



KAMALA NEHRU COLLEGE

UNIVERSITY OF DELHI

SUPPORTING DOCUMENTS FOR 3.3.3 & 3.3.4

REPORTS OF THE EXTENSION ACTIVITIES OF SOCIETIES FOR THE PERIOD

2020-21

This document contains the extension activities organised by the following societies:

- NSS
- NCC
- Green Beans
- Equal Opportunity Cell & Enabling Unit
- Women Development Cell
- Gandhi Study circle
- Consumer Club
- Shinning Network
- Asar- The Entrepreneur Cell



NSS

On the occasion of **Independence Day** (15th August 2020), NSS KNC organized a Poetry Competition with the theme of “Patriotism” and “atma Nirbhar Bharat.” The best three poems were from : Under the FIT India Campaign, on 29th August, NSS KNC along with Sanjeevani: Life Beyond Cancer Foundation organized a webinar on the importance of physical fitness and health in cancer prevention. The webinar was attended by all volunteers of our unit. Under the FIT India Campaign, on 30th August, NSS KNC organized an event where volunteers were asked to “Exercise at Home” along with their families to encourage staying fit during the COVID Lockdowns. Volunteers sent videos of them doing the same

Under the FIT India Campaign – 2nd September, NSS KNC organized a Slogan Making Competition with the theme “Fit Body = Fit Mind.” On 9th September, a **healthy cooking event** was organized where volunteers sent in recipes of homemade food rich in nutrients. These recipes were shared on our blog “Eunoia 12th September, a quiz was organized on “Sport Stars of India.”



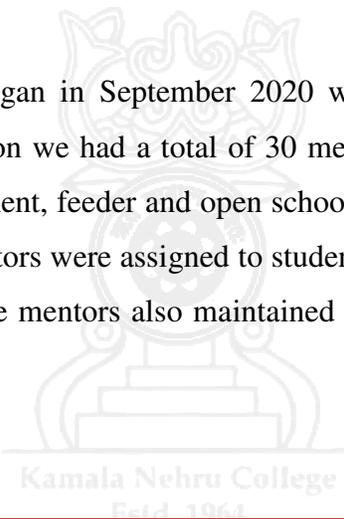
Dish It Out - Fit India Campaign





On 16th September, NSS Volunteers attended a **webinar organized by Ministry of Human Resource Development** now known as Ministry of Education on the new National Education Policy. On the occasion of 51st NSS DAY 2020, NSS KNC organized a series of events – "Woh Lamhe" - an **Online Photography Competition**. Participants were asked to capture what was "the last normal day" for them. The best 3 entries were from – "Women who speak, lead" - an Online Poetry Competition. With the pandemic, we saw responsibilities get divided amongst families but we also witnessed the deep rooted system of patriarchy more than ever that too in our own homes. Participants were asked to send a video of them reciting a poem on the theme "Patriarchy and the Pandemic." The best entries were from – "Scribbles from the Bubble" - a Quarantine edition journal writing event. Participants were asked to share an excerpt from a "day in the life of quarantine." "How to manage mental health in the lockdown" - A session with Dr. Itisha Nagar, Assistant Professor of Psychology at Kamala Nehru College. Participants sent in questions to ask and engaged in a healthy conversation with Dr. Nagar about the problems they were facing with their mental health and how to cope with it in a healthy manner. 1st – Aarushi Pandey, BA (Hons) Psychology, 3rd Year Kamala Nehru College 2nd – Isha Arora, BA (Hons) Psychology, 2nd Year, Kamala Nehru College 3rd – Mantasha Moazzam, BCom Prog, 2nd Year, Kamala Nehru College 1st – Apoorva Bansal, BA Hons English 3rd Year 2nd – Vani Singh, BA Hons Journalism 3rd Year 3rd – Pooja Bijali, BA Hons History 2nd Year 1st – Aniqua Rakshi, BA (Hons) English, 2nd Year 2nd – Prabhnor Kaur, BA (Hons) Journalism, 3rd Year volunteers and 57 new volunteers from 1st and 2nd years were selected. On the occasion of Human Rights Day on 10th December, NSS KNC organized a Slogan Writing Event with the theme "Your rights, your strength." The best 8 entries were featured on our Instagram page

The **outreach programme** began in September 2020 with a handful of volunteers from Kamala Nehru College and soon we had a total of 30 mentors ready to teach! Our students came from a bunch of government, feeder and open schools from Hauz Khas to Mayur vihar of classes 9th to 12th. The mentors were assigned to students on the basis of the subjects they were comfortable teaching. The mentors also maintained their own logbooks which had the



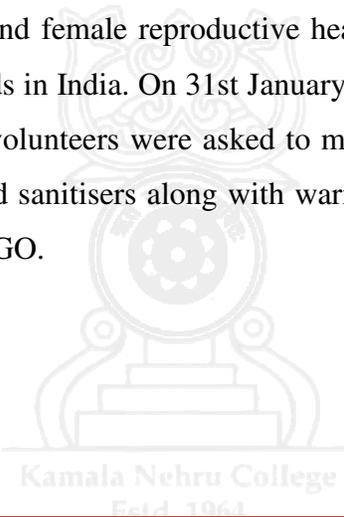


following data - The classes from September to December were primarily taken over WhatsApp messages, voice and video calls and those who could manage to use Google meet, conducted classes over there. The mentors would take classes with a minimum duration of 1 hour to maximum of 2 hours on the days students were free and had access to phones and internet. The classes were mainly held either after hours of college (eg- 5pm to 6pm) or afternoon classes on weekends.

NSS KNC organised a Best out of Waste Competition on the occasion of Earth Day on 22nd April 2021.

NSS KNC resumed its session on 9th January 2021 with the **#SayNotoSharpManja** Campaign. The activity required volunteers to make a kite from organic thread and cotton yarn and a slogan on it to spread awareness on the harmful impact of using “manja” for flying kites. These kites were showcased on 14th January on the occasion of Makar Sankranti. NSS KNC volunteers took part in Toycathon'21 organised by the Ministry of Education, GOI from 18th January to 21st January. The volunteers participated in a number of teams and were required to design a blueprint for a toy that would promote the culture and heritage of India. The **#SayNotoSharpManja** Campaign resumed on 26th January 2021 (Republic Day) and volunteers took to Instagram, Snapchat and WhatsApp to spread awareness on the dangerous impact manja can have on birds and other animals and prompted the use of cotton yarn by posting pictures of their kites on social media.

NSS KNC volunteers along with Sacchi Saheli NGO took part in the **Red Spot Campaign** on 28th January 2021 to promote conversations around menstruation and encourage people to take part in conversations around female reproductive health to break the stigma and taboo around menstruation and periods in India. On 31st January 2021, a winter donation drive was organised by NSS KNC. The volunteers were asked to make donations containing essential items such as ration, masks and sanitisers along with warm clothing, blankets and covers to their neighbourhood or to an NGO.



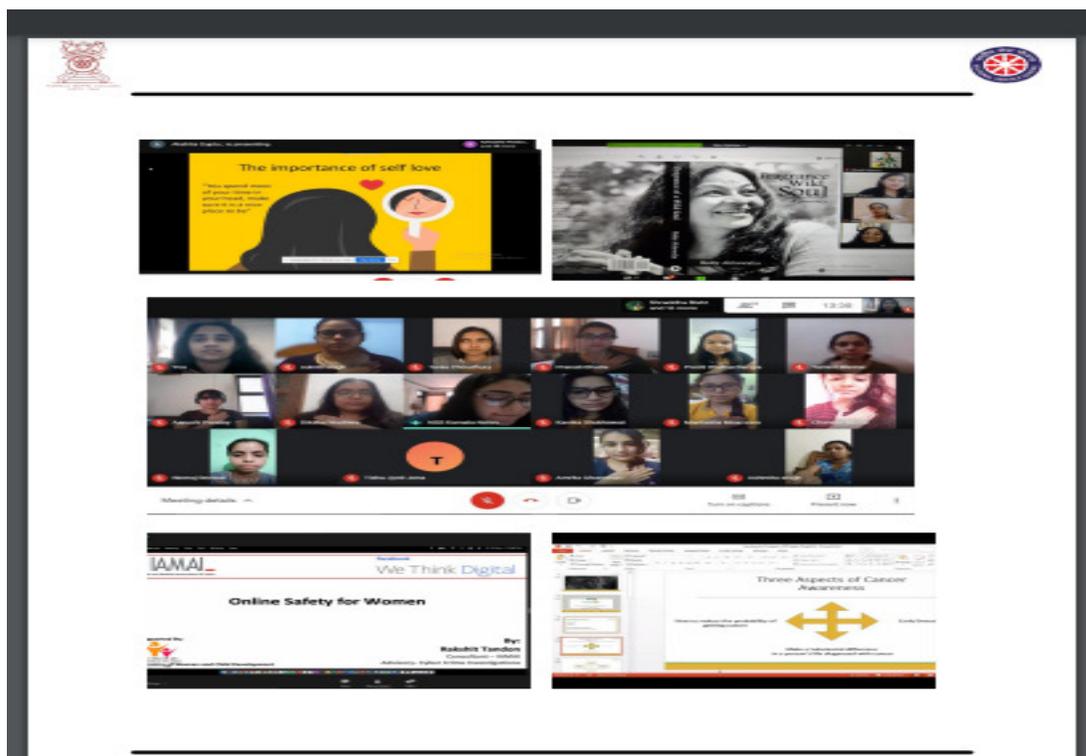


NSS KNC organised a 4 day event from 11th to 14th February on the occasion of **National Women's Day 2021**. The event consisted of the following activities and the theme for them was "Being a Woman in India" - Poem Writing Event Posters/Art Making Event A video of all NSS KNC volunteers talking about their experience as a woman in India. A Webinar on "Female Reproductive and Sexual Health" with Prathisandhi Foundation on 14th February 2021. This webinar spoke about about we need to know about female reproductive health, consensual sex and the methods of contraception available to women in India. NSS KNC on the occasion of Road Safety Month organised a poster making competition on 20th February 2021. The theme for the same was - "Sadak Suraksha- Jeevan Raksha" The winners were - 1st - Pratibha Priya, B.A (Hons) Sociology, 1st Year 2nd - Tania Chaudhary, B.A (Hons) Sociology, 2nd Year 3rd - Vanshika Jolly, B.A (Hons) Psychology, 1st Year NSS KNC volunteers attended a webinar on 24th February 2021 about water conservation in Delhi University. The webinar's central theme was the hashtag #catchtherain which brought focus to the importance of rain water harvesting all over delhi university. The panelists spoke of topics like water pollution, conservation and climate change which all connected to the need of the hour which is an active plan to conserve the planet and to get the youth involved. On 26th February 2021, Akshita Gupta from BCom Hons 3rd Year, a volunteer of NSS KNC organised a workshop called "





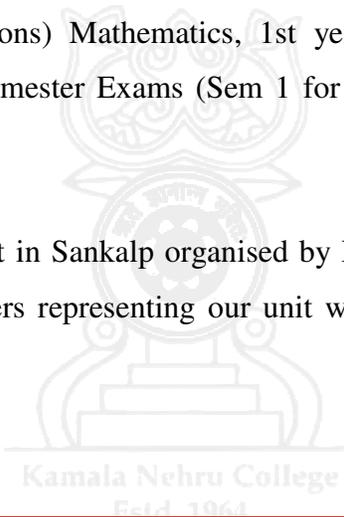
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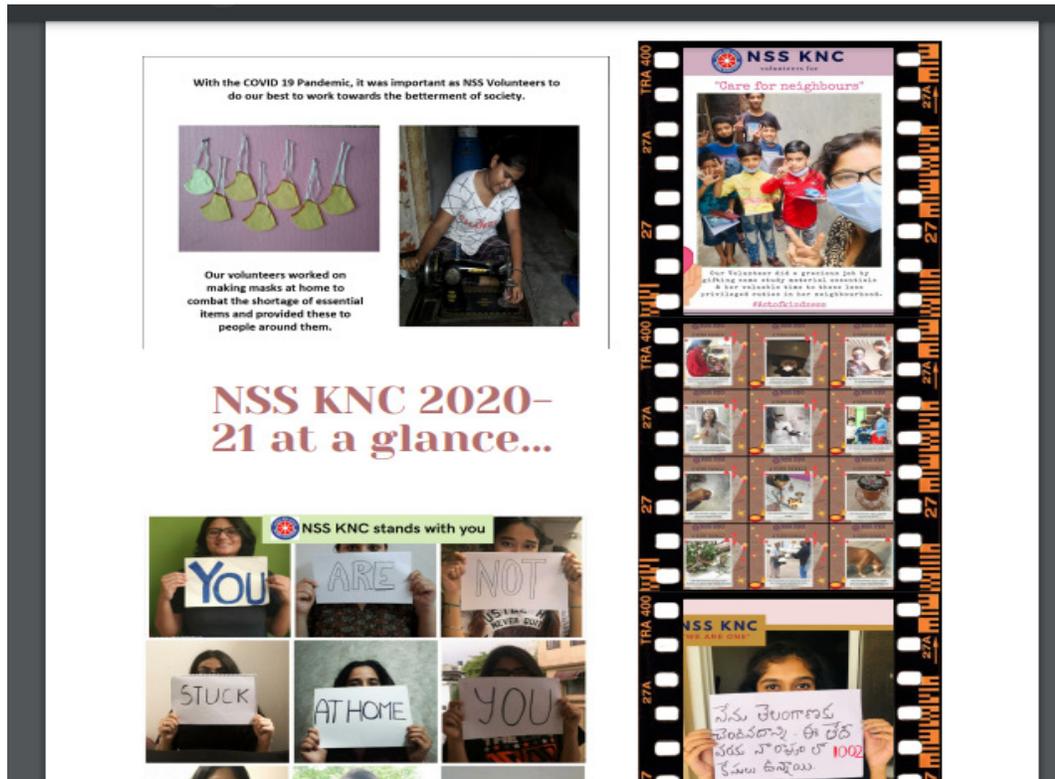
Awareness, Acceptance and Adjustment – Growth for a better you.” The hour-long session came as a much needed break from the constant loop of toxic positivity and endless stream of work that we are tied up in these days. She addressed very relevant and relatable topics like how do we love ourselves, forgive and accept ourselves, know what we truly want and how do we move on from something that has really hurt or upset us. March 2021

For the occasion of International Women’s Day 2021, NSS KNC organised a series of events from 4th to 9th March 2021. These were - 4th to 6th March - 7th March - 8th March - 9th March - Kahoot Quiz on Women’s Trivia in honor of International Women’s Day and Women’s History Month. The winners were - Anandi Sen, B.A (Hons) Journalism, 2nd year Sampriti Mahapatra, B.Sc (Hons) Mathematics, 1st year Soumya Karnani, B.A (Hons) English, 1st year Break for Semester Exams (Sem 1 for Batch of 2020 and Mid Semester Break

NSS KNC volunteers took part in Sankalp organised by NSS Sri Venkateswara College on 14th April 2021. The volunteers representing our unit were - Riya Mehelawat, Deepanshi



Sharma, Vartika Ghai and Prachi Singh from 1st Year. The volunteers presented the work done by NSS KNC during lockdown and cleared the first round of the event. NSS KNC organised a Best out of Waste Competition on the occasion of Earth Day on 22nd April 2021.



On 15th June, Kamala Nehru College hosted a workshop on Gain from Rain on 14th of June, 2021 over Zoom which was attended by NSS KNC Volunteers. The session was addressed by Shri Rajendra Singh and Shri Manu Bhatnagar. Mr. Singh is the Chairman of the Tarun Bharat Sangh and has won numerous accolades for his continued efforts for water sustainability.

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INTACH  

KAMALA NEHRU COLLEGE
NAAC Accredited with 'A' Grade
University of Delhi

In collaboration with
INTACH and TARUN BHARAT SANGH

With Active Participation of National Service Scheme & Green Beans Society of KNC

In continuation with the two-day National Conference on
"INVESTING IN OUR WATER FUTURE: OPPORTUNITIES AND CHALLENGES"

Organizes a Workshop on

Gain from Rain

Experts

SHRI RAJENDRA SINGH
Chairman, Tarun Bharat Sangh
Sustainable Water Prize Winner

SHRI MANU BHATNAGAR
Principal Director, INTACH

Date: 14/06/2021 (Monday)
Time: 1:00 PM onwards
Online Platform- ZOOM

Dr. URNA SARKAR DUTTA
Convenor

Mr. JOSEPH KR. RAVI
Co-Convenor

Patron
Dr. KALPANA BHAKUNI
Principal (Officiating)

Contact Email ID
gainfromrain@gmail.com

Registration Link (click) -
<https://forms.gle/P4B9C9uTeGTpB8g7>



Our volunteer distributed biscuits & other food among her less privileged neighbours.



Our dear Principal ma'am fed our adored campus cuties during this difficult time .



Kamala Nehru College

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GREEN BEANS SOCIETY

VIRTUAL PANEL DISCUSSION: aimed at promoting awareness among the students about the importance of the ozone layer in the stratosphere and the need for its protection by reducing the emission of ozone depleting substances

INTRA SOCIETY ONLINE QUIZ: The theme of the quiz was contemporary environmental issues.

CAMPAIGN ON “Say no to single-use plastic”

LECTURE ON “Towards the circular economy, reducing plastic waste & recycling; the participants found the lecture very informative and they interacted with the speaker in the question-answer session.

ONLINE SURVEY: The survey was conducted amongst the students and their family members across gender and age groups

ONLINE POSTER COMPETITION: the theme of “Ecosystem Restoration” in coherence with the theme given by United Nations.

CONSUMER CLUB

CREATIVE WRITING COMPETITION: The topic of the competition revolved around the theme- "The Life Jacket in a Drowning Boat" that centered the view on the analyzing the paradigm shift in consumer behavior amid COVID-19. The theme, as twisted as it sounded, was based on metaphorically assuming COVID-19 to be a drowning boat, whilst the consumer rights act as the only life jacket. The openness of the competition, such as the reasonable word limit of 500, both Hindi and English mode of expression and a handful number of days, invited a good number of participations from several colleges. The theme was in adherence to the society's central point as well as the current scenario of the world under the clutches of a pandemic, being hit by COVID-19. The judgement criteria was very



fair and based on the creativity of the writer, originality of the content, the concept as projected by the writer and grammatical strength of the article. In the end, three ingenious yet compelling articles were chosen as the best and the writers were lauded with their positions along with a social media feature on the official Instagram page of Awaken.

INTRODUCTION OF FIRST VLOG: Awaken, the Consumer Club of Kamala Nehru College, launched its first ever blog site- CC KNC Speaks, available on WordPress. The blog, managed by the Editorial team of the Club, focusses on providing content that helps increase consumer awareness amongst its readers through articles, case studies and other short write-ups.

RANGOLI MAKING: “Think. Visualise. Create- Creativity is seeing what everyone else has seen, and thinking what no one else has thought”, to keep up with this, Awaken- The Consumer Club of Kamala Nehru College organised an online Rangoli making competition on November 15th, 2020. The competition was aimed to challenge the situation with creativity as students were required to make the rangoli from their respective places and send a time lapse video to the organisers. Many students actively participated and made the competition successful. The pandemic restricted both the organisers and the participants physically but everyone knocked their creative side with equal enthusiasm to make the best use of their time and talent. The efforts of the organisers met with an overwhelming response by the participants who even stated that they look forward to more such competitions in the near future.

ORIENTATION: Awaken, the Consumer Club of Kamala Nehru College held an Orientation Program on 21 November, 2020 to enlighten the freshers about the activities it undertakes to achieve its objective of educating the students to act as healthy consumers by making them aware about their rights. The beginning of the program was marked by the introduction of the faculty and council. This was followed by an informative presentation which spoke about the working of the club and the events that it indulges in over the year. The presentation also gave a description of the various teams within the club and specified the tasks each team performs. After this, a question answer round took place.

NATIONAL WEBINAR: The webinar was aimed at awakening the students regarding the ongoing trends in E-commerce. The main focus was at creating awareness about the tricks and tactics used by companies and brands to manipulate the customer into bluffing etc. Prof Sriram Khanna spoke on how the consumers can protect themselves while shopping online, transacting online and so on. He gave various case studies and redress mechanisms as well.



MAGAZINE COVER DESIGN COMPETITION: Awaken organized an Intra College Magazine Cover Making Competition to let the students flow and reflect their creativity in their very own students' magazine, Awaken. The topic for the same was "Rise of Digitalisation- Global Niche with a Click".

CONSUMIDOR'21: The Consumer Club organized it's most awaited event of the year- Consumidor'21, The Annual Fest, on the 13th and 14th of March. Despite being organized online, the two day fest saw amazing footfall of students from different colleges and universities across India. The event was led by an inaugural lecture on Rise of Digitalisation by Professor Varsha Jain. Session included competitions such as Mem-o-mania, Aavishkar etc.

SHINING NETWORK

INTERNATIONAL COLLAB: Shining Network SOPHIA (Society for Philosophers in America) public Philosophy Dialogue on Reflective Tètè a Tètè on Nature of Good in Daily Life for Philosophical Community Building in society (International Collaboration)

DISCUSSION: Mindfulness discussion on, Women as Agents of Patriarchy: How we can Bridge the Gap for Peace and Harmony.

SESSION: An Interactive Session on Happiness with the distinguished lawyer, Ms Lira Goswami as the guest speaker.

Asar- The Entrepreneur Cell

During the 1st -8 th August, 2020 our team participated in the Enactus national competition and presented project samarth and kadam as well as our idea for project dilaab. We ended up reaching the semifinals in the competition. We conducted an art workshop as a fundraiser on 27th September to raise funds for the cobbler community and support them in the uncertain times of covid 19. On 3rd January 2021 we launched our new project dilaab, the project works with a community of disabled people to make scented candles that are sold in ceramic pots therefore supporting the local porter community as well.

In the month of January, we launched our second project- Dilaab. The project started with a target research for a community in need of subsistence due to the pandemic and the lack of customers. Dilaab works with the Potter community families that have migrated to the market called the banjara market in gurugram with a vast range of ceramic products. These ceramics (50gm and 100gm capacity cups) were chosen, bought and transported by the team along with rest of the raw material (scents, beeswax etc) required to make the candles, over the month of january through online platforms. By the end of January and February, the candles were out



for sale on our social media handles. The purchasing, payments and shipping were all done online. The content and graphics team actively worked on creating social media marketing campaigns for expanding our reach and improvising on product aesthetics. For our pilot project kadam, an action plan was devised for the sale of existing stock and restocking with new designs however the plans were put on hold due to risk of exposure followed by the second wave. In the month of march, the team was working on the annual event and decided to hold an exhibition 'Agora' inviting various vendors and influencers as judges and other enactus as pitchers. The team had been working on the same from sponsorships, invitations, social media awareness for an audience to drafting the whole script and getting registration. However the event was postponed until the covid situation bettered. Also, Enactus India started a campaign called 'passion on purpose' and the members participated actively. Currently we are planning to restocking candles since the response has been great. For project kadam, we have relaunched the project and have begin selling the products, we have gotten a few orders and plan to start putting up stalls in exhibitions and melas for both projects soon!

