

NSS REPORT 2019-20

Continuing the motto of 'not me but you' NSS Bharti College started the session 2019-20 With a session on water conservation on 29th of July 2019. Dr V.S. Negi of Shaheed Bhagat Singh College, University of Delhi where's the guest speaker of the event. In his session he taught the NSS volunteers about different ways to conserve water. He talked about conventional and nonconventional ways to conserve water. Dr Negi emphasized on rainwater harvesting. The custom of serving full glass water to the guests in Indian households is also a wastage of water. Instead of serving a glass full of water we can simply keep a bottle and glass in front of the guest so that they can pour water in the glass according to their need. Every volunteer and student present in the session felt that this was very useful for our general knowledge on conservation of water. We realise the value of water and its significance.



SWACHTA PAKHWADA

NSS Bharati College organized a campaign under the program "Swachhta Pakhwada" to clean the college premises from 2nd August to 14 August 2019, by the NSS units of the College with its spirit and devotion. The drive was successful because of the active and committed participation of the NSS volunteers and the support of the college authorities. A total number of 100 NSS volunteers from the first and second year participated in the Swachhta Pakhwada from 2nd to 14th August 2019. The participants were so involved that the participation in the events throughout the period was 159, and it is more than three times that of the number of volunteers. The drive began with the Swachhata Shapath. It was followed by door-to-door campaigns, awareness regarding cleanliness, female hygiene, sanitation and waste management. A visit was also made to Sankar garden slum in Vikaspuri and Super Specialist Hospital. Our volunteers also had an interactive session with children regarding cleanliness. Apart from this, sweeping & garbage collection drive was undertaken inside and strategic locations outside the college. On 14th August 2018, a rally was conducted to raise awareness regarding cleanliness in the college. The day-wise events are enclosed here with the report.

2nd August – Swachta Sapath

On the first day, Swachhta Shapath was taken in the presence of Programme Officer. There were more than fifty participants who took the oath on that day.

5th August – Cleanliness drive at India Gate

On the 2nd day a cleanliness drive was held at India gate in the presence of our NSS president. There were 10 who participated in this cleanliness drive

6th August – Cleanliness drive at College On 3rd day, six volunteers were involved in cleaning and collecting garbage around the canteen area for an hour.

7th August – Cleanliness at bus stop

On 4th day, for around two hours, twelve volunteers were engaged in sweeping and garbage disposal at janakpuri bus stop.

8th August – Cleanliness drive at Railway station

On 8th August about fourteen volunteers spent around an hour cleaning and sweeping the area around the Railway Station.

9th August – Cleanliness drive at Waste to wonder

In the cleaning drive conducted at waste to wonders seventeen volunteers participated with cheer for around two hours.

13th August – Cleanliness drive at Super Specialist Hospital Janakpuri

On 13th August eight volunteers were involved in cleaning and collecting garbage around the super specialist hospital area for an hour.

14th August – Rally on Swachta

On 14th day, a rally was organized inside College premises with a participation of twenty volunteers for an hour. The volunteers rose slogans regarding cleanliness and free hygiene.



Charcha For Change

On 5th August 2018 for NSS volunteers went to Indian Habitat Centre for the program 'charcha for change'.this event was organised by Josh Talk in Indian Habitat Centre. The main motive of the event was to ensure that

youth are aware about the climatic changes. They told us about the three R's which are Reduce, Reuse, Recycle.



The NSS volunteers of our college help the participants of the cultural competition held in our college on 6th of August. The event was organised by the college authorities.

Spinal cord Injury (poster making) On 21st August 2019, Bharati College NSS organized a poster making program with Spinal Cord Injury members. The program was started at 2 pm with a short discussion on the topic which is followed by a Poster Making Competition in which students compiled all their thoughts and ideas, and showcase them on the plain sheets with colours. Many

students participated in the program and painted their ideas on sheets. Students who attended the program found it very useful and gained a lot of knowledge on the spinal injuries.



National Sports Day

On 29 August 2019 Prime Minister Narendra Modi launched this fit India movement on the occasion of National Sports Day, in a bid to urge people to make a part of physical activities and sports, an important part of their lives. The launch event was held at Indira Gandhi Indoor Stadium, New Delhi at 10 am. Therefore, on 29 August 2019 Bharti College celebrated the occasion with enthusiasm. The program was started at 11 am with a short discussion on

the topic by our teacher's and seniors. They were telling about the benefits of fitness. The maintenance of health and fitness helps a person to be in the general state of health and well-being. It is very important for a person in life to physically and mentally fit to live a healthy and happy life. Many students participated in this program and compiles all their thoughts and ideas, and we also remember the contribution of Major Dhyan Chand the legendary hockey player. Ending the event, we also administered a fitness pledge and a short running program outside the college campus. The aim of this event is to encourage people to priorities sports and fitness in their day to day lives.



India Gate rally by spinal cord injury

on 8th of September 2019 volunteers went to India for a rally from India Gate to Rajpath. Honourable textile minister Smti Smriti Irani was the chief guest of the event. The walk was held to spread awareness on spinal cord injuries. Students from all over Delhi came to participate in the walk.





Election Verification Program

National Service Scheme of Bharti College organized EVP (Electors Verification Program) on 18 September to 23 September. In this program, we organized different series of events for the enthusiastic students to come forward and contribute for a well-being. There were many events including presentation day which we conduct on 18 September 2019 in which we gave introduction to all the NSS volunteers by showing their presentation on elector's verification program. In this introduction session we told all the volunteers that how they work on this program, and how they explain this to others. On 19 September to 23 September our NSS volunteers aware everyone in Bharati College about this EVP. In this we appealed to everyone to verify their voter ID card. We told everyone about this voter ID verification that a how can they verify their voter ID cards. We told that they can verify their voter IDs online as well offline. We told them that a voter can go to the

NVSP website and do the desired registration or on Voter helpline mobile app of the EC. Offline, voters can go to any of the voters' center spread across 70 assembly constituencies or through nearly 550 CSCs (Common Service Centres) spread across the city, if a person is not so techsavvy.

On 23 September, National Service Scheme (NSS) and Loksamvad (The Department of political science) of Bharati College collaborate with The election Commission of India conducted the Voter ID Verification Drive in our College. The program was started at 9 A. M in the theater room. All the volunteers of NSS and the students of Political science attended this program. Where in Mr. Vikas Gupta member of election commission addressed the students and spread awareness about this elector's verification program. He told them about the benefits of this voter ID verification and their rights of voting.

Students who attended the program found it way to interesting and worthy of their time. With all the coordination of the volunteers and the guidance of NSS in charge, the event was made a success.



NSS Day

NSS Unit of Bharati College University of Delhi had successfully Celebrated the NSS foundation day on 23 September 2019 and 24 September 2019 with various activities being organised on Different days. On 23 September 2019 poster making Competition had organised Most of the NSS Volunteers as well as students of Bharati College Took part in the competition enthusiastically. Competition started at 12:15pm. Then at 1:15pm speech Competition started and lasted For 1 hour. Quiz Competition on Mahatma Gandhi was held at 2:15pm students brilliantly Gave all answers which was really impressive about our youth and their knowledge For our father of nation. And then the day get over by a rally of all NSS Volunteers and College students At 3:15pm. On 24 September 2019 firstly, dance performances By Dance

committee of NSS unit. It was beautiful dance On some of our famous patriotic songs. Nukkad Natak presented by the nukkad natak committee of NSS Unit on Swachh Bharat which indeed gave a clear message Of swachhta and revealed its importance. And at last but not least Rally and Shramdaan was done by NSS Volunteers Very efficiently. So we Successfully organised NSS Foundation day with alot of participation and enthusiasm under the guidance of NSS Programme Officer Dr Indu Baghel.



Climate change rally

On 30th of September the NSS team of Bharti College in collaboration with the journalism department held a climate change awareness Rally. it was paperless and plastic less really only one cloth banner was used. The

student painted their face to spread the word. Teachers from various departments along with our volunteers participated in this Rally.



Women Health Issues

NSS Bharati college University of Delhi organized a lecture on Women's Health Issues on 17th October, 2019 from 11am to 1pm. This talk held under the supervision Of our NSS in charge Dr Indu baghel. We welcome Our chief guest Ms. Yukti Wadhawa. This talk covered the following aspects:

- Menstruation is a healthy biological process of women and girls' reproductive cycle, yet, culturally, it is still considered as dirty and impure in various parts of India.

- Do not use soaps or vaginal hygiene products to wash the genital area. Instead, clean the vaginal area using warm water regularly, after each use of a toilet and even after urination. Washing the vagina with an intimate wash can kill the good bacteria making way for infections.
- Malnutrition poses a variety of threats to women. It weakens women's ability to survive childbirth, makes them more susceptible to infections, and leaves them with fewer reserves to recover from illness.
- Addressing women's malnutrition has a range of positive effects because healthy women can fulfill their multiple roles — generating income, ensuring their families' nutrition, and having healthy children — more effectively and thereby help advance countries' socioeconomic development.
- Promoting greater gender equality, including increasing women's control over resources and their ability to make decisions, is crucial. Improving women's nutrition can also help nations achieve three of the Millennium Development Goals, which are commonly accepted as a framework for measuring development progress
- Women are more likely to suffer from nutritional deficiencies than men are, for reasons including women's reproductive biology, low social status, poverty and lack of education. Students who attended the program found it way to interesting and worthy of their time. With all the

coordination of the volunteers and the guidance of NSS in charge, the event was made a success.

This event was continued by Pad Donation drive which was later given to the needy women of nearby area.

MOTIVATIONAL TALK

On 23 October 2019 NSS Bharati college University of Delhi organised a Motivational Talk by Dr. Prakash Veer Khatri principal of Swami Shraddhanand College under the supervision Of NSS Program Officer Dr. Indu Baghel. Firstly, our guest Dr. Prakash Veer Khatri started his speech with the LAKSHYA GEET (The NSS Song) and as well as explained it word to word which was very motivational in its own and really a great add up to our knowledge.

This talk covered the following aspects:

- Three pillars of development are:
 1. Communication
 2. Motivation
 3. Leadership
- Quality and significance of Leadership.
- XY theory about people through the law of management.
- Basic human needs.
- Self actualization- foremost and final basic need.

All students were influenced by this effective motivational talk. Had a short interaction with student's own ideas too. So we successfully organized this motivational talk with the active volunteering of our NSS Volunteers.

Rashtriya Ekta Diwas

Rashtriya Ekta Diwas or National Unity Day is celebrated annually on October 31 to pay tribute to Sardar Vallabhbhai Patel - Indian freedom fighter and Independent India's first deputy prime minister and home minister. Therefore, on 31st October, 2019 Bharati College NSS Unit celebrated this occasion with enthusiasm, and through this short event broadcast their love and proud towards the nation. The program was started at 10 a.m with a pledge taking ceremony. After the pledge we had a short discussion about the National Unity Day and our P. O gave a small speech, and tell us about the Rashtriya Ekta Diwas. After this we organized many activities which include a small run (run for unity) and play different types of games (caterpillar race, 3 leg race, tug of war) and we also organized different types of competitions (painting competition and essay writing competition). All the dignitaries present and the students who attended the program found it was too interesting and worthy of their time. With all the coordination of the volunteers and the guidance of NSS P. O. the event was made a success.



Cancer and Tobacco awareness session

On 11th of November 2019 the NSS unit of Bharati college held a session on cancer and tobacco awareness. Dr Ramesh Pal. He taught us about the effects of nicotine in our body. The session was very useful and students learned a lot of the harmful effects of tobacco

Constitution Day

Constitution Day (National Law Day), also known as Samvidhan Divas, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950.

Therefore on 26 November 2019, Bharati College Nss unit and NCWEB of bharati college collaborate and celebrated this occasion with enthusiasm and through this short event broadcasted their love and proud towards nation. The program was started at 11 a.m. with very apt words as the thought for the day "The flavor of tricolor should not be depicted only through our words but also through our actions." This worthy thought was followed by an oath on preamble taken by the volunteers. After the oath, We showed the documentary on constitution to everyone which enhanced the feeling of belongingness in hearts of everyone present there . And we all saw the live program which telecast on RS TV related to constitution day. And after all this screening many volunteers show their thoughts and feeling by giving speech on constitution. We also organized a essay writing competition and many volunteers participate in this competition in which students compiled all their thoughts and views about the Indian Constitution And showcased them in their own words. All the dignitaries present and the students who attended the program found it way too interesting and worthy of their time. With all the coordination of the volunteers and the guidance of NSS P.O., the event was made a success.



On 16th of January our volunteers took an oath on cleanliness. After the oath our volunteers cleaned the college premises and argued the students to keep the college premises clean

National Youth Day

National Youth Day is celebrated on 12 January being the birthday of Swami Vivekananda. In 1984 the Government of India declared this day as National Youth Day and since from 1985 the event is celebrated in India every year. Therefore, on 13th January 2020 Bharati College celebrated this occasion with enthusiasm and through this short event broadcasted their love and proud towards the nation. The day was started when our slum committee

volunteers gone on a slum visit in Shankar garden vikaspuri . Where we celebrated this day with the children's who live there. Our NSS Unit President tell them about Swami Vivekananda ji and his great work done for this nation. And after this we organized a quiz on Swami Vivekananda and all the small munchkin's participated in the quiz. After the quiz we all play some games with them like handkerchief game and Book on a top game and more. We also gave chocolate's who won the games. And toffee's to all the munchkins. And our some volunteers also celebrated this day in our college by doing a cleanliness drive in our college areas. Students who attended the program found it way to interesting and worthy of their time. With all the coordination of the volunteers and the guidance of NSS in charge, the event was made a success



Fit India walkathon

The initiative of fit india is raised by our PM and as an NSS volunteer it is our duty to take fit India movement forward. On this we had a fit india walkthon on 18th jan

2020. on the occasion Of National Girl Child Day it's theme was BETI BACHAO BETI PADHAO NSS Voluteers took part actively in both the events and made them Successful. It was an small initiative to make people realise the significance Of Girl Child and more over to provide her education. we Successfully organised the event on National Girl Child Day with active participation.



Clothes donation drive

This is the story of millions of people who spend their lives on the streets. Many of them survive, many of them fall prey to the changing seasons in their trial to survive. We, NSS-BHARATI COLLEGE through CLOTH COLLECTION DRIVE, tried to benefit these people by spreading some warmth in their lives. 2 day drive of this week was conducted during the month of January 2020 to celebrate the JOY OF GIVING in the Bharati College campus. In this campaign the students were urged to donate their old clothes for the

needy. We usually have heaps of clothes at their home which we do not use anymore. Our initiative was to encourage them to donate those clothes for the needy ones. The clothes which we just ignore or throw away may provide comfort to thousands of homeless people on the streets , we just tried to do our bit to save them from the freezing cold. Cloth collection bins were placed in the central lawn. There were separate bins for gently used clothing. A number of NSS volunteers themselves contributed to the drive. Moreover, they were the key to inspire other fellow students and the faculty members of Bharati College. We were very happy to know that the students of Bharati College showed great enthusiasm in donating for the needy and the poor. Every day we kept cloth baskets at the central lawn and got those buckets full of clothes at the end of the day. We genuinely salute the spirit of donation shown by the students. The clothes collected were then donated to some slum areas, construction areas and the people who live at road side. The people were extremely happy by getting the clothes and we as a NSS VOLUNTEETS we were satisfied by fulfilling our responsibility for our society.



Voter's awareness campaign

23 January 2020 NSS Bharati College University Of Delhi and Election Literacy Club of Bharati College In association with Systematic Voter's Education and Electoral participation programme (SVEEP) Organised The following events:

1)Speech Competition in collaboration with Human development And family(HDFE) department.On topic Wall of Democracy-ELECTIONS.

2)Poem Recitation Competition on theme 'Vote is not our right it is our power.

All participants did well recited in spiring poems Related to voting and its awareness.

3)Slogan Writing Competition, theme 'Go out and vote'.

4)Digital Poster Making Competition.

On 24 January 2020 NSS Bharati College University of Delhi And Election Literacy Club in association with Systematic Voter's Education And Electoral Participation Programme(SVEEP) Organised a seminar(workshop)and the following events:

- Wall of power
- Signature Campaign
- Seminar with District Election Office West
- Oath taking
- Rally

Seminar was attended by everyone and was enjoyed And got inspired to cast their precious vote. Short Quiz competition was organised , and winners got exciting Prizes, Refreshments provided to everyone who attended the Workshop. At the end there was an oath taking ceremony for allpeople. And at last but not least Rally was organised by NSS Bharati College So we Successfully organised these events with the active participation of our volunteers It gave immense pleasure for everyone of us and all these events completed under The supervision of NSS programme Officer Dr Indu Baghel and leadership of SVEEP Campus ambassador.



Road safety seminar

On 14 february 2020 NSS Unit of Bharati College University of delhi In collaboration with Hero Motor Corps along with Indian Road Safety Campaign and Hindustan Times organised a seminar on Road safety Entire talk was conducted by Ms Vaishnavi from Road safety Campaign Seminar covered topicsas Road signs, Good Samaritan Law, Golden hour Infrastructure around road.The theme of the seminar was "Be a Road Hero". This talk was successful increating awareness among all present there the NSS Volunteers and rest of the students as well.

Workshop with Sakshi foundation

On 17 February 2020, the NSS Unit of Bharati College in association with Sakshi(regd NGO) conducted a workshop on POCSO Act and Child Abuse in the college Seminar Room. The workshop was conducted by

members of Sakshi Foundation. The aim of the workshop was to make the youth understand that they have responsibility and power to bring the change in the society. The interactive session included a blindfolding activity and a mirror game. Important issues like consent, normalising the word sex, the virtue of saying No, were some of the concepts that were discussed. The Rakshin Project was also discussed. It focuses not only on protection but also prevention of child abuse. It was an overall great learning experience.



Women empowerment program by Delhi police

On 18th of February our NSS volunteers went to Surajmal college for taking part in women empowerment program conducted by Delhi Police. There were many activities like yoga, skit, self defence training etc. All total of 300-400

participants were there in this event. Our volunteers actively participated in yoga and skit.

Essay writing by Delhi Police

On 20th of February 2020 Delhi police in collaboration with our NSS unit held an essay writing competition in our college. The topic of the essay was SEWA SHANTI NAYAY. A good number of students from our college participated in the event. Every participant got a participation certificate.



Art of living Workshop

On 25th of February 2020 a special session was organised for our volunteers and college students by Art of living organisation. In this one hour session the speaker gave us tips on how to make studies fun and exciting.

They told us about time management and meditation. It was an impactful session.

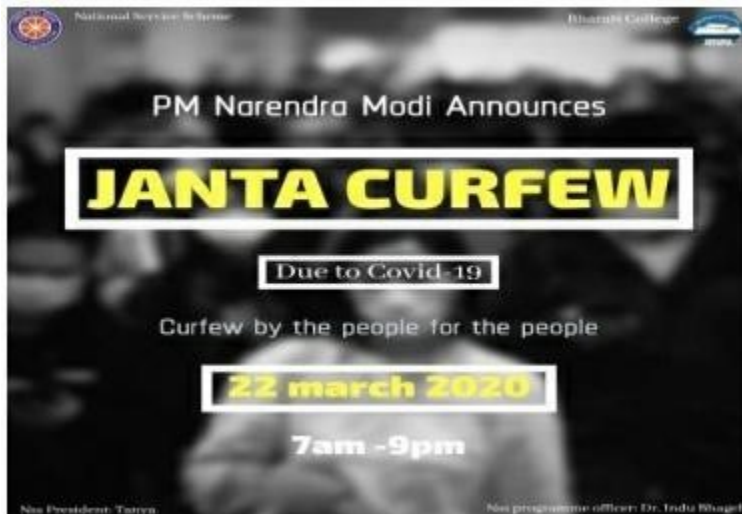


Workshop at Motilal Nehru College

Our volunteers went to Motilal Nehru College and participated in Human Rights Awareness Workshop on 29th of February. The workshop mainly focused on sexual minorities and human rights. The current situation of Human right violation by the internet was also told by the speaker. They told about the actions and laws to be charged under the human right act. It was a useful workshop.

NSS VOLUNTEERS fighting against COVID 19 (Pandemic)

NSS UNIT of Bharati College University of Delhi started its fight against COVID 19 along with the entire country. On 22 March 2020 , JANTA CURFEW was observed in all over India on the directions of hon'ble Prime Minister Shri Narendra Modi from 7:00 am to 9:00pm. And on the same day at 5:00pm all People come at their doorsteps, windows and balconies respectively on the directions on our hon'ble Prime Minister to express gratitude to those who have been working in the frontlines during the health crisis by ringing bells, clapping sounds, etc. And this was fully supported by all by NSS BHARATI COLLEGE




On 05 April 2020 NSS Bharati College University of delhi appealed people on the directions of hon'ble prime Minister shri Narendra Modi for showing solidarity and sense of unity with one another. i.e #India fights COVID 19. By switch off all the lights and illuminate diyas/candles/torch/flash lights.



NSS Bharati College University of delhi organised an activity of poster making (digitally) on the topic India Fights



 bharati_college_nss
NSS President : Tannya

NSS Programme Officer : Dr. Indu Baghe

COVID 19. and the best 10 got featured on its official Insta page. It was a way of digital awareness among people.

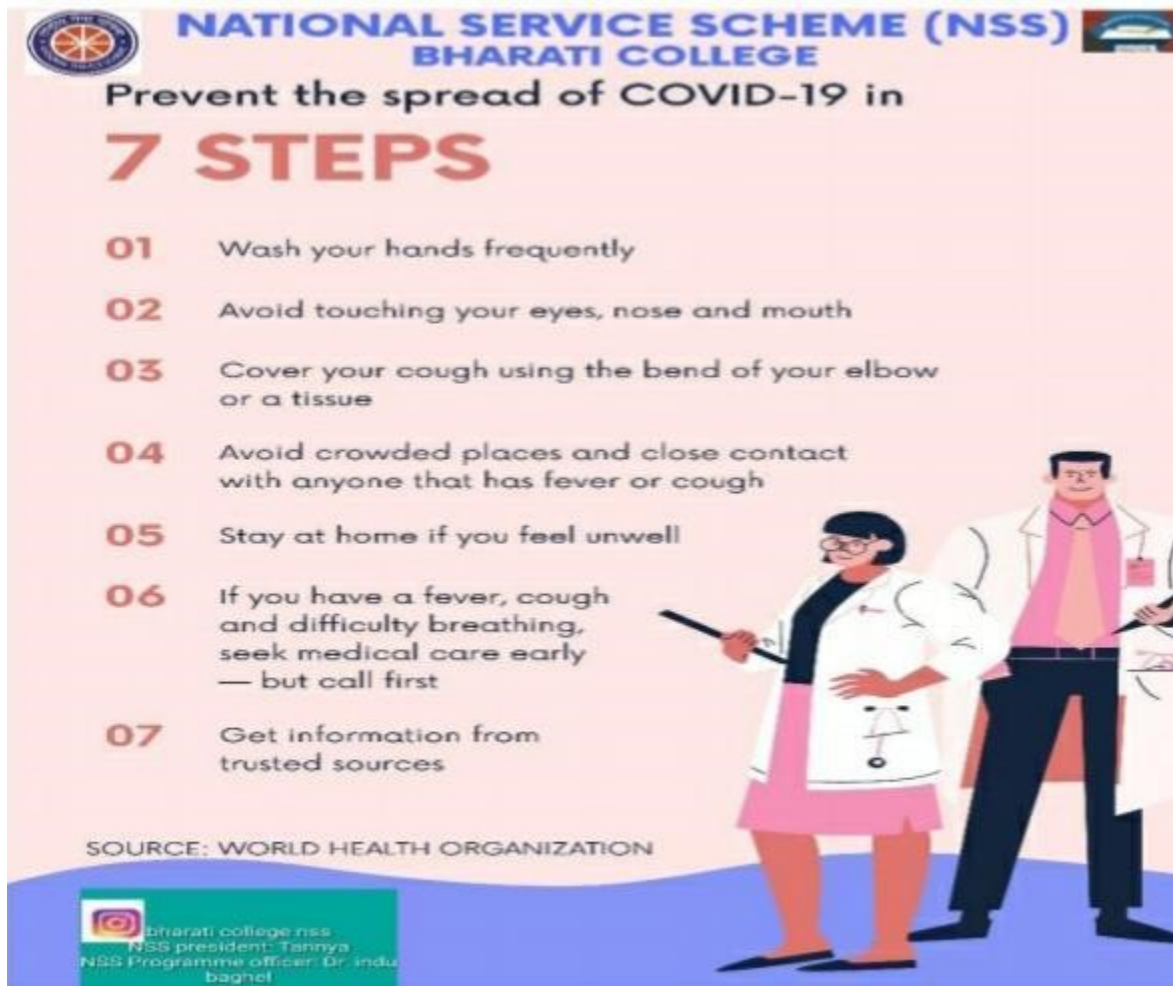
On 14 April 2020 NSS Bharati College participated in Slogan writing Competition organised by Jan Sahyog Samiti, Human Foundation, Delhi Homeguards Directorate General, National service Scheme Delhi University and NSS Guru Gobind Singh Indraprasth University.

And constantly doing the Awareness Programme against Novel Coronavirus by sharing and posting its prevention measures. Did Mask making activity to provide help to the needy.





Constantly spreading Awareness to stop the spread COVID 19 with using limited Resources on digital platforms and fully contributing towards the Government's guidelines.



NATIONAL SERVICE SCHEME (NSS)
BHARATI COLLEGE

Prevent the spread of COVID-19 in
7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources

SOURCE: WORLD HEALTH ORGANIZATION

bharati college nss
NSS president: Tannya
NSS Programme officer: Dr. Indu
baghel

The poster features an illustration of a female doctor in a white lab coat and a male doctor in a white lab coat and pink shirt, both holding stethoscopes. The background is light pink with a blue wave at the bottom.

Promoted the Arogya Setu app on every mobile phone.



National Service Scheme Bharati College



Aarogya Setu App

Help you test
yourself against
the symptoms of
covid-19

Recommend what
precautions to
take



Track Corona
affected people

Available in 11
languages

Scan to download



The COVID19 Training program on **DIKSHA APP** was completed by all the volunteers.

Ambedkar Jayanti

On 14th April Baba Saheb's jayanti was observed by the NSS volunteer. NSS Unit Bharati College organised a documentary screening on the life of Dr Bhim Rao Ambedkar via zoom meeting. Many volunteers join the screening and it was a successful event

Earth Day

Earth day was observed by the NSS unit of Bharati college on 22nd of april 2020. A talk in climate change was organised by the NSS Team. Our PO Dr Indu Baghel conducted the session and told us about the climatic changes and its effect on future. She further told us about the effects of COVID19. The program was through zoom video conferencing. At the end all the volunteers stood up and took an oath to protect our mother earth

All Possible measures have taken place to make people aware about the Novel Coronavirus and to spread this

virus. In these testing hours we fight against this pandemic with full cooperation to the Government.





**NATIONAL SERVICE SCHEME
BHARATI COLLEGE**



**STAY
HOME**
STAY SAFE

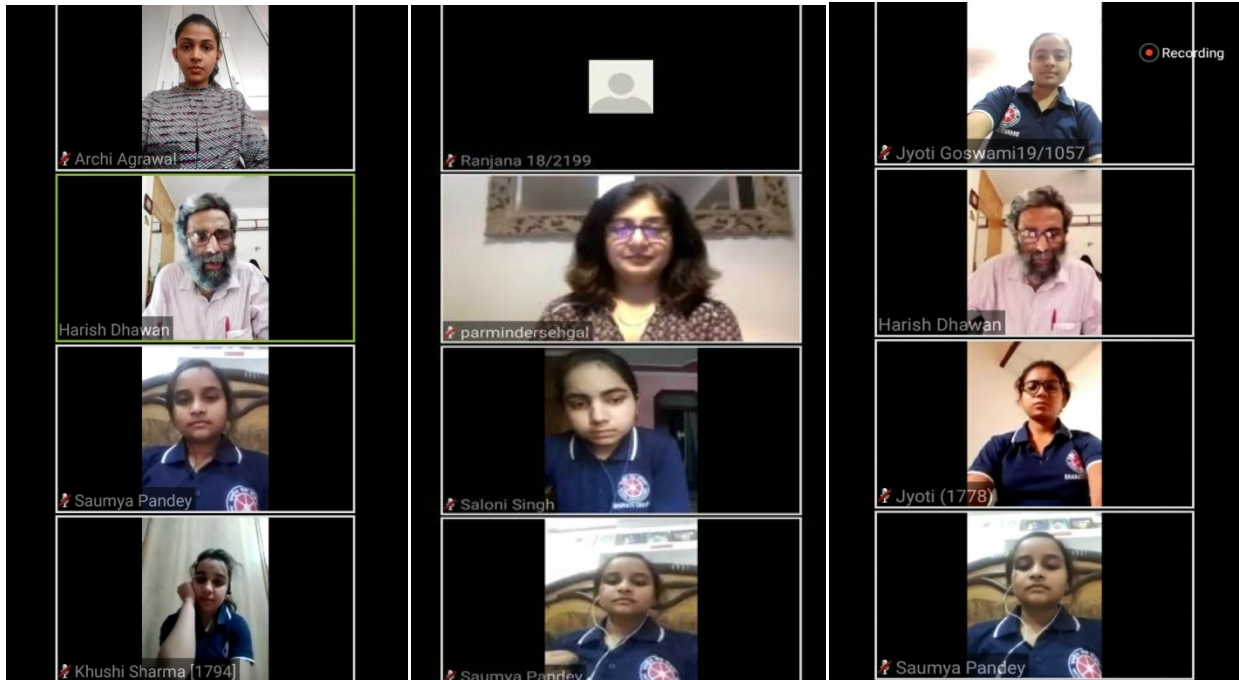
Role of Service in the time of Covid-19

On 14 May 2020, NSS Unit of Bharati College, University of Delhi organized a **WEBINAR** on the Topic: “**Role of service in the time of covid-19**” by our speaker, **Dr. Harish Dhawan** [Associate Professor of Aryabhata College, University of Delhi], we invited **Dr. Parminder Sehgal** [NSS program coordinator, University of Delhi] as a chief guest, under the supervision of NSS Program Officer **Dr. Indu Baghel**.

The event started with a welcome speech by our NSS Program officer Dr. Indu Bhagel with a welcome speech for our respective guests and participants. The event further followed by a introduction speech on the theme of the webinar to make the participants aware about the topic by one of our volunteers.

After the introductory speech NSS BHARATI COLLEGE president Tannya Asiwai introduce our respective chief guest Dr. Harish Dhawan and further invite for saying a few words.

The session was so interactive and knowledgeable. Our speaker shared his experiences of the time of Covid-19 and also raised some important issues and questions with the aim of analyzing the role of various services. Many serious topics like condition of labour during the time of covid 19 and how people were affecting during the pandemic were discussed.



All the students were influenced by this effective webinar. The participants also share their experiences during the pandemic. Participants also raised some necessary questions which were answered by our speaker.

Further our esteemed guest captain Parminder Sehgal motivated the participants and NSS volunteers to help and contribute to the society during this pandemic.

The webinar came to end with a vote of thanks by our NSS Program Officer, Dr. Indu Baghel to our speaker and our chief guest. The whole unit is grateful to our chief guest, Dr. Parminder sehgal for giving some of her precious time and sharing her knowledgeable words with us.

QUIZ COMPETITION ON COVID 19

NSS BHARATI COLLEGE organised a Quiz competition on COVID 19 held on 14 May at 4pm. The questionnaire was uploaded on the Instagram page of NSS BHARATI COLLEGE'S bio for 15 minutes for the students to participate. Many volunteers and students from different colleges participated in this competition and increase their knowledge about COVID 19. The results of the competition were announced through our instagram page itself stating Vrinda chopra of Bharati College securing 1st position, Garima Yadav of Bharati College as 2nd and Anurag Gupta of Rajdhani College as 3rd. All the certificates of each participant were sended through online mails and thanked each participant for joining the event. The event was a huge success and appreciated by everyone.

E-YOGA AND MEDITATION

Day1

May 11th

E-yoga and meditation Day 1 event was held by GROUP SWASTHYA NSS BHARATI COLLEGE'S yoga group.

It was an online event done on Zoom app. It was the inauguration day. Captain Parminder Sehgal NSS HEAD DU graced the event by her presence as our chief guest. The event was also graced by BHARATI COLLEGE principal Dr. Rekha Sapra and our Program officer Dr. Indu Bhagel mam.



The Event was started by a welcome speech by our Program officer Dr. Indu Bhagel for our respective guests and all the participants.

Further the event continued with performing various asanas. Excercises include vajrasana, urdhava hastasana,



pada hastasana, trikonasana, bhujangasana, sukhasana. Welcome speech and Anchoring was done by Saloni singh. Excercises were performed by Sheetal Prajapati. Each asanas were performed 3 times follwed by explanation of benefits of the same. Procedures and contradictions were taught of each excercise. Doing yoga online was a new experience for everyone.

After all the exercises our esteemed guest shared their views and encouraged the volunteers for their hard work. In the end Dr. Indu Bhagel mam motivated everyone with her speech.



Day 2

May 12th,

The day 2 was started by a welcome speech by shivani kumari, volunteer of swasthya project. The excercises were performed in the guidance of NSS volunteer Kashish Rawat. Excercises include Anulom vilom, lotus pose, Paschimotasana, Seated twist. These excercises would help to improve their physical as well as their mental health. The process of each asana was told 3 times further followed by benefits of each asana. Contradictions were also taught before the each excercise to aware participants. Benefits were taught.

The event came to end by asking feedback from the participants.



Day 3

May 13th

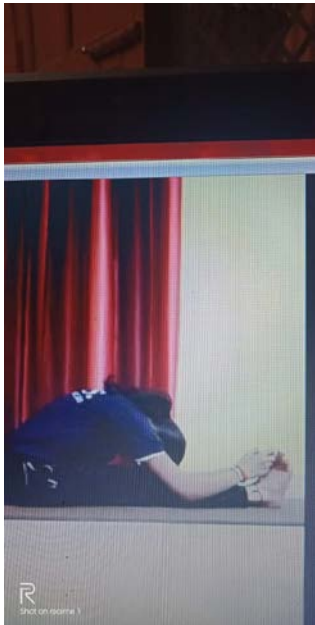
The online event Day 3 of E-yoga and meditation was started with a great enthusiasm. In the beginning, a welcome speech was given by Preeti yadav. Day3 asanas include Dandasana, Cat pose, Butterfly pose, Brahamari Pranayama, Parvatasana, Balasana, Child pose. Exercises were performed by our talented volunteer Sheetal Prajapati. Each asana is preformed again and again so that it can be understood well by the participants. Benefits,Procedures and contradictions of each asanas were told.



Day 4

May 14th

The day 4 started with a welcome speech by one of our volunteers Preeti yadav. Sheetal Prajapati one of the members of swasthya group gave a step by step demonstration of each asana. The asanas include Kapalbhatai Pranayama, Naukasana, Gomukhasana, Bow pose, Cat pose.

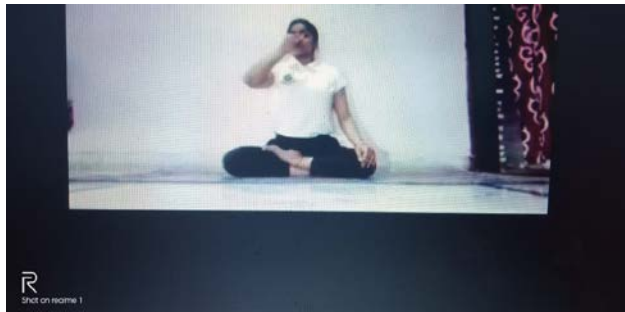
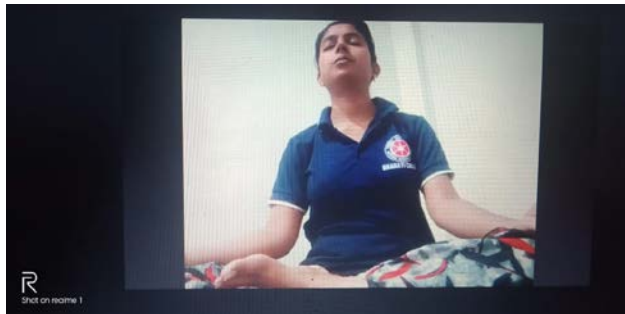


The Process was told while performing excercises. The benefits of each asana was told with its contradictions. These exercises help to meditate the mind. After the asanas a meditation round was done which helps to calm the mind during this pandemic.

Day 5

May 15th

The Day 5 began with new exercises. An introduction speech was done by Saloni Singh. Each asana was duly demonstrated by our volunteer Sheetal Prajapati which was further followed by the participants. The exercises include Janu Sirsasana, mundkasan, Anulom vilom, uttarpadasan, Shavasana. Various benefits of each yoga were taught.

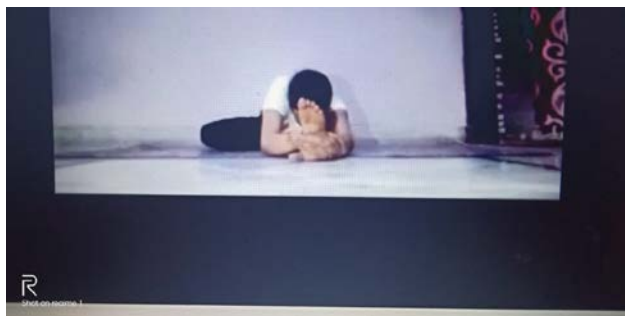
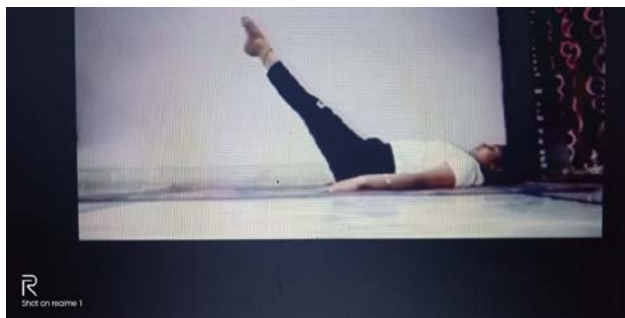


The Contradictions and Process were taught while performing. After the asanas a meditation round is followed which includes chanting of Om and Gayatri Mantra. It helps to reduce anxiety.

Day 6

May 16th

The online event Day 6 started with great enthusiasm. A welcome speech was given by our volunteer Preeti yadav. The excercises were performed with a step by step demonstration by our volunteer kashish Rawat another member of swasthya Group. Excercises include Neck rotation and Hand rotation, Pawanmuktasana, Pranar Pranayama, Parvatasana, Bhujangasana. Benefits of the yoga were told in today's event and participants were encouraged to make yoga an essential part of their life.

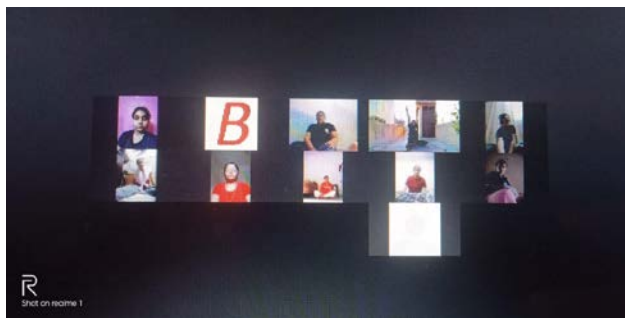


Further event was continued with meditation for maintaining peace and happiness.

Day 7

May 17th

The last day of E-yoga and meditation began with speech about the history of yoga in India by our volunteer Saloni Singh. NSS volunteer Sheetal Prajapati gave a demonstration of asanas as a revision of all the asanas taught during the seven day camp. These Pranayama's include Kapalbhata pranayama, Bhramari pranayama, Anulom vilom pranayama, Dandasana, Janu sirsasana, cat pose, Butterfly pose, shavasana/child pose.



Everyone learned something new. The participants enjoyed the event. In the end, Dr. Indu Bhagel mam appreciated everyone for their work and support. The event was proved to be useful and successful.