

2020, January, Issue 2

Surabhi



Acharya Narendra Dev College



VANDE MATARAM

A talk series from officials of armed forces/ law enforcement agencies

SPEAKERS:
P.K. BHARADWAJ, IPS
(SPECIAL COMMISSIONER DG Rtd.)
AKHIL JAIN
(SECOND IN COMMAND, ITBP)

26 September, 2019
Seminar Hall
10:45AM

NSS@ANDC

Acharya Narendra Dev College
(University of Delhi)

NSS@ANDC
is celebrating
NSS DAY
24TH SEPTEMBER, 2019

DISASTER MANAGEMENT TRAINING
BY
NATIONAL DISASTER RESPONSE FORCE
09:45 AM ONWARDS | SEMINAR HALL

PLASTIC COLLECTION DRIVE
CONTRIBUTE YOUR PART TOWARDS
RECYCLING & REUSING PLASTIC WASTE.

PAD YATRA ON GANDHIAN IDEOLOGY
ADMIN BLOCK TO GIRI NAGAR PARK
⌚ 01:00 PM

EXHIBITION ON GANDHIAN IDEOLOGY
IN GIRI NAGAR PARK

Acharya Narendra Dev College
(University of Delhi)

NSS@ANDC
presents
SAHYOG
Diwali Mela 2019

DATE: 16TH OCTOBER 2019
TIMING: 10:00 AM - 04:00 PM
VENUE : FRONT LAWN

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Dr. Manisha Jain
Programme Officer
NSS@ANDC



So here we are...with our second issue of '*Surabhi*'. This semester had been quite happening for NSS@ANDC with a lot of activities buzzing around the campus. NSS volunteers as always, energetically contributed in successful completion of the tasks assigned to them ranging from cleanliness drives, awareness workshops, lectures, electoral awareness process to organizing mega event 'Sahyog' in the college campus. The enthusiasm and energy levels of team NSS@ANDC are beyond the words. The present issue is giving a glimpse of all such activities and the efforts put in to organize them. I am sure the readers will appreciate the team NSS for their spirits and nobility in serving the community...

Dr. Pooja Bhagat
Co-convener
NSS@ANDC



It's utmost delight when your students excel in community service. Our NSS volunteers, with their sincere efforts for social welfare, proved yet again the core belief and objective of NSS. In this second issue of "Surabhi", we present to you the enormous activities carried out by our volunteers in this semester keeping the NSS@ANDC flag high in true spirits. While doing good work for the society, students also developed their leadership qualities and learned the ability to solve individual and community problems.

NSS Day

NSS@ANDC celebrated **50th NSS Day** on **September 24, 2019** with full enthusiasm. A large number of activities were organized for the day. These were:

Disaster management Training



The day started with Disaster Management Training by NDRF. The training programme was arranged by **DDMA** (District Disaster Management Authority (South-East)) and the training was given by **NDRF** (National Disaster Response Force) team headed by SI Shakeel Ahmad. The guests were welcomed by Acting Principal,

Dr. Ravi Toteja with a planter. Dr. Ravi Toteja then addressed the students congratulating them on NSS Day and highlighting the need of such trainings for every individual. NSS volunteer Utkarsh Khati gave the introduction of the training programme. The seven-membered team demonstrated a large number of life saving tips/techniques required to be known during any calamity. SI Shakeel Ahmad gave information about the types of disasters one can encounter and what steps should be taken to deal in crisis. The team gave a live demonstration of how to safely take an unconscious victim of any calamity from the place of disaster to a safe location, how to carry a conscious



but badly injured victim, how to lift victims using help from single person, two persons or three persons, how to provide a first aid to fractured body parts so that victim can be relieved of some pain before getting medical help, how to perform CPR on a victim who is out of breath, how to clear a choked airway in a victim to help him regain his/her breath, how to make a temporary stretcher from available materials like blankets or using rope etc. Students very

actively participated in learning these techniques. NSS volunteer Prakhar Agrarwal gave the feedback of the training on behalf of the students stating that the experience was one of the best learning time for everyone. The training programme culminated with presenting mementoes to the NDRF team by Programme Officer, Dr. Manisha Jain and Vote of thanks by Co-convener Dr. Pooja Bhagat.

Release of NSS@ANDC News Letter 'Surabhi'

NSS unit of ANDC took pride in releasing its first ever Newsletter *Surabhi* on NSS day, September 24, 2019. The News Letter will keep the college community updated about all initiatives undertaken by the Unit and will thus encourage the ANDC students to contribute towards society.



Plastic Collection Drive

NSS Volunteers collected all waste plastic materials from college campus and encouraged the college students also to do so. The plastic collection drive initiated on this day continued for the whole week.

Padyatra on Gandhian ideology

NSS Volunteers carried out a Padyatra from College Admin block to nearby Giri Nagar Park on NSS Day in which students carried self-made posters on Gandhian ideology. Students exhibited these



posters in the park and interacted with local residents to emphasise Gandhian



ideologies. This exhibition covered mainly four themes- Promoting khadi, Sticking to

truth, self-control and control over mental violence along with physical violence.



Vande Matram Series of Talks

NSS unit has started a **series of talks entitled Vande Matram**, which will have speakers from Armed forces and Law enforcement Agencies. The aim of such interactions is to inculcate in NSS volunteers, the spirit of love for nation. When students get to interact with people from forces serving the nation in a selfless mode risking their own lives, no more emotion can dominate this feeling of love for our own society. The first two speakers in the series were **Mr. Pradeep Kumar Bharadwaj, IPS,**



Special Commissioner (DG, retd) and Mr. Akhil Jain, Second in Command, Indo Tibetan Border Police who interacted with students **on September 26, 2019** in the seminar Hall of the college.



The programme started with a lamp lightening ceremony by the Guests, Principal ANDC, Programme Officer NSS@ANDC, Co-convenor NSS@ANDC and NSS volunteers. Principal, Dr. Ravi Toteja welcomed the guests with planters and addressed the students. Programme officer, NSS@ANDC, Dr. Manisha Jain gave an introduction of the programme and purpose behind initiating such series of interaction.

Mr. Bharadwaj talked about how an aspirant for aiming to join Armed forces or police should focus on his aim. He shared some real stories with students to emphasise his points. **Mr. Akhil Jain** gave information about different wings of Paramilitary forces and how one can serve the nation by joining them. Both the speakers had an interesting interaction round with audience after their talk and addressed to their queries. The programme culminated with presenting a token of appreciation to both the speakers by Co-convenor Dr. Pooja Bhagat and vote of thanks from NSS Volunteer Utkarsh Singh Khati.



Community mobilisation in discouraging the use of single-use plastic

On **October 2, 2019**, ANDC NSS unit carried out **community mobilisation in discouraging the use of single use plastic** and hence curb the plastic waste generation in adopted slums. Students went for a door to door campaign for creating an awareness of the harm caused by plastics in the environment and highlighting



how the single use plastic are the biggest menace. They made residents clear about the reason for govt. ban on single use plastic. NSS volunteers could motivate the slum children for a rally in the adjoining area during which they raised anti-plastic slogans quite enthusiastically.



Swachhta Hi Sewa

ANDC NSS volunteers carried out second round of campus cleanliness drive under the programme 'Swachhta hi sewa' during the fortnight September 16-October 2, 2019. The volunteers concentrated on cleaning the common areas, laboratories, classrooms, canteen, library, sports room and office block.



Fit India Plog Run

ANDC unit observed **Fit India Plog Run** in collaboration with the sports department of the college. ANDC students including NSS volunteers and sports students carried out a plastic pickup drive while running in the college campus and around the campus.



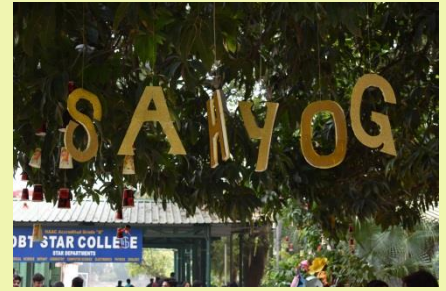
'Sahyog'

On October 16, 2019, NSS unit of ANDC organized its annual event 'Sahyog'. Sahyog is a platform to inculcate and promote in the NSS Volunteers and other college students, the sensitivity towards the disabled persons. This is done by inviting the NGO's working for the disabled, orphans and old people, are invited to display and sell their self-made products. The NSS volunteers assist the specially-abled persons coming to set up their stalls. Some of the NGO's which visited ANDC campus are Delhi Federation for Deaf Women, Delhi Cheshire home, Netraheen Sewa sansthan, Ujala Aadi, Aanchal School, Shanti



Sahyog, HCRA, Trash to Cash India, Perna Niketan, HCRA, Jan Madhyam, Jan sharnam, Muskaan etc. These NGO's are offered stall free of any charges. This year total sale, of 12 NGO's participating in the event, was around Rs.70,000. (seventy thousand only). All ANDC NSS volunteers worked over weeks to make this event a true social service. This year's 'Sahyog' was unique as

volunteers decorated the venue with one time used plastic materials collected during the plastic collection drive earlier.



Anemia Health checkup camp

On October 16, 2019, NSS@ANDC organized Anemia Health checkup camp in collaboration with Integrated District Health Society of South East district of Delhi. T3 (Test,Treat,Talk)



Anemia camp and D2

Defeat Diarrhea Camp were organized under POSHAN ABHIYAN (PM's Overarching Scheme for Holistic Nourishment). A team of 7-8 medical persons visited the ANDC Campus under the Guidance of Dr. Anushree Nayak, PO, RCH, SED and tested about 400 students for Hb levels in their blood samples. The Anemic students were prescribed medicines to revive the Hb



levels. Dr. Anushree Nayak interacted with students to give them an insight into the causes, prevention and treatment of Anemia and Diarrhea.



Electoral verification by NSS volunteers

During September and October, ANDC NSS volunteers with SVEEP Ambassador Vikalp Bajpai, had carried out Electoral verification programme. NSS volunteers had approached maximum courses and spread the awareness about the electoral verification programme and even assigned a dedicated venue for two full days to assist the students to verify their details. An extensive awareness about the need for electoral verification was done covering almost every student of the college but actual verification done was for about 150 students only which is around 10% of the strength of college students. The verification programme could not be achieved significantly because of some of the following problems :

Electoral Verification Programme

<ul style="list-style-type: none"> <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">1. VERIFY YOUR DETAILS <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">2. CORRECT YOUR DETAILS <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">3. VERIFY YOUR FAMILY MEMBER DETAILS <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">4. TAG YOUR FAMILY MEMBER FOR LISTING TO NEAREST POLLING STATION <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">5. INCLUDE LEFT OUT LISTED FAMILY MEMBERS <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">6. ALL MEMBERS OF FAMILY MEMBERS SHOULD HAVE PHOTO IDENTITY PROOF OR ANY OTHER <li style="background-color: #0056b3; color: white; padding: 2px 5px; margin-bottom: 2px;">7. ALL DETAILS OF FAMILY MEMBERS AGED BETWEEN 18 TO 18 YEARS 	<p>ID PROOFS REQUIRED:</p> <p>PASSPORT, PAN CARD, DRIVING LICENSE, RATION CARD, KISAN PENCHAN PATRA, AADHAR CARD, PASSBOOK, WATER/ELECTRICITY/PLG LATEST BILL</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="background-color: #0056b3; color: white; border-radius: 50%; padding: 5px; text-align: center;"> <p>DAYS- SATURDAY AND MONDAY</p> </div> <div style="background-color: #0056b3; color: white; border-radius: 50%; padding: 5px; text-align: center;"> <p>TIMINGS- 11:00AM TO 4:30PM</p> </div> </div> <p style="font-size: small; margin-top: 10px;">DATE- 23 SEPTEMBER and 23 SEPTEMBER VENUE- NSS ROOM(Near Bobby Canteen)</p> <p style="font-size: x-small; margin-top: 5px;">FOR MORE INFORMATION CONTACT VIKALP BAJPAI@SVEEP1711 98111 70088@1141</p>
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1. Majority of First year students didn't have voter's id card
2. From second and third year students, a large number of students had their Voter's card at their native places (Majority of ANDC students are outstation students)
3. Those who had their voter's card with them, were

not able to get verification done as they didn't receive OTP's sent during verification process.

The unit also received the EVP forms from the Election Office directly to get the verification certified by the voter. About 150 forms were filled and sent to the electoral office.



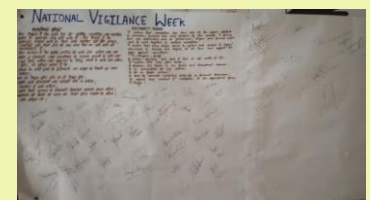
Unity Day

ANDC NSS Unit Observed **Unity Day** on **October 31, 2019**. Unity pledge was taken by NSS Volunteers followed by a run for unity in the area adjoining the college. An essay and poetry writing competition on the theme 'Unity and Social Media' was organized in which 15 students participated.



Vigilance Awareness Week

On **November 4, 2019**, during the Vigilance awareness week, NSS Volunteers took an initiative to get the Integrity Pledge signed by students of ANDC, by putting it on NSS notice board. Students were also asked to 'Express their views' on 'How to eradicate corruption and build new India, on the chart papers put up on NSS Board.



Campaign against E-Cigarette

Pleg4Life, which aims at Tobacco Free Youth, works precisely in collaboration with colleges and universities to involve NSS volunteers. ANDC works in collaboration with Pleg4life to make Indian youth tobacco free. With the help of Social Media Leader (SML), Tobacco Control Leader (TCL) of NSS units they campaign about this issue in society. One such issue was prohibition of E-cigarettes for which an online signature campaign was initiated. Although tobacco cigarettes are more harmful yet E-cigarettes contain nicotine and are considered to be more addictive than heroin. It was one of the steps to lead drug-taking youth to a safer future. When Government of India had put the bill prohibiting e-cigarettes for public comments, Pledge 4 Life took e-sign of 3,882 students and citizens of India in which ANDC students actively participated. The signed letter in order to support of the bill was forwarded to our Hon'ble Health Minister, Dr Harsh Vardhan by Pleg4Life Team. We are proud that ANDC contributed significantly to the prohibition of E-cigarettes (production, manufacture, import, export, transport, sale, distribution, storage, and advertisement) abiding by its pledge to serve the society.



Participation in activities organized by other institutions

Fifteen NSS Volunteers **attended a Public lecture** on 'Public Diplomacy: Leaving the Cage' by German Ambassador of the Federal Republic of Germany H.E. Walter J. Lindner on **September 25, 2019** at convention Hall, Vice Regal Lodge, University of Delhi, Delhi. The Lecture was arranged by Delhi School of Transnational Affairs, University of Delhi



10 NSS volunteers attended **First Arun Jetly Memorial Lecture** at Vice Regal Lodge, University of Delhi, on **October 29, 2019**.



They too wanna say....

Prakhar Agrawal (NSS Volunteer)

B.Sc. Physical Science (Computer Science) III year

In June 2018, I enrolled for Swachh Bharat Summer Internship program, a scheme offered by Ministry of Human Resources and Development in association with Ministry of Drinking Water and Sanitation. The SBSI provided me an opportunity to work in areas of my interest in my own way. I constituted my own team with myself as a team leader. The team members were (Prakhar, Manisha, Shipra, Shubhang, Sadaf and Rhythm – all ANDC Students). The internship demanded 100+ work hours from each team member in different domains of *Swachhta* in our target village which was Tughlaqabad.

It was a new experience for all of us where we were working completely ourselves and gained many meaningful lessons. We surveyed the village to know the exact living conditions, to identify their problems and to accordingly prepare our action plan and working strategy. The strong feeling of doing something for our society could not be deterred by the scorching heat of the hot sun in month of June. Initially it was difficult to gain the confidence of the local residents because our conversation was trying to uplift from their stereotype behaviour of accepting life as it is.

During door to door visits, we tried to convince them for maintaining a proper level of hygiene in and around their house. We told them about the importance of sanitation, cleanliness and healthy environment which is ultimately connected with one's wellbeing.

We organized interactive sessions along with screening of videos for students of primary & secondary school in the area, keeping in mind that it will sensitise students about *Swachhata* and will imprint a message directly in their minds. They were made aware that how a small step in this direction can prevent deadly diseases. They were too happy to learn and adopted new habits quickly about their personal hygiene.

We met local authorities looking after village administration and discussed how we can make things better. Seeing our commitment towards the improvement of village condition, Member of Parliament, Sh. Ramesh Bidhuri, appreciated our work and provided the manpower required to carry out cleanliness drive in the area.

We organized Cleanliness & Waste Collection Drive with the help of MCD Workers. By that time the residents had also started giving a lukewarm response. Maybe they started understanding the selfless service we were providing to them for their betterment.

After investing so much time we were reciprocated with lots of love by people and appreciation from authorities i.e. MP Office, South Delhi Municipal Corporation and Schools.

By the time, our internship came to completion; we not only saw a change in the area but discovered a newer self also. The deep satisfaction, each one of us was feeling was something beyond words...this internship turned all of us to true human being.

NOTE: Total 09 ANDC students successfully completed Swachh Bharat Summer Internship 2018 with Dr. Manisha Jain as Nodal Officer. These students were awarded the certificates in 2019 for the same.



Team 'Dhun' (The Music Society, ANDC)

200 words are definitely not enough to give an account of the amazing time, DHUN, the music society of ANDC had preparing and performing for NSS event 'Sahyog' 2019. But here goes an honest attempt.

Diwali mela was the first major event of the semester wherein the newly selected team of DHUN was willing to perform. We started preparing a month before the event date and focused the practice mainly towards Indian semi-classical music. During the practice, a lot of hidden talents were identified who sang melodiously, with just a little bit of practice and encouragement. Later on, Bollywood songs were also included in our performance so as to give the audience an incentive to perform with us.

On the D day, each of us was dressed traditionally as called for by the event. There was a huge gathering in the front lawn. Students were going through the amazing stalls and at the same time watching the vivid performances, while we were preparing and giving our item one final practice



in the conference hall. Moments before heading out, we gave one final nod to acknowledge the hard work everyone put in and huddled up for the final cry, "DHUN!".

It was late evening, the beautiful lights on the front lawn shone brightly. Our name was called out and we were received by the crowd full of energy. After a quick sound check, and getting the audience sufficiently warmed up, the twenty five person choir with accompanists on guitar, Keyboard and Cajon sung a 'bollywood mashup'. Soon, the twenty two people became 200 people as the audience joined the performance and it became one beautiful festival of music, light and rhythm. The performance received a standing ovation and we were immensely happy and satisfied.

We would like to thank the faculty, the NSS volunteers and the Students council for giving us this wonderful opportunity.



Team ANDY

It is our pleasure to be given an opportunity to write about our experience of **Sahyog** 2019. This event organized on 16th of October 2019, just before Diwali, was a lovely experience for everyone especially every fresher of ANDC. The event was very well organized in the college premises. There were lot of stalls and most were occupied by NGO's. Most important thing to our notice was a stall for medical checkup (doctors) which was extremely useful though unexpected in that event. Every element necessary to make a cultural event successful and worth attending was present. NSS particularly used eco-friendly stuffs to decorate the space. Time management especially needs to be applauded. In the latter half of the day, dance and songs were performed by our own students. Coordination of the 'organising team' on Diwali Mela was being appreciated by everyone around. So yeah! Extremely well done team NSS@ANDC!

ANDY (Acharya Narendra Dev Youth) which is famous for manufacturing and selling their self-prepared products, had also set up a stall in this event. Along with other Entrepreneurship Lab members, I was a part of it too. Andy is an in-campus company of ANDC run exclusively by E-Lab

students. Review of the products received, were really very amazing and helpful for us to improve upon it. Following products were sold in Sahyog 2019:

handwash, stain remover, plastic free grocery bags, silver cleaner and so on. The best seller was 'plastic free grocery bags' which coincidentally was relevant to the theme of this year's Sahyog also.



Student Coordinators (NSS@ANDC)

Prakhar Agrawal, B.Sc. Phys. Sc. (Comp.Sc.) III yr

Utkarsh Singh Khati, B.Sc. (H) Chem II yr

Vikalp Bajpai, B.Sc. Phys. Sc. (Elec) II yr

Banshilal, B.Sc. (H) Phy II yr

Deepak, B.Com.(H) II yr

Faculty Team (NSS@ANDC)

Dr. Manisha Jain , (Programme Officer)

Dr. Pooja Bhagat (Co-convener)

Dr. Gagan Dhawan (Member)

Dr. Pankaj Khanna (Member)

Dr. Rashmi Sharma (Member)

Dr. Abhay Pratap Singh (Member)

Dr. Sanjay (Member)

Dr. Ranjeet Kaur (Member)

The content of this Newsletter is a combined effort of the NSS team of ANDC.

The decoration of paper artwork shown in cover page has been done by NSS volunteers as a part of decoration of '*Sahyog* 2019,

For more images and videos of work done by NSS volunteers, visit the facebook page <https://www.facebook.com/andcnss/>

NSS @ ANDC



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