

# **NSS JMC events 2019- 2020**

# Swachhta Pakhwada

September 2019



# Voters Awareness Camp

20th September, 2019





# Door to Door Plastic Collection Drive

3rd October, 2019



# Cyber Awareness Programme

## 4th October, 2019





# Annual Diwali Mela

16th October, 2019





# Run for Unity

31st October, 2019



# Cancer Awareness Talk

## 13th November, 2019





# Legal awareness talk

## 15th January, 2020



# Visit to National Gandhi Museum

22nd February, 2020



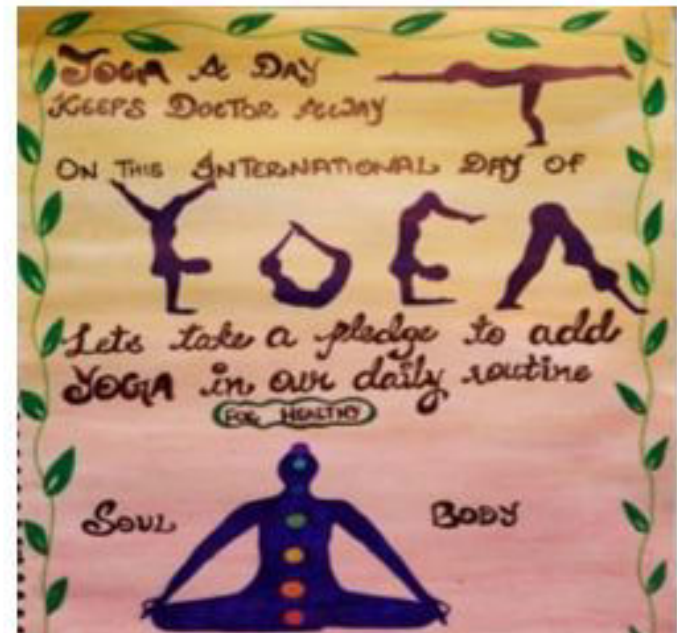


# **NSS JMC Events 2020-2021**

# Yoga Day Celebrations

21st June, 2020

Poster making, poetry and essay writing competition.





# Webinar on YOGA

21st June, 2020



**JESUS AND MARY COLLEGE**  
UNIVERSITY OF DELHI  
Internal Quality Assurance Cell (IQAC)




In collaboration with  
Department of Physical Education & National Service Scheme (NSS)  
organizes an Interactive Webinar on

**YOGA: GUARDIAN OF THE MIND, BODY AND SPIRIT**

**Date: 21st June, 2020**  
Time: 8:00 AM to 8:30 AM | Webinar Platform: Google Meet

Moderated by **Dr. Sakina Deyal, Associate Professor, JMC**

**SPEAKERS**

 <b>Ms. Shafin Sharma</b> Physical Education & Yoga Teacher JMC, Kirti Vihar, New Delhi B. Ed., School, India	 <b>Dr. Manish Kumar Pillai</b> B. Ed. & Physical Education Dr. Dhanraj Sharma College Mandla, India	 <b>Ms. Anuradha Jha</b> Postgraduate student in UPE National Institute of Yoga New, India
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**REGISTER @ <https://forms.gle/3h3d3kAmTz8dKx18>**  
"E-Certificate will be given to all the registered Participants"

**Dr. Sakina Deyal, Associate Professor, JMC**  
Dr. Manish Kumar Pillai, B. Ed. & Physical Education  
Ms. Shafin Sharma, Physical Education & Yoga Teacher, JMC, Kirti Vihar, New Delhi

# *Yoga by NSS-JMC Volunteers*

**21st June, 2020**





# *Independence Day Celebrations*

13th August, 2020

Essay Writing Competition



**NATIONAL SERVICE SCHEME**  
Jesus and Mary College  
*presents*  
**Essay Writing Competition**  
*on the occasion of*  
**Independence Day**



Topic : Self Reliant India: Local to Global  
Deadline: 13th August, 2020  
Word limit: 800-1000  
Medium : English/Hindi

Mail your entries to  
[nsssociety.jmc@gmail.com](mailto:nsssociety.jmc@gmail.com)

*E-certificates will be given to all participants.  
Top three winners will be awarded with merit certificates.*

Ms. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

# 15th August, 2020



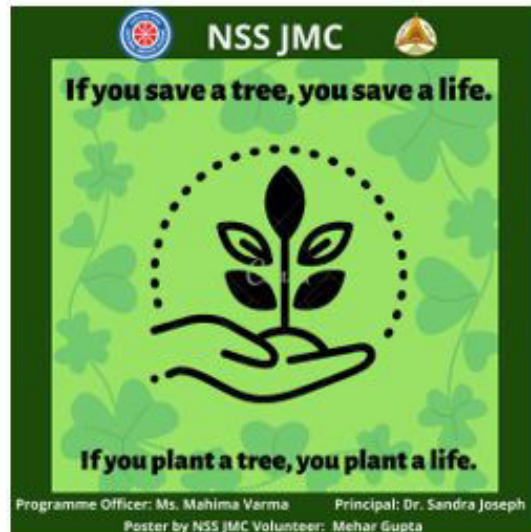
**NATIONAL SERVICE SCHEME**  
JESUS AND MARY COLLEGE

On the occasion of  
**Independence Day**  
15th August, 2020  
NSS JMC organizes a  
**Tree Plantation Drive**  
to mark the spirit of Atmanirbhar Bharat

*Plant a tree today to mark the beginning of your responsibility towards the well being of the environment and self reliance of our people.*

Ms. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal



## Tree Plantation Drive

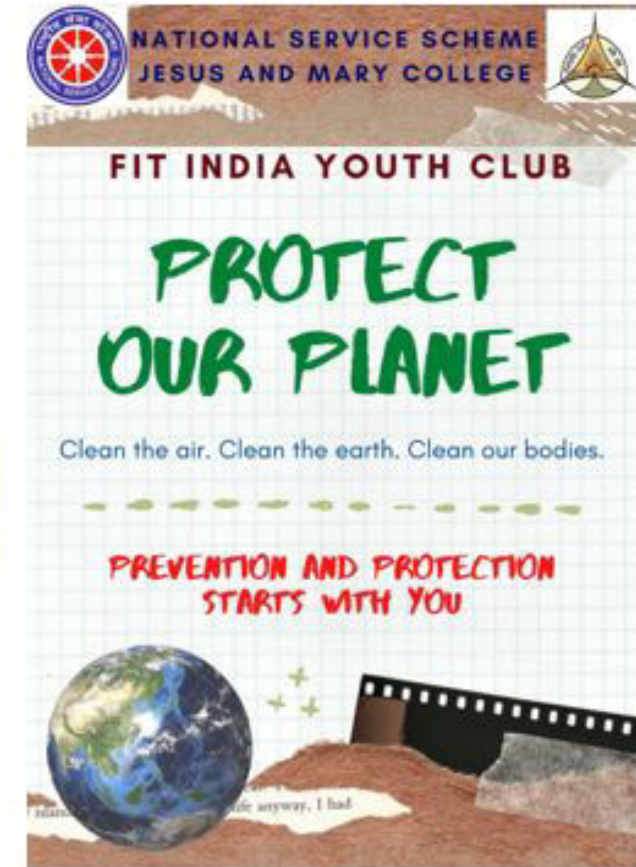
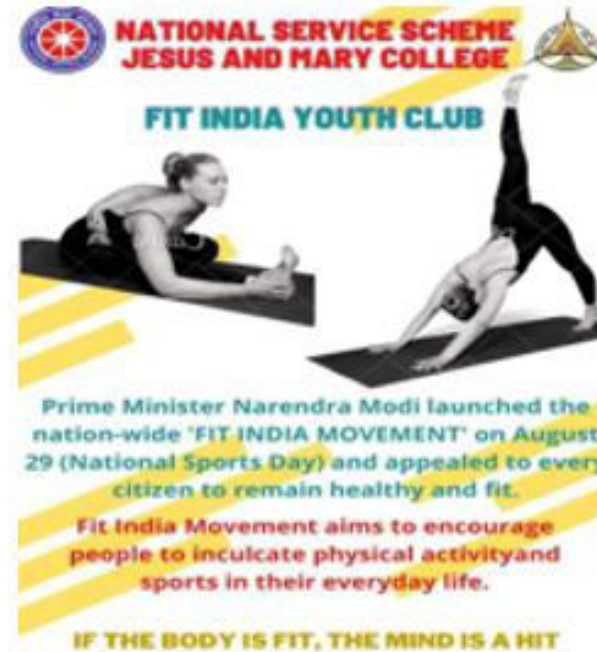
## *Fit India Movement, 2020*



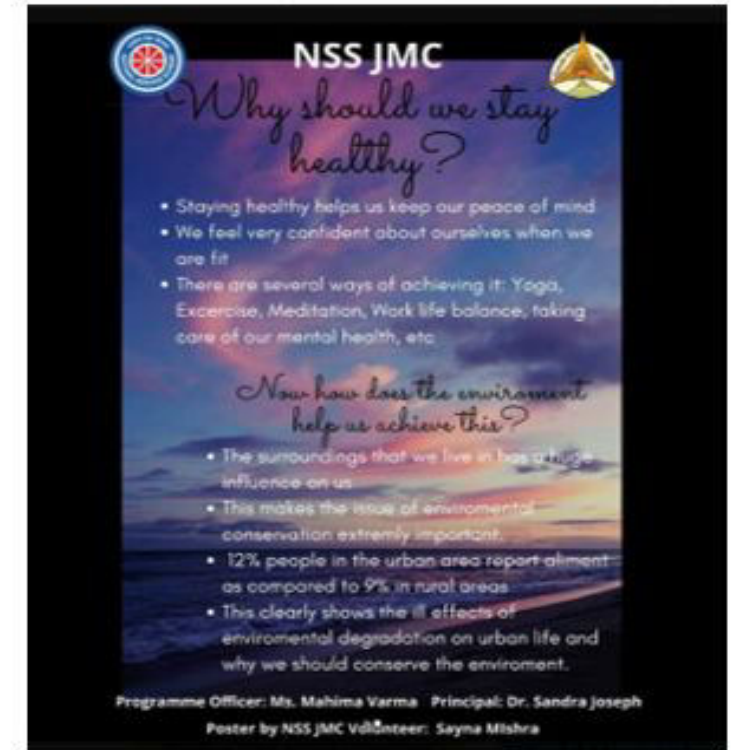


# Posters on importance of Fitness

21st August, 2020



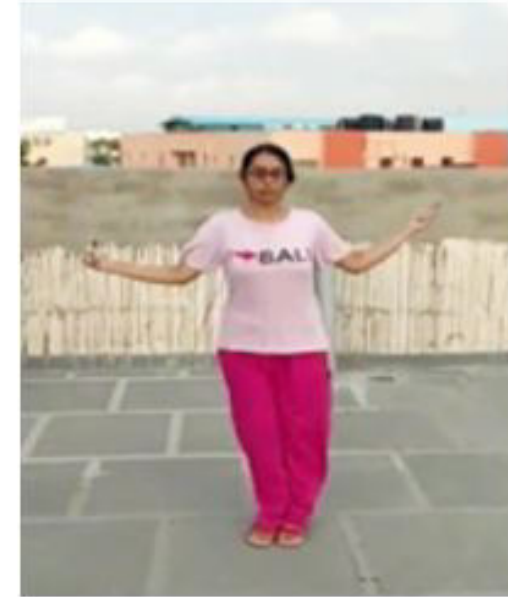
21st August, 2020





# ***Fitness Challenges***

30th August to 04th September, 2020





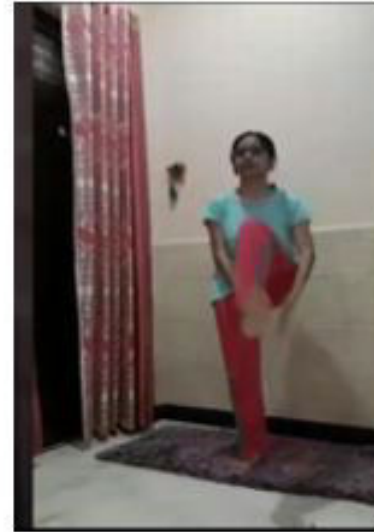
# *Healthy Cooking Competition*

12th September, 2020



# *Time Lapse Exercise*

**18th Septemebr, 2020**



# NSS Day Celebration

24th September, 2020

A presentation over how NSS is adopting the Gandhian values.

NATIONAL SERVICE SCHEME, JESUS AND MARY COLLEGE

## How Nss is adopting gandhian values

Mahima Varma  
Programme Officer  
NSS-JMC

Dr. Sandra Joseph  
Principal  
JMC

### Introduction

The National Service Scheme, popularly known as the NSS, is a public service programme conducted by the Ministry of Youth Affairs and Sports, Government of India. It engages volunteers of colleges and universities in community services on a voluntary basis.



NSS was launched in 1969 on the birth centenary of Mahatma Gandhi, who conceived the idea of involving youth in constructive service. On the occasion of NSS Day, NSS JMC takes the privilege to highlight how NSS adopts Gandhian through this presentation.

The NSS unit of JMC aims to further adopt the Gandhian values of truth and sincerity towards oneself, one's own work and others.

*"The future depends  
on what we do in the  
present."*

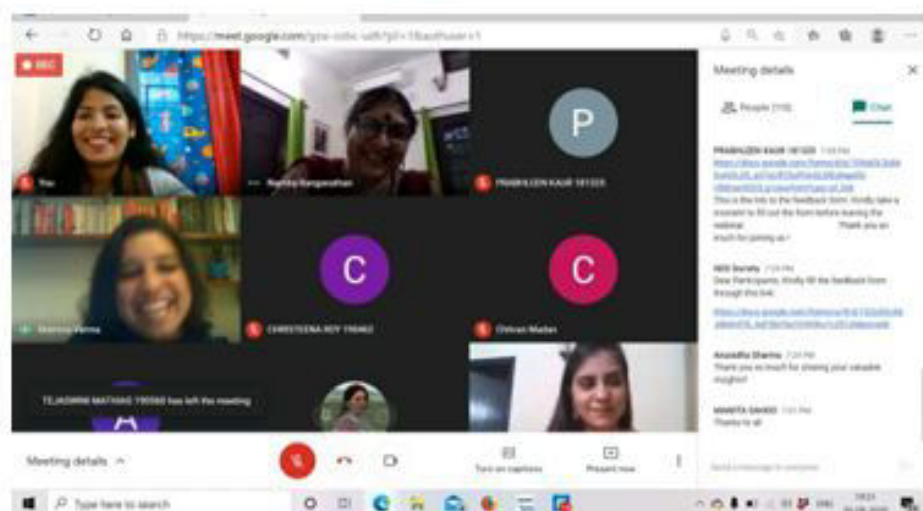
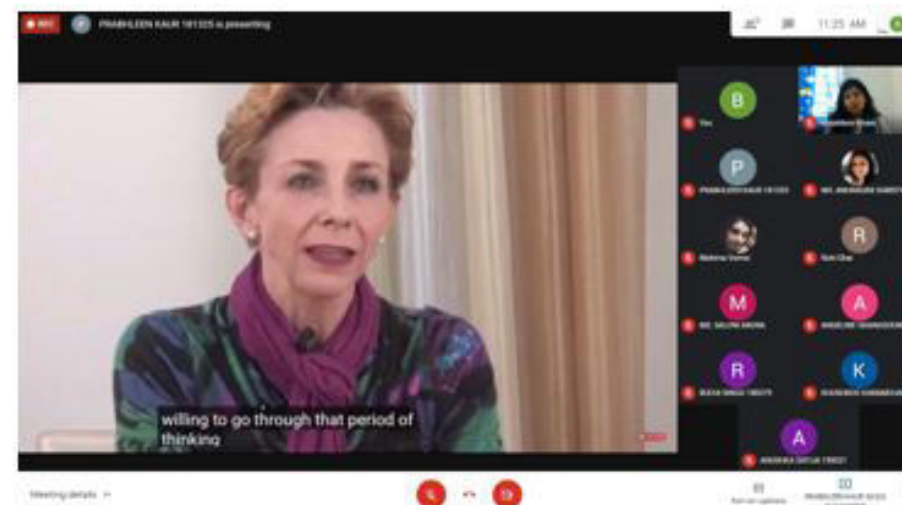
*Let's aim to work harder  
for the future!*





# *Documentary Screening on Mental Health*

## 26th September, 2020



27th September, 2020

## *Fit India Freedom Run*

**NATIONAL SERVICE SCHEME**  
**JESUS AND MARY COLLEGE**  
Presents  
**FIT INDIA FREEDOM  
RUN**



21st - 27th September, 2020

- Run a route of your choice, at a time that suits you.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or GPS watch.
- Certificates will be given.

Programme Officer- Ms. Mahima Varma      Principal- Dr. Sandra Joseph  
For queries contact- Prabhleen (9560104148)



21st September to 27th September, 2020



# Webinar on New Education Policy 2020

30th September, 2020

- An informative webinar on 'New Education Policy 2020- Facts and Fiction'.

**NATIONAL SERVICE SCHEME  
JESUS AND MARY COLLEGE  
PRESENTS  
A WEBINAR ON**

**NEW EDUCATION POLICY 2020:  
FACTS AND FICTION**

BY  
**PROF. NAMITA RANGANATHAN**



Professor Ranganathan is currently teaching at the Department of Education, University of Delhi. Her areas of interest include Foundations of Education, Human Development, Childhood and Adolescence Studies, Education for Mental Health, Guidance and Counselling, Gender Studies, and Research Methods. With a teaching and research experience spanning over three decades, she has many books to her credit - The Primary School Child: Development and Education (2009, 2017, Orient Blackswan), Education for Mental Health (2012, Shiksha Publications), Teaching Psychology: Concepts and Pedagogic Strategies (2017, Shiksha Publications), Guidance and Counselling for Children and Adolescents in Schools (2017, Sage Publications), and Understanding Childhood and Adolescence (2020, Sage Publications). She has served as Head and Dean Education, University of Delhi and has held important positions in various academic bodies and committees

**WEDNESDAY, 30TH SEPTEMBER, 2020  
4:30 PM  
GOOGLE MEET**

Click here to register: <https://forms.gle/ojdaqviAVpmHLjv76>

Ms. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

In case of any queries contact: [nssociety.jmc@gmail.com](mailto:nssociety.jmc@gmail.com)

**WEBINAR ON  
NEW EDUCATION POLICY 2020:  
FACTS AND FICTION**

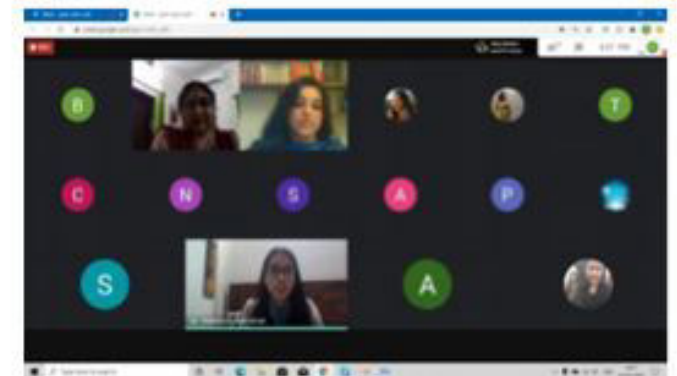
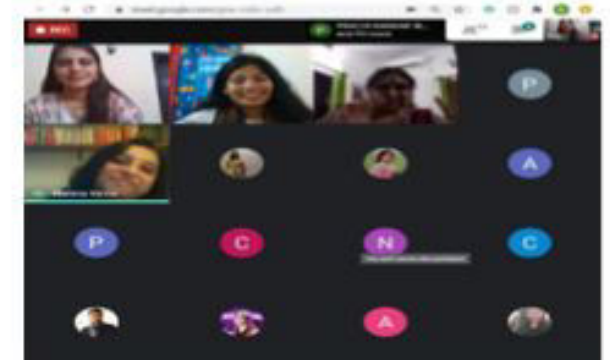
**Speaker:** Prof. Namita Ranganathan  
Professor, Dept. of Education,  
University of Delhi

**Organised by:** National Service Scheme  
Jesus and Mary College  
University of Delhi

**PROGRAM SCHEDULE**

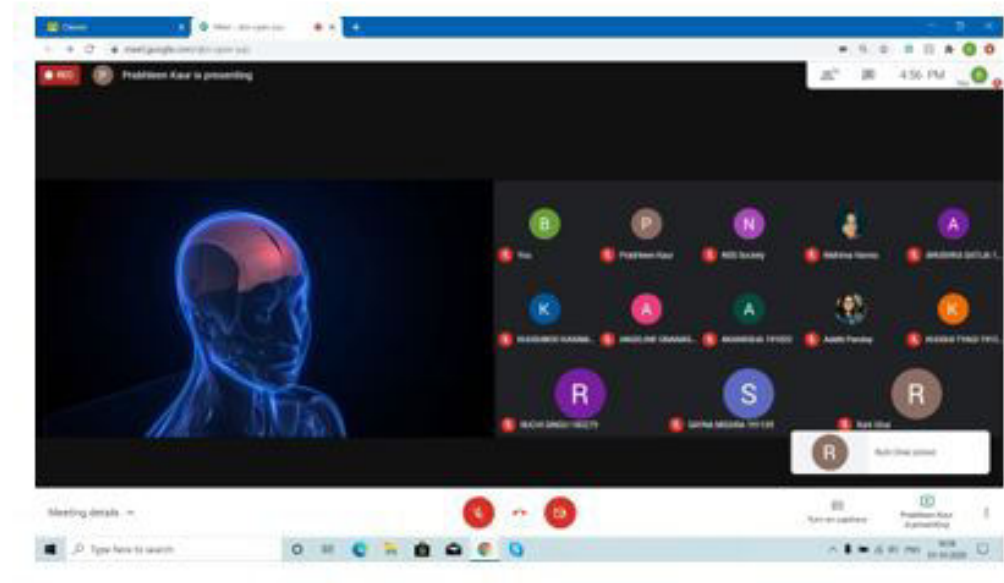
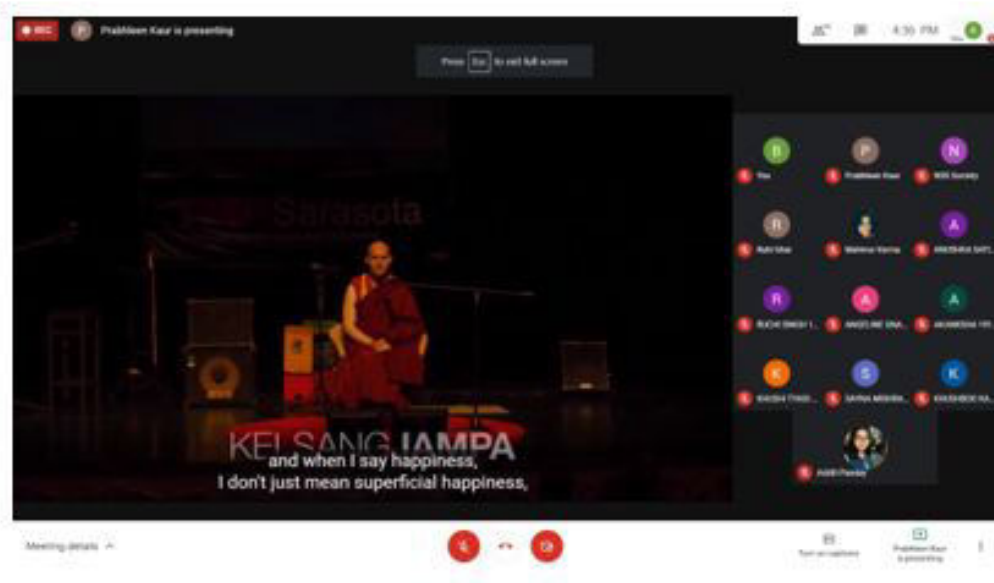
**Date:** 30th September, 2020 **Time:** 4: 30 p.m.

1. Welcome Address: Ms. Mahima Varma,  
Programme Officer, National Service Scheme,  
Jesus and Mary College (NSS- JMC)
2. Introduction of the Speaker: Ms. Prabhleen Kaur,  
President, NSS-JMC.
3. Talk by Prof. Namita Ranganathan
4. Discussion: Ms. Khushboo Khare,  
Secretary, NSS-JMC
5. Vote of Thanks: Ms. Bhavya Bhardwaj,  
Vice-President, NSS-JMC.



# Guided meditation session

1st October, 2020





# Vigilance Awareness Week 2020

27th October to 1st November, 2020

- Integrity pledge, essays writing, posters, slogans, surveys, etc.

**NATIONAL SERVICE SCHEME**  
**JESUS AND MARY COLLEGE**

observes  
**VIGILANCE AWARENESS WEEK 2020**  
**(27th October- 2nd November)**  
**"Vigilant India, Prosperous India"**

  
**Integrity Pledge**  
27th October

  
**Essay Writing Competition**  
28th October

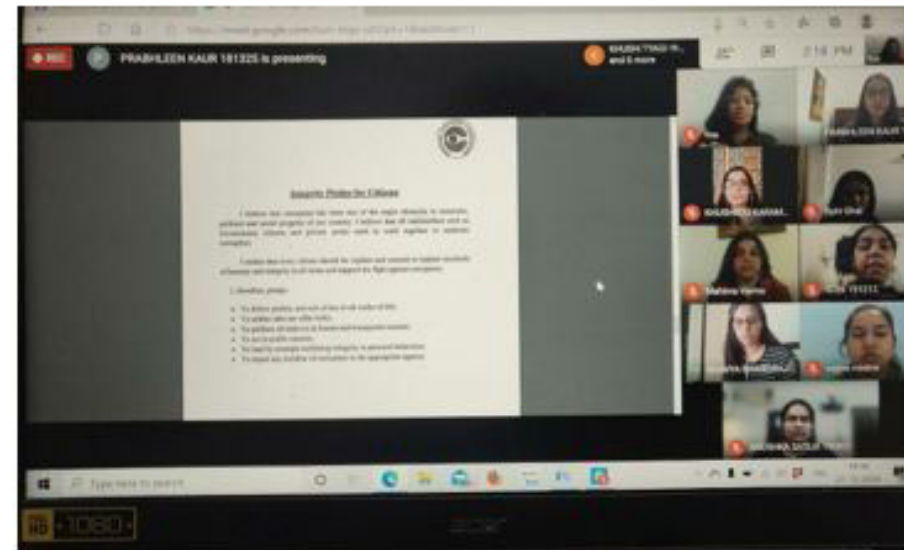
  
**Poster Making Competition**  
30th October

  
**Vigilance Awareness Survey**  
31st October

  
**Slogan Writing Competition**  
1st November

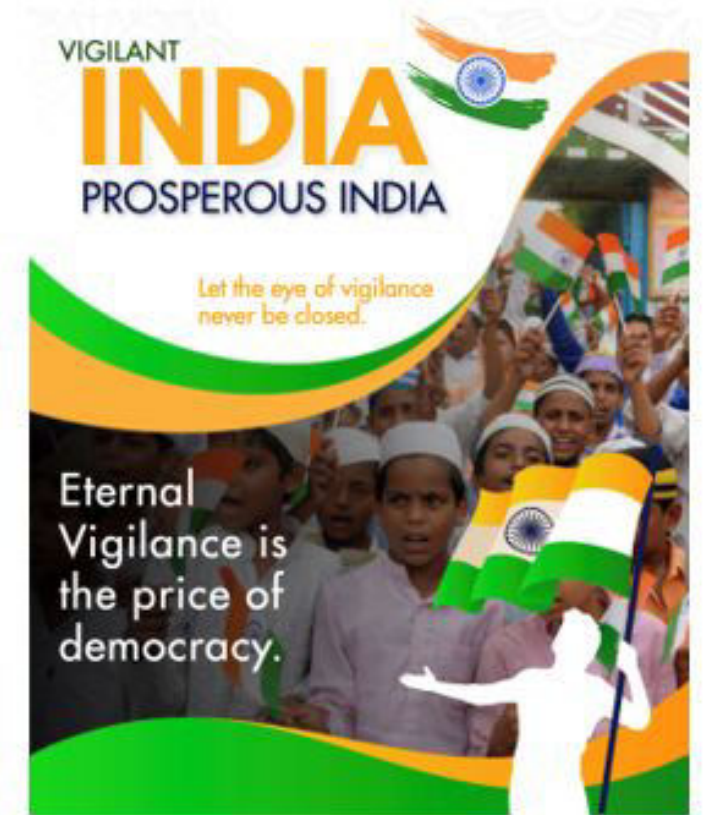
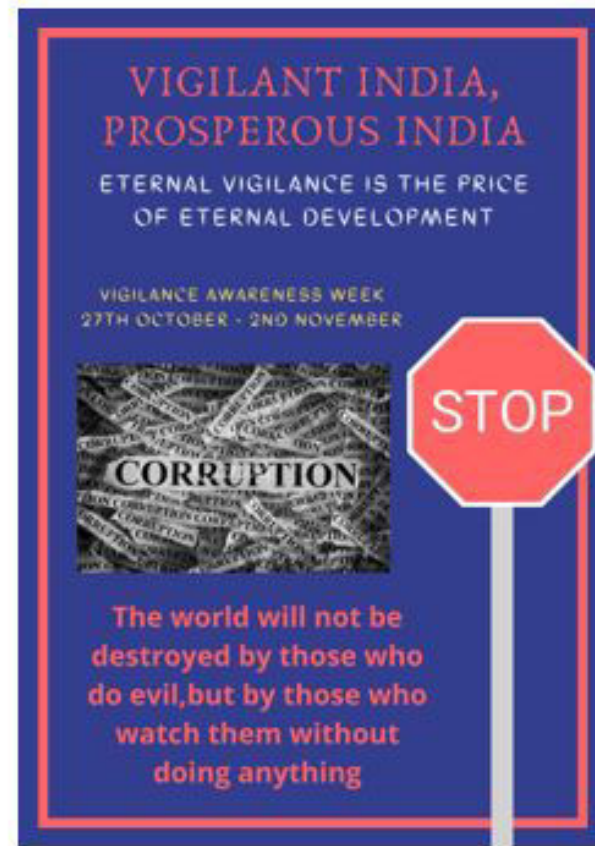
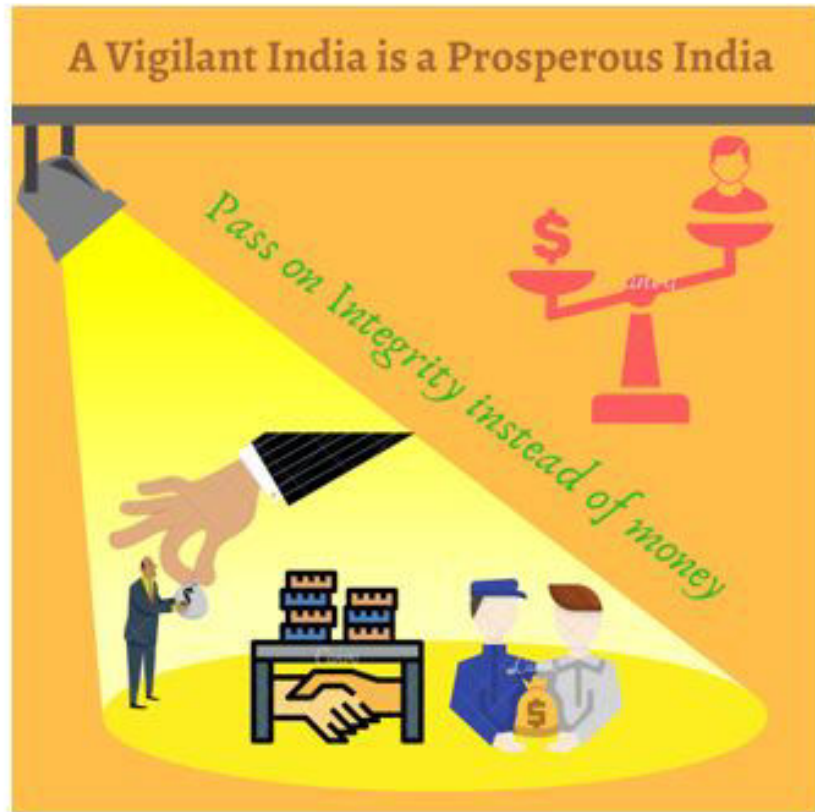
**Programme Officer**  
Ms. Mahima Varma

**Principal**  
Dr. Sandra Joseph



# Posters on the theme “Vigilant India, Prosperous India” –

27th October to 1st November, 2020

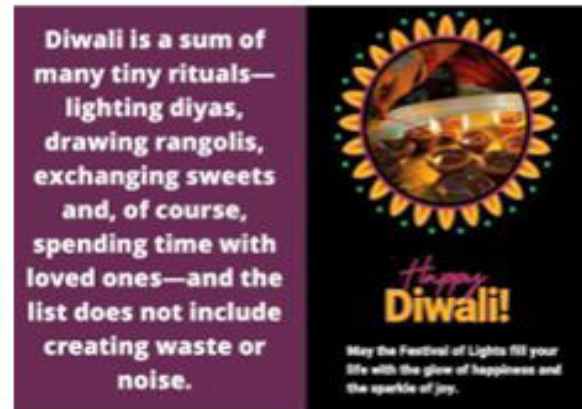




13th November, 2020

## Diwali Celebrations

- **Poster Making Competition**





15th November, 2020

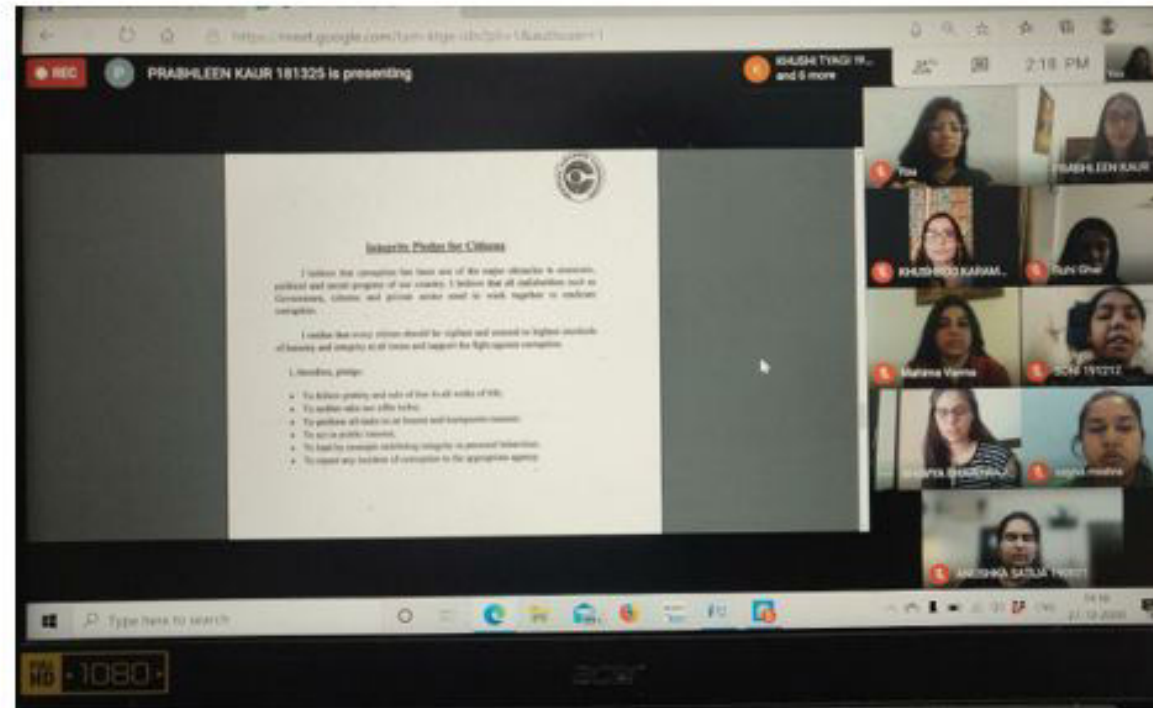
- 'Diwali Donation Drive'



# Constitution Day

26th November, 2020

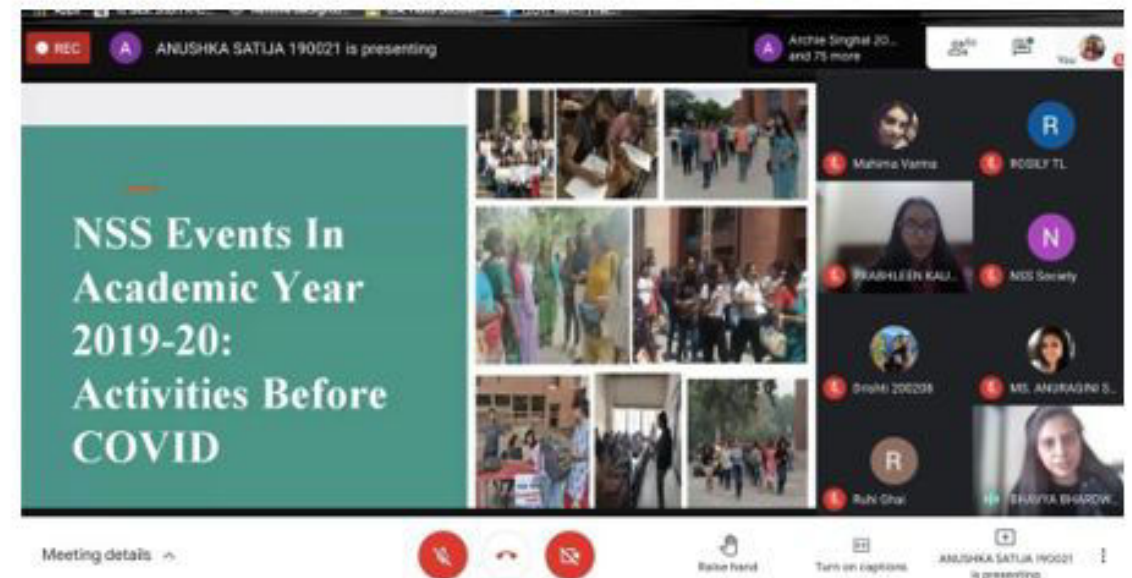
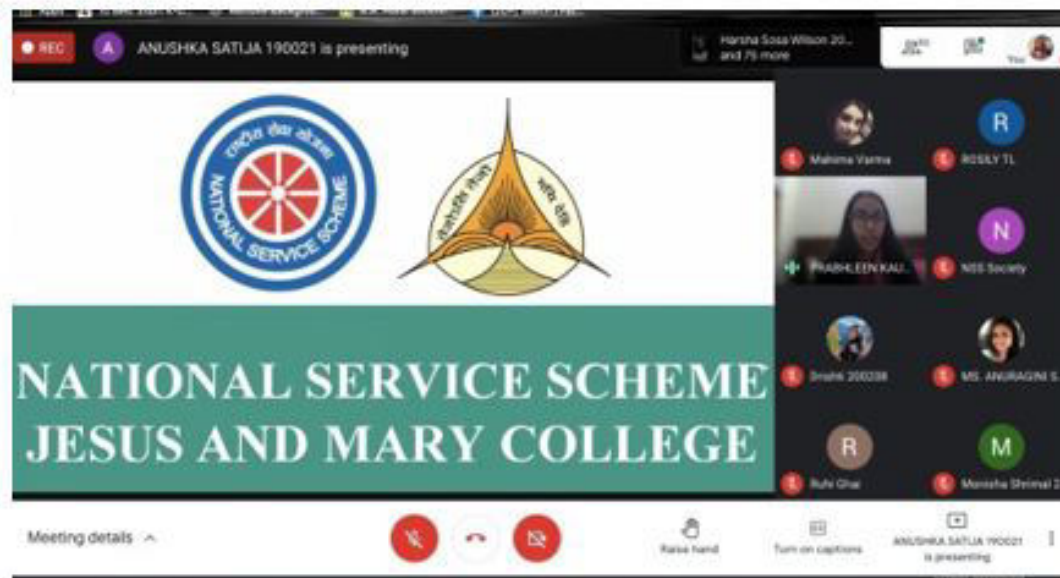
- Reading out the Preamble of the Constitution of India.



# Orientation Programme

20th January, 2021

- Orientation Programme to welcome all the freshers.





# Republic Day

26th January, 2021

- Essay Writing Competition.



The poster is for an essay writing competition organized by the National Service Scheme (NSS) at Jesus and Mary College. It features a central text area with a light blue background, flanked by stylized orange and green vertical stripes. The text is in various fonts and colors (blue, red, black) to highlight key information. At the bottom, there is a dark blue banner with white text for contact information.

**NATIONAL SERVICE SCHEME**  
Jesus and Mary College  
*presents*  
**Essay Writing Competition**  
*on the occasion of*  
**Republic Day**

Topic : The Republic of India: A History  
Worth Reckoning  
Deadline: 10 p.m., 26th January, 2021  
Word limit: 800-1000  
Medium : English/Hindi

*Mail your entries to [nssociety.jmc@gmail.com](mailto:nssociety.jmc@gmail.com)*

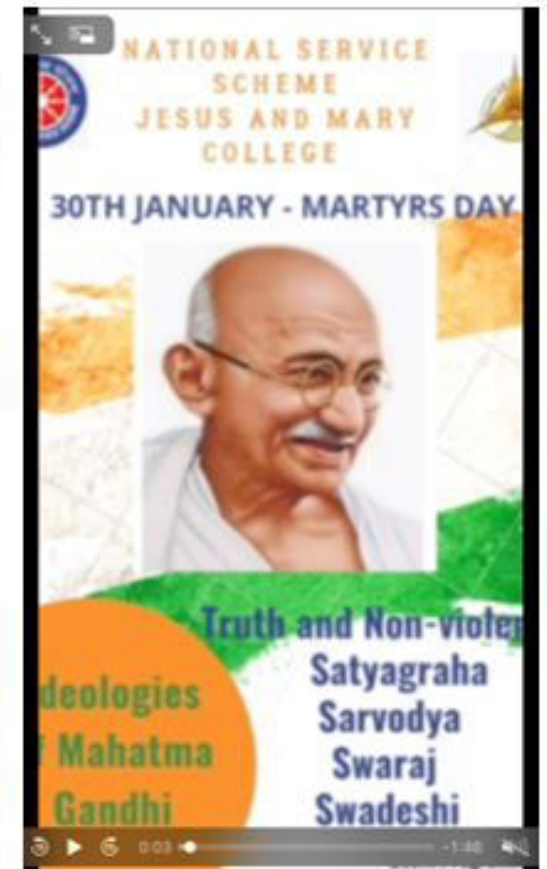
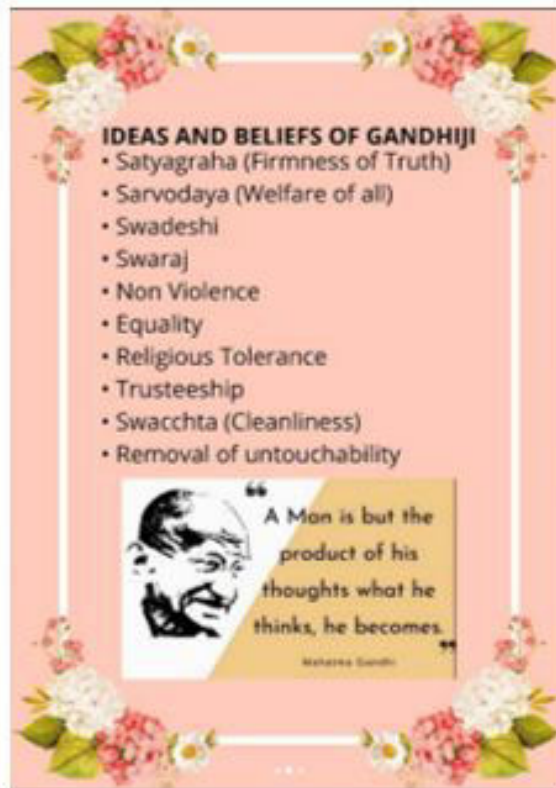
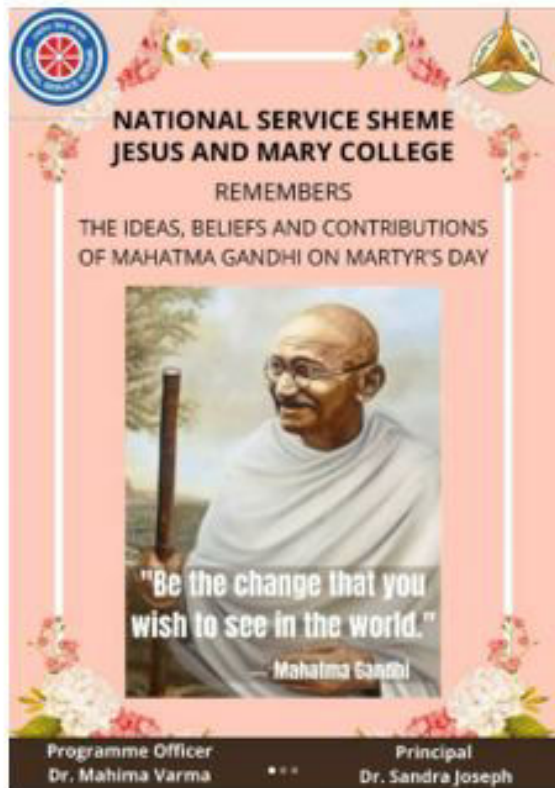
Dr. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

# Martyrs' Day


30th January , 2021

- Paying tribute to Mahatma Gandhi through Posters and Short Videos.






30th January, 2021



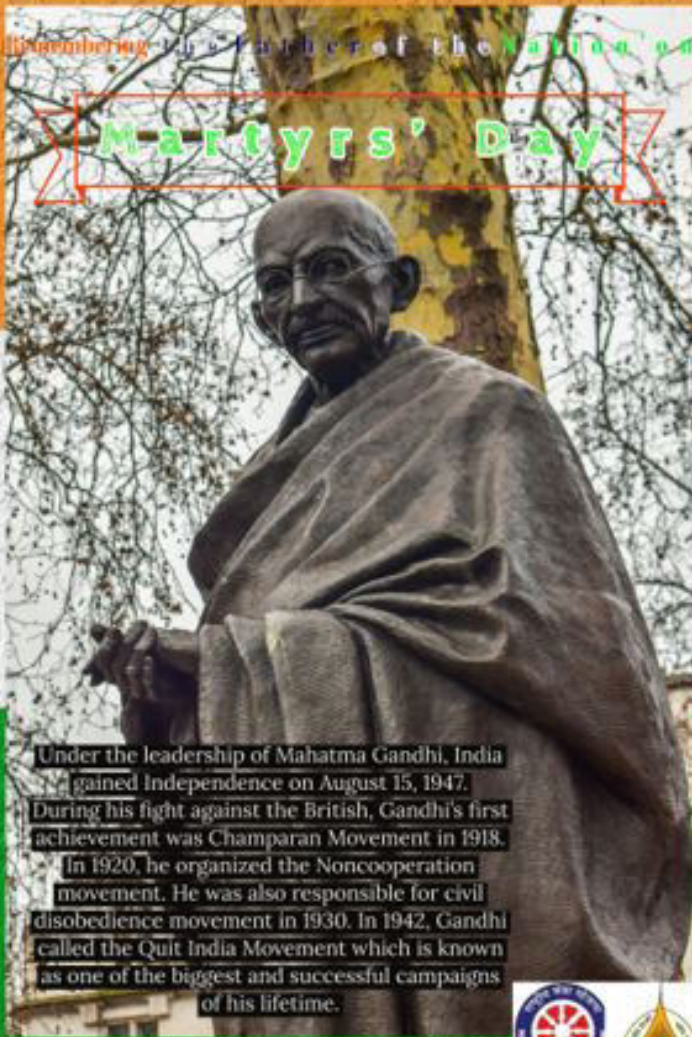
You must be the  
change you wish to  
see in the world -  
Gandhi





**MARTYRS' DAY**  
**30TH JANUARY**

Remembering the Father of the Nation on

**Martyrs' Day**



Under the leadership of Mahatma Gandhi, India gained Independence on August 15, 1947. During his fight against the British, Gandhi's first achievement was Champaran Movement in 1918. In 1920, he organized the Noncooperation movement. He was also responsible for civil disobedience movement in 1930. In 1942, Gandhi called the Quit India Movement which is known as one of the biggest and successful campaigns of his lifetime.



**NSS JMC**  
*commemorates*



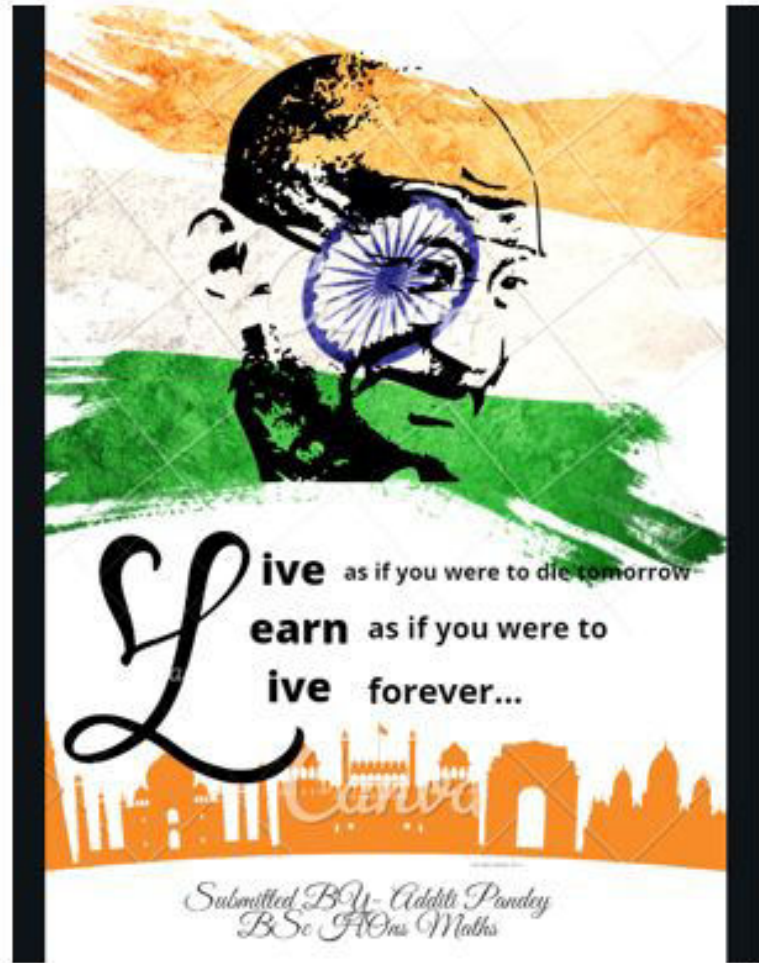
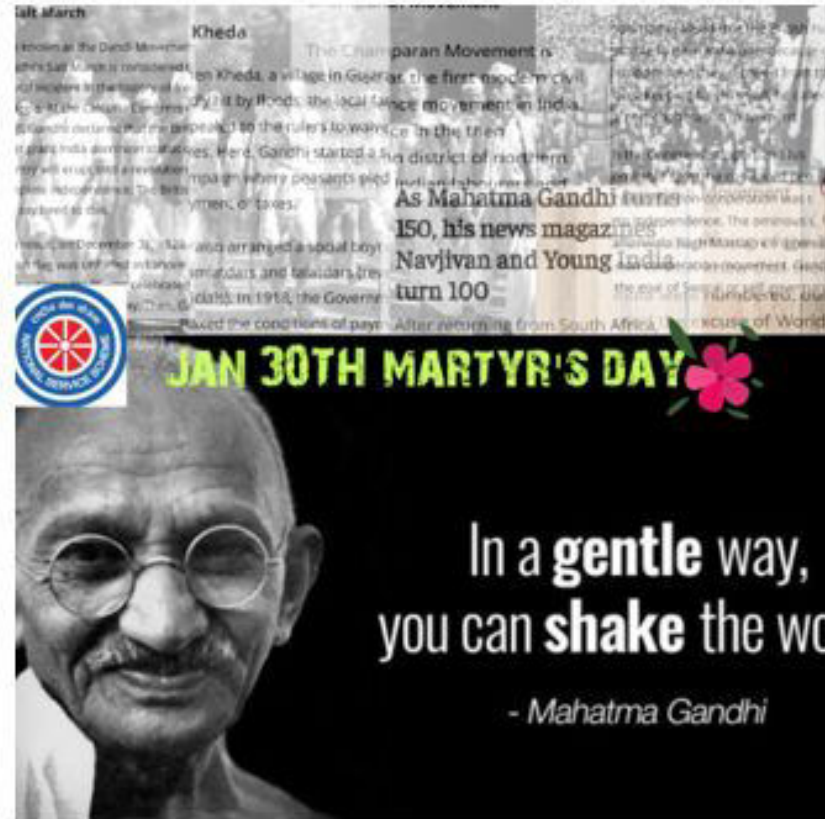
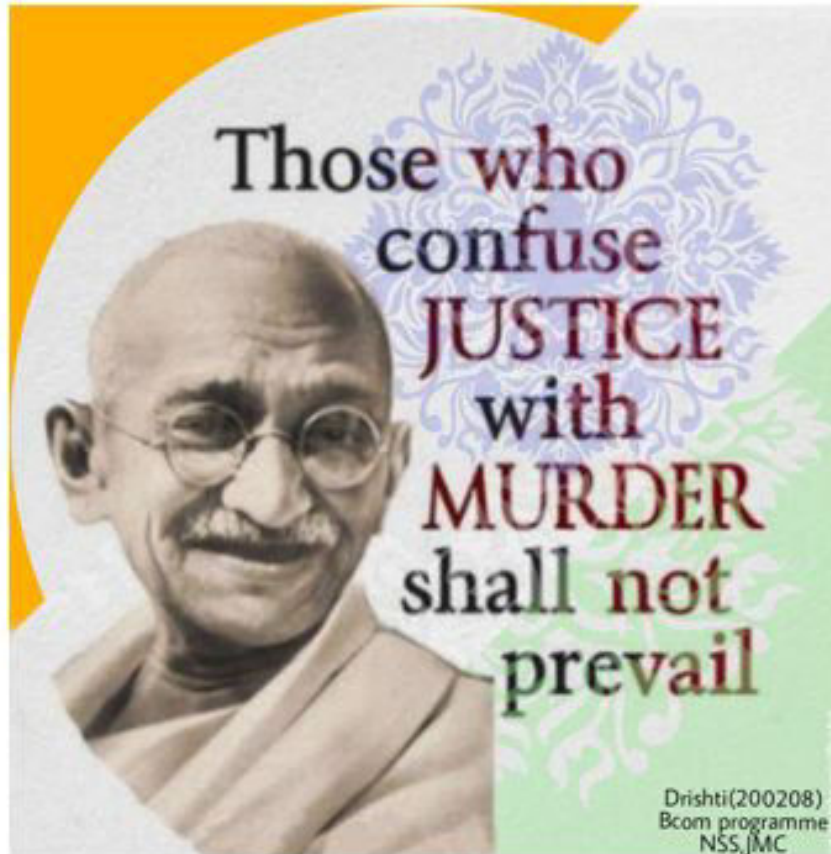
**KARGIL VIJAY  
DIWAS** 26 JULY



Programme Officer: Ms. Mahima Varma    Principal: Dr. Sandra Joseph  
Poster made by: Prabhleen Kaur



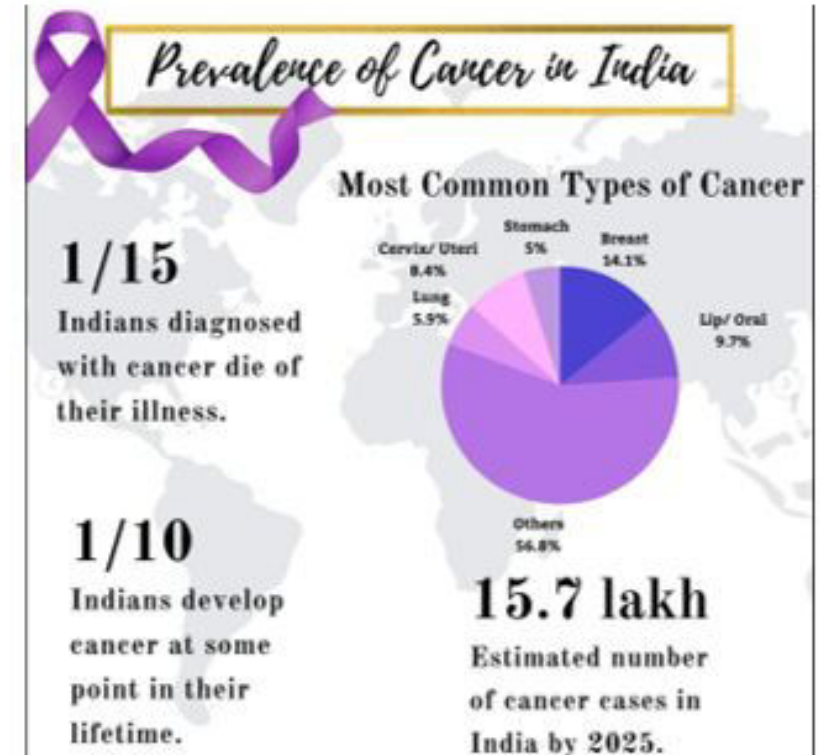
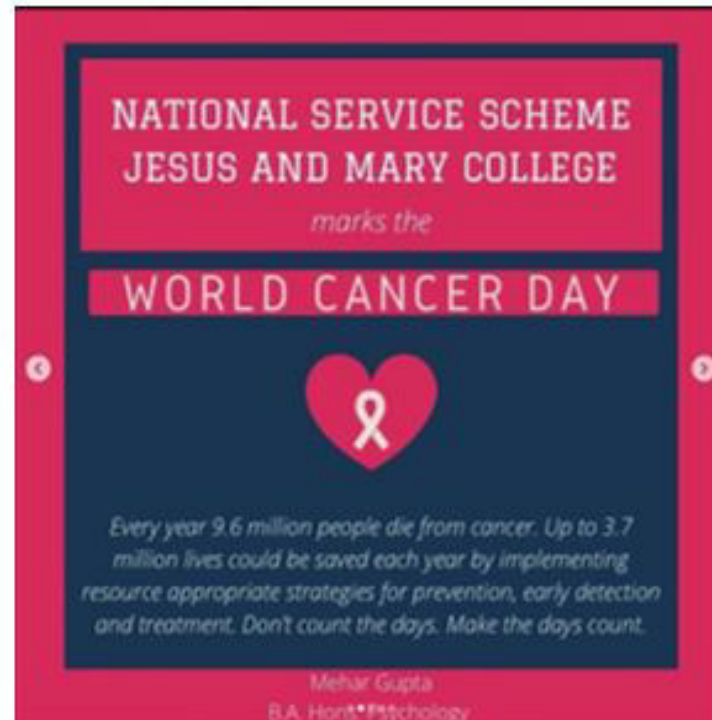
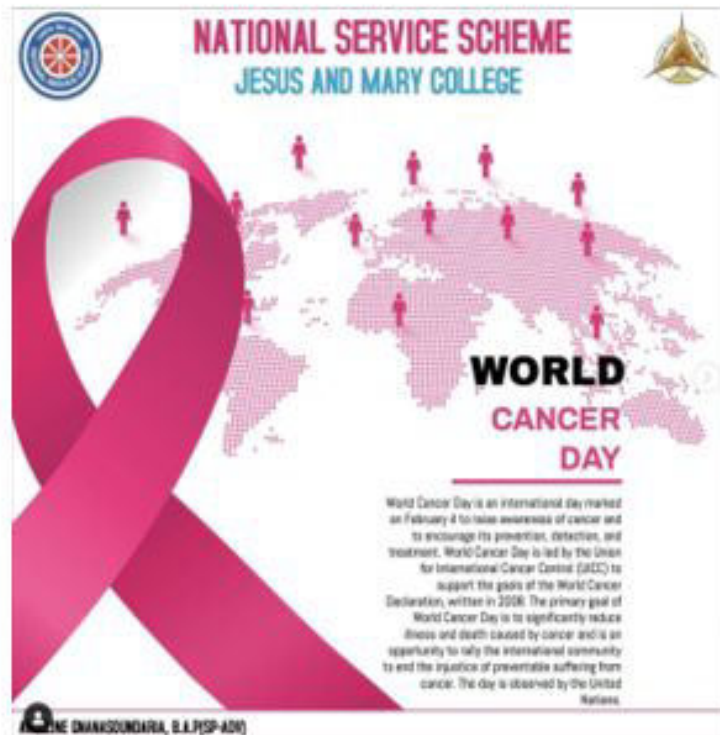
30th January, 2021



# World Cancer Day

4th February, 2021

- Poster Making Competition





4th February, 2021

JESUS & MARY COLLEGE  
NATIONAL SERVICE SCHEME  
WORLD CANCER DAY

# Cancer Awareness



## 5 Early Warning Signals of Cancer

- C** : Change in bowel or bladder habits
- A** : A sore that does not heal
- U** : Unusual bleeding or discharge
- T** : Thickening or lump in the breast or elsewhere
- I** : Indigestion or difficulty in swallowing
- O** : Obvious change in a wart or mole
- N** : Nagging cough or hoarseness

## 10 Steps to Prevent Cancer

1. Avoid tobacco in all its forms, including exposure to secondhand smoke.
2. Get enough vitamin D.
3. Avoid unnecessary exposure to electromagnetic radiation and toxins in your environment.
4. Exercise regularly & stay lean.
5. Avoid infections that contribute to cancer.
6. Increase your consumption of fruits, vegetables, and whole grains.
7. Make quality sleep a priority.

Submitted by:  
Ria Malik  
BA Programme

 **NATIONAL SERVICE SCHEME**  
**JESUS AND MARY COLLEGE**  
*In collaboration with*  
 **Rajiv Gandhi Cancer Institute and Research Centre**  
*Invites you to a talk on*

## CANCER AWARENESS AND PREVENTION


*By*  
**Dr. Swarupa Mitra**  
*Sr. Consultant and Chief of Gastrointestinal and Genitourinary Radiation Oncology, Rajiv Gandhi Cancer Institute and Research Centre, New Delhi*

Date: 17th February 2021 (Wednesday)  
Time: 12:50 pm- 2:00 pm.

Register here: <https://forms.gle/k12deck8hblU2meC59>  
Deadline for registration: 16th February 2021; 6:00 p.m.  
(The link for the webinar will be sent on your mail)

Dr. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

 In case of any queries contact: [nssociety.jmc@gmail.com](mailto:nssociety.jmc@gmail.com)





# *Webinar on Swaasthya Seva with UBlood Smart Connect*

## **10th February, 2021**

- Webinar on Swaasthya Seva with UBlood Smart Connect



The poster is a vertical rectangular card with a red border. At the top left is the National Service Scheme (NSS) logo, and at the top right is the Jesus and Mary College logo. The text is centered and reads: 'NATIONAL SERVICE SCHEME JESUS AND MARY COLLEGE in collaboration with UBlood'. Below this is the UBlood logo and the slogan 'BE A DONOR BECOME THE USAVER'. The main invitation text is 'invites you to a Webinar on Swaasthya Seva With UBlood Smart Connect'. The speakers are listed in two columns: Dr. Irfana Nikhat (Consultant and Head, Star Hospitals, Blood Bank, Hyderabad-Telangana, India) and Dr. Anil Kumar (Mukteshwaram Health Tech Thought Leader and UBlood Advisory). The date and time are 'Date - 10th February, 2021 (Wednesday)' and 'Time - 12:50 pm- 2p.m.'. The platform is 'Platform- Microsoft Teams'. Registration details include the link 'https://forms.gle/64yoPmUK7hDDRLeY6', a deadline of 'February 9, 2021; 6:30p.m.', and a note that the link will be sent via email. At the bottom, contact information for Dr. Mahima Varma (Programme Officer, NSS JMC) and Dr. Sandra Joseph (Principal) is provided, along with the email 'nssociety.jmc@gmail.com' for queries.

**NATIONAL SERVICE SCHEME**  
**JESUS AND MARY COLLEGE**  
*in collaboration with*  
**UBlood**

  
**BE A DONOR**  
**BECOME THE USAVER**

*invites you to a Webinar on*  
**Swaasthya Seva**  
**With UBlood Smart Connect**

BY

<b>Dr. Irfana Nikhat</b> Consultant and Head, Star Hospitals, Blood Bank Hyderabad- Telangana, India	<b>Dr. Anil Kumar</b> Mukteshwaram Health Tech Thought Leader and UBlood Advisory
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**Date - 10th February, 2021 (Wednesday)**  
**Time - 12:50 pm- 2p.m.**  
**Platform- Microsoft Teams**

Register here: <https://forms.gle/64yoPmUK7hDDRLeY6>  
Deadline for Registration: February 9, 2021; 6:30p.m.  
*The link for the Webinar will be sent on your mail*

Dr. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

*In case of any queries contact : nssociety.jmc@gmail.com*



# National Road Safety Month

1st February to 16th February, 2021

- Poster Making Competition, Instagram Reels Making, Comic Strip Making Competition, etc.



 **NATIONAL SERVICE SCHEME  
JESUS AND MARY COLLEGE** 

*is organising  
a series of events  
to commemorate*

**"Road Safety Month 2021"**  
(18th January 2021 - 17th February 2021)

Dr. Mahima Varma  
Programme Officer, NSS JMC

Dr. Sandra Joseph  
Principal

**SCHEDULE  
OF ACTIVITIES**

1st February 2021	Poster Making Competition 
5th February 2021	Instagram Reels Making 
8th February 2021	Comic Strip Making Competition 
9th February 2021	Slogan Writing Competition 
12th February 2021	Article Writing 
15th February 2021	Crossword Puzzle 
16th February 2021	Spreading Awareness via Videos 

**Note:-**  
1. Topics and links will be shared a day prior to the activities.  
2. Specific activities in the above list will be open to participation for all NSS Units, Delhi University. We will be notifying you about the same.

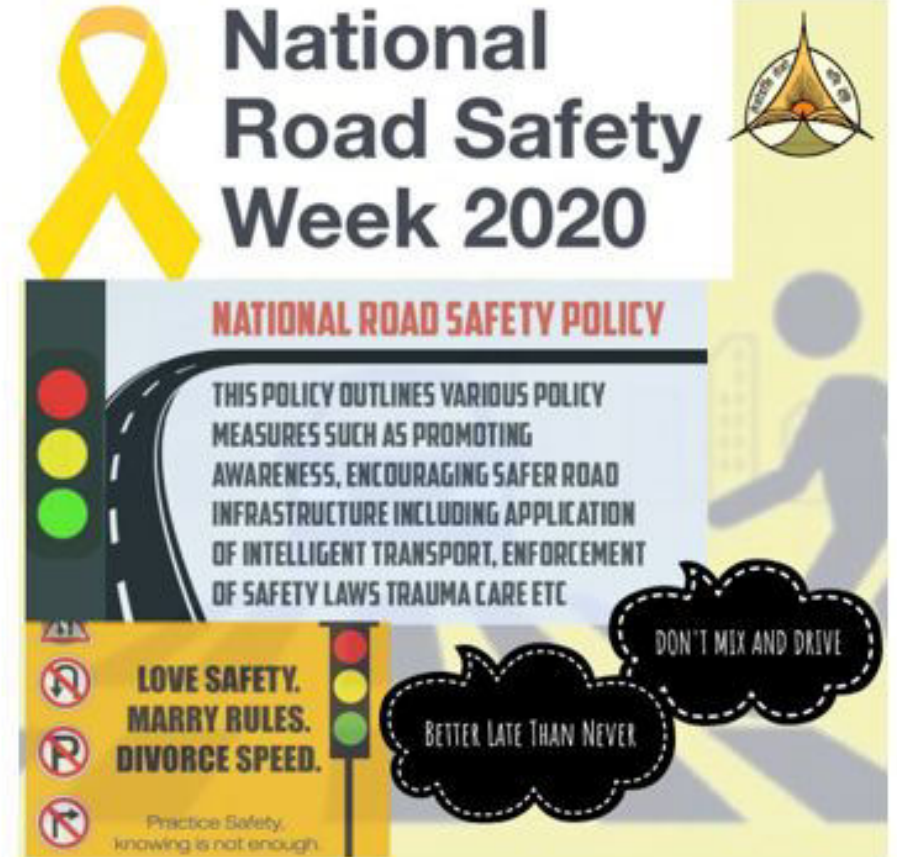


1st February to 16th February, 2021

A TOTAL OF 151,113 PEOPLE WERE KILLED IN 480,652 ROAD ACCIDENTS ACROSS INDIA IN 2019, AN AVERAGE OF 414 A DAY OR 17 AN HOUR, ACCORDING TO A REPORT BY THE TRANSPORT RESEARCH WING OF THE MINISTRY OF ROAD TRANSPORT AND HIGHWAYS.

**Focus on the road.**

Don't text and drive.  
Stay safe and drive smart.



# International Women's Day

8th March, 2021

- Webinar on Spreading Awareness on Menstrual Hygiene in one's community by the society.

National Service Scheme, Jesus and Mary College

## BASHING MENSTRUAL MYTHS

<b>MYTH</b>	Menstruating women should not cook or visit sacred places	<b>FACT</b>	Menstruation does not make a woman impure and unfit
<b>MYTH</b>	Sanitary products should be purchased discreetly	<b>FACT</b>	Just like soap and shampoo, sanitary products are also for personal hygiene
<b>MYTH</b>	Plants die and men get sick if touched by a menstruating woman	<b>FACT</b>	Menstruation is not contagious, and will not harm plants or humans

Submitted by: Ria Malik (BA Programme)






# 75 years of Independence

7th April, 2021

crosswords, posters and puzzles on monuments of India

NSS JMC 2020-21  
Anuragini, Anushka, Double, Kanya, Khus...

🌸🎉

On the occasion of completion of **75 years of India's Independence**, NSS unit of Jesus And Mary College brings you a **Crossword Puzzle** 🧩 to put your knowledge of India's **Monuments** and Heritage to test.

Are you more intelligent than our crossword puzzle!?

Let's see how many you can get right. To solve the quiz, click the link:  
[https://docs.google.com/forms/d/e/1FAIpQLSfDEonoH19tUEj\\_M0EyC1rUefOQxHJ4Z3Kj\\_uDBcyOFGXr-Uw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfDEonoH19tUEj_M0EyC1rUefOQxHJ4Z3Kj_uDBcyOFGXr-Uw/viewform)


**Note :**  
📌 Fill in the responses only in CAPITAL LETTERS  
📌 Do not leave any space in between words in your answers.

You will receive your scores immediately after submitting the forms.

The responses must be submitted by **today 11:30 p.m.**

Regards  
Team NSS. JMC

11:38 AM



## The Indian Heritage Quiz

Hello NSS JMC Volunteers! Put your knowledge about Indian Monuments and Heritage to test by attempting this fun quiz!

\* Required

Name \*

Your answer

Course \*

Your answer



# Vaccine Diwas

11th April- 14th April, 2021

