENDANCE SHEET

Event: Physical Yoga Session

Date : 21/06/2022, 09:00 Am - 11:00 Am

Venue: Yoga Room, New Building, College of Vocational Studies

S No.	Names of Participants	Course	Signature
1.	Dr. SUNIL KOAK	TIC	Aleo Le
2.	PRANJAL KUMAR SINGH	C.Sc HONS.	Prayil Kr. Sigh
3.	ISHAAN JAYASWAL	BA(US)MMRB	Ashoan Jayose and
4.	DIVANSH SINGHAL	B. Com (Hors)	slayout
5.	Shubham	BA(US) OMSP	Shishe
6.	KUNAL THAKUR	BASME	K-L
7.	PRAGYA PRAKASH	BA(VS)MM	Biogra.
8.	KARAM KOHLI	BA IECOMONS	A 1
9.	SANDHYA DHAMI	BA(ECO HONE)	Salyophi
10.	AKSHAY KUMAR	BA [HINDI . HONS.]	Alexhaylanmaz
11.	MAHIMA DAHIYA	BA(HONS.) ECONOME	~ N
12.	ANUJ KUMAR SEN	BSC CS (FLONS)	Ano
13.	KARNIKA KARAN	BAENG) (HONS)	Raran
14.	Divya	BA (Hindi) (HONG)	Dime
15.	Perush SOROUT	BA CHINOLIS (HONE	
16.	MANSI RAWAT	BA (HINDI) (HONS	Mari
17.	SAKSMI NEGI	BA (English) (How	July !
18.	Kanila Verna	BA (fuglish May	bluen.
19.	UMA BHARTI	BA (Enghous)	Cma_
20.	VISHAKHA	DA (OMSP)	Diehaklu
21.	AYUSH CHAUDHARY	BA (MMRB)	chang
22.	HARSH BANSAL	BA (MMRB)	Pohand









TEJAS (HAUDHARY	ENG(H)	Tours
	BMS	Thus
	OMSP	Arusti
	TETAS CHAUDHARY KANISHK SINGH ARUSHI KESHRI	KANISHK SINGH BMS









COLLEGE OF VOCATIONAL STUDIES



(UNIVERSITY OF DELHI)

Certificate of Achievement



This Certificate of Achievement is awar	Idlo Karnika Karan
of B.A (English) Hons.	
for farticipating in the "	Physical yoga Session'
held on alst June 22.	
Ashis Janu Del	Agay-Jainval
CONVENER	PRINCIPAL

COLLEGE OF VOCATIONAL STUDIES



CONVENER

(UNIVERSITY OF DELHI)

Certificate of Achievement 20 22 -20 23



PRINCIPAL

This Certificate of Achievement is awarded	16 Any Kuman Sen
of CS (Hone)	
for participating in the Phy	ysical yoga bession'
held on alst June 'a.	
Al: Janu Deb	Aron Toin me









COLLEGE OF VOCATIONAL STUDIES

(UNIVERSITY OF DELHI)



Certificate of Achievement 20 &2 -20



This Certificate of Achievement is awar	ded to Ishaan Jayaswal
of B.A. (VS) MMRB	
for participating in the Ph	ysical Yoga Bession'
held on 21st June 22.	<u> </u>

Anhi Jary Deb CONVENER Agay - Jainwal PRINCIPAL

COLLEGE OF VOCATIONAL STUDIES (UNIVERSITY OF DELHI)



Certificate of Achiebement



This Certificate of Achievement is aware	led to Akshay Kumau
of B.A. (Hindi Hons.)	
for participating in the	Physical yoga Session'
held on Elst June 22	
Ashir Jarry Deb CONVENER	Ajay-Jainwal PRINCIPAL
CONVENER	THIOTIAL









ABBREVIATIONS USED:

- 1. NSS National Service Scheme
- 2. CVS College of Vocational Studies
- ER Event Report
 HOD Head of Department
- 5. TIC Teacher In-charge

-----END OF REPORT------









राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

A Report on awareness drive for Ban on Single-Use Plastic organized by NSS CVS in collaboration with Municipal Corporation of Delhi, South Zone

The National Service Scheme Unit of the College of Vocational Studies, University of Delhi, in collaboration with the Municipal Corporation of Delhi, South Zone conducted Awareness drives for ban on single-use plastic. NSS under this two days' awareness drive tried to create awareness about ban on single-use plastic and harmful impacts of non-compliance to the ban. In order to reach and impact a larger audience, NSS made attractive Digital poster and handmade posters indicating say no to single-use plastic. Posters were shared on our Instagram page with a motive to increase the visibility of our initiative to reach out to different NSS Units of colleges and universities. WhatsApp status, too was used to give updates of our initiative. Evidently, social media and handmade posters proved a great medium to create awareness about our initiative and imparting on impetus to our cause. Following are the day wise report of the awareness drive:

Day 1: 11th July, 2022

MCD Officials: Sh. Raghuraj (SI) Total no. of volunteers participated: 29

Sh. Raju Chauhan (ASI) Sh. Mukesh (SG) Sh. Lokman (CFW) Sh. Shyamveer (MI)

The drive was conducted at 2 locations, namely-the J-block Market, Saket, and PVR Anupam, Saket, along with the MCD officials. The drive was led by Mr. Raghuraj (SI) and Mr. Ishaan Jayaswal (Secretary NSS CVS).

Starting with the drive, we visited shops, the first being a sweet store in which we make them aware to not use single-use plastic and use ecofriendly cutlery, we informed them that failing to comply with the ban appropriate actions shall be taken by the MCD Officials, and the NSS team explained the customers present there the effects of using single-use plastic on the environment and informed them about the alternatives to single-use plastic like use of jute or cloth bags.

During the drive we also meet Dr. Ruby Makhija the Founder and Director of Why Waste Wednesdays Foundation who introduced NSS CVS Team to their project Vikalp which aims at reducing the use of single-use plastic by providing alternatives to the same at source. This includes establishing of stalls to borrow cloth bags @Rs. 20/- in markets of MCD South Zone.

They also, provided us with five samples of cloth bags through which we used to make the shop owners aware of reusable bags. The bags also contained QR codes, which can be scanned and will lead to information of all the Vikalp stores.









Total no. of Volunteers Participated:

Continuing the drive further our team visited a stationery shop where we saw plastic sheet used for packaging/wrapping the commodity, we informed the shop owner that it should not be less than fifty microns in thickness except where the thickness of the plastic sheet impairs the functionality of the product.

Towards the end, we visited different food stores where we promoted the use of wooden cutlery like wooden spoons, plates, bowls and also showcased sample of same. We also visited milk shake shops where the entire NSS team along with MCD officials appreciated them for using paper straws and suggested him to use glass bottles for delivery purpose.

Day 2: *12th July*, *2022*:

MCD Officials: Sh. Pradeep Kumar Dagar (ASI)

23

Sh. Bhupender Kr. (PHI)

Dagar (ASI) and Mr. Ishaan Jayaswal (Secretary NSS CVS).

On the second day of drive, team NSS CVS along with MCD Officials, visited Bhikaji Cama Place to aware shop owners and general public about the ban on single-use plastics. The drive was led by Mr. Pradeep Kumar

Starting with the drive, we first visited food shops (one such stall was seen using single-use plastic for packaging purpose and the same was seized by MCD officials, and we provided them with contacts from where they could procure plastic-free and environment friendly products), followed by mobile stores, and street vendors. Some of them were using paper bags, whereas some were not. The NSS team made them aware of the consequences and the ban. We also suggested them to make use of Cloth bags and briefed them about project Vikalp, as an alternative to plastic bags.

There were few food shop owners who argued that there are no alternatives available and hence we are forced to use single-use plastic items, however NSS Volunteers along with MCD officials explained them that you can google and search the manufacturers of environment friendly cutlery and NSS Team provided them with sample of wooden plates and gave them suggestion to visit Bhogal and Govindpuri as alternatives are available there.

Our team faced questions from shop keepers and consumers that how to identify that plastic bag is above 75 microns or not, we explained them to look for the stamp that should mention details of the manufacturer and DPCC No. and it will also have written on it 'above 75 microns'. Our team also informed them that the carry bags made of virgin or recycled plastic should not be less than 75mm and 120 microns in thickness with effect from December 31st, 2022.

Last but not the least, while heading towards Madhavpuram village, the NSS team saw an old man selling chole kulche, so we went to him, and we were pleased to see that he was not utilizing single-use plastic and, was using paper packaging.

Lastly, we visited Madhavpuram village, to inform the villagers to refrain from using single-use plastic. The NSS team also visited the milk shake shop and requested them to use paper straws and also provided them some samples of the same. While visiting the last shop, the team of NSS was happy to know that the shop owner had visited the "Vikalp Plastic Mela" that was held from July 1 to July 3, 2022, in Thyagraj Stadium, Delhi. In his









visit to mela he got contact of manufacturers who manufactures bag made from Corn Starch, he was also promoting say no to single-use plastic by wearing T-shirt of the same.

With this, we came to an end of our two days' awareness drive for ban on single-use plastic.

Note: Please refer to Annexure-1 and Annexure-2 respectively for the details of local shops/restaurants visited during the awareness drive.

Link to view the responses of the registration form:

 $\underline{https://drive.google.com/file/d/1HIOm2kQjhet1LJL6koTqrwom_6y04EY9/view?usp=drivesdk}$

Link to the Social media handle: <a href="https://www.instagram.com/p/Ch4qR_pqtwe/?igshid=YzdkMWQ2MWU="https://www.instagram.com/p/Ch4mzVNqEB3/?igshid=YzdkMWQ2MWU="https://www.instagram.com/p/Ch4maRqKprF/?igshid=YzdkMWQ2MWU="https://www.instagram.com/p/Ch4maRqMqU="https://www.instagram.com/p/Ch4maRqMqU="https://www.instagram.com/p/Ch4ma



The above images have been uploaded to the social media handle of the NSS CVS.

GLIMPSE OF THE AWARENESS DRIVE











The above image shows the NSS team and MCD officials promoting the elimination of and saying no to single-use plastic.













The above image represents the NSS team and MCD officials, including Sanitary Inspector Sh. Raghuraj, promoting the use of non-woven cloth bags and wooden plates as an alternative to single-use plastic.











The image shows that restaurants are making use of paper bags as a measure to save the environment.



In this image, the food stall owner has been explained to adopt using stamped bags that carry the name of the manufacturer and DPCC No. as it validates that the plastic bag is above 75 microns.













The images above shows that the NSS CVS Unit educating the shop keepers/owners that wrapping plastic used for packaging is also banned, and they should refrain from using the same, failing which appropriate action will be taken by the MCD officials.











The image above depicts shop owners being informed about new rules regarding the ban of single-use plastic and list of items (SUP) that are prohibited/banned by the government.











NSS Team along with MCD Officials spreading awareness for ban on single-use plastic.











The above image depicts the DPCC No. Stamped on poly bag certifying its' authenticity.











The images depicts NSS CVS Unit promoting the use of cloth bag as an alternative to single-use plastic.























NSS CVS Unit visited Madhavpuram village, near Bhikaji Cama Place to spread awareness to eliminate the use of single-use plastic, ban imposed on SUP, and to use cloth bags, jute bags as an alternative.











The above image depicts that shop owner himself is promoting say no to plastic by wearing T Shirt of same.











The entire team of NSS CVS Unit Successfully completed the drive with great enthusiasm and dedication.











COLLEGE OF VOCATIONAL STUIDES UNIVERSITY OF DELHI

RECORD SHEET

AWARENESS DRIVE FOR BAN ON SINGLE USE PLASTIC IN COLLABORATION WITH MUNICIPAL CORPORATION OF DELHI, SOUTH ZONE

Date: 11th July, 2022 Time: 12:00 p.m. to O4:00 p.m. Venue: 1) J-Block Market Saket. 2) PVR Market, Saket.

Annexure-1

List of Shop Owners

[This is the record of local shops/restaurants whom we have visited during awareness drive]

Sl. No.	2	Name of Shop	Contact No.
1.	PARAS SHARMA	HIRA SWEETS	9871042004
2.	SATISH KUMAR	SM TEXTILES	9711961151
3.	NARESH KHURRANA	ANAND MORNING STORE	
4.	ASHOK	NEW CAKE PALACE	9312265507
5.	YASHPAL	COURAGE GARMENTS	9312265480
6.	SANSAR CHAND	BIKANER MISHTHAN	
7.	KAMNA	SIDDHARTH FANCY STORE	
8.	SURESH		9999692323
9.	ASHOK GROVER	GREHSAJ HANDLOOM	9810770479
10.	RAJENDER		9910389792
11.	JEETU	SINDHI NAMKEEN	9560609196
12.	MADAN MOHAN	CHAWLA BROTHERS	813078725
13.	NARESH KUMAR		965452530
14.	KUNAL	SHIMLA FOOD CORNER	
15.	BEENA NEGI	CHAI POINT	7531971498
16.	MANISH	momos STALL	9971248500









17.	ANKUR SETHI [19M]	BURGER KING	9780503605
18.	RAVI	RAVI PAN	
19.	PAPPU	CHART BHANDAR	9953586923
20.	RAVI	KFC	7827297477
21.	NEERAT KUMAR	SHUKLA PAN BHANDAR	9999295094
22.	SHIVAM [GM]	BIKANER SWEETS	9310733723
23.	DEEPAK	AGRA DI MUSHOOR	7065911981
24.		CHAT	
25.			
26.			
27.			
28.			
29.			
30.			

Total Number of local Shops/restaurants visited: 23 (Tuterty three).











NATIONAL SERVICE SCHEME

COLLEGE OF VOCATIONAL STUIDES UNIVERSITY OF DELHI

RECORD SHEET

AWARENESS DRIVE FOR BAN ON SINGLE USE PLASTIC IN COLLABORATION WITH MUNICIPAL CORPORATION OF DELHI, SOUTH ZONE

Annexure-2

Date: 12th July, 2022 Time: 12:00 p.m. to <u>04:20</u> p.m. Venue: Bhikaji Cama Place.

List of Shop Owners

[This is the record of local shops/restaurants whom we have visited during awareness drive]

Sl. No.	Names of Shop Owner/Staff	Name of Shop	Contact No.
1.	KHEMCHAND		9599809519
2.	VINOD AHUJA	AHUJA STORE	9919424508
3.	ROSY	MEETHAS SWEETS	9211783222
4.	DIWAKAR SINGHAL	BITE N SIP	9811380675
5.	GANESH	SOUTH INDIAN FOOD	9811367571
6.	AMAN	TIKKI SPICE	
7.	SUMIT KUMAR	SUMIT MOBILE REPAIR	9310735791
8.	ROHIT KUMAR	SUNNY SPOON	8130052946
9.	MRIDUL KRISHAN	AKSHAT RETAIL'S	9711326631
10.	GYAN BABU	TEA STALL & SAMOSA	8860109647
11.	RAJU KUMAR	BHAGAT GENERAL STORE	9810856616
12.	SRI RAM	NIRULA'S ICE CREAM	8179141436
13.	ANIL KUMAR	COFFEE CORNER	9448416162
14.	GOVIND VERMA	GOUND TEA STALL	9262449068
15.	PAWAN KUMAR	PAWAN TELECOM	9711383181
16.	AMARDEEP YADAY	PAN BHANDAR	9968007353
17.		ROYAL COMPUTER &	9562689010

COMMUNICATION COMPUTER SHOP









18.	ANUT	RAJU JUICE GRINER	991197871
19.	LALIT	200T2 TILO	99530+670
20.	SANJAY SINGH	VEGETABLE VENDOR	996819322
21.	MANISH CHAOHA	ROOPAM ENTERPRISE	8 981040613
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

Total Number of local Shops/restaurants visited: 21 (Twenty (Inc.).











NATIONAL SERVICE SCHEME

COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

ATTENDENCE SHEET

AWARENESS DRIVE FOR BAN ON SINGLE USE PLASTICS IN COLLABORATION WITH MUNICIPAL CORPORATION OF DELHI, SOUTH ZONE

Date: 11th July, 2022 Time: 12:00 p.m. to<u>\\(\begin{align*} 4:00\) p.m.</u> Location: 1) J-Block Market, Saket. 2) PVR Market, Saket.

LIST OF MCD OFFICIALS

SI. No.	Name of MCD Officials	Designation	Contact Number	Signature
1	Sh. Raghuraj	SI	9654437621	Aug -
2	Sh. Vinod Kr.	RC	9868584362	
3	Sh. Rajender Yadav	PHI	8447873195	
4	Sh. Mintu Kumar Singh	CDV	9971958596	

LIST OF PARTICIPANTS

SI. No.	NAME (NSS VOLUNTEERS)	COURSE	ROLL NO.	SIGNATURE
1	Ishaan Jayaswal (NSS CVS Secretary)	B.A. (VS) MMRB	2K21/MMRB/12 7	J. Maay 57-2020
2	Sourabh Jaiswal	B.A. (VS) MMRB	2k20/MMRB/10 3	Sowjatoh
3	Harshit Arora	B.Com Honours	2k21/BC/28	A
4	Sapna Yadav	B.Com Honours	2k21/BC/82	Salpha
5	Shubham Dobriyal	B.Com Honours	2k21/BC/92	Shubban
6	Muskan Yadav	B.Sc (Hons.) CS	2k21/CS/68	Musikas
7	Latika Arora	B.A. (VS) OMSP	2k21/OM/46	Latika.
8	Nidhi Malhotra	B.A. (VS) OMSP	2K20/CS/58	A
9	Polmi Khare	B.A. (VS) OMSP	2K21/OM/61	Paristran
10	Sonali Singh	B.A. (VS) OMSP	2k21/OM/86	Porall
11	Tanisha Chaudhary	B.A. (VS) OMSP	2k21/OM/92	Constru
12	Vanshika gupta	B.A. (VS) OMSP	2k21/OM/96	Vandiku
13	Shubham	B.A. (VS) OMSP	2k21/OM/84	Chore
14	Chhavi Mittal	B.A. (VS) SME	2k21/SME/15	Chai
15	Priyanshu Verma	B.A. (VS) SME	2k20/SME/105	A
16	Sumiti Goel	B.A. (VS) SME	2k21/SME/72	8 sin
17	Anika Gupta	B.A. (Hons.) Economics	2k21/EC/49	Anika Da
18	Radha Singh	B.A. (Hons.) Economics	2k20/EC/29	Radha Singu
19	Aradhya	B.A (Hons.) English	2k21/EN/06	La ad lye
20	Uma Bharti	B.A (Hons.) English	2k21/EN/46	Oung









21	Akshay Kumar	B.A. (Hons.) Hindi	2k21/HN/03	A
22	Satya Prakash	B.A. (Hons.) Hindi	2k21/HN/46	Solya.
23	Sheetal singh	B.A. (Hons.) Hindi	2k21/HN/48	A
24	Himangi Chauhan	B.A. (Hons.) History	2k21/HS/27	and a
25	Insia Haider	B.A. (Hons.) History	2k21/HS/30	Ensis
26	Ritika Garg	B.A. (VS) MMI	2k21/MMI/44	A
27	Tota Yogesh	B.A. (VS) MMI	2k21/MMI/55	0
28	Vaibhav khurrana	B.A. (VS) MMI	2k21/MMI/58	Buldress
29	Manoj Bobonga	BMS	2k21/BMS/27	Maris
30	KANISHK YADAY	B.A (VS) TM	2K21/7m)49	Dan
			- Contract of the State of the	

S.NO	NAMES (Non-NSS Volunteers)	COURSE	ROLL NO.	SIGNATURE
1	Arushi Barathi	B.A. English Honours	2k20/EN/13	Armon,
2	Shivali Brijwal	B.A. English Honours	2k21/EN/33	Shioali
3	Abhineet Kumar Tiwari	B.A. (VS) SME	2k20/SME/03	Abhinout
4	Priyank Ahlawat	B.A. (VS) SME	2k21/SME/54	Priyant
5	Dhwani Khandelwal	B.A. (VS) OMSP	2k21/OM/20	60hr
6	Jaspreet Singh Sandhu	B.A. (VS) MMI	2k21/MMI/17	8-
7	Khushal Pal	BMS	2k21/BMS/24	A

0	Raju chauhan	ASI	9136536456 Pup	
2	Mukesh	569	9871480571 Aug	5.4
3	Lokman	(FW	7982374419 Lane	1
T	Shyamveer	MI	RAGHUR Sanitary Insp DEMS Deptt., W. No. 675.15	pector











ATTENDENCE SHEET

AWARENESS DRIVE FOR BAN ON SINGLE USE PLASTICS IN COLLABORATION WITH MUNICIPAL CORPORATION OF DELHI, SOUTH ZONE

Date: 12th July, 2022 Time: 12:00 p.m. to <u>○ 4: 15</u> p.m. Location: 1) Bhikaji Cama Place.

LIST OF MCD OFFICIALS

Sl. No.	Name of MCD Officials	Designation	Contact Number	Signature
1	Sh. Pradeep Kumar Dagar	ASI	8448234353	As_
2	Sh. Devender Kumar	RC	9999800080	
3	Sh. Bhupender Kr.	PHI	9810458091	14
4	Sh.Vikas	CDV	9953239992	

LIST OF PARTICIPANTS

Sl. No.	NAME (NSS VOLUNTEERS)	COURSE	ROLL NO.	SIGNATURE
1	Ishaan Jayaswal (NSS CVS Secretary)	B.A. (VS) MMRB	2k21/MMRB/127	Signature 20
2	Amandeep Singh	B.Com Honours	2k20/BC/152	Aman
3	Deepali Jain	B.Com Honours	NC/CVS/2021/526	Α .
4	Divyansh Singhal	B.Com Honours	2k21/BC/19	suyand
5	Harshit Arora	B.Com Honours	2k21/BC/28	A
6	Shubham Dobriyal	B.Com Honours	2k21/BC/92	Shubbay.
7	Shubham	B.A. (VS) OMSP	2k21/OM/84	asus
8	Vishakha	B.A. (VS) OMSP	2k21/OM/98	Vichaldo:
9	Polmi Khare	B.A. (VS) OMSP	2k21/OM/61	Polic khais
10	Insia Haider	B.A. (Hons.) History	2k21/HS/30	A
11	Aksha	B.A. (VS) HRM	2k21/HRM/06	Α .
12	Bhavika	B.A. (VS) HRM	2k21/HRM/22	manila
13	Kajal Sajwan	B.A. (VS) HRM	2k21/HRM/45	'ken'ay
14	Vanshika Gautam	B.A. (VS) HRM	2k20/HRM/87	A
15	Tota Yogesh	B.A. (VS) MMI	2k21/MMI/55	Yogesh
16	Anuj Kumar Sen	B.Sc (Hons.) CS	2k21/CS/15	Anuin
17	Radha Singh	B.A. (Hons.) Economics	2k20/EC/29	Rolla Sing A
18	Ayush Gupta	BMS	2k21/BMS/15	Agus
19	Manoj Bobonga	BMS	2k21/BMS/27	Many
20	Mansha Virmani	B.A. (VS) TM		Maushe.









21	Sumiti Goel	B.A. (VS) SME	2k21/SME/72	846
22	Karnika Karan	B.A. (Hons.) English	2k21/EN/16	Wandon
23	SONALI SINGH	B.A. (VS) DMCP	2K21 om 86	Banell

S.NO	NAMES (Non-NSS Volunteers)	COURSE	ROLL NO.	SIGNATURE
1	Arushi Barathi	B.A. English Honours	2k20/EN/13	Aman.
2	Shivpujan	B.A. (VS) OMSP	2k21/OM/83	Shiu
3	Kartik Namdev	BBE	2k21/BBE/23	Dr.
4	Pratyush Chandra	B.A. (VS) SME	2k21/SME/54	levalynish
S	DHWANI KHANDELWAL	B.A. (VS) DMSP	2K21/0M/20	Ohne.

CERTIFICATES AWARDED POST DRIVE

























These are the few certificates that were awarded to the NSS CVS volunteers for their active participation. (The link to view all Certificates is also provided.)









To, Dated: 05/07/2022

The Principal College of Vocational Studies Triveni, Sheikh Sarai-II, New Delhi 110017

Subject: Letter of permission to conduct awareness drive on Ban on SUP.

Respected Sir,

With due respect, I would state that my name is Ishaan Jayaswal, a student at the College of Vocational Studies and currently the Secretary of our college's National Service Scheme Unit.

This letter is in regards to seek permission to conduct the awareness drive programme on the Ban of Single Use Plastic in collaboration with the Office of the Deputy Commissioner, MCD South Zone. The aim of conducting this awareness programme is to make the general public aware that single use plastic drastically impacts the environment in a harmful way. Single Use Plastic after usage is mostly dumped on land-fill sites, choking the water supply and drainage system due to its non-biodegradability.

The National Service Scheme Unit of our College of Vocational Studies, University of Delhi aims to make Delhi free from single use plastic. We propose to have this awareness drive programme as per the following schedule:

Dates: 11/07/2022 - Local market. 12/07/2022 - Village/Slum Visit

Lastly, I would request you to please accept our letter and grant us permission to conduct the awareness drives as per the above mentioned schedule. Consequently, we shall schedule a meeting with Sh. Md. Razi Alam Khan, Assistant Commissioner, MCD South Zone, to discuss further the execution of this awareness drive on the ban on Single Use Plastic (SUP).

I am expecting a positive response from you, and I shall be obliged for the same.

Thanking you Yours sincerely,

Ishaan Jayaswal Secretary - NSS CVS

Contact No.: 7303677953

Jaru Deb Ashis

Dr. Ashis Taru Deb

PO & Convenor - NSS CVS

College of Vocational Studie (University of Delhi)

Triveni, Sheikh Sarai, Phase-II, New Delhi-110017









To,

Dated: 06/07/2022

The Assistant Commissioner Municipal Corporation of Delhi, South Zone Sri Aurobindo Marg, Block A, Green Park New Delhi - 110016

Subject: Letter of permission for collaboration to conduct an awareness drive on Ban on Single-Use Plastic.

Respected Sir,

With due respect and reverence, I would like to state that my name is Ishaan Jayaswal, a student at the College of Vocational Studies and currently the Secretary of our college's National Service Scheme Unit.

NSS Unit of our college propose to conduct an awareness drive programme on the Ban on Single-Use Plastic in collaboration with your Office of the Deputy Commissioner, MCD South Zone, for which we seek your permission for this collaboration. The purpose of conducting this awareness drive programme is to make the general public aware that single-use plastic drastically impacts the environment in a harmful way. Single-use plastic after usage is mostly dumped on land-fill sites, choking the water supply and drainage system due to its non-biodegradability.

The National Service Scheme Unit of our College of Vocational Studies, University of Delhi aims to make Delhi free from single-use plastic. We propose to have this awareness drive programme as per the following schedule:

Dates: 11/07/2022 - Local market. 12/07/2022 - Village/Slum Visit.

I would request you to please accept our letter and grant us permission to collaborate with your Office to conduct the awareness drives as per the above mentioned schedule.

I am expecting a positive response from you, and I shall be obliged for the same.

Thanking you

Yours sincerely

Ishaan Jayaswal Secretary – NSS CVS

Contact No.: 7303677953















कॉलेज ऑफ वोकेशनल स्ट्रेडीज College of Vocational Studies

(दिल्ली विश्वविद्यालय) (University of Delhi)

संदर्भ संख्या Ref. NoTevs 2032 40

Dated: 07/07/2022

दिनांक Dated

The Assistant Commissioner Municipal Corporation of Delhi, South Zone Sri Aurobindo Marg, Block A, Green Park New Delhi - 110016

Subject: Letter of permission for collaboration to conduct an awareness drive on Ban on Single-Use Plastic.

Respected Sir,

National Service Scheme, popularly known as NSS, is an extension of activities, which aims towards the reorienting the students to community service while they are studying in educational institutions, under the of Ministry of Youth Affairs & Sports, Govt. Of India.

With the aforesaid vision, National Service Scheme Unit of our college proposes to conduct an awareness drive programme on the Ban on Single-Use Plastic in collaboration with your Office of MCD South Zone. The aim of the aforesaid awareness drive is to make the general public aware that single-use plastic adversely affects the environment in a harmful way. Single-use plastic after usage is mostly dumped on land-fill sites, choking the water supply and drainage system due to its non-biodegradability.

The National Service Scheme Unit of our College of Vocational Studies, University of Delhi aims to eliminate single-use plastic from Delhi. We propose the following schedule for awareness drive programme:

Dates: 11/07/2022 - Lecal market. 12/07/2022 - Village/Slum Visit.

The NSS Unit of our college would require a certificate from you after completion of the awareness drive. I would like to nominate Ishaan Jayaswal- Secretary of our NSS Unit as student coordinator for the same.

I shall be highly obliged if you confirm the convening of the aforesaid awareness drive.

With anticipatory Thanks Yours faithfully,

Prot. Ajay Jaiswal
OSD/Principal

College of Vocational Studies

Ashin John pel in charge NS:

Fmail: cvs 1972@vahoo.com

















कॉलेज ऑफ वोकेशनल र

College of Vocational Studies

(दिल्ली विश्वविद्यालय) (University of Delhi)

Ref. No. CVS 9049 402

lanted

To,

Dated: 07/07/2022

The Assistant Commissioner, Municipal Corporation of Delhi, South Zone Sri Aurobindo Marg, Block A, Green Park New Delhi - 110016

Subject: Letter of notification for number of participants during awareness drive on 'Ban on Single-Use Plastic'.

Respected Sir,

With reference to the above mentioned subject, this letter is to provide an intimation regarding the number of volunteers participating during the awareness drive on 'Ban on Single-Use Plastic which will be conducted for two days.

The awareness drive will be conducted in the presence of 46 number of NSS volunteers from the college and, in case any volunteer would like to be present and participate during this drive later on, they can do so by submitting their names to the volunteer in-charge of the event and the same shall be conveyed with an updated list of names to your office.

It is requested, that you kindly refer to the attached 'annexure 1' to view the names of the NSS volunteers, who will be participating in this awareness drive. Details of the dates of the awareness drive, ass provided below:

11/07/2022 - Local market. 12/07/2022 - Village/Slum Visit.

With Anticipatory Thanks Yours faithfully,

Prof. Ajay Jaiswal

OSD/Principal

College of Vocational Studies

Asher John Del in charge NSI

त्रियेणी शेख सराय फेस−॥, नई दिल्ली−110017 दूरनाथ +91-11-29258544 Triveni (Sheikh Sarai) Phase -II, New Delhi-110017, India Tel∴+91-11-29258544 Email: cvs_1972@yahoo.com









- 1. NSS National Service Scheme
- 2. CVS College of Vocational Studies
- 3. MCD, SZ Municipal Corporation of Delhi, South Delhi
- 4. SUP Single-Use Plastic
- 5. DPCC Delhi Pollution Control Committee

-----END OF REPORT-----









राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

A Report on Legal Awareness program on the topic
"Social Significance of Fundamental Rights & Duties" organised by
NSS CVS in collaboration with
District Legal Service Authority, South

A seminar on "Social Significance of Fundamental Rights & Duties" was organised by the NSS Unit of College in association with DLSA, South, on 21st July, 2022. The seminar was organised under the supervision of Prof. Ajay Jaiswal, O.S.D./Principal, and Dr. Ashis Taru Deb, Programme Officer of the NSS Unit of CVS. The resource person for the session was Advocate Tejasva Mehra, DLSA, South. Mr. Mehra practises in the Supreme Court of India, the Delhi High Court, and the Delhi District Courts. He is an alumnus of the University of California, Los Angeles, School of Law and Symbiosis Law School. Advocate Sh. Tejasva Mehra was welcomed by Mr. Ishaan Jayaswal, Secretary, NSS CVS, who briefed the audience about Mr. Mehra and about the session.

Advocate Tejasva Mehra started the session by quoting, "Everyone is innocent unless proven guilty" and "Everyone has the right to be heard." He then continued the session with some basic questions on fundamental rights and duties.

He explained in detail the legal framework of our rights & duties, why these are important for an individual, and their importance in our constitution. He imparted knowledge regarding various legal aspects of fundamental duties & rights and how to defend and seek justice through the legal framework if anyone feels justice is denied to him/her under fundamental duties & rights. He further discussed the Fundamental Rights and Duties, which are listed below:

Fundamental Rights

Fundamental rights are constitutional rights that protect us from any kind of exploitation. Chapter 3 of the constitution elaborates on them.

The significance of fundamental rights is that they're human rights.

1. Right to Equality

This prohibits discrimination based on religion, race, caste, sex, and place of birth. But there are some restrictions for security purposes, like in tribal areas to protect them and their culture.

2. Right to Freedom

This right gives us the freedom to speak our mind, but it should not derogate from other parts of society. We have the right to assemble without arms and form associations and unions like trade unions, student unions, label unions, etc. Freedom to move and reside anywhere in the country except tribal areas, freedom to carry out any occupation.









3. Right against exploitation

The law lays down specific provisions to protect the weaker sections of society from exploitation by individuals or the state. This law prohibits human trafficking, forced labour, children not being allowed to work in factories or hazardous situations, and much more.

This also has some exceptions, like if a child between the ages of 6 to 14 is getting an education and can help his parents in their shops after school hours.

4. Freedom of religion

Anyone in the country, i.e., India, can practise any religion in the world, but the practises should not harm anyone or be disgraceful to any religion.

5. Cultural and Educational Rights

These rights protect the rights of religious, cultural, and linguistic minorities by facilitating their efforts to preserve their heritage and culture.

6. Right to constitutional remedies

The constitution provides remedies for citizens' fundamental rights that are violated. The government cannot infringe upon or curb anyone's rights.

Fundamental Duties

The *Fundamental Duties* are defined as the moral obligations of all citizens to help promote a spirit of patriotism and to uphold the unity of India.

The fundamental duties of every Indian citizen are

- 1. To abide by the Constitution and respect its ideals and institutions, the National Flag, and the National Anthem:
- 2. To cherish and follow the noble ideals that inspired our national struggle for freedom;
- 3. To uphold and protect the sovereignty, unity, and integrity of India;
- 4. To defend the country and render national service when called upon to do so;
- 5. To promote harmony and the spirit of common brotherhood amongst all the people of India, transcending religious, linguistic, and regional or sectional diversities; to renounce practises derogatory to the dignity of women;
- 6. To value and preserve the rich heritage of our composite culture;
- 7. To protect and improve the natural environment, including forests, lakes, rivers, and wildlife, and to have compassion for living creatures;
- 8. To develop the scientific temper, humanism, and the spirit of inquiry and reform;
- 9. To safeguard public property and abjure violence;
- 10. To strive for excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- 11. Who is a parent or guardian, to provide opportunities for education to his child, or as the case may be, ward between the age of six to fourteen years









Mr. Mehra even briefed the audience about five (5) writs, namely Habeas Corpus, Mandamus, Prohibition. Certiorari and Quo Warranto.

The seminar was important for everyone, especially for the youth, as they got to know the proper meaning and framework of their fundamental duties & rights. Being a citizen of India, it is important for every individual to know about the basic and legal aspects of their duties & rights. It was quite an enriching & enlightening experience for the students. All the doubts and queries of the students and faculty members were cleared by the resource person.









राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

A Report on "Selfie with Tiranga" and "Har Ghar Tiranga" campaign organized by NSS CVS under the aegis of Azadi Ka Amrit Mahotsay

The NSS Unit of College of Vocational Studies organized "<u>Selfie with Tiranga</u>" and "<u>Har Ghar Tiranga" Campaign</u> (by virtually pining a flag) under the aegis of Azadi Ka Amrit Mahotsav from <u>5th - 15th August, 2022</u> with the objective to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence and to Instil the feeling of patriotism and acknowledge the journey of India in the last 75 years. Our relationship with the flag has always been more formal and institutional than personal. Bringing the flag home collectively as a nation in the 75th year of independence thus becomes symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. The volunteers and faculty members were asked to click the selfie with the flag and posted on website https://harghartiranga.com, Students also pinned the Flag on the website as per their geographical coordinates. The government also to promote the campaigns amended the Indian Flag Code to ensure easy availability of Indian National Flag, the amendments made were

- 1. Flexibility in Materials permitted for preparation of flags Polyester, Cotton, Wool, Silk and Khadi bunting material permitted.
- 2. Permitted Sizes: Length to Height (Width) Ratio of 3:2 to be maintained. No size restriction.
- 3. Machine Made Flags permitted in addition to Hand-made Flags.
- 4. A member of public, a private organization or an educational institution may hoist/display the National Flag on all days and occasion.

The ambitious Har Ghar Tiranga Campaign was being actively promoted by the entire volunteers of the NSS Unit of the college.

Link to view the photos:

https://drive.google.com/drive/folders/1pIDkTp78qMd2tpH5DKWBmaQNAXixzSXX Link to view the Certificates:

https://drive.google.com/drive/folders/1pRz_QYEWf8ZkBWG2b3ghPdFZSjmOazjl

Link to the Social media handle:

https://www.instagram.com/p/CmyK07oM18q/?igshid=MzRIODBiNWFIZA== https://www.instagram.com/p/CmyKhQjMED4/?igshid=MzRIODBiNWFIZA== https://www.instagram.com/p/CmyJxSEMoLj/?igshid=MzRIODBiNWFIZA==











The above images have been uploaded to the social media handle of the NSS CVS.

GLIMPSE OF THE AWARENESS DRIVE

























राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

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

A Report on "Covid-19 Vaccination Camp"

organized by

NSS CVS and Academic Supervisory Committee

in collaboration with the

IQAC

The National Service Scheme (NSS) and the Academic Supervisory Committee, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a Free COVID-19 Vaccination Camp for college students, teaching staff, and non-teaching staff. Local Health Authorities- DGD Chirag Delhi collaborated with the NSS Unit for this camp. The camp aimed to provide accessible vaccination against COVID-19 by offering both COVISHIELD and COVAXIN. vaccines for the first, second, and precautionary doses. The event was held on August 31, 2022 at Seminar Hall, Old Building. The vaccination camp commenced at 09:30 a.m. and continued till 04:15 p.m. Trained healthcare professionals administered the vaccines. All beneficiaries were required to follow the necessary COVID-19 protocols, including wearing masks, maintaining social distancing, and using hand sanitizers. The primary objective of the vaccination camp was to ensure a safer environment for the college community by increasing the vaccination rate and thereby minimizing the risk of COVID-19 transmission within the campus.

In order to ensure maximum results and extensive promotion of the campaign was carried out through various channels, including college websites, social media, and physical posters to maximize participation.

The vaccination camp was a resounding success, with a total of 180 beneficiaries receiving their COVID-19 vaccinations. Each beneficiary was requested to wait for 30 minutes in order to observe any effects. This event not only contributed to increasing the vaccination rate but also emphasized the significance of community health and collective responsibility in combating the COVID-19 pandemic. The continued efforts of such initiatives will play a crucial role in achieving broader vaccination coverage and ultimately controlling the spread of COVID-19. The collaboration between educational institutions and health authorities exemplifies the potential for effective community-driven healthcare initiatives.

The Free COVID-19 Vaccination Camp organized by the National Service Scheme and the Academic Supervisory Committee in collaboration with IQAC under the able guidance Professor Ajay Jaiswal, OSD/Principal; Dr. Ashis Taru Deb, Programme Officer, NSS CVS; Dr. Shalini Singhal, Convenor of the Academic Supervisory Committee, and Dr. Anu Satyal, Coordinator, IQAC, was a commendable initiative to promote a safer environment within the college community. By providing access to both Covishield and Covaxin vaccines for first, second, and precautionary doses, a total of 180 beneficiaries were successfully vaccinated.



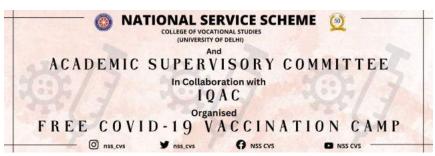






Link to the Social media handle:

https://www.instagram.com/p/CmyPoK2MpzK/?igshid=MzRIODBiNWFIZA==
https://www.instagram.com/p/CmyPMGDMSHR/?igshid=MzRIODBiNWFIZA==
https://www.instagram.com/p/CmyO5Z2s9Dd/?igshid=MzRIODBiNWFIZA==



The image depicts the poster that has been uploaded on social media of NSS CVS.



The above poster was uploaded on the college website.









GLIMPSE OF THE VACCINATION CAMP



The above images depict vaccination being administered to the beneficiaries











The above images represent the students and faculty getting themselves registered for the vaccination and waiting for their turn to get vaccinated.





















RECORD SHEETS

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Attendance sheet for COVID-19 Vaccination held on 31.08.2022

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Triveni (Sheikh Sarai) Phase-II, New Delhi-110017, India Tel.: +91-11-29258544 Email: cvs_1972@yahoo.com













S. No.	Roll No.	Name of Student	Signature
38.	2420 MMRB 106	Harsh Bansal	Sow Pu 5
39.	2K20/mmxB)24	Divyon	
40.	2×21/EC/36	Sandlya	Sondlys
41.	2×20/0m/62	Payal	Payal
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47.	2K20/EN/28	Khushi Gupta	Khushi
48.	2×20/CS/42	Rishabh	Pries
		Kapil	Kapiz
	2x20/0m/108	Shivani	Shivani.
51.	2100/mm/41	Periyanshu Tanwar	Paul
52.	2×21/05/100	Saumya Jitendra Kumar Prakhar Tara	Myadar
53.	2×20/HS/23	Jitendra Kumar	Contract Cong
54.	2 × 21/SME/50	Perakhar Torol	Bakhar Laria
55.	2421/05/83	Priyansky Kumare	(Duyonan)
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14.	Vishal Modi Accounts dept	(fished)
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94.	2K21/EC/65	Cakshi	yours.
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96.	2K20/E(81	Ayush Gupta	Ayush
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98	2K21/EN/31	Caloni	Salow
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राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

Event Report No.: NSS/CVS/2022-23/ER/02

A Report on

"Indian Swachhta League"

The NSS (National Service Scheme) unit of the College of Vocational Studies, University of Delhi, actively participated in the Indian Swachhta League organised by the Ministry of Housing and Urban Affairs on **September 17, 2022.** The league aimed to engage and mobilise youth volunteers in the nationwide cleanliness and sustainability drive, promoting a cleaner and greener India. The participation involved registering volunteers on the MyGov platform and showcasing various ecofriendly items at the exhibition. Additionally, the NSS CVS organised several events, such as the Nukkad Natak, puppet show, and debate, promoting the importance of cleanliness and environmental awareness.

Registration on MyGov:

The NSS unit encouraged students and volunteers to register on the MyGov platform to actively participate in the Indian Swachhta League. By doing so, they joined a community of like-minded individuals committed to contributing to the nation's cleanliness and sustainability goals.

Exhibition of Eco-Friendly Items:

As part of the Indian Swachhta League, an exhibition was organised to showcase eco-friendly items. The NSS CVS actively participated in this exhibition, displaying a wide range of environmentally friendly products and materials. These items included reusable bags, compostable cutlery, biodegradable stationery, and more. The aim was to promote the use of sustainable products and reduce the reliance on single-use plastics and non-biodegradable materials.

Nukkad Natak (Street Play):

The NSS CVS organised a Nukkad Natak, or street play, as part of the Indian Swachhta League activities. The street play focused on raising awareness about waste management, sanitation, and the importance of maintaining a clean environment. Through engaging performances, the NSS volunteers effectively conveyed the message of responsible waste disposal, recycling, and the impact of individual actions on the overall cleanliness of the surroundings.

Puppet Show:

A puppet show was also organized by the NSS unit during the Indian Swachhta League event. The puppet show targeted a younger audience and creatively communicated the significance of cleanliness and hygiene in an entertaining and accessible manner. By using storytelling through puppets, the NSS CVS aimed to instill a sense of responsibility towards the environment among children and inspire them to adopt sustainable practices in their daily lives.

Debate:

In addition to artistic performances, the NSS unit hosted a debate on relevant topics related to cleanliness, waste management, and environmental sustainability. The debate provided a platform for students to express their opinions, exchange ideas, and propose innovative solutions to address the









challenges associated with maintaining a clean and eco-friendly environment. This event encouraged critical thinking and fostered a sense of leadership and involvement among the participants.

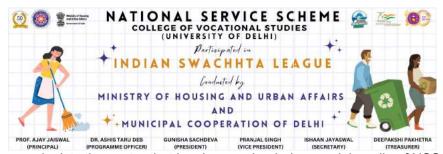
Conclusion:

The participation of the NSS Unit of the College of Vocational Studies, University of Delhi, in the Indian Swachhta League 2022 was a resounding success. The registration of youth volunteers on MyGov showcased the commitment of the college's community towards a cleaner India. The exhibition of eco-friendly items promoted sustainable alternatives and encouraged responsible consumption habits. The Nukkad Natak, Puppet Show, and Debate organised by the NSS CVS effectively disseminated the message of cleanliness and environmental consciousness among diverse audiences. Overall, the active engagement of the NSS unit contributed significantly to the success of the Indian Swachhta League and furthered the cause of a greener and cleaner nation.

Finally, it all came to an end with the clicking of pictures of the whole team, followed by last-minute campaigning accompanied by slogan raising like "Ek Kadam Swachhata ki Aur" and many more.

Link to Social Media Handles:

https://www.instagram.com/p/CmyfuGhsh24/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/CmyfPzJsDmo/?igshid=MzRlODBiNWFlZA=https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyd3sTMReJ/?igshid=MzRlODBiNWFlZA==https://www.instagram.com/p/Cmyday=htt



The image depicts the poster that has been uploaded on social media of NSS CVS.









GLIMPSE OF THE LEAGUE



The image depicts the exhibition of Environment Friendly, Best out of Waste Products, and Recycled Products.



The above image illustrates the poster displayed in the exhibition which is used for carrying out extensive awareness drives.











The images show the Debate Session organised by NSS CVS volunteers on the topic Plastic is boon or bane.











The above image depicts the visit of Honourable Deputy Commissioner, South Zone, Municipal Corporation of Delhi, Dr. Ankita Chakravarty Ma'am, IAS, to each stall in exhibition.











The above image depicts interaction of Honourable Deputy Commissioner and Assistant Commissioner with NSS Volunteers.



Free Health Check-up camp in the League.























Group photographs of NSS Volunteers with Honourable Deputy Commissioner.









राष्ट्रीय सेवा योजना कॉलेज ऑफ वोकेशनल स्टडीज दिल्ली विश्वविद्यालय

NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

Event Report No.: NSS/CVS/2022-23/ER/02

A Report on

"Free Health Check-up Camp"

organized by

NSS CVS on the occasion of NSS Day'2022

The National Service Scheme unit of College of Vocational Studies under the able guidance of Hon'ble Principal/O.S.D. Prof. Ajay Jaiswal and Respected Programme Officer Dr. Ashis Taru Deb celebrated NSS Day by organizing a Free Health Check-Up Camp on 22nd September, 2022 in Committee Room, college campus. The event aimed to promote health awareness and provide valuable healthcare services to both students and faculty members. The camp included free check-ups for blood pressure, blood sugar, skin, eye, and dental health. This report highlights the key activities and outcomes of this significant event.

Health Check-Up Stations:

The camp featured multiple health check-up stations, each dedicated to a specific aspect of health:

- a. Blood Pressure Check-Up: A team of qualified medical professionals conducted blood pressure checks for all participants. High blood pressure cases were advised on lifestyle changes and potential medical consultation.
- b. Blood Sugar Check-Up: A dedicated area for blood sugar tests was set up. The tests helped in identifying individuals at risk of diabetes or those requiring further evaluation.
- c. Skin Check-Up: Dermatologists and skin specialists were available to examine skin conditions, provide skincare advice, and address concerns related to various skin issues.
- d. Eye Check-Up: Optometrists conducted comprehensive eye examinations, offering prescriptions and advice on eye care and vision correction.
- e. Dental Check-Up: Dentists provided oral health assessments, dental hygiene tips, and recommendations for any necessary dental procedures.

Awareness Campaigns:

In addition to the check-up stations, the NSS unit organized informative sessions and awareness campaigns on various health-related topics, such as nutrition, hygiene, and the importance of regular check-ups.









Participation:

The Free Health Check-Up Camp witnessed an overwhelming response from both students and faculty members. The event was open to all, and participants took advantage of the opportunity to assess their health status.

Outcomes and Impact:

The Free Health Check-Up Camp organized by the NSS unit of College of Vocational Studies had a significant impact on the college community:

Early Detection: Several cases of hypertension, high blood sugar, and dental issues were detected at an early stage, enabling timely intervention and treatment.

Health Awareness: The camp served as a platform to raise awareness about the importance of regular health check-ups and preventive healthcare measures.

Accessible Healthcare: The event ensured that healthcare services were easily accessible to all members of the college community, regardless of their economic background.

Positive Feedback: Participants expressed their appreciation for the initiative, and many indicated a newfound commitment to prioritize their health.

Conclusion:

The Free Health Check-Up Camp organized by the NSS unit of College of Vocational Studies as part of NSS Day celebrations was a resounding success. It not only provided essential healthcare services but also promoted health awareness and encouraged individuals to take proactive steps towards a healthier lifestyle. The event exemplified the NSS unit's commitment to community service and its dedication to the well-being of the college community.









GLIMPSE OF THE LEAGUE

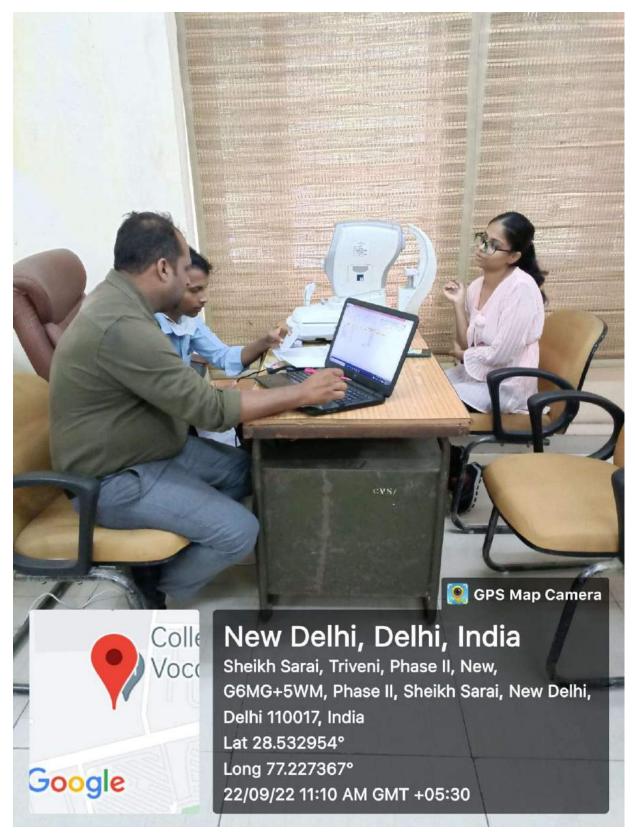


















































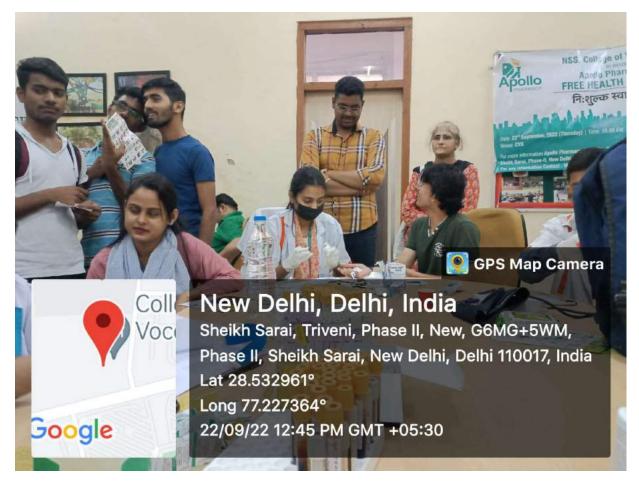








































NATIONAL SERVICE SCHEME COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI

NATIONAL SERVICE SCHEME ANNUAL REPORT 2022-2023

Dr. Ashis Taru Deb - Programme Officer

Ms. Gunisha Sachdeva - President

Mr. Pranjal Kumar Singh - Vice President

Mr. Ishaan Jayaswal - Secretary Ms. Deepakshi Pakhetra - Treasurer

Name of the activity	Organising unit/	Theme/ Special	Year of the activity	Number of students	Drive Link of the Activity
	agency/ collaborating	Occasion		participated in such	Report.
	agency			activities	
Physical Yoga Day Session					https://drive.google.com/
Event Report No.:	National Service				drive/folders/1zPGN4o1ksi
NSSCVSDU/2022-23/ER/01	Scheme	International Yoga Day	21/06/2022	25	4Mt0lTsxizZ0uhTR8tElz8
Awareness Drive for Ban on					https://drive.google.com/
Single-Use Plastic					drive/folders/1zPGN4o1ksi
Event Report No.:	National Service			11/07/2022 - 37	4Mt0lTsxizZ0uhTR8tEIz8
NSSCVSDU/2022-23/ER/02	Scheme	-	12/07/2022	12/07/2022 - 28	
Seminar on Social					https://drive.google.com/
Significance of Fundamental					drive/folders/1zPGN4o1ksi
Rights and Fundamental	National Service				4Mt0lTsxizZ0uhTR8tEIz8
Duties.	Scheme				
Event Report No.:	in association with				
NSSCVSDU/2022-23/ER/03	DLSA (South)	-	21/07/2022	59	









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Selfie with Tiranga Event Report No.: NSSCVSDU/2022-23/ER/04	National Service Scheme	Har Ghar Tiranga	14/08/2022	105	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZOuhTR8tEIz8
Covid-19 Vaccination Camp Event Report No.: NSSCVSDU/2022-23/ER/05	National Service Scheme	-	31/08/2023	180 Beneficiaries	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
Indian Swachhta League Event Report No.: NSSCVSDU/2022-23/ER/06	National Service Scheme, in association with Ministry of Housing and Urban Affairs, and Municipal Corporation of Delhi	Swachh Amrit Mahotsav	17/09/2022	31	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
Free Health Camp Event Report No.: NSSCVSDU/2022-23/ER/07	National Service Scheme	NSS Day	22/09/2022	31	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
Diwali Mela Event Report No.: NSSCVSDU/2022-23/ER/08	National Service Scheme	-	17/10/2022	63	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZOuhTR8tEIz8
Deepotsav Event Report No.: NSSCVSDU/2022-23/ER/09	National Service Scheme, IGNCA, Hindustan Samachar, and Ministry of Culture	Panch Pran for Azadi ka Amrit Kaal	20/10/2022 21/10/2022 22/10/2022	2	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tElz8
Plogging Drive Event Report No.: NSSCVSDU/2022-23/ER/10	National Service Scheme	National Unity Day	31/10/2022	17	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tElz8



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NATIONAL SERVICE SCHEME कॉलेज ऑफ वोकेशनल स्टडीज **COLLEGE OF VOCATIONAL STUDIES UNIVERSITY OF DELHI**

Visit to National War					https://drive.google.com/
Memorial, and Organising					drive/folders/1zPGN4o1ks
Cleanliness Drive	 National Service				4Mt0lTsxizZ0uhTR8tEIz8
Event Report No.:		A	45 /04 /2022	27	
	Scheme	Army Day	15/01/2023	37	
Registration Camp to					https://drive.google.com/
become Registered Voters	Notice of Contract				drive/folders/1zPGN4o1ksi
Event Report No.:	National Service		/ /		4Mt0lTsxizZ0uhTR8tElz8
NSSCVSDU/2022-23/ER/12	Scheme	National Voters Day	25/01/2023	30	
	National Service				https://drive.google.com/
Plogging Drive	Scheme, in association				drive/folders/1zPGN4o1ksi
Event Report No.:	with MCD, City SP				4Mt0lTsxizZ0uhTR8tElz8
· · · · · · · · · · · · · · · · · · ·	Zone.	-	04/02/2023	28	
Launch of Electoral Literacy					https://drive.google.com/
Club			22/02/2023 vide		drive/folders/1zPGN4o1ksi
Event Report No.:	National Service		Diary No.		4Mt0lTsxizZ0uhTR8tElz8
	Scheme	-	CVS/2023/1448	-	
Paint a Bag, to promote use					https://drive.google.com/
of Cloth Bag at MCD School,					drive/folders/1zPGN4o1ksi
MMTC Colony, School					4Mt0lTsxizZ0uhTR8tElz8
Adopted by NSS CVS					
Event Report No.:	National Service				
NSSCVSDU/2022-23/ER/15	Scheme	-	01/03/2023	26	
	National Service				https://drive.google.com/
Participated in National	Scheme				drive/folders/1zPGN4o1ksi
Youth Conclave	Organised by National				4Mt0lTsxizZ0uhTR8tEIz8
	Institute of Urban		13/03/2023		
Event Report No.: NSSCVSDU/2022-23/ER/16	Affairs,	Youth Summit	14/03/2023	4	
14000 4 3D0/2022-23/ER/10	/ \(\tai\)	Todai Sailiili	17/03/2023	7	









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	Ministry of Housing and Urban Affairs, and Ministry of Youth Affairs and Sports.				
Paint a Bag, on theme Water Conservation and Cleanliness Drive at Bank of River Yamuna, Sonia Vihar. Event Report No.: NSSCVSDU/2022-23/ER/17	National Service Scheme	World Water Day	21/03/2023 22/03/2023	21/03/2023 - 37 volunteers. 22/03/2023 - 22 Volunteers.	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tElz8
Paint a Bag activity, to promote use of Cloth Bag, at at Vasant Kunj. Event Report No.: NSSCVSDU/2022-23/ER/18	National Service Scheme, in association with MCD, South Zone.	,	08/04/2023	25	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZOuhTR8tEIz8
Self Defence Workshop Event Report No.: NSSCVSDU/2022-23/ER/19	National Service Scheme, and Women Development Cell in collaboration with Delhi Police.	-	19/04/2023	38	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8



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Paint a Bag Activity at MCD School, G Block, Saket Event Report No.: NSSCVSDU/2022-23/ER/20	National Service Scheme, in association with MCD, South Zone, and Why Waste Wednesdays Foundation.	-	01/05/2023	29	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
E-Waste Collection Drive Event Report No.: NSSCVSDU/2022-23/ER/21	National Service Scheme	-	09/05/2023	12	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
National Campaign: - Meri LiFE, Mera Swachh Shehar Event Report No.: NSSCVSDU/2022-23/ER/22	National Service Scheme, in association with New Delhi Municipal Council.		19/05/2023 to 05/06/2023	20	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8
Physical Yoga Session Event Report No.: NSSCVSDU/2022-23/ER/23	National Service Scheme	International Yoga Day	21/06/2023	Students – 20. Teaching and Non- Teaching Staff – 25.	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZOuhTR8tEIz8
Collection Drive for Discarded Items Event Report No.: NSSCVSDU/2022-23/ER/24	National Service Scheme	-	28/06/2023	12	https://drive.google.com/ drive/folders/1zPGN4o1ksi 4Mt0lTsxizZ0uhTR8tEIz8







कॉलेज ऑफ वोकेशनल स्टडीज College of Vocational Studies

(दिल्ली विश्वविद्यालय) (University of Delhi)

संदर्भ संख्या Ref. No. CVS

दिनांक Dated

This is to certify that the activity report (Department/Society/Unit) for the academic year 2022-2023 has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Dr. Anu Satyal

Coordinator, IQAC

College of Vocational Studies

Prof. Inder Jeet Dagar

place

Principal

College of Vocational Studies

Principal

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