

NSS UNIT: LADY IRWIN COLLEGE

Delhi University



1. INTERNATIONAL YOGA DAY



Date- 21 June 2020

Time- 8:00a.m. To 9:00a.m.

Venue- Google Meet, Instagram, Whatsapp

No. Of Participants- 68



A webinar was conducted which was enlightened by the appearance of yoga facilitators of LIC – Yashmita , Gayatri and Mrs. Sudesh Kumari, a trained Yoga teacher. The NSS Unit made a very informative video including various yoga asanas. Bingo was also made to be played by Students and Teachers on online platforms to share basic and important information about yoga.

2. WORLD YOUTH SKILLS DAY



Date –16 July 2020

Time- 16th July To 20th July

Venue- Instagram

No. Of Participants- 18



Our NSS Unit conducted My Quarantine Story under which we asked the participants to share their skills that they learned during quarantine to get featured on our Instagram handle.

3. WORLD NATURE CONSERVATION DAY



Date – 25th July 2020

Time – 1 Day

Venue- Instagram, Whatsapp and Facebook

No. Of participants- 25



Our NSS Unit conducted #timetoconserve activity to spread awareness about conserving nature. We asked the participants to post a story or any video/photo using the Hashtag (#)timetoconserve to depict their gesture towards conserving nature. We also asked them to take a pledge for nature conservation.

4. INTERNATIONAL YOUTH DAY

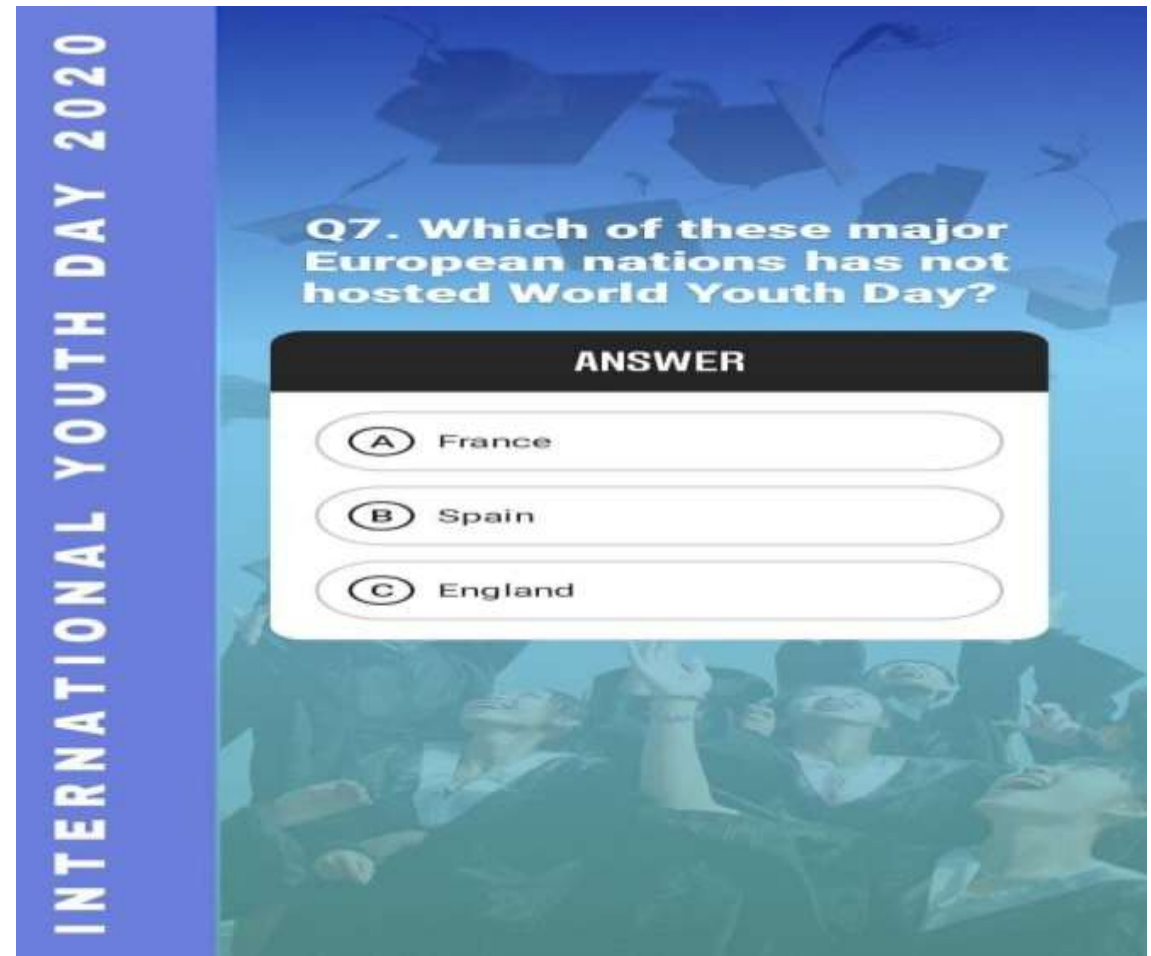


Date – 12th August 2020

Time- 1 Day

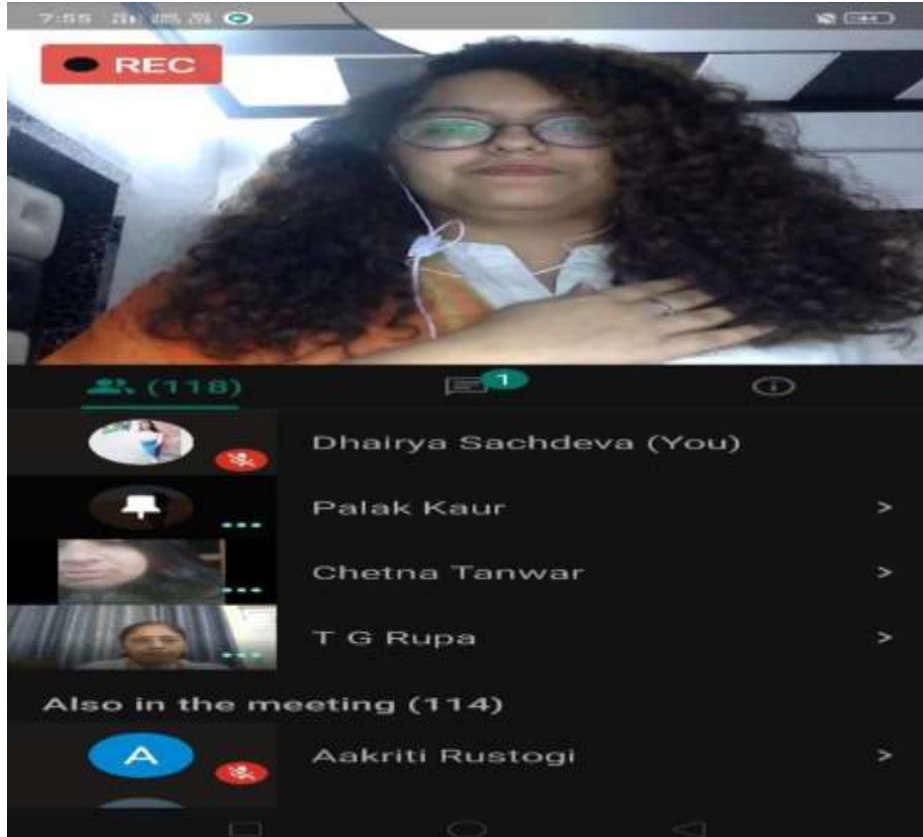
Venue- Instagram, Facebook

No. Of participants- 100



We conducted a quiz through the Instagram stories to encourage our youth to become a right mix of skills to thrive. All the questions were related to the topic "International Youth Day." Though it was in a virtual mode, students participated enthusiastically.

5. INDEPENDENCE DAY



Date –15th August 2020

Time- 1 Day

Venue- Google Meet

No. Of participants- 118



Amidst the Global Pandemic, 74th Independence Day of India was celebrated virtually with great enthusiasm. DR. Anupa Siddhu followed by DR. Aparna Khanna enlightened the event by their words. Pledge Ceremony was conducted, in which pledge was recited by Ms. Palak Kaur, the Secretary of NSS Unit of Lady Irwin College. All the students stood at their places, in front of the camera and joined in for the pledge.

6. SWACHHATA PAKHWADA



Actives conducted under Swachta Pakhwada 2020 are:

- PLANTATION DRIVE (17-18TH August): participants were asked to upload a picture of them planting their saplings using hashtag (#)plantasapling.
- PHOTOGRAPHY COMPETITION (19-20TH August 2020): Participants were asked to submit a photograph on the theme "Cleanliness is next to godliness"
- ANECDOTES (21-22ND August 2020): Participants were asked to record a video telling ' What Swachhta means to you' or ' A story around Swachhta.
- CROSSWORD(23RD August 2020): A crossword was uploaded on the story, and participants were asked to take a screenshot of the story and then find 10 words where one word had one point each
- VIRTUAL RALLY(24-25TH August 2020): NSS volunteers made a video spreading the word on cleanliness and encouraged others also to come forward and spread their word and send it to the NSS page.
- SANITISATION DRIVE(26TH August 2020): Participants were asked to upload a picture, video, or boomerang while sanitizing their home or surroundings on their story and nominate 3 others to participate in the drive.
- PLEDGE CAMPAIGN (27TH August 2020): Participants were asked to take a pledge while placing their right hand on their hearts and recite or write.

Date- 17th August 2020 to 27th August 2020

Time- 11 Days

Venue- Instagram, Facebook, Whatsapp and G-mail

No. Of participants- 127

7. FIT INDIA MOVEMENT



Date- 12th September 2020 To 19th September 2020

Time- 8 Days

Venue- Instagram, Whatsapp and Facebook

No. Of participants- 100



Our NSS Unit organized Fit India movement to encourage people to include physical activities and sports in their everyday lives. A plethora of activities were conducted under the Campaign of fit India movement:

- A). PLANK EXERCISE: One minute plank challenge was to record a video doing “Plank Exercise” for one minute.
- B). TREE POSE YOGA: In this challenge the participant has to record a video doing “Tree Yoga Pose” for 30 seconds.
- C). HEALTHY RECIPE COMPETITION: In this the participant has to share one best picture of your dish and submit recipe in word document.
- D). 20-20 challenge: In this the participant has to record a video doing “20 skips in 20 seconds”.
- E). ZUMBA FUN: In this the participant has to record a video doing “Zumba Dance” on your favorite song and share it to any NSS social media platform.
- F). BRAINSTORMING GAME: questions of brainstorming game were uploaded on the WhatsApp group of NSS and there was a time limit in which one minute was given for each question and there was no negative marking.

8. 51st NSS DAY



Date - 24 September, 2020

Time- 24th September 2020 to 30th September 2020

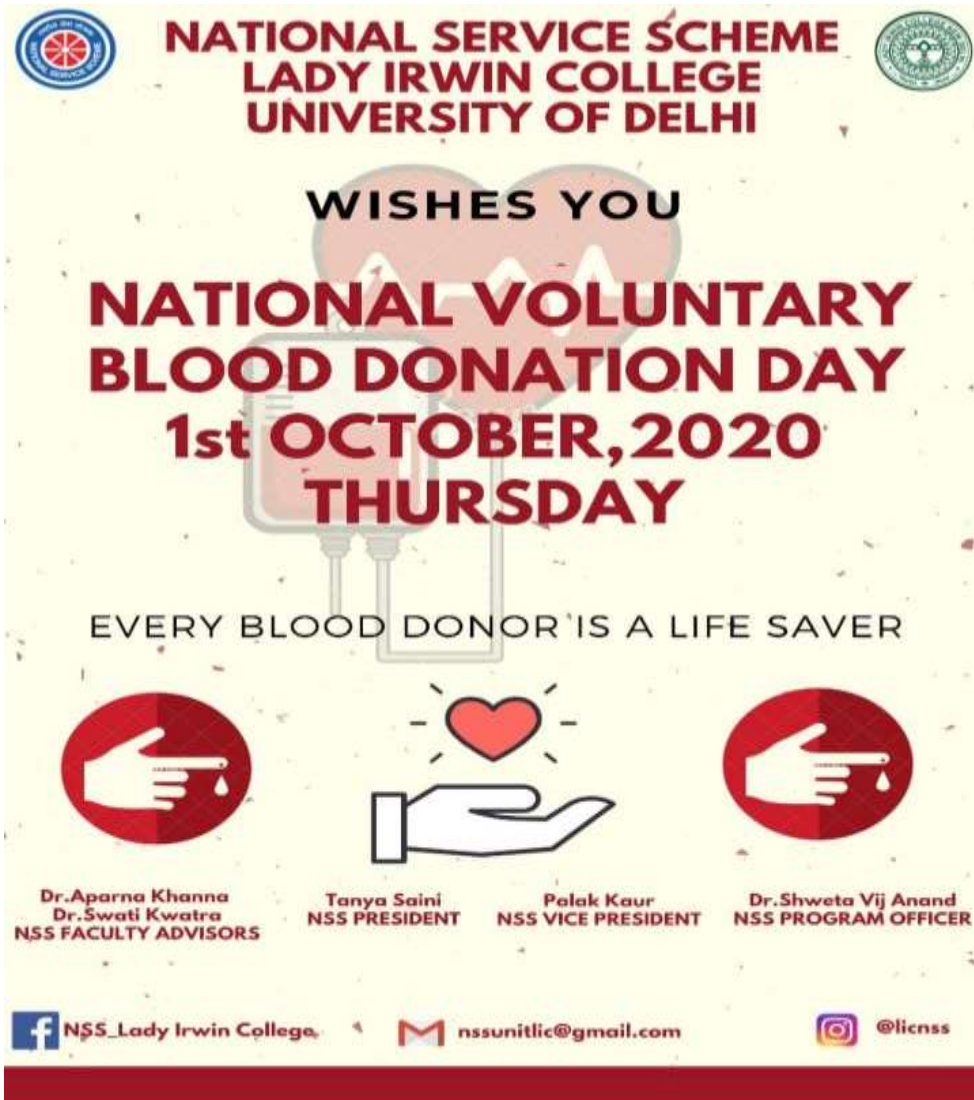
Venue – Google Meet

No. Of participants- 20



NSS Center of University of Delhi invited the NSS Unit of Lady Irwin College to present a presentation on Gandhian Values. On our turn, the NSS staff advisor Ms. Shweta Vij Anand introduced the Unit of the College. Then the volunteers presented the presentation on Gandhian Values. Apart from this, Essay Writing Competition and Digital Poster Making Competition were also organised.

9. NATIONAL VOLUNTARY BLOOD DONATION DAY



The poster is for National Voluntary Blood Donation Day, held on 1st October 2020 at Lady Irwin College, University of Delhi. It features a central graphic of a blood bag with a heart and a hand holding a heart. The text is in red and black. Logos of the NSS and the college are in the top corners. Social media handles and contact information are at the bottom.

**NATIONAL SERVICE SCHEME
LADY IRWIN COLLEGE
UNIVERSITY OF DELHI**

WISHES YOU

**NATIONAL VOLUNTARY
BLOOD DONATION DAY
1st OCTOBER, 2020
THURSDAY**

EVERY BLOOD DONOR IS A LIFE SAVER

**Dr. Aparna Khanna
Dr. Swati Kwatra
NSS FACULTY ADVISORS**

**Tanya Saini
NSS PRESIDENT**

**Palak Kaur
NSS VICE PRESIDENT**

**Dr. Shweta Vij Anand
NSS PROGRAM OFFICER**

f NSS_Lady Irwin College

M nssunitlic@gmail.com

@licnss

Date – 1st October 2020

Time – 1 Day

Venue – Instagram, Whatsapp, Facebook.

No. Of participants- 120

Our NSS Volunteers highlighted the needs and importance of blood and blood donation in the life of an individual through an Instagram post. Eligibility of people who can/can't donate blood and misconceptions related to blood donation was cleared. We also shared the helpline numbers of some Blood Donation Centres.

10. Gandhi Jayanti Celebration



Date: 2nd October 2020

Time: 12 PM onwards

Venue: Instagram

No. of students participated: 28

The NSS Unit of Lady Irwin College conducted an Instagram Story Quiz which consists of questions on the theme Vocal For Local. In this Quiz, students responded actively and enthusiastically.

11. BREAST CANCER AWARENESS MONTH

**NATIONAL SERVICE SCHEME UNIT
LADY IRWIN COLLEGE
UNIVERSITY OF DELHI**

BREAST SELF-EXAM: THE FIVE STEPS

STEP 1: BEGIN BY LOOKING AT YOUR BREASTS IN THE MIRROR WITH YOUR SHOULDERS STRAIGHT AND YOUR ARMS ON YOUR HIPS.

IF YOU SEE ANY OF THE FOLLOWING CHANGES, BRING THEM TO YOUR DOCTOR'S ATTENTION:

- DIMPLING, PUCKERING, OR BULGING OF THE SKIN
- A NIPPLE THAT HAS CHANGED POSITION OR AN INVERTED NIPPLE (PUSHED INWARD INSTEAD OF STICKING OUT)
- REDNESS, SORENESS, RASH OR SWELLING

STEP 2: NOW, RAISE YOUR ARMS AND LOOK FOR THE SAME CHANGES.

STEP 3: WHILE YOU'RE AT THE MIRROR, LOOK FOR ANY SIGNS OF FLUID COMING OUT OF ONE OR BOTH NIPPLES (THIS COULD BE A WATERY, MILKY OR YELLOW FLUID OR BLOOD).

NEXT, LIE DOWN ON YOUR BACK AND KEEP YOUR FINGERS FLAT AND TOGETHER, THEN FINALLY MOVE YOUR FINGERTIPS AROUND YOUR BREAST IN A CIRCULATION MOTION. USE YOUR RIGHT HAND FOR YOUR LEFT BREAST AND LEFT HAND FOR YOUR RIGHT BREAST. COVER THE ENTIRE PORTION OF YOUR BREASTS, STARTING FROM THE NIPPLE THEN MOVING TO THE OUTER EDGE OF YOUR BREAST. MOVE YOUR FINGERS VERTICALLY ON YOUR BREASTS.

BE SURE TO FEEL ALL THE TISSUE OF YOUR BREAST. USE LIGHT PRESSURE FOR TISSUE BENEATH, MEDIUM PRESSURE FOR THE TISSUE IN THE MIDDLE OF THE BREAST, AND FIRM PRESSURE FOR THE DEEP TISSUE IN THE BACK.

STEP 5: FINALLY, FEEL YOUR BREASTS WHILE YOU ARE STANDING OR SITTING. MANY WOMEN FIND THAT THE EASIEST WAY TO FEEL THEIR BREASTS IS WHEN THEIR SKIN IS WET AND SLIPPERY, SO THEY LIKE TO DO THIS STEP IN THE SHOWER. COVER YOUR ENTIRE BREAST, USING THE SAME HAND MOVEMENTS DESCRIBED IN STEP 4.

SOURCE OF INFORMATION:
https://www.breastcancer.org/symptoms/testing/types/self_exam

DR. APARNA KHANNA
DR. SWATI KWATRA
NSS FACULTY ADVISORS

PALAK KAUR
NSS PRESIDENT

SHARMA SINGH
NSS VICE PRESIDENT

DR. SHWETA VIJ AHAND
NSS PROGRAM OFFICER

NSS - Lady Irwin College
NSSUNITLIC@gmail.com

**National Service Scheme Unit
Lady Irwin College
University of Delhi**

presents

**Steps Of
Breast Self Exam
for
Breast Cancer
Awareness Month**

October

Date – 24th October 2020

Time – 3 Days

Venue – Instagram, Whatsapp, Facebook.

No. Of participants- 110

The NSS Unit of Lady Irwin College presented a myth buster series related to Breast cancer to aware people of breast cancer and its precautions. Steps of the Breast Self Exam were also shared on different social media platforms to help people in self-examining if there are symptoms of breast cancer in them.

12. VIGILANCE AWARENESS WEEK

1. Vigilance of everyone brings safety to all,
Untidiness of anyone brings danger to all.
~ Meghshree Mathpal
B.Sc. Home Science Pass, 2nd year
Lady Irwin College
2. 'देश को आत्मनिर्भर, समृद्ध व सुचारु बनाना
कर्तव्य है हमारा।
कान, आँख और दिमाग खोलकर
सतर्क रहना
उद्देश्य है हमारा।'
~ Gurleen Kaur
B.Sc. Home Science Pass, 2nd year
Lady Irwin College
3. Corruption is just like a spoonful of sugar which dissolves into the whole crowd.
Fulfilling the promise of their wicked deeds,
They say they will change the whole country...
~ Hiral Kapoor
B.Sc. Home Science Pass, 2nd year
Lady Irwin College
4. भ्रष्टाचार का करें वादा,
कहते हैं वे उनका नहीं है यह इरादा।
~ हीरल कपूर
B.Sc. Home Science Pass, 2nd year
Lady Irwin College

Date – 27th October 2020 to 2nd November 2020

Time – 7 Days

Venue: Instagram, Whatsapp and Facebook

Attended by :

No. Of students participated: 303



NSS Unit collaborated with the Eternal Phase: the literary society of Lady Irwin College. Slogan writing competition was held on the topic 'Vigilant India, Prosperous India', in which entries were accepted via emails in English and Hindi. Pledge had also been taken to by the participants to make India corruption-free. People participated in this through a virtual platform "padlet".

13. ECO FRIENDLY GHARWALI DIWALI



NSS Unit of Lady Irwin College collaborated with the Eco Club of Lady Irwin. Participants were asked to share their plans to celebrate 'Diwali 2020' in an eco-friendly way, without burning crackers, without harming the environment, and following all covid - 19 precautionary measures. So many wonderful entries with some beautiful pictures were received.

Date – 8th November 2020 to 12th November
Time- 5 Days

Venue – Email ids of NSS Unit and Eco Club

No. Of students participated- 38

14. COVID-19 PRECAUTIONARY MEASURES ON DIWALI



Date- 13th November 2020

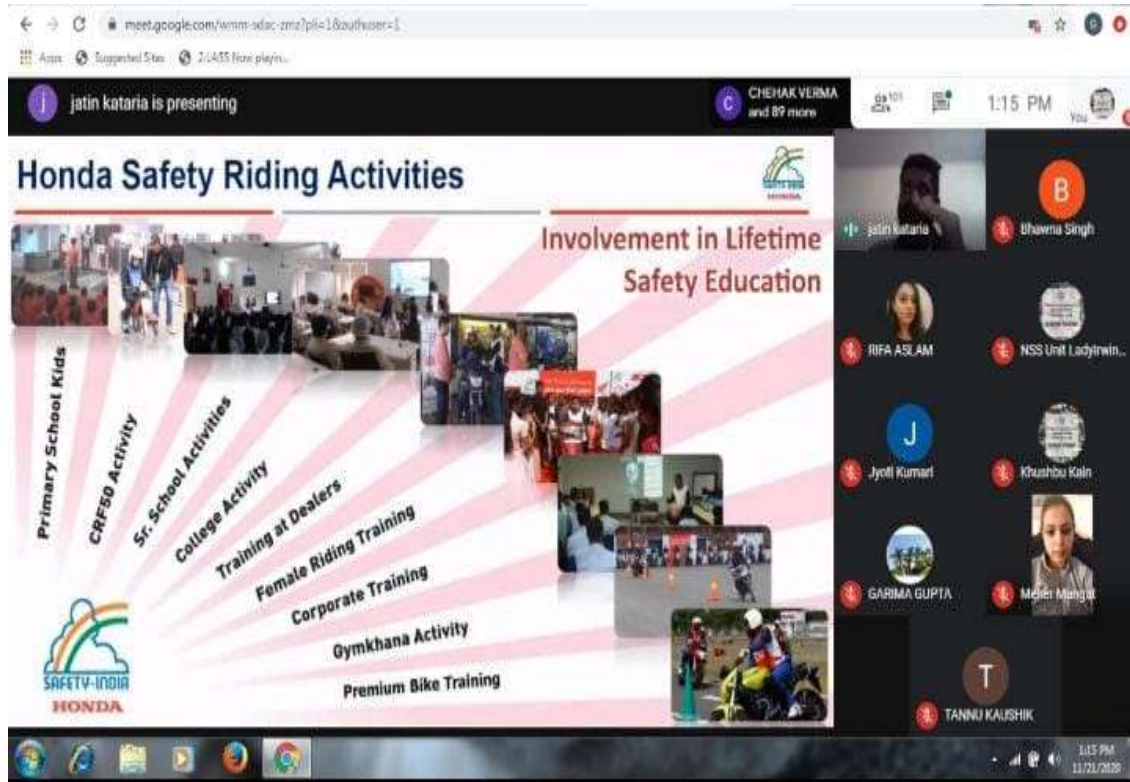
Time- 1 Day

Venue- Instagram

No. Of participants- 130

On the occasion of Diwali we presented an Instagram video to urge people to celebrate Diwali in an eco-friendly way, avoiding firecrackers and also keeping in mind to follow COVID-19 precautionary measures as it was increasing day by day. We requested them to stay at home, maintain social distancing and follow the Covid-19 guidelines.

15. ROAD SAFETY AWARENESS WEBINAR



Date: 21st November 2021

Time: 2 hours

Venue: Google Meet

No. Of students who participated: 100

The NSS Unit of Lady Irwin College collaborated with Honda Motors. Welcome speech was given by Ms. Bhawna Singh, the Vice President of the NSS Unit of Lady Irwin College. The guest speaker, Mr. Jatin Kataria briefed the students about the rules of the road and wise ride practices. He also emphasized the importance of road signs and boards. It was an interactive session and students participated very enthusiastically. All the doubts and queries were taken and answered. The vote of thanks was given by Ms. Palak Kaur, the president of the NSS Unit of Lady Irwin College.

16. KEEPING THE CREATIVE JUICES FLOWING AT HOME



Date – 27th November 2020

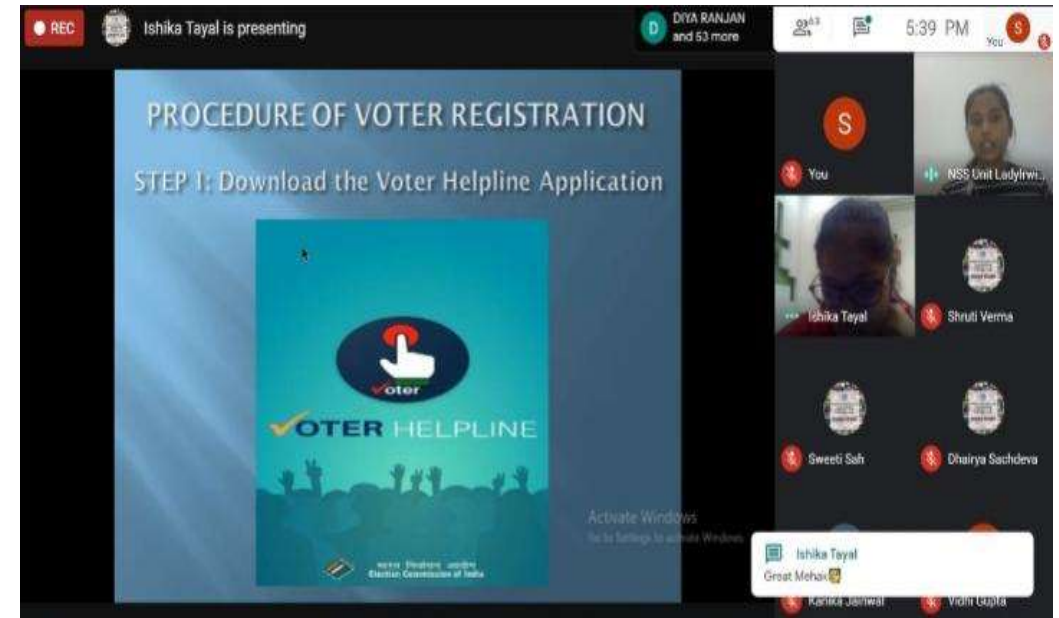
Time – 1 Day

Venue – Instagram

No. Of participants- 110

The NSS Unit of Lady Irwin College presented 'Keeping the Creative Juices Flowing at Home' to urge people to be at home, stay safe and healthy. We requested them not to go out of their home until necessary as Coronavirus positive cases in India continued to rise daily despite implementation of social distancing measures and extension of nationwide lockdown. We also suggested them to indulge in some kind of activity to give priority to health and requested them to follow Covid-19 precautionary measures.

17. VOTER REGISTRATION SESSION



Date- 9th December 2020

Time- 1 Day

Venue- Instagram

No. Of participants- 100

- We organized a Voter Registration Campaign in which a registration form was provided to book the seat in order to ensure that everyone above 18 years of age register themselves to vote and their name to be added in Electoral List. They were asked to come up with the required documents like Aadhar Card, Adress Proof, Age Proof and Passport size photograph.
- The NSS team briefed the students about the procedure of voter registration in online mode with the help of PowerPoint Presentation.
- It was an interactive session and students participated very enthusiastically. All the doubts and queries were taken and answered.

18. CERVICAL CANCER AWARENESS WEBINAR

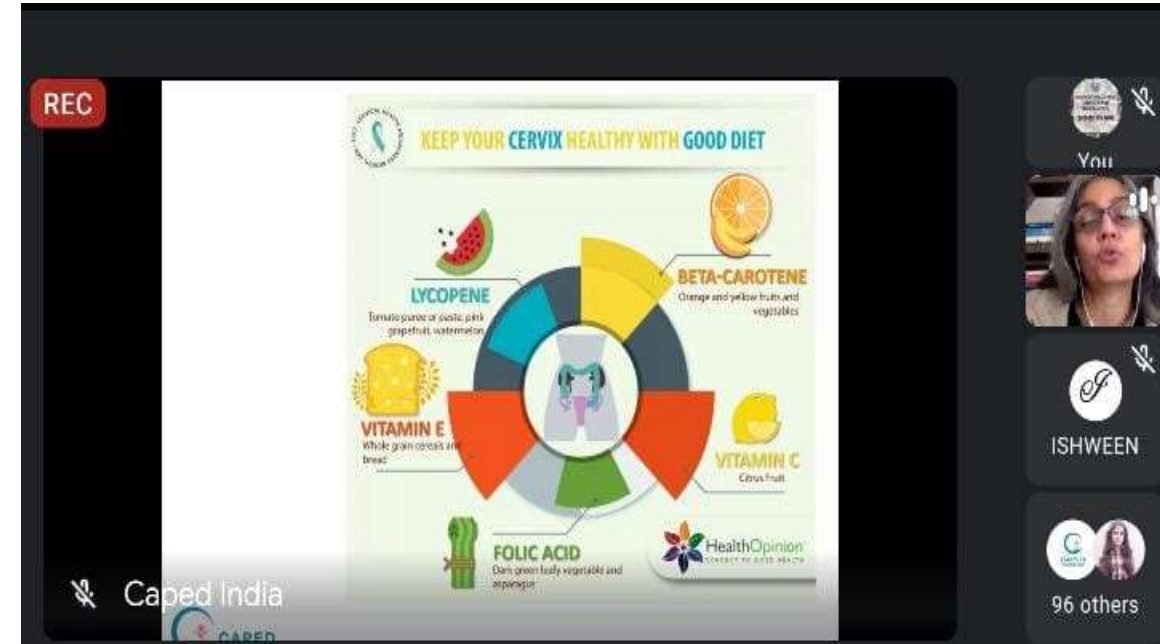


Date- 16th January 2021

Time- 1:30 Hours

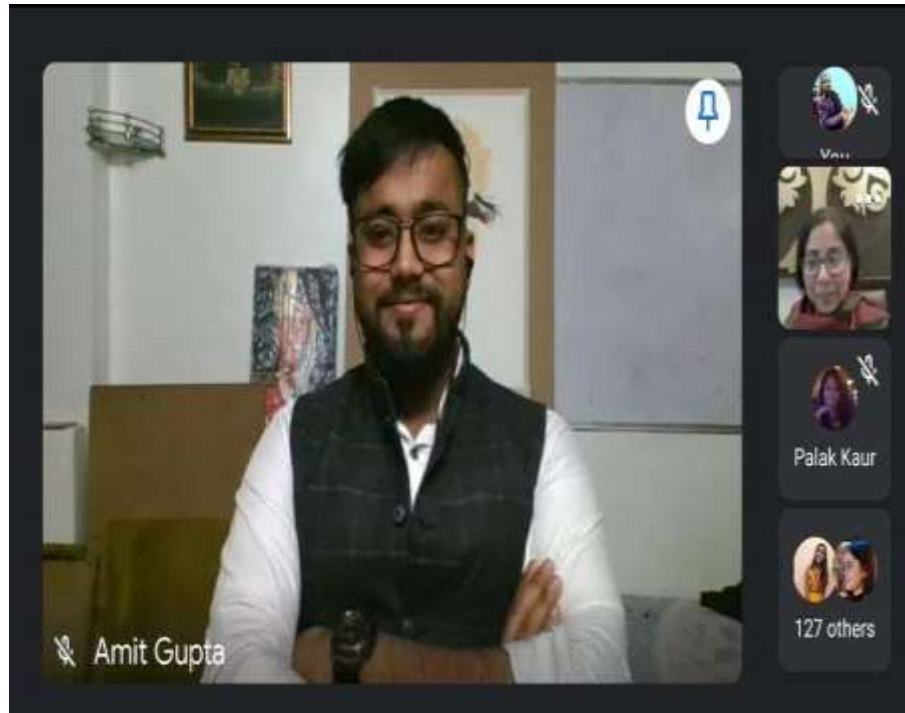
Venue- Google Meet

No. Of students participated- 100



The NSS Unit of Lady Irwin College collaborated with the Cape Foundation. Our Guest speaker, Ms. Mridu Gupta (CEO of Caped Foundation) briefed the students about Cervical Cancer. She also put forward information about its Prevention and Causes. It was a very interactive session. The vote of thanks was given by Ms. Palak Kaur, the President of the NSS Unit of Lady Irwin College.

19. CYBER SECURITY AWARENESS WEBINAR



Date- 30th January 2021

Time- 1:30 Hours

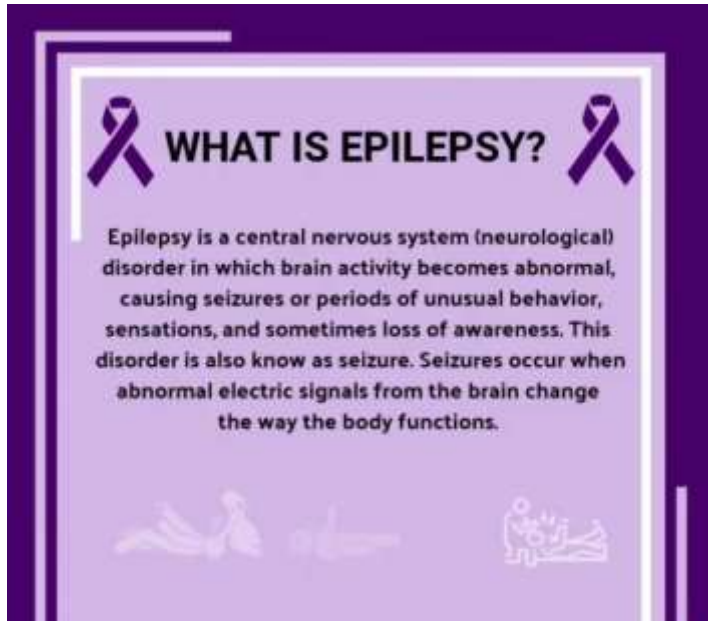
Venue- Google Meet

No. Of participants- 150



The welcome speech was given by Ms. Bhawna Singh, the Vice President of NSS Unit of Lady Irwin College. DR. Swati Kwatra, our Staff Advisor enlightened the students about cyber security with her words. Our Guest speaker, Mr. Amit Gupta briefed the students about various issues faced like Phishing scams, Hacking and more. The students were also provided with an official government site and a number where they can report complaints against any cyber crime. It was an interactive session and students participated very enthusiastically. The vote of thanks was given by Ms. Palak Kaur, the President of the NSS Unit of Lady Irwin College.

20. INTERNATIONAL EPILEPSY DAY CELEBRATION

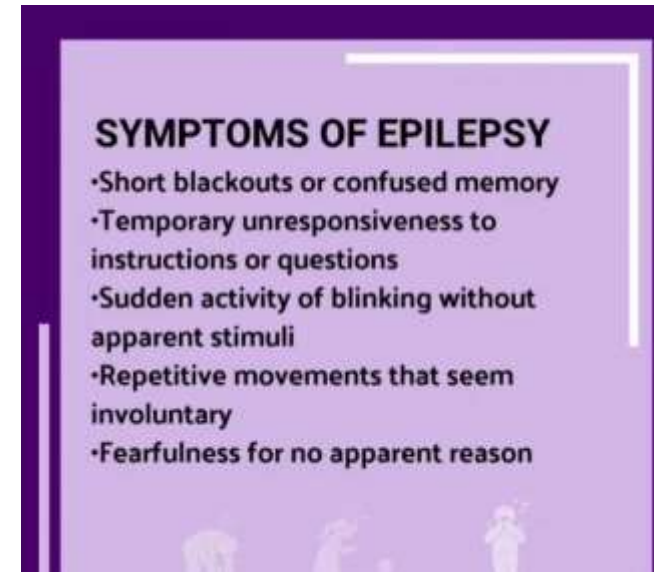


Date- 8th February 2021

Time- 1 Day

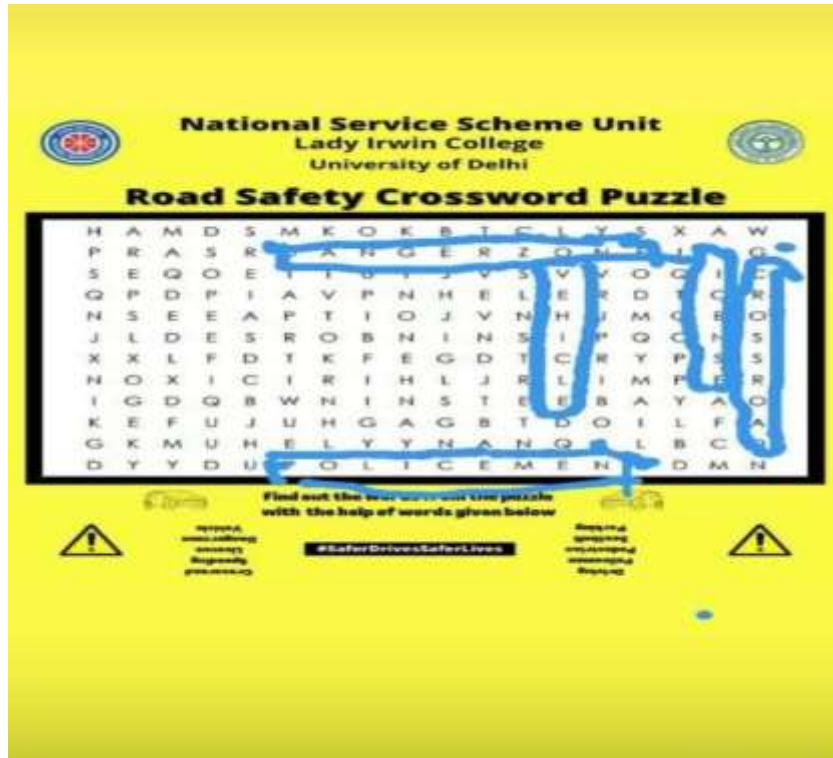
Venue- Instagram,
Facebook and Whatsapp

No. Of participants-100



The NSS Unit of Lady Irwin College made a video about Epilepsy to aware people about it as what it is and how it can be treated and what is the need to prevent yourself from Epilepsy.

21. ROAD-O-MANIA



Date- 17th February 2021 to 26th February 2021

Time- 10 Days

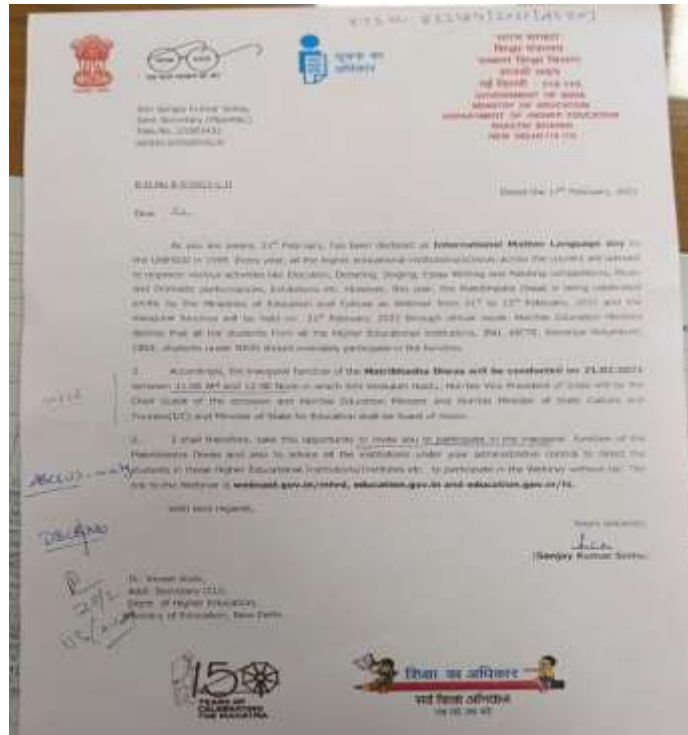
Venue- Whatsapp, Instagram and Facebook

No. Of participants- 200

The following activities were conducted under Road-O-Mania:

- Doodle-4-Road- Participants were asked to show their creativity and art by submitting their doodles on the theme Road Safety along with highlighting our hashtag #saferdrivessaferlives on the A4 sheet in pdf form.
- Crossword Puzzle- Participants had to attempt the Crossword puzzle made for Road Safety by marking out the words hidden in the Crossword for which they had to brainstorm themselves and then they had to put it up on their Instagram stories and tag our Instagram handle @licnsss and two other people along with the hashtag #saferdrivessaferlives.
- Good Samaritan Story: Participants had to write a good samaritan story within 100 - 200 words of the real-life events that they observed or that happened with them and had to mail it to our official email id in pdf format. We received great inspirational stories.
- Think - O - Pedia: We informed everyone about various traffic signs by uploading a few not frequently used signs on our Instagram handle and everyone was asked to find what the signs were in the comment section only.
- Reelod: We uploaded two reels made by the volunteers as an attempt to spread vigilance on traffic signs which are not so very common and hence most of the people are not aware of. We uploaded various signs on our Instagram handle to make people familiar with them. A few hand traffic signs that the police generally use were also uploaded.

22. MATRIBHASHA DIWAS



Date- 21st February 2021

Time- 11:00 a.m to 12:00 p.m.

Venue- Provided Link.

No. Of participants- 50



On the occasion of Matribhasha Diwas , a webinar was conducted by the Ministries of Education and Culture from 21st to 23rd February, 2021 and the Inaugural function was held on 21st February, 2021 through virtual mode in which we had participated.

23. UDGAM'21



Date – 2nd March 2021 and 4th March 2021

Time – 11a.m. To 3p.m.

Venue – Instagram, WhatsApp, Google Meet

No. Of participants- 120

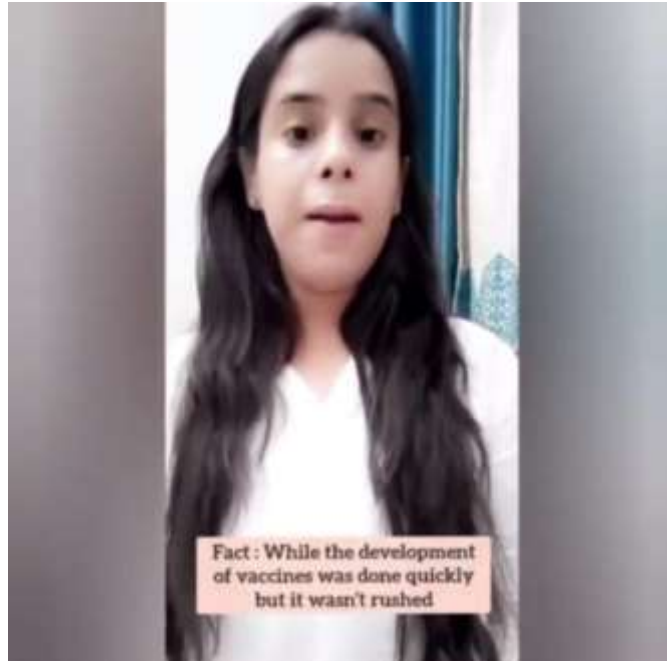


We organized our Annual Cultural Event UDGAM'21 in which 'Qrious- Quiz Competition', on the theme 'Road-O-Mania' was held in two rounds.

Round 1: "Prelims" was held on 2nd March 2021 at 6 pm through Google Form

Round 2: "Finals" were held live on 4th March 2021 from 11 am to 3 pm on Google meet.

24. WORLD HEALTH DAY



Date- 7th April 2021
Time- 1 Day
Venue- Instagram
No. Of participants- 125



- On the occasion of World Health Day we presented-
- Myth-Busters on COVID-19 Vaccination: Under this activity we presented a Myth-Busters Video on our Instagram handle to inform people about COVID-19 Vaccination, who were vulnerable to misleading information.
 - Frequently Asked Questions About COVID-19: Under this activity we posted answers to some frequently asked questions about the COVID-19 vaccination to break the misconceptions about the COVID 19 vaccine on our Instagram handle.

25. FINANCIAL WELLNESS AWARENESS WEBINAR



Date- 13th April 2021

Time- 1 Day

Venue- Zoom

No. Of students participated- 110

A screenshot of a presentation slide with a teal background. At the top, a yellow banner reads "Decoding: 3/3=1". Below this, a white box contains the equation:
$$\frac{\text{Philosophical}}{\text{Practical}} = \frac{n1 + n2 + n3}{d1 + d2 + d3} = 1 \text{ (You)}$$
 Underneath the equation, the variables are defined:

where,
n1 = Financial Literacy
n2 = Financial Independence
n3 = Financial Freedom

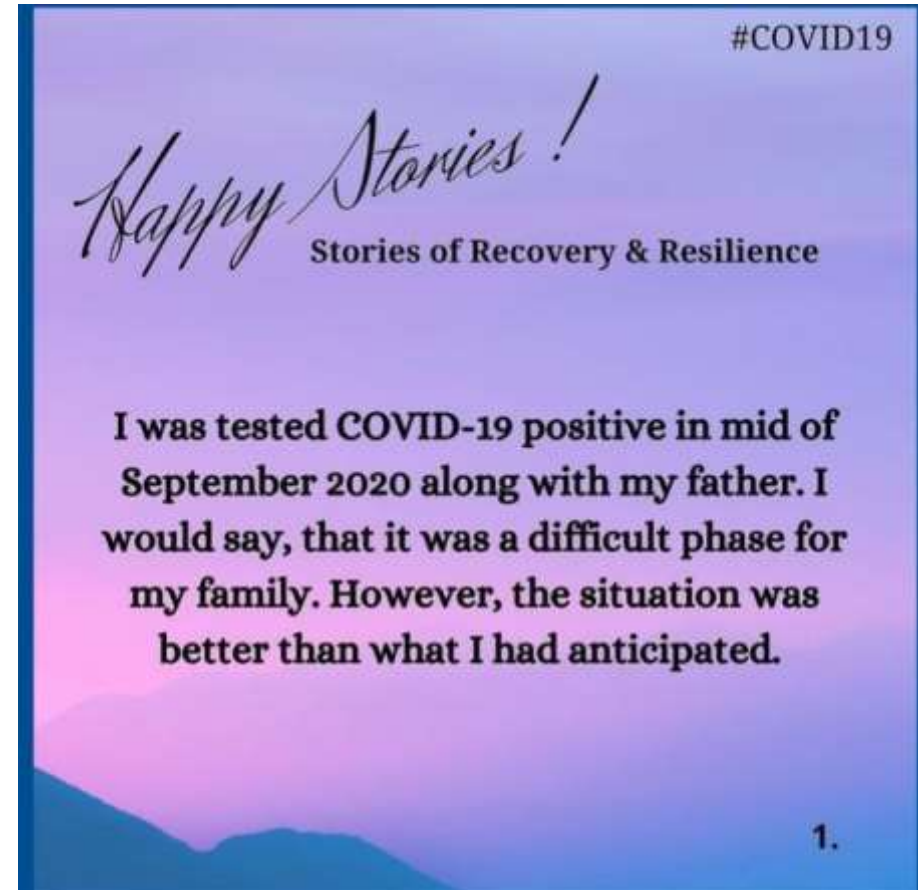
 To the right of these definitions, the variables are further explained:

d1 = Savings
d2 = Insurance
d3 = Investments

 At the bottom of the slide, there is a small button that says "Taking Shilka Mittal".

The NSS Unit of Lady Irwin College collaborated with Be.artsy. Our guest speaker Ms. Shilka Mittal brought out things like Financial Literacy, Financial Independence and Financial Freedom. She also explained the importance of savings, investments, and insurance. She shared the idea of how to master and manage our money. DR. Aparna Khanna, Our staff advisor enlightened the students about Financial Literacy with her words. It was an interactive session and students participated very enthusiastically. All the doubts and queries were taken and answered.

27. HAPPY STORIES



Date – 29th April 2021 to 29th May 2021

Time – 1 Month

Venue : Instagram

No. Of participants- 150

NSS Unit of Lady Irwin College presented Happy Stories in which people were asked to share their experience about how they fought relentlessly and recovered from COVID-19. We asked them to share their stories of recovery and resilience to motivate everyone and amplify happy stories.

26. COVID-19 AWARENESS PROGRAMME



Date – 14th May 2021

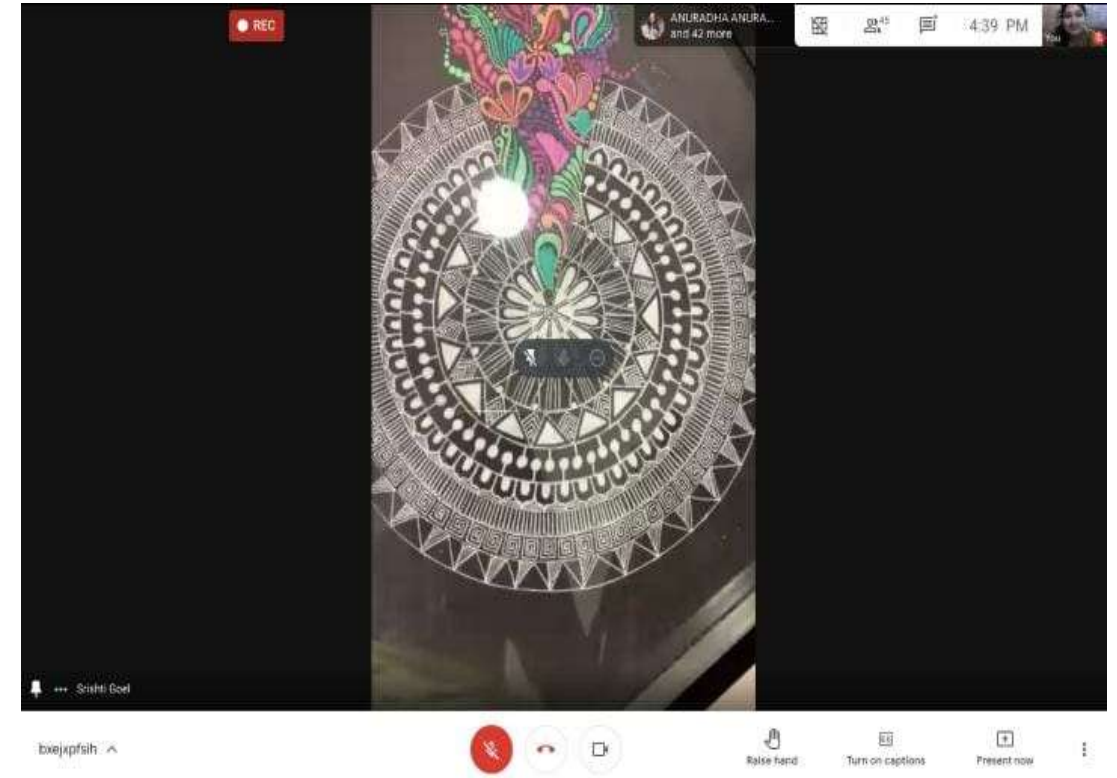
Time – 1 Day

Venue – Instagram



The NSS Unit of Lady Irwin College presented Covid-19 Awareness Program to make people aware of masking properly. Under this, we presented a reel about 'How To Wear Your Mask Correctly' and an IGTV video about 'A Guide On Double Masking' on our Instagram handle.

28. ART AND MUSIC EVENT



Date- 30th April 2021
Time- 1 Day
Venue- Google Meet
No. Of participants- 70

Our NSS Unit along with "Dhwani"- The Music Society and "Tulika"- The Fine Arts Society conducted an open session of Art and Music to keep our spirits high in tough times. In this session Ms. Bhawna Singh, the Vice President of NSS Unit and Ms. Samriddhi Sharma, an NSS Volunteer prayed for Covid-19 affected people. It was an interactive session and students were participating actively.

29. COVID-19 HELP DESK



**NATIONAL SERVICE SCHEME UNIT
LADY IRWIN COLLEGE
UNIVERSITY OF DELHI**

Presents

Covid-19 Help Desk

Helpline Number: +91 - 11 - 23978046
Toll-free Number: 1075
Helpline Email ID: ncov2019@gov.in
Download Delhi Corona App and check
for the availability of Beds in Delhi
<https://delhifightscorona.in/app/>
For verified leads related to Beds, Oxygen, etc follow:
[@lic_thequintessence](https://www.instagram.com/lic_thequintessence)

Seek information related to Covid-19 only from authentic sources
Stay Home Stay Safe

 @licnss  NSS_Lady Irwin College

Date- 14th May 2021

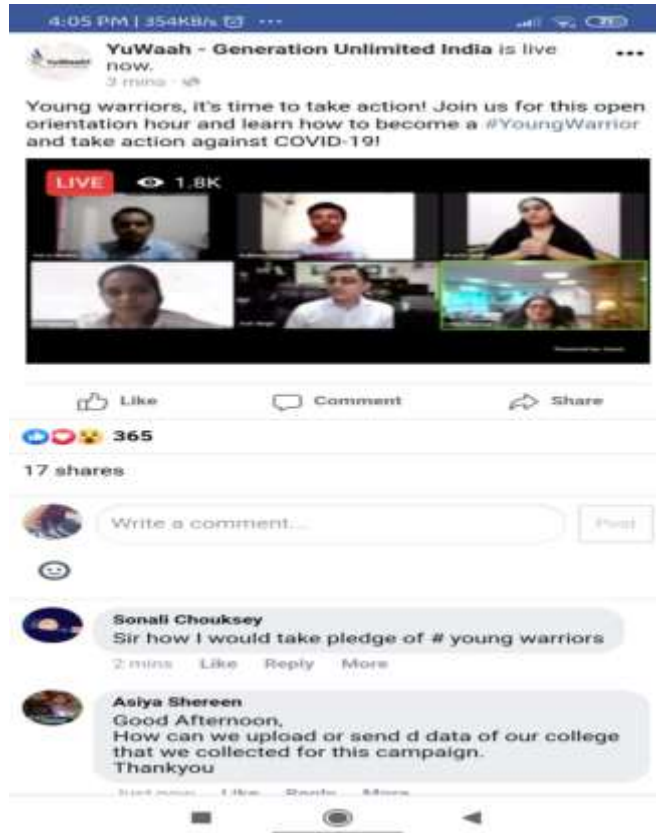
Time- 1 Day

Venue- Instagram

No. Of participants- 100

The NSS Unit of Lady Irwin College presented Covid-19 Help Desk to help those in need. We provided the Helpline Number and Email id verified from authentic sources. We also provided the information about verified leads related to beds, oxygen, medicines and Delhi Corona App for checking the availability of beds in Delhi.

30. YOUNG WARRIOR MOVEMENT PLEDGE



The young warrior movement was a joint initiative of the CBSE along with Sports and Health Ministers as well as YuWaah-UNICEF. It was a nationwide movement to engage participants from the age group between 18 to 30 years for a series of easy and real-life tasks such as Vaccine Registration, Myth Busting and Creating Awareness about COVID-19 appropriate behaviour. We shared the guidelines to join the movement through our Instagram handle in which they have to join the movement by sending a message or giving a missed call to the whatsapp number provided. They also had to encourage other 10 students to join the movement. They could also take pledge to take action against COVID-19 by posting messages saying, 'I am a #YoungWarrior' on social media by tagging our Instagram handle and five of their friends.

Date- 29th May 2021

Time- 1 Day

Venue- Instagram, Whatsapp

No. Of participants- 50

31. YOUNG WARRIOR VENTURE



Date- 30th May 2021 to 3rd June 2021

Time- 5 Days

Venue- Facebook, Instagram, Twitter



We organized a Young Warrior Venture in which following activities were conducted-

- a. Participants were asked to take the pledge by using (hashtag) #youngwarrior on social media like - Facebook/ Instagram/ Twitter and tag five friends to the post.
- b. How to Register for Vaccination:- a guide was made to explain the registration process step by step.
- c. Rule Book animated video:- An Animated Video of the rule book was also created to show basic rules/precautions to follow to prevent Covid-19.
- d. After-effects of vaccination:- in this, the changes that come in the body after getting vaccinated are shared after confirmation from the authentic site.

32. WORLD NO TOBACCO DAY



NATIONAL SERVICE SCHEME UNIT
LADY IRWIN COLLEGE
UNIVERSITY OF DELHI

Presents

"VIRTUAL PLEDGE"

On the occasion of

WORLD NO TOBACCO DAY

Guidelines to be followed-

1. Take your pledge from the site given below.
2. Enter your details-Name, Gender, Dob, State, Phone number, etc.
3. Download your certificate and share it on your Instagram/Facebook story by tagging us and three of your friends.
4. Send your certificates to Samriddhi Sharma (9910319222) for the record.

<https://pledge.mygov.in/fightagainstdrugabuse/>

For more details, contact-

NSS Staff Advisor Dr. Aparna Khanna Dr. Swati Kwatra	Ms. Palak Kaur NSS President 9873350306	Ms. Bhawna Singh NSS Vice President 7042746181	NSS Program Officer Dr. Shweta Vij Anand
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 @licnss  NSS_lady Irwin College

Date – 31st May 2021

Time – 1 Day

Venue – Instagram

No. Of participants- 100

NSS Unit of Lady Irwin College celebrated World No Tobacco Day by presenting a Virtual Pledge Video to encourage people to keep from Tobacco and encouraged them to lay the foundation of a healthier India in an innovative way.

33. INTERNATIONAL YOGA DAY



Date – 13th June 2021 – 19th June 2021

Time- 9 Days

Venue- Instagram, Whatsapp, Facebook, Google Meet

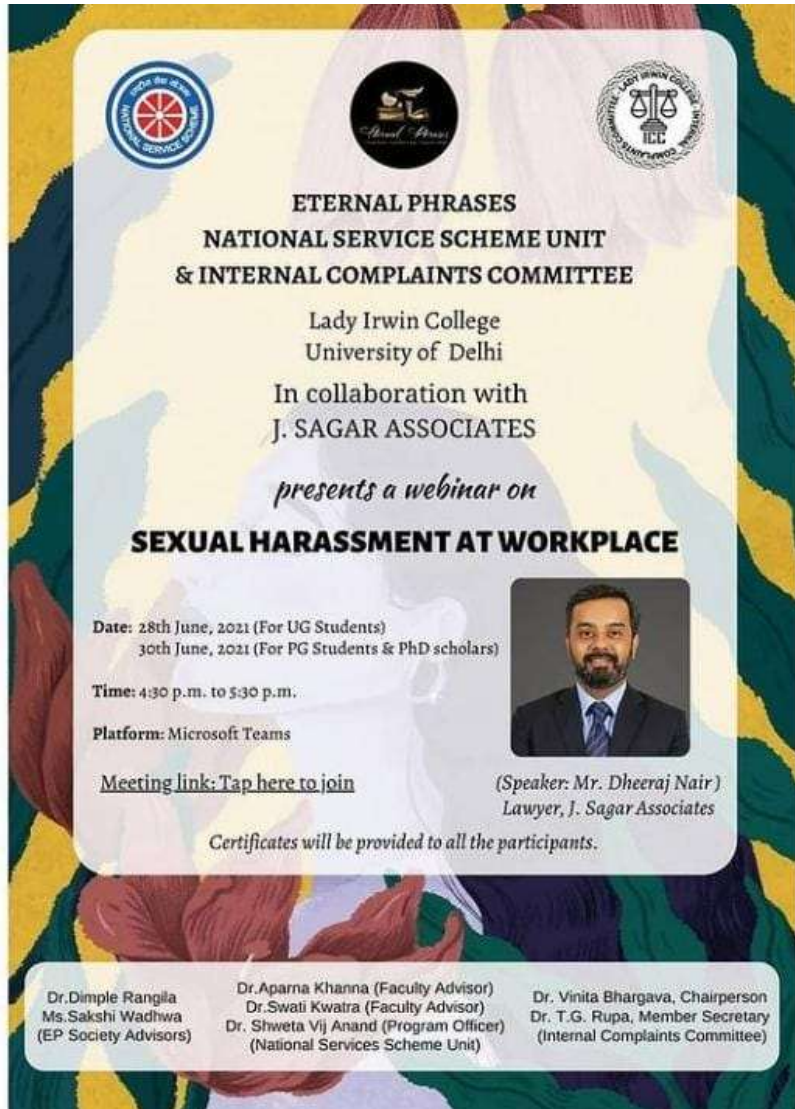
No. Of Participants- 150



Our NSS Unit conducted various activities like:

1. Yoga In Pandemic- We asked the participants to share their experiences of Yoga or Meditation during pandemic and how it helped them by sharing photographs.
2. Benefits Of Yoga- A reel was presented to enlighten the positive impact of Yoga.
3. Quiz On Yoga- A quiz was conducted on our official Instagram handle and the winners were given shout-outs on our page.
4. Live Yoga Session- It was a webinar in which different yoga poses were taught to cure different diseases and problems. Doubts and queries of the participants were taken and answered

34. SEXUAL HARASSMENT AT WORKPLACE



ETERNAL PHRASES
NATIONAL SERVICE SCHEME UNIT
& INTERNAL COMPLAINTS COMMITTEE

Lady Irwin College
University of Delhi

In collaboration with
J. SAGAR ASSOCIATES

presents a webinar on


SEXUAL HARASSMENT AT WORKPLACE

Date: 28th June, 2021 (For UG Students)
30th June, 2021 (For PG Students & PhD scholars)

Time: 4:30 p.m. to 5:30 p.m.

Platform: Microsoft Teams

Meeting link: [Tap here to join](#)



(Speaker: Mr. Dheeraj Nair)
Lawyer, J. Sagar Associates

Certificates will be provided to all the participants.

Dr. Dimple Rangila
Ms. Sakshi Wadhwa
(EP Society Advisors)

Dr. Aparna Khanna (Faculty Advisor)
Dr. Swati Kwatra (Faculty Advisor)
Dr. Shweta Vij Anand (Program Officer)
(National Services Scheme Unit)

Dr. Vinita Bhargava, Chairperson
Dr. T.G. Rupa, Member Secretary
(Internal Complaints Committee)

Date: 28th June 2021 and 30th June 2021

Time: 4:30 p.m to 5:30 p.m.

Venue: Microsoft Teams

No. Of participants:

The NSS Unit, Literary Society and Internal Complaints Committee of Lady Irwin college in collaboration with J.Sagar Associates conducted a webinar on Sexual Harassment At Workplace in which things like important rights that a woman have against sexual harassment, where to file complaints and all the different kind of harassment that we could face in our day to day life were highlighted. Different case studies were presented by the guest speaker to make us aware about several situations in which we can object for and different types of penalties for which the person could be accused for.