

## **NATIONAL SERVICE SCHEME UNIT**

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Introduction: The National Service Scheme (NSS) Unit is run under a scheme of the Government of India, under the Ministry of Youth Affairs and Sports. NSS aims to instill the spirit of social welfare in students and teachers, motivating them to provide service to society. The NSS Unit of Lady Irwin College works with the motto NOT ME BUT YOU, encouraging students to channel their energy into meaningful and creative pursuits through various activities conducted throughout the year.

Our annual flagship event, UDGAM, is a two-day program that features a blend of knowledge and engagement. Day one is dedicated to a quiz and an activity centered around a chosen theme, while day two offers participants an exciting treasure hunt, ensuring a balance of learning and fun.

### **Other Activities Conducted Throughout the Year:**

Under the 75th Azadi Ka Amrit Mahotsav, competitions were organized for logo designing, slogan writing on Angdaan Mahotsav, and a pledge on Meri Maati Mera Desh and Amrit Kalash Yatra. To commemorate the International Year of Millets, an activity titled "Millets Khao Millets Ke Faide Batao" was also organized.

The Swachhta Hi Sewa campaign was organized, including a cleanliness drive, awareness walk, and a reusable bag decoration competition. Journey to a Happy Mind under the initiative Har Ghar Dhyaan was also conducted. A donation drive was held to commemorate Daan Utsav.

Under Fit India Freedom Run 4.0, activities such as the Plogging Run and Groove to Fitness-Zumba Session were held. Competitions such as the Integrity Pledge, Creative Writing, and Monologue Competition were organized under Vigilance Awareness Week. Another donation drive titled Spreading Smiles was also conducted.

To mark International Youth Day, a Fact Feed was posted about young entrepreneurs. A mass pledge was taken on National Voter's Day. During Road Safety Week, a virtual pledge and a quiz on road signs, symbols, and penalties for traffic violations were organized. A Creative Writing Competition on the theme Viksit Bharat and Shot of Sovereignty was conducted in celebration of the 75th Republic Day.

A Seminar on Cervical Cancer and an awareness walk were held under the Cancer Awareness Campaign.

On International Yoga Day, a yoga workshop and pledge were organized. Other activities such as a Bookmark Making Competition and “Let's Upcycle– A Creative Reuse of Plastic” were also arranged.

We had UDGAM an annual cultural fest was held on the theme Media Mirage under which we had Media Maze a quiz competition, Deciphering Deception a Truth and Dare competition and Enigma Expedition a Treasure Hunt.

We had HIV AIDS Awareness campaign, which included Myths and facts.

A Mental Health Awareness Campaign, Mindscape was Conducted, which included Beat to Bliss a dance therapy session, a webinar on embracing self care and mindfulness and Myths vs Facts.

We had Vigilance awareness week was Conducted in collaboration with Eternal Phrases- The Literary Society of Lady Irwin College, which included Integrity Pledge and Poetry Competition.

On the occasion of Children's day we had UMANG a stationary kit donation drive in vivekananda camp in Chanakyaपुरi.

On the occasion of National Constitution day, online Preamble Pledge and online slogan writing competition was held.

On the occasion of National Youth Day, we had VIBRANCE The Youth Edition under which we had Crescendo a talent fusion competition and Youthsapes a creative Art Competition.

On the occasion of Republic day we had pledge, an online quiz and MANTHAN - A Debate Competition in collaboration with VANI- The Debating Society of Lady Irwin College.