





# **SUPPORTING DOCUMENTS FOR 7.3.1**

Portray the performance of the Institution in one area distinctive to its priority and thrust



हित्याजी कॉलेज (दिल्ली विश्वविद्यालय) Shivaji College



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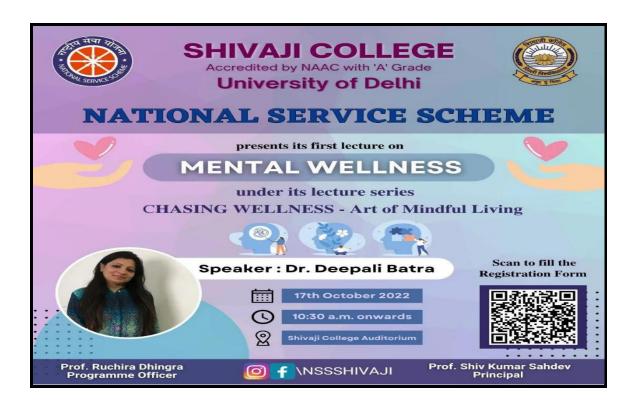


# 1. <u>LECTURE ON MENTAL WELLNESSNSS, NSS</u>

The NSS unit of Shivaji College, under the aegis of IQAC, organized a lecture on Mental Health Awareness, *Chasing Wellness: \*Art of Mindful Living\** on 17 October 2022. This included providing information on different types of mental health disorders, their symptoms, and treatment options. The guest speaker for the same was Dr. Deepali Batra, Clinical and Child Psychologist, Psychotherapist and Corporate Trainee, registered with the Rehabilitation Council of India (RCI).

The lecture aimed at educating and empowering the students towards improving their own mental health and supporting others who may be struggling with anxiety or stress. It further emphasized upon reducing the stigma surrounding mental health issues by citing real life case studies, promoting help-seeking behaviour and fostering a greater sense of empathy and compassion towards those experiencing mental health challenges.

# **EVENT POSTER:**





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# **EVENT PHOTOGRAPHS :**





\*Dr. Deepali Batra delivering interactive session on Mental Health.



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# 2. CLEAN INDIA 2.0: CLEANLINESS DRIVE, NSS

The Clean India 2.0- Cleanliness Drive was organized by the NSS on 12 October 2022 which aimed at improving overall public health by creating a cleaner environment. Awareness and promotion of behavioural changes among individuals and communities regarding sanitation and cleanliness was the main idea behind this drive which focused on the area and community outside Shivaji College campus. Regular participation of students in such events makes them inclined towards community welfare and keeps them appraised about hazards to global environment. At a local level, this exercise helps prevention of water-borne diseases and promotes overall well-being.

#### **EVENT POSTER:**









# **EVENT PHOTOGRAPHS:**



\*NSS Volunteers cleaning nearby areas of the College Campus.



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# 3. SEMINAR ON ROAD SAFETY, NSS

The NSS commemorated Road Safety Week 2023 by organising a seminar on 13 January 2023 to educate college students about right practices and individual's responsibilities towards the cause. The seminar was successful in achieving its objective whereby all the teachers and students took oath to abide by all the traffic rules & safety norms and to make more people aware about the same.

### **EVENT POSTER:**





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# **EVENT PHOTOGRAPHS :**





\* Shri Rakesh Kumar and Shri Manohar Manoj interacting with the audience regarding road safety.



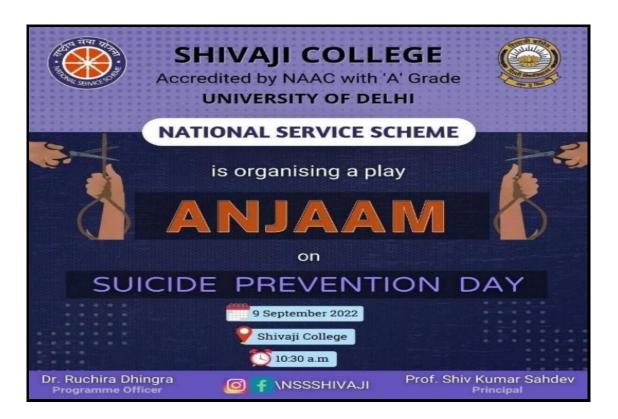
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# 4. World Suicide Prevention Day, NSS

On 09 September 2022, in observance of World Suicide Prevention Day (10-09-2022), the street play team of NSS, *Yatharth*, organized a powerful performance aimed at raising awareness about suicide prevention. The play was an innovative and engaging way to educate and inform the audience about the importance of mental health and suicide prevention.

### **EVENT POSTER:**





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# **EVENT PHOTOGRAPHS:**



\*NSS Volunteers performed a play on Suicide Prevention Day.





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# 5. Yoga ka Sahyog, NSS

In order to brace with the challenges of the modern world, individuals struggle with mental peace, aggression and anxiety. Yoga helps an individual in channelising his/her energies and capabilities in an efficient manner by calming the body and spirit. The Yoga Camp organised by the NSS on 27 October 2022 achieved a similar effect where students and teachers participated and tried learning about the benefits of Yoga in a fast-paced society.

### **EVENT POSTER:**



#### **EVENT PHOTOGRAPH:**



\* Teachers and Students of NSS Unit performing yoga asana.



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#### 6. National Unity Run, NSS

On the occasiuon of the birth anniversary of Sri Vallabhbhai Patel, the NSS unit organised "National Unity Run" on 31 October 2022. All the students, volunteers, and teachers registered their participation. The run was a major success in the surrounding areas of the college with people also curiously registering their presence in a bid to understand the message which was duly simplified by the program.

#### **EVENT POSTER:**



#### **EVENT PHOTOGRAPHS:**











\* Oath-taking Ceremony and Unity Run around college campus on the occasion of National Unity Day.



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#### 7. Cloth Collection & Donation, NSS

Despite the freezing temperatures in Delhi NCR, the volunteers of NSS Shivaji College took a step forward to spread warmth through their "Cloth Collection and Donation Drive" (on 6 January 2023) for the underprivileged communities around the college. The initiative not only helped to keep the underprivileged communities warm but also brought a sense of belonging and care to those who received the donations.

#### **EVENT POSTER:**



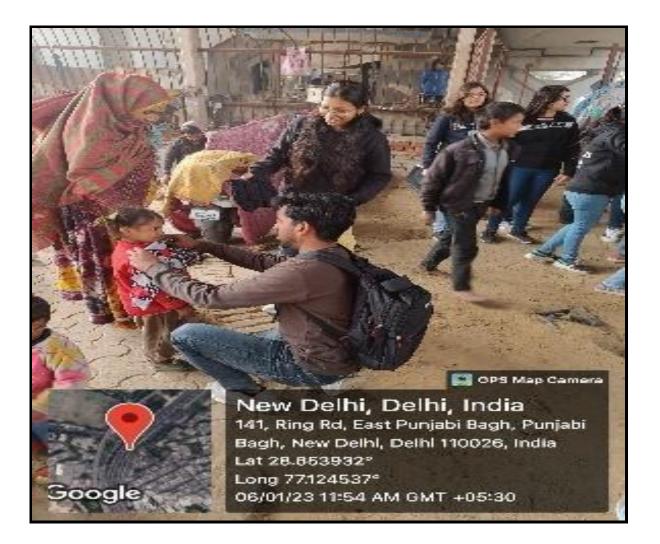
#### **EVENT PHOTOGRAPHS:**





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\*NSS Volunteers distributed clothes to needy people around college campus.



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# 8. LEGAL AWARENESS SESSION ON ACID ATTACK, NSS

NSS conducted a Legal Awareness Session on Acid Attacks on 30-01-2023, in collaboration with Delhi State Legal Service Authority. The session featured a talk by advocate Anurag Bindal on the legalities surrounding acid attacks, including IPC provisions and Delhi State Legal Service Authority support for victims. The session also featured a street play performance by the Asmita Theatre on the need for public sensitisation to prevent such crimes. The event was informative and enlightening for students and faculty.



# **Event Photographs:**





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\*Mr. Anurag Bindal, Legal Services Advocate from DLSA (West) addressing audience. Play performed by Asmita Theatre Group on acid attacks.





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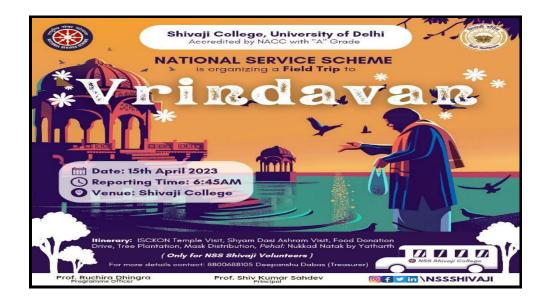


# 9. VISIT TO VIDHWA AASHRAM, VRINDAVAN, NSS

The NSS unit of Shivaji College organized an outreach programme in Vrindavan, Uttar Pradesh on April 15, 2023 whereby the team focused on helping the needy, promoting sanitation and hygiene, and making the environment sustainable. The objective was achieved through a series of events including a visit to Shyama Dasi Ashram, donation of food items, masks distribution and a street play on hygiene and sanitation. The NSS unit was able to sensitize 50+ people regarding hygiene and sanitation, distributed food and masks to over 40+ needy people.

#### **EVENT POSTERS:**







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# **EVENT PHOTOGRAPHS :**



\* Food distribution at Shyama Dasi Vidhwa Aashram, Vrindavan.



# \*Nukkad Natak on Cleanliness and Mask Distribution by NSS Volunteers.







# 10. "Contribution of Differently- abled in the Progress of India", EOC

The EOC organised a special lecture on 27 April 2023 on the "Contribution of Differently- abled in the Progress of India". The address was delivered by Dr. Harendranath Tiwari who was the keynote speaker for the event. He sensitised the students by mentioning that any disability is psychological and not necessarily physical and the strength of a human being resides in the soul. On this basis, he informed students about the various welfare schemes being run by the government so that the differently-abled can contribute in all the sectors and register their presence in mainstream. The outlook of the modern society has also changed and Dr. Tiwari cited examples of Maharaja Ranjit Singh, musician Ravindra Jain, and classical dancer Smt. Sudha Chandran to encourage and motivate the students.

#### **Event Poster:**

शिवाजी कॉलेज 👶 अब्बताः पुः ग्रेड मान्यता प्राप्त) (दिल्ली विश्वविद्यालय) एनेबलिंग यूनिट			
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सह आचार्य, वाणिज्य विभाग, श्रीराम कॉलेज ऑफ़ कॉमर्स, दिल्ली विश्वविद्यालय			
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समयः प्रात: ः 10:00 बजे			
स्थानः सभागार, शिवाजी कॉलेज			
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डॉ. रजनीश डॉ. विकास शर्मा प्रो. शिव कुमा	ार सहदेव		
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# **Event Photographs:**





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