



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A++ with CGPA 3.71

NSS Unit

NSS DAY (24th September 2024)

Name of the Event: Celebration of NSS DAY

Name of Society: NSS Unit, Hansraj College

Convenor of Society: Dr. Apoorva Gupta, NSS Programme Officer

NSS Unit of Hansraj College conducted as well as participated in various activities to celebrate NSS DAY 2024

Activity ONE: NUKKAD NATAK

Date of Activity: 24th September, 2024

Objective of the Event: To Aware people in College about the importance of cleanliness, and their voting rights and responsibilities

Reporting Venue: C BLOCK

Target Audience: College Students

Description of Activity Conducted:

- Nukkad Natak marked the start of the event, at C-block.
- It focused on the importance of voting and the cleanliness.
- The volunteers' natak was incredibly powerful. It was praised by a sizable gathering of people.

Poster of the Activity:



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NATIONAL SERVICE SCHEME
HANSRAJ COLLEGE
Celebrates
NSS DAY
24 September, 2024
“NOT ME BUT YOU”



EVENTS DETAILS

Nukkad Naatak in College
C - Block
12:40 PM onwards

Awareness Rally on Cleanliness
From C-Block to B-Block
1 PM Onwards

NSS Pledge taking Session
B-Block, Multi Purpose Hall
1:30 PM Onwards

Speaker Session
by **Dr. Kaveri Chakrabarty**

Associate Professor
Department of Zoology

Topic : Nutritional concerns
impacting the youth in
contemporary times :
A holistic perspective

B- Block (2nd Floor)
Multi Purpose Hall
2:30 PM Onwards

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CONTACT US
Sanjeev - 7081841694
Shivani - 80514 41936

Prof. (Dr.) Rama
Principal
Hansraj College

Dr. Apoorva Gupta
Programme Officer
National Service Scheme

Mr. Suyash Garg
Event Coordinator

Prof. Chetana Jain
Dr. Nishant Shankhwar
Event Co - Coordinators

Selected Geotag Images:



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NSS Students involved: 20

Ayush pratap



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Sakshi yadav

Samprati dixit

Shubham

Kanav gupta

Meenakshi

Shivani bharti

Ayush aman

Arnav

Sanjeev

Arkaja

Ratnika

Sonal

Bhavesb

Vansb

Sneha Dey

Tarun

Himanshi agrawal

Ragini kumari

Bhavuk



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Activity TWO: Cleanliness drive in college

Date of Activity: 24th September 2024

Objective of the Event: To enhance the cleanliness of the Hansraj College area and promote environmental awareness.

Reporting Venue: C block

Target Area: Lp and C block area of Hansraj College

Target Audience: Students

Description of Activity Conducted:

- The NSS unit of Hansraj College organized a successful cleanliness drive with 13 volunteers.
- Key activities included cleaning the college area, promoting waste segregation, and engaging the community in activities to promote hygiene.
- The initiative was well-received by the teaching staff, who appreciated the efforts.
- The drive contributed to a cleaner environment and raised awareness about responsible waste management.

Poster of the Activity:



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Associate Professor
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B- Block (2nd Floor)
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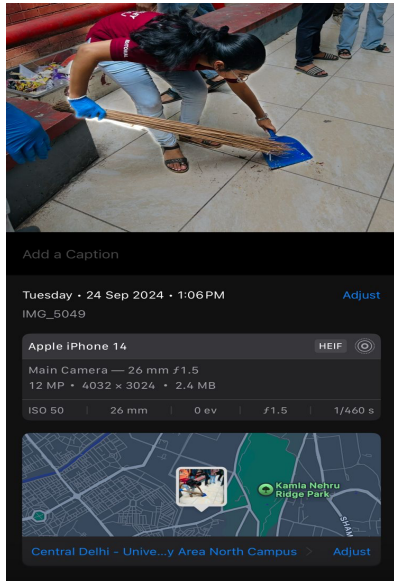
Selected Geotagged Activities





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NSS Students involved: 13

1. Bhumika Rajesh Dahiya
2. Mohmmad Jansheen Alam
3. Abhishek Shakya
4. Khushi Luna
5. Sanjana Barik
6. Mitanshi Nayak
7. Gogon
8. Vishisht Dubey
9. Shubham Rawat
10. Rahul
11. Anil khadav
12. abhiraj gupta
13. Manish Pandita



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Activity THREE: NSS PLEDGE

Date of Activity: September 24, 2024

Reporting Venue: B BLOCK Seminar room

Target Audience: Students

Description of Activity Conducted:

- 1) The pledge emphasizes that each individual would dedicate themselves to the welfare of society without expecting personal gains.
- 2) It called for respect and empathy towards people of all backgrounds, regardless of caste, creed, or religion, promoting unity and harmony.
- 3) The pledge stressed on the importance of performing duties diligently and responsibly, both towards the community and the nation.
- 4) Through serving others, the NSS pledge promoted the idea of developing one's personality, skills, and character.
- 5) The pledge encouraged active participation in community service, emphasizing the importance of helping those in need and contributing to national progress.
- 6) The motto – "Not Me, But You" highlighted the NSS spirit of prioritizing the needs of others over personal interests, reinforcing the value of selflessness.

Poster:



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Geotag images of the activity:



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NSS volunteers: 30

KHERANSH MOURYA

NAVDEEP YADAV

HARISH KUMAR

Purnima Kaushik

GARIMA

Vaibhav Sharma

Archita Singarika Sarmah

Yashwardhan singh

Priya kanwar

Abhijit singh

Rayma yadav

Reet Nigah

Radha yadav

Himanshu Raj

DEEPANSHU KUMAR

Uttam

Jasjot kaur



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Pallavi Bhandari

Aditya Raj

Divya yadav

Ankit Marandi

SURAJ KUMAR BASKI

Hitesh Singh Rajpurohit

Sakshi kumari

Utkarsh sura

Megha

Aastha Malhotra

Suvom Barik

Nikunj Chaudhary

Aditya

Ankit Meena

Ishika Joshi

Merryl Biju Kizhake Kanichery

Supriya Yadav

Bineet Kumar

Aradhana Yadav

Anushka



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Activity Four: Cleanliness Rally

Date of Activity: 24th September 2024

Objective of the Event: To enhance the cleanliness of the Hansraj College area and promote environmental awareness.

Reporting Venue: C block

Target Area: C block to B block of Hansraj College

Target Audience: Students

Description of Activity Conducted:

- The NSS unit of Hansraj College organized a successful Cleanliness rally in the college
- Banners were used to create awareness which were made from recycled paper by NSS volunteers
- Participants chant slogans to raise awareness and attract attention.
- Participants start walking the pre-planned route, holding banners and chanting cleanliness slogans.
- Concludes the rally with a motivational note to maintain personal and community hygiene.

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NSS Volunteers: 30

Rahul

Anil khadav

K Vishnu

Rubina khan

Ashutosh Kumar Pandey

VIVEK YADAV

AKRAM JAMIL

Rajnish Tiwari

Jesu Choudhary

Alok kumar mishra

Nikita Tyagi

Navya Nassa

Anisha raj

Vasundhara Rani



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SOMESH PAL

Lovish Raina

Rishabh Tiwari

Kumari Sonam

Nidhi Khurana

Paramveer singh

Mohit Sarwan

Himanshi

Rigzin Wangmo

Rohit

Disha

Shivam

Dishika Rohilla

Meenu kumari

Riya kushwaha

Varun Aggarwal

Sneha suman

Mintu Kumar

Saksham sankhwar

Palak pandey

Ashish kumar

YASH SHARMA



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Activity Five: Speaker Session on Nutrition

Date of Activity: 24th September 2024

Objective of the Event: to raise awareness among youth about the significance of a well-balanced diet, the dangers of consuming processed foods and excessive sugar, the impact of poor nutrition on academic performance and overall well-being and practical ways to incorporate healthy eating habits into their daily lives.

Reporting Venue: C block

Target Area: C block to B block of Hansraj College

Target Audience: Students

Description of the Event:

Topic: Nutritional concerns impacting the youth in contemporary times: A holistic perspective

The session began with the facilitator explaining the essential nutrients required for growth and development, such as proteins, carbohydrates, fats, vitamins, and minerals. The discussion highlighted how these nutrients support cognitive function, energy levels, and physical development during the growing period. The session addressed common challenges, including skipping meals (especially breakfast), increased consumption of junk food and sugary drinks, lack of awareness about portion control, deficiency in key nutrients like iron, calcium, and fiber.

The speaker elaborated on the consequences of unhealthy eating habits, such as Obesity and weight management issues. Poor mental health, including increased anxiety, depression, and lower academic performance were also discussed.

To make the session engaging, interactive activities were included.



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The session concluded with a Q&A where participants voiced concerns about body image, fitness, and managing peer pressure related to food choices. The facilitator encouraged the youth to prioritize health over appearance and seek professional advice when necessary.

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NSS VOLUNTEERES INVOLVES:

Aastha Garg

Angela Arora



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Anisha Hansada
Anjali Kumari
Anushka Singh
Ayush Anand
Bhagirath Dhaka
Gudiya Kumari
Harshit Kumar
Indrajeet Gupta
Juhi Kumari
Khyati
Muskan Verma
Nikita Gupta
Raunak Uadav
Rahul
Anil khadav
K Vishnu
Rubina khan
Ashutosh Kumar Pandey
VIVEK YADAV
AKRAM JAMIL
Rajnish Tiwari
Jesu Choudhary
Alok kumar mishra
Nikita Tyagi
Navya Nassa
Anisha raj
Vasundhara Rani
SOMESH PAL
Lovish Raina
Rishabh Tiwari
Kumari Sonam



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Nidhi Khurana

Paramveer singh

Mohit Sarwan

Himanshi

Rigzin Wangmo

Rohit

Disha

Shivam

Dishika Rohilla

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Riya kushwaha

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Sneha suman

Mintu Kumar

Saksham sankhwar

Palak pandey

Ashish kumar

YASH SHARMA