

## NSS Activity Aug 2020 – March 2021

S.No	Date	Type of Activity	Resource person/Speaker, Name and Designation	No of student	Faculty Coordinator	Venue
1.	31/08/2020	Fitness Activity	-	28(Unit I)+47(Unit III)	Dr Anju Singh	Respective home& Nearby Public Park
2.	4/09/2020	Teachers Day Celebration	-	74(Unit IV & Unit II)	MS Vyoma Agarwal	On Social networking Platform
3.	7/09/2020	My Teacher My Hero	-	34(Unit I) +57(Unit III)	Dr Anju Singh	On Social networking Platform
4.	14/09/2020	Role of NSS volunteers during COVID 19	-	28 (Unit I)+ 43(Unit III) + 64(Unit IV)	Dr Nivedita Singh	On MSTeams
5.	16/09/2020	Webinar on New Education Policy	Shikshak Parv, Govt of India	53 (Unit IV)	MS Vyoma Agarwal	On MSTeams
6.	21/09/2020	Guest Lecture on New Education Policy	S.P BHATNAGAR, Regional Director , NSS Jaipur	47 + 48 +43(Unit IV)	Dr Nivedita Singh &MS Vyoma Agarwal	On MSTeams
7.	24/09/2020	Patriotic Solo Song Competition	MS. Uma Vijay, Director, Giri Institute of Music and Research,	16 participants from various colleges of rajasthan	Dr Sharad Rathore &MS Archana Sharma	On Meet

			Jaipur and Gargi Mukharjee			
8.	28/09/2020	E-Literacy	-	50(Unit I, II, V)	Dr Shilpi Chakravarty	Respective Houses and NeR By Places
9.	28/09/2020	Guest Lecture on Coexistence of human and animals'	MS. Timmi Kumar and MS. Mariam, Animal activist & Managing Trustee, HIS India	137(Unit III & IV)	Faculty Members of Unit III & IV	MSTeams
10	05/10/20	Swachh Bharat	-	92(Unit II & III) + 69 (Unit IV) + 68 (Unit I)	Dr Anjali Anand	From Home
11	10/10/2020	Webinar on Women of Wisdom	Dr. Anupama Soni, Mrs Asia International, State Brand Ambassador of Beti Bachao Beti Padhao, Rajasthan Govt	56 Volunteers from all Units of NSS	Dr Shilpi Chakravarty	On MSTeams
12	12/10/2020	Guest lecture on "Therapeutic measures for Covid 19"	Prof. Veena Maheshwari (President's silver medal winner) JN Medical College, Department of Pathology	72 (Unit I) + 20 (Unit II)	Dr Anju Sharma	MSTeams
13	12/10/20	No Mask No	-	96 (Unit	Dr Shilpi	MSTeams

		Entry Activity		III) + 65 (Unit IV)	Saxena	
14	19/10/20	Oath Taking on Jan Andolan Camp agin on COVID 19 & Online guest Lecture on impact of COVID on Animal	Mr.Rohit , Raksha , NGO	85 (Unit II & III) + 76 (Unit IV) + 48(Unit I)	Dr Shilpi Chakravarty	MSTeams
15	26/10/20	Experience Sharing by students:Startu p during Covid period	RiyaBansal, Riya Sharma, UrmilJeswani , NSS Volunteers	77 (Unit III) + 76 (Unit IV)	Dr Shilpi Chakravarty Dr Anju Sharma	MSTeams
16	26/10/2020	Guest lecture on "Mental Health & Wellbeing during Pandemic	MS. MahakMathur, Clinical Psychologist, IIS (Deemed to be University), Jaipur	59(Unit II) + 82(Unit I)	Dr Meha Saxena	MSTeams
17	2/11/2020	Anti-Corruption Vigilance Campaign in Community and among student	-	67 (Unit III) + 68 (Unit IV)	Dr Aditi Singh, Dr Sheetal Chitlangiya	MSTeams
18	2/11/2020	Oath taking and Elocution on Anti-Corruption Vigilance	-	54(Unit I) + 37(Unit II)	Dr Shilpi Chakravarty	MSTeams
19	9/11/2020	Cloth Donation Drive	-	32(Unit II) + 35(Unit I)	Dr Nivedita Singh	At Home

20	9/11/2020	Mandana Making	MS.Sheetal Chitlangya,Asst. Professor, Department of fine Arts, IIs (deemed to be university), Jaipur	88 (Unit III) + 73 (Unit IV)	MS Vyoma Agarwal	On MSTeams
21	20/11/2020	Sanitizer Distribution during COVID 19	-	46 Children of Haziyawala community		Hajiawala Govt. Upper Primary school
22	21/11/2020	Felicitating Teachers for their Contribution during COVID19	-	11 Teachers of Government Schools of jaipur		Hajiawala Govt. Primary school
23	23/11/2020	Guest lecture – Role of diet for boosting immunity during COVID -19	MS. Vyoma Agarwal, Asst. Professor, Department of Home Science, IIS (deemed to be university), Jaipur	45 (Unit II) + 59 (Unit I)	Dr Shilpi Saxena &MS Neeraj Kulhari & Dr Monisha Raj Soyal	MSTeams
24	23/11/2020	Basics of Gardening and organic manure Preparation	MS. Jaya Tiwari, President, Kitchen Garden Association,	78 (Unit III) + 81 (Unit IV)	Dr Gaurav Bagra	MSTeams

			Jaipur.			
25	7/12/2020	Interactive session on domestic violence	Students of B.Sc Home Science, Sem III	49(Unit II) + 63 (Unit I)	Dr Aditi R Khandelwal	MSTeams
26	7/12/2020	Nutritious Salad & Smoothies	MS Reena Verma, Asst. Professor, Department of Home Science, IIS (deemed to be university), Jaipur	70(Unit IV)+106( Unit III)+	Dr Shilpi Chakravarty	MSTeams
27	14/12/2020	Declining Girl Child Ratio	MS Neeta Singh, Chairperson, Dignity of Girl Child Foundation, Jaipur	77(Unit IV) + 103(Unit III)	Dr Anju Singh	MSTeams
28	14/12/2020	Poster making on Maternal and Child health	-	45(Unit II) + 81(Unit I)	MS Babita Sharma	MSTeams
29	21/12/2020	Literacy Programme at home	-	52 (Unit IV) +46(Unit II) + 78 (Unit I)	Dr Shilpi Chakravarty	MSTeams
30	24/12/2020	Blackboard Donation	-	-	Ms. Archana Kumari & dr. Gaurav Bagra	Hajiawala Govt. Upper Primary school
31	16/01/2021	Tree planation in school premises	-	-	Ms. Archana Kumari & Dr. Gaurav Bagra	Hajiawala Govt. Upper Primary school
32	01/03/2021	Webinar on	Dr. Mridul	62 NSS	All NSS	Online

		Building Understanding about Road Safety and New Laws	Bhasin, Founder & Trustee, Muskaan Foundation, Jaipur	Volunteers	faculty members	(Google Meet)
32	08/03/2021	Celebration of International Women's day	Dr. Saumya Gurjar, Mayor, Jaipur Greater Nagar Nigam, Dr. Sunil Chaturvedi , Secretary, Connect Signal and Dr.Vinod Chandrawal Field Director, Bosch India Foundation ,Jaipur	152 NSS Volunteers	All NSS faculty members	IIS (deemed to be UNIVERSITY ), Jaipur
33	10/03/2021	Poster making and Rally on Dandi March	-	53 NSS volunteers		IIS (deemed to be UNIVERSITY ), Jaipur
34	23/03/2021	Celebration of Shaheed diwas	-	76 NSS Volunteers	Dr. Gaurav Bagra & Dr Aditi K. Khandelwal	IIS (deemed to be UNIVERSITY ), Jaipur
35	13/06/2021	Online session on Boost your immunity with Laughter Yoga	Dr. Madan Katari, Gigging Guru (London Times)	143 NSS Volunteers	Dr Anju singh and Ms. Archana Kumari	Zoom Platform
36	21/06/2021	Celebration of	Mr. Sharad	167 NSS	Ms.Archana	Zoom Platform

		International Day of Yoga	Kamra, Art of Living Trainer	Volunteers	Kumari	
37	21/06/2021	Digital Poster making and Slogan Writing Competition on the Theme “Be with Yoga , Be at Home”	-	68 NSS Volunteers	Ms.Archana Kumari	IIS (deemed to be UNIVERSITY ), Jaipur

### **Fitness Activity**

**31/08/2020**

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It is hard for a lot of us to do the sort of exercise we normally do. But at a time like this, it's very important for people of all ages and abilities to be as active as possible. NSS volunteers of unit I participated in fitness activity. Keeping in mind the social distancing the volunteers participated in the activity through videos enthusiastically shared their exercise routines. Realizing the importance of staying fit students adopted different forms of exercise like yoga, skipping, weight exercises, walk etc. Be Active fitness activity aim to promote exercise and regular physical activity which benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19. The volunteers mentioned that these daily exercise regimes help them to stay physically fit and helps in keeping their mind at peace. Some of the volunteers mentioned that yoga helps them in staying healthy and helps in strengthening the immune system. Walking safely maintaining social distance with all precautions is helpful in connecting with the nature early morning adding up to the health benefit. Regular physical activity can help give our days a routine and be a way to stay in contact with family and friends. It's also good for our mental health - reducing the risk of depression, cognitive decline and delay the onset of dementia - and improve overall feelings.



Aishwarya Shekhawat  
sem 5  
ICG/2018/24915



Kunjani Khurana



Saumya Jaiswal



Mehak Kapoor  
Bsc 2nd year



Ayushi Pareek



Aryaa Sharma



Priya Haswani  
ICG/2018/26033  
NSS-A9



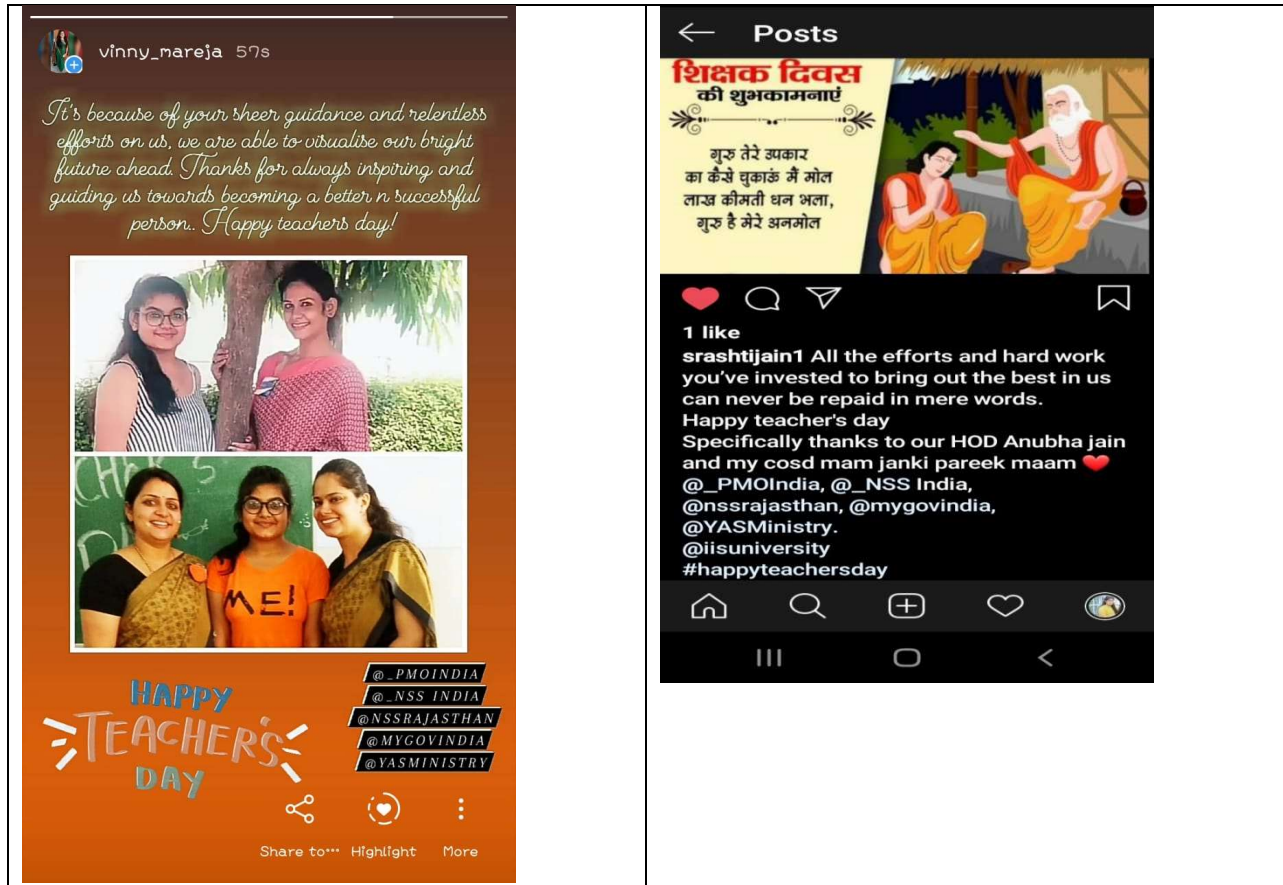


NSS " FITNESS ACTIVITY" UNIT I

## Teachers Day Celebration

4<sup>th</sup> September 2020

All the NSS Volunteers were required to write messages, Quotations, Cards, few lines about their favourite teacher on the occasion of Teacher's Day and post it on their Social Media Accounts i.e. Twitter/Instagram/Facebook/Linkedin. They all need to tag @\_PMOIndia, @\_NSSIndia, @NSSrajasthan, @mygovindia, @YASMinistry, #OurTeachersOurHeroes, #TeacherforIndia. It was held on 04 September 2020 which was managed by the Teacher Co-ordinator and the students of NSS. Seventy four volunteers of Group D participated in this Activity.



## Teachers' Day Celebration

" My Teacher My Hero"

7<sup>th</sup> Sep 2020

In India, Teachers' Day is celebrated annually on September 5 to mark the birthday of the country's former President, scholar, philosopher and Bharat Ratna awardee, Dr Sarvepalli

Radhakrishnan, who was born on this day in 1888. Amidst the lockdown in the wake of covid-19, the NSS volunteers of the IIS (Deemed to be) University, celebrated the teachers who have empowered them and enlightened them.

An activity was conducted on 7th of sept. 2020 on the occasion of teacher's day where students were required to write messages, quotations, cards or few lines about their favorite teacher and post it on their social media account. In this crisis, teachers have shown, as they have done so often, great leadership and innovation in ensuring that #LearningNeverStops, that no learner is left behind. Around the world, they have worked individually and collectively to find solutions and create new learning environments for their students to allow education to continue. Their role advising on school reopening plans and supporting students with the return to school is just as important.

All the NSS volunteers demonstrated great enthusiasm during the activity and made all possible efforts to make this day a memorable one for their beloved teachers.

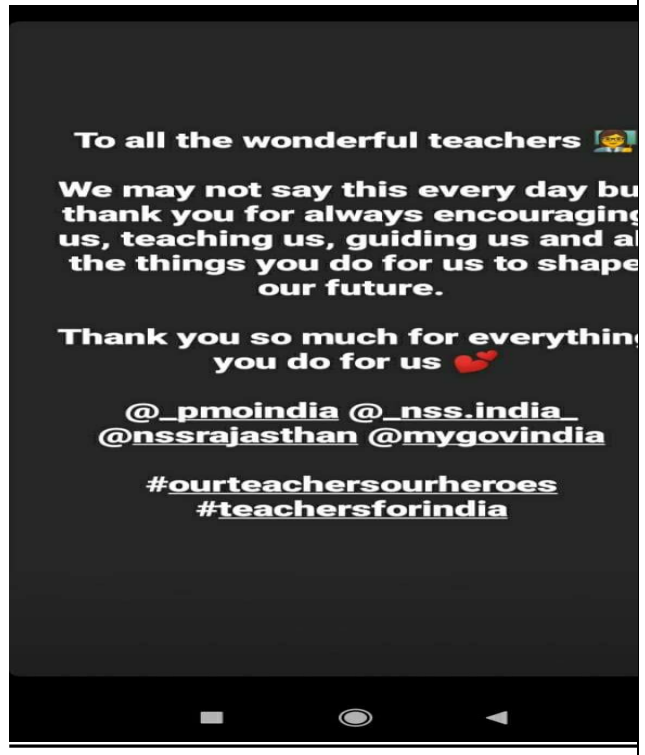
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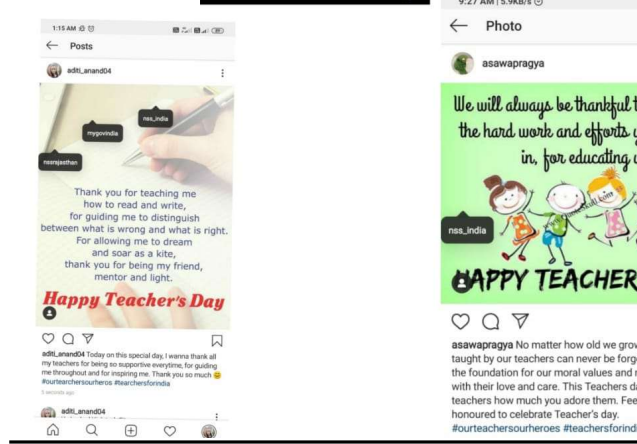
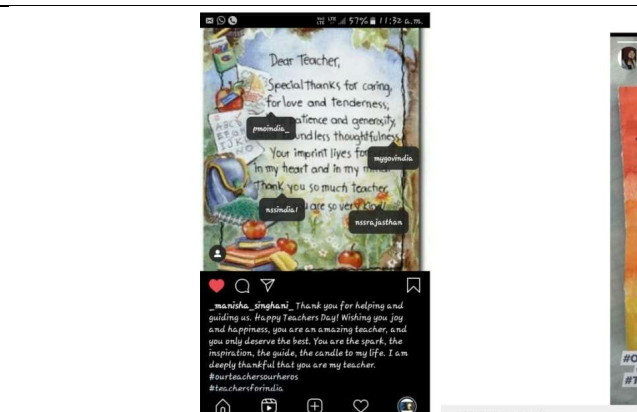
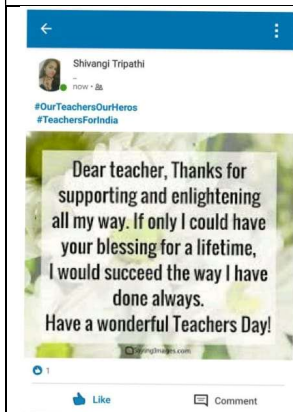
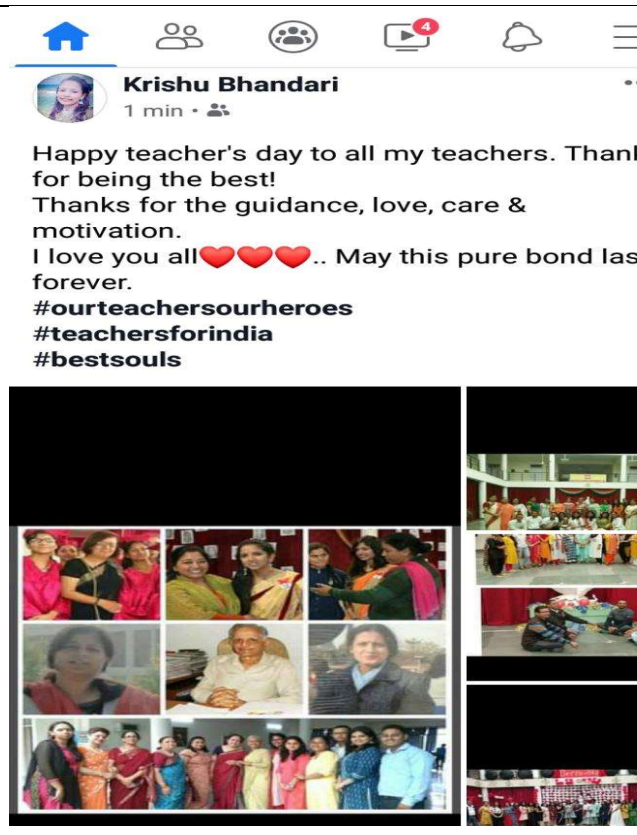
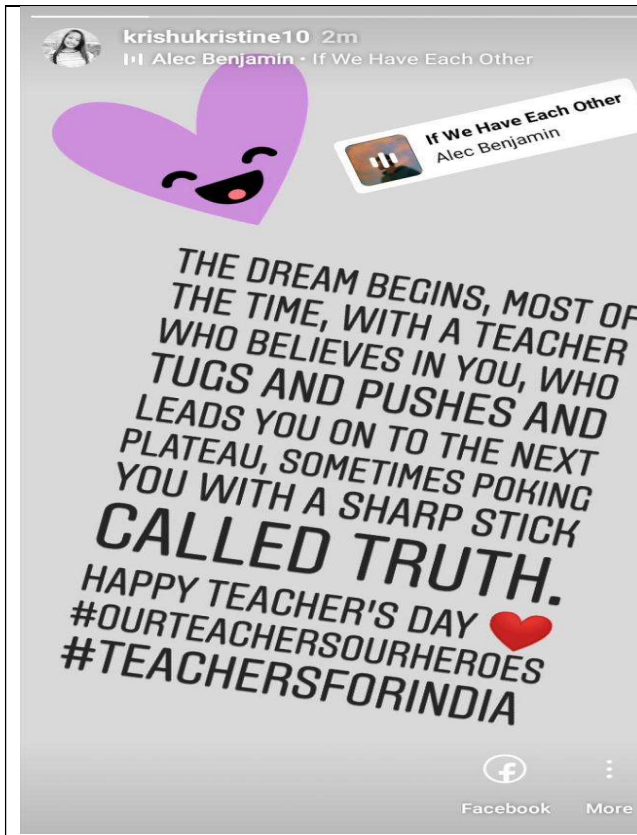
**Pic**

**3**

**Pic 2**



**Pic 4**



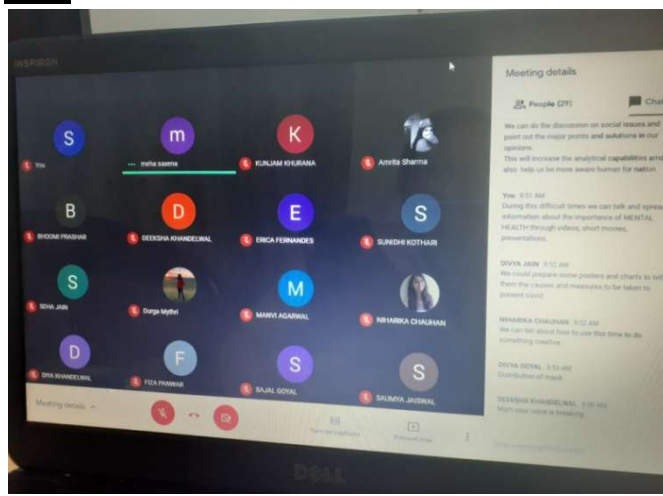
## Group Discussion on Role of NSS volunteers during COVID 19 14<sup>th</sup> Sep 2020

Due to the ongoing COVID 19 pandemic role of NSS volunteers becomes more important. In such times when the entire global community is facing health crises, identifying innovative ideas of conducting social welfare activities during the pandemic was the major theme of this session. The Activity was a group discussion among the NSS volunteers of what all activities can be done on virtual platforms in COVID time. Following activities were decided for the further process:

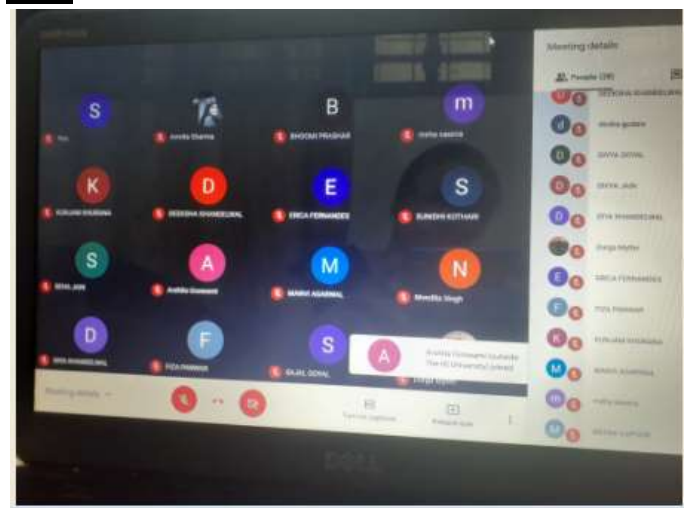
1. Mask Making
2. Creative Day (make posters with paints or digital/write poems or blogs or articles on any topic)
3. Make an Instagram page and post the outcomes of other activities here. Also all groups take a topic and prepare individual group posts by the efforts of all group members.
4. Share your experiences of how you overcome the Emotional Distress faced during Covid.
5. Mandala making /mindful meditation / play a relative video from TEDx or something else inspiring by screen sharing on a video meet.

Meeting ended at 10:25 with fruitful and productive discussion.

**Pic 1**

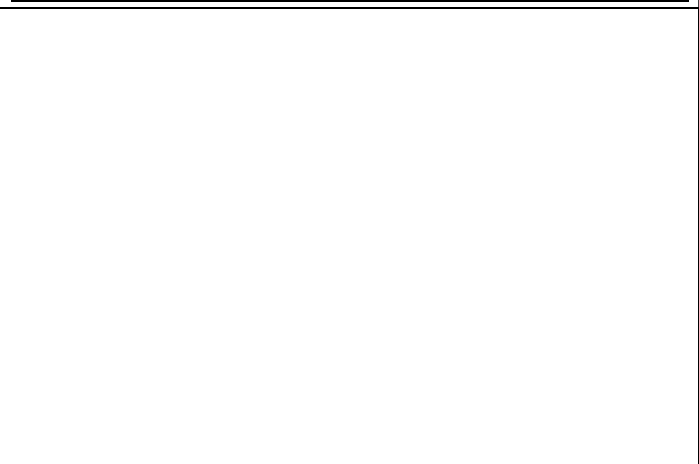
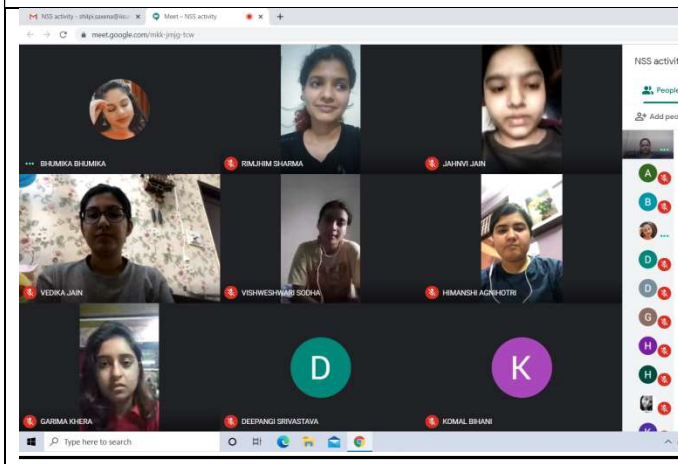
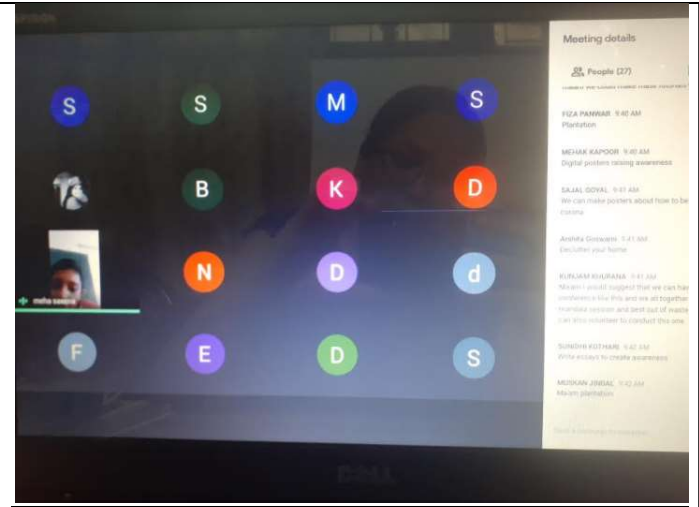
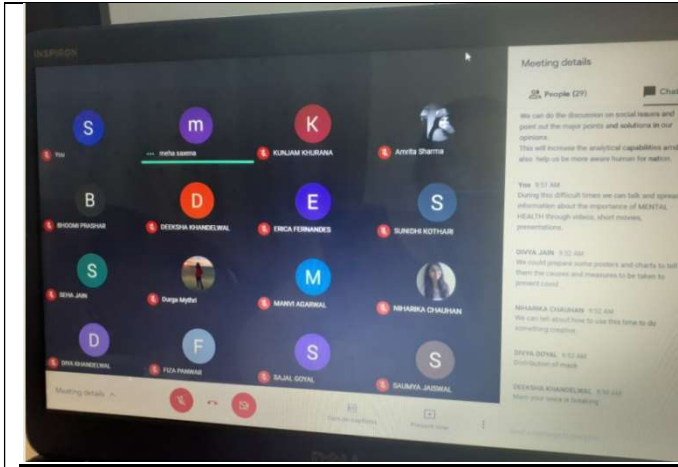


**Pic 2**



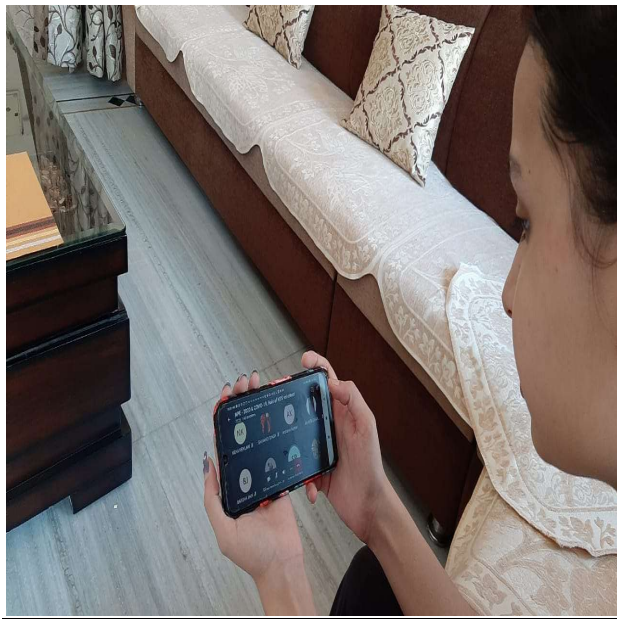
**Pic 3**

**Pic 4**

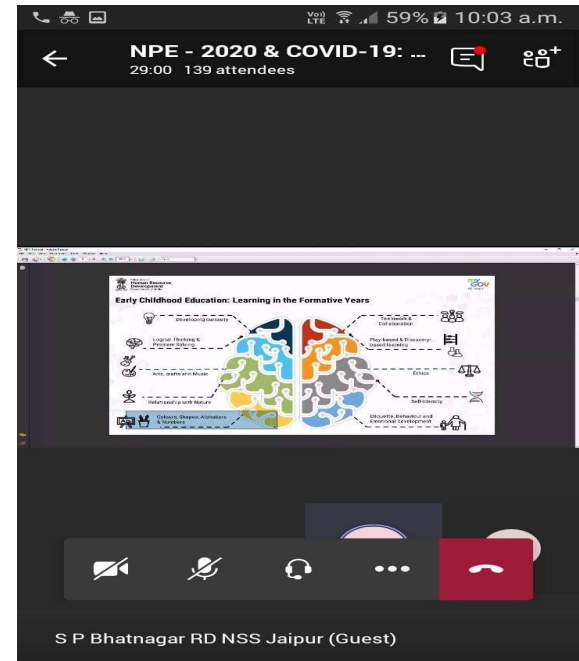


## NSS " Role of NSS volunteers during COVID 19" UNIT I

**Pic 1**



**Pic 2**





### **XV State Level Inter-Institutional Patriotic Solo Song Competition 24<sup>th</sup> September 2020**

To keep the spirit of togetherness and commune during the pandemic, the NSS unit of IIS(deemed to be University) organized the XV State Level Inter-Institutional Patriotic Solo Song Competition through online platform. The participants were asked to send their videos while singing patriotic songs only. Students from colleges all over Rajasthan participated in the competition with great enthusiasm. Under the expert judgment of MS. Uma Vijay and Gargi Mukharjee, the entries were scrutinized and the winners were then declared. Ajay Barupal of Govt. Dungar College, Bikaner, bagged the first prize, Jaya Kashyap of Kota University stood second and Soniya Yogi from Bharatpur stood third in the competition. Following a successful organization, cash prizes were distributed to the winners.



## LIST OF PARTICIPANTS

Akshat Mishra	Institute Of Agribusiness Management, Bikaner
Ajay Barupal	Govt.Dungar.College, Bikaner
Sunidhi Saini	Shree Bhawani Niketan Mahila Mahavidhyalay
Pratiksha Sharma	Churu Balika Mahavidyalaya, Churu
Rama Vashisth	Banasthali Vidyapith University
Prince Prajapati	Govt. Commerce College,Kota



Mohini Sharma	S.s Jain Subodh Pg Collage (Autonomous) Jaipur Rajasthan
Priyanka Meena	College Of Agriculture,Lalsot (Sknau,Jobner)
Dhwani Dadhich	Iis (Deemed To Be University), Jaipur
Kanchan Dabi	Govt Girls College Sadulshahar, Sriganganagar
Lalit Kumar Carpenter	Govt P.G College, Jhalawar
Archana Sharma	Jain Vishva Bharti Institut, Ladnun
Soniya Yogi	Bharatpur
Raj Rani	Banasthali Vidyapeeth
Jaya Kashyap	Kota University
Lavisha Chauhan	State Girls University, Jhalawar

### LIST OF WINNERS

NAME	POSITION
Ajay Barupal	First
Jaya Kashyap	Second
Soniya Yogi	Third

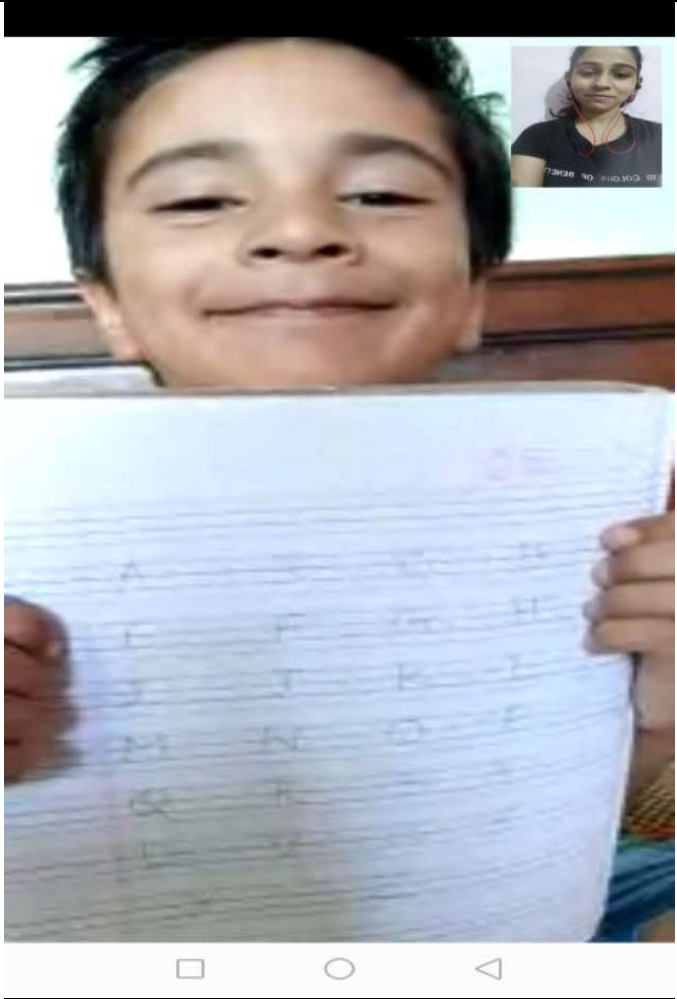
### E- literacy activity 28 september,2020

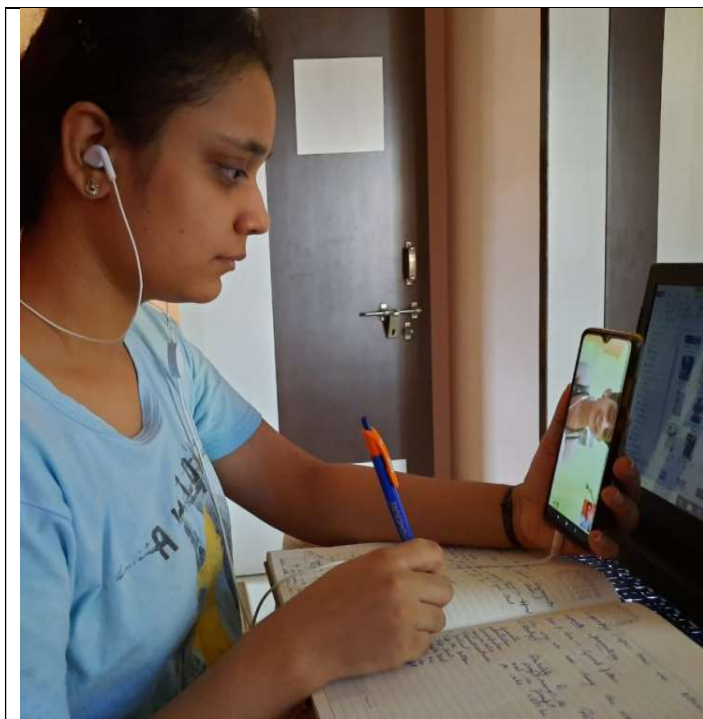
An online literacy activity was conducted by the NSS volunteers of IIS (deemed to be University), Jaipur on **28 september,2020** with the purpose of teaching children who don't have access to facilities given the current situation.. Some volunteers took online sessions while some managed to teach personally taking care of social distancing norms which is an essential behaviour to be demonstrated in the situation of pandemic. This activity was a successful attempt to help children as going to schools is not possible right now ,but even though schools have been shut but the alternatives to learning would keep children engaged and informed and hence the volunteers made a worthy effort.

Some volunteers engaged students in creative online activities for better development of the brain,

painting and other life skills was also a better way to spread and make intellectual and brilliant kids in the nation. Online literacy initiative proved itself as a great initiative on a virtual platform.



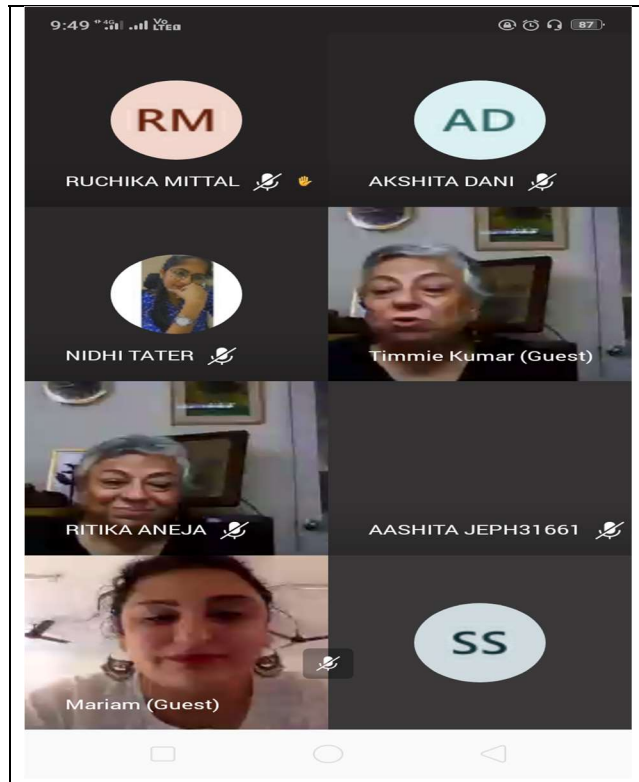




### **Online Guest Lecture on ' Coexistence of human and animals'**

**28<sup>th</sup> September**

In the NSS activity for 28th September, 2020 a guest lecture was organized on ' Coexistence of human and animals'. The speakers for the lecture were MS. Timmi Kumar and MS. Mariam. They work for protecting animals in Urban & Rural Jaipur . They serve as the voice to the voiceless animals .They enlightened the volunteers on how in our societies people coexist with animals. They shared their personal experiences about how The interaction of humans with animals takes place in our society. They also discussed about animal cruelty that takes place around the world and how as national service scheme volunteers we can ensure and take actions against the same. They gave us important tips and suggestions on keeping the environment clean so that the animals around us remain healthy. The session was concluded with a Q&A round which enabled the volunteers to put forward questions to state their curiosity. The overall session was insightful.



## **'Swachh Bharat' (Gandhi Jayanti)**

**5<sup>th</sup> Oct 2020**

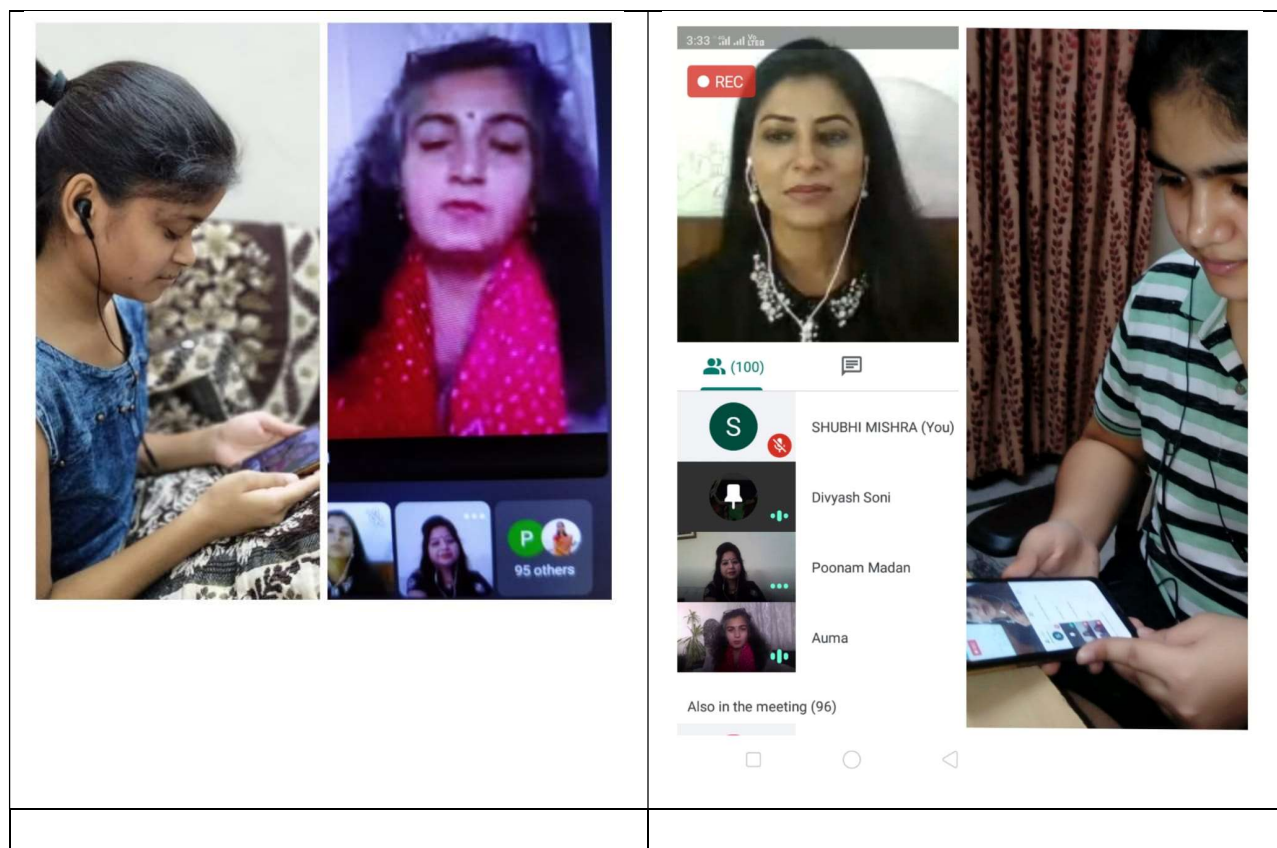
In the NSS activity for 5th October, 2020 different activities were conducted for Gandhi Jayanti (2nd October, 2020). The activities performed bestowed the motto of 'Swachh Bharat'. It included cleaning the locality and neighbourhood, making dustbin out of waste material, monologues, Compost pit making, Poster making on Swachh Bharat along with others. Volunteers took active participation and performed the activities with great enthusiasm.



## Webinar on Women of Wisdom Webinar

**10th October, Saturday 2020**

On 10th October 2020, The NSS Unit of The IIS deemed to be University organized a webinar on Women of Wisdom. The guest for the Webinar was Dr Anupama Soni, Mrs Asia International, State Brand Ambassador of Beti Bachao Beti Padhao, Rajasthan Govt. Goodwill Ambassador Road Safety, Rajasthan Brand Ambassador of Swachhta Sarvekshan Nagar Nigam, Jaipur & Dr Sunita Sharma Founder, Auma Foundation. The panellists talked shared their inspirational experiences and views on diverse topics with the volunteers. Overall the session was quite informative and engaging. Volunteers were very interactive and keen listeners throughout the session.



## Guest lecture on “Therapeutic measures for covid 19”

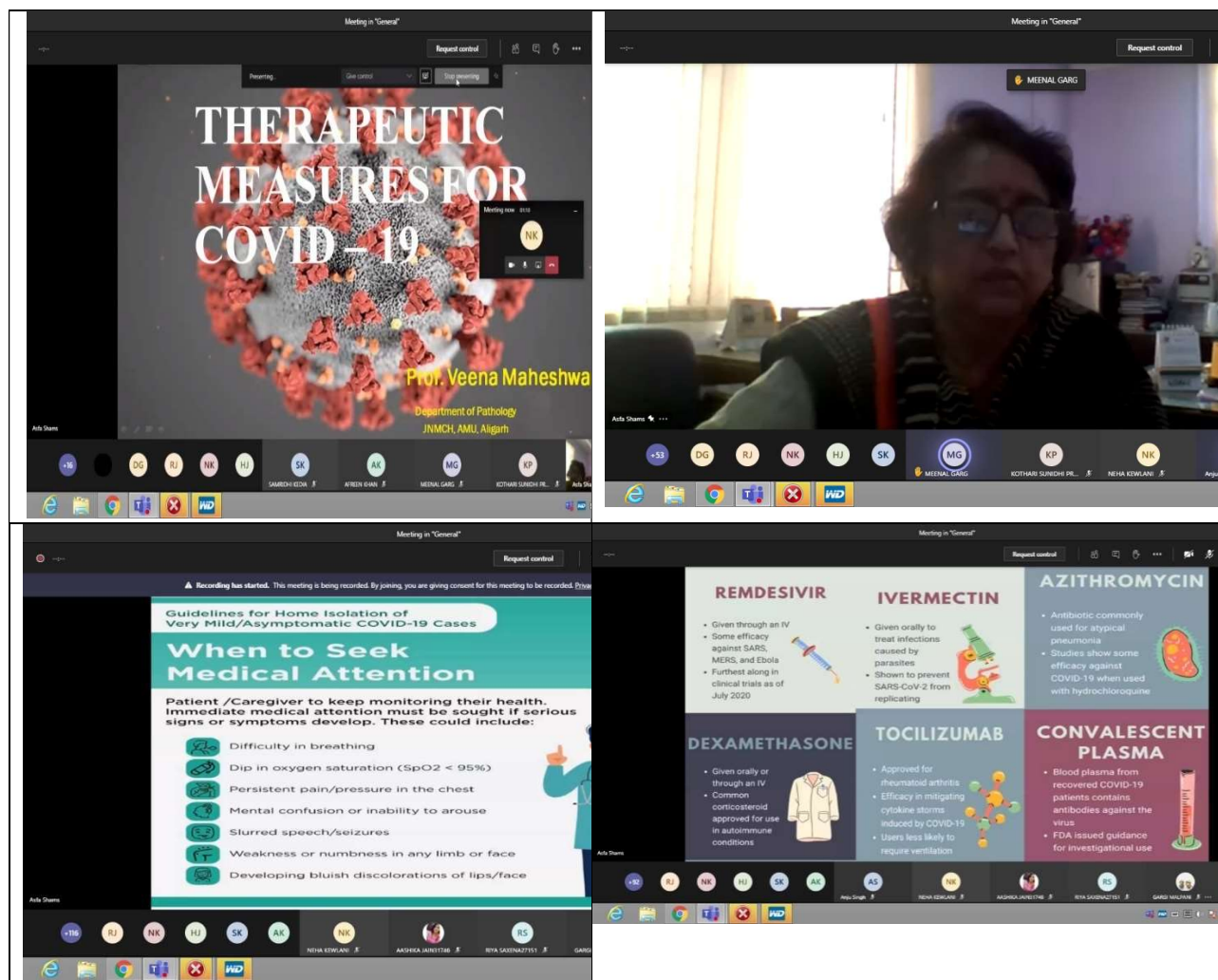
**12<sup>th</sup> Oct 2020**

On 12th October Group A of NSS had a Guest lecture on “Therapeutic measures for covid 19” conducted by Prof. Veena Maheshwari (President’s Silver Medal winner) on the Microsoft Teams. It was a very informative and insightful session. She discussed about the various therapy ways and medicines used, based on the symptomatic treatment. She briefed about the various drugs i.e.

Remdesivir, azithromycin and ivermectin which doctor's are using to cure covid 19 patients and also explained their mechanisms. She also discussed different types of immunity, antibodies and how they work in our body.

She enlightened us about different vaccines for COVID19 which are in progress and also about 'Plasma convalescent Therapy. We discussed the various interesting facts regarding the plasma therapy, eligibility criteria, procedure, risk factors. And in the end, we also discussed the basics for COVID19.

It was a much-needed session for us, and was very interesting and also full of information. We were also very much intrigued. It was a great session, and there was a lot we could take back from the session.



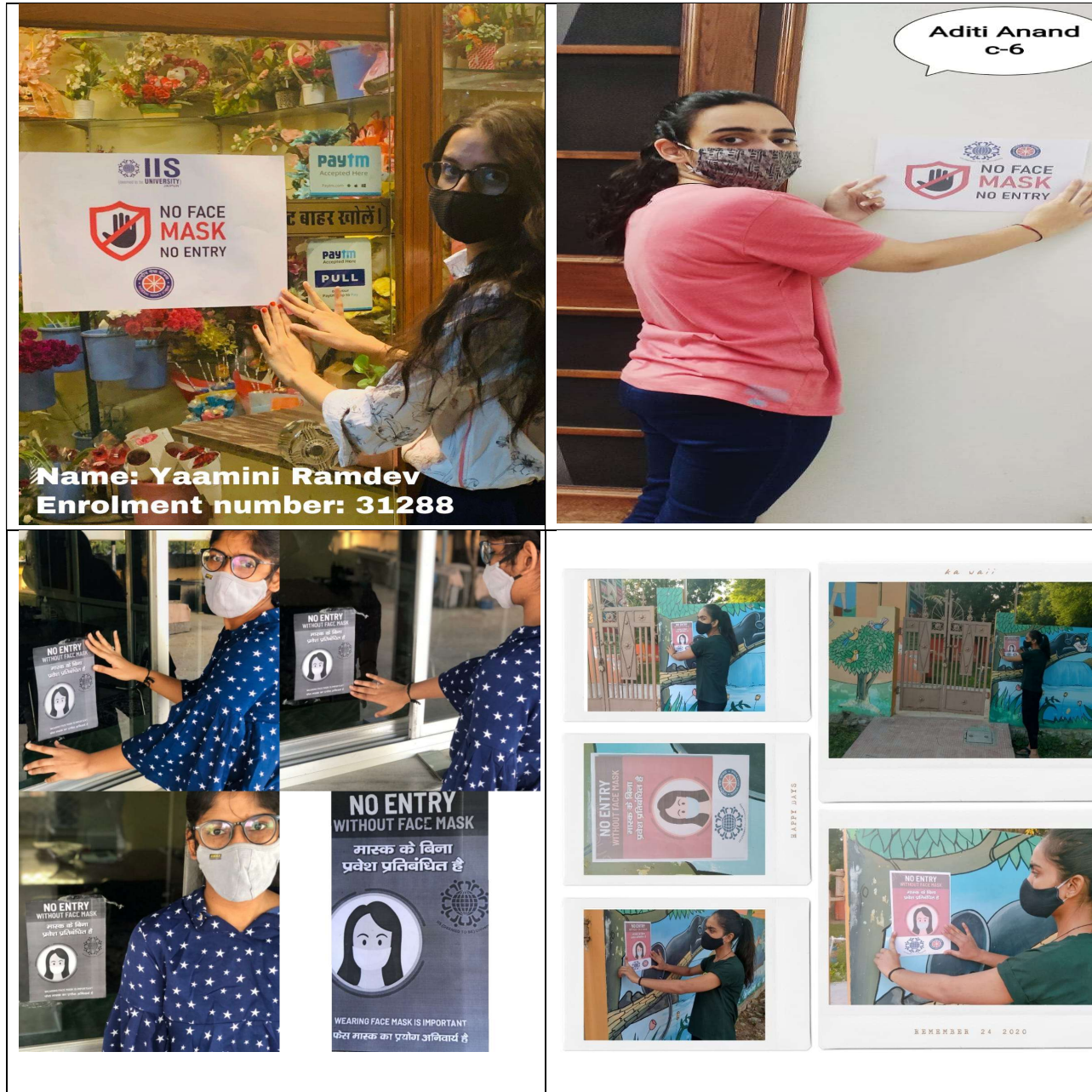
12<sup>th</sup> Oct 2020



## Corona Virus Safety Prevention Posters on 'No Mask No Entry'

12<sup>th</sup> October 2020

NSS Volunteers were required to make Corona Virus Safety Prevention Posters on "No Mask No Entry" to raise awareness on Covid-19. Volunteers pasted the posters while keeping all the precautions in mind and practicing the Covid-19 preventive measures at different premises, such as local parks, bus stops, schools, outside gated communities, shopping complexes, workplaces like offices and banks along with others.



**Online Oath taking ceremony on Jan Andolan Campaign on COVID 19**

**&**

**Online guest Lecture on impact of COVID on Animal by Mr. Rohit , Raksha , NGO**

**&**

**Literacy**

**19<sup>th</sup> October 2020**

An Oath taking ceremony online was organised by IIS DEEMED TO BE UNIVERSITY and all the girls joined the meeting on Teams and they were all told to pledge that they should be vigilant and bear in mind at all times, the risk to themselves and colleagues from Covid-19. They were told to take proper precautions so as to prevent from Covid-19

- They all should wear masks, and properly sanitize themselves especially in public places to maintain a minimum distance of 6 feet from others
- To wash their hands with soap and water frequently

Together we all will win this fight from Covid-19, and with this pledge the meeting was successfully ended and all the girls were told therefore to follow up these instructions precisely.

**Report of guest lecture**

Mr. Rohit Gangwal, Raksha-NGO explained how the animals (specifically Urban wildlife) are affected during this pandemic. He briefed about the actions we as National service scheme volunteers can take in order to feed and protect them from animal cruelty. He also explained why we should avoid adopting exotic animals over native Indian breeds. At the conclusion of the session a Q/A round was held which gave volunteers an opportunity to satisfy their curiosity and queries.

## Literacy



## Oath tak



## Pledge

I \_\_\_\_\_ commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.

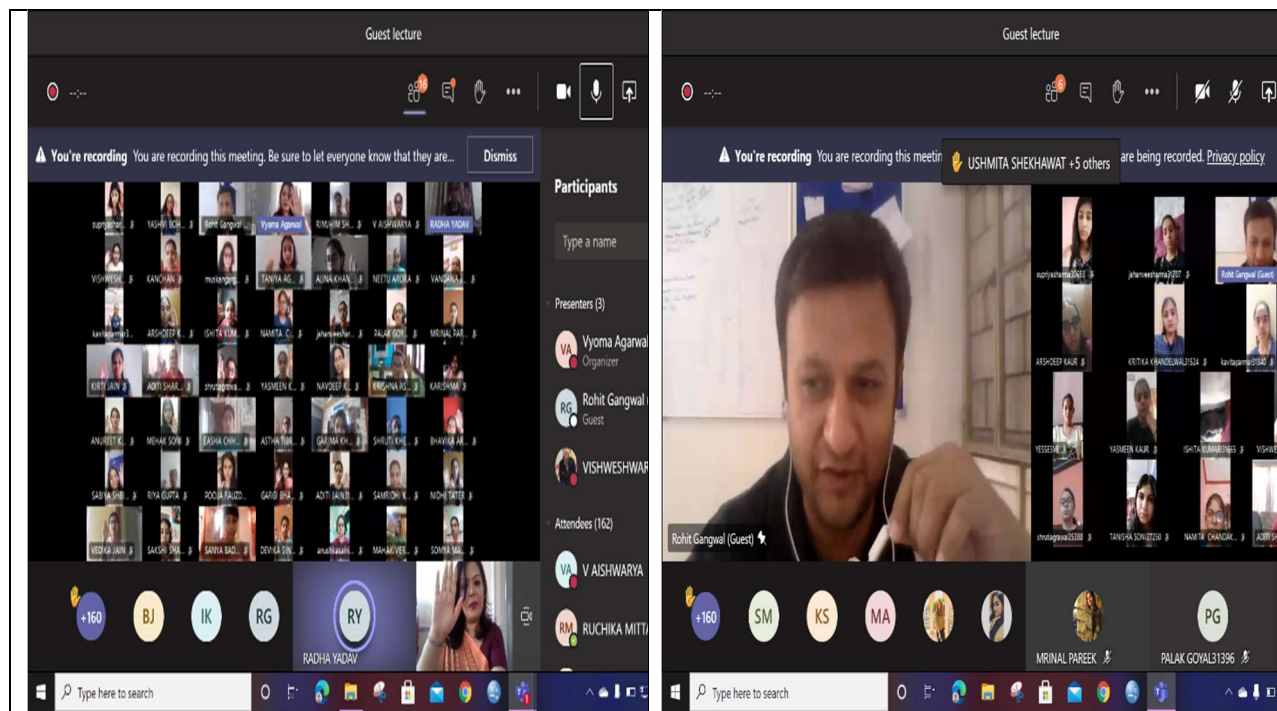
I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.

To always wear a mask / face cover, especially when in public places.

To maintain a minimum distance of 6 feet from others

To wash my hands, frequently and thoroughly with soap and wa

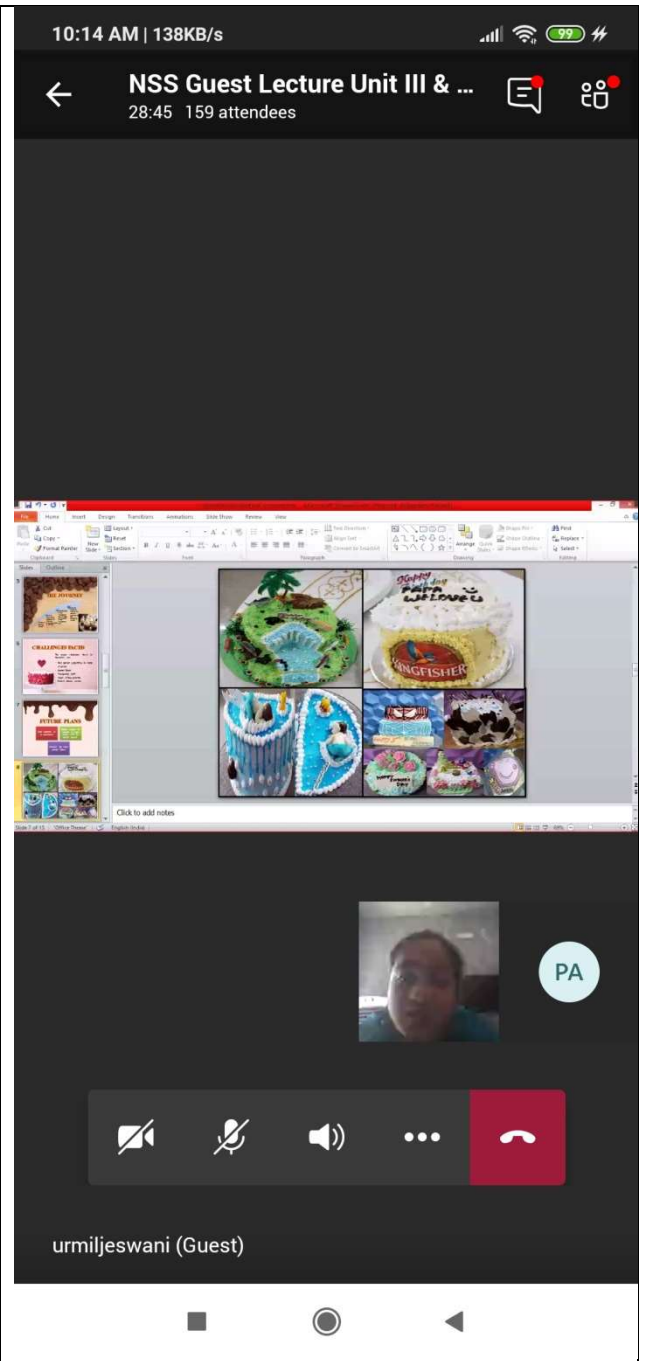
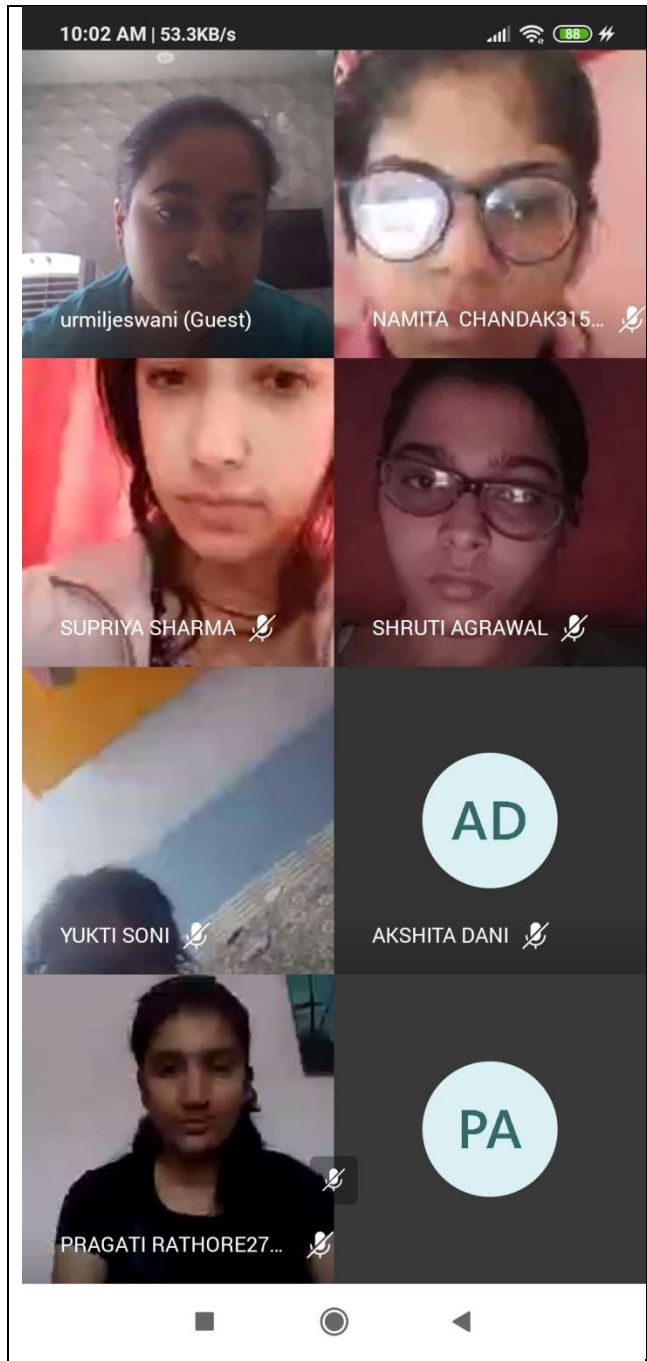
Together we will win this fight against COVID-19.

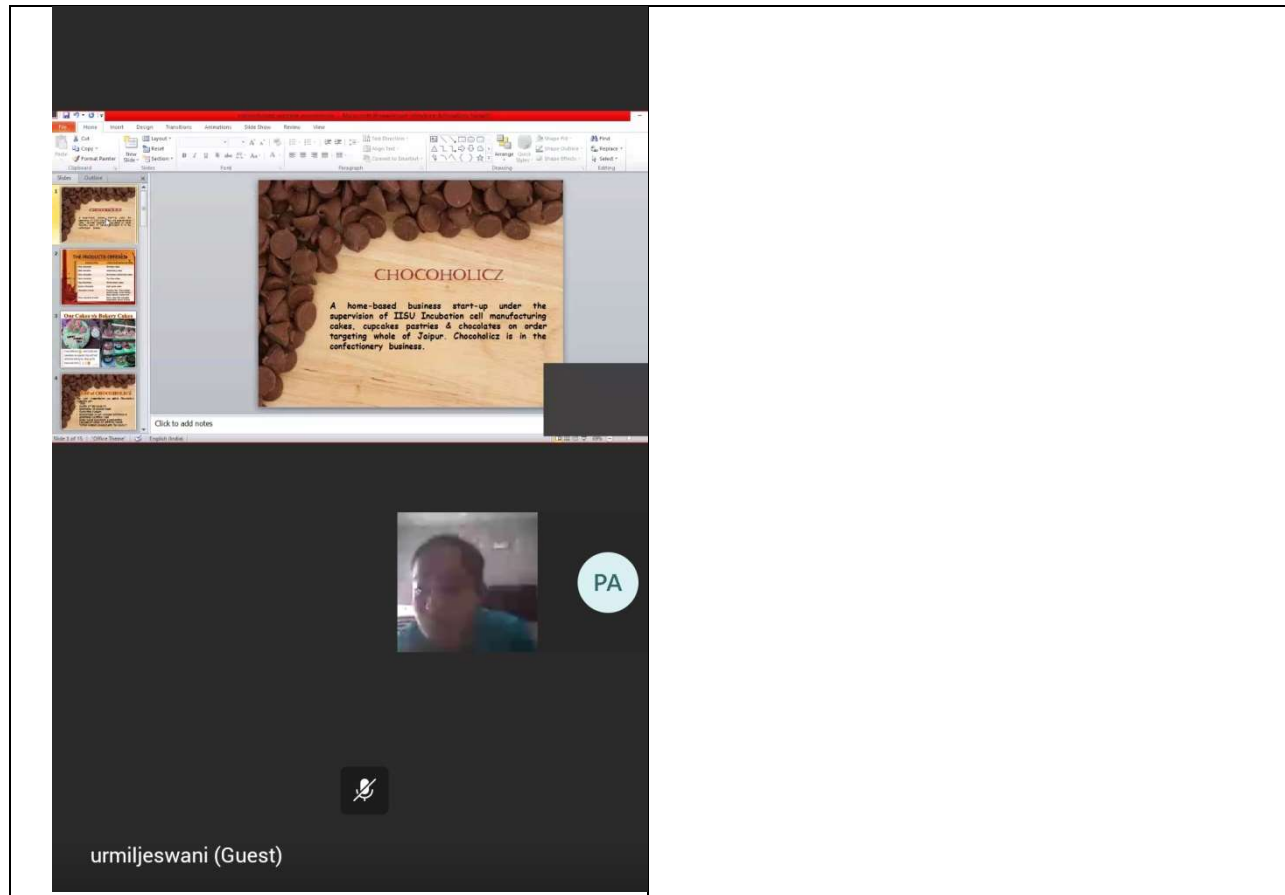


## Experience Sharing By Students: Startup During Covid Period

26<sup>th</sup> October 2020

In the NSS activity for 26th October, 2020 an experience sharing webinar by the students was organized. The topic of the webinar was 'Start up during covid-19' lead by Riya Bansal, Riya Sharma, NHX- a food delivery service and UrmilJeswani, Chocohlicz is startup under the supervision of the IISU Incubation cell. This startup is run by UrmilJeswani since 2018 dealing in homemade cakes, chocolates & other products. The startup has the objective of provide homemade, hygienic & healthy products to its customers for their celebrations & tea time gatherings. Chocoholicz provides serves products with best quality ingredients & maintaining adequate hygiene levels. From products like teatime cakes, flavourful cakes & customized theme cakes to different variety of chocolates & muffins.

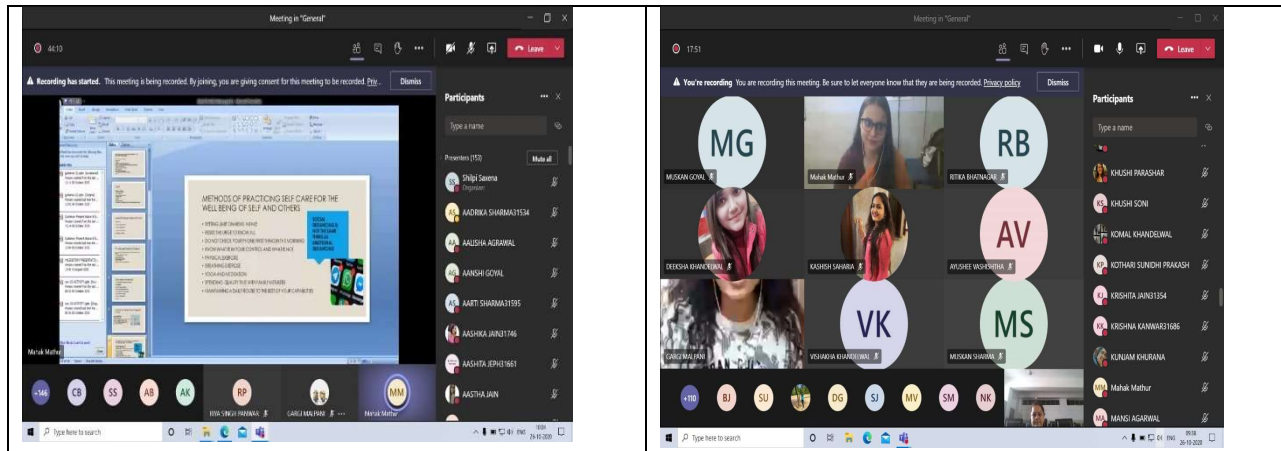




## **Guest lecture on Mental Health & Well-being during Covid-19 26<sup>th</sup> October 2020**

Speaker - MS. MahakMathur, Clinical Psychologist, IIS (Deemed to be University), Jaipur

In this webinar many information and knowledge was shared with the student's regarding mental health, issues related with mental health, how to overcome the problems and stay positive, why is it important to discuss about mental health, how does it help our body to be energetic and do different activities actively, This activity was organised for group A and B and around 150 -160 member's were present and this activity was organised under the supervision of professors of (IIS deemed to be University). It was a great session as we got to know about the different ways to keeping ourselves mentally fit even during this pandemic situation in which we are going through so much of pressure and anxiety. Looking forward for many more sessions like this.



## Anti-Corruption Vigilance Campaign -Poster making & display

**2<sup>nd</sup> November, 2020**

Name of activity : Anti-Corruption Vigilance Campaign in Community and among student (Oath taking and poster making & display.)

Date : 2<sup>nd</sup> November, 2020

Venue : Microsoft Teams

No. of Volunteers : 67

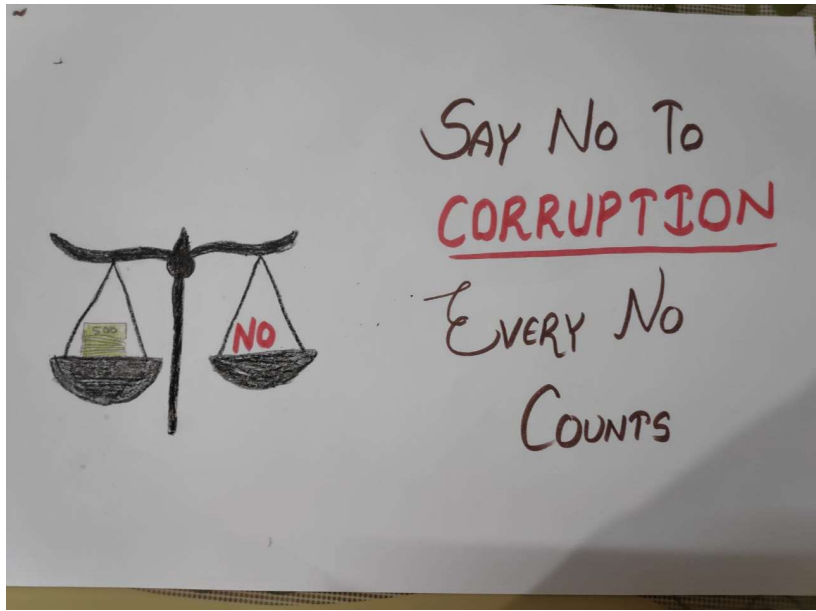
Teacher Coordinator : MS. Vyoma Agarwal, MS. Sheetal Chitlangiya and MS. Aditi Singh.

Time : 9.30-10.15 am

In the NSS activity for 2<sup>nd</sup> November, 2020, A Poster Making and Display was held on the topic Anti-Corruption Vigilance Campaign in Community and among student by all the volunteers.

Volunteers were required to make creative posters on Anti-Corruption slogans in English or Hindi which were to be displayed in the meeting organized. The aim of this activity was not only to bring out the creative aspect but also to prompt the thought process of the volunteers towards these serious issues.

All the volunteers took active participation in the activity. The poster were really intriguing and well displayed.







भ्रष्टाचार को  
जड़ से मिटाना होगा,  
सतर्क और समृद्ध  
भारत बनाना होगा।

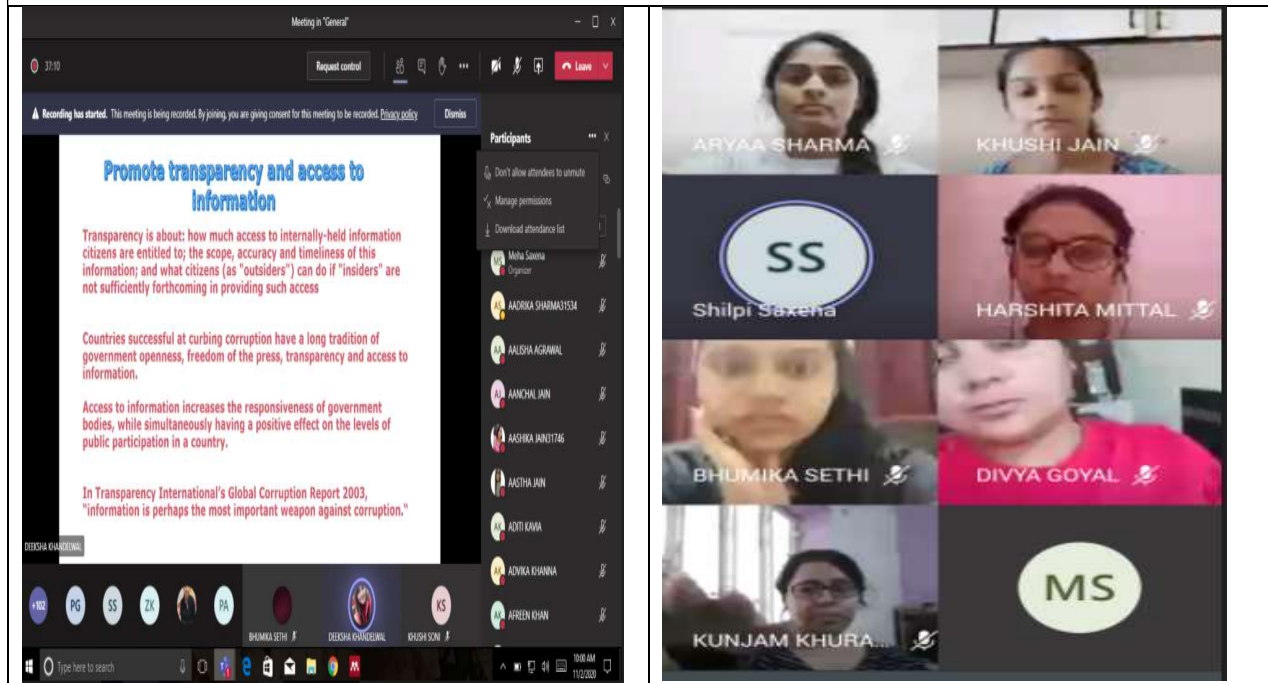
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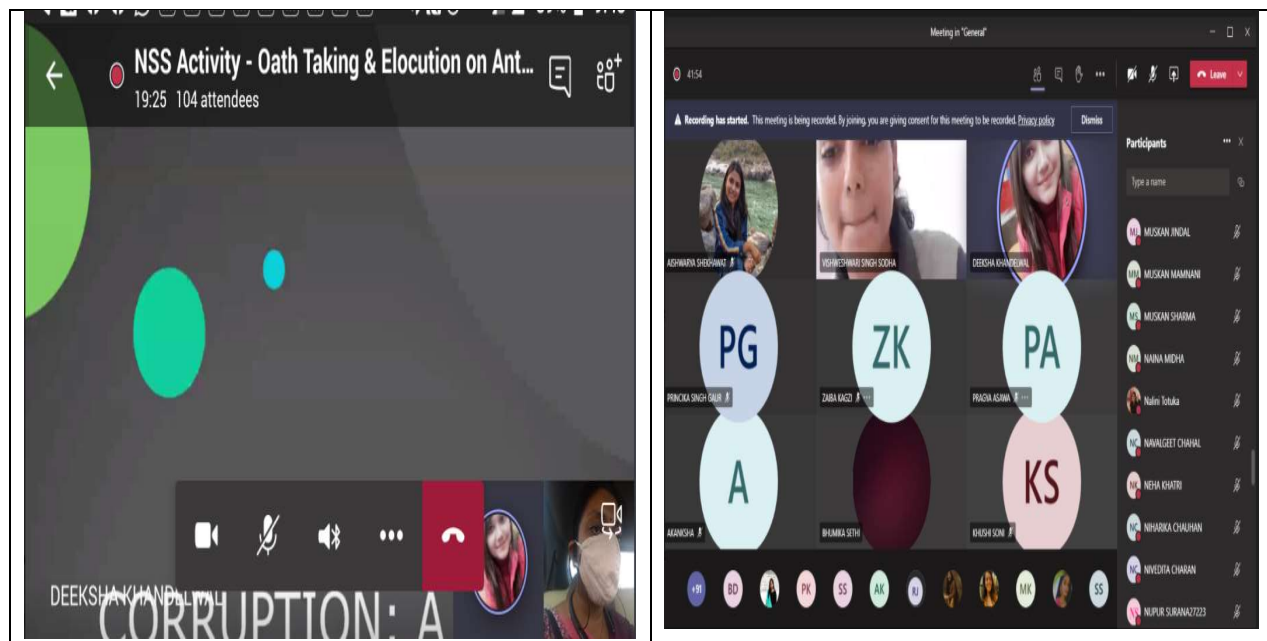


G-10 Manisha Singhani

## Oath Taking & elocution on Anti-Corruption Vigilance

On 2nd November Unit I of NSS had a session on Anti-Corruption. An Oath taking session on Anti-Corruption was conducted followed by the Elocution on Anti-Corruption Vigilance by the Group Leaders of Unit I & II on the Microsoft Teams. It was a very informative and insightful session. 54 volunteers of Unit I promised and took a pledge that they will not indulge in any kind of corruption practices and will be honest and practice integrity at all times. The group leaders then showed a PowerPoint presentation, which gave an insight about the reasons that are leading to corruption, the steps that should be taken to curb corruption and how to further promote these steps. It was a very educative and informative presentation. After the presentation, all other volunteers discussed their personal experience about the corruption status in India, came up with a lot of questions and also few solutions and indulged in an insightful and healthy discussion. It was an amazing initiative; this is an issue that is of great importance for all.





## **Skill Development: Mandana Making**

**9<sup>th</sup> November, 2020**

Name of activity : Skill Development: Mandana Making

Date : 9<sup>th</sup> November, 2020

Venue : Microsoft Teams

No. of Volunteers : 75 (Group C)

Teacher Coordinator : MS. Vyoma Agarwal and MS. Aditi Singh.

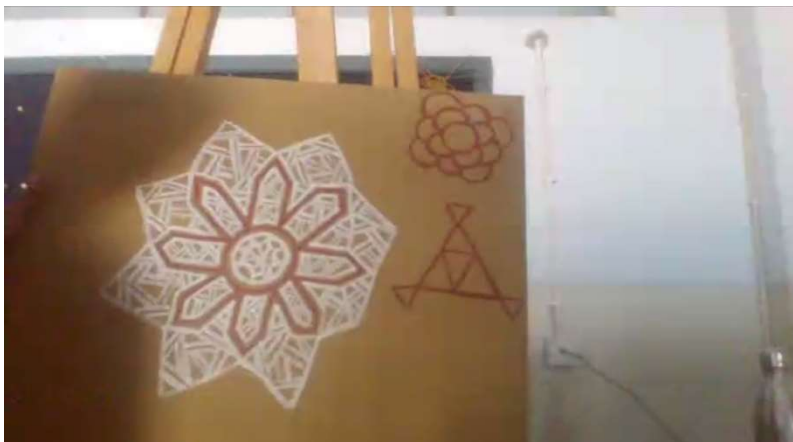
Time : 9.30-10.15 am

In the NSS activity for 9<sup>th</sup> November, 2020, A Skill development activity was organized on the topic - Manadana Making by MS. Sheetal Chitlangya.

She briefed the volunteers about the history of Mandana art. Mandana paintings are wall and floor paintings of Rajasthan and Madhya Pradesh, India. This activity was practiced as a mark of celebration on festive occasions.

She also mentioned what tools and material are required to paint one and what can be the alternative inputs in today's time. She explained the whole process of making a Mandana painting by applying it practically simultaneously.

In the end of the session Q/A round was held where the participants asked various questions related to the material, process along with others to sate their curiosity and queries.



## **Donation Drive for Old clothes**

**9 November 2020**

A Donation Drive was organised on Monday 9 November 2020 by NSS Department of IIS University. The main aim of the activity was to help the people in need. 34 students volunteered by donating clothes to their maids, small vendors, gardeners and other needy people who are deprived of these basic facilities. Overall it was a fun activity which brought smiles on many faces and every one participated enthusiastically.

**Pic 1**



**Pic 2**



**Pic 3**



**Pic 4**



## **Sanitizer Distribution during COVID 19**

**20/11/2020**

Date: 20/11/2020

Venue: Haziyawala Government Upper Primary school

During this pandemic, sanitizer and face mask are the major weapon to fight against the virus. But there are people who do not have the access to these basic amenities required during this pandemic. So with a motive to extend a helping hand NSS Unit of IIS (Deemed to be University), Jaipur in collaboration with Jaipur Marugandha Rotary Club distributed sanitizer and face mask in Haziyawala community. As the school premise is located centrally in the community, the people from nearby community were asked to collect there. Two NSS faculties, MS. Archana Kumari and Dr. Gaurav Bagra distributed the face mask and sanitizer in the community.



**Felicitating Teachers for their Contribution during COVID19**

21/11/2020

Date: 21/11/2020

Venue: Haziyawala Government Primary school



The world as we know has changed in the blink of an eye. Schools closed overnight, students were confined to their homes and parents had to grapple with keeping children productive at home. In the stress of lockdown, hand-washing and tracking the global spread of virus, no one has paid heed to the sudden stress on that often neglected group- teachers. They all were expected to teach online which was quite strange for few teachers who are not very much acquainted with know-how of technology. The teachers of government schools have another issues to deal with that how to reach to students who do not have any mobile or computer. But they accepted this challenge and not only tried to reach each and every student but also spread awareness in the community about this pandemic.

To felicitate those teachers who realized their responsibility and performed their duty to bring social change by helping not only the disadvantaged children but the community also, the NSS unit of IIs (deemed to be University), Jaipur in collaboration with Jaipur Gurukul Rotary club organised a felicitation programme in Haziyawala community. 150 teachers from government schools of Jaipur were approached and asked to send their contribution towards community during COVID 19 Pandemic. 11 responses were received and on 21<sup>st</sup> November, 2010. All those 11 teachers were felicitated with certificate and shield. Few of them also shared their experiences while working in the community and said that this type of felicitation and recognition of their work motivates them to perform their duty.



**Guest lecture –Role of diet for boosting immunity during COVID -19**

**23<sup>rd</sup> November 2020**

<b>Name of the Unit</b>	II
<b>Name of the Activity</b>	
<b>Day &amp; date</b>	Monday, 23 <sup>rd</sup> November 2020
<b>Venue</b>	Through Microsoft Teams platform



<b>Number of NSS Volunteers participated/Beneficiary</b>	45
<b>Name of the Faculty coordinator</b>	MS. Neerajkulhari & Dr. Shilpi Saxena
<b>Name of the Resource person (if Guest Lecture)</b>	MS. Vyoma Agrawal, Assistant Professor, IISU

A guest lecture was organised by IIS University for all the NSS volunteers on 23<sup>rd</sup> November 2020. Group B volunteers actively participated during the online guest lecture. The topic for the same was “Role of diet for boosting immunity during COVID”. The guest for the lecture was MS. Vyoma Agarwal, Assistant Professor, IIS (deemed to be) University.

The lecture was much useful in this pandemic as only people with a good immune system can fight back this virus successfully. In the lecture the main focus was that the dietary patterns may better prepare the body for microbial attacks and excess inflammation. The lecture was full of useful dietary and lifestyle guidelines with a proper knowledge of food that has to be consumed and what are the benefits of it.

All the volunteers have been benefited by this information and would also spread to their near ones.

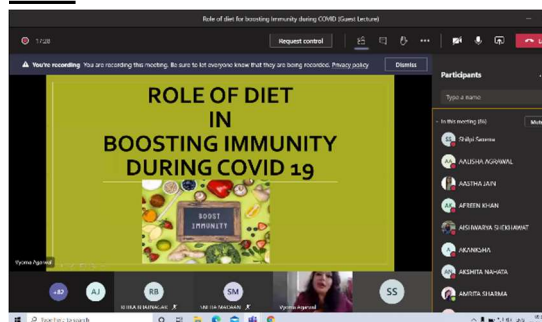
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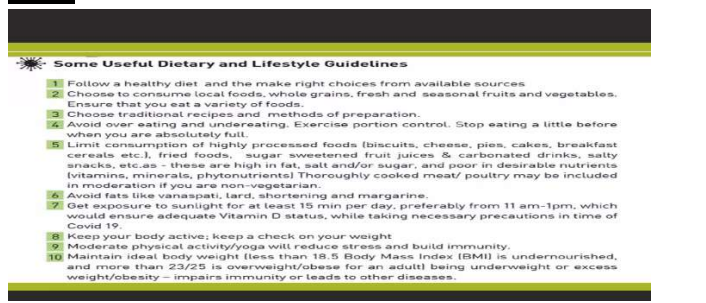
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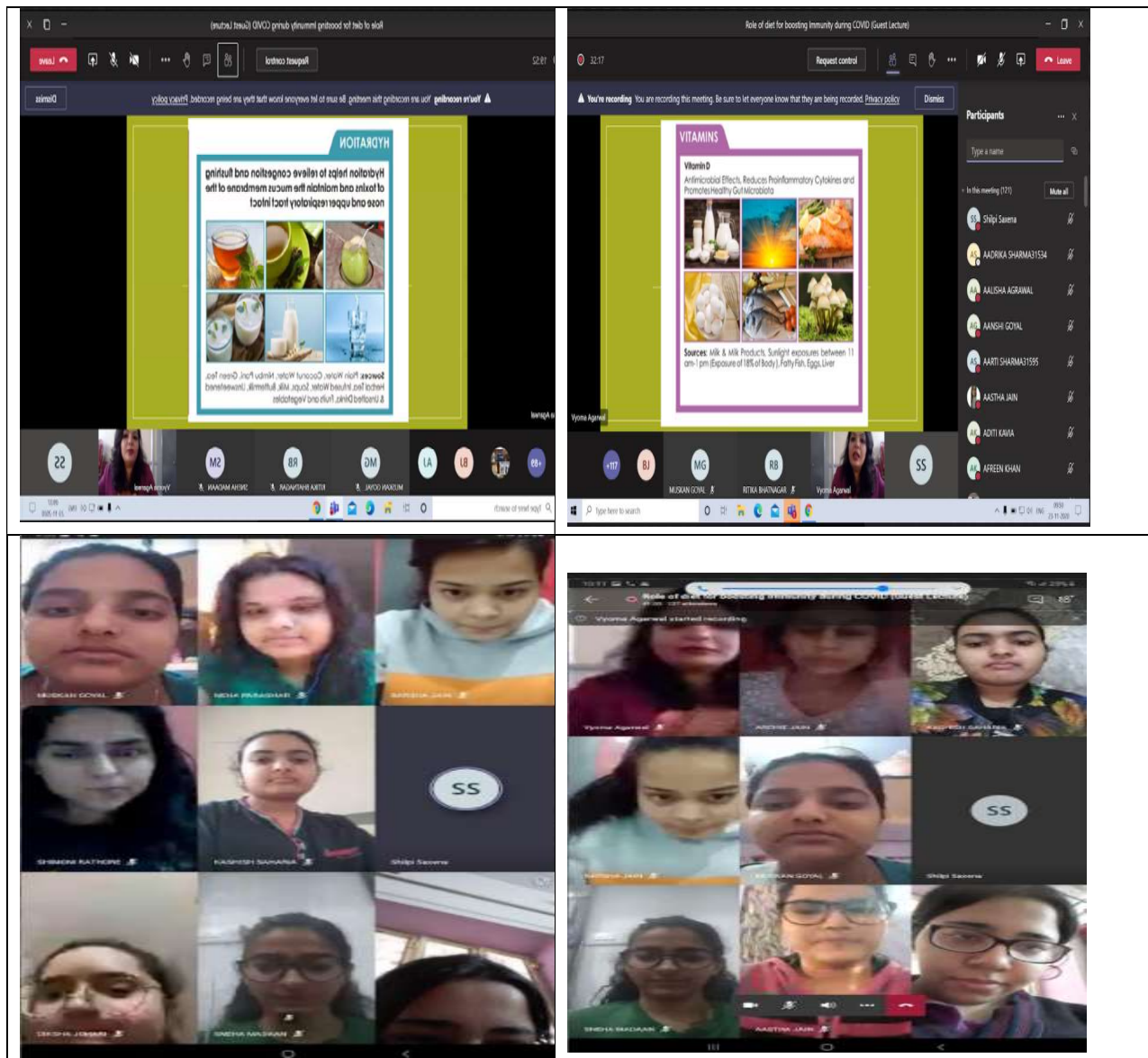


**Pic 3**



**Pic 4**





## Basics of Gardening and organic manure Preparation

23 November,2020

Name of the Unit	III
Name of the Activity	Basics of Gardening and organic manure preparation
Day & date	23 November,2020

Venue	Microsoft Teams
Number of NSS Volunteers participated/Beneficiary	78 (Group C)
Name of the Faculty coordinator	Teachers of Group C
<u>Name of the Resource person (if Guest Lecture)</u>	MS. Jaya Tiwari, President, Kitchen Garden Association, Jaipur.

Report

In the NSS activity for 23 November, 2020, students of Group C of NSS of IIS (Deemed to be University), Jaipur attended a Guest Lecture on the topic "Basics of Gardening and organic manure preparation". The lecture was delivered by MS. Jaya Tiwari, who is the President of Kitchen Garden Association, Jaipur. She started by explaining about plants and their growth factors. She enlightened the students with various techniques for growing and nourishing plants. She also stressed on the importance of using "No chemicals" in the process.

Apart from gardening and planting, she also suggested numerous ways to use plants as decorative pieces. She also suggested remedies for removing pests and thus healthy growth of plants. She also advised students to do vegetable planting at their homes.

Later, there was a lively interactive session with the students where they asked various questions including the best conditions for growth of different plants and indoor plants. The students enjoyed the session.

NSS Wbinar

40:17

Participants

Type a name

Waiting in lobby (1)

- Ruchika Mittal (Guest)

In this meeting (177)

Mute all

- Shilpie Chakravarty (Organizer)
- AASHITA JEPH31661
- AASTHA JAIN
- Aastha Jain (Guest) (On hold)
- ADITI ANAND
- ADITI JAIN31492
- ADITI JAIN31758
- ADITI MAHESU MURAD037317

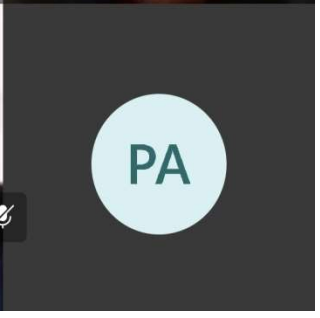
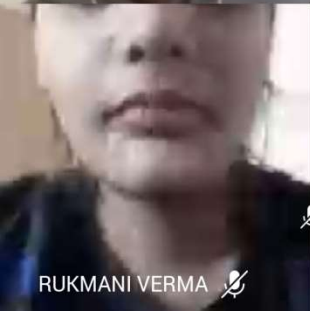
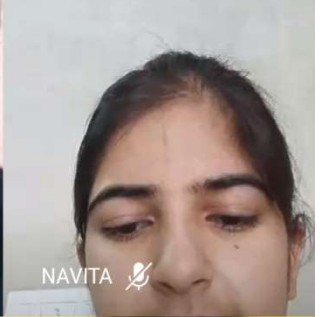
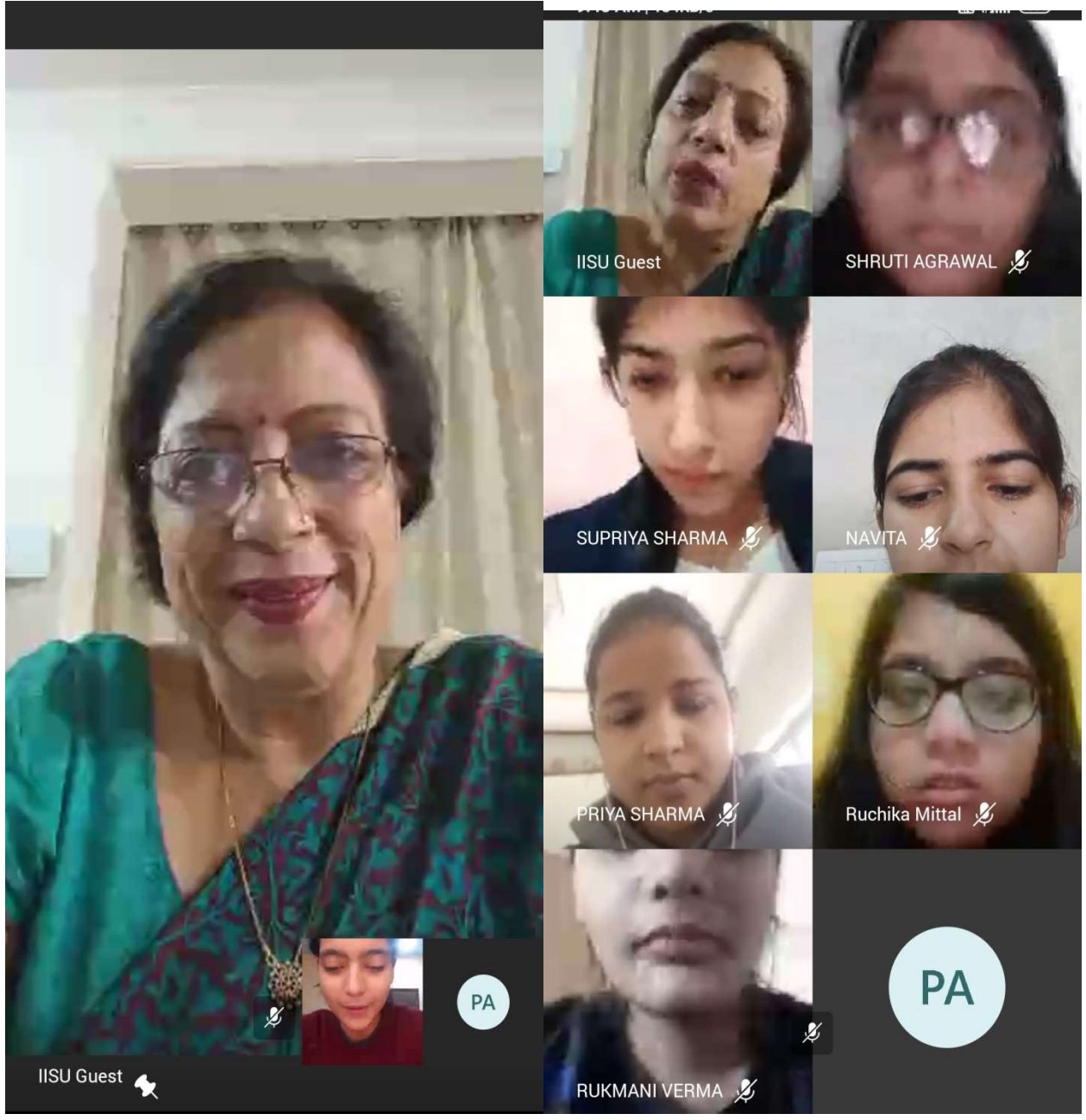
ISU Guest

+170 PA PS GB PG AVENTIKA SC

Gaurav Bagra PALAK GOYAL31396 AVENTIKA

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IISU Guest is spotlighted

PA

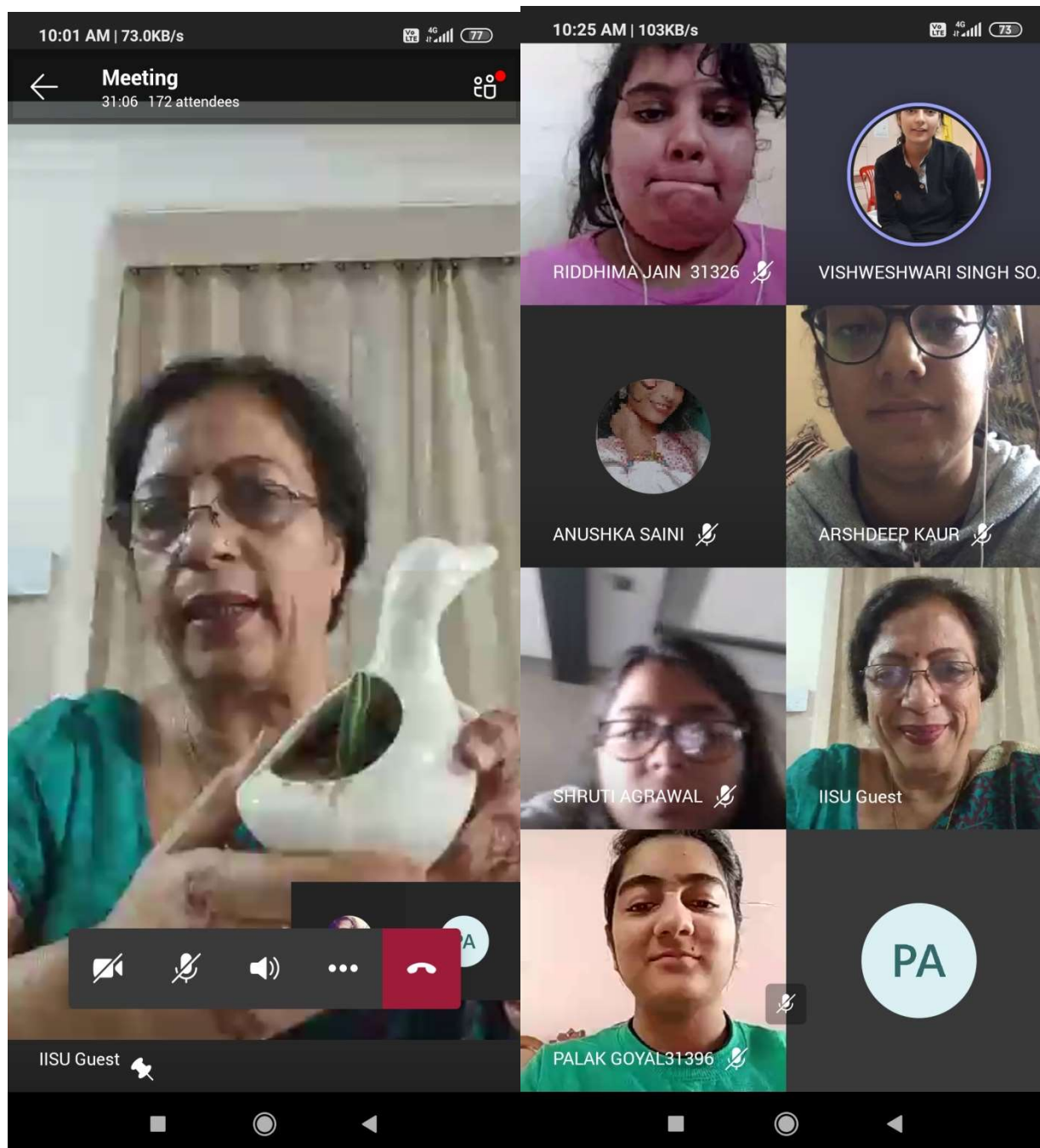


PA

IISU Guest

IISU Guest





**An Interactive session on domestic violence during COVID 19**  
**7 December 2020**

An interactive session was organised on 7 December 2020 by the NSS Unit of IIS University on the topic domestic violence during COVID 19. This activity is specially organized for the women of backward areas and elderly people. The main aim of the activity was to spread

awareness among people regarding domestic violence. Before this interactive session a survey was conducted to collect information about domestic violence taking place with elderly people, women in houses in Jaipur.

**PIC 1**



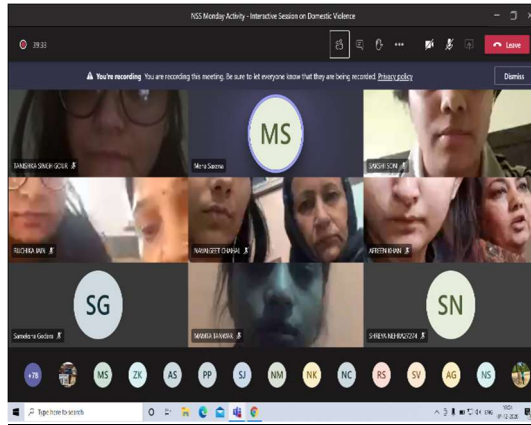
**Pic 2**



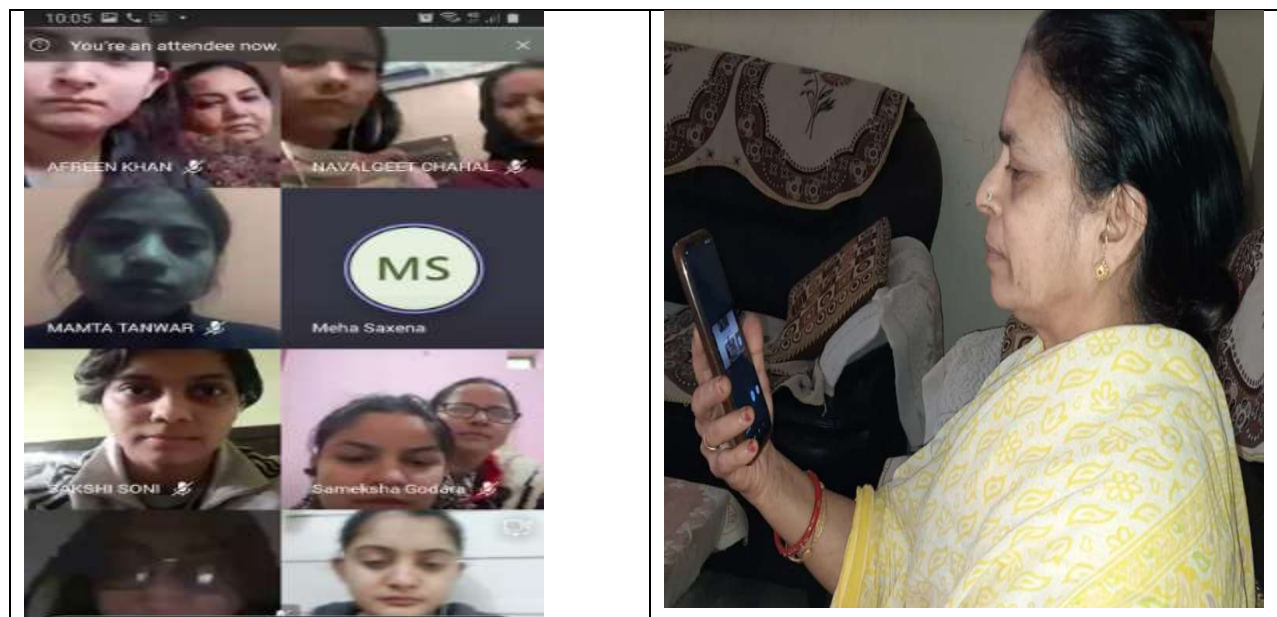
**Pic 3**



**Pic 4**







**Interactive Session& Demonstration on Healthy Living:**  
**Learn How to cook Nutritious Salads and smoothies**

**Name of Activity: - Healthy Living: Learn How to cook Nutritious Salads and smoothies**

**Type of Activity: -Guest Lecture**

**Date: - December 7<sup>th</sup> 2020**

**Venue: - Microsoft Teams**

**No. of Students Participated: - 70 Students**

**Teacher Coordinator: -Dr. Shilpi Chakravarty**

**Detailed Description**

In order to inculcate the habit of healthy living, a guestlecture was organized on “Nutritious Salads and smoothies”by NSS Unit, Group D. The resource person was MS. Reena Verma Assistant Professor, Department of Home Science, IIS (deemed to be) University, Jaipur. MS. Reena guided the young girls about the importance of balanced diet and how nutrition is to be managed in everyday life. Live demonstration was conducted by the resource person in which volunteers were taught to prepare different types of Salads andsmoothies which are healthy as well as tasty too. The session ended with queries from the volunteers about health benefits of salads and nutrition values in food. Overall the session was quite interactive and informative.



**Guest Lecture on Declining Girl Child Ratio  
14<sup>th</sup> December 2020**

**Type of Activity:-**Guest Lecture

**Date: -**14<sup>th</sup> December 2020

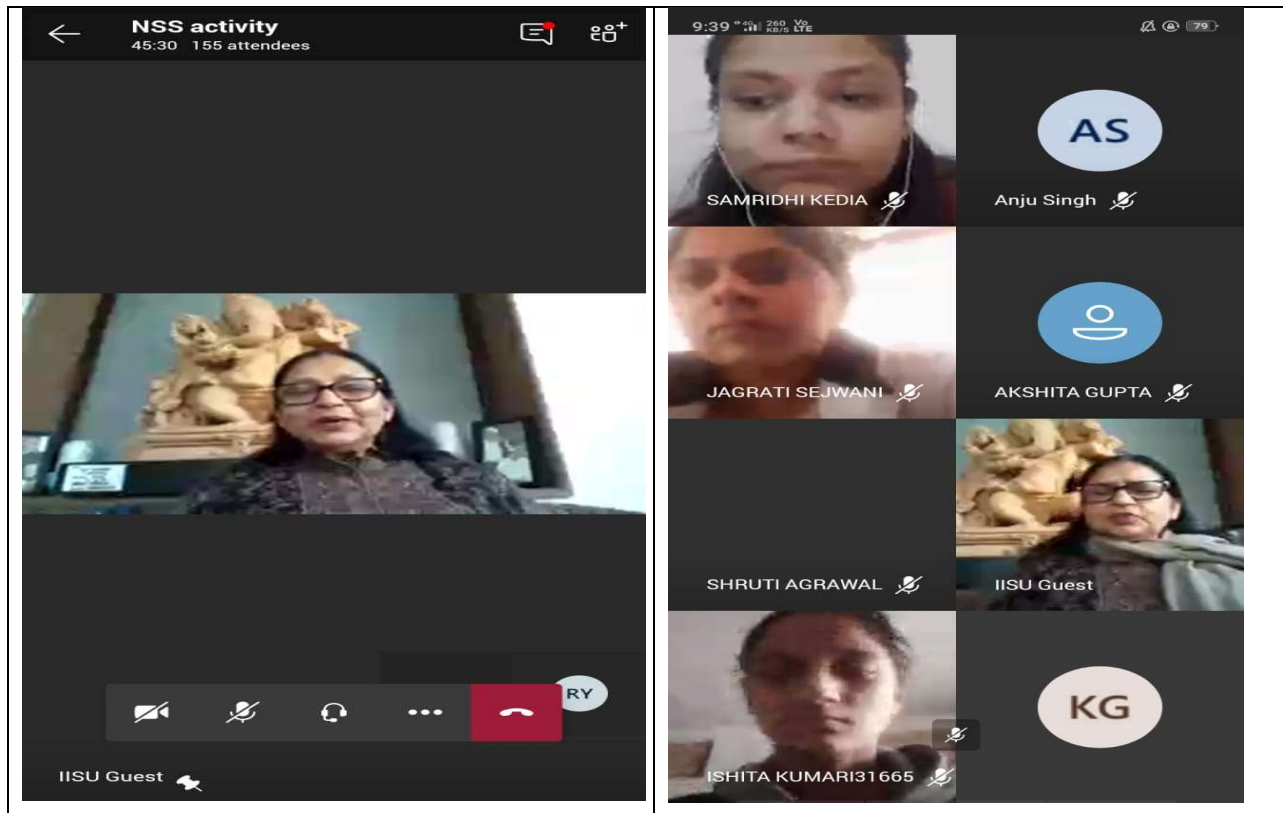
**Venue: -**Microsoft Teams

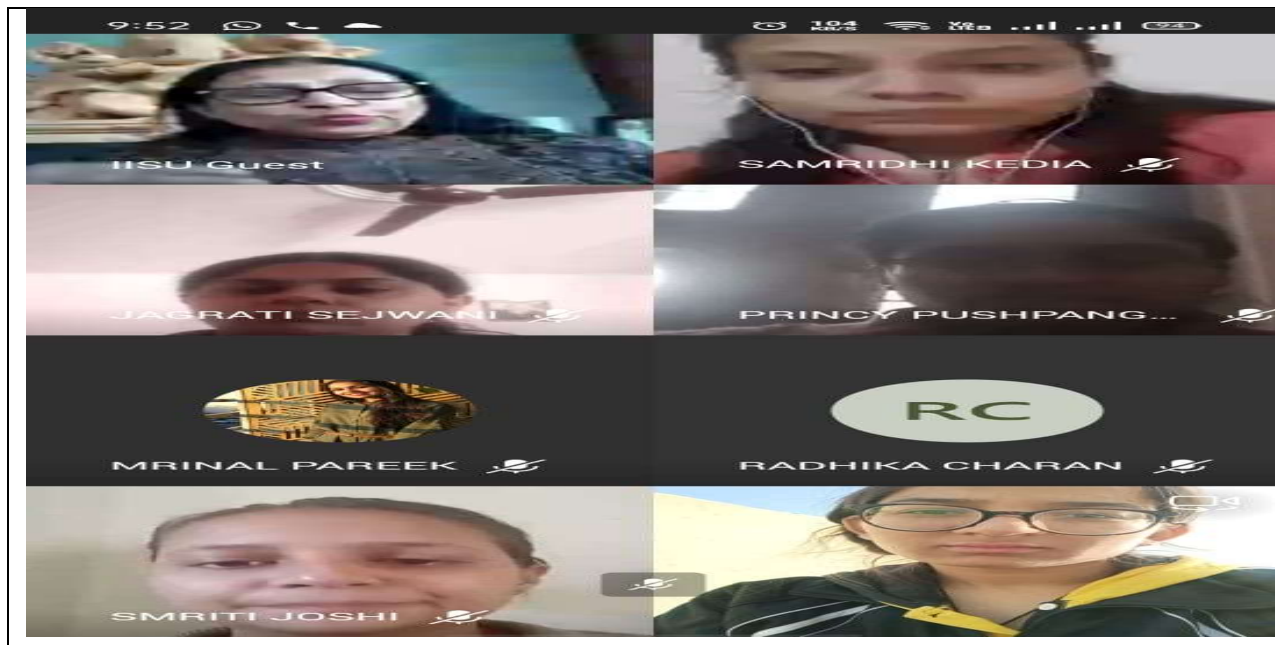
**No. of Students Participated: -**77

**Teacher Coordinator: -Dr. Anju Singh**

### **Detailed Description**

To create awareness about the present conditions of Girl child in all the aspects including, birth rate, education, equality etc., a guest lecture on “Declining Girl Child Ratio” was organized by NSS Unit, Group D. The resource person for the session was MS.Meet Singh, Chairperson, Dignity of Girl Child Foundation. Teacher Coordinator for the session was ‘Dr. Anju Singh’. MS. Meeta was very interacting during the session and was interested in knowing the perspective of the volunteers on the topic. The importance of Saving a girl child and the efforts of the government was also pointed out. The session focused on creating awareness about the importance of girls in growth and development of society, one should never promote dowry and girls are equal to boys. Through various examples she made volunteers aware about domestic violence and dowry related incidences. Overall the session was quite informative and interactive.

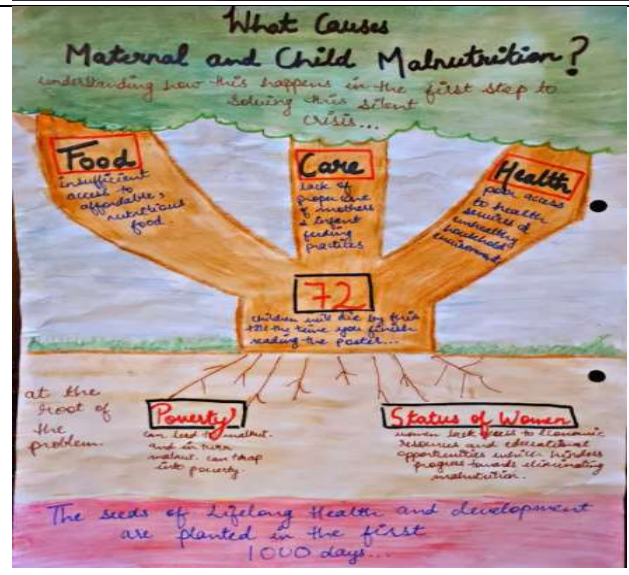
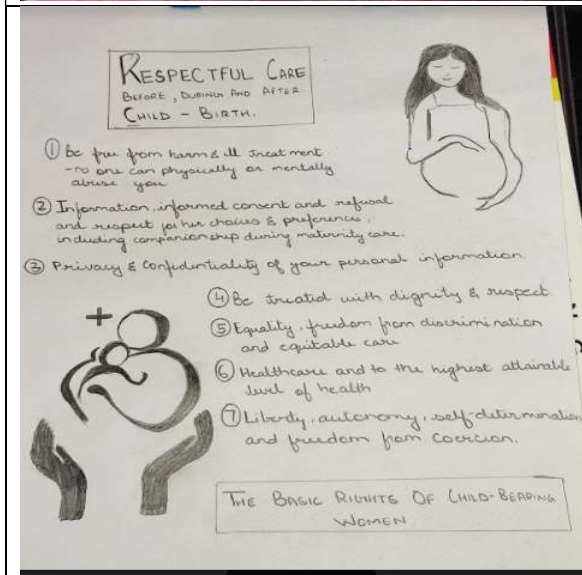
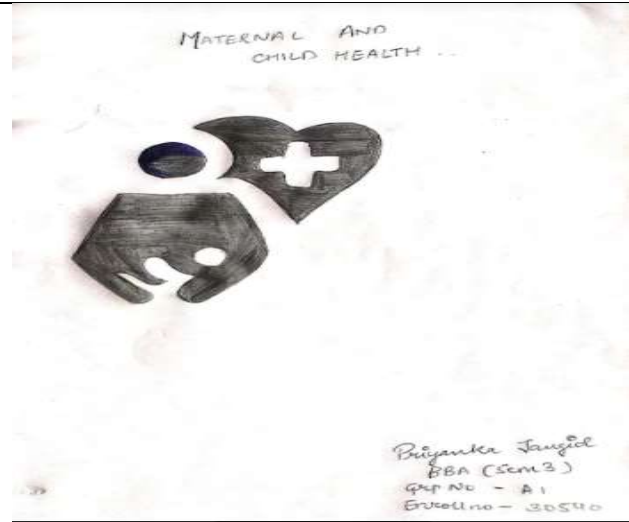




### Poster Making Maternal & Child Health

On 14<sup>th</sup> December '20 a poster making activity on maternal and child health was conducted for NSS volunteers of unit II. Lot of volunteers made posters on maternal and child health. All the posters embodied slogans for the enrichment for the safety of mother and the child.





**Literacy program for this year**

**21<sup>st</sup> December 2020**

**Type of Activity: -Teaching**

**Date: -21<sup>st</sup> December 2020**

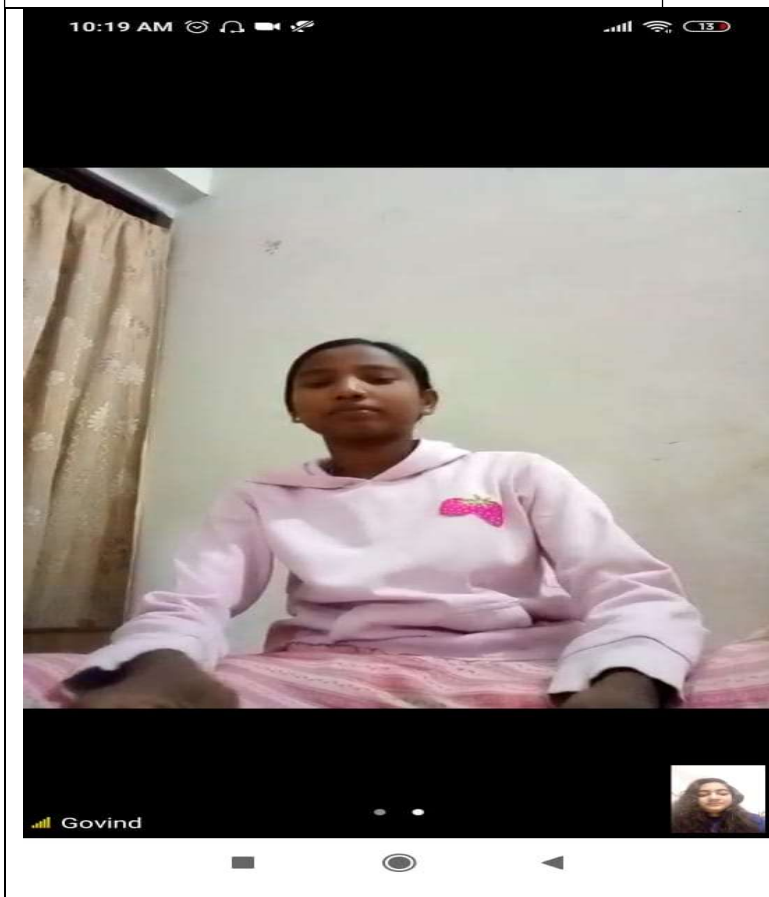
**Venue: - Online**

**Teacher Coordinator: -Dr. Shilpi Chakrovarty**

**Total Number of Volunteers: -52**

**Detailed Description**

Online literacy was organized by NSS unit IV for the children. It was held on 21<sup>th</sup> December 202. The NSS volunteers selected one or two underprivileged or poor children from their nearby community and taught them mathematics, English and also shared stories related with moral lessons to guide them. As reported by the volunteers the children were keen to learn and enthusiastically participated in the activity. Volunteers also planned for the further lessons for these children. Volunteers were asked to upload their pictures on a Google form link. Each and every volunteer actively participated in the activity.



## **Blackboard Donation**

### **IIS (deemed to be University), Jaipur**

Date: 24/12/2020

Venue: Haziyawala Government Upper Primary school

The building of Haziyawala Government Upper Primary school has been constructed recently. During the visit to school the need of blackboards in the classroom were felt by NSS faculties as the old blackboards were in a very bad condition and required to be displaced. For getting fund the need was raised in front of Jaipur Marugandha club and they agreed for this. On 24<sup>th</sup> of December 2020, a dual-side blackboard was donated in Haziyawala Government Upper Primary school. The principal of the school was very happy and appreciated the initiative taken by NSS unit of IIS (deemed to be University), Jaipur. NSS unit assured the principal of the school to extend its helping hand in future too.





## Creating positive change during Coronavirus through Tree plantation

**Date: 16/01/2021**

Venue: Haziyawala Government Upper Primary school

It's unfortunate that we needed the coronavirus to serve as a wake-up call. Still, the situation *is* seeing the global community come together in a collective effort to make the world a better place. Whether that's by helping at the front lines, helping within your community or helping the planet, it's all connected. Our connection to the planet relies on us learning how to coexist with the things around us without destroying them. And a healthier planet equals healthier communities. While the threat posed by the coronavirus will eventually diminish, climate change will not. So what if we're stuck at home but still want to do something positive? Planting trees is still one of the most effective and cheapest ways to fight the climate crisis. We may be stuck at home, we may feel helpless when it comes to fighting COVID-19, but we can still take positive action for the planet by planting trees for the future.

Taking the initiative, the NSS team of IIS (Deemed to be University) in collaboration with Jaipur Marugandha Club planted trees in the premises of Haziyawala Government Upper Primary school. Principal and teachers of the school also joined their hands during plantation. They promised that once the school will be open for students, they will give responsibility of one tree to two students for sensitizing them towards importance of trees for our environment. Till then they will take care of those plants.





## **Celebration of International Women's Day**

**8<sup>th</sup> March 2021**

On the occasion of International Women's day, NSS Units and Centre for Women Studies organized an event to celebrate social, economic, cultural and political achievements of women, the role of women and to raise awareness about equality for women. The chief guest for the event was Dr. Saumya Gurjar, Mayor, Jaipur Greater Nagar Nigam. The other guests included Dr. Sunil Chaturvedi, Secretary, Connect Signal and Dr. Vinod Chandrawal, Field Director, Bosch India Foundation, Jaipur. The programme started with a formal welcome address by Dr. Ashok Gupta, Chancellor, IIS (deemed to be University) Jaipur through which he expressed the importance of recognizing the determining roles played by women in all societies. After the welcome address, Dr. Sunil Chaturvedi, Secretary, Connect Signal was invited to speak about the NGO Connect Signal that proved monumental in making women self-reliant and giving them a platform for livelihood generation. Connect Signal was started in 2016 as a part of initiative taken

by Bosch India under their social engagement programme. The agenda was to generate opportunities for livelihood to empower for women and help them become self-sufficient. In the two villages that have been adopted by Connect Signal, they carried out extensive work by through social mapping in order to identify the chances and scope of activities that can prove to be lucrative to the women living in that area. He talked about the exemplary case of Mohanpura village where through the initiatives of Connect Signal women transformed their lives. Mohanpura village is in proximity to Sitapura Industrial area which is the hub of garment industry. Modules were designed to train women under 'Fit to Industry', a 45 day short-term programme. Over 100 women have been trained to take up jobs in the garment industry. For all those women who couldn't commute to city, a Common Facility Centre was set up so that they can contribute and become economically independent. The women mastered the skills of block printing, bag making and stitching. Connect Signal has diversified its approach wherein women artisans are not only upgrading their skills but are also focusing on selling their product via exhibitions. The idea has also led to elimination of the middlemen thereby empowering women. The initiatives of the NGO seem inspirational and tell us how women can outgrow various challenges around them.

Dr. Saumya Gurjar, Mayor, Jaipur Greater Nagar Nigam spoke few words of motivation. As she holds an eminent position, her thoughts were deep and impactful. Her stand of the idea of women empowerment really filled the minds of the students with vigour and hope. She drew instances from epics and the current scenario to justify that how women need to believe in themselves because nothing is impossible. She on one hand agreed that women face challenges in all walks of life and on other hand she seemed really optimistic about the present day women who are proving themselves in all the fields.

Towards the end of the programme, women from the villages namely Bassi and Mohanpura were presented mementos for their commendable work in contributing towards the garment industry of Jaipur. In the back lawns of the university, all the resource persons, college authorities, faculty members and students visited the exhibition that honoured the skills of female artisans. One could take a look at bags and clothes all reflecting the famous block print, gotta patti work and bandhej that are a huge part of Jaipur's cultural identity. At last the students of NSS performed a nukkad natak that focused on the multiple challenges which women face at all levels of the society, their performance mirrored the society's attitude towards women as the norms are differential and discriminatory not allowing them realize their full potential. Overall the event was educational and motivating to the students and the faculty as the true spirit of women empowerment lies in valuing the contribution of women.

The event brought to light the vitality of skill development programme for women and how we need to build enough of physical and social infrastructure for women so that there is inclusiveness as financial independence can lead to women empowerment in a massive way.

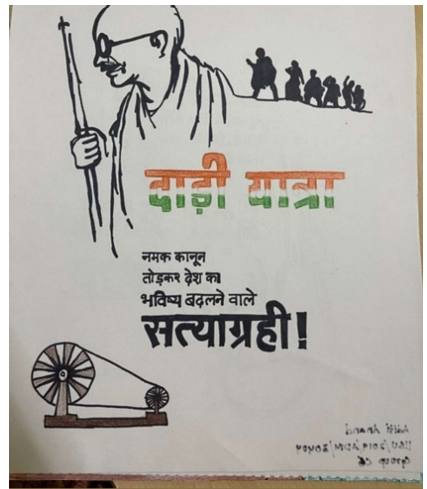
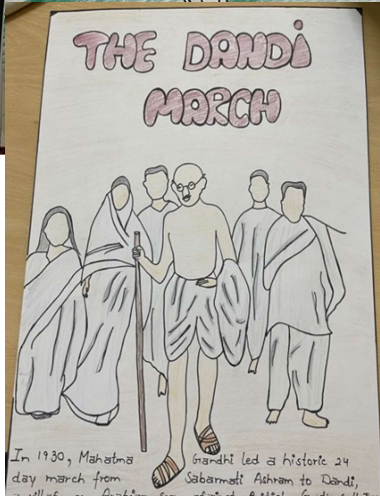
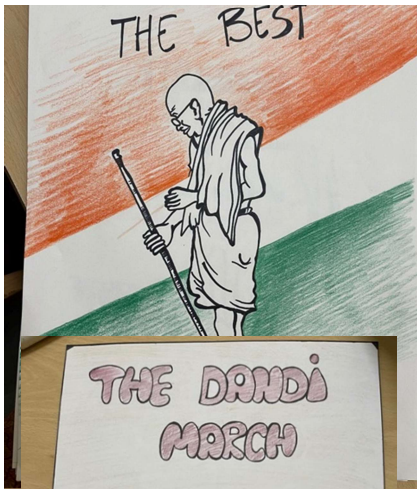
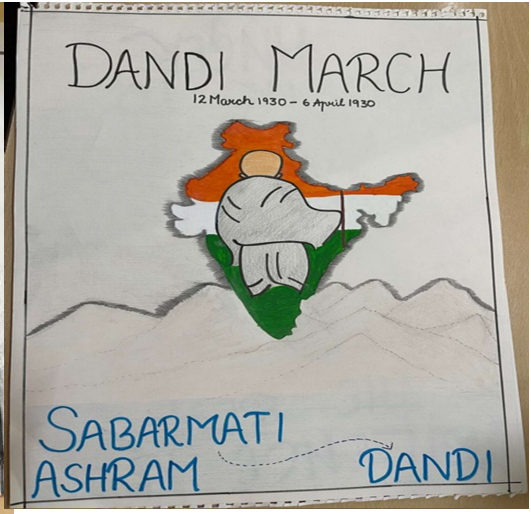


### Poster making and Rally on Dandi March

10/03/2021

NSS volunteers were asked to make posters on Gandhiji and Dandi march. In the second half of the day a rally was showcased holding hose posters in the university Premises. . Volunteers took active participation and performed the activities with great enthusiasm.







### **Webinar on Building Understanding about Road Safety and New Laws**

A webinar organized by the Population Club and Consumer Forum on the topic 'Building Understanding about Road Safety and New laws' was attended by 37 NSS volunteers. The resource person for the same was Dr. Mridul Bhasin, Founder & Trustee, Muskaan Foundation, Jaipur. She stated that India is a very populated country and there is a lot of traffic on roads. We are all road users, as a child, as an adult and also as an elderly person. Road is like a microcosm which reflects our social reality. She argued that although our literacy rates are increasing but the behavior on roads is not proper. She emphasized that most of the lives can be saved by providing basic life support in case of road accidents. She highlighted the factors responsible for road accidents and stated that majority of the road accidents are preventable if people follow the laws and take necessary precautions. She also explained the process of obtaining license and also apprised the participants about the new laws and penalties for not carrying license, crossing red light and not wearing the right type of helmet. She also gave information about traffic signages. The students also raised their queries about ways and means of creating awareness regarding compliance of traffic laws.

Muskaan RoadSafety is presenting




# Understanding Road Safety

Date- 03 March 2021



Copyright Muskaan. All rights reserved

ADVIKA KHANNA has left the meeting

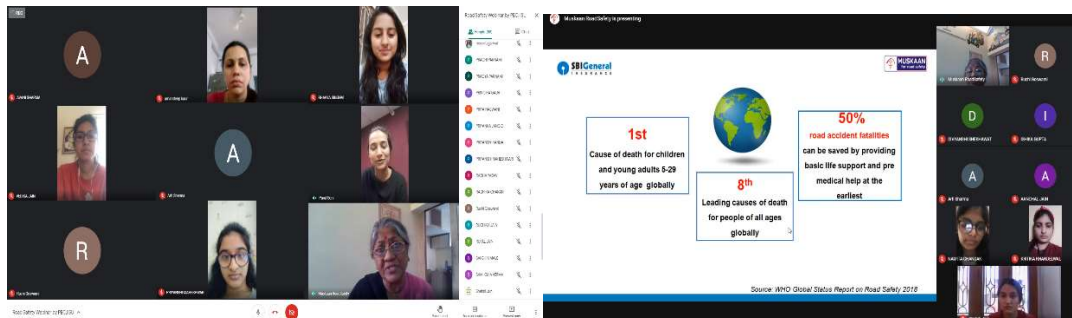


Road Safety Webinar by PEC, JISU





Raise hand

The session enriched the understanding of the students about the new laws and their role in road safety. It also motivated the student




Muskaan RoadSafety is presenting

**1st**

Cause of death for children and young adults 5-29 years of age globally



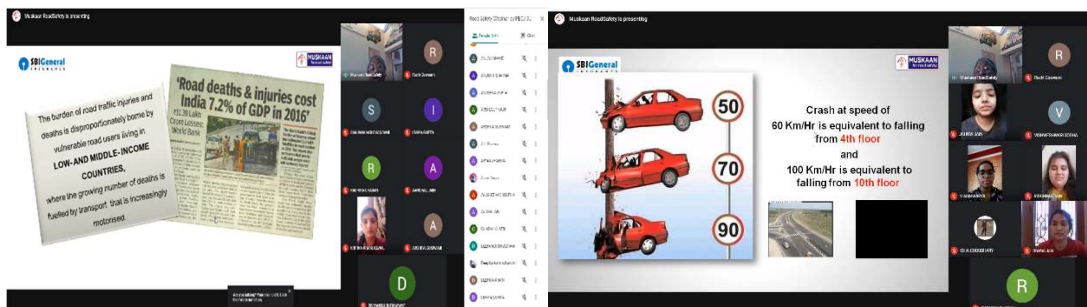
**50%**

road accident fatalities can be saved by providing basic life support and pre medical help at the earliest


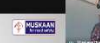
**8th**

Leading causes of death for people of all ages globally

Source: WHO Global Status Report on Road Safety 2018




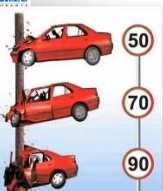
Muskaan RoadSafety is presenting

The burden of road traffic injuries and deaths is disproportionately borne by vulnerable road users living in **LOW- AND MIDDLE-INCOME COUNTRIES**, where the growing number of deaths is fuelled by transport that is increasingly motorised.

**'Road deaths & injuries cost India 7.2% of GDP in 2016'**





50

70

90

Crash at speed of 80 Km/Hr is equivalent to falling from **4th floor** and 100 Km/Hr is equivalent to falling from **16th floor**

## Shaheed Divas Celebration

23<sup>rd</sup> March 2021

Venue: University Back Lawns

“The sanctity of law can be maintained only so long as it is the expression of the will of the people”- Bhagat Singh

Every year 23 march is observed and celebrated as “Shaheed Diwas” with great passion and unity across India. To commemorate this day and to enrich the minds of the young about the sacrifices made by the revolutionaries, viz, Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar, the NSS Unit of IIS (deemed to be University), Jaipur organized a mime act presentation followed by an awareness rally. The students of NSS Unit actively participated in the events and thoroughly enjoyed the festivities. The purpose of organizing the activity was successfully met as the students acquired the message that a great nation is a nation which respects the services of its heroes.



## **Online session on “Boosting Immunity with Laughter Yoga”**

**13<sup>th</sup> June 2021**

### **Celebration of 7<sup>th</sup> International Day of Yoga**

**21<sup>st</sup> June 2021**

Under the theme of 7<sup>th</sup> International day of yoga-"Be with Yoga, Be at Home", the NSS Unit of the IIS (deemed to be UNIVERSITY) in collaboration with Sports Board and NCC organised a virtual session on ‘Yoga and wellness’. The guest speaker of the session was Mr. Sharad Kamra, who is a Ministry of Ayush, Government of India, Certified level-2yoga teacher and currently working as part-time Art of Living yoga trainer teaching various programs such as Life Skills programs, Yogasana programs, Meditation, Wellness and Kriya Yoga programs etc.

Mr. Kamra started the session with discussion on importance of yoga in our life and how it embodies unity of mind and body; thought and action; restraint and fulfilment and create harmony between man and nature. He explained that yoga is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. He demonstrated many asanas which one can do sitting on chair, few very important breathing techniques. He also demonstrated the techniques of doing pranayama and meditation. More than two hundred students and faculty members of the IIS (deemed to be UNIVERSITY) participated in the session. All the participants performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech by our Chancellor, Dr. Ashok Gupta. He encouraged the participants to practice regular yoga to remain fit and healthy.







## **Digital Poster making and Slogan Writing Competition**

**21<sup>st</sup> June 2021**

A digital poster making competition and slogan writing competition for students was also organised by the Department of Physical Education, IIS (deemed to be UNIVERSITY). The theme for poster and slogan was “Be with Yoga, Be at Home”. A total of 68 students of the university participated in the competition. Winners of both the competition were awarded with certificated by our Chancellor, Dr. Ashok Gupta and Registrar, Dr. Raakhi Gupta.





## **NSS Activity Report**

### **“ Boost Your Immunity with Laughter Yoga”**

On

13th June 2021

A session on “Boost your Immunity with Laughter Yoga” was organised by IIS (deemed to be) University in collaboration with Indu Wellness Code Initiative and IIHMR University. The chief guest of the session was Giggling Guru, Dr. Madan Kataria. Dr Madan Kataria is the founder of Laughter Yoga. Laughing yoga is a popular movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors. The session started with a very interesting laughter yoga session after which queries from the guests were

answered by Dr. Kataria. Dr. Anju Singh, Program officer-NSS IISU asked questions on behalf of the University. On asking Does it matter that the laughter was forced and faked initially? Dr Kataria added that “Even fake laughter gives you the same benefits as real laughter. The body cannot distinguish between the two.” He pointed out, that, as you keep laughing, we slowly calm down and lose your inhibitions and stress levels reduce. Throughout his session, Dr Kataria spoke about how destressing with Laughter Yoga could help improve productivity, build team spirit and emotional balance. Dr Kataria added that laughing yoga helps to lift your mood, strengthens your immune system, reduces stress, increases energy levels and improves your quality of life. Laughter yoga also allows the greater intake of oxygen, which activates the parasympathetic nervous system. The 2-hour session ended with formal vote of thanks to the chief guest and an experience full of laughter and release of stress.

