

NATIONAL SERVICE SCHEME, JESUS AND MARY COLLEGE (NSS-JMC)

Report of Online/Offline Activities: June 2020 to June 2021

S.No.	Theme of Activity	Activity Conducted	Month of Activity	Location of Activity
1	International Yoga Day	Essay Writing Competition	June 20, 2020	Online
		Poetry Writing Competition	June 20, 2020	Online
		Poster Making Competition	June 20, 2020	Online
		Interactive Webinar on "Yoga: Guardian of the Mind, Body and Spirit"	June 21, 2020	Online
		Practicing Yoga Asanas	June 21, 2020	At home
2		Poster Making and Slogan Writing to raise awareness about important days in the month of July and August (World Nature Conversation Day, World Hepatitis Day, International Tiger Day) and issues related to health and fitness during the ongoing pandemic.	July - August, 2020	Online
3	Independence Day	Essay Writing Competition	August 13, 2020	Online
		Tree Plantation Drive	August 15, 2020	At home
4	Fit India Movement	Poster Making/ PPT/ Slogan Writing to raise awareness about importance of fitness	August 21, 2020	Online
		Fitness @ Home Fitness With Family	August 28,	At home

			2020	
		Fitness Challenges	August, 30 - September 4, 2020	At home
		Healthy Cooking Competition	September 12, 2020	At home
		Time Lapse Exercise Video	September 18, 2020	At home
		Documentary Screening on Mental Health	September 26, 2020	Online
		Fit India Freedom Run	September 27, 2020	Residential neighbourhoods of volunteers
		Guided meditation session	October 1, 2020	Online
5	NSS Day	NSS Day Presentation	September 24, 2020	Online
		Poster Making on Gandhian Values	September 24, 2020	Online
6		Webinar on New Education Policy 2020: Facts and Fiction	September 30, 2020	Online
7		Pledge taking for fight against Coronavirus	October 8, 2020	Online
8		Digital Poster Making for Raising awareness about important days in the months of October- December (World Mental Health Day, International Day of Girl Child, International Poverty Eradication Day, National Cancer Awareness Day, International Day for the Elimination of Violence Against Women, World AIDS Day, Human Rights Day)	October - December, 2020	Online
9	Vigilance Awareness Week	Integrity Pledge	October 27, 2020	Online

		Essay Writing Competition	October 28, 2020	Online
		Poster Making Competition	October 30, 2020	Online
		Vigilance Awareness Survey	October 31, 2020	Online
		Slogan Writing Competition	November 1, 2020	Online
10	Rashtriya Ekta Diwas	Pledge Taking Ceremony	October 31, 2020	Online
11	Diwali	Poster Making Competition on Celebrating Eco-friendly Diwali	November 13, 2020	Online
		Diwali Donation Drive	November 15, 2020	Residential neighbourhoods of volunteers
12	Constitution Day	Reading out the Preamble of the Constitution of India	November 26, 2020	Online
13		Covid Vaccine Awareness Drive	January 13, 2021	Online
14	Lohri	Donation Drive	January 14, 2021	Residential neighbourhoods of volunteers
15	National Youth Week 2020	Poster Making competition	January 13, 2021	Online
		Essay Writing Competition	January 14, 2021	Online
		Slogan/Poetry Writing Competition	January 15, 2021	Online
		Video Making Competition	January 16, 2021	Online
16	NSS Orientation	Orientation Programme	January 20, 2021	Online
17	Parakram Diwas	Poster Making Competition	January 23,	Online

			2021	
18	Republic Day	Essay Writing Competition	January 26, 2021	Online
19	Martyrs' Day	Paying tribute to Mahatma Gandhi through Posters and Short Videos	January 30, 2021	Online
20	World Cancer Day	Poster Making	February 4, 2021	Online
21		Webinar on Swaasthya Seva with UBlood Smart Connect	February 10, 2021	Online
22	National Road Safety Month	Poster Making Competition	February 1, 2021	Online
		Instagram Reels Making	February 5, 2021	Online
		Comic Strip Making Competition	February 8, 2021	Online
		Slogan Writing Competition	February 9, 2021	Online
		Essay Writing Competition	February 12, 2021	Online
		Road Safety Crossword Puzzle	February 15, 2021	Online
		Spreading Awareness by making Short Videos	February 16, 2021	Residential neighbourhoods of volunteers
23		Webinar on Cancer Awareness and Prevention	February 17, 2021	Online
24		Making Short videos on the theme: Technology and Its Impact on the Environment in collaboration with Algorithm JMC	February 25, 2021	Online
25	International	Poster Making on Menstrual Hygiene	March 8, 2021	Online

	Women's Day	Spreading Awareness on Menstrual Hygiene among the underprivileged by visiting neighbourhood/ making videos	March 8, 2021	Neighbourhoods of volunteers/ Online
26	75 Years of India's Independence	Poster Making on the theme "The Importance of Preserving our Heritage".	April 7, 2021	Online
		The Indian Heritage Quiz	April 7, 2021	Online
27	Vaccine Utsav	Poster Making (Digital and Handmade)	April 12, 2021	Online
		Awareness Drive (through interaction)	April 13, 2021	Online
		Making videos of interaction with people who have been vaccinated	April 14, 2021	Online
28	Ambedkar Jayanti	Essay Writing Competition on the topic "B.R. Ambedkar's Significant Contribution: The Constitution of India"/ "Caste Today: Continuity and Challenges"	April 14, 2021	Online
29	World Heritage Day	Essay Writing Competition	April 18, 2021	Online
30	International Nurses Day	Posters Making	May 12, 2021	Online
		Poem Writing	May 12, 2021	Online
31	COVID Work	Working with the NSS DU Anti-Covid Task Force	May 14 - June 9, 2021	Online
32		Essay Writing on 'The Family in Lockdown: Strengths or Challenges'	May 20, 2021	Online
33	COVID Work	Curating a nationwide list of Food Resources under the JMC COVID Care Initiative	May 23-present	Online
34		"Young Warrior Movement" Orientation Programme	May 27, 2021	Online
35	Menstrual Hygiene Day	Poster Making on the theme "Stepping Up Action and Investment in Menstrual Health and Hygiene"	May 28, 2021	Online
36	COVID Vaccine	Webinar on "Myths/ FAQs about COVID Vaccine"	May 28, 2021	Online
37	World No Tobacco Day	Pledge Taking Ceremony	May 31, 2021	Online

38	World Environment day	Poster Making on the topic "Environmental Conservation: The Need of the Hour"	June 5, 2021	Online
		Essay Writing on the topic "Environmental Conservation: The Need of the Hour"	June 5, 2021	Online
		Tree Plantation Drive	June 5, 2021	At home
39	World Food Safety Day	Poster Making on the topic: "Methods to test Food Adulteration at Home"	June 7, 2021	Online
40	World Day Against Child Labour	Poster Making on the topic: "Work of Nobel Laureate Kailash Satyarthi"	June 12, 2021	Online
41		Webinar on Cancer Prevention and Palliative Care	June 16, 2021	Online
42	International Yoga Day	Video Demonstrations of different Yoga Asanas	June 8- 21, 2021	Online
		Poster Making to spread awareness about Procedures and Benefits of Various Yoga Asanas	June 8-21 June,2021	Online
		Daily Practice of Yoga Asanas	June 14- 21 June 2021	At home
		Webinar on International Yoga Day	June 21, 2021	Online