

**Proforma for the Compulsory and Cultural Societies/Sports Department/Student Council Report
Year 2020-21**

(Information should be compiled for the period starting from 1st July 2020 to 30th June 2021)

***Submit the report by 15th August 2021 on igac.coordinator@jmc.ac.in**

1. Name of the Society- National Service Scheme
2. Name of the Teacher Convenor and other members- Convenor- Dr. Mahima Varma
Teacher Advisors- Dr. Ruhi Ghai, Ms. Saloni Arora and Ms. Anuragini Shreeya
3. No. of students enrolled in the Society- 84
4. Names of Student President/Vice-President and other Office Bearers- President-Prabhleen Kaur
Vice-President- Bhavya Bhardwaj
General Secretary- Khushboo Khare
5. Events /Talks by eminent personnel/ organized/ attended in the academic year (in the chronological order with date, time, reports, number of participants with signatures)

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Webinar on New Education Policy 2020: Facts and Fiction	30-09-2020	120	4	https://drive.google.com/folderview?id=1Qg07XwRGKBPncKJx3FZIVkpY6KuGuSAa
Webinar on Swaasthya Seva with UBlood Smart Connect	10-02-2021	63	4	https://drive.google.com/folderview?id=19qJQ7jq79m8rEbkpSdwJLrtIXEr9dt_I
Webinar on Cancer Awareness and Prevention	17-02-2021	61	4	https://drive.google.com/folderview?id=1rK1889x0mCiUbaHuL3hPaDrY8RnfRBR
Webinar on "Myths/ FAQs about COVID Vaccine"	28-05-2021	50	4	https://drive.google.com/folderview?id=1voi se2FpPsuf48hKYYLyIaiTTyQJuUbU

Webinar on Cancer Prevention and Palliative Care	16-06-2021	45	4	https://drive.google.com/folderview?id=19OyqkhBRTS631eb0il5D-bIRCbdJYXMO
Webinar on International Yoga Day	21-06-2021	128	7	https://drive.google.com/folderview?id=1OzDJyols0jh0ZWzDGK9sMcFNltDHPsfp

*** Attendance Register with student's signature to be maintained.**

6. Attach Minutes of the meetings held during the year

NATIONAL SERVICE SCHEME

JESUS AND MARY COLLEGE

MINUTES OF MEETINGS

2020-2021

NSS Programme Officer: Dr. Mahima Varma

Teacher Advisors: Dr Ruhi Kakar Ghai, Ms, Anuragini Shreeya, Ms, Saloni Arora

NSS Officer Bearers

President: Prabhleen Kaur

Vice President: Bhavya Bhardwaj

Secretary: Khushboo Khare

MEETING 1

Date- 15th June 2020

Agenda: discussion on planning activities for International Day of Yoga (IDY) recognised on 21st June 2020

Minutes:

1. Theme for IDY '20: 1. Yoga at Home 2. Yoga with Family
2. focus on regular practice of yoga
3. Suggestions for events-
 - Online lectures/ webinars/ workshop on yoga—collaborate with Dept of Physical Education, JMC.
 - Topic of webinar: Yoga: Guardian of Mind, Body and Spirit
 - Essay competition—‘Yoga for Healthy Living’/ Yoga in the Time of COVID 19 (translate into Hindi on Poster.
 - Poetry- Yoga: Inspiring Health and Mental Peace—winner reads out poem at the end of the webinar on yoga.
 - Poster competition- Relevance of Yoga in Our Lives
 - in messages (preferably a poster) for competitions specify deadline (20th June, 12 noon), word limit (800-1000 words), NSS email ID, e-certificate for winners, entries allowed in either Hindi or English, no plagiarism, entries may be handwritten or typed.
4. volunteers must involve their family in the practice of yoga following live screening of Yoga on DD National Telecast from 7:00-7:45 am on 21st June 2020.voluneers must participate in online video contest—*My Life, My Yoga* conducted by CCRYN, Ministry of AYUSH and ICCR. Check guidelines on yoga portal of Ministry website for blogging competition—check if date is extended.
5. Emphasise that COVID safety norms must be observed while practicing yoga.
6. Pictures of Students performing Yoga asanas—at least two each to be submitted—required for Report/ PPT.

MEETING 2

Date: 18th August 2020. 5:00-6:00 pm

Agenda: Activities for Fit India Youth Club – train volunteers to implement fitness movement, registration of First years into NSS, registration of first years into NSS-- update

Minutes:

Fit India Youth Club

1. Fit India Youth Club is from 15th August- 2nd October 2020—Freedom Run—post pictures. NSS president will upload data of total participants + distance covered on Fit India Portal.
2. 3 categories of activities-
 - a) Awareness Creation—10 days 15th025th August- reach out through whatsapp, Facebook, Instagram, other social media platforms for awareness about fitness in the family at home. E-posters, PPT, slogan writing.
 - b) Fitness at Home—10 days—24th August- 4th September—volunteers must motivate at least 5 families to follow fitness at home—yoga, dance/ Zumba. house cleaning, exercise, climb stairs+ at home fitness videos, Questionnaire on Diet, health apps, natural home remedies to boost immunity+ Fitness challenges – volunteers will post videos.
 - c) Outdoor Fitness—10 days- till 14th September—walk, solo run, cycling—Monitor daily schedules
 - d) 11th September '20—Healthy Cooking selfie challenge competition-- Saloni
 - e) 16th September '20- time lapse exercise videos
 - f) 19th September—documentary film screening on fitness –Anuragini
 - g) 24th September'20- Guided Meditation Online—4: 30-5:30 pm- Ruhi

Registration of First Years into NSS

- Make poster inviting registrations
- registrations only after society fair

- rules for continuing volunteers- must have completed 120 hours in first year of NSS
- link of Facebook Page

MEETING 3

Date: 19th September 2020

Agenda: NSS Team Responsibilities + Schedule for Webinar on New Education Policy 2020

Minutes:

Allocation of responsibilities:

- Saloni—technical aspects, coordinate with Mr. Gaurav, volunteer data, Record of funds
- Anuragini, Khushboo—report editing
- Ruhi and Mahima—NSS Hours Allocation
- Facebook – Ruhi and Bhavya (VP)
- Instagram—Saloni, Prabhleen

Webinar Coordination and Schedule:

1. Saloni—coordinate with Mr. Gaurav for controlling webinar participants, get G-Suite ID for NSS.
2. poster- Anuragini, Prabhleen, Bhavya by Monday evening
3. introduction- Mahima
4. Address by Dr. Sandra Joseph, Principal
5. Prabhleen- Introduce the Speaker Prof. Ranganathan + rules to be followed

6. Khushboo-Moderator
7. Bhavya- Vote of Thanks

MEETING 4

Date: 1st October 2020, 5:30 pm

Agenda: Collating all information for Fit India Youth Club Activities, reports of NSS events

Minutes:

1. Include screenshot of Freedom Run Campaign in report
2. Submit Freedom Run Campaign entries by volunteers
3. Make a report writing and documentation team
4. reports to be submitted—Fit India Campaign (food competition, 3 fitness challenges, 1 documentary screening, 1 meditation program, Fitness Run on Ministry Portal (Prabhleen), PPT on Gandhi presented on 24th September, NEP webinar report
5. Circulate 19 column volunteer data sheets.
6. Hours- prepare in excel format—Vertical- names, Horizontal- events, attendance in columns

MEETING 5

Date: 2nd January 2021

Agenda- NSS orientation PPT + events in January and February 2021

Minutes:

NSS orientation PPT

- Check PPT by 5th January
- Add slide of NSS rules
- Orientation to be scheduled for after 10th January so Principal may join Orientation
- Some volunteers can share their experiences—3 students from different departments

Upcoming Events and activities to be held in January and February 2021 were discussed in the meeting

1. COVID vaccine information videos by 11th January
2. 13th January- Donation for Lohri—make medley of videos of volunteers donating to the needy
3. **Celebration of Youth Week (12th-16th January 2020) Activities :**
 - 12th Jan-PPT – Vivekanand on Youth
 - 13th Jan- poster/ Poem/ Slogan writing
 - 14th Jan- Essay- Youth: Hopes and Challenges
 - 15th-16th Jan- Videos- Youth ki Awaaz
4. 26th Jan- Republic Day—poster/ essay competition- India's Goals: Need of the Hour
5. 30th Jan- Martyrs Day – videos and posters
6. Core team selection – first years in February
7. 10th Feb- Webinar in collaboration with UBlood Connect--- An App for blood donation
8. 17th Feb- talk on cancer awareness in collaboration with Rajiv Gandhi Cancer Institute and Research Centre.
9. 18th Jan -17th Feb- National Road Safety Month

10. Mahima will send hours breakup to Bhavya

11. NSS reports to be handled by Anuragini, technical support by Saloni, both involving the NSS Core team

7. Record of attendance of participation by students during the year:

Percentage	Number of students
0% - 25%	16
25% - 50%	17
50% - 75%	37
75% - 90%	10
Above 90%	4

8.


Extension and outreach Programmes conducted by the society, (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs (if applicable))				
Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Donation Drives on the occasion of Diwali and Lohri	NSS Unit of JMC		2020- 2021	1. 5 volunteers <hr/> 2. 27 volunteers
Informative videos were made and circulated on social media handles to create awareness	NSS Unit of JMC	1. Fit India Movement <hr/> 2. National Road Safety Month <hr/> 3. International Women's Day <hr/> 4. Covid Vaccine Awareness Drive	2020- 2021	1. 5 volunteers <hr/> 2. 14 volunteers <hr/> 3. 16 volunteers <hr/> 4. 29 volunteers

<p><u>Tree Plantation Drives</u> in neighborhoods to raise environmental awareness</p>	<p>NSS Unit of JMC</p>	<ol style="list-style-type: none"> 1. <u>Independence day</u> 2. World Environment day 	<p>2020- 2021</p>	<ol style="list-style-type: none"> 1. <u>10 volunteers</u> 2. 19 volunteers
<p><u>Webinars and talks</u> were organized to create awareness and raise discussions. These webinars covered a wide variety of issues of concern to NSS including fitness through yoga, education, information about cancer, blood donation, mental health, myths about covid vaccine, etc</p>	<p>NSS Unit of JMC in collaboration with-</p> <ul style="list-style-type: none"> ● UBlood Smart Connect ● Rajiv Gandhi Cancer Institute and Research Centre ● Dharamshila Cancer Foundation and Research Centre ● Department of Physical Education 	<ol style="list-style-type: none"> 1. <u>Webinar on New Education Policy 2020: Facts and Fiction</u> 2. <u>Webinar on Swaasthya Seva with UBlood Smart Connect</u> 3. <u>Webinar on Cancer Awareness and Prevention</u> 4. <u>Webinar on "Myths/ FAQs about COVID Vaccine"</u> 5. <u>Webinar on Cancer Prevention and Palliative Care</u> 6. <u>Webinar on International Yoga Day</u> 	<p>2020- 2021</p>	<ol style="list-style-type: none"> 1. <u>11 volunteers, 109 students</u> 2. <u>63 volunteers</u> 3. <u>61 volunteers</u> 4. <u>50 volunteers</u> 5. <u>45 volunteers</u> 6. 128 students

<p>Posters and Slogans were made by volunteers on various occasions to disseminate awareness</p>	<p>NSS Unit of JMC</p>	<ol style="list-style-type: none"> 1. World AIDS Day <hr/> 2. World Hepatitis Day <hr/> 3. World Nature Conservation Day <hr/> 4. International Yoga Day <hr/> 5. World Mental Health Day <hr/> 6. International Day of Girl Child <hr/> 7. International Day for the Elimination of Violence Against Women <hr/> 8. World Cancer Day <hr/> 9. International Women's Day <hr/> 10. Vaccine Utsav <hr/> 11. International Nurses Day <hr/> 12. Menstrual Hygiene Day <hr/> 13. World Environment day <hr/> 14. World Food Safety Day <hr/> 15. World Day Against Child Labour 	<p>2020- 2021</p>	<ol style="list-style-type: none"> 1. 27 volunteers <hr/> 2. 6 volunteers <hr/> 3. 6 volunteers <hr/> 4. 41 volunteers <hr/> 5. 22 volunteers <hr/> 6. 20 volunteers <hr/> 7. 25 volunteers <hr/> 8. 55 volunteers <hr/> 9. 22 volunteers <hr/> 10. 45 volunteers <hr/> 11. 61 volunteers <hr/> 12. 56 volunteers <hr/> 13. 60 volunteers <hr/> 14. 53 volunteers <hr/> 15. 57 volunteers
<p>Covid Vaccine Awareness Drive</p>	<p>NSS Unit of JMC</p>		<p>2021</p>	<p>45 volunteers</p>

Volunteering with the NSS DU Anti-Covid Task Force	NSS Unit of JMC in Collaboration with NSS DU		2021	22 volunteers
Curating a nationwide list of Food Resources under the JMC COVID Care Initiative	JMC COVID Care Initiative		2021	19 volunteers

9.

Awards and recognitions received for extension activities from government /government recognised bodies (if applicable)				
Name of the activity	Name of the Award/ recognition for Institution	Name of the Awarding government/ government recognised bodies	Year of award	Certificate
Fit India Freedom Run	Certificate for successfully organizing the Fit India Freedom Run (August 15- October 2, 2020)	Ministry of Youth Affairs and Sports, Government of India	2020	

10.

Capacity building and skills enhancement initiatives taken by the society including the following: 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills				
Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	
Poster Making/ PowerPoint Presentation/ Slogan Writing to raise awareness about importance of fitness	21-08-2020	7		
Fitness @ Home Fitness With Family	28-08-2020	5		

Fitness Challenges	30-08-2020 - 04-09-2020	13	
Healthy Cooking Competition	12-09-2020	7	
Time Lapse Exercise Video Making	18-09-2020	6	
Documentary Screening on Mental Health	26-09-2020	8	
Guided Meditation Session	01-10-2020	11	
Fit India Freedom Run	15-08-2020- 02-10-2020	10	Ministry of Youth Affairs and Sports, Government of India
Pledge taking for fight against Coronavirus	08-10-2020	12	Ministry of Youth Affairs and Sports, Government of India
Integrity Pledge	27-10-2020	11	Central Vigilance Commission, Government of India
Pledge Taking Ceremony on Rashtriya Ekta Diwas	31-10-2020	12	Ministry of Education, Government of India
Covid Vaccine Awareness Drive	13-01-2021	48	Ministry of Health and Family Welfare, Government of India
Webinar on Blood Donation with UBlood Smart Connect	10-02-2021	63	U Blood Speakers: Dr. Irfana Nikhat and Dr. Anil Kumar Mukteshwaram
Webinar on Cancer Awareness and Prevention	17-02-2021	61	Rajiv Gandhi Cancer Institute and Research Centre Speaker: Dr. Swarupa Mitra
Poster Making on Menstrual Hygiene	08-03-2021	22	
Spreading Awareness on Menstrual Hygiene among the underprivileged by visiting neighbourhood/ making videos	08-03-2021	16	
Poster Making to spread Awareness about COVID- 19 Vaccine	12-04-2021	45	Ministry of Youth Affairs and Sports, Government of India
Vaccine Awareness Drive through interaction with people	13-04-2021	30	Ministry of Youth Affairs and Sports, Government of India

Reducing vaccine hesitancy by making and sharing videos of interaction with people who have been vaccinated	14-04-2021	25	Ministry of Youth Affairs and Sports, Government of India
Orientation Session for volunteers to understand the "Young Warrior Movement" aimed at training volunteers to tackle different aspects of the COVID-19 pandemic such as identifying fake news and misinformation etc.	27-05-2021	40	UNICEF and Ministry of Youth Affairs and Sports, Government of India
Poster Making on the theme "Stepping Up Action and Investment in Menstrual Health and Hygiene"	28-05-2021	55	
Webinar on "Myths/ FAQs about COVID Vaccine"	28-05-2021	50	Speaker: Dr. Esha Chainani
Pledge Taking Ceremony on World No Tobacco Day	31-05-2021	54	Ministry of Education, Government of India
Poster Making on the topic: "Methods to test Food Adulteration at Home"	07-06-2021	52	
Webinar on Cancer Prevention and Palliative Care	16-06-2021	45	Dharamshila Cancer Foundation and Research Centre Speakers: Dr. S. Khanna and Dr. Pragya Singh
Video Demonstrations of different Yoga Asanas	08-06-2021- 21-06-2021	40	Ministry of AYUSH, Government of India
Poster Making to spread awareness about Procedures and Benefits of Various Yoga Asanas	08-06-2021- 21-06-2021	49	Ministry of AYUSH, Government of India
Daily Practice of Yoga Asanas	14-06-2021- 21-06-2021	40	Ministry of AYUSH, Government of India
Webinar on International Yoga Day	21-06-2021	65	Speakers: Mr. Rohin Verma and Ms. Kavita

11.

Year	Name of the Activity conducted by the society to offer guidance for competitive examinations		Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
	Name of the Activity	Number of students attended / participated	

12.

Awards/medals for outstanding performance in sports/cultural activities at university/state/national / international level (award for a team event should be counted as one)						
Year	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural	Name of the Student	Certificate/Geo-Tagged Photographs

13.

Sports and cultural activities/events in which students of the society participated organised by the institution/other institutions			
Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the student participated	Certificate/Geo-Tagged Photographs