

NATIONAL SERVICE SCHEME UNIT

LADY IRWIN COLLEGE

UNIVERSITY OF DELHI

AZADI KA AMRIT MAHOTSAV

Date: 2nd to 6th August 2023

The NSS Unit of Lady Irwin College organized “75th Azadi Ka Amrit Mahotsav” from 2nd August to 6th August under which we organized a series of events starting from **ANGDAAN MAHOTSAV** pledge moving with Slogan Writing competition and Logo Designing competition on the topic Progressive and Independent India, and successfully ended it with the compelling event of ‘Meri Mati Mera Desh’ featuring **PANCH PRAN PLEDGE** which was held in both online and offline mode on 14th August 2023, and the participants also posted their selfies with a fistful of soil/ an earthen diya. The subsequent event unfolded fascinating **FACTS ABOUT VEERS OF INDIA** shared on Instagram stories about the brave soldiers who made supreme sacrifice for our nation. The culminating moment was “**AMRIT KALASH YATRA**” on 13th October where participants embarked on a solemn walk, resonating with fervent chants of 'Meri Maati, Mera Desh' and 'Mitti ko Naman, Veeron ka Vandan.' The atmosphere was infused with patriotism as they honored the valor of Indian heroes.



Picture of a participant with a handful of soil along with the certificate of online pledge of Meri Maati Mera Desh



Panch Pran Pledge conducted by the NSS Unit of Lady Irwin College.



The students and faculty actively participated in the Amrit Kalash Yatra and filled an earthen pot with soil and rice.

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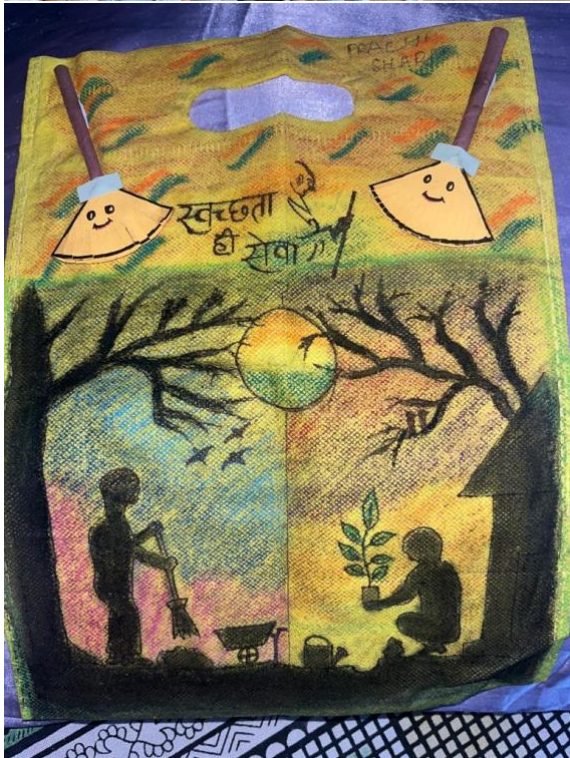
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SWACHHTA HI SEWA CAMPAIGN

Date: 23rd to 25th September 2023

The NSS Unit organized the **SWACHHTA HI SEWA CAMPAIGN** from 23rd to 25th September, wherein the unit hosted a sequence of events beginning with a **cleanliness drive** which was followed by a **Upcycle and decor competition**, an **online quiz on swachhta** and successfully ended the campaign with an **awareness walk along with a swachhta pledge**.





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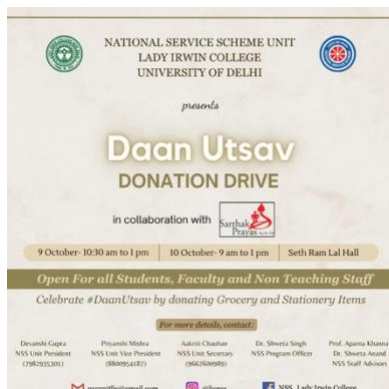
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DAAN UTSAV

Date: 9th & 10th October 2023

DAAN UTSAV The two-day Daan Utsav donation drive, held in collaboration with Sarthak Prayas Organization on 9th-10th October, witnessed enthusiastic student participation. Students generously contributed groceries and stationary items, embodying the spirit of giving and community support. The event's success reflects a collective effort towards fostering a culture of compassion and altruism.



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Students and Faculty donated stationery and grocery items to commence the Daan Utsav.

JOURNEY TO A HAPPY MIND

Date: 30 September 2023

JOURNEY TO A HAPPY MIND, hosted on 30th September under the Har Ghar Dhyaan initiative in collaboration with THE ART OF LIVING, saw active student participation. The session encompassed yoga, meditation, explorations into the science of happiness, and insightful sessions on breathwork, emphasizing the secrets and significance of breath for holistic well-being.



An engaging and insightful session on meditation and breathing techniques in collaboration with The Art of Living

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FIT INDIA FREEDOM RUN 4.0

Date: 14th to 18th October 2023

The **FIT INDIA FREEDOM RUN 4.0** campaign unraveled a successful fitness week. The campaign began with the **Plogging Run** that was held in the Japanese Park, Rohini where the NSS Volunteers collected the litter. The campaign was followed up with an interesting **Groove to Fitness Zumba session** with Ms. Neetu Chawla, a professional fitness trainer, the campaign was wrapped up with some engaging online activities: **Spin the Wheel** and **Guess the Yoga** poses in which the participants engaged enthusiastically.



A pumped plogging run conducted in the Japanese Park, Rohini



Groove to Fitness an enthusiastic Zumba session conducted in the Amphitheatre with Ms. Neetu Chawla.

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<https://drive.google.com/drive/folders/1WKKG71htZjIU9RUe1IKpTNPO-EcudpYr>

Instagram link for LIC NSS:

<https://instagram.com/licnss?igshid=YzAwZjE1ZTI0Zg==>

