



# NSS

## DESHBANDHU COLLEGE

### "NOT ME, BUT YOU"



# ऊर्ध्वगामी

# ऊर्ध्वगामी

**A Magazine of NSS Unit (2021-22)**

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**"YOU MUST BE THE CHANGE YOU  
WISH TO SEE IN THE WORLD"**

**- MAHATMA GANDHI**

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## FROM THE VICE CHANCELLOR'S DESK

भारत की स्वाधीनता की ७५ वें वर्ष में, जिसे 'अमृत महोत्सव' का नाम दिया गया है, कई संस्थान और कालेज द्वारा विविध कार्यक्रम आयोजित किए जा रहे हैं। इसी दिशा में आपके कालेज की राष्ट्रीय सेवा योजना द्वारा किए जा रहे विभिन्न सामाजिक और जन जागरूकता के कार्यों की मैं भर पूर प्रशंसा करता हूँ। और मैं साथ में इकाई की ई-पत्रिका के प्रथम संस्करण-"ऊर्ध्वगामी" के सफल प्रकाशन हेतु शुभकामनाएं प्रेषित करता हूँ। किसी भी नई परियोजना या कार्य में अत्य-अधिक योजना और समन्वय की आवश्यकता होती है, इसलिए मैं प्रो. राजीव अग्रवाल (प्राचार्य), प्रो. रूबी मिश्रा (कार्यक्रम अधिकारी), और एनएसएस इकाई की सह-समन्वयक प्रो.वर्षा बावेजा और छात्र समन्वयकों को इस अद्वितीय और ज्ञानवर्धक पहल पर नयी वार्षिक पत्रिका संकलन के प्रयासों के लिए शुभकामनाएं देता हूँ।

"ऊर्ध्वगामी" का अर्थ होता है आगे बढ़ना। इस संदर्भ में देशबन्धु महाविद्यालय की एनएसएस इकाई ने अपनी कर्तव्यपरायणता, सामूहिक रूप से कार्य करने की क्षमता और अटूट लगन से यह सिद्ध किया है कि वह निरंतर नये लक्ष्यों की प्राप्ति हेतु अग्रसर है। इस दिशा में उन्होंने त्याग और पूर्ण समर्पण से अपने कर्तव्यों का निर्वहन किया है। यूनिट का प्रत्येक सदस्य सामाजिक परिवर्तन की आवश्यकता तथा जन जागरण के उद्देश्य से भली भाँति अवगत है। यह युवा छात्रों का समूह अपने कार्यों से भारत के भविष्य को ना केवल सकारात्मक रूप से प्रभावित कर रहा है, अपितु उसे एक नई और तेजपूर्ण दिशा भी प्रदान कर रहा है। अपने इस प्रयास में एनएसएस यूनिट ने निरंतर कड़ी मेहनत के साथ कार्य किया है।

एक समाज के निर्माण में युवाओं की भागीदारी यदि सुनिश्चित हो जाए, तो बाकी बाधाएं छोटी हो जाती हैं। स्वच्छता, पर्यावरण, रक्तदान, योग दिवस, बुजुर्ग सहयोग, नारी शक्तिकरण, कोविड संवाद, स्वस्थ भारत जैसे अनेक महत्वपूर्ण विषयों पर इकाई का प्रत्येक सदस्य समाज में रह रहे लोगों के लिए एक उचित परिवेश बनाने का कार्य कर रहा है। यह सराहनीय है तथा आने वाली पीढ़ियों के लिए यह मार्गदर्शन का कार्य भी करेगी।

राष्ट्र सेवा योजना की यह युवा टीम सत्कर्म का मार्ग अपना कर, पूरे समर्पण से इन सभी समस्याओं पर लगातार काम कर रही है, यह अत्यंत ही हर्ष का विषय है। मुझे दृढ़ विश्वास है कि समाज के लिए निःस्वार्थ कार्य कर रहे इन युवाओं का प्रयास एक दिन पूर्ण रूप से सफल होगा। साथ ही, आप प्रकाश की दिव्यतम किरणों की भांति संसार में नई ऊर्जा और बदलाव का संचार करने हेतु हमेशा अग्रसर रहेंगे। आपकी कर्तव्यों के प्रति निष्ठा आगे आने वाली पीढ़ियों के लिए प्रेरणास्रोत बनें। आपके द्वारा किये गए प्रयासों हेतु एक बार पुनः आप सभी को हार्दिक शुभकामनाएं।

धन्यवाद,  
योगेश सिंह  
कुलपति, दिल्ली विश्वविद्यालय





## FROM THE DEAN OF COLLEGES'S DESK

"Arise! Awake! and stop not until the goal is reached."

- Swami Vivekananda.

Due to the amount of effort required to make something happen, the beginnings are often the most beautiful phases. With this, I would like to congratulate NSS Unit of Deshbandhu College on the launch of its First Edition of Annual Magazine - ऊर्ध्वगामी. The publication of these Magazines necessitates a great deal of planning and teamwork, so I would like to congratulate Prof. Rajiv Aggarwal (Principal), Prof. Ruby Mishra (Programme Officer), and the NSS Unit's Teacher and Student Coordinators for their efforts in putting together this wonderful Annual Magazine compilation.

NSS Unit of Deshbandhu College has been achieving high standards in their respective work on a regular basis. The Unit is acutely aware that India's future is being shaped by young students who are working for the betterment of society. With this perspective in mind, the Unit has worked and continues to work every day to make society a better place for people to live. I hope that the legacy that this Magazine has started continues so that students are encouraged to the work in large numbers with a realisation that there is no better way to live a dignified life than to work for the welfare of others.

Last but not least, Challenges in life are divided into three categories: Easy, Difficult, and Impossible; those who choose an easy path live a safe and boring life; those who choose a difficult path live a tough and satisfying life; and those who choose the impossible path live a life that is remembered. As a matter of fact, I would like to encourage students to make informed decisions about their career paths.

Best Wishes!  
Thanking You  
Prof. Balram Pani



## FROM THE SOUTH CAMPUS DIRECTOR'S DESK

"चरैवेति चरैवेति" इसी भाव से प्रेरित होकर "ऊर्ध्वगामी" नामक पत्रिका की शुरुआत की गई है। देशबन्धु महाविद्यालय की प्रबुद्ध 'एनएसएस, यूनिट के द्वारा बहुत ही मंगलयुक्त और शुभान्वित कदम है, ऊर्ध्वगामी यह अर्थ देता है कि ' आगे ही बढ़ना है। यह मात्र पत्रिका न होकर आज की युवा शक्ति के लिए एक प्रेरणास्रोत है।

वर्तमान समय में विशेषकर वर्तमान युवा पीढ़ी के मध्य विकसित नकारात्मकता को देख कर मन हतोत्साहित सा होने लग जाता है। युवा ही भारत के भाग्य विधाता हैं जिनके ऊपर भारत की प्रगति-उन्नति-विकास की जिम्मेदारी है जिसे उन्हें समझने की आवश्यकता है। हम देखते हैं कि युवाओं को जो कि नित्यप्रति अपनी रोजमर्रा की जिंदगी में उलझे हुए उचित और अनुचित का भान किए हुए बिना आगे बढ़ते जाते हैं। यह प्रयास उनको मार्ग दर्शित करेगा।

मेरा पूरा विश्वास है कि सूर्य की किरण की भांति यह पत्रिका भी पूरे समाज को समुचित, सुयोग्य, सकर्म, संतुष्ट, संतुलित और सबको, स्वयं के जैसा समझने की दृष्टि प्रदान करेगी। "वसुधैव कुटुम्बकम्" की भावना को जीवन्त करेगी।

इस महत्वपूर्ण एवं सुखद शुरुआत के लिए मैं प्रोफेसर रूबी मिश्रा (एनएसएस यूनिट नोडल ऑफिसर, देशबन्धु महाविद्यालय) और प्रोफेसर राजीव अग्रवाल (प्राचार्य, देशबन्धु महाविद्यालय) को इस सुकृत्य के लिए शुभकाकनाएं व बधाई देता हूँ और उन सभी के उज्ज्वल भविष्य की कामना करता हूँ जो 'ऊर्ध्वगामी ई-पत्रिका' के प्रथम अंक के सफल प्रकाशन से जुड़े हुए हैं।

श्रीप्रकाश  
(निर्देशक, साउथ कैंपस)





## FROM THE DEAN STUDENTS' WELFARE DESK

"Education is our passport to the future; for tomorrow belongs to the people who prepare for it today".

It is rightly said that creativity is often defined as having three forms - distinct, dynamic and diverse. Therefore, keeping these wise words in mind, the NSS Unit of Deshbandhu College has launched its first edition of Annual Magazine - ऊर्ध्वगामी. I extend my warm congratulations to the whole unit for the success of this magazine and would also wish that the longer term batches continue to follow this legacy that has been started.

The aim of this Magazine is to showcase the works undertaken by the unit from time to time so as to figure for the welfare of the society. Nonetheless, the Unit has been very active everytime to provide services to others even during the present times of Covid - 19 pandemic. It is indeed an overwhelming experience to come across this vast expanse of talent. This magazine surely proves to be an excellent platform for discussing the vital issues and also to debate the steps which will be taken to figure within the service of others.

Lastly, as it is usually said, a stone thrown into a body of still water makes ripples. The circles become bigger and larger . Therefore, students related to an organisation like National Service Scheme (NSS) should make ripples like that within the society and help spread goodness all around.

Best Wishes to the entire team!

Thanking You  
Prof. Pankaj Arora



## FROM THE NSS PROGRAMME COORDINATOR, UNIVERSITY OF DELHI

"Literacy in itself is no education. Literacy is not the end of education or even the beginning. By education, I mean an all-round drawing out of the best in the child and man-body, mind and spirit."  
"True education must correspond to the surrounding circumstances or it is not a healthy growth.

- Mahatma Gandhi

National Service Scheme (NSS) is a novel concept of involvement of the youth in Nation building through volunteer programmes which are intertwined to social causes and service towards the greater good of the society and the Nation. In addition the knowledge received by the students as part of their curriculum, NSS helps develop their personality through deep understanding of the society and issues, physical labour, service, character and gives them an experience of practical life. The realisation that my knowledge, my labour, my energy is not for me alone but is important for the entire society is the motto of NSS - "Not Me But You". NSS is not an extra-curricular activity in the true sense. It is an activity to study people and life through active participation, in addition, it is helpful in the vivid and clear study of various fields of sciences and humanity. It is an organised effort through which social transformation can be boosted. The students of DU, through their unparalleled enthusiasm, zeal and dedication have made incredible contributions through the NSS platform to include adoption of villages, addressing social issues and taboos, promoting national integration through camps and street shows, undertaking environmental efforts and Swachta Pakhvadas and many such activities which impact the social order and national wellbeing. The contribution of student volunteers during the COVID -19 pandemic was noteworthy to say the least, whether it was organizing themselves in collating data and dissemination of information on availability of hospital beds and oxygen cylinders, distribution of masks, food and healthcare essentials or extending a helping hand to the infirm and sick, the NSS volunteers delivered beyond the call of duty.

"Urdhvagami" is a unique effort in showcasing the ideation and efforts of the NSS fraternity of Deshbandhu College. The NSS volunteers and faculty have dwelled and articulated their ideas in this e-magazine with great passion and clarity of thought. I congratulate all those involved in this rare endeavour and wish this venture a grand success.

Capt. Parminder Sehgal  
Programme Coordinator, NSS  
University of Delhi





## FROM THE GOVERNING BODY'S DESK

साहित्य समाज का दर्पण है तो इसे भी नकारा या झुठलाया नहीं जा सकता की पत्रिका समाज का हृदय है। पत्रिका जो कुछ पन्नों में समेट लेती हैं कई रहस्य, और उसे उजागर करती हैं पाठक वर्ग के समक्ष। पत्रिका लोगों के अंतर्मन में उत्पन्न विचारों को सहेजती है। विचारों को समेटने का ढंग, शिल्प, शब्द, भाव को सुदृढ़ करने की कला पत्रिका से बेहतर कोई नहीं बता सकता। एक दृष्टि ये भी हो सकती है की पत्रिका वह माध्यम है जिससे लोग अपनी आवाज को मुखर करते हैं। यून तो पत्रिका को लोग जानार्जन और कई आवश्यक सूचनाओं के लिए पढ़ते हैं। यह एक घर की दशा से लेकर समाज और देश की परिस्थिति को आमजन से अवगत कराने वाली सबसे कारगर माध्यम है। इसके साथ मैं एनएसएस यूनिट, देशबंधु महाविद्यालय को वार्षिक पत्रिका के प्रथम संस्करण-"उर्ध्वगामी" के सफल प्रकाशन के लिए शुभकामनाएं प्रेषित करता हूं। साथ ही बधाई देता हूं प्रो० राजीव अग्रवाल (प्राचार्य), प्रो० रूबी मिश्रा (कार्यक्रम अधिकारी), और एनएसएस इकाई के शिक्षक और छात्र समन्वयकों को आपके साकारात्मक दिशा में बेहतर कदम के लिए।

इस पत्रिका के द्वारा साहित्य जगत में एक सुनहरे भविष्य की नींव रखी गई है। पत्रिका के माध्यम से उन सभी युवाओं को अवसर मिलेगा, जिससे वह अपने अभिव्यक्त को सबके समक्ष रख सके। इस पत्रिका के माध्यम से आप अपनी उद्देश्य की पूर्ति करें और अपने विचारधारा को सबके समक्ष लाने की कोशिश करें। मुझे पूर्ण विश्वास है कि आपकी इस पहल को खूब सफलता प्राप्त होगी।

इस निश्चय और विश्वास के साथ कि आप आगे भी साहित्य और लेखन की ऐसी ही सेवा करेंगे और युवाओं के लिए नए अवसरों को लाएंगे-आप कार्यरत रहेंगे के साथ पुनः शुभकामना।

धन्यवाद,

एड० आर.एन.वत्स

(चेयरमैन, देशबंधु महाविद्यालय)





## FROM THE PRINCIPAL'S DESK

**"It Always Seems Impossible Until It's Done"**

**- Nelson Mandela.**

**It gives me immense pleasure to address the readers from this platform on the first issue of NSS Unit Deshbandhu College's Magazine.**

**As a society, NSS Unit Deshbandhu College has proved from time to time to be the most active Unit amongst the other Colleges of University of Delhi. I have witnessed the active participation of Staff Members and Students of the NSS Unit in organizing innumerable activities with positive outcomes. The primary concern of the Unit is to provide students with a platform to gain knowledge and learn new skills everyday along with using their in-built skills in the most judicious manner. The decision to launch this Magazine is yet another achievement of the Unit towards gathering the pieces of various activities conducted amid the pandemic situation.**

**I am convinced that if you work hard today with NSS Unit Deshbandhu College, you will succeed in this internationally competitive world that honours hard effort, ingenuity, perseverance, and teamwork.**

**Best Wishes,  
Prof. Rajiv Aggarwal**



## FROM THE VICE - PRINCIPAL'S DESK

**"No Matter How Hard the Past Is, You Can Always Begin Again". - Buddha**

Not always the first day of the year, but each day of your life is a fresh start. Not only can you make New Year's Resolutions, but you can also make Daily Resolutions. They can be made on any given day. Consider each day as the dawn of a new, stronger, and satisfying future. Every day of the year should begin with feelings of joy and the expectation of wonderful and amazing things to come. Every day of the year should begin with a grin, wish, and aspirations, regardless of your circumstances. You are not deceiving yourself; if you maintain this attitude, you will become a more relaxed and optimistic person. Reaffirm your goals and choices for your new, happy, and successful life every day. Simultaneously, be open to new experiences and opportunities, as well as new ways to achieve your objectives. With this, I would like to congratulate the NSS Unit of Deshbandhu College on the launch of their very first Annual Magazine - ऊर्ध्वगामी.

This publication will provide a route for pupils to articulate themselves and be inspired by the depth of experience that our university has to offer. Besides that, I would like to applaud Prof. Rajiv Aggarwal (Principal), Prof. Ruby Mishra (Programme Officer), and the Teachers and Student Coordinators for attempting to bring together this absolutely astounding compilation of their festivals and events and motivating others to be better.

Last but not least, I extend my warmest greetings to all of the pupils, volunteers, and faculty members on this historic occasion.

Best Wishes,  
Prof. Kamal Gupta





# FROM PROGRAMME OFFICER

रूपयौवनसंपन्ना विशाल कुलसम्भवाः।

विद्याहीना न शोभन्ते निर्गन्धा इव किंशुकाः॥

"ऊर्ध्वगामी" का अर्थ होता है निरंतर बढ़ते रहना। आशा ही नहीं अपितु पूर्ण विश्वास है की एनएसएस यूनिट, देशबंधु महाविद्यालय द्वारा प्रारंभ किया गया ये प्रयास नई ऊंचाईयों को ग्रहण करेगा और अपने नाम को चरितार्थ करेगा।

It is an honour to be an editor in chief and NSS Programme Officer of the NSS Unit of Deshbandhu College, University of Delhi in India. I take this opportunity to thank all my beloved Volunteers and Teacher Coordinators for their tireless work to make a dream come true in the form of NSS Magazine within a short period of time. I also thank the honorable Vice Chancellor, Dean of Colleges and Dean of Students' welfare of University of Delhi for keeping faith in me and providing an opportunity to work as an NSS Programme Officer and Editor-in-Chief.

It is my immense pleasure to express my inner thoughts in the form of editorial to reform the spirit of service, enthusiasm and cooperation towards others. This magazine is to provide a platform for hidden talents to expose their writing skills and archival of all NSS activities in the form of photo reports, success stories, and experiences etc. NSS Unit has successfully conducted various personality development programmes and taken initiatives for Women Empowerment, Environmental issues, Swachata Pakhwada, and Mission Kawach etc. Besides it also built self confidence among the Volunteers enabling them to become competent and responsible citizen of India.

Once again, I thank and congratulate my seniors, juniors and office staff for helping me in this colossal job of publishing the first issue of the NSS Magazine Grandly amidst the covid-19 humanitarian crisis. I also thank our principal Prof. Rajiv Aggarwal for his constant support and encouragement.

Best Wishes,

Prof. Ruby Mishra

Editor-in-Chief (NSS Programme Officer)



## FROM CONVENOR

The saying of Mahatma Gandhiji “The Best Way To Find Yourself Is To Lose Yourself In The Service Of Others” and the NSS Motto “Not Me But You” teaches us dedication and selfless service for the betterment of mankind.

Recently, when the entire globe was struggling with the pandemic, Covid-19, it was our courageous and selfless NSS volunteers that came out to fearlessly work for the betterment of the society. NSS Unit of Deshbandhu College under the leadership of Prof. Rajiv Aggarwal (Principal) and Prof. Ruby Mishra (Programme Officer) has performed many such activities like distribution of masks, food packets, etc. to the needy people. They have also distributed health combos including kaadah, immunity boosting Ayurvedic medicines and Chyawanprash, etc. to elderly people living in old age homes. This magazine is a mirror of all such activities.

I am amazed to see the dedication of these youngsters. They are always ready to work with full enthusiasm whether it is cleanliness drive, plantation drive or providing quality education to small children of slum areas. I have seen these children growing as leaders, developing social and civic responsibilities, mastering the team work, and being disciplined and organized. It gives me immense pleasure to present the first issue of NSS magazine of Deshbandhu College. It showcases the talents of these young volunteers in assisting the society to live in a better environment. I extend my best wishes to all the contributors for the success of this magazine.

Thank You,  
PROF. VARSHA BAWEJA





## DR. JAG PAL GROVAR

Being a part of NSS Unit of Deshbandhu College and the much-anticipated launch of the first edition of the magazine is a source of great pride for me. The first of any work or achievement is the most pure in its form, showcasing the work's originality while also providing moments of joy that become memories later on. I would like to express my heartfelt gratitude to the Unit's guiding forces, Prof. Dr. Rajiv Aggarwal (Principal) and Prof. Ruby Mishra (Programme Officer), who have consistently encouraged students to be the best versions of themselves in a positive way. I wish everyone good luck in the success of this magazine, and I hope this trend continues in the future.

Thank You.



## DR. ABHISHEK PRATAP SINGH

I am ecstatic to be a part of this grand event of Deshbandhu College's NSS Unit, which is launching its first edition of the E-Magazine. The desirable outcome of this magazine is entirely due to Prof. Rajiv Aggarwal (Principal), Prof. Ruby Mishra (Programme Officer), and volunteers of the Unit who worked tirelessly to make this happen. I would like to congratulate all of the teachers and students whose efforts have resulted in such a commendable magazine, as well as the smooth and systematic operation of the society. I wish everyone the best of luck with this magazine.

Thank You.





## DR. MONIKA SHARMA

It's an honour to present the first magazine issue of the NSS Unit at Deshbandhu College, which significantly enhances the talents of young Volunteers in assisting society. The Unit's talented students are the ones who have worked tirelessly to create this magazine and make it the best it can be. This magazine, in my opinion, will be the ideal venue for highlighting the Unit's various efforts to assist the society in leading a dignified life, as well as other field achievements.

Best Wishes to all Students!

Thank You.



## DR. ROBIN KUMAR

I am delighted to express my gratitude for the NSS Unit of Deshbandhu College's first-ever magazine edition. I congratulate the students on their outstanding efforts in putting this magazine together. I would like to applaud the efforts of teachers and students who contributed in the most positive way possible to making this happen. My best wishes go out to the entire team, and I hope that students continue to excel in their fields while also assisting society in achieving its goals.

Thank You.

## MR. ASHUTOSH KUMAR

I am overjoyed and feel elated to express my gratitude for Deshbandhu College's NSS Unit's first-ever magazine edition. I commend the students on their outstanding efforts to bring this wonderful magazine. I would also like to recognise the efforts of teachers who made this possible. My best wishes to the entire team. I hope that future batches will continue on this path of selfless drive for nation building and strive to live up to NSS's motto, "Not Me But You."

Thank You.

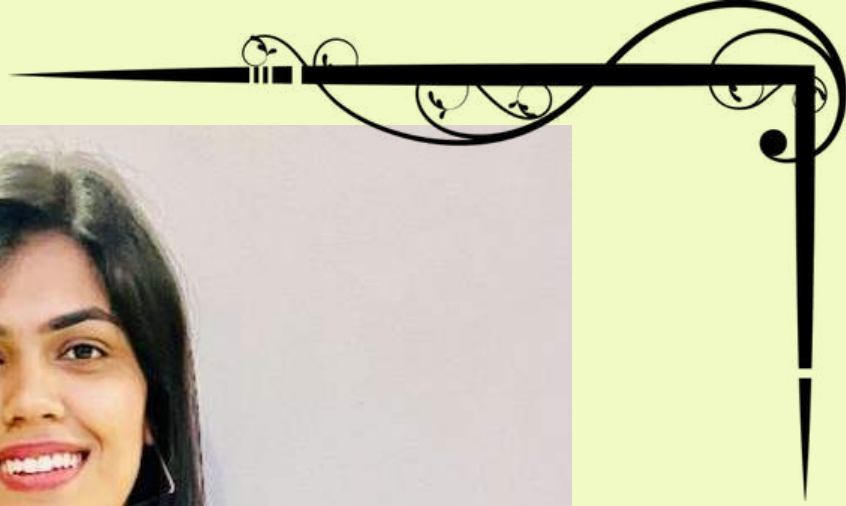


## MR. ALOK KUMAR SINGH

It gives me immense pleasure and pride to be a part of the much-awaited launch of the magazine's first edition. This magazine will be an excellent platform for showcasing glimpses of the Unit's various efforts to help the community. I would like to take this opportunity to express my gratitude to all of the teachers and students who helped make this happen in the best way possible. I would also like to congratulate everyone on the success of this magazine and also I give my best wishes to everyone for their future endeavours.

Thank You.





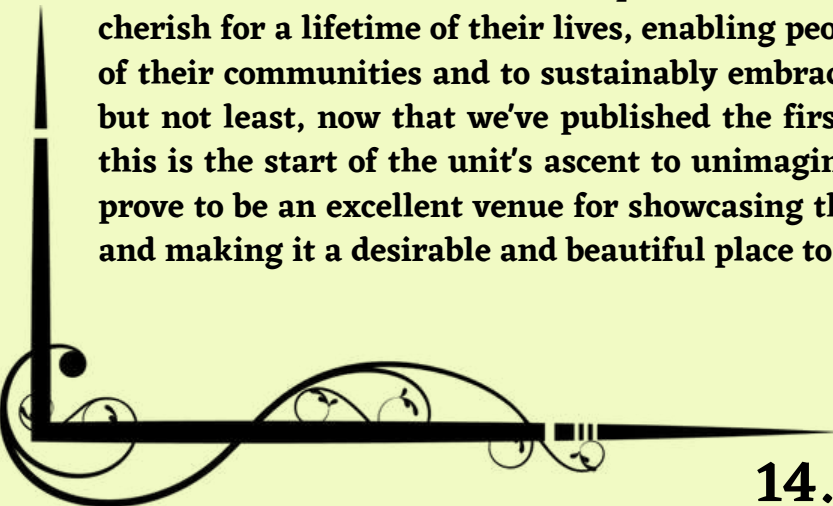
## PRESIDENT

**"The Smallest Act of Kindness Is Worth More Than The Grandest Intention" - Oscar Wilde.**

I, Kriti Virmani, am honoured by the chance to serve as President for the National Service Scheme (NSS), one of the largest, liveliest, and oldest societies at Deshbandhu College, University of Delhi. We are lucky to have many dedicated volunteers who care greatly about our Discipline, Reputation, and Contribution in a quickly changing environment. They are also concerned with aiding our volunteers, who typically range from the youngest to the most senior. This service could be done through creating opportunities for the benefit and promotion of the community and social development. We will do everything we can, to make you proud of your relationship with society because, in the end, it is the selfless efforts of volunteers that make our society stronger.

Working with the NSS Unit has made me more aware of the environmental impact of my actions, and I have always taken the best decisions for the communities, as I encourage other Volunteers to do. We anticipate fantastic experiences and lessons that everyone will cherish for a lifetime of their lives, enabling people to be more than merely active members of their communities and to sustainably embrace the NSS's Service Before Self legacy. Last but not least, now that we've published the first issue of our magazine, we're hoping that this is the start of the unit's ascent to unimaginable success. This magazine will definitely prove to be an excellent venue for showcasing the unit's various efforts to assist the society and making it a desirable and beautiful place to live in.

**Thankyou!  
Kriti Virmani**







मै सुजीत मिश्रा इस वर्ष राष्ट्रीय सेवा योजना देशबंधु महाविद्यालय ईकाई मे उपाध्यक्ष नियुक्त हुआ हूँ। NSS के स्थापना करने का मुख्य उद्देश्य "सेवाभावी विद्यार्थियों" को एक मंच प्रदान करना जहां पर विद्यार्थी अपने विद्यार्थी जीवन को यापन करते हुए राष्ट्र सेवा के लिए तत्पर रह सके। NSS मे सभी विद्यार्थी सेवा भाव, बंधुत्व, एकता और समर्पण के साथ समाज और राष्ट्र की सेवा करते हैं। NSS मे जुड़े सभी विद्यार्थियों मे स्वतः कुछ गुण समाहित हो जाते है जैसे

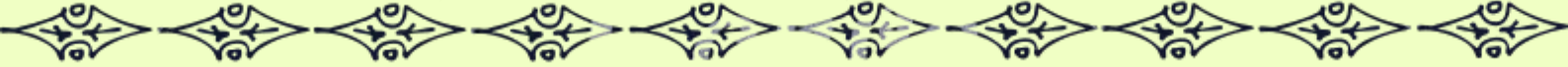
सेवा, समरसता, समर्पण और समृद्धि और यह गुण सदैव सभी विद्यार्थियों मे जीवंत रहता है। इस वर्ष NSS देशबंधु महाविद्यालय ईकाई ने अपना वार्षिक पत्रिका ""उर्ध्वगामी"" को संपादित किया है जिसमें हमारे द्वारा किए गए वर्ष भर का विवरण , शिक्षक एवं विद्यार्थियों के लेख , हमारे द्वारा संचालित विभिन्न सेवा कार्यों का सचित्र वर्णन , NSS देशबंधु ईकाई कि उपलब्धियां एवं सांस्कृतिक कार्यक्रमों को समाहित किया गया है उम्मीद है NSS देशबंधु द्वारा जारी की गई यह पत्रिका आप सभी को बेहद पसंद आएगी।

धन्यवाद  
सुजीत मिश्रा



I, Asha Lakra, am delighted to be appointed as the Secretary of NSS Unit Deshbandhu College. We are here to serve the community selflessly by conducting various activities such as education and literacy, health, family welfare and nutrition, social service programmes, and so on, all under the supervision, guidance, and support of our NSS Programme Officer - Prof. Ruby Mishra. NSS improves self-awareness, communication skills, and facilitation abilities, among other things. Last but not least, as we have produced the first edition of our magazine, we hope that this marks the beginning of the Unit's ascension to great heights.

Thanking You  
Asha Lakra



I, Rithik Kumar, have the honour of serving as the Joint Secretary for the NSS Unit of Deshbandhu College, the most dedicated and active organisation at the University of Delhi's Deshbandhu College. Volunteers at NSS are encouraged to flourish as individuals and as a group.

It instils confidence in you, assists in the development of leadership qualities, and educates you about people from different walks of life. In our society, there are many dedicated volunteers who accept to go on a journey of discovering themselves by joining NSS. The selfless contribution of volunteers conveys a message to all that altruistic service is the highest human obligation. We hope that by presenting you with the inaugural edition of our Magazine, you will recognise and respect it, laying the path for future endeavours.

Thanking You,  
Rithik Kumar



I, Kapil Mehta, am privileged to serve as Treasurer for the NSS Unit of Deshbandhu College, the most diligent and active society at Deshbandhu College, University of Delhi. NSS assists volunteers in growing as individuals and as a group. It gives you confidence, helps you develop leadership skills, and teaches you about people from all walks of life. There are many dedicated volunteers in our society. By joining NSS, you agree to embark on a journey to 'Discover Yourself.' Volunteers' selfless service sends a message to everyone that altruistic service is the ultimate human duty. We hope that by presenting the first edition of this Magazine to you, it will gain the recognition and respect it deserves, paving the way for future endeavours.

Thanking You  
Kapil Mehta







# ABOUT NSS

The National Service Scheme, or NSS, was founded in 1969, during Gandhiji's centennial year which is an Indian government-sponsored flagship public service initiative currently administered by the Ministry of Youth Affairs and Sports. It is a group of young people that aims to build students' personalities through community service so as to instil in them a sense of social responsibility to serve society without prejudice. NSS volunteers work tirelessly to ensure that anyone in need receives assistance so as to live a dignified life.

It collaborates with state-level NSS cells. The state governments are in charge of the NSS cells at the state level. Within each state, each university has an NSS cell that oversees institutions (schools and colleges) based NSS units. Volunteer of NSS Units are present in almost all government and government-aided institutions. A typical unit consists of 100 students. Internally, they are supervised by a responsible party from the school or college, who reports to the principal.

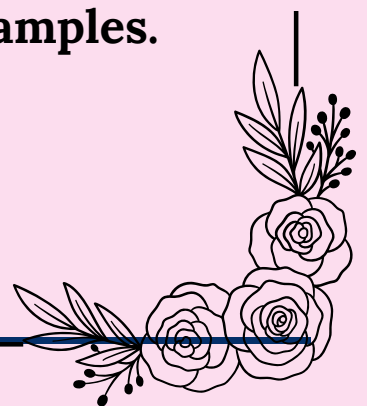


# ABOUT NSS



All NSS Volunteers who have worked for NSS for at least two years and completed 240 hours of service are eligible for a certificate from the university signed by the Vice-Chancellor. Annual camps are referred to as Special Camps. These 240 hours include the conduct of two types of activities i.e., Regular Activities (120 hours) and Annual Special Camp (120 hours). Volunteers may participate in a variety of activities such as:

- Afforestation
- Stage shows or a procession raising awareness of social issues, education, and cleanliness are examples.
- Rallies to Raise Awareness
- Inviting doctors for health camps
- Community Survey





# HOW DOES NSS WORK

**"The best way to find yourself is to lose yourself  
in the service of others"**

**- Mahatma Gandhi.**

The National Service Scheme (NSS) was founded in 1969 during Gandhi Ji's centennial year. It is an Indian Government sponsored public service initiative that is administered by the Ministry of Youth Affairs and Sports. It is a group of college students which aims to build students' personalities via community service. It aims to inculcate in the students a sense of social responsibility and serve the society without prejudice. These NSS volunteers work endlessly to make sure that anyone in need receives adequate help so as to improve their quality of living and also to lead a well dignified life. India being the nodal authority at national level collaborates with the state-level NSS cells which are managed by the state governments. NSS volunteers are present in nearly all the government and government aided institutions that have an NSS cell in them.

**" ONCE AN NSS VOLUNTEER  
ALWAYS AN NSS VOLUNTEER"**



# HOW DOES NSS WORK

A typical NSS Unit usually consists of 20-40 members and sometimes even more or less than that. These volunteers are internally managed by a responsible head belonging to the concerned institution who reports to the Principal. NSS activities involve Regular Activities (120 hours) and Annual Special Camp (120 hours). The volunteers who manage to work with NSS for at least 2 years and have completed 240 hours of service are eligible to earn a certificate from the University for their indulgence with the Unit. The NSS Unit Deshbandhu College organises from time to time various activities and events to keep the volunteers active. These events include Raising Awareness for various social issues, Cleanliness Drives, Community Services, Diwali Mela, Annual Fest and so on. We look forward to hold many such events to create awareness in the society and help each and every person in need.

**"ONCE AN NSS VOLUNTEER  
ALWAYS AN NSS VOLUNTEER"**



# लक्ष्य गीत - राष्ट्रीय सेवा योजना

उठे समाज के लिए उठें - उठें,  
जगें स्वराष्ट्र के लिए जगें - जगें  
स्वयं सजें वसुन्धरा संवार दें - २

हम उठे उठेगा जग हमारे संग साथियों  
हम बढ़े तो सब बढ़ेंगे अपने आप साथियों  
जमीं पे आसमां को उतार दे - २  
स्वयं सजें वसुन्धरा संवार दें - २

उदासियों को दूर कर खुशी को बांटते चले  
गांव और शहर की दूरियों को पाटते चलें  
ज्ञान को प्रचार दें प्रसार दें  
स्वयं सजें वसुन्धरा संवार दें - २

समर्थ बाल वृद्ध और नारियां रहें सदा  
हरे भरे वनों की शाल ओढ़ती रहे धरा  
तरक्कियों की एक नई कतार दें - २  
स्वयं सजें वसुन्धरा संवार दें - २

ये जाति धर्म बोलियां बने न शूल राह की  
बढाएं बेल प्रेम की अखंडता की चाह की  
भावना से ये चमन निखार दें  
सद्भावना से ये चमन निखार दें - २  
स्वयं सजें वसुन्धरा संवार दें - २

उठे समाज के लिए उठें - उठें,  
जगें स्वराष्ट्र के लिए जगें - जगें  
स्वयं सजें वसुन्धरा संवार दें - २

... .. जय हिंद ... ..





# NSS SONG

**Uthen Samaj Ke Liye Uthen - Uthen,  
Jagen Swarashtra Ke Liye Jagen - Jagen  
Swayam Saje Vasundhara Sanwar Den-2  
Hum Uthen - Uthega jag Hamare Sang Sathiyo  
Hum Badhen To Sab; Badhenge Apne Aap Sathiyo  
Jamin Pe Aasmann Ko Utar Den - 2  
Swayam Saje Vasundhara Sanwar Den - 2  
Udasiyon Ko Door Kar Khushi Ko Bantte Chalen  
Gao Aur Shahar Ki Duriyo Ko Patte Chalen  
Gyan Ko Prachar De Prasar De  
Vigyan Ko Prachar De Prasar Den  
Swayam Saje Vasundhara Sanwar Den - 2  
Samarth Bal Varidh Aur Nariyan Rahen Sada  
Hare Bhare Vano Ki Oudhati Rahe Dhara  
Tarakkiyon Ki Ek Nayi Katar Den - 2  
Swayam Saje Vasundhara Sanwar Den - 2  
Ye Jati Dharam Boliyon Bane No Shool Raah Ki  
Vdhayen Bel Prem Ki Akhandata Ki Chaah Ki  
Bhavana Se ye Chaman Nikhar Den  
Swayam Saje Vasundhara Sanwar Den - 2  
Uthen Samaj Ke Liye uthen - Uthen  
Jagen Swarashtra ke Liye Jagen - Jagen  
Swyam Saje Vasundhara Sanwar Den - 2**

..... JAI HIND .....



## FROM LEFT TO RIGHT



**BHAVYA JAIN, SHRESTHA ROY**

**ARUSHI GODARA , KRITI VIRMANI**

**DR. MONIKA SHARMA (NSS TEACHER COORDINATOR)**

**PROF. RAJIV AGGARWAL (PRINCIPAL, DESHBANDHU COLLEGE)**

**PROF. RUBY MISHRA (NSS PROGRAMME OFFICER)**

**DR. JAGPAL GROVER (NSS TEACHER COORDINATOR)**

**DR. ROBIN KUMAR (NSS TEACHER COORDINATOR)**

**KAPIL MEHTA**



# OUR ACHIEVEMENTS





# ACHIEVEMENT OF HRITIK ROUSHAN SINGH



Hritik Roushan Singh, a second-year commerce student and a volunteer of the NSS Unit represented the unit in the Republic Day selection camp of the NSS volunteers. He along with over 80 other NSS volunteers took part in the competition held in late November 2020. The competition included several selection rounds which aimed at checking the physical and mental capabilities of the volunteers. The judges panel, which included the officials of NSS Centre and the esteemed representative from Ministry of Youth Affairs and Sports, Government of India, checked the volunteers on different basis comprising physical fitness, strength, endurance, cultural performance, interpersonal skills, team work, planning skills, problem solving ability and general awareness.

Hritik was selected and was one among the top five male volunteers who would represent Delhi in the 10-day long Republic Day Selection Camp. However, the 10-day camp stood cancelled following the pandemic and the farmer's protest in the national capital. In order to compensate this, a 1-day selection camp was organised where only one male candidate and a female candidate was supposed to be selected.

Hritik, however, couldn't get through this round but we are extremely proud for how he stood and compete till the final round while representing the NSS unit of Deshbandhu College.



# ACHIEVEMENT OF MANASWI RAJPUT



Manaswi Rajput, a third-year BA Programme Student and a Volunteer of NSS Unit of Deshbandhu College represented the Unit at the NSS Volunteers' Pre-Republic Day Selection Camp. She competed in the tournament with around 100 other NSS Volunteers from various Universities in mid-October 2021. Manaswi was chosen as one of the "Top Six Female Volunteers" out of the rest Competitors to represent Delhi at the Pre-Republic Day Selection Camp, which lasted for 10 days. The North Zone Pre-Republic Day Camp was conducted in Jaipur, with Volunteers from several states joining Delhi. Several Selection Rounds were held during the tournament to assess the Volunteers' Physical and Mental Ability. The Volunteers were judged on a variety of Factors including Physical Fitness, Strength, Endurance, Cultural Performance, Interpersonal Skills, Teamwork, Planning Skills, Problem-Solving Ability, and general awareness, by a panel of judges that included officials from the NSS Centre and an esteemed representative from the Ministry of Youth Affairs and Sports of the Government of India.

The results aren't expected until December and as per the rules only one male and one female Volunteers are eligible to be chosen from Delhi. We are immensely proud of how Manaswi represented NSS Unit of Deshbandhu College and also take this opportunity to Wish her Luck in the Final Selection.



# FIELD WORK



# DURING PANDEMIC





# BLOOD DONATION CAMP









**"Excuses Never Save A Life. Blood Donation Does."**

Blood is one of our body's most important fluids, as it aids in the smooth functioning of the body. Donating healthy blood to people in need is known as Blood Donation. A person may die from excessive blood loss. Therefore, it is said that you don't have to be a Doctor to save someone's life, you can do that just by Donating Blood. As a result, Blood Donation can be considered a life-saving gesture.

In plenty of other words, blood donation not only benefits the individual, but also contributes to a socially responsible gesture. Furthermore, it improves the donor's health. Because cell depletion allows for production rather than new cells, our body system is refreshed. It also helps to revitalise our bodies for better health. Following that, a single blood donation benefits at least three people. Consider how a single donation can make a significant difference in the lives of so many people.

Keeping this in mind, the Sewa Bharti and National Medicos Organisation RML Unit in collaboration with **NSS Unit of Deshbandhu College organised a Blood Donation Camp in the Deshbandhu College Campus under the Aegis of Mission Kawach.** The Drive was conducted in a very well hygienic manner, keeping into considerations all kinds of COVID-19 protocols.

The NSS Unit of Deshbandhu College thanks each and every volunteer, as well as individuals who stepped up with the courage to Donate Blood and thus, helped us in making this event a huge success. Further, we look forward to conduct more of such drives which aim at the betterment of the society.



# DONATION DRIVES

## KADHA AND FOOD DISTRIBUTION





# VISIT TO OLD AGE HOME





# FRUIT DISTRIBUTION






# CHILDREN'S DAY





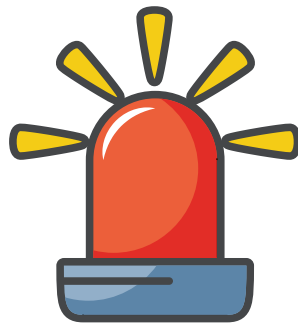


**"Giving Is Not Just About Making a Donation.  
It Is About Making a Difference".**

Helping others, Donating to Charity, or Volunteering your time can all boost your sense of well-being. Donation is the key to making the World a better place to live. It is **offering something to the needy out of love and kindness, and this is something we should all be doing.** Donations have the power to help people in need. We're working to create a country where people can live in safety and have opportunities for growth and development. A small amount can make a big difference in a person's life; education, nutrition, and basic protection can help people live normal lives.

With this thought in mind, the **NSS Unit of Deshbandhu College has organised various Donation Drives** from time to time so as to help people with the basic needs of life and other essentials as well. These drives included **the Gift Donation Drives on Christmas; Chocolates, Pastries, and Blankets Donations on New Year; Masks and Glove Donations to Community Helpers on Gandhi Jayanti; Books and Biscuits Donation Drive before exams of children; Ayurvedic Juices and Ayurvedic Medicines Donations at Old Age Homes on occasion of NSS Day; Fruit Donation Drive on occasion of National Nutrition Week; Masks and Sanitizer Donations along with Essential Goods Donations in Slum Areas;** and so on. The unit hopes to host many more drives in the future and provide the necessities as well as some joy.

# INITIATIVE OF ROAD SAFETY





# WEBINAR ON ROAD SAFETY

**NSS UNIT, DESHBANDHU COLLEGE  
UNIVERSITY OF DELHI**

**UNNAT BHARAT ABHIYAN**  
Under  
**NATIONAL ROAD SAFETY WEEK**  
(12th January, 2022 - 17th January, 2022)

We are organizing 2 days Workshop on  
**ROAD SAFETY RULES**  
in collaboration with **HONDA**

**DETAILS OF THE EVENT -**

DATE - 17th January, 2022 & 18th January, 2022  
TIME - 11:00 A.M.  
PLATFORM - Zoom

Joining Link For The Event -  
<https://us02web.zoom.us/j/82395787247?pwd=UW02UVlMRDlKS0E5cUk2WV0xeXh5Zz09>

PRINCIPAL: DR. RAVI AGGARWAL      CRA COORDINATOR: DR. VARSHI BANERJA      PRESIDENT: KRITI VERMA  
PROGRAMME OFFICER: DR. KIRTI MISHA      CRA STUDENT COORDINATOR: SAKSHI KHATRI, SACHIN KUMAR BHA      VICE PRESIDENT: SUJEET MISHA

[f](#) [t](#) [i](#) [v](#) [o](#) [w](#) @nssunit.dbc

**Never Exceed the Speed Limit**

Its **50** for a Reason

Hit by a car at	Chances of Survival
32 Km/h	97%
48 Km/h	80%
56 Km/h	50%
64 Km/h	20%

Hit at 65 Km/hr 80% Chance 'I will Die'  
Hit at 50 Km/hr 80% chance 'I will Live'

**HONDA Road Safety Awareness Program**

Participants: Dhruvisha Jaiswal, Dr. Anshu Gupta, Kriti Virmani, Jatin Kataria, Asha Lakra

**Road Safety: A Global Safety Report**

Fact-2	Fact-3	Fact-4
Drinking alcohol and driving increases the risk of a crash	A good quality helmet reduce risk of death from a road crash	Wearing seat-belt reduces the risk of injury & death among
When the driver has a <b>BAC</b> (blood-alcohol concentration) above <b>50 mg/100 ml</b>	Death by <b>42%</b> & Severe injury by <b>69%</b>	Front seat occupants <b>45-50%</b> Rear-seat occupants <b>25%</b>

**Daddy Drive Safe**

*Daddy drive safe*

Daddy is the very lovable to me  
Cynthia Dutta

**Before Move Off the Car**

Mirror Adjustment

Avoid Blind Spot

TWI (TREAD WEAR INDICATOR)

**Correct Driving Posture- 4W**

Head Rest (5), Mirror (7), Back (4), Seat Belt, Hip (1), Knee (2), Feet





**NSS UNIT DESHBANDHU COLLEGE (UNIVERSITY OF DELHI)**
  
 IN COLLABORATION WITH HONDA

**PRESENTS**
  
**A WEBINAR SESSION ON ROAD SAFETY**

DATE: 22ND OCTOBER, 2020
   
 TIME: 11:00 A.M ONWARDS
   
 PLATFORM: GOOGLE MEET

PRINCIPAL: DR. RAJIV AGGARWAL
   
 PROGRAMME OFFICER: DR. RUBY MISHRA
   
 PRESIDENT: DIKSHA TIWARI
   
 VICE PRESIDENT: BHAWNA

@nssunit.dbc

**Road Safety: A Global Safety Report**

**3,600+** dying on roads every day
   
**Every 24 Seconds Someone Dies on the Road**
  
**2 to 5 Crores** injured or disabled every year.

**Global Burden**
  
**13.5 Lacs** Road accident's Deaths every year

**Worldwide**
  
**3 out of 4** Road deaths are among men

Country Type	Percentage of World's Vehicles	Percentage of All Deaths
Low Income Countries	1%	13%
High Income Countries	10%	7%

**Road Users Representation in Deaths**

Motorcyclists	23%
Bicyclists	03%
Motorists	28%
<b>Total</b>	<b>54%</b>

**Traffic Training Parks**

**14 Locations**

Location	Date
Chandigarh	31 <sup>st</sup> Jan'13, Jaipur
Hyderabad	28 <sup>th</sup> Jul'13, Delhi
Delhi	14 <sup>th</sup> Aug'14, Nashik
Coimbatore & Trichy	24 <sup>th</sup> Nov'14, Delhi
Chennai	11 <sup>th</sup> Jun'14, Bhubaneswar
Thane	11 <sup>th</sup> Jun'14, Cuttack
Jaipur	29 <sup>th</sup> Jan'15, Chandigarh
Bhubaneswar & Cuttack	15 <sup>th</sup> Apr'15, Hyderabad
Tiruchirappalli	
Karol	

Never Exceed the Speed Limit

Its **50** for a Reason

Hit by a car at	Chances of Survival
32 Km/h	97%
48 Km/h	80%
56 Km/h	50%
64 Km/h	20%

Hit at 65 Km/hr 80% chance "I will Die"

Hit at 80 Km/hr 80% chance "I will Live"



Right Side Road

Left Side Road

T Points



REC jatin kataria is presenting 5:16 PM

## Road Safety: A Global Safety Report

<p><b>Fact-2</b></p>	<p><b>Fact-3</b></p>	<p><b>Fact-4</b></p>
<p>Drinking alcohol and driving increases the risk of a crash</p> <p>When the driver has a <b>BAC</b> (blood-alcohol concentration) above <b>50 mg/100 ml</b></p>	<p>A good quality helmet reduce risk of death from a road crash</p> <p>Death by <b>42%</b> &amp; Severe injury by <b>69%</b></p>	<p>Wearing seat-belt reduces the risk of injury &amp; death among:</p> <p>Front seat occupants <b>45-50%</b> Rear-seat occupants <b>25%</b></p>



REC jatin kataria is presenting 5:23 PM

## Aggression on Roads

jatin kataria

**TIPS TO AVOID ROAD RAGE**

**KEEP CALM DRIVE ON**

- 1 DON'T OFFEND
- 2 BE TOLERANT & FORGIVING
- 3 DON'T RESPOND

REC jatin kataria is presenting 5:23 PM

## Honda Basic Approach to Safety

Safety can be secured by a combination of Hardware and Software

Hardware


Hardware with highest degree of Safety

Safety

Software

Handing over the Spirit and Skills of Safety

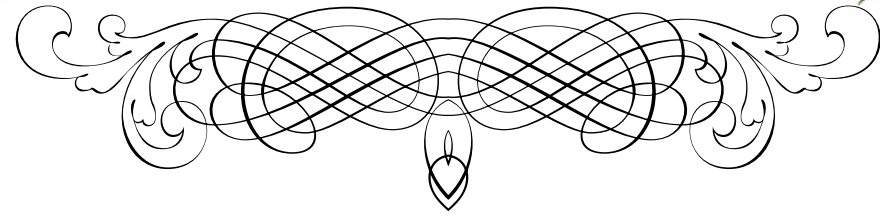




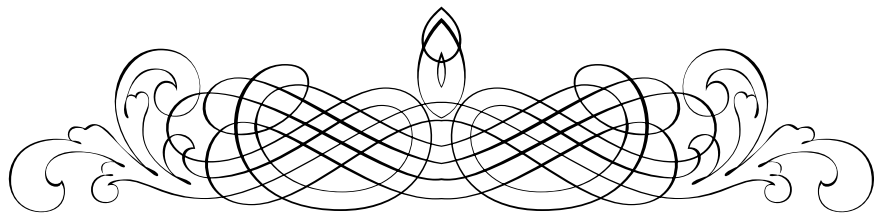
Road Traffic Accidents rank alarmingly high in recent trends of pressing social issues, endangering millions of lives worldwide. Every day, approximately 328 lives are lost, many of which could have been avoided with timely rescue and intervention. Despite numerous road safety campaigns and awareness drives, India continues to rank first among 199 countries in terms of road accident deaths, accounting for nearly 11% of all accident-related deaths worldwide. Despite global stagnation and uncertainty as a result of the Covid 19 pandemic and subsequent lockdown, road accidents claimed 29,415 lives between March and June alone, with an additional 51970 casualties. Clearly, road safety remains a major developmental and public health concern, serving as a leading cause of death and injury around the world. While the situation may appear to be dire, people need to band together as changemakers now more than ever. We must all work together to ensure that we get what we deserve - safer roads and communities - once and for all.

Therefore, as a step against this alarming situation, the NSS Unit of Deshbandhu College organized a Webinar and Movie Screening Session on Road Safety on January 14, 2021, in collaboration with HONDA Motors. The Guest Speaker of the event was **Mr. Jatin Kataria from Honda Motors** where he addressed the various issues related to road safety. He also discussed various precautions that must be taken by all of us to ensure our safety and that of other pedestrians while travelling through the road. Apart from the talk session, we even had the screening of a short movie on road safety. Along with this, few volunteers from NSS also gave short speeches and delivered poems on the importance of road safety. NSS Unit is thankful to all who were a part of this event and made it a great success. We hope such steps help in reducing the road accidents in future and make people aware of its consequences.





**SWACCH  
BHARAT  
ABHIYAN**





# PLANTATION DRIVE



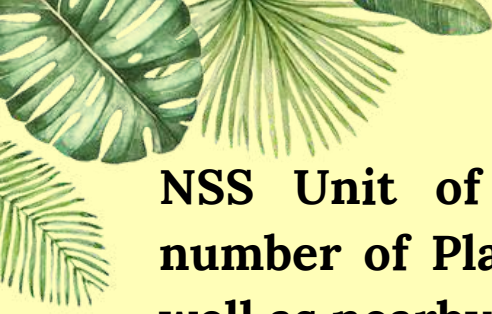













**NSS Unit of Deshbandhu College has organised a number of Plantation Drives in the college campus as well as nearby areas from time to time. On July 23, 2021, a Plantation Drive was conducted by the unit in collaboration with **Harela Foundation** that took place under the supervision of **Shri Jayant Sahasrabudde (National Organising Secretary, Vigyan Bharti), Dr. Rajiv Aggarwal (Principal), Mr. Sandeep Balyaan from Harela Foundation, Dr Ruby Mishra (Programme Officer) and Volunteers of the Unit.****

**Following the success of this, another drive was conducted under the Aegis of Swatantrata ka Amrit Mahotsav on August 14, 2021 whose main element was to plant 75 saplings to mark the 75 Years of Indian Independence. After this, the NSS Unit of Deshbandhu College once again marshalled a group of vigorous volunteers to a "Plantation Drive" on 13th September, 2021 under the scheme of "Swachhta Pakhwada" in collaboration with "Harela Foundation". Last but not the least, another Plantation Drive was organised on the occasion of NSS day in collaboration with the Harela Foundation and Unnat Bharat Abhiyan in Bhati Village on 24th September, 2021.**

**With the conduction of these Plantation Drives, we aim at takin a step towards making the environment clean and green since trees do play a major role in an individual's life and beyond.**





# SWACCHATA PAKHWADA







It is rightly stated that the state of our surrounding tells the condition of our soul. If we desire to be close to the spirit of God, we must pursue to dwell in a clean soul and surrounding. We humans have always shown up our concerns towards the environment only through the flashing themes of 'Sustainability' and 'Environmental Justice'. Unfortunately, for us, the vitality of our environment has taken a seat aback while we all are just focusing on our food, shelter and lifestyle needs. But now, more than ever in history, our planet needs us to step forward and take action towards cleaning up all the messes we have made through irresponsibility. Before our planet's alarm goes off, it's the time to wake up and take actions.

In order to cognize the citizens towards this serious issue, 'Swacchta Pakhwada' is an initiative taken up by the Government of India in April 2016 under 'Swachh Bharat Mission' with the aim of bringing up focus on the issues and practices of Swacchta in the country. The campaign is created to provide a fortnight of intense focus on Swachhata or Cleanliness related issues and practices. To celebrate this Cleanliness Festival, the NSS Unit of Deshbandhu College organised a number of activities and drives.

Under the leadership of the teachers, the active volunteers participated in Plantation Drives, Swacchata Rally, Special Lecture Series on Swacchata Pakhwada, Swacchata Pledge Taking Ceremony, etc. Apart from that, the volunteers participated in activities like Potting Plants in Recyclable Bottles and Best Out of Wastes, which will certainly contribute to a clean, green and sustainable environment. Assuredly, this will create a positive impact over the character of young students so that they can convey their sincere efforts ahead for the betterment of the planet. The insights of all the drives have been shared above.



# 7 DAYS CLEANLINESS DRIVE

(14TH NOVEMBER - 20TH NOVEMBER 2021)













**"Cleanliness Is Not a Matter of Instinct,  
It's a Matter of Education and Prudence."**

**- Erma Bombeck**



As rightly said, Environmental Cleanliness begins with each individual's mind & desire to be clean. Our holy scriptures have always put forth the vitality of clean surrounding and guided us with the sayings like "God Resides in the Healed Panaroma of Translucence and Greenery". If one does not pay for his or her sincere efforts and consumes resources indefinitely, one is not elevated in the direction of basic human responsibilities to the environment. The quantum of a clean and green ambient determines the prospect and wealth of a civilization.

In order to implant the significance of a clean & sustainable environment in the opinions of the society, the NSS Unit of Deshbandhu College in collaboration with **South Delhi Municipal Corporation (SDMC)**, marshalled a step forward by organizing a week-long Cleanliness Drive from 14th November, 2021 to 20th November 2021. The drive was primed **under the aegis of "SWACCH BHARAT ABHIYAN"**- An initiative by the Government of India to promote Clean and Green Environment. The entire week was dedicated to bringing up the thoughts of local people to not only clean their houses but also to care for the debris on the streets that endangers the environment, thanks to a large number of enthusiastic Volunteers from the Unit. Indeed, these kind of great initiatives will make up a strong impact in the minds of the people regarding cleanliness, hygiene and sustainability. The dynamic drive's insights have been combined to give you a clear picture of how the drive was carried out in a systematic manner.

NSS Unit of Deshbandhu College expresses its gratitude and best wishes to all of the active volunteers who made the drive a huge success by contributing their time and effort.





# YAMUNA CLEANLINESS CAMPAIGN (MISSION KALINDI CLEAN)





The NSS Unit of Deshbandhu understands the grave outcomes of pollutions. The unit has been very vocal about all types of pollution that plague the national capital.

The Yamuna River is a lifeline for many people who live along its banks; however, continuous water pollution has poisoned its waters, rendering the river unfit for life. Even in Delhi, the lack of responsibility towards keeping the river clean is astounding; we can always see someone throwing garbage in the river while crossing bridges. This was alarming to all the volunteers of the NSS Unit, and everyone realized that something had to be done.

In lieu of that, the NSS Unit of Deshbandhu College collaborated with **South Delhi Municipal Corporation** and organized “CLEAN YAMUNA RIVER CAMPAIGN” under the Aegis of Mission Kalandi Clean on 12th October, 2021 to clean the Ghat of Yamuna. **The event was joined by Sri. Santosh Dinesh Tank (Municipal Councilor and Deputy Chairman of SC/ST Welfare Committee)**. He praised the initiative taken up by the Unit and provided the volunteers with words of encouragement. Post this, the volunteers started cleaning the Ghat of Yamuna and made it much cleaner.

Through the collaborative work of SDMC and NSS Unit of Deshbandhu College, the ghat of Yamuna became clean once again. Needless to say, the event was a huge success. However, the overarching message of keeping our surrounding and rivers clean resounded loud and clear for the youth of India.



# CLEANLINESS DRIVE IN COLLEGE PREMISES







## **"Clean and Healthy People, Make A Wealthy Country"**

The abstract state of being clean and free of germs, dirt, trash, or waste, as well as the habit of achieving and maintaining that state, are both referred to as cleanliness. Cleaning is a common way to achieve cleanliness. Cleanliness is usually regarded as a positive quality, as the aphorism "Cleanliness is next to Godliness" suggests, and it can be seen as contributing to other ideals such as health and beauty. Cleaning is thus linked to hygiene and disease prevention on a practical level. Cleaning has been used to establish cultural values in relation to social class, humanitarianism, and cultural imperialism as an assertion of moral superiority or respectability. Proper hygiene and cleanliness are linked. When someone is described as clean, they usually portray cleanliness.

To put these wise words of cleanliness into action, some Volunteers from Deshbandhu College's NSS Unit went to the college, followed the COVID-19 protocol, and then organised a Cleanliness Drive in which the Volunteers participated in cleaning the NSS Room and the surrounding areas in the College Premises under the banner of "Swachh Bharat Abhiyan." The volunteers were seen to be very enthusiastic, and they all took part in the cleaning with great enthusiasm. Students were overjoyed to return to college and participate in the NSS Unit's Cleanliness Drive. We look forward to hold much more of such drives which can help in keeping the environment Clean and Green.





## One Who Maintains Cleanliness, Keeps Away Diseases"

The NSS Unit of Deshbandhu College on account of "Swachhata Pakhwada" organised a webinar on 14th September, 2021. This initiative was taken by the Unit to spread the knowledge about the importance of Cleanliness among the young generation.

The event began with the introductory remarks by **Asst. Prof. Amit Singh** who further familiarised us with our guest speaker. Our respected Vice Principal, **Prof. Kamal Kumar Gupta**, presented a welcome address by greeting and highlighting the importance of taking up the issue of cleanliness by the NSS Unit.

The **Guest Speaker for the event was Dr. Sumit Kumar Mishra, IUSSTF Fellow, Principal Scientist, National Physical Laboratory, CSIR, New Delhi.** It was an enlightened and enriching session in which Dr. Mishra informed us about the Characterization of Particulate Matter (PM): Implications to Human Health and Climate with special reference to a Vedic Solution for Healthy Life, Virus Transmission, Importance of Air in Ancient India on his research work along with various aspects of cleanliness which are necessary to human for the healthy life. He presented the significance of PM levels in New Delhi, and what Cause and Effect Relationship pollution has on the climate of the Capital City. He explained how gruesome pollution is at times of Covid-19 and the urgency to tackle the issue of pollution in a sustainable manner; that is by using a Light Weight Gas Sensor System which **Dr Sumit Mishra** prepared along with his **associate Dr Ajit Ahlawat.** The session was highly nourishing as the students got to learn the concepts of Black Carbon, Chemical Ageing, Transformation Phases and many more. The presentation was followed by a fruitful session of question and answers by the inquisitive audience.

The event was concluded with a Vote of Thanks wherein everyone was thanked for their time and presence which made the event a big success.





# PRADEEPAN

## DIWALI MELA



Deshbandhu College's annual Diwali Mela, "PRADEEPAN," is a grand feast for DUites, with contributions from various college societies and the NSS unit. The PRADEEPAN, which attracts a large number of students and teachers, is all about spectacular performances, delectable food, and lovely stalls set up by various colleges and non-profit organisations. With the sounds of gossip, giggles, applause, and the camera's 'chunk' and 'cluck,' the "Mela" is loud enough.



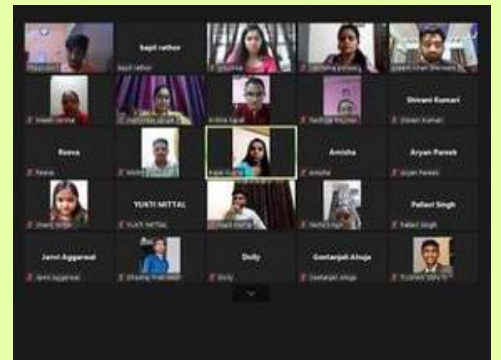


# PRADEEPAN

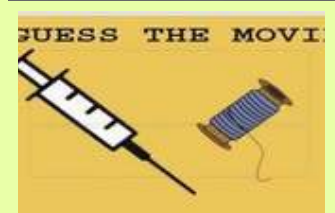
## PRADEEPAN - 4.0 CELEBRATION







16. It's better to cook butter, it's better to cook butter into batter. It's better to cook batter, it's better to cook batter into butter.



The NSS Unit of Deshbandhu College celebrated **PRADEEPAN 4.0, the Annual Diwali Mela** from 30th October to 1st November, 2021 to cherish the festive spirit of Diwali. The theme for this year's Diwali Mela was "YAMPANCHAK" which means "Diwali" in Sikkim's Language. The Unit held various events and saw enthusiastic participation from students from across Delhi University.

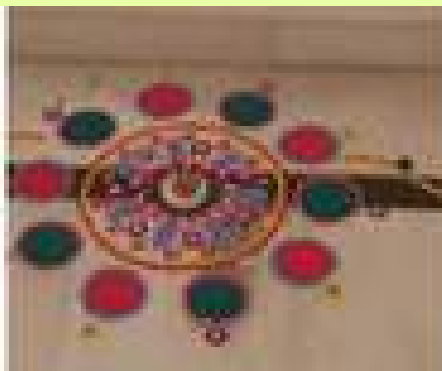
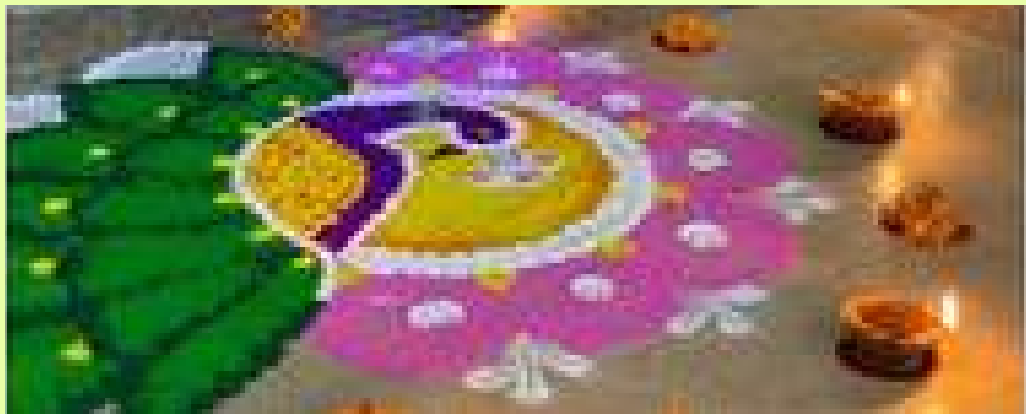
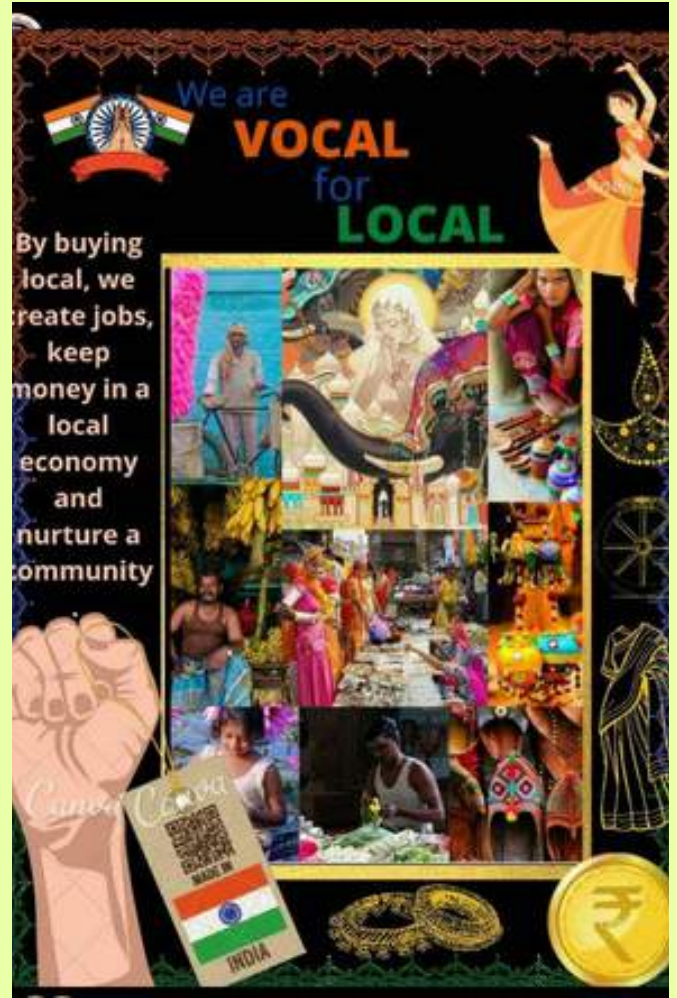
On the first day, i.e. 30th October, three events were conducted namely - "PRAJWALIT - Lighting the Diya", Guess the Movie or Song and Tongue Twister. The first activity, Prajwalit, required participants to light 10 Clay Diyas in 10 seconds; the participant who lit the most diyas in the allotted time was declared the winner. Participants in Guess the Movie or Song had to guess the name of the movie or song by analysing the emojis. Tongue Twister, the day's final event, required participants to read and recite a tongue twister sentence, with the participant who repeated it the most times without error emerging as the winner. All the three events saw participation in huge numbers and were a tremendous success.

On 1st November, another three events were held namely - Poetry Competition, Singing Competition, and Noor-e-Pradeepan. For all the three events, judges who were specialists in the fields of Poetry, Singing and Fashion were invited. Participants came up in huge numbers and all the three competitions were highly competitive.

With proper execution from the organizing team, and with the support and active participation of the participants, the events were a huge success. We look forward to organise many such events so that students don't miss out on the fun even during these challenging times.



# PRADEEPAN - 3.0 CELEBRATION





Diwali Melas are extremely popular not only in India, but throughout the world. These enable people to cheerfully and enthusiastically celebrate the popular 'Festival of Lights' within their own community. As the Diwali festival is celebrated in individual homes, the Diwali Mela plays an important role. Diwali Mela is usually held a few days before Diwali to bring the community together and share festival greetings.

To celebrate this joyous festival, the NSS Unit of Deshbandhu College organised **PRADEEPAN 3.0 Diwali Mela** from November 10 - November 12, 2020. It was an entirely virtual Diwali Mela organised to give students as well as teachers some happy festive memories amid the pandemic situation. As a part of this, the unit had organised various competitions for students such as Singing, Dancing, Poetry, Noor-E-Pradeepan, Diya and Rangoli Making and much more. A separate event, "Sundown with Euphony" was dedicated to the teachers of our college to provide them with a platform to showcase their hidden talents. Apart from these cultural programmes, we even held Social Drives to make our contributions to society as well during the festival of lights and happiness. The social drives involved buying diyas and candles from local shops, distribution of chocolates and diyas to the underprivileged children. The NSS Unit of Deshbandhu College looks forward to hold many more of such events so as to give everyone moments of joy during this pandemic situation.



# PRADEEPAN CELEBRATION



**Pradeepan**  
Diwali Mela  
COMPETITION

**EVENTS**

- SLUM CHILDREN'S PERFORMANCE
- YOGA SOCIETY PERFORMANCE
- FLASH MOB
- TIMBRE MUSIC PERFORMANCE
- DRAMATICS SOCIETY PERFORMANCE
- FASHION WALK
- RESULTS - AKRITI

**COMPETITION**

- RANGOLI MAKING COMPETITION 9-11 AM
- DIYA DECORATION COMPETITION 9-11 AM
- NOOR OF PRADEEPAN-BEST DRESSED 3 PM

**Venue - In Front College Library**

**FEATURING - DJ**  
19PM onwards

**Venue: Dashbandhu College**  
Time: 10:30am- 4:00 pm

**Event Coordinators:** Mr. Jagpal Grover, Mr. Alok Singh  
**Program Officer:** Mr. Sanjay Kumar  
**Guest of Honor:** Dr. Payal Mehta  
**Chief Guest:** Dr. Prasad Kumar  
**Principal:** Dr. Rajiv Aggarwal

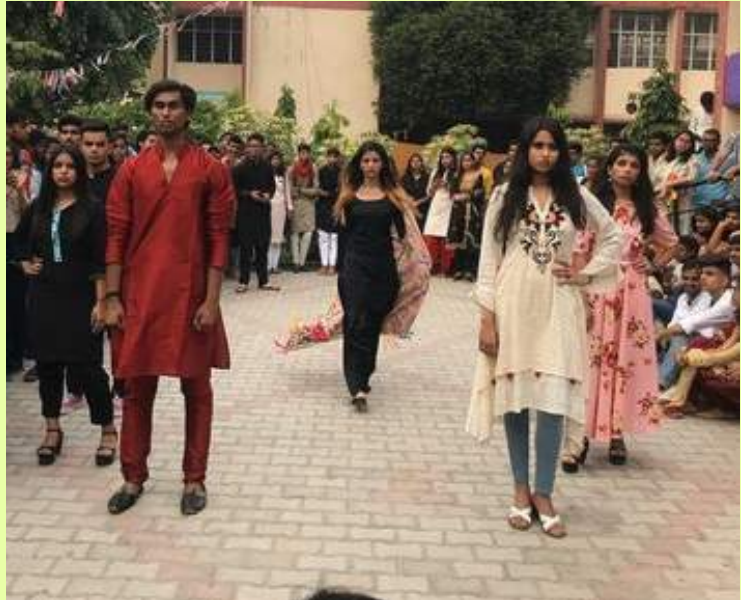
**Outreach Partner:**  **Sponsor:**  **Media Partners:**    











Festivals are an important part of people's lives. They commemorate sharing, brotherhood, and the social nature of humanity. Diwali is one such occasion. Hindus celebrate King Ram's Ayodhya return after 14 years in exile and his defeat of the demon king Ravan in a fierce and terrible battle. Diwali, also known as the "Festival of Lights," ushers in the winter season with joy, happiness, shopping, and gifts, as well as a slew of new events and festivals, such as Dhanteras, Govardhan, Bhaidooj, and Narak Chaturdashi. Diwali is a joyous festival celebrated during the Hindu month of Kartika. In the spiritual realm, the festival represents the "Victory Of Light Over Darkness."

In keeping with this festive atmosphere, **Deshbandhu College's NSS Unit held its Annual Diwali Mela 'PRADEEPAN 2.0'** on October 18th, 2019 in a Physical Mode. Pradeepan was, in its purest form, an amalgamation of everything we do to celebrate and enjoy. Pradeepan was a delight not only for college students but for all students across Delhi University, from music to dance, from Diya making to the ultimate DJ. Various NGOs have set up their booths, among other things. Pradeepan's second edition offered not only a big bag full of passion and happiness, but also an unforgettable bundle of happiness. The joyful insights gained from this offline event held prior to the outbreak of the deadly pandemic have been showcased in order to give everyone a glimpse of Pradeepan in its physical form of transmission.



# NSS DAY

## NSS DAY - 2021 CELEBRATION





In lieu of NSS Day, The NSS Unit of Deshbandhu College organized multiple events to reaffirm the values of NSS and work for the welfare of society with a renewed zeal and motivation. The events were organized on 24th and 25th of September which included - a **Cloth Donation Drive, a Plantation Drive, and a Visit and Donation Drive at Old age Home.**

The Cloth Donation Drive was conducted for two days, i.e. 24th and 25th of September. The volunteers donated new and old clothes which were in good condition to the less unfortunate individuals in the settlements near the campus of Deshbandhu College. This initiative was made to inform people about reusing and recycling their apparel to eliminate pollution caused by fast fashion and at the same time help the members of the society who are less unfortunate.

On 24th September, the NSS Unit of Deshbandhu College organized a Plantation Drive in collaboration with **Unnat Bharat Abhiyan and Harela Foundation in Bhati Village.** The volunteers along with faculty members enthusiastically participated in the drive and planted saplings which would grow into lush trees. The motive of this exercise was to set an example of working for the well-being of environment and make India beautiful and green.

Another event which was organized on 24th September was a Visit to Old Age Home and conduct of Donation Drive. The volunteers of the NSS Unit of Deshbandhu College visited an **Old Age Home in Govindpuri, and donated Chawanprash, Ayurvedic Juices, and Ayurvedic Medicines to the senior citizen residents of the Home.** This donation drive was done in collaboration with **All India Institute of Ayurveda (AIIA).** This initiative was taken to spread joy and happiness in the lives of the elderly who are often neglected by society and to make sure that their health improves in these challenging times of the COVID-19 Pandemic.

The three events were an immense success owing to the hardwork of the volunteers. The NSS Unit of Deshbandhu College is proud to celebrate NSS Day on 24th September and hopes to only increase its initiatives always follow the motto of “Not Me But You”.



# NSS DAY - 2020 CELEBRATION







As rightly said, off all the public personalities and benefactors of mankind, no one is loved and remembered by history more than a literary patron. Often reclaimed as 'Seva' and 'Karma Yoga' in our religious scriptures, a dedicated service for the welfare of all without any self emancipation, is above all the boundaries of culture and nationality. In order to infix this ideology in the young volunteers of the society, National Service Scheme (NSS) was officially initiated on 24th September 1969.

Every year 24th September is celebrated as 'NSS Day' to pay homage to Mahatma Gandhi and to remind ourselves that the welfare of an individual ultimately leads to the welfare of society. **The Motto of NSS "NOT ME BUT YOU"** reflects the essence of selfless service. The symbol of NSS is based on the wheel of the Konark Sun temple. The wheels represent the cycle of life (creation-continuation-conclusion) and signify the movement in life across time and space. It also depicts the continuous urge of volunteers for social transformation and upliftment. In 2020, the NSS Unit of Deshbandhu College organized an event on behalf of **NSS Day under the theme "Atulya Bharat"**. As a part of this event, several competitions were held such as Cooking, Singing, Dancing, Poster Making and Stand-Up Comedy. Apart from these competitions, the unit also contributed to the welfare of the society as well as the environment by holding a Plantation Drive in the college and Donation Drive in the slums.

The prime objective of the event was to encourage the students to adopt their hidden talents and showcase it to elevate their personality and skills. Apart from it, social and community service in them was also promoted. The students participated in these programs at a mass and made their sincere contributions in all the Drives.







# आज़ादी का अमृत महोत्सव













**Republic Day commemorates and celebrates the date on which the Indian Constitution took effect on January 26, 1950, replacing the Government of India Act 1935 as the country's governing document and transforming India into a newly formed republic. The transition of India from an autonomous Commonwealth realm with the British Monarch as nominal head of the Indian Dominion to a fully sovereign republic in the Commonwealth of Nations with the President of India as nominal head of the Indian Union is also commemorated on this day.**

**On 26th January, 2022 India celebrated the 73rd Republic Day. On this joyous occasion of the Nation, Deshbandhu College, University of Delhi, organised the "Flag Hoisting Ceremony" at College Campus. Following this, the NSS Unit of Deshbandhu College organised a National Webinar on the Topic- "Netaji and Azad Hind: Removing Smokescreens."**

**The Guest Speaker for the event was Prof. Kapil Kumar, (Former Professor of History and Director, Centre for Freedom Struggle and Diaspora Studies, IGNOU, India) who enlightened the session with his knowledge and experience about Netaji Subhas Chandra Bose. This was then followed by an interactive Q&A session. Insights from both events have been shared in order to provide a glimpse of the event's success.**

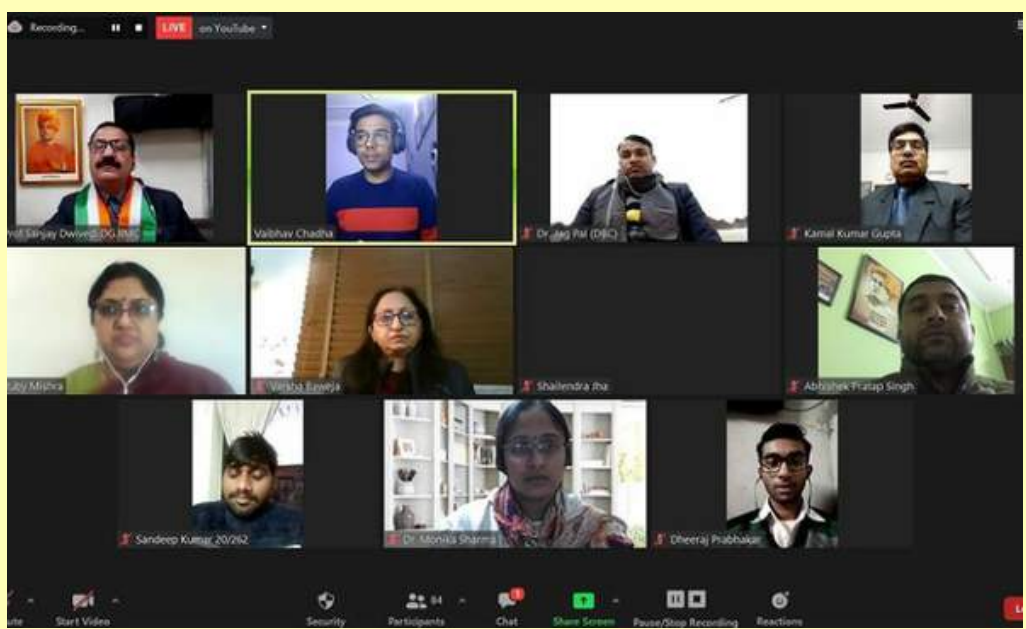
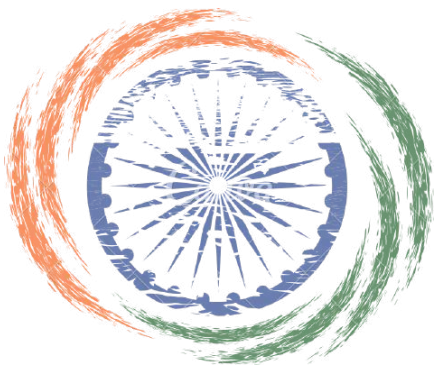
**A Poster Making Competition was also organised by NSS Unit, Deshbandhu College. The Unit's Volunteers created outstanding posters to represent their innovative minds on Republic Day. On this special occasion, nearly 100+ volunteers from Deshbandhu College's NSS Unit performed Surya Namaskar on behalf of the Ministry of AYUSH's initiative, which was coordinated with Guru Swami Ramdev and held under the aegis of Azaadi Ka Amrit Mahotsav, to commemorate India's 75 Years of Independence. Volunteers responded incredibly well to the tasks, and some of the competition's insights were shared in order to recognise the efforts of young minds.**

**The NSS Unit of Deshbandhu College is thankful to all who were part of this event and made it a great success.**





# 72ND REPUBLIC DAY



The NSS Unit of Deshbandhu College celebrated the 72nd Indian Republic Day by organising a Webinar on the topic "नए भारत (न्यू इंडिया) के निर्माण में जनसंचार माध्यमों की भूमिका" i.e. How Mass Communication is effective in the making of New India. The role of mass communication is directly related to the growth of any nation. The Speaker for the event was **Professor Sanjay Dwivedi who is the Director-General of Indian Institute of Mass Communication (IIMC).**

Mass Media means technology that is intended to reach a Mass Audience. It is the primary Means of Communication used to reach the vast majority of the general public. The most common platforms for Mass Media are newspapers, magazines, radio, television, and the internet. Advancements in this field has constantly helped us to communicate better with each other. In today's era, we have mobile phones for transmission of messages, applications for e-newspapers, television for entertainment and so on. All the means of communication help us to adapt to the changes from the outside world and develop ourself accordingly. The event further discussed that, with the advancement in the technology of Mass Communication, the chances of development of a nation also increases. Hence, it is of utmost importance to pay attention to the betterment of means of Mass Communication as "Communication is the Key to Success." The NSS Unit of Deshbandhu College is thankful to all who were the part of this knowledgeable event and made it a great success.





# PLEDGE ON NATIONAL VOTER'S DAY








## 12<sup>th</sup> National Voters' Day

चलो वोटर  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that Mr. NSS Unit Deshbandhu College..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi



Making Elections Inclusive, Accessible and Participative




## 12<sup>th</sup> National Voters' Day

चलो वोटर  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Ms. Kirti Virmani..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
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
## 12<sup>th</sup> National Voters' Day

चलो वोटर  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Mr. Kapil Mehta..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi



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## 12<sup>th</sup> National Voters' Day

चलो वोटर  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Ms. Anchal..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

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
## 12वां राष्ट्रीय मतदाता दिवस

चलो वोटर  
बनें हम

### e-मतदाता शपथ का प्रमाण पत्र

यह प्रमाणित किया जाता है कि ....श्री भव्य जैन..... ने 12<sup>वें</sup> राष्ट्रीय मतदाता दिवस के अवसर पर लोकतांत्रिक परम्पराओं की मर्यादा को बनाए रखने तथा स्वतंत्र, निष्पक्ष एवं शांतिपूर्ण निर्वाचन की गरिमा को अक्षुण्ण रखते हुए, निर्भीक होकर, धर्म, वर्ग, जाति, समुदाय, भाषा अथवा अन्य किसी भी प्रलोभन से प्रभावित हुए बिना सभी निर्वाचनों में अपने मतदाता के रूप में प्रयोग करने की e-मतदाता शपथ ली है।

25 जनवरी, 2022  
नई दिल्ली

  
(डॉ. रणबीर सिंह)  
मुख्य निर्वाचन अधिकारी, दिल्ली



समावेशी, सुगम एवं सहभागी निर्वाचन की ओर अग्रसर





## 12<sup>th</sup> National Voters' Day

चलो वोट  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Ms.Asha Lakra..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi

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## 12<sup>th</sup> National Voters' Day

चलो वोट  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Mr.Prashant..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi

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## 12<sup>th</sup> National Voters' Day

चलो वोट  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that ...Mr.Aseem Khan Sherwani..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi

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
## 12<sup>th</sup> National Voters' Day

चलो वोट  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Mr.Shivanga Malik..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
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Chief Electoral Officer, Delhi

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
## 12<sup>th</sup> National Voters' Day

चलो वोट  
बनें हम

### Certificate of e-Voters' Pledge

This is to certify that .....Ms.Neha Kumari..... has taken e-Voters' Pledge on the occasion of 12<sup>th</sup> National Voters' Day to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.

25<sup>th</sup> January, 2022  
New Delhi

  
(Dr. Ranbir Singh)  
Chief Electoral Officer, Delhi

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**"Every election is determined by the people who show up."**

**- Larry J. Sabato**

**India celebrates its National Voters' Day on 25th January every year. The celebration of the day aims to increase the participation of the number of Voters and to encourage the newly eligible voters. It was started on 25th January, 2011 to mark the Election Commission's Foundation Day. The year 2022 marked the 12th National Voters' Day centred on the Theme of "Electoral Literacy for Stronger Democracy." The main idea behind the National Voters' Day celebration is to encourage, facilitate and maximize enrolment of the New Voters who have attained the legal Voting Age of 18 years.**

**The Government of India has empowered the citizens with the Right to Vote. To raise awareness about this right and encourage more and more people to vote, the NSS Unit of Deshbandhu College organised a "Pledge Taking Ceremony" on the 25th January, 2022 in the College Campus wherein the Volunteers of the entire unit had participated quite actively which can be seen in the insights shared.**

**Apart from this enthusiastic event, the Volunteers of the unit had also actively participated in the E-Voters' Pledge. The Certificates for the same have been shared in the above for reference. Last but not the least, we as a unit would like to urge everyone to participate in the Electoral Process of the Nation.**



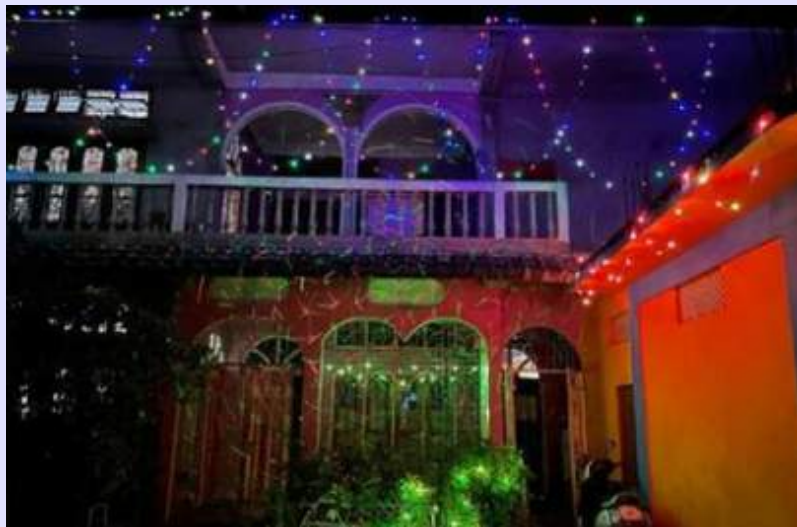
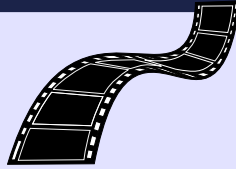


# COMPETITIONS

WINNER

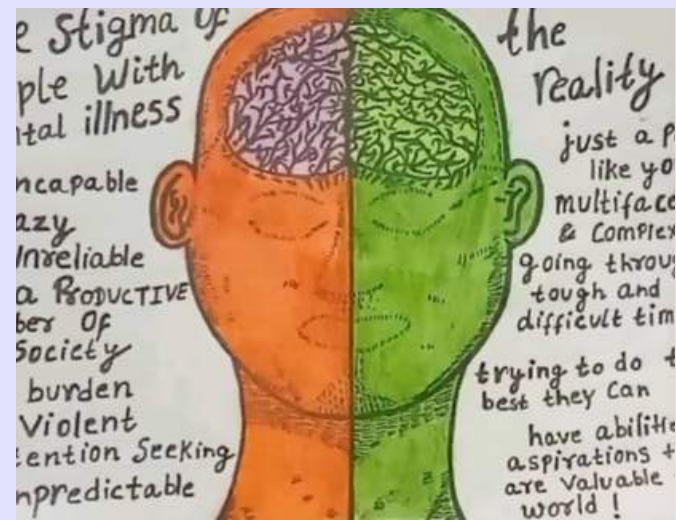
WINNER

## DIGITAL CLICKS



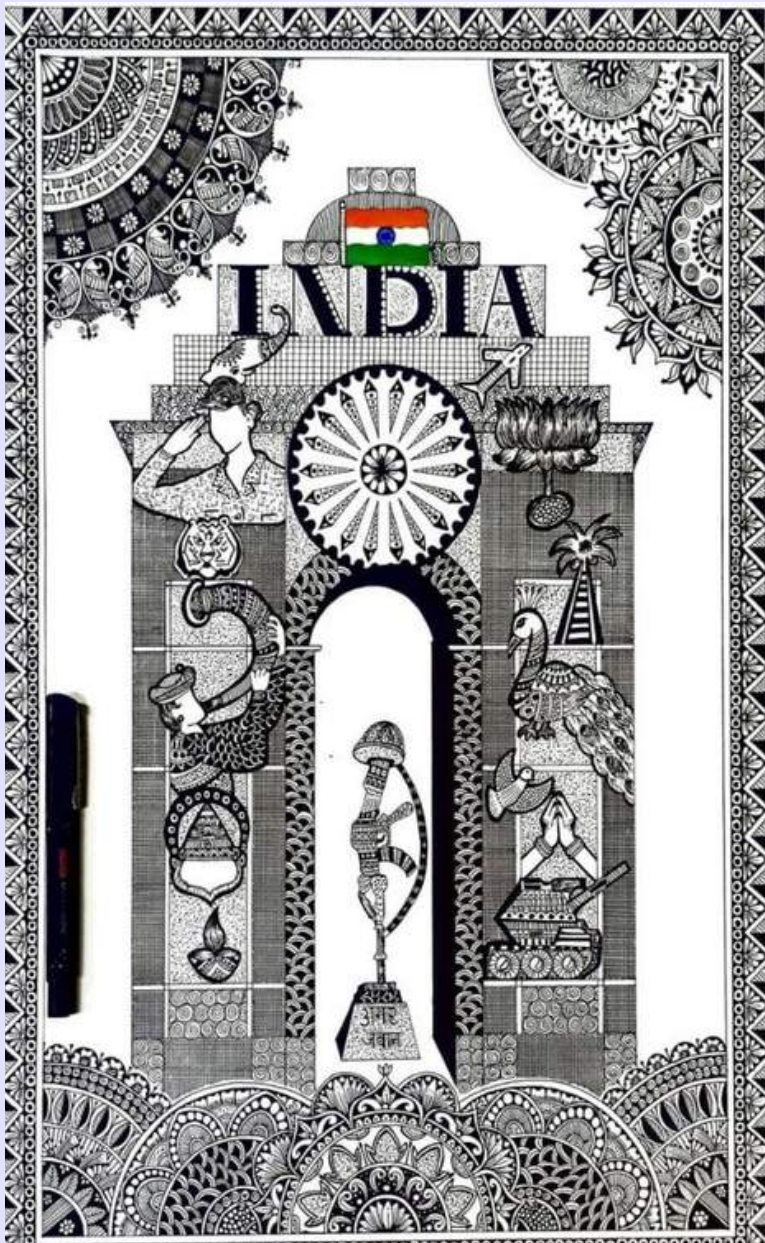


# HANDMADE POSTERS



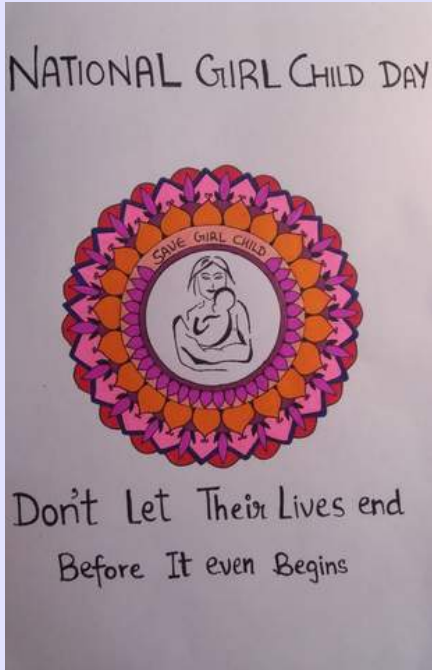


# REPUBLIC DAY






# NATIONAL GIRL CHILD DAY







A competition is an event in which people gather to determine who is the best at something. Competitions are a great way to bring out the best in ourselves and everyone else involved. It's a way to push yourself and others while also challenging those around you. It enables you to realise your full potential and achieve success. When we compete, we don't want others to fail or become obsessed with winning at any cost. We recognise that we are neither "good" nor "bad," and that the outcome does not determine our worth as human beings. Of course, we may "win" or "lose" the competition in which we are participating, and there are times when the outcome has a significant impact and is significant, but ultimately, competition is about growth, grit, and taking ourselves and our team to the next level.

With this positive thought in mind, the NSS Unit of Deshbandhu College never fails to organise attractive and fun competitions on different events. The most popular ones conducted recently are: **Photography Competition, and Poster Making Competition** on different occasions, which are as follows

- Hindi Diwas
- Global Handwashing Day
- National Safety Week
- Covid Vaccine Awareness
- Swachta Pakhwada
- Republic Day
- National Girl Child Day

These competitions had their respective aim to be conducted. The aim of Photography Competition was to create awareness, share ideas and encourage individuals in this field as Photographs do play an important role in everyone's life i.e., they connect us to our past, they remind us of people, places, feelings, and stories. Similarly, a Poster Competition was held to raise awareness about various general topics of recent times.

# SURYANAMSKAR



NSS UNIT, DESHBANDHU COLLEGE  
UNIVERSITY OF DELHI

UNDER

## AZADI KA AMRIT MAHOTSAV

### SURYANAMASKAR

PRINCIPAL: DR. RAJY AGGARWAL  
PROGRAMME OFFICER: DR. SUREY MEHRA

PRESIDENT: KRITI VERMA  
VICE PRESIDENT: SUREY MEHRA

@nssunit.dbc

NSS UNIT, DESHBANDHU COLLEGE  
UNIVERSITY OF DELHI

UNDER

## AZADI KA AMRIT MAHOTSAV

CELEBRATES

### 75 LAKHS SURYANAMASKAR

A tribute on 75th Anniversary of Independence

REGISTRATION LINK -  
[HTTPS://WWW.75SURYANAMASKAR.COM/](https://www.75suryanamaskar.com/)

PRINCIPAL: DR. RAJY AGGARWAL  
PROGRAMME OFFICER: DR. SUREY MEHRA

PRESIDENT: KRITI VERMA  
VICE PRESIDENT: SUREY MEHRA

Deshbandhu College  
University of Delhi

Department of Physical Education & Sports Sciences Under the aegis of IQAC, NCC and NSS

## Surya Namaskar

Perform with  
**75,00,000**  
People  
across the world  
on  
14th JAN 2022  
at 05:00 PM

Prof. Dr. Rajy Aggarwal Principal	Capt. DDU Parthab Kumar NCC Officer in Charge	LT. (S) Parvati Singh NCC Officer in Charge	Dr. Arpana Padiya Principal
Prof. Dr. Kamal Kumar Gupta NCC Officer in Charge	LT. (S) Lushika Dhillon NCC Officer in Charge	Dr. Suley Mehta NCC Officer in Charge	Dr. Agnieszka Lal NCC Officer in Charge
Dr. Aditya Saxena NCC Officer in Charge	Dr. Kumar Manjira P. G. NCC Officer in Charge		

For Registration Please scan and fill the Form

Zoara Meeting link











**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Rishika Parul*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

559468825  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Shreshya Ray*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

398446789  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Harang Gupta*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

864763828  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*SHIVANGI MALIK*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

896268436  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Mansi Keraul*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

542429484  
January, 14 2022







**आरुप मंत्रालय**  
**प्रमाण-पत्र**  
**सूर्य नमस्कार की शपथ ली है**

प्रमाणित किया जाता है कि

*Pransha*

ने मकर संक्रांति के अवसर पर 'जीवनी शक्ति के लिए सूर्य नमस्कार' की शपथ ली है और प्रतिबद्ध एवं पारिवारिक जीवन में सूर्य नमस्कार/योग को शामिल करने की दिशा में सभी ईमानदार प्रयास करने के लिए खुद को प्रतिबद्ध किया है।

674094428  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Arun Kishor Sharma*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

677842532  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*NSS Unit Dushanpur College*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

3892244588  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that

*Pooja Lalita*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

4762267953  
January, 14 2022







**Ministry of AYUSH**  
*Certificate*  
**Surya Namaskar Pledge**

This is to certify that


*Kriti Virmani*

has taken Surya Namaskar for Vitality pledge on the occasion of Makar Sankranti and committed himself/herself to make all sincere efforts towards making Surya Namaskar/ Yoga rooted in individual and familial lives.

3892244588  
January, 14 2022





Surya Namaskar is a set of 12 magnificent asanas performed to express gratitude to the source of energy i.e., the sun, to delicate our own system with nature, and to permit our body systems to become warmed up in order to combat illnesses and make everyone feel more vibrant and revitalised. The fundamental sequence entails transitioning from a standing position to Downward and Upward Dog poses, then returning to the standing position, but there are many variations. Surya, the Hindu solar deity, is honoured with a set of 12 asanas. Each position is linked to a different mantra in some Indian traditions.

The Ministry of AYUSH launched the 75 crore Suryanamaskar Initiative with the goal of creating a fitness culture and promoting a healthy lifestyle through the practise of Yogasana. The programme is being launched in conjunction with the 75th anniversary of India's independence, also known as the 'Azadi ka Amrit Mahotsav.' Union AYUSH Minister Sarbananda Sonowal launched the initiative in Hyderabad.

In Hyderabad, Sonowal also laid the cornerstone for the Heartfulness International Yoga Academy. The 75-crore Suryanamaskar challenge also aims to create the world's largest congregational Surya Namaskar event, with each participant receiving a certificate after completing the 21-day challenge.

On behalf of this, the Volunteers of NSS Unit of Deshbandhu College participated in the 75 Lakhs Suryanamaskar Initiative to mark their presence in this great initiative. The insights of the same have been shared in the post above.

We look forward to participate in many more of such type of activities which will result in the betterment of our health and lifestyle.





# SELFIE WITH DAUGHTER

NSS UNIT, DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)

SELFIE WITH DAUGHTER



PRINCIPAL : DR. RAJIV AGGARWAL  
PROGRAM OFFICER : DR. RUBY MISHRA

PRESIDENT : KRITI VIRMANI  
SECRETARY : ASHA LAKRA

NSS UNIT, DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)

SELFIE WITH DAUGHTER



PRINCIPAL : DR. RAJIV AGGARWAL  
PROGRAM OFFICER : DR. RUBY MISHRA

PRESIDENT : KRITI VIRMANI  
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NSS UNIT, DESHBANDHU COLLEGE  
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NSS UNIT, DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)

SELFIE WITH DAUGHTER



MI NOTE 9 PRO  
UAD CAMERA

PRINCIPAL : DR. RAJIV AGGARWAL  
PROGRAM OFFICER : DR. RUBY MISHRA

PRESIDENT : KRITI VIRMANI  
SECRETARY : ASHA LAKRA

NSS UNIT, DESHBANDHU COLLEGE  
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SELFIE WITH DAUGHTER




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PRESIDENT : KRITI VIRMANI  
SECRETARY : ASHA LAKRA





National Girl Child Day is celebrated every year  
on the 24th of January.



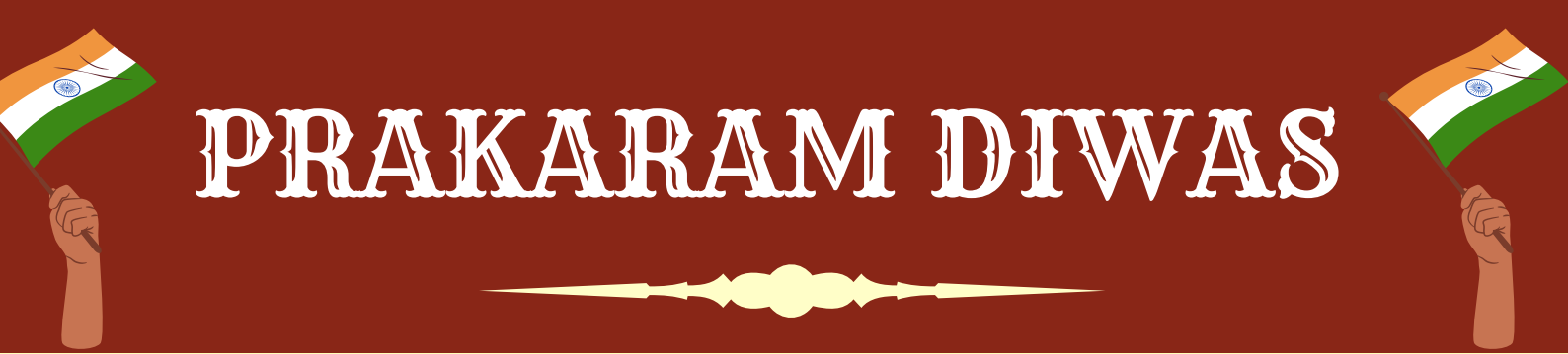
This day is observed to raise awareness about the issues surrounding the girl child. Initiated by the Ministry of Women and Child Development, this day brings attention to issues like women education, health and nutrition. Through this celebration, the main focus is to start a discourse about the inequalities that women face in our society such as the fight for equal rights in society, access to quality education and nutrition, protection against violence, bodily autonomy, etc.

On this occasion, NSS Unit of Deshbandhu College organised the Second National Webinar on the Topic- "Girl Child: The Backbone of Indian Progress". The event was marked with the precious presence of our **Guest Speaker - Dr. Anshu Joshi** who enlightened the gathering using her powerful yet mesmerizing words to address the strong female figures fighting against orthodox restrictions of the society. To enhance the event further, the Volunteers of the Unit also recited poems, sang songs and presented a presentation on Girl Child. In addition, we had an interactive Q&A session with our special guest speaker.

Last but not the least, the unit also organised a number of tasks which included **"A Selfie With Daughter"** wherein female volunteers were asked to click a picture with their parents as a gesture to show that if girls are also equally showered with love, care and opportunities, they can also reach greater heights in life, "Donation Drive" for donating stationery items to underprivileged girls in the neighbourhood and finally Volunteers from the unit's Design Team created posters depicting the challenges faced by girl children and emphasising the importance of saving girl children, and so on. The volunteers actively took part in this task and some of the insights have been shared.

Through such acts of love and togetherness, the NSS Unit of Deshbandhu College believes that every child is born equal and hence, they should be provided with an environment irrespective of any gender identities for their proper growth and equal development.





# PRAKARAM DIWAS



NSS UNIT, DESHBANDHU COLLEGE  
UNIVERSITY OF DELHI

IS ORGANISING

**"MOVIE SCREENING"  
AND  
POEM RECITATION**

ON THE OCCASION OF PRAKARAM DIWAS  
BIRTH ANNIVERSARY OF  
**NETA JI SUBHAS CHANDRA BOSE JI**

DATE - 23rd JANUARY, 2022  
TIME - 4:00 P.M.  
PLATFORM - ZOOM

Link In Bio

PRINCIPAL - DR. RAJIV AGARWAL      PRESIDENT - ARITI VERMA  
PROGRAMME OFFICER - DR. RUBY MISRA      VICE PRESIDENT - SUJEET MISRA





The phrase "YOU GIVE ME BLOOD, I WILL GIVE YOU FREEDOM" comes to mind whenever we hear the name Subhas Chandra Bose. In early 1942, Indian soldiers bestowed the title "Netaji" upon him in Germany, and he has been known as Netaji ever since. On January 23, 1897, in Cuttack, Orissa, the great militant and patriot was born. Youths were persuaded to join the newly independent India by Netaji Subhas Chandra Bose. His goal was to integrate the country's citizens regardless of caste, ethnicity, gender, or religion. The Government of India has decided to celebrate Netaji's birthday every year on January 23rd as "Parakram Diwas" to honour and remember his indomitable spirit and selfless service to the country. From 1938 to 1939, he served as President of the Indian National Congress. In addition, he was known for being the one who founded the "Azad Hind Fauj" with the help of Japan in 1942.

The NSS Unit of Deshbandhu College held a movie screening and poetry recitation session to honour Netaji Subhas Chandra Bose on the occasion of his 125th birthday and Parakram Diwas. He was a national hero who dedicated his life to the Indian National Movement and the fight for independence. The Unit's Volunteers took the initiative to recite poems to express their gratitude and pay homage to Netaji Subhas Chandra Bose, the great freedom fighter and true son of Mother India.

On this auspicious occasion, the Unit also held a Poster Making Competition, in which students enthusiastically participated and best displayed their hidden talents. These young talents' efforts have been bolstered by the insights provided above.

On the 125th anniversary of Netaji Subhas Chandra Bose's birth, the Deshbandhu College's NSS Unit, pays tribute to him as a great freedom fighter and true son of Mother India. His sacrifice and devotion to the country's independence will be remembered by the nation forever.





# KARGIL VIJAY DIWAS



The NSS Unit of Deshbandhu College celebrated the **victory of Kargil War** gained in 1999 by conducting a Webinar on 26th July 2021. It was a small initiative taken up by the Unit to remember and pay a tribute to the **Martyred Soldiers and Officers** who had lost their lives in the War. The host of the event was **Bhavya Jain**.

The Guest Speaker for the Event was **LT. Colonel Dr. Rajan Gupta**, a war veteran. Dr. Rajan introduced the students to the **Kargil War** along with various other aspects of the same which have been respected by the citizens of the Nation till date. The insights of this respectful event have been shared.

# INTERNATIONAL YOGA DAY


## 7-DAYS LIVE YOGA WORKSHOP

(14TH JUNE, 2021 - 21ST JUNE, 2021)


**NSS UNIT DESHBANDHU COLLEGE**  
(UNIVERSITY OF DELHI)  
ORGANISED

**7th INTERNATIONAL YOGA DAY**  
NSS Yoga and Meditation Workshop Valedictory  
Programme


TIME: 10:00A.M - 11:30A.M      20th June, 2021




**CHIEF PARTON**  
Adv. R.N. VATS  
Chairman Governing Body  
DESHBANDHU COLLEGE




**CHIEF GUEST**  
Prof. P.C. JOSHI  
Vice Chancellor, University of Delhi




**KEY NOTE SPEAKER**  
Prof. TN SINGH  
Ex Vice Chancellor  
Kashi Vidyapeeth University Varanasi




**GUEST OF HONOUR**  
Capt. PARMINDER SEHGAL  
Programme Coordinator, NSS & Incharge  
NCC, Nodal Officer, IDY'21  
University of Delhi



**PRINCIPAL DESHBANDHU COLLEGE, DU**  
DR. RAJIV AGGARWAL



**IQAC COORDINATOR**  
DR. ADITYA SAXENA




**PROGRAMME OFFICER & CONVENOR**  
DR. RUBY MISHRA

**Join Live on Deshbandhu College YouTube Channel**

Co-Convenor NSS | Dr. Vinsha Bawari  
TEACHER'S COORDINATORS:  
Dr. Asha Kumar, Dr. Jagpal Grover  
Dr. Manika Sharma, Dr. Rohini Sharma

**MEETING LINK :** <https://us02web.zoom.us/j/853815451117>  
pwd=U0xyNHRTcU8xWVMYnFVoVklvN1BSUT09


 @nssunit.dbc

**STUDENT COORDINATORS:**  
Kriti Virmani, Sujat Mishra  
Ashu Lakra, Manavni Rajput


**NSS UNIT DESHBANDHU COLLEGE**  
(UNIVERSITY OF DELHI)  
ORGANISED

Seven Days of Live Yoga and Meditation Workshop on the Occasion of  
(14th-20th June, 2021)  
TIME: 10:00A.M - 11:30A.M


**7th INTERNATIONAL YOGA DAY**




**Dr. LEENA BAVAIDEKAR**  
Eminent Ayurveda Physician,  
Sanskrit Scholar and Author from Pune.




**Mr. MILAN RAJAWAT**  
Student of Deshbandhu College (DU),  
Won 10th & Silver 1 Bronze Medal in  
National Yoga Competition.




**Mrs. VANDANA GUPTA**  
Founder Anandizing  
Delhi University, IIT Graduate  
Masters of Yoga and Science of Living from Jain  
Vidya Bharti University




**Mr. AVADESH KUMAR SINGH**  
Certified Sivananda Yoga & Meditation Teacher,  
Certified Emotional Intelligence Trainer.




**Mr. VIJAYAGANESH KORIKKARU**  
Vijaya Yoga (Iyengar) of Ayurvedagram Heritage  
Wellness,  
Former Branch Incharge of Yoga for Men's.




**Dr. ANJUM PADYAL**  
Assistant Professor  
Deshbandhu College, University of Delhi,  
E-MYT 500 hrs,  
Yoga Alliance USA.



**Mr. NIKHIL YADAV**  
Prant Yuva Pramukh,  
Vivekananda Kendra, Uttar Prant.



**Dr. SEEMA GUPTA**  
Associate Professor,  
Department of Commerce Deshbandhu College  
Researcher in Business Ethics and Human Emotions.




**Mr. JITENDER KAUSHIK**  
Vishva Karma, NEZ, Patna,  
Former Teacher, Bharati Dweep National Institute of  
Yoga, Kanchi, Vaidika Delhi Cantt.

**PRINCIPAL:** Dr. Rajiv Aggarwal  
**PROGRAMME OFFICER & CONVENOR:** Dr. Ruby Mishra

**TEACHER'S COORDINATORS:**  
Dr. Asha Kumar, Dr. Jagpal Grover  
Dr. Manika Sharma, Dr. Rohini Sharma

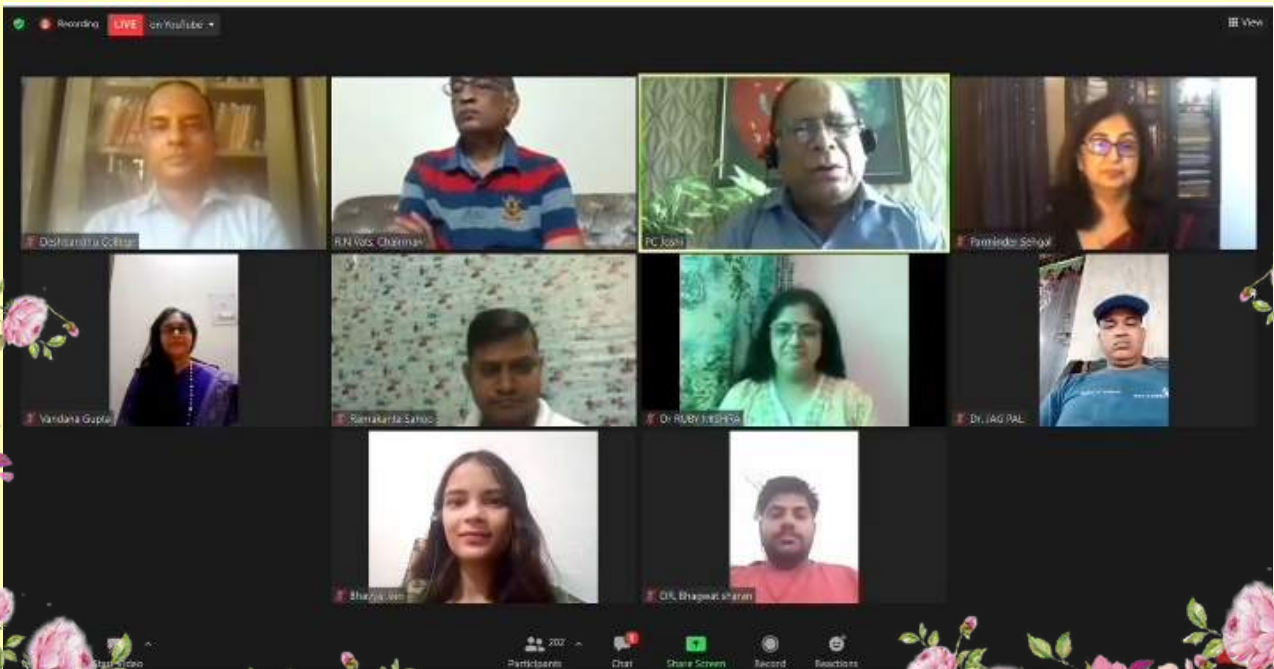
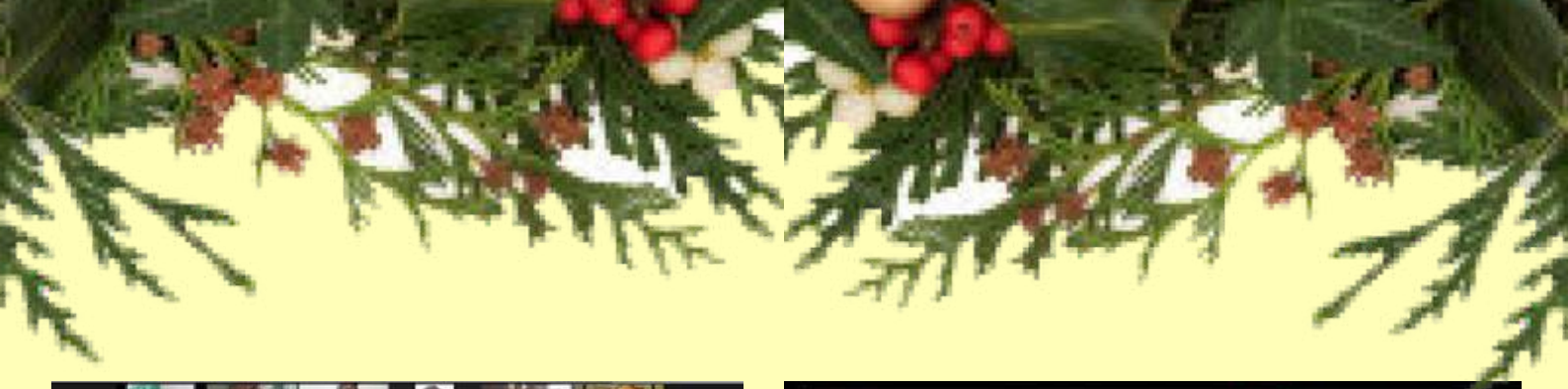
**MEETING LINK :** <https://us02web.zoom.us/j/853815451117>  
pwd=U0xyNHRTcU8xWVMYnFVoVklvN1BSUT09

 @nssunit.dbc

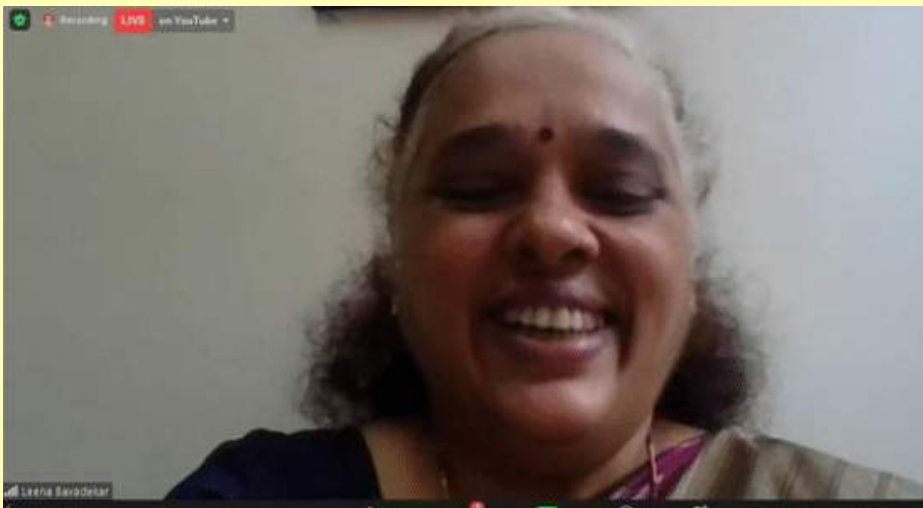
**IQAC COORDINATOR:**  
Dr. Aditya Saxena

**STUDENT COORDINATORS:**  
Kriti Virmani, Sujat Mishra  
Ashu Lakra, Manavni Rajput











To mark the celebration of International Yoga Day, the NSS Unit of Deshbandhu College organized a **7 day live Yoga and meditation workshop** from June 14th 2021 to June 21st 2021.

On the first day of the event, **Dr Rajiv Aggarwal (Principal, Deshbandhu College)** talked about the Importance of Yoga in our lives and the need for such events. Soon thereafter, he officially marked the beginning of the event. The chief speaker for the first day was **Dr Leena Bavadekar** who spoke about the Importance of Ayurveda in our lives. She gave the audience advice about how to maintain their health and wellbeing through Ayurvedic practices. Afterwards, she eloquently answered questions that the students had about Ayurveda. Later, **Mr Milan Rajawat - a second-year History student at Deshbandhu College** who has won many accolades in the field of Yoga - demonstrated Yoga Asanas for the audience to practice.

On the second day of the event, the chief speaker of the day was **Ms Vandana Gupta** who took a session on - "Meditation for Being Unshakable". She talked about the Importance of Meditation and Yoga in the life of a student. Later, she took a guided meditation session for the audience to follow through with. Afterwards, she answered questions from the audience regarding meditation. On the third day, **Dr Varsha Baweja (Associate Professor, Deshbandhu College)** opened the session and explained the physiological and biochemical effects of Yoga on our bodies and its utmost importance to achieve inner peace. Afterwards, the first guest speaker of the day **Mr Vijayaganesh Korikkaru** took a session on the topic - "Yoga for Healthy, Happy and Peaceful life". After his session, he also demonstrated some Yoga practices for the well-being of the audience. Finally, the second guest speaker of the day **Mr Avadesh Kumar Singh** gave a presentation on the topic - "Yog through Breathing, Holistic nutrition and Naad (sound)". After his informative presentation about the importance of Yoga and meditation for long and healthy life, he did a practical session on meditative sound healing.

At the end of the event, **Dr Seema Gupta (Faculty member, Deshbandhu College)** gave her words of appreciation for the speaker of the day and marked the end of the third day of the workshop. The fourth day was opened up by **Dr Neelam Borwankar (Associate Professor, Deshbandhu College)** who shared her and other people's experience of dealing with COVID and how they were suggested to do Yoga for quicker recovery. The main speaker of the day was Ms Vandana Gupta who spoke on the topic - "Post- COVID Care with Yoga Practices" and effortlessly explained how the importance of Yoga has been more than ever during the pandemic. She later demonstrated breathing yoga practices to rejuvenate the lungs after being inflicted with COVID-19 and finally answered a few questions from the audience.

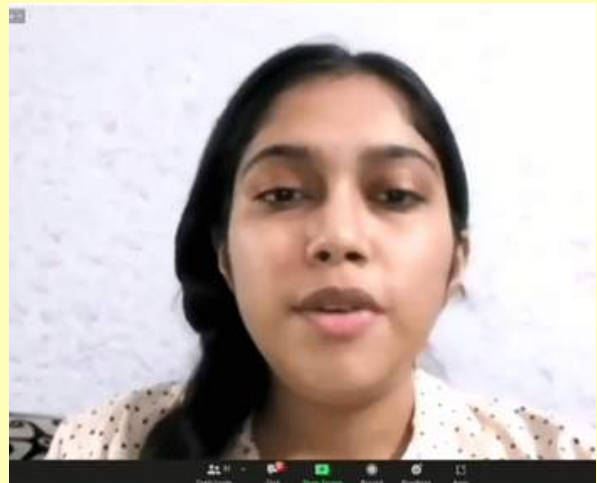
On the fifth day, the first speaker of the day **Dr. Anjum Padyal** opened up the session and spoke on the topic - "Mental health and Yog". She informed students about the rise of mental health issues amongst the youth and the role of the pandemic in increasing them. She later led an introspective session discussing how Yoga can be used to improve mental health and wellbeing. The second speaker of the day, **Mr Nikhil Yadav**, briefly talked on the topic - "The way to meditation Ashtanga Yoga" and then later led a Yoga session for the audience. The penultimate day of the session was started off by **Ms Vandana Gupta** who spoke on the topic - "Anxiety, Stress and Anger Management". She talked about the positive impacts of Yoga on health and how it can be used to reduce stress levels. She mentioned that through Yoga, we can increase the levels of stress reducing hormones like endorphins and oxytocin in our bodies. Afterwards, she demonstrated Yoga practices to reduce anger, stress and anxiety for the audience. Later, the second speaker of the day, **Dr Seema Gupta** spoke on the topic - "Benefits of Deep Breathing" She took a very interactive session where she kept the audience engaged while asking questions. Afterwards, meditative music for positive was played and both the speaker answered audience's questions at the end of the session. On the final day, the NSS Unit of Deshbandhu College organized two separate events. First being the Yoga and Meditation workshop where **Mr Jitender Kaushik** spoke on the topic - "Role of Yoga in modern lifestyle". He gave a presentation explaining the history of Yoga and its need in times of the pandemic. Later, he demonstrated Yoga practices for improving eyesight, diabetes, back pain, and many more. In the end, he answered questions from the audience and cleared doubts.

Finally, a **Valedictory event** was organized where distinguished guests attended the event and gave their support and imparted their wisdom to the audience. The highly distinguished panel of guests consisted of **Prof PC Joshi (Vice Chancellor, DU)**, **Adv. R.N. Vats (Chairman Governing Body, DBC)**, **Prof T.N. Singh (Ex-Chancellor, Kashi Vidyapeeth University, Varanasi)**, and **Capt. Parminder Sehgal (NSS Programme Coordinator, University Of Delhi)** with **Dr. Aditya Saxena (IQAC Coordinator)**. The Principal of Deshbandhu College, **Dr. Rajiv Aggarwal** were also present. After the guests spoke on the event and the Importance of Yoga, all the guest speakers from the 7 Days Yoga and Meditation Workshop were felicitated with certificates. Finally, the event ended with **Ms. Vandana Gupta** taking a small meditation session and reciting the Shanti Mantra.

The event was a huge success which saw a regular participation of audience members - Faculty and students alike. The NSS Unit of Deshbandhu College wishes to keep on doing such events to promote health and wellbeing in the society.



# GANDHI AND SHASTRI JAYANTI - 2ND OCTOBER' 2021





The NSS Unit of Deshbandhu College on the auspicious occasion of 152nd Birth Anniversary of the Father of the Nation- Mahatma Gandhi and 117th Birth Anniversary of the Second Prime Minister of India- Lal Bahadur Shastri organized a virtual celebration on 2nd October 2021. Its prime initiative was to inculcate a sense of pride and patriotism in the young minds.

The event started with the host of the event, **Aseem Khan Sherwani (Volunteer)** inviting the Programme Officer, **Dr. Ruby Mishra** who further addressed the gathering by emphasizing on the ideologies and philosophies of Gandhiji, the impact of Non Violence strategy over the path of Freedom and the Values mentioned in Gita. Afterwards, the stage was shifted to the event coordinator, **Dr. Ashutosh Kumar Singh**, who threw light on the conceptions of Gandhiji and how it is really hard for a person to follow up his notion in modern times. Further, the students made the event even more commendable by delivering short poems and speeches.

A short documentary on blossoming life journey of Lal Bahadur Shastri was shown to the audience as a concluding ceremony of the event. Not just this, the talented volunteers of the NSS Unit had also taken an initiative to make handmade posters in respect of Mahatma Gandhi and Lal Bahadur Shastri which was indeed a commendable initiative.





# BHAGINI NIVEDITA BIRTH ANNIVERSARY

## 154TH CELEBRATION EVENTS

**NSS UNIT DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**

INVITES YOU ALL  
TO JOIN THE CELEBRATION OF  
SISTER NIVEDITA'S 154TH BIRTH ANNIVERSARY

SWATANTRATA KA AMRIT MAHOTSAV  
"ROLE OF BHAGINI NIVEDITA IN FREEDOM MOVEMENT"

**KEYNOTE SPEAKER**  
P.A. VIVEKANANDA PAI  
Architect by Profession  
(National Secretary Vijnana Bharati)  
Architectural Practitioner

**GUEST SPEAKER**  
DR. ARPITA MITRA  
Former Research Fellow, VIF  
Assistant Professor,  
Department of History,  
Kazi Nazrul University, Asansol

**DETAILS OF THE EVENTS -**  
DATE - 28th October, 2021  
TIME - 05:00 PM  
PLATFORM - ZOOM

**JOINING LINK FOR WEBINAR -**  
<https://us02web.zoom.us/j/81433141667?pwd=NWJjbnVDUGRDejE1VUkyWjJOTVR4dz09>

PRINCIPAL : DR. RAJIV AGGARWAL  
PROGRAMME OFFICER : DR. RUBY MISHRA


IQAC COORDINATOR -  
DR. ADITYA SAXENA

CDC & WEC HEADS -  
ANUSHKA, MANSI, RIDDHIMA

STUDENT COORDINATORS -  
KRITI VIRMANI, ASHA LAKRA

@essunit.dbc






The NSS Unit of Deshbandhu College under the aegis “Azadi Ka Amrit Mahotsav”, on the auspicious occasion of 154th birth anniversary of famous freedom activist and nationalist Bhagini Nivedita, organized a virtual session with the theme “Role of Bhagini Nivedita in Freedom Movement” on 28th October 2021. Its intimate objective was to impart a sense of patriotism and true nationalism in the young minds with **Swami Vivekananda’s teachings** and Sister Nivedita who gave all of her life with outmost devotion in making India an independent nation with educated people and ideal society.

The Guest Speaker for the event was **Dr. Arpita Mitra and the Key Note Speaker was P.A. Vivekananda Pai**. It was an enlightened and enriching session in which our respected speakers informed us about the contributions of Bhagini Nivedita in Indian National Movement and about Swami Vivekananda as well. The event helped us gain lots of knowledge with special reference to **Swadeshi Movement, Women Empowerment and the Struggles of Jagdish Chand Bose**. Further, the students made the event even more commendable by delivering their short poems and speeches. Indeed, this was an extensively knowledgeable event which threw immense light over the life of Sister Nivedita.







The NSS Unit of Deshbandhu College celebrated the occasion of **Bhagini Nivedita's 153rd Birth Anniversary and Shakti Samarpan Diwas** in collaboration with Indraprastha Shakti on the 28th of October, 2020. **Ms Sujata Nayak** enlightened us with the life of Bhagini Nivedita and introduced us to her life wherein she was an Irish teacher, an author, a social activist, a school founder and a disciple of Swami Vivekananda. Miss Margaret Noble met Swami Vivekananda in 1895 in London and travelled to Calcutta (present-day Kolkata), India in 1898. Swami Vivekananda was the one who gave her the name of Sister Nivedita which means "The offered one". In November 1898, she opened a girls school in the Bagbazar area of Calcutta. She wanted to educate girls who were deprived of even basic education. She took an active interest in promoting Indian history, Culture and Science. Many other eminent speakers shared their views and thought about Sister Nivedita.

**Dr Sudha Tiwari**, one of these speakers introduced us further about the works of Indraprastha Shakti. This organisation was established in 2012 with the motto " To Empower Women with the help of Science and Technology". Last but not the least, few of our student volunteers and teachers shared the inspirational works done by them after getting inspired by Bhagini Nivedita. These students namely **Priya and Manaswi ( Volunteers of NSS Unit Deshbandhu College), Kanashk (Bal Bharti School) and Dr Prachi Singh (a professor from JNU)** shared their personal views and thoughts about Sister Nivedita and enlightened us with their precious words.





# MISSION KAWACH



**"We Can't Help Everyone But Everyone Can Help Someone"**

**- Dr. Loretta Scott.**

During the testing times of the second wave of the COVID-19 pandemic, the **NSS Unit of Deshbandhu College** launched **"MISSION KAWACH"**. The goal of this project was to help COVID-19 patients and their families. Assistance was provided by the volunteers working around the clock and helping in four major aspects - Blood Donation, COVID Helpline Numbers; Food, Mask & Hand-sanitizer Donation, Relief Drive, etc.

The **NSS Unit of Deshbandhu College** collaborated with **Sewa Bharti**, which is an NGO established in 1979, to set up a helpline number. This helpline number was answered by volunteers of the NSS Unit where they provided people assistance and information on things like - **Doctor Consultation, Food Assistance, Blood and Plasma Donation, Oxygen Cylinder availability, and availability of Hospital Beds**. The NSS Unit helped save many lives through this helpline and provided a lot of people with useful information which made a difference of life and death.

Furthermore, the **NSS Unit of Deshbandhu College** also organized webinars on topics like **Coping With Covid**, took **Pledge Against Covid - 19**, **Vaccine Awareness Drive**, **Food Donation Drive** to the ones quarantined at home and much more. Aside from that, the unit has been active on social media to raise awareness about Covid, with **Myth Busters about Covid - 19**, awareness videos about **Vaccination Drive**, and so on. The volunteers also took the opportunity to educate people about the **Covid Norms** and the **Importance of Masks and Social Distancing** during the donation drive. Last but not the least, the unit is eager to continue assisting the community in their time of need and to contribute to the eradication of this deadly virus.



# MISSION KAWACH

 **NSS Unit**  
**Deshbandhu College**  
**University of Delhi**  
**NSS Deshbandhu HelpDesk**  
**"Mission Kawach"** 

 <b>AMBULANCE</b>	 <b>OXYGEN</b>
•9953590464 (6:00 P.M. – 7:00 P.M.) •9205821856(7:00 P.M. – 8:00 P.M.)	•9899540937 (6:00 P.M. – 7:00 P.M.) •8273552508(7:00 P.M. – 8:00 P.M.)
 <b>DOCTOR CONSULTATION</b>	 <b>FOOD SERVICES</b>
•9311840963 (6:00 P.M. – 7:00 P.M.) •8766344127 (7:00 P.M. – 8:00 P.M.)	•9162842809 (6:00 P.M. – 7:00 P.M.) •8700654429 (7:00 P.M. – 8:00 P.M.)
<b>HOSPITAL BEDS</b> 	
•8882590950 (6:00 P.M. – 7:00 P.M.) •8287042055 (7:00 P.M. – 8:00 P.M.)	

**NOTE** - The numbers are of student volunteers who will provide you with verified leads of resources. However NSS Deshbandhu or its volunteers will not be held responsible after the person gets in contact with the vendors or service providers. Calls will be received only at the mentioned time.

 @nssuit.dbc

While keeping the spirit of service towards the community alive within our hearts, the NSS Unit of Deshbandhu College has started a COVID-19 Helpdesk as a part of "MISSION KAWACH". Our Volunteers will be taking calls and providing verified information on the following:

Ambulance

Oxygen

Doctor Consultation

Food Services

Hospital Beds

collective support that we can help people with their problems.

We are available to help those in need. It is only through

111.

# COVID HELPLINE

## (Rakt Sewa)



राष्ट्रीय सेवा योजना देशबंधु महाविद्यालय  
(दिल्ली विश्वविद्यालय)  
सेवा भारती के सहयोग से

नर सेवा नारायण सेवा  
☎ 80-10-066-066  
COVID Helpline

Doctor counseling Rakt Sewa  
Food assistance Other assistance

**उत्कर्ष भारत** **RAKT SEWA**  
The Digital assistance anywhere in Bharat  
FOR PLASMA/BLOOD/PLATELETS

प्राचार्य: डॉ राजीव अग्रवाल अध्यक्ष: दिक्षा तिवारी  
कार्यक्रम अधिकारी: डॉ रवी मिश्रा सचिव: युगेशु बन्सल

Google play @nssunit.dbc

Sewa Bharti is a **Non Governmental Organisation** that has over the years worked progressively and has even managed to fascinate mostly the young adults to indulge into selfless works and therefore connecting social work with the people. With a steady increase in the spread of Covid - 19 across the nation, the NSS Unit of Deshbandhu College has collaborated with Sewa Bharti so as to help more and more people during these tough situation. We are looking forward to help all the ones in need through the **"Utkarsh Bharat" app which provides various helps such as Doctor Consultations, Food Assistance, Blood and Plasma Donations** and many other assistance. Hence, we would like to hereby inform that in order to avail any such kind of help, all you need is to contact at the following number: **8010066066**.

Since the need of the hour is to help more and more people in need, we would thereby request all to kindly share the above given information to all the ones who are in need of help.



















# WEBINAR ON COPING WITH COVID



COVID SAMVAAD -10TH EDITION

NSS UNIT DESHBANDHU COLLEGE  
IN COLLABORATION WITH  
INDRAPRASTHA SHAKTI

**"COPING WITH COVID"**

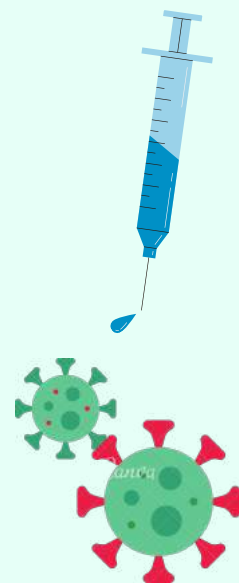
COVID -19 VACCINATION, PRECAUTIONS AND MEASURES

**GUEST SPEAKER:**  
Dr. Uma Kumar  
( HoD Rheumatology, AIIMS  
New Delhi & President  
Indraprastha Shakti)

DATE: 29th May, 2021  
TIME: 3:00 P.M  
PLATFORM: Zoom Platform  
LINK TO JOIN:  
<https://us02web.zoom.us/j/81669664185?pwd=OVcxblRlVDRqZESqOVZlbnE5dEhNQj09>

PRINCIPAL: DR. RAJESH KUMAR      PRESIDENT: DIKSHA TIWARI

Instagram, Twitter, Facebook, YouTube icons



NSS Unit of Deshbandhu College in collaboration with **Indraprastha Shakti** organised a webinar on the topic "COPING WITH COVID" which included discussions about Covid-19 Vaccination, Precautions And Measures.

The Guest Speaker for the event was **Dr. Uma Kumar (HOD, Rheumatology, AIIMS New Delhi and President of Indraprastha Shakti Organisation)** spoke on various topics related to Coronavirus Disease (COVID-19). She very clearly mentioned about the symptoms of COVID which includes fever, cough, fatigue, shortness of breath, vomiting, loss of taste or smell, some cases asymptomatic. The main complications of the disease include pneumonia, viral sepsis, acute respiratory distress syndrome, kidney failure, cytokine release syndrome, respiratory failure, pulmonary fibrosis, pediatric multisystem inflammatory syndrome, chronic COVID syndrome.

Dr Uma also mentioned that "Corona is Dynamic in Nature" i.e., symptoms may begin one to fourteen days after exposure to the virus. At least a third of people who are infected do not develop noticeable symptoms. Of those people who develop noticeable symptoms enough to be classed. Older people are at a higher risk of developing severe symptoms. Some people continue to experience a range of effects for months after recovery, and damage to organs has been observed. Multi-year studies are underway to further investigate the long-term effects of the disease. Transmission of COVID-19 occurs when people are exposed to virus-containing respiratory droplets and airborne particles exhaled by an infected person. Those particles may be inhaled or may reach the mouth, nose, or eyes of a person through touching or direct deposition.

According to her, Precaution is Best and that people must follow all COVID-19 Protocols and get Vaccinated soon. In all, this was really an amazing successful session. We look forward to conducting many more such events.





# भारतीय प्राचीन विरासत आयुर्वेद और कोरोना पर आयुर्वेद का प्रभाव



राष्ट्रीय सेवा योजना (NSS)  
देशबंधु महाविद्यालय (दिल्ली विश्वविद्यालय)  
द्वारा  
वेबिनार आयोजित किया जा रहा है

विषय - भारतीय प्राचीन विरासत आयुर्वेद और  
कोरोना पर आयुर्वेद का प्रभाव



वक्ता- प्रोफेसर डॉ महेश व्यास  
डीन अखिल भारतीय आयुर्वेद  
संस्थान, नई दिल्ली

विवरण  
दिनांक:- 11 जनवरी 2021  
समय:- दोपहर 03 बजे  
मंच:- गूगल मीट

प्रचार्य: डॉ राजीव अग्रवाल  
कार्यक्रम अधिकारी : डॉ रूबी मिश्रा

अध्यक्ष: दिक्षा तिवारी  
सचिव: युगांशु वत्स  
@nssunit.dbc



Dr. Mahesh Kumar Vyas is presenting



“कोरोना पर आयुर्वेद का प्रभाव”

Presented By :  
Prof. Mahesh Vyas  
Dean (Ph.D.)  
All India Institute of Ayurveda , New Delhi



समदोषः समाग्निश्च समधातुमलक्रियः ।  
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥







राष्ट्रीय सेवा योजना देशबंधु महाविद्यालय ईकाई ने आयुर्वेद से संबंधित वर्चुअल कार्यक्रम आयोजित किया, जिसका विषय भारतीय प्राचीन विरासत आयुर्वेद और कोरोना पर आयुर्वेद का प्रभाव रहा।

"आयुर्वेदयति बोधयति इति आयुर्वेदः।"

अर्थात् जो शास्त्र आयु का ज्ञान कराता है उसे आयुर्वेद कहते हैं।

आयुर्वेद भारत में विकसित विश्व की सर्वश्रेष्ठ चिकित्सा पद्धति है, इसके द्वारा न केवल समस्त शारीरिक व्याधियों का निदान एवं आरोग्य संभव है अपितु यह पद्धति आत्म बल बढ़ाने में भी सहायक है। आज इस कोरोना काल में इसका प्रचलन समस्त विश्व में अधिकाधिक बढ़ता जा रहा है। **धन्वंतरी सुश्रुत भारद्वाज** जैसे कई प्रमुख प्राचीन आयुर्वेद आचार्य ने इसकी व्याख्या की है। बीते वर्ष में जब भारत सहित संपूर्ण विश्व कोरोना नामक वैश्विक महामारी से बचाव के लिए प्रयत्नशील था किसी भी देश के पास इसकी दवाई नहीं थी तो सभी ने भारत के तरफ बहुत आशा भरी नजरों से देखा क्योंकि भारत में आयुर्वेद का उद्भव और विकास हुआ है। हम भारतवासियों ने सम्पूर्ण कोरोना अवधि में अपनी रोग प्रतिरोधक क्षमता बढ़ाने के लिए आयुर्वेद का ही सहारा लिया, आयुर्वेद हम सबों के लिए प्राणदायक रहा। कोरोना से मुकाबला के लिए जब कोई प्रभावी उपाय नहीं था तो भारत के घर-घर में हल्दी, काढ़ा, दूध जैसे अनेक बूटियां रोग प्रतिरोधक क्षमता को बढ़ाने में बहुत काम आए। वैबिनार में आए मुख्य वक्ता डॉ महेश व्यास जी ने एक बहुत अच्छे श्लोक के साथ कार्यक्रम में काफी ज्ञानवर्धक बातें साझा कीं। "समदोषः समाग्निश्च समधातुमलक्रियः , प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयत ब्राह्मो मुहूर्त उतिष्ठेत स्वस्थो रक्षार्थ आयुषः।" अर्थात् ब्रह्म मुहूर्त में निद्रा त्यागने वाले व्यक्ति हमेशा स्वस्थ रहते हैं। उन्होंने सूर्य नमस्कार का महत्व, सूर्यदेव को जलसमर्पण का महत्व एवं सूर्य के प्रकाश का महत्व समझाया। उन्होंने अभ्यङ्ग अर्थात् मालिश के महत्व को भी समझाया। उन्होंने योग एवं व्यायाम पर प्रकाश डालते हुए इसे नित्य उपयोग में लाने का सलाह दिया। उन्होंने कोरोना काल में गिलोय, अश्वगंधा, हल्दी, आंवला, काली मुनक्का आदि के महत्व पर प्रकाश डालते हुए अपने वक्तव्य को विराम दिया।



# AWARENESS DRIVE FOR COVID -19 VACCINE





**Coronavirus Disease 2019 (COVID-19) is a contagious disease caused by Coronavirus 2 syndrome that causes severe acute respiratory syndrome (SARS-CoV-2). The first case was discovered in Wuhan, China, in December 2019. Since then, the disease has spread worldwide, resulting in an ongoing pandemic. Vaccination, staying at home, wearing a mask in public, avoiding crowded places, keeping distance from others, ventilating indoor spaces, managing potential exposure durations, washing hands with soap and water frequently and for at least twenty seconds, practising good respiratory hygiene, and avoiding touching the eyes, nose, or mouth with unwashed hands are all preventive measures to reduce the chances of infection. Apart from these preventive measures, it is also important that the general public must be well aware and informed about the situation including vaccinations and other necessary things in relation to the disease.**

**Therefore, to impart knowledge further, on 26th January, 2021, the Volunteers of NSS Unit of Deshbandhu College created an awareness drive for the COVID-19 Vaccine which has been developed in India by our Scientists showing the dynamic nature of Indian Scientist and their efficiency. Producing a vaccine in such a short period of time with such limited resources is truly commendable. These vaccines have also been approved in several other countries, and India has shown goodwill by providing these vaccines to countries such as Brazil and the Maldives. Despite this, there have been a number of concerns raised by our citizens about the vaccine. So, NSS Unit of Deshbandhu College with the help of it's volunteers tried to address these issues and created awareness regarding the vaccine. Furthermore, we hope to conduct many more such drives in order to provide the public with accurate information.**



# TIKA UTSAV

 **NSS UNIT**  
**DESHBANDHU COLLEGE**  
**(UNIVERSITY OF DELHI)** 

Is Celebrating

**TIKA UTSAV**

11th to 14th April, 2021

Principal: Dr. Rajiv Aggarwal  
Programme Officer: Dr. Ruby Mishra

President: Diksha Tiwari  
Secretary: Yuganshu Vats

 @nssunit.dbc

**COVID-19**  
Vaccination Awareness

**Tika Utsav**



**EARTH BEFORE COVID-19 VACCINE**

**EARTH AFTER COVID-19 VACCINE**



**DON'T WAIT GET VACCINATED**

2021

WEAR MASK

STAY SAFE & HEALTHY

**VACCINES ARE SAFE, EFFECTIVE AND LIFESAVING**

 **NSS UNIT**  
**DESHBANDHU COLLEGE,**  
**KALKAJI, DELHI** 

Get Immunized Against COVID-19  
Through VACCINATION

**Let's Celebrate 'TIKA UTSAV'**

Download Arogya Setu App And  
Get Registered For  
VACCINATION

**USE MASKS**  
**MAINTAIN 2M DISTANCE**

Protect Yourself  
Protect Others

**VACCINATION**

**DON'T HESITATE**

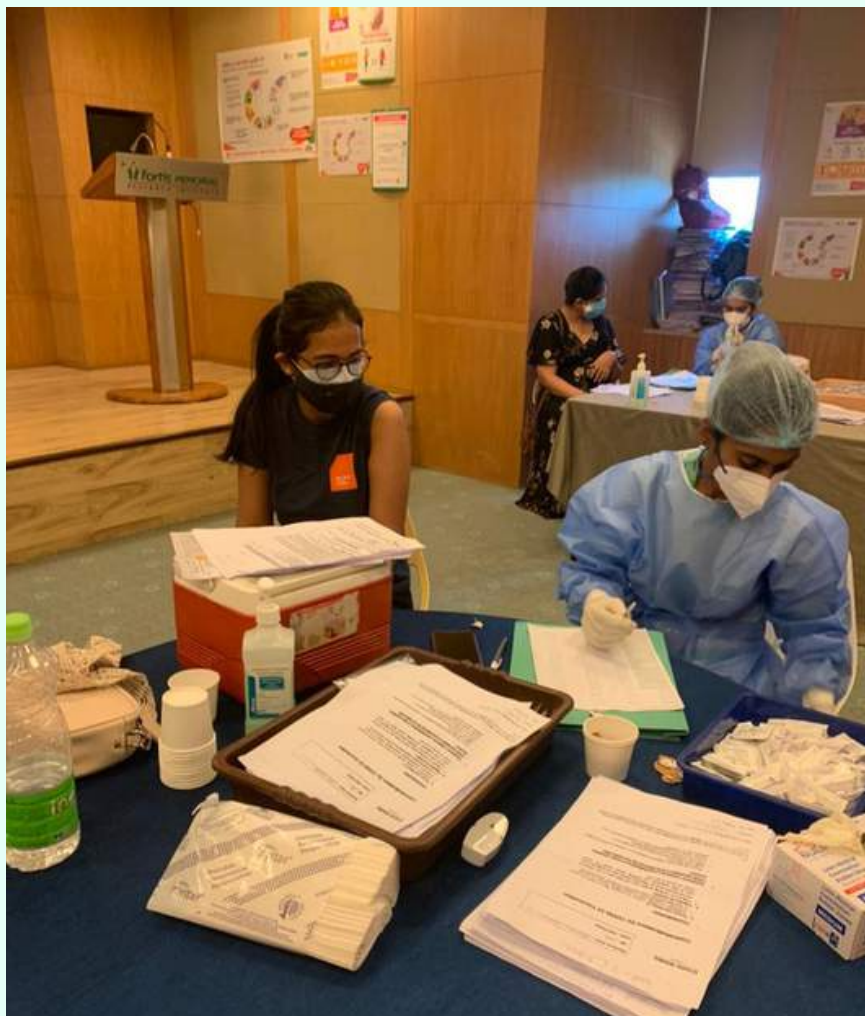
**LET'S VACCINATE!**

COVID-19  
VACCINE









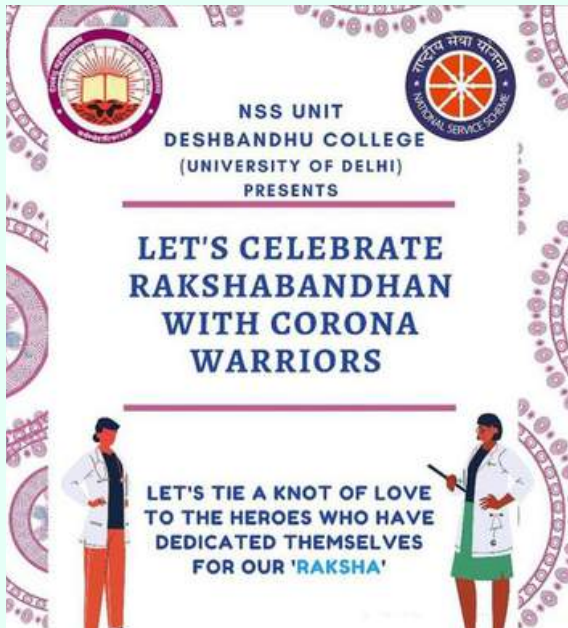


## **“The First Step Towards Change Is Awareness.”**

This quote truly enlightened us that to bring a change we need to be aware first. What is Awareness? Being aware of something is referred to as awareness. It is the ability to directly know and perceive events, as well as to feel and be aware of them. Now we might imagine, What is Vaccine Awareness? Vaccine Awareness refers to spreading of knowledge about vaccines to a large number of people so as to save them against a specific kind of disease. In recent times, when Covid has been spreading each day to large number of areas, it was important enough to have the accurate knowledge and access to information about Vaccines in relation to Covid-19.

Therefore, to raise awareness on this matter, the NSS Unit of Deshbandhu College contributed in spreading the **awareness for Covid-19 Vaccines on the occasion of Tika Utsav Diwas** which is being observed from April 11 to April 14. On the 11th of April, 2021 the NSS volunteers shared short video clips where they urged the citizens to come forward for the vaccination and help to curb the ongoing wave of Covid-19. As we all know that the second wave of Covid proved to be quite more fatal than before and also broke new records every day. Therefore, in such a situation we found it the need of the hour to make people aware of immunization by getting themselves vaccinated. Hence, the volunteers through their videos asked the eligible citizens to participate in the vaccination drive.

# RAKSHA BANDHAN WITH CORONA WARRIORS





Raksha Bandhan is a popular, traditionally Hindu, annual rite or ceremony that is central to the same-named festival celebrated in South Asia and other parts of the world heavily influenced by Hindu culture. On this day, sisters of all ages tie the Rakhi, a talisman or amulet, around the wrists of their brothers, symbolically protecting them, receiving a gift in return, and traditionally investing the brothers with a share of the responsibility of their potential care. The term "Raksha Bandhan," which means "the bond of protection, obligation, or care" in Sanskrit, is now commonly used to refer to this ritual.

We all know that the Covid - 19 pandemic has undoubtedly brought about difficult times in everyone's life, as it continues to take the lives of our loved ones, and many people have also lost their jobs as a result of this situation.

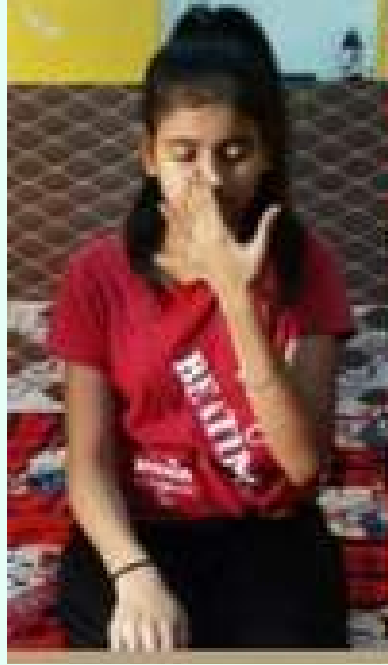
Therefore, to bring about smiles on faces and celebrate the moments we come across, the Volunteers of NSS Unit Deshbandhu College celebrated the auspicious occasion of **Raksha Bandhan with Corona Warriors by tying a knot** of love to these heroes who continue to risk their lives for saving large number of people from this deadly pandemic. The unit looks forward to pay a tribute to the warriors in all the possible ways so as to recognise their strong efforts to eradicate this disease.

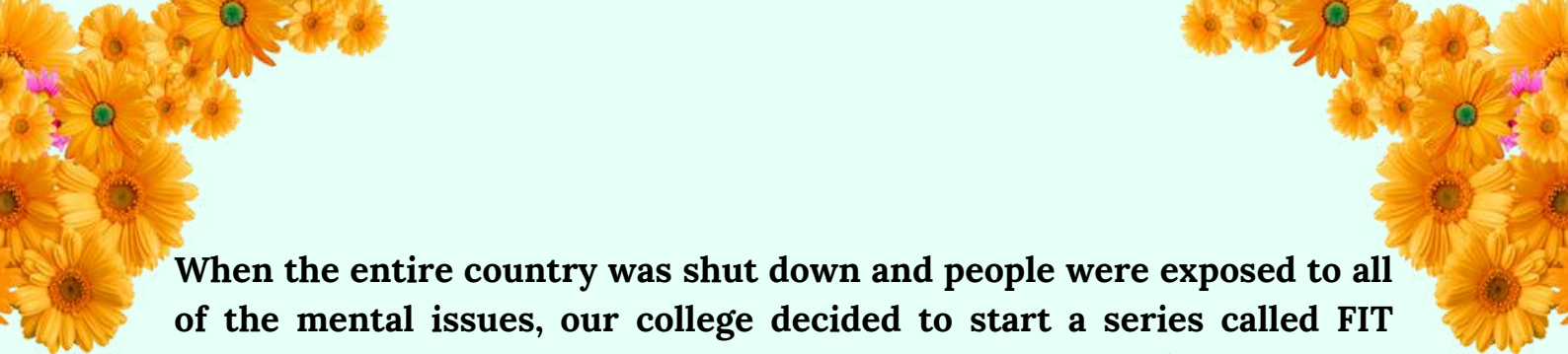
# FIT INDIA SERIES

( 28th AUG - 2nd OCT)









When the entire country was shut down and people were exposed to all of the mental issues, our college decided to start a series called FIT INDIA SERIES as part of the FIT INDIA MOVEMENT, which taught us about the causes as well as provided solutions.

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Fit India Movement was launched by Prime Minister of India Narendra Modi on 29 August 2019. The Movement's mission is to encourage behavioural changes and a more physically active lifestyle. Some of the primary objectives of the mission include of promotion of fitness, encourage indigenous sports, make fitness reach every level, spread awareness on fitness and physical activities, etc.

On this behalf, the NSS Unit of Deshbandhu College conducted Webinars on different topics in relation to the Fit India Movement. These Webinars included the following:

1. On September 10, 2020, there was a **webinar called "Marshal the Mind with Dr. Anjum Padyal"** organised to commemorate Suicide Prevention Day.
2. On September 21, 2020, there was a one-day workshop conducted on the Benefits of Yoga in collaboration with the Yoga Society of Deshbandhu College.
3. On September 22, 2020, another webinar on Healthy Parenting in context of Ayurveda was hosted with the precious presence of Dr. Reema Arora.

Aside from hosting these informative webinars, the unit's volunteers actively participated in this series by thinking positively and engaging in physical activities such as yoga, cycling, running, and walking. We had a brilliant series in which we shared tips on how to improve one's mental health and live a positive and happy life.





# WEBINAR ON HEALTHY PARENTING



**NSS UNIT  
DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)  
PRESENTS**  
[FIT INDIA SERIES]  
28 AUG' - 02 OCT', 2020  
A WEBINAR ON,  
"HEALTHY PARENTING"  
IN CONTEXT OF AYURVEDA WITH DR. REENA ARORA





**SPEAKER: DR. REENA ARORA**  
"ADVISOR" NASYA, DELHI  
PRACTITIONER OF AYURVEDA FOR MORE THAN 20 YEARS  
REGULAR MEMBER OF VARIOUS HEALTH SHOWS ON  
ALL INDIA RADIO AND DOORDARSHAN

**SEPTEMBER 22, 2020, 3:00 P.M**  
**ON GOOGLE MEET**

<https://meet.google.com/mpn-yusz-yqo>

PRINCIPAL: DR. RAJIV AGGARWAL  
PROGRAMME OFFICER: DR. RUBY MISHRA    @nssunit.dbc

For more info: nssunit.dbc@gmail.com



### CLASSIFICATION

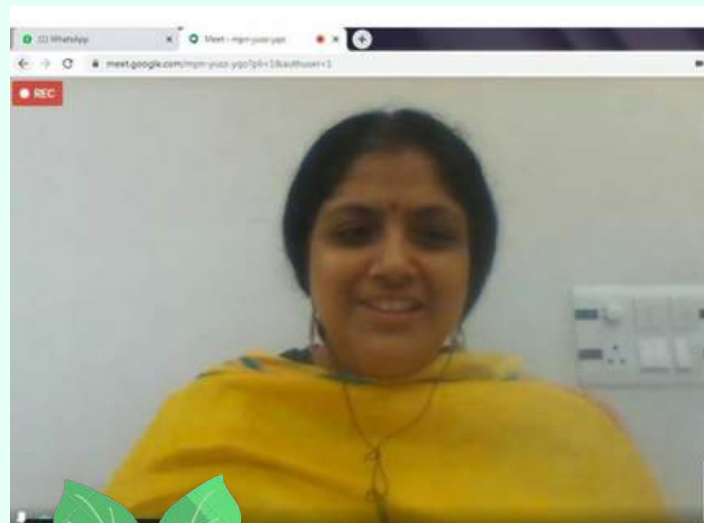
The sixteen samskaars are classified into five categories

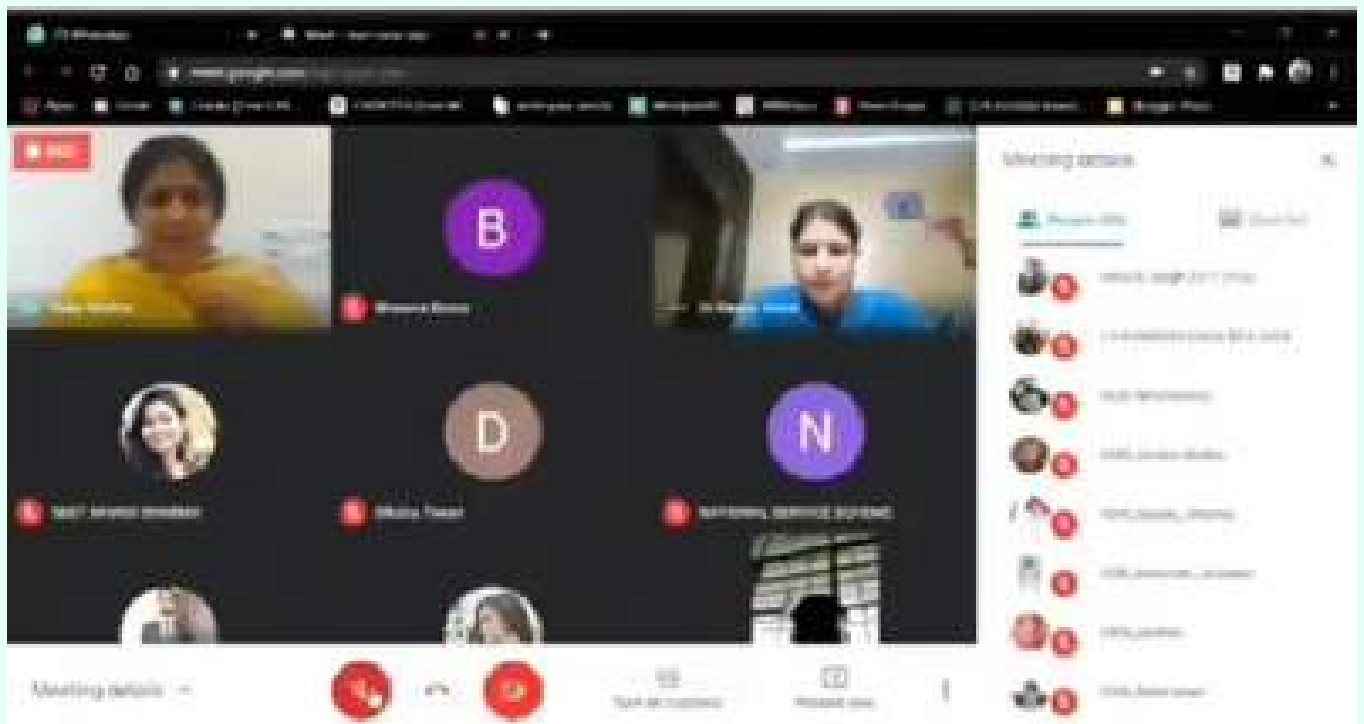
GAARBHIKA SAMSKAAR	to become parents
SHAISHAV SAMSKAAR	related to child
SHAIKSHNIKA SAMSKAAR	related to education
AASHRAMIKA SAMSKAAR	related to married life
PRAYAAN SAMSKAAR	related to death

## HEALTHY PARENTING

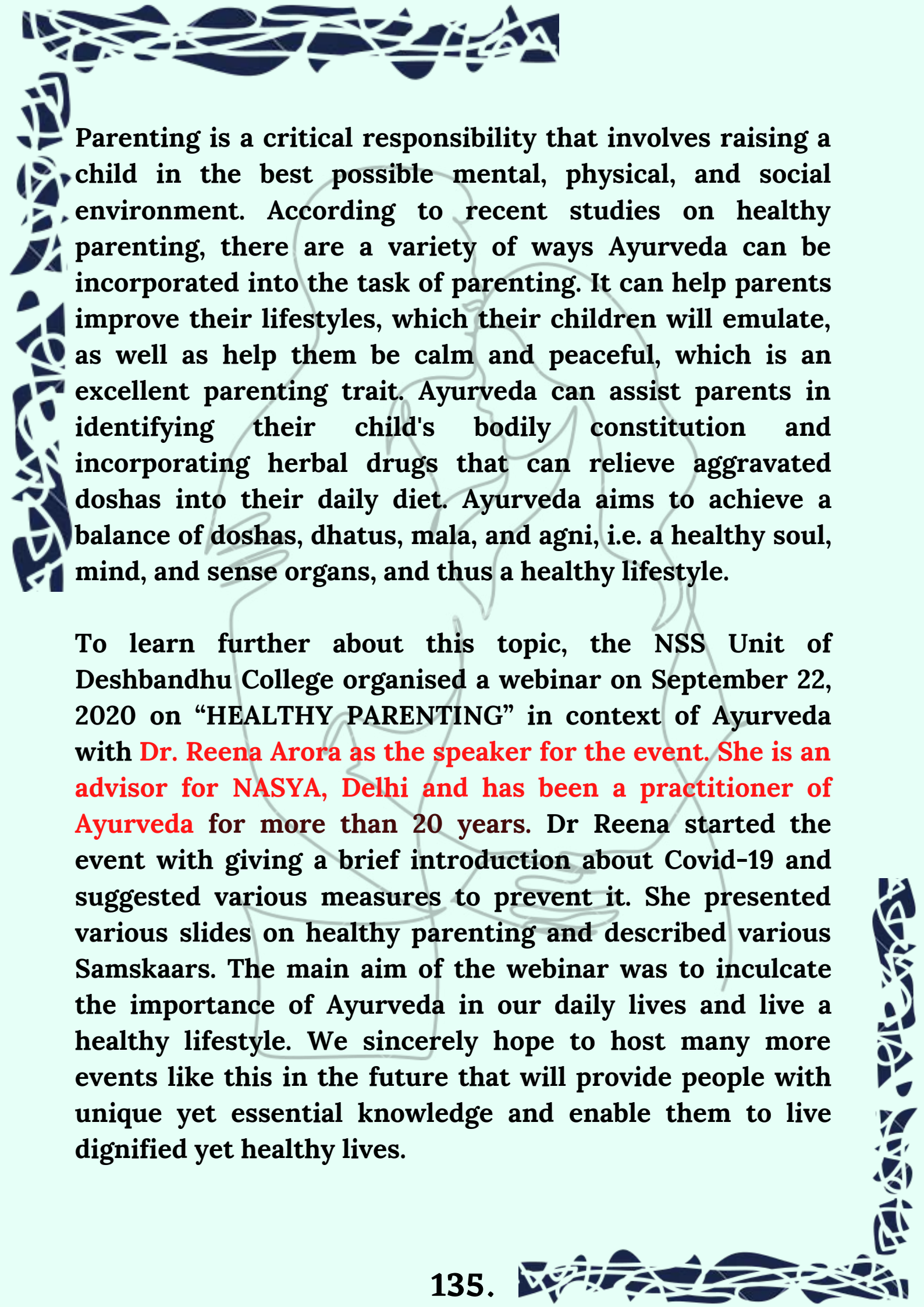
**DR. REENA ARORA**  
BAMS (MD UNIVERSITY)  
PGDPC (PUNE UNIVERSITY)  
CCYP (MORARJI DESAI INST. OF YOGA)  
ADVISOR NASYA DELHI  
SPEAKER AT DD NATIONAL AND AIR DELHI

AYURVEDIC CLINIC  
MUKHERJEE TOWER, MUKHERJEE NAGAR, DELHI  
110009  
([www.ayurvedicclinic.org](http://www.ayurvedicclinic.org))  
9311279932  
Follow me at  
Youtube channels : Dr Reena Arora, Reena Arora  
Facebook Page: [Ayurvedic.clinic/](https://www.facebook.com/ayurvedic.clinic/) @ayurvedicclinic2









Parenting is a critical responsibility that involves raising a child in the best possible mental, physical, and social environment. According to recent studies on healthy parenting, there are a variety of ways Ayurveda can be incorporated into the task of parenting. It can help parents improve their lifestyles, which their children will emulate, as well as help them be calm and peaceful, which is an excellent parenting trait. Ayurveda can assist parents in identifying their child's bodily constitution and incorporating herbal drugs that can relieve aggravated doshas into their daily diet. Ayurveda aims to achieve a balance of doshas, dhatus, mala, and agni, i.e. a healthy soul, mind, and sense organs, and thus a healthy lifestyle.

To learn further about this topic, the NSS Unit of Deshbandhu College organised a webinar on September 22, 2020 on “HEALTHY PARENTING” in context of Ayurveda with **Dr. Reena Arora as the speaker for the event. She is an advisor for NASYA, Delhi and has been a practitioner of Ayurveda for more than 20 years.** Dr Reena started the event with giving a brief introduction about Covid-19 and suggested various measures to prevent it. She presented various slides on healthy parenting and described various Samskaars. The main aim of the webinar was to inculcate the importance of Ayurveda in our daily lives and live a healthy lifestyle. We sincerely hope to host many more events like this in the future that will provide people with unique yet essential knowledge and enable them to live dignified yet healthy lives.

# SUICIDE PREVENTION DAY



**NSS UNIT DESHBANDHU COLLEGE**  
(UNIVERSITY OF DELHI)  
**PRESENTS**  
[FIT INDIA SERIES]  
28 AUG' - 2 OCT' ,2020

**A WEBINAR ON,**  
"SUICIDE PREVENTION DAY"  
"MARSHAL THE MIND WITH DR. ANJUM PADYAL"

**FIT INDIA**  
UNDER  
FIT INDIA MOVEMENT



**LECTURE BY: DR. ANJUM PADYAL**  
ASSISTANT PROFESSOR  
DEPTT. OF P.E AND SPORTS SCIENCES  
DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)

**SEPTEMBER 10, 2020, 5:30 P.M**  
**ON GOOGLE MEET**

**LINK IN THE BIO**

PRINCIPAL: DR. RAJIV AGGARWAL  
PROGRAMME OFFICER: DR. RUBY MISHRA



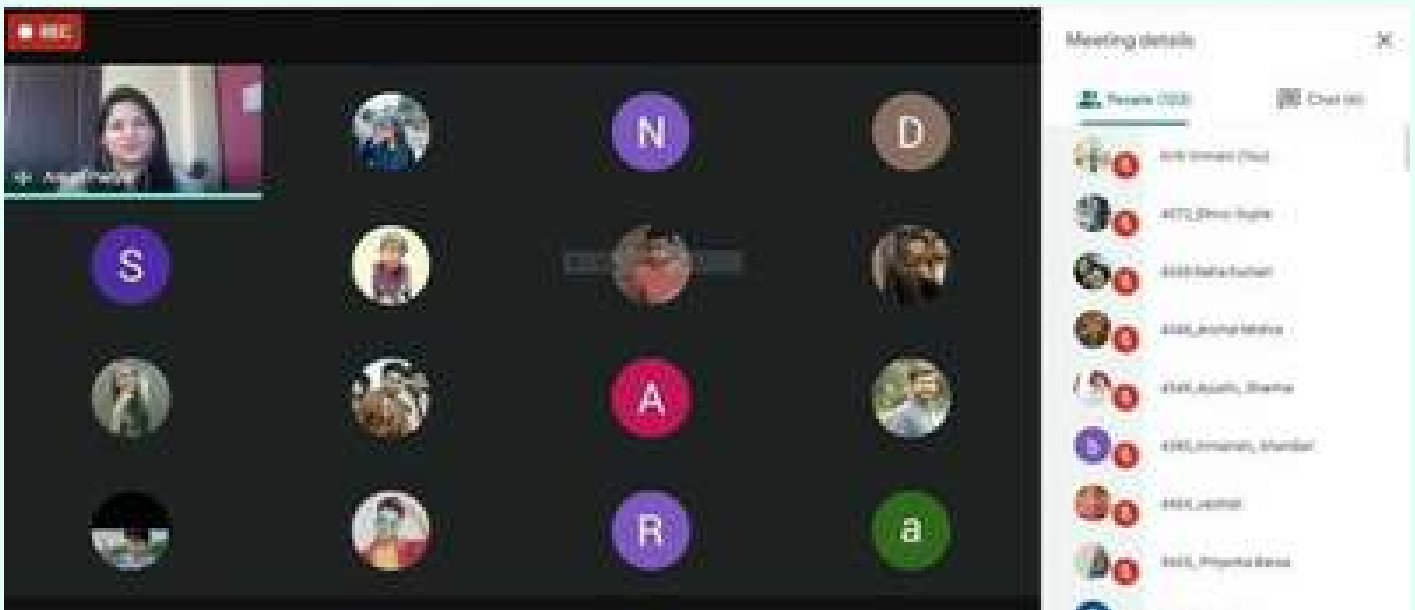
**Centers for Disease Control and Prevention (CDC)**



**54% of people who die by suicide did not have a known mental health condition.**







## What Is Mental Health

Manish Kumar has left the meeting

### Recognize your

- Abilities,
- Work productively
- Meaningful contributions to their communities.

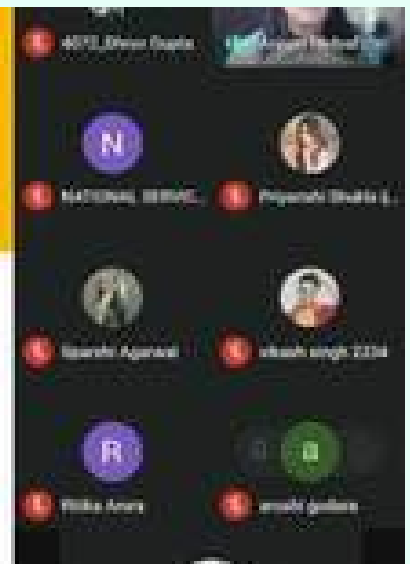
## Suicide

Suicide can be a taboo topic

## Mental Health : Characteristic

Not only emotional well-being but

- Think
- Believe
- Life Satisfaction
- Support
- Flexibility
- Resilience



## Myth

If a person is serious about killing themselves then there's nothing you can do.





Since commitments of suicides are increasing day by day, the NSS Unit of Deshbandhu College organised a one day webinar on the 10th of September on account of the World Suicide Prevention Day that aims at the prevention of suicide actions that take place around the world. The event was commenced under the Fit India Series (August 28 - October 2, 2020) presented by the NSS Unit of Deshbandhu College. The theme for this year was "Working together to Prevent Suicide". It is largely evident that during the ongoing pandemic across the globe, mental sicknesses are growing at a fast pace and it is known to everyone that suicide as a whole is a great complex issue.

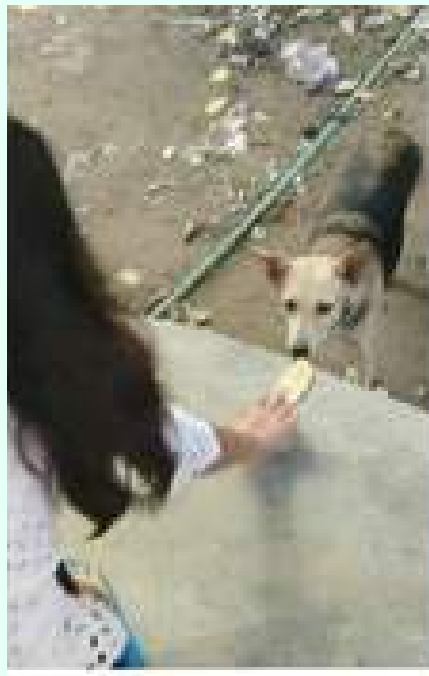
The program proceeded with the knowledgeable lecture of **Dr. Anjum Padyal Ma'am (Assistant Professor, Department of P.E. and Sports Sciences)** who addressed all to join hands together to help the person in need by guiding them about the enjoyment of life. She talked about various reasons due to which people tend to commit suicide such as peer pressure, parental pressures, relationship issues, bullies, etc. The loneliness which is the main reason for suicides was presented by her very systematically as to how one should use his loneliness to recognise their abilities and skills and try to help society. Therefore, it was advised that we all must be informative and prevent society from considering suicide as a taboo topic.



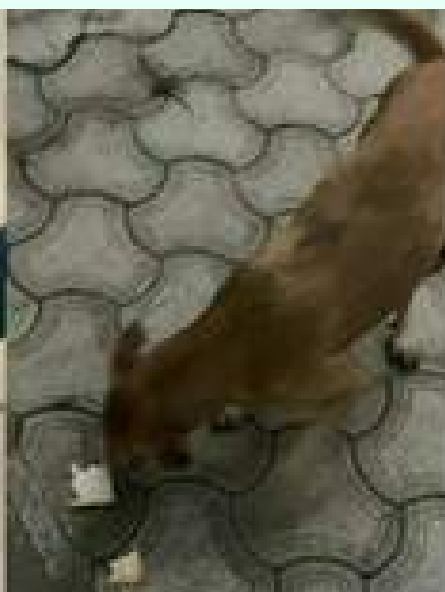



# WORLD ANIMAL WELFARE DAY (Feeding Animals)











World Animal Welfare Day, as the name implies, is a day dedicated to the animal kingdom. Every year on October 4th, world animal welfare day is observed to commemorate the relationship between humans and animals. We all know that animals are an important part of our ecosystem; they not only provide support and improve our lives, but they also teach us the true meaning of friendship. Animals play an insurmountable role in our worldview. Animals play an important role in maintaining ecological balance (decomposition, nutrient provision, carbon, nitrogen cycle, environmental protection), as well as promoting human health. The event aims to provide animal rescue shelters, launch animal welfare, raise funds, and conduct activities to raise awareness and improve animal living conditions. As a result, we can commemorate their existence on this day. This day is observed worldwide without regard for religion, caste, colour, beliefs, or ideology. This is a special day for those who love and care for God's wonderful creations.

On this wonderful day of World Animal Welfare Day, the Volunteers of the NSS Unit took care of the animals in their communities by feeding and caring for them. This event's commemoration aligns with NSS Deshbandhu's goal of providing service to all. The message was loudly echoed throughout the communities as Volunteers cared for animals who do not have the ability to speak and tell us about their problems. Through this act, the **NSS Unit of Deshbandhu College hopes to send a message of love, care and empathy to all living beings, as well as raise public awareness of wildlife conservation issues.** The insights of the same have been highlighted in order to demonstrate how beautiful and fantastic it turned out.





# WORKSHOP ON "BENEFITS OF YOGA"




**ON THE OCCASION OF THE ON GOING SERIES OF FIT INDIA MOVEMENT**

**NSS UNIT DESHBANDHU COLLEGE IN COLLABORATION WITH YOGA TEAM OF DESHBANDHU COLLEGE**

**is Organising a Workshop on "Benefits of Yoga"**



- DATE : 21ST SEPTEMBER, 2020
- PLATFORM : GOOGLE MEET
- TIME : 4:00PM TO 5:00PM

PRINCIPAL: DR. RAJIV AGGARWAL  
PROGRAMME OFFICER: DR. RUBY MISHRA

HOD OF PHYSICAL EDUCATION DEPT.: DR. ANJUM PADYAL

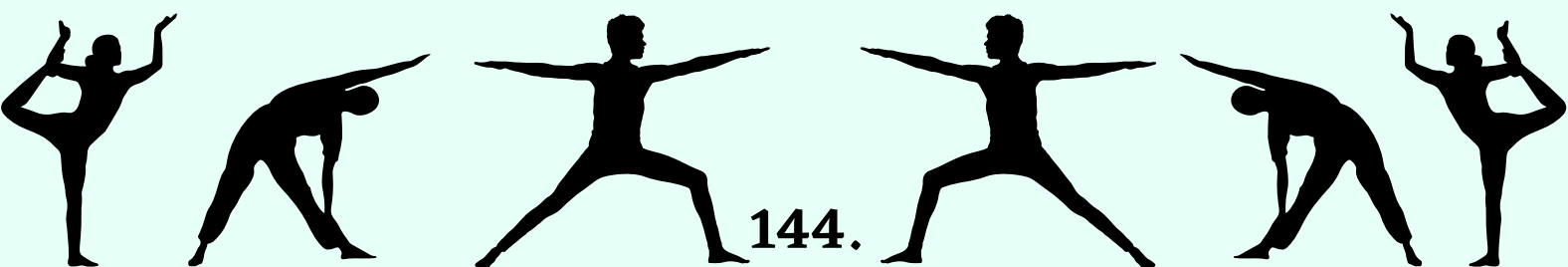
[@nssunit.dbc](#)



Yoga is a collection of physical, mental, and spiritual exercises that originated in ancient India and are aimed at controlling and stilling the mind, as well as recognising the detached 'witness-consciousness' as being unaffected by the mind's activity and ordinary suffering. **In Hinduism, Buddhism, and Jainism, there are many different schools of yoga, practises, and purposes, and traditional and modern forms of yoga are performed all over the world.**

While modern media and advertising would have us believe that yoga is solely about physical poses, yoga encompasses a wide range of contemplative and self-discipline activities, including meditation, chanting, mantra, prayer, breath work, ritual, and even altruistic action. Although scientific study into yoga's advantages is still in its early stages, much of what has been discovered thus far validates what many practitioners have believed for millennia: yoga is extremely good to our overall well-being.

To further learn about Yoga and its advantages in a person's life, the NSS Unit of Deshbandhu College in collaboration with the Yoga Society of Deshbandhu College organised a workshop on the "BENEFITS OF YOGA" as a part of its FIT INDIA SERIES. **Mr Neeraj (President of the Yoga Society)** began the session by informing the students by practising various yoga asanas and discussing the benefits they provide to our health and mind. The workshop's goal was to offer students with detailed information about Yoga and its practical applications. We look forward to hold many more such events which will enlighten the knowledge of the students about the specific field.







# WOMEN'S DAY CELEBRATION



**DAY-1**  
6th March, 2021

**SPEAKERS**

  
Dr. Sarita Saxena,  
Vice Principal,  
Punjab Ram College

  
Karyana Sharma  
Indian Journalist

**Event coordinator**

  
DR. VIRASHA BAWIJA

**WOMEN EMPOWERMENT TEAM OF  
NRS UNIT DESHABANDHU COLLEGE  
(University of Delhi)**  
(Under the aegis of IQAC)

FOR THE CELEBRATION OF  
INTERNATIONAL WOMEN'S WEEK

**"WOMEN IN LEADERSHIP:  
ACHIEVING AN EQUAL FUTURE IN  
A COVID-19 WORLD"**

**DATE:** 6th and 7th March, 2021  
**Time:** 11:00 AM  
**PLATFORM:** ZOOM

**LINK TO JOIN THE EVENT:**  
[CLICK HERE](#)

**DAY-2**  
7th March, 2021

**SPEAKERS**

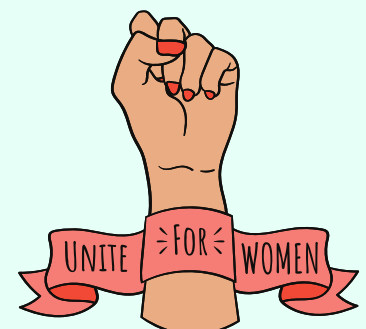
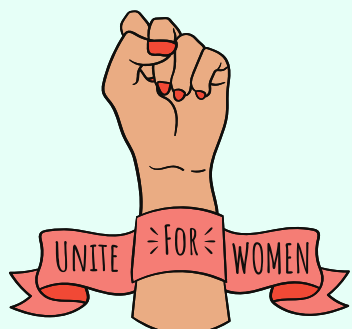
  
Dr. Seema Sharma  
Executive Director,  
Center for Women Policy  
Research (CWPR)

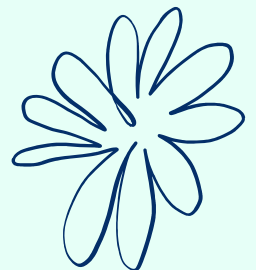
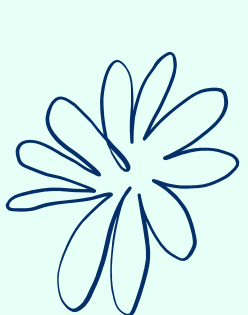
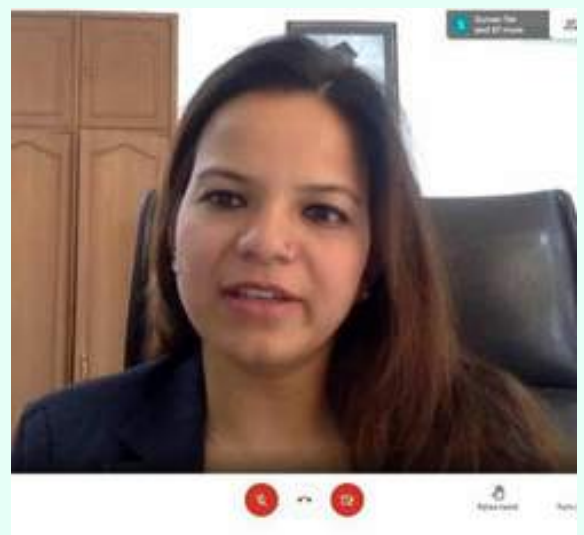
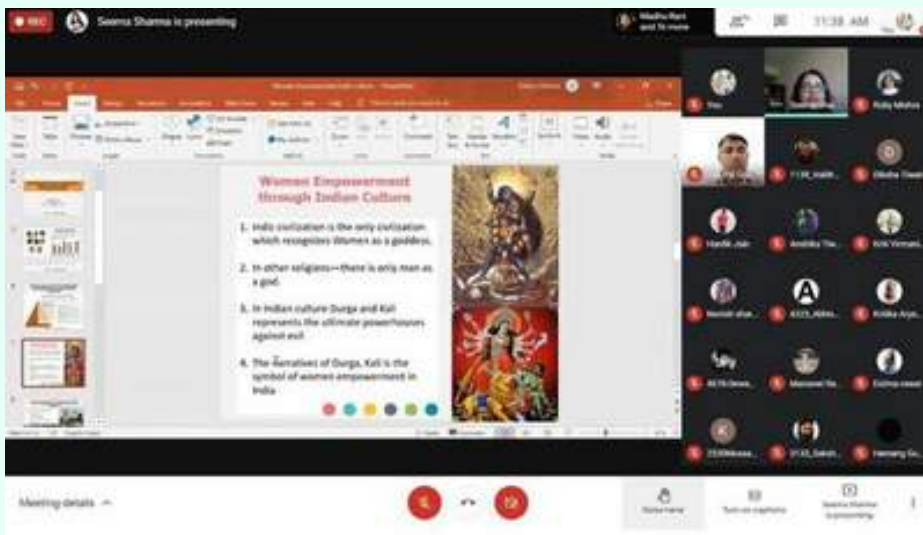
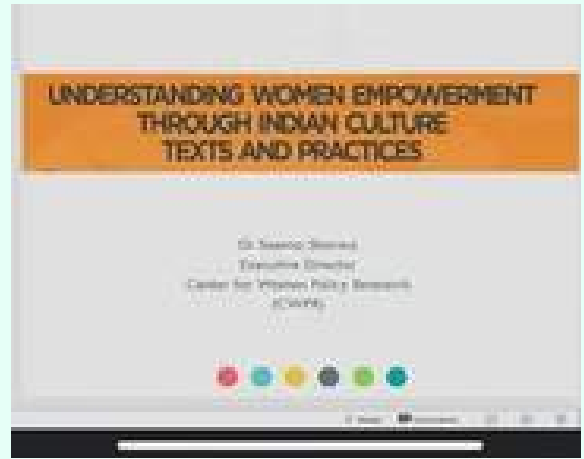
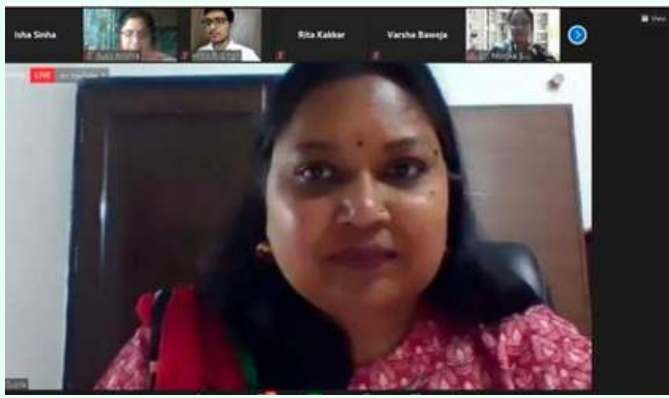
  
Social Theory  
Managing Director at  
Enjoy Distributors &  
Consultants

**PROGRAMME OFFICER**

  
DR. RUBY MISHRA

PRINCIPAL, DR. RUPY KAGANWAL, PROGRAMME OFFICER, DR. RUBY MISHRA, IQAC COORDINATOR DR. ANITA SAXENA, WOMEN EMPOWERMENT TEAM HEAD, DRASHI AGARWAL, MEMBER, ANITA SAXENA, VICE PRESIDENT, SEEMA, SECRETARY, PURANJAN GUPTA, TREASURER, ANAGAY RAJPUT







NSS Unit of Deshbandhu College celebrated International Women's Week from March 6-9, 2021 to celebrate the achievements of women and to make people realize the work that still needs to be done to achieve gender equality. On the first day of the week, the topic - "Bridging gender gaps and India's vision of global power are hand in hand" was discussed. The **Speaker of the event was Dr Varsha Baweja**, who talked about the need for gender equality and the existing gender biases that are prominent in society. On the 2nd day, a webinar was organised on the topic "WOMEN IN LEADERSHIP: ACHIEVING AN EQUAL FUTURE IN A COVID-19 WORLD". The webinar showcased our very eminent speakers, **Dr Sarita Nanda(Vice-Principal, Daulat Ram College) and Mrs. Sarjana Sharma( A Renowned Journalist)**, who emphasized on how differently we should understand the varied terms of feminism and pseudo-feminism that have an impact on people's outlook on today's feminist movements.

To discuss the issues and the gradual developments over the topic of "Women in leadership: achieving an equal future in a Covid-19 world" NSS Unit, Deshbandhu College invited two speakers on the third day of this week long celebration. **Dr. Seema Sharma** highlighted the historical developments in feminism which were taken back 2000 years ago and how the indian culture is a leading example for most developed nations. Taking this ahead, our second speaker **Ms. Sonal Tiwary** appreciated the women in the corporate world and talked about their importance as leading managers around the world. As we came to the final day of this celebration, on 9th March, our speakers **Prof. Rita Kakkar and**

**Dr Vishwajannani Sattigeri** spoke about their life experiences and what all struggles they faced and how they managed to cope it up. It feels nice to have a day to celebrate the achievements of women. Thus, on this International Women's Day, we recognised the significance of women in our lives and on society and took a moment to inspire them for greater future achievements.



# TALK SESSION ON FATE OF GIRL CHILD



**NSS UNIT DESHBANDHU COLLEGE (UNIVERSITY OF DELHI)**  
 IS ORGANIZING  
 A TALK SESSION  
 ON THE OCCASION OF  
**'INTERNATIONAL GIRL CHILD DAY'**  
 11th OCTOBER, 2020

**'FATE OF GIRL CHILD'**

DATE: 11th OCTOBER, 2020 TIME: 4:00 P.M (IST)  
 PLATFORM: GOOGLE MEET

**LINK IN THE BIO**

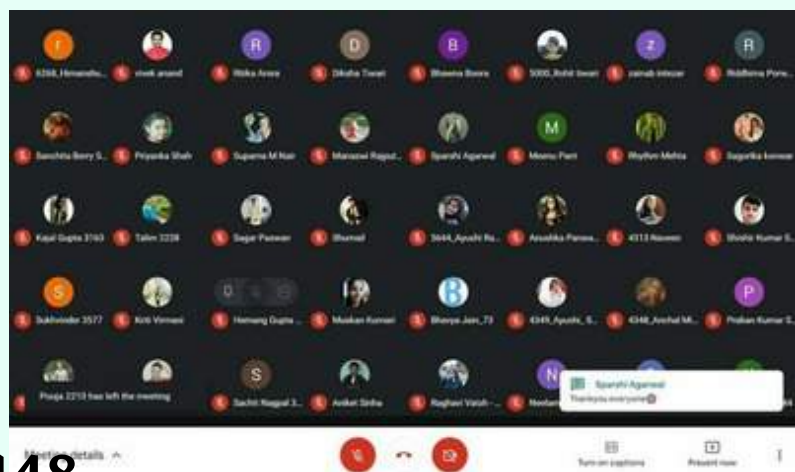
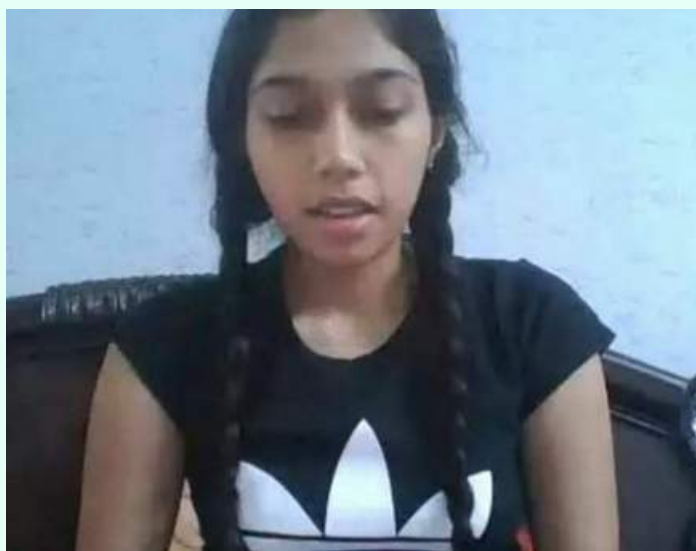
WOMEN EMPOWERMENT AND CHILD DEVELOPMENT CELL  
 OF NSS UNIT DESHBANDHU COLLEGE

PRINCIPAL: DR. RAJIV AGGARWAL  
 PROGRAMME OFFICER: DR. RUBY MISHRA


PRESIDENT:  
 DIKSHA TIWARI



Suraj Sharma will be briefing us about the International Girl Child Day.







The International Girl Child Day is celebrated every year to take a step to curb the issues that girls and women face in everyday life. The theme for International Girl Child Day 2020 was "My Voice Our Equal Future". This demands a life for the women which is free from gender-based violence, sexual assault, child marriages, domestic violence, HIV and AIDS and that they further lead as a generation of activities and work towards social changes.

The observation of this particular day promotes more opportunities for girls and raises awareness of gender inequality that girls suffer around the world. **Access to education, nourishment, legal rights, medical treatment, and protection from discrimination, violence against women, and forced child marriage are all examples of inequality.** The day is also commemorated because "girls and young women have emerged as a separate cohort in development policy, programming, activism, and research."

On this occasion, NSS Unit of Deshbandhu College hosted a talk entitled "THE FATE OF THE GIRL CHILD." During the discussion, key concerns concerning the Girl Child were addressed, including the agony that they are supposed to bear, which ranges from female foeticide to sexual assault and domestic abuse. The gathering also covered the government's initiatives, such as the **Beti Bachao, Beti Padhao campaign, which was started in January 2015 to encourage girl child education.** Overall, our Unit hosted a really educational session, and we plan to host many more in the future.

# WORKSHOP ON PSYCHO SOCIAL SKILLS FOR HANDLING PANDEMIC

**NSS UNIT DESHBANDHU COLLEGE (UNIVERSITY OF DELHI)**

IS ORGANISING A WORKSHOP UNDER THE AEGIS OF 'MISSION KAWACH'

DATE- 5th July, 2021 TIME- 11:00 A.M. - 12:30 P.M.

**TOPIC : Psycho Social Skills For Handling Covid Pandemic**



**MISS NEHA DAGAR**  
Consultant  
(Ministry of Education,  
Government of India)



**DR. JAYA MOHAN**  
Consultant Visiting Psychologist  
(AI Zakir Hussain, Dyal Singh Evening,  
PODVA Evening,  
University of Delhi)



**DR. NARSING KUMAR**  
(Department of Psychological  
Sciences, Central University  
of South Bihar)

Registration Link - <https://forms.gle/qsQmGRzifEbrj3aZ>  
 Zoom Link-<https://us02web.zoom.us/j/8427879151?pwd=U1h0bUJZeS9QOTRlTlY5NSVUeGVMVjZlOj09>  
 YouTube Link-<https://youtube.com/channel/UJcd5U-WFBK1XdQhbj9a2hfg>

PRINCIPAL-DR. RAJIV AGGARWAL  
PROGRAM OFFICER -DR. RUBY MISHRA

RQAC Coordinator : DR. ADITYA SAXENA

STUDENT COORDINATOR-  
KRITI VISHAN, SUJEET MISHRA



**NSS UNIT DESHBANDHU COLLEGE UNIVERSITY OF DELHI**

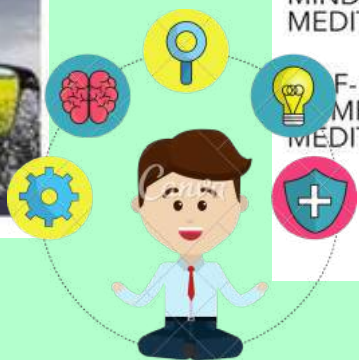
**INITIATIVES FOR ELIMINATION OF COVID-19**

**LUKE COUTINHO**  
Innovative & Change-Minded Health Nutrition

**LEARN HOW TO BELLY BREATHE**

- Sit in a comfortable position (knees/feet) with a straight spine and feet parallel to the ground.
- Place one hand on your belly and the other on your heart. Gently close your eyes.
- When you breathe in, feel your belly inflate like a balloon.
- When you breathe out, let your belly relax back to its natural deflated, flat-but-not longer than inflated.
- Continue breathing this way for 5-10 breaths.
- Try to make your breath slow and steady.
- Each time you exhale, imagine letting go of your worries.
- Remember this is how you were born to breathe. Watch a baby breathe.
- Use this breathing style whenever you feel fearful, anxious or before going to sleep.


**OUR WORLD IS THE RESULT OF OUR PERCEPTION.**



**MINDFULNESS MEDITATION**  
**COMPASSION MEDITATION**







In this age of selfishness, selfless service is the only soap that truly purifies the mankind. It gives us the chance to lose our self in order to create a big positive impact in the society and when it comes to 'Psycho-social work', this approach bends to influence the physical, mental and psychological wellness of the people. During this Covid phase, our society has gone through a number of sufferings at all levels. Especially the people, who hardly earn to get one time meal, faced a severe level of anxiety and depression. The small businesses got financially fragile as well. The stories of the people who experienced Covid, their mental and psychological thinking at that time, their win over the battle etc. was also important to note as a mark of inspiration.

In order to supplement the students with the problem and its relative solutions, the **NSS Unit of Deshbandhu College had organized a Workshop on 'Psycho Social Skills for Handling Covid Pandemic'**. Three eminent speakers- **Dr Jaya Mohan, Dr Narsingha Kumar and Miss Neha Dagar** were invited to enhance the event with their precious presence as well as talks. The speakers threw light on the issue of goals and skills required to deal with people who had experienced covid, the basis of psychosocial skills and the concept of positive self-talk. In all, this was indeed a great session which was informative enough for the students as well as the teachers present in the webinar.

# NEW EDUCATION POLICY 2020



**NSS UNIT DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**  
IS ORGANISING  
**SECOND NATIONAL WEBINAR ON NEP 2020**  
"गांधी जी के विचार और राष्ट्रीय शिक्षा नीति 2020"

**SPEAKER:**  
Professor Ramesh C. Bhoradwaj  
Hon. Director, Gandhi Bhawan,  
University of Delhi



**WELCOME ADDRESS BY:**  
DR. Rajiv Aggarwal,  
Principal, Deshbandhu College



**DATE: 7th October, 2020, TIME: 2:30 PM,  
PLATFORM: Google Meet**

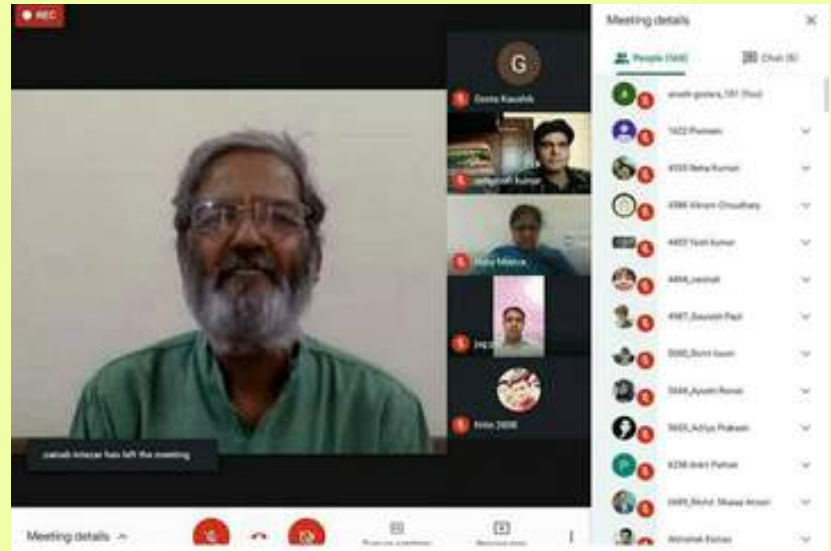
**LINK TO JOIN: <https://meet.google.com/gqw-jshq-pqt>**

**E- certificates will be provided**

**PROGRAMME OFFICER: DR. RUBY MISHRA**    **IQAC COORDINATOR: DR. ADITYA SAXENA**    **PRESIDENT: DIKSHA TMARI**


**PROGRAMME COORDINATORS: DR. JAOPAL GROVER, MR. ALOK KUMAR SINGH, DR. BRUMOHAN**  
**MODERATOR: MR. ASHUTOSH KUMAR**

 @nssunit.dbc





**NSS UNIT DESHBANDHU COLLEGE**  
(University of Delhi)  
is organizing  
**Special Lecture Series**  
**"नई शिक्षा नीति एवं आत्मनिर्भर भारत"**  
Second lecture on  
5 PM, 18th August 2020 (Day-II)



(Member NEP-2019, Drafting Committee)  
**Speaker : Professor Mazhar Asif**  
Professor Associate Dean School of Language Literature & Cultural Studies.

Join Talk 5:00 PM  
Watch Live on : Facebook

Principal: Dr. Rajiv Aggarwal | Dr. Aditya Saxena: IQAC Convener | Program Officer: Dr. Ruby Mishra

For More Information  
Ashish : 9582327224  
Bhawna : 8448269312



**LIVE** 9

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usp=sf\_link

Belal replied to Eishna

<https://docs.google.com/forms/d/e/1FAIpQLSdpK...>

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue with English medium can it continue?

Manju Rawat: Nahi pata the

Ruby Mishra is watching.

Manju Rawat: Thankyou Sir and ma'am for answering my question 🙏

Sunil Kumar is watching.



**LIVE** 9

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue with English medium can it continue?

Manju Rawat: Valid question

Manju Rawat: Thankyou Sir and ma'am for answering my question 🙏

Bigmohan Prapapat: <https://docs.google.com/>



**LIVE** 6

Manju Rawat: Good decision

Manju Rawat: Is it compulsory to teach in mother tongue?

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue



**LIVE** 6

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue



**LIVE** 6

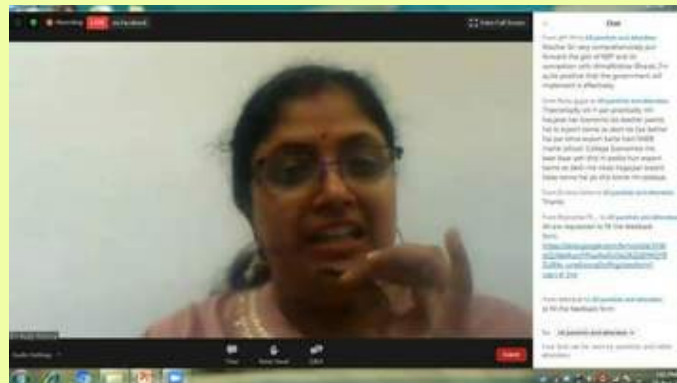
Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue




**LIVE** on Facebook

Ruby Mishra

Prof. Deepan Gopi



**LIVE** 6

Manju Rawat: Will there be compulsion on medium of instruction? If any school wants to continue

Learning, or the acquisition of knowledge, skills, values, morals, beliefs, habits, and personal development, is facilitated through education. Teaching, training, storytelling, discussion, and directed research are all examples of educational methods. Although most education takes place under the supervision of educators, learners can also educate themselves. Education can occur in both formal and informal settings, and any experience that has a formative effect on one's thoughts, feelings, or actions can be considered educational.

To understand the concept of Education further, the NSS Unit of Deshbandhu College organised two-day special lecture series on 17th and 18th August on New Education Policy which was launched on July 29, 2020. The speaker of the inaugural lecture was **Professor M Jagadesh Kumar (Vice-Chancellor, Jawaharlal Nehru University, New Delhi)** who talked about the New Education Policy. He explained that how the Ministry of Education along with the stakeholders have to work hand in hand for the policy to be a success. Professor Jagadesh further emphasised on the major aim of the new policy that is to pave the way for transformational reforms in school and higher education systems so as to transform India into a global knowledge superpower.

Day 2 began on a positive note by **Professor Mazhar Asif** discussing the topic "Atmanirbhar Bharat" to enlighten us about the potential and capabilities of India. He also highlighted various provisions included in the New Education Policy like fulfilling compulsory education for all children up to the age of 14, gender sensitization, financial support for students, specialized training and qualification of teachers and so on. To have an Atmanirbhar Bharat, bright future minds should be taught effective skills for our nation to become self-reliant.

The event saw the active participation of students, as well as teachers on both the days and hence, made it a great success. We look forward to hold more of such type of knowledgeable events in the near future.

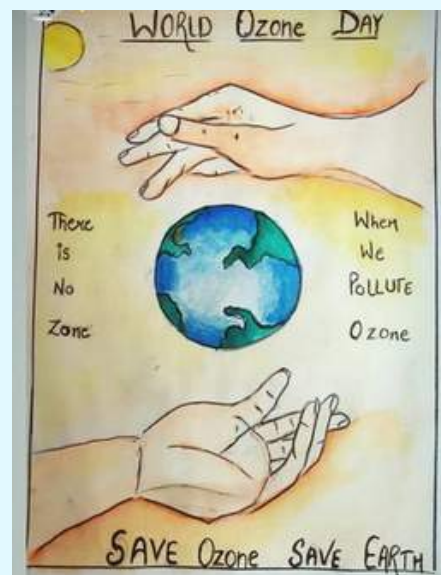
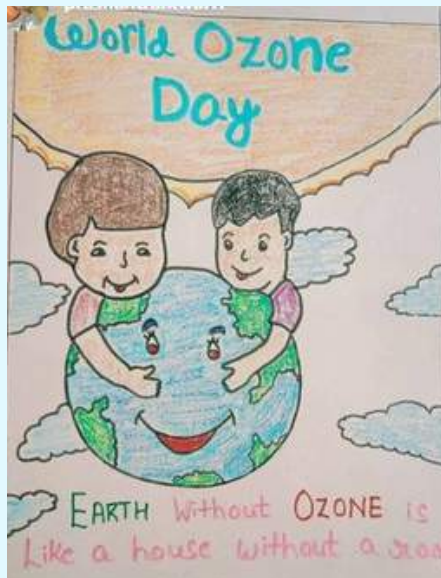




# WORLD OZONE DAY



**NSS UNIT  
DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**  
INVITES YOU TO JOIN THE  
CELEBRATION OF  
**'WORLD OZONE DAY'**  
BY PARTICIPATING IN  
POSTER MAKING COMPETITION  
TOPIC: "OZONE FOR LIFE"  
YOU CAN SHARE THE POSTER  
EITHER BY MAIL OR WHATSAPP  
(BY 8:00 P.M, 16<sup>th</sup> SEP)  
EMAIL: [nssunit.dbc@gmail.com](mailto:nssunit.dbc@gmail.com) CONTACT NO: 8860500363  
E-CERTIFICATES WILL BE PROVIDED TO 3 WINNERS  
PRINCIPAL: Dr. RAJIV AGRAWAL  
PROGRAMME OFFICER: Dr. RUBY MISHRA  
:@nssunit.dbc



The NSS Unit of Deshbandhu College organised a webinar on the 16th of September, 2020 on the occasion of World Ozone Day. The topic for the webinar was 'Sustainable Development Goals - Climate Action for Self Reliant Bharat'. The guest lecturer for the event was **Mr. Anurag Srivastav (Associate Partner BDO India)**. In the event, it was discussed that even though we have a beautiful country, we are consuming natural resources in such a way that it is causing great levels of pollution. Due to excessive pollution, the ozone layer is getting depleted and creating an ozone hole which has increased to a great level over the past 50 years. The government is taking various actions to promote Sustainable Developmental Goals like climate action, saving water, protection of the planet, etc.



# NATIONAL UNITY DAY (RASHTRIYA EKTA DIWAS)

**NSS UNIT DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**

OBSERVES  
"NATIONAL UNITY DAY"  
ON THE OCCASION OF 145TH BIRTH ANNIVERSARY  
OF SHRI VALLABHBHAI PATEL

TOPIC-  
" राष्ट्र निर्माता सरदार पटेल "

**DR. RAJIV AGGARWAL**  
(PRINCIPAL,  
DESHBANDHU COLLEGE)

**SPEAKER - PROF. SHRI PRAKASH SINGH**  
(DEPARTMENT OF POLITICAL SCIENCE, UNIVERSITY  
OF DELHI)

PLATFORM - ZOOM  
DATE - 31 OCTOBER  
TIMING- 5:00 PM - 6:00 PM (IST)  
Meeting Id- 880 6405 3125  
Passcode- 612981

PROGRAM OFFICER- DR. RUBY MISHRA  
MODERATOR- DR. ABHISHEK PRATAP SINGH

IQAC COORDINATOR:  
DR. ADITYA SAXENA

PRESIDENT- DIKSHA TIWARI  
TREASURER- RITHIK KUMAR

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**NSS UNIT DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**

"राष्ट्रीय एकता दिवस"

मैं सत्यनिष्ठा से शपथ लेता हुआ कि मैं राष्ट्र की एकता, अखंडता और सुरक्षा को बनाए रखने के लिए स्वयं को समर्पित करूँगा और अपने देशवासियों के बीच यह संदेश फैलाने का भी भरसक प्रयत्न करूँगा! मैं यह शपथ अपने देश की एकता की भावना से ले रहा हूँ जिसे सरदार वल्लभभाई पटेल की दूरदर्शिता एवं कार्यों द्वारा संभव बनाया जा सका! मैं अपने देश की आंतरिक सुरक्षा सुनिश्चित करने के लिए अपना योगदान करने का भी सत्य निष्ठा से संकल्प करता हूँ!

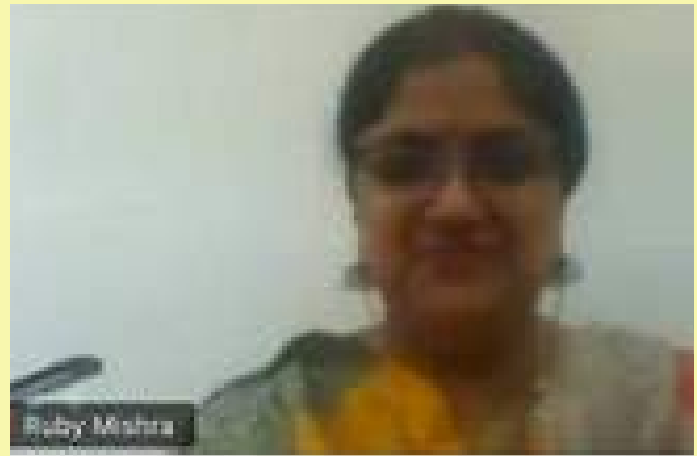
**NSS UNIT DESHBANDHU COLLEGE  
(UNIVERSITY OF DELHI)**

**TAKES PLEDGE  
FOR  
"RASHTRIYA EKTA DIWAS"**

I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of **SARDAR VALLABHBHAI PATEL**. I also solemnly resolve to make my own contribution to ensure internal security of my country.









On October 31, India commemorates National Unity Day, also known as Rashtriya Ekta Diwas, which marks the **Birth Anniversary of Sardar Patel**, who played a key role in the country's political integration. Patel, also known as the "Iron Man of India," was a longtime member of the Indian National Congress (INC) who opposed the British during India's independence struggle. He was India's first Deputy Prime Minister after independence. Patel had played a major role in getting over 500 princely kingdoms to accede to independent India in the months leading up to and after Independence. Despite numerous obstacles, Patel was able to largely integrate these districts without violence. To honour his contribution to India's freedom and unity, the Union Ministry of Home Affairs (MHA) stated in 2014 that National Unity Day will be commemorated every year on Patel's birth day. The Indian Home Ministry's official statement for National Unity Day says that it "will provide an opportunity to re-affirm our nation's inherent strength and resilience to endure real and potential threats to our country's unity, integrity, and security."

On this auspicious occasion, the NSS Unit of Deshbandhu College organised a seminar on the 31st of October, 2020 which highlighted the various sacrifices undertaken by the freedom fighter Sardar Vallabhbhai Patel for the development of our country. **The chief speaker of this seminar was Prof. Shri Prakash Singh from the Department of Political Science, University of Delhi.** He attempted to put a shine on the unknown contributions of Sardar Vallabhbhai Patel all through his life. Vallabhbhai was a beloved leader with a single aim which was to see India reach to greater heights. Prakash Sir memorialised the widespread support received by Sardar Patel when he was up for elections but sacrificed his seat for Jawaharlal Nehru on the request of Gandhi Ji. Many other achievements, contributions and sacrifices made by Sardar Patel were discussed all through the event to provide the gathering with extensive knowledge about a leader. Last but not the least, the NSS Unit Deshbandhu College appreciates the participation of all who took a great interest in this event lead by our unit.







# NATIONAL YOUTH DAY



**NSS UNIT, DESHBANDHU COLLEGE (UNIVERSITY OF DELHI)**

ON THE OCCASION OF  
150TH BIRTH ANNIVERSARY OF SWAMI VIVEKANANDA JI  
(NATIONAL YOUTH DAY)

WE ARE ORGANISING A NATIONAL WEBINAR

**TOPIC : SWAMI VIVEKANANDA'S VISION OF SCIENTIFIC REJUVENATION OF BHARAT**



**PROFESSOR RUCHI GUPTA**  
Dean and Professor  
School of Engineering  
IIT New Delhi

**DATE : 12th JANUARY, 2022**  
**TIME : 4:00 P.M.**  
**PLATFORM : Zoom**

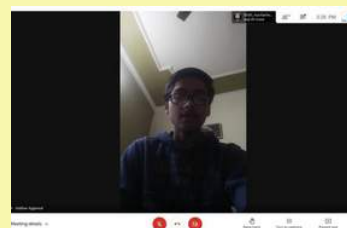
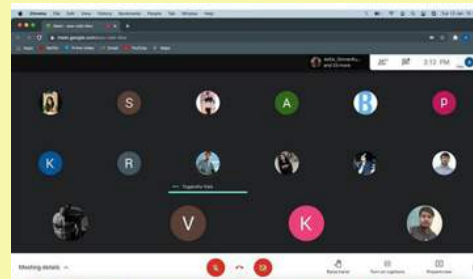
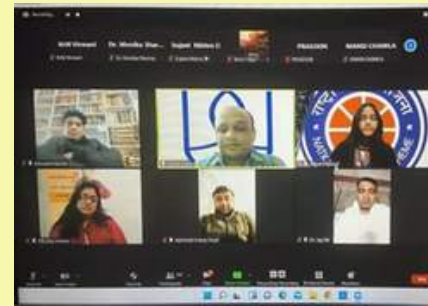


**SHRI TARUN VELAY**  
Chairman of the National  
Massachusetts Authority and  
Ex-Member of Parliament

COMPETITION RESULTS AND PRESENTATION OF BEST ARTICLES & POSTERS WILL BE DONE IN THE WEBINAR

LINK FOR JOINING THE EVENT  
<https://us02web.zoom.us/j/44555615290?pwd=dkURd0xkOVZlVUdUd0pVb1VlZ0pHJmZkdDZz09>

PRINCIPAL: DR. RAJESH AGARWAL PROGRAMME OFFICER: DR. RUCHI GUPTA	TEACHER COORDINATOR: DR. ANSHIKA SHARMA, DR. ARSHVIK PRATAP SINGH	PRESENTER: RUCHI GUPTA VICE PRESENTER: RUCHI GUPTA
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On 12th January, 1863 in Kolkata, West Bengal, Swami Vivekananda was born Narendranath Datta. From an early age, he practised meditation and was a member of the Brahmo Samaj movement for a time. He is renowned with spreading the Indian concepts of Vedanta and Yoga to the western world, making him one of the greatest patriots of all time. The Indian government designated this day as the National Youth Day in 1984, and it has been celebrated in India every year since 1985. National Youth Day is observed to inspire and motivate the Country's Youth to follow the correct path and to overcome obstacles in order to achieve success.

To celebrate his 159th Birth Anniversary, the NSS Unit of Deshbandhu College organised a webinar on the topic "Swami Vivekananda's Vision of Scientific Rejuvenation of India", which was graced with the precious presence of our special guests

**Prof. Ruchir Gupta Ji (Dean & Professor, School of Engineering, JNU, New Delhi) and Shri Tarun Vijay (Chairman of the National Monuments Authority and Ex Member of Parliament) who enlightened us with their inspiring words and thoughts.**

Apart from the successful conduct of the webinar, the unit also organised a Article Writing & Poster Making Competition to honour the visionary man. The Theme for the same was - "SWAMI VIVEKANANDA'S VISION OF SCIENTIFIC REJUVENATION OF BHARAT". Therefore, on behalf of this, we have received a total of 170 entries (Articles+Posters). Also, the Design Team, which is part of NSS Unit of Deshbandhu College, crafted Handmade Posters. The Posters primarily highlighted the significance of the Youth in the development of our country. The insights of all the activities conducted on behalf of this joyous occasion have been shared so as to recognise the efforts of the students.

Last but not the least, the NSS Unit of Deshbandhu College looks forward to continue to conduct such events in the future as well which would ultimately enlighten the young citizens of the country.





# BLOGS





**DR. JAGPAL GROVER**  
(NSS Teacher Coordinator)

## **THE NATIONAL SERVICE SCHEME: THE NAME OF SERVICE AND DEDICATION**



Whenever, any of us come across the words National Service Scheme (NSS), the feeling of dedication commitment and rendering service to the nation strikes our mind. In this way, the National Service Scheme is there to execute the principles of Sewa Parmo Dharma (Service is the main Duty) and Nar Sewa Narayan Sewa (Service to Humanity is the Service to God). As we know that it is very easy to form the policies and plans but difficult to execute them. It is the NSS that helps government agencies and organizations to execute various local, regional and national missions. The NSS not only assists the government in implementation of various programs and policies but also makes the society aware about these missions and programs. For example, the NSS unit of Deshbandhu College has rendered many cleanliness drives donation drives awareness drives in the nearby colonies. Plantation drive is one of the well-known drives executed by the NSS unit of the college. Even in this, pandemic situation the unit is playing a suggestive role in the society. For this, the unit has been organizing various talks, seminars and lecture series on relevant themes which have been quite fruitful to the students, teachers and others. In this series International Yoga Day Celebration and Yoga and Meditation Workshop was a successful and prolific program. Being the part of the NSS unit is very privileged to anyone as it orients us to service to society and the nation.





डॉ आलोक कुमार सिंह  
(प्राध्यापक समन्वयक)

## नर सेवा, नारायण सेवा



यदि आप वास्तव में ईश्वर की सेवा करना चाहते हैं, ईश्वर को प्राप्त करना चाहते हैं तो समाज के दीन हीन लोगों की सेवा करना शुरू कीजिए। सेवा ही परम धर्म है दूसरों की सेवा करना हमारा परम कर्तव्य है। सेवा का भाव मनुष्य को मनुष्य होने का एहसास दिलाता है। सेवा ही व्यक्ति को समाज में पहचान दिलाती है एवं आंतरिक खुशी प्रदान करती है। सभी धर्मों में दूसरों की सेवा करने का महत्व बताया गया है जो व्यक्ति दूसरों की सेवा करता है वह जीवन में आगे बढ़ता है और हर एक परिस्थिति का सामना करते हुए वह सफलता की बुलदियों को छूता है। सेवा करना मनुष्य का सबसे उच्च गुण होता है। वास्तव में यदि प्रत्येक मनुष्य में सेवा करने का भाव हो तो मनुष्य जीवन सार्थक हो जाता है। सच मानिए सेवा करना एक परम धर्म है और मुक्ति का द्वार भी है जब हम दूसरों की सेवा करते हैं तो वास्तव में हम ईश्वर की सेवा ही करते हैं जिस तरह से यदि हम कहीं पर जा रहे होते हैं और यदि हमको कोई ऐसा व्यक्ति मिलता है जिसको मदद की जरूरत होती है तो हमारा कर्तव्य है कि हम उसकी मदद सेवा भाव से करें। जो दूसरों की सेवा करता है वह जीवन में सुख संपत्ति पाता है। प्राचीन काल में कई ऐसे उदाहरण देखने को मिलते हैं, कई ऐसे लोगों के बारे में जानकारी मिलती है जो दूसरों की सेवा के लिए हमेशा तत्पर रहते थे। उन्होंने दूसरों की सेवा करने के लिए अपना सब कुछ कुर्बान कर दिया है। अभी समकालीन समय में ऐसे बहुत सी स्वयं सेवी संस्थाएं हैं जो समाज के वंचित वर्गों की सेवा निस्वार्थ भाव से कर रही हैं। राष्ट्रिय सेवा योजना ऐसा ही एक पैन इंडिया संगठन है जिसका उद्देश्य समाज में सेवा भाव को जागृत करना तथा युवाओं में इस भावना को जगाने के लिए कार्य करना है। आपको चाहिए कि आप के पास यदि कुछ है तो आप उससे दूसरों की सेवा जरूर करें हम धन-संपत्ति से किसी दूसरे की सेवा कर सकते हैं। यदि हमारे पास धन-संपत्ति नहीं है तो हम अन्य तरह से भी दूसरों की, समाज की सेवा कर सकते हैं। हम लोगों को अपने समाज को जागृत करके एक तरह से समाज सेवा कर सकते हैं। हम हमारे समाज को जागरूक करके भी सेवा कर सकते हैं, हम लोगों को उनके कार्यों में सक्षम बना कर भी उनकी सेवा कर सकते हैं, हम लोगों को रोजगार देकर भी उनकी सेवा कर सकते हैं। इस तरह की सेवा भी एक तरह से हमारा ही धर्म होगा। हम सभी को चाहिए कि हम अपने कर्तव्य को निभाएं। आजकल कोरोनावायरस चारों ओर फैला हुआ है इस विकट परिस्थिति में भी कई लोग दूसरों की सेवा कर रहे हैं। इन लोगों में डॉक्टर, नर्स, पुलिसकर्मी आदि हैं जो हमेशा दूसरों की सेवा करने में लगे हुए हैं। दूसरों की सेवा करने में उनको खतरा भी है लेकिन फिर भी वह हार ना मानते हुए दूसरों के लिए अपना कार्य कर रहे हैं यह भी एक सेवा ही है वास्तव में इस सेवा से बढ़कर कोई भी बड़ा धर्म नहीं है। हमें भी इस तरह की सेवा करनी चाहिए और अपने कर्तव्य को निभाना चाहिए तभी हम जीवन में एक अच्छे और सच्चे इंसान बन सकते हैं वास्तव में सेवा ही परम धर्म है।



**DR. MONIKA SHARMA**  
**( NSS Teacher Coordinator)**

## **THE ROLE OF NSS DURING COVID-19**



**National service scheme (NSS) plays a vital role in the improvement of human life through inculcating social, economic, cultural and ethical values in volunteers at school and college level. Ever since the Covid-19 disease became a global pandemic, the NSS volunteers of Deshbandhu College, University of Delhi have taken an active participation in spreading the awareness about various protocols such as wearing mask, maintaining social distance, washing hands regularly, home care of quarantine patients etc. The social media platforms such as Instagram, Facebook, Whatsapp and webinars were used to discuss about Corona Virus, symptoms and preventions of Covid-19, Myth-busters and shared help-line numbers to help the society. During the national lockdown, to improve the mental depression and keep mind fresh and positive and to have healthy diet, NSS organized various yoga and health awareness sessions. A campaign to stop the violence against health care workers and corona warriors was also initiated and various posters were shared to thank Corona-warriors. Thus, the main objective of NSS “NOT ME BUT YOU” are centric towards the welfare of society. The depth of uniqueness about to unite country whenever possible even in worst conditions.**





## डॉ अभिषेक प्रताप सिंह (प्राध्यापक समन्वयक)

### निःस्वार्थ सेवा - मूलमंत्र

दूसरों के प्रति निःस्वार्थ सेवा का भाव रखना ही जीवन में कामयाबी का मूलमंत्र है। निःस्वार्थ भाव से की गई सेवा से किसी का भी हृदय परिवर्तन किया जा सकता है। हमें अपने आचरण में सदैव सेवा का भाव निहित रखना चाहिए, जिससे अन्य लोग भी प्रेरित होते हुए कामयाबी के मार्ग पर अग्रसर हो सकें। सेवा का भाव समाज को सही दिशा में ले जाता। सेवा भाव के कर्तव्य बोध से बना हुआ व्यक्ति अपने राष्ट्र समाज के प्रति हमेशा समर्पित रहता है ना सिर्फ वह हमारा समाज की नकारात्मक शक्तियों के लिए एक आदर्श बनता है बल्कि उसके द्वारा किया गया त्याग साहस सहयोग सद्भाव और समर्पण समाज के नैतिक मर्यादाओं को मजबूती देता है

सेवा भाव ही मनुष्य की पहचान बनाती है और उसकी मेहनत चमकाती है। सेवाभाव हमारे लिए आत्मसंतोष का वाहक ही नहीं बनता बल्कि संपर्क में आने वाले लोगों के बीच भी अच्छाई के संदेश को स्वतः उजागर करते हुए समाज को नई दिशा व दशा देने का काम करता है। जैसे गुलाब को उपदेश देने की जरूरत नहीं होती, वह तो केवल अपनी खुशबू बिखेरता है। उसकी खुशबू ही उसका संदेश है।

राष्ट्रीय सेवा योजना इसी सेवा भाव को भारत के छात्रों के मन में उनके शैक्षिक जीवन से ही स्थापित करके समाज के प्रति उनके अंदर समर्पण भाव को विकसित करता है हम सभी साथी अपने कॉलेज में इस लक्ष्य को प्राप्त करने की दिशा में निरंतर प्रयासरत रहते हैं और समय-समय पर विभिन्न कार्यों द्वारा शिक्षा और सेवा के बीच एक सेतु निर्माण का काम भी करते हैं सही मायने में हमारा ज्ञान और शिक्षा तब तक अधूरी है जब तक उसमें सेवा भाव का मूल्य स्थापित नहीं है।




**DR. ROBIN KUMAR**  
(NSS TEACHER COORDINATOR)

## **SOCIAL ANXIETY AFTER COVID-19**

Yet after 17 months of isolation, lockdown and the COVID-19 pandemic I really didn't like it. I used to commute into my college five days a week. I'd haul myself onto the crowded Yellow Line of metro and think of nothing of squeezing right up against someone, my nose in their armpit. That was the daily commute. I'd land in the college, probably wouldn't wash my hands, shake hands and get to work. I'd probably be in and out of classes. Now though, everything has changed. I've had 17 months working from home on the small table in my room. For over a year I've hardly left from my city except few visits to the college. I go to the shop, I work from home, I go for walk on the roof, that's it. I've found it difficult; the lack of social connection and the lack of human contact.

I felt quite anxious of COVID as things began to open up last winter, before being locked down again. Yet for the most part if I'm totally honest, I've loved it. I've slowed down massively, I've had more time for self-care, I've had nothing to have to say "no" to, my life has been slower and on the whole, I'd say my mental health in the lockdown normal is better than my mental health in the frantic old world. The anxiety that a social life can bring is back and the anxiety that groups and communities can create is back.





Even if it's mild, it all adds up. Does this person want to hug? Will they want to shake hands? I like hugging, but is it right? Do I really just want to go home? The decisions, the questions and life as we knew it, is back. Returning to the college for me isn't just about returning to the college, it's about returning to the physical messy human world, where I can't just shut my door and live behind a keyboard, or connect only through my laptop or phone. Whilst there might be less of it, full bodied human connection is back.

The first thing I've experienced is how exhausting it is talking to people, listening to people; it's tiring. I've had moments of feeling out of breath on the metro train and on public transport, noticing my heart rate increase and my hands get sweaty. I didn't like the metro at the best of times; now I don't like being in an enclosed space underground with a heightened awareness of deadly viruses. The fatigue, the public transport, the social weirdness and awkwardness; it's all adding up into the melting pot of new world anxiety. One thing that's supported me has been reassuring myself that this is totally normal, that it's going to take some time to re-learn how to connect in person. I've been more conscious too of how differently people are responding to COVID.

Some people are ready to move on and have a group hug, other people are more cautious. What makes me anxious is making someone else feel uncomfortable, so I've been making an effort to normalise my anxiety and everyone else's by just talking about the situation and not judging people's responses.



श्री आशुतोष कुमार  
(प्राध्यापक समन्वयक)

## राष्ट्रीय सेवा योजना

राष्ट्रीय सेवा योजना (NSS) की शुरुआत 1969 में महात्मा गाँधी के सौवें जन्म दिवस के अवसर पर केंद्र सरकार के युवा मामले और खेल मंत्रालय द्वारा देश के युवाओं में राष्ट्र सेवा की भावना को भरने के उद्देश्य से किया गया था तब से अब तक, इस संस्था ने देश के लिए लगातार एक से एक सराहनीय कार्य किया है। चाहे सरकारी योजनाओं के बारे में जागरूकता लानी हो या फिर किसी प्राकृतिक आपदा में मदद करनी हो, यह संस्था हमेशा आगे रही है। समय समय पर सरकार विशिष्ट वालंटियर्स को सम्मानित और पुरस्कृत भी करती है। इसके सदस्यों की संख्या 40 हजार से बढ़कर 38 लाख से अधिक हो चुकी है। इसका एक ही उद्देश्य है- मानवता की सेवा करना।

इस सेवा के लिए युवाओं के तैयार करने के लिए यह संस्था समय समय पर विभिन्न कार्यक्रमों का आयोजन करती है ताकि देश के युवा भारत की विविधता, संस्कृति, धरोहर, और विरासत से न सिर्फ अवगत हो बल्कि यहाँ की समस्याओं और चुनौतियों को समझें और उनका हल निकलने में अपना योगदान दें। NSS विद्यार्थी में प्रशासनिक और नेतृत्व की क्षमता को विकसित करता है ताकि वे जीवन में जो भी करें, समाज के प्रति सजग और सामाजिक समस्याओं के प्रति सवेदशील जरूर रहें। एक बेहतर इंसान जरूर बने। सजग और जागरूक युवा ही देश को बेहतर भविष्य दे सकता है।



# महात्मा गांधी जी के स्वपनों को साकार करते हुए - राष्ट्रीय सेवा योजना

राष्ट्रपिता महात्मा गांधी जी का कहना था “देश सेवा मे युवाओ की भागीदारी बेहद आवश्यक है ।”गांधी जी के इस सपने को चरितार्थ करने के लिए युवा एवं कार्यक्रम खेल मंत्रालय भारत सरकार ने सक्रिय कार्यक्रम के रूप मे “राष्ट्रीय सेवा योजना” का स्थापना गांधी जी के जनमशताब्दी 24 सितंबर 1969 को किया ।

राष्ट्रीय सेवा योजना का यही लक्ष्य है की सेवभावी स्कूल विध्यार्थी व कॉलेज विध्यार्थियों को सेवा का एक मंच प्रदान करना जहां पर विध्यार्थियों को सेवा ,समर्पण और संस्कार के साथ समाज सेवा और राष्ट्र सेवा कर सके व जिम्मेदार स्वयंसेवक बन सके। NSS द्वारा प्रदत्त मंच से विध्यार्थी सेवा, पर्यावरण, व राष्ट्रीय एकता के प्रति जन चेतना को जागृत करते है व हर एक कार्य तथा कार्यक्रम करते है जिससे स्वयं का भी सर्वांगीण विकास कर सके । NSS का यही ध्येय वाक्य है NOT ME BUT YOU मेरे लिए नहीं पर आपके लिए अर्थात NSS ये संस्कार प्रवाहित करता है की विद्यार्थी स्वयं से पहले समाज और राष्ट्र के लिए सोचे और कार्य करे ।

भारत युवाओ का देश है वर्तमान का मांग है की युवा तरुणाई भारतीय संस्कृति के मूल ध्येय वाक्य “नर सेवा नारायण सेवा” (अर्थात मानवजाति की सेवा ही परम पिता परमात्मा की सेवा है ) को चरितार्थ करे व नर सेवा के साथ साथ परकृति संरक्षण राष्ट्र सेवा के ध्येय को साकार करे ।

- सुजीत कुमार मिश्रा

उपाध्यक्ष, राष्ट्रीय सेवा योजना

देशबंधु महाविद्यालय ईकाई (दिल्ली विश्वविध्यालय)

तृतीय वर्ष छात्र

# सांस्कृतिक मूल्यों से दूर - युवा वर्ग

भारतीय संस्कृति समूचे विश्व को आकर्षित करती है, किंतु हम भारतीय ही अपनी संस्कृति से दूर होते जा रहे हैं। दिन प्रतिदिन हम पश्चिमी संस्कृति को अपनाते जा रहे हैं और हमारी संस्कृति सिर्फ पुस्तकों और कहानियों में ही कहीं गुम होती जा रही। सबसे अहम है - हमारे सांस्कृतिक मूल्यों की रक्षा करना। त्याग, सम्मान, संयम, सत्य, अहिंसा, ये सभी हमारी संस्कृति की पहचान रहे हैं। जहाँ हम कभी गर्व करते थे अपनी संस्कृति पर, वहीं आज का युवा वर्ग का रुझान पश्चिमी संस्कृति की ओर बढ़ता जा रहा है। रहन-सहन तो पूरी तरह बदल ही चुका है, अपने सिद्धान्तों और मूल्यों से भी दूरी बनानी शुरू कर दी है। युवा वर्ग पर पश्चिमी सभ्यता का अत्यधिक प्रभाव है। युवाओं में अपनी सभ्यता, संस्कृति और मान्यताओं से लगाव नहीं है। भारतीय समाज और युवा वर्ग पर यदि पश्चिमी संस्कृति का प्रभाव इसी प्रकार बढ़ता रहा, तो भारतीय संस्कृति खतरे में पड़ सकती है।

वैश्रीकरण और आधुनिकीकरण की चकाचौंध में युवा वर्ग हमारी पुरातन संस्कृति की महान विरासत को भूले जा रहा है। दूरियां इतनी बढ़ी हैं कि नैतिक मूल्यों का पतन होने लगा है, मानवता कराहने लगी है। आपसी सौहार्द, प्रेम और भाईचारे के पर्व फीके पड़ते जा रहे हैं। युवाओं की सोच दिखावे वाली बनती जा रही है। हमें याद रखना होगा कि नैतिकता, अपनत्व और देशभक्ति जैसे मूल्यों ने ही भारतीय संस्कृति को बनाए रखने में योगदान दिया है। युवा वर्ग का भारतीय संस्कृति से दूर होना देश के लिए कदापि उचित नहीं हो सकता। अतः हम हमारी सांस्कृतिक विरासत को सहेजने के लिए आवश्यक कदम उठाए।

- भव्या जैन

मीडिया प्रमुख, राष्ट्रीय सेवा योजना  
देशबंधु महाविद्यालय ईकाई (दिल्ली विश्वविद्यालय)  
तृतीय वर्ष छात्रा



मां तेरे ऋण से ही तो निर्मित, मेरा संपूर्ण स्वरूप और देह,  
दिया तूने सदैव हे अंबा! , अपार प्रेम ममत्व और स्नेह।  
तेरी ममता से वचित रहा संपूर्ण भारतवर्ष,  
विदेशियों ने शोषण कर क्षीण जर्जर पीड़ित किया,  
तेरा आनंद उल्लास और हर्ष उत्कर्ष!  
माँ भारती जब तुम उभरी इन कुप्रभावों से,  
हृदय रिक्त आंचल धूलि धूसर चंद्रहिन हो गया मुकुट प्रकाश किरण के अभाव में!  
सूर्य की एक किरण, वन वृक्षों को चिरते हुए,  
लिपटी माँ भारती से आकर, हुआ उज्ज्वल प्रभात घर घर,  
इस केसरिया के जन्म पर, घर घर तिरंगा लहरायेगा,  
राम राज्य आ जाएगा, इस स्तुतिगान से गुंजायमान हुआ,  
त्रय लोक पाताल आकाश, जय हो हे देशभक्त निश्चार्थ मुग्धभावी!  
हम निरुद्देशयी तो हैं केवल आभारी।  
आर्ध अंग पीड़ा पश्चात मां जननी कराही फिर एक बार,  
जिस क्षण उसके सहोदर ने इंडिया कह कर दी पुकार।  
नयन कमल से अभी होता है निशदिन अश्रुपात,  
जब भारत की पुत्रियां करती मां जननी के संस्कारों का त्याग,  
और जब भारत के पुत्र शुद्र दृष्टिपात अपनी बहनों पर बरसाते,  
तब मां के पुष्प समान कोमल काया में, पीड़ा के काटे जा चुभते।  
उम्र नवदश है मेरी थोड़ी सवेदनाएं हुई है जागृत,  
भारत को इंडिया मत बनने दो,  
तहीं माता के नयनों में आणगी नैतिकता और प्रीत।  
एकता प्रस्थान कर चुकी भारत के गमन से,  
विखरित मतभेद का आगमन ईर्ष्या का तांडव भूचाल,  
इंडिया का बहिष्कार करो ,रे भारतीय मां भारत के लाल!  
द्वंद्व युद्ध प्रतिदिन प्रतिक्षण राजनीतिक दलों के मध्य,  
मतभेद वासना ईर्ष्या लोभ, छल भरी मिली भगत,  
भारत में नहीं है अस्तित्व इन सब का ,  
यह सब इंडिया की उपज कपट।  
संसद के मधुर तराने, क्षणभंगुर में स्वर भंग कर डाले ,  
घी मिठाई की आशा स्वप्न में भी ना भूले,  
क्या भूल गए भगत कूका के फांसी के वे निर्मम झूले ?  
परितः घनघोर भ्रष्टाचार चलो नैतिकता के उस पार,  
रे भीरु डरपोक निर्लज्ज क्या तनिक लज्जा भी ना आई?  
उजाड़ते यह सुहावन बागीचा,  
मेरे वीर भाई बंधु ने, इसे अपने रक्त से सींचा।  
मस्तक पर तेरे हृदय के रक्त के ,बिखरे हैं अब भी छींटे, भारत-पाक एक होगा,  
या भारत कश्मीर समेटे, संस्कारों की पावन धरती को इंडिया कहना छोड़ें ,  
रे भीरु डरपोक कायर !भूल गए अंग्रेजों के कोड़े।  
जिसे भी यहां रहना होगा, भारत को भारत कहना होगा,  
यही हमारा नोबेल और सर्वोच्च सम्मान,  
भारत भारत ही रहेगा जब तक हृदय में जीवित है प्राण!!



# सदा विद्यार्थी रहना



विद्या संपन्न व्यक्ति कभी भी निराश और तनावग्रस्त नहीं होता। उसे अपने कार्य में कभी अरुचि नहीं होती, अपितु अपने कार्य को पूजा मान कर करता है। विद्यावान व्यक्ति कभी विवाद नहीं करता। विद्या प्राप्त व्यक्ति सदा झुककर रहता है विद्या से आत्मविकास में वृद्धि होती है और हमारी ज्ञान दृष्टि व्यापक हो जाती है। विद्या प्रेम, उत्साह, आशा, सद्भाव, भाईचारा, उदारता, शालीनता और शिष्टाचार के द्वार खोलने वाली है। विद्या से व्यक्ति योग्य बनता है और योग्यता से समृद्धि आती है। समृद्धि से व्यक्ति को यश प्राप्य होता है, तभी वह वास्तव में सफल कहलाता है।

"विद्या ददाति विनयं विन्यात याति पात्रताम।  
पात्रत्वात् धन्माप्नोति धनाधर्मः ततः सुखम॥"

विद्यावान व्यक्ति सदा जीवंत होता है और जीवंत व्यक्ति के बाएव में कहा जाता है की -

'झुकते वही है जिनमें ज्ञान होता है,  
अकड़ तो मुर्दों की पहचान होती है।'

अतएव मनुष्य को हमेशा विद्यार्थी बने रहना चाहिए। विद्या बांटने से हमेशा बढ़ती रहती है। जितना अधिक इसका प्रयोग करेंगे और लोगो को इसके बारे में जानकारी देंगे, इसमें उतना ही वृद्धि होती है। कवी गंग उचित उक्ति है की "घोड़ा उदास क्यों और विद्या भूली क्यों?"

इसका एक ही उत्तर है - दोहराया [ फेरा ] न था। यदि घोड़े को फेरी [ घुमाया ] न लगायी जाये और विद्या को दोहराया न जाये तो वह भी असफल हो जाती है। विद्या धन सभी धनो में श्रेष्ठ है :-

'न चोराहार्यं न च राजहार्यं, न भ्रातभाज्यं न च भारकारि  
व्यय कृते वर्धते एवं नित्यं, विद्याधनं सर्वधर्म प्रधानम।'

में कहती हूँ की वे माता - पिता शत्रु है, जिन्होंने अपने बच्चों को ठीक विद्या नहीं दी। क्योंकि बिना विद्या लज्जा महसूस करते हैं, जैसे हंसों के बीच में बगुला। भार्तृहरि ने लिखा है :-

"साहित्य संगीत कलाविहीनः साक्षात्पशुः पुच्छ विषाण हीनः।

अतः सदैव विद्या प्राप्त करने व उसको प्रयोग में लाने का विश्वास कायम रख कर जीवन को सफल बनाना चाहिए। तभी हमारी, परिवार की, समाज की, तथा हमारे देश की उन्नति और प्रगति हो सकती है।

- MONI KUMARI  
B.A.(H) POL. SCI.





# है पथिक! न निज पथ भूल।

होकर व्यथित, मत बैठ पथिक  
लक्ष्य है दुर्लभ, पथ है दुर्गम  
पग पग पर हैं, बिखरे शूल  
हे पथिक! न निज पथ भूल।

उठ बैठ, ना डर किंचित  
पग बढ़ा, साहस कर सचित  
चाहे आए सम्मुख, प्रतिक्षण शूल  
हे पथिक! न निज पथ भूल।

तन दुर्बल हो, चल जाएगा  
हो मन दुर्बल तो, ढह जाएगा  
आत्मविश्वास ही, जय का मूल  
हे पथिक! न निज पथ भूल।

हो सूर्य-ताप, वा रात्रि-तम  
न हो साहस, किंचित कम  
परिस्थिति कितनी ही, हो प्रतिकूल  
हे पथिक! न निज पथ भूल।

सर्पों से अक्सर, घिरा रहता चंदन  
कठोर ताप का, परिणाम कुंदन  
अथक प्रयसों से ही मिलता, संघर्ष- सलिला का कूल  
हे पथिक! न निज पथ भूल।

है सात्विक यदि, तव- निहितार्थ  
है निरंतर यदि, तव-पुरुषार्थ  
निश्चित ही सब, होगा अनुकूल  
हे पथिक! न निज पथ भूल।

# POST HOLDERS 2021-2022



**KRITI VIRMANI**

President



**SUJEET MISHRA**

Vice President



**ASHA LAKRA**

Secretary



**RITHIK KUMAR**

Joint Secretary



**KAPIL METHA**

Treasurer



# CORE TEAM MEMBERS

## 2021-2022



ANCHAL MISHRA



ARUSHI GODARA



AYUSHI SINGH



ASEEM KHAN  
SHERWANI



BHAVYA JAIN



HEMANG GUPTA

# CORE TEAM MEMBERS

## 2021-2022



NEHA KUMARI



PRANAV BADAL



PRASHANT



RIDDHIMA PORWAL



SHANIKESH KUMAR



SHIVANG MALIK



SHRESTHA ROY



# POST HOLDERS 2020-2021



**DIKSHA TIWARI**

President



**BHAWNA BOORA**

Vice President



**YUGANSHU VATS**

Secretary



**RITHIK KUMAR**

Overall Coordinator



**MANASWI RAJPUT**

Treasurer



# CORE TEAM MEMBERS 2020-2021



ABHIJIT JHA



ANSHIKA TIWARI



ANSHUMAN



ASHA LAKRA



AYUSHI RAWAT



EISHNA RAWAT



HRITIK SINGH



# CORE TEAM MEMBERS 2020-2021



KRITI VIRMANI



LOKESH LODHI



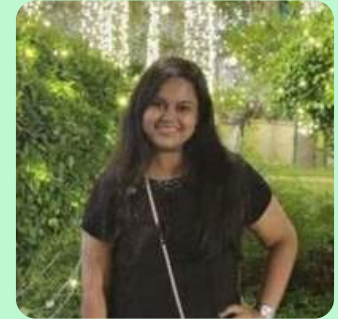
RAGHAVI  
VATSH



RITIKA ARORA



SAJAL GARG



SPARSHI  
AGARWAL



SUJEET MISHRA