

Date & Time: 3 January 2022

Venue: Trinity Institute of Professional Studies, Dwarka

Name of the Activity : **Prasaar Video - How to adapt new habits**

Aims/Objectives : To aware about how to adapt new habits

Faculty In charges : Dr. Aparna Chaturvedi

Resource Person :

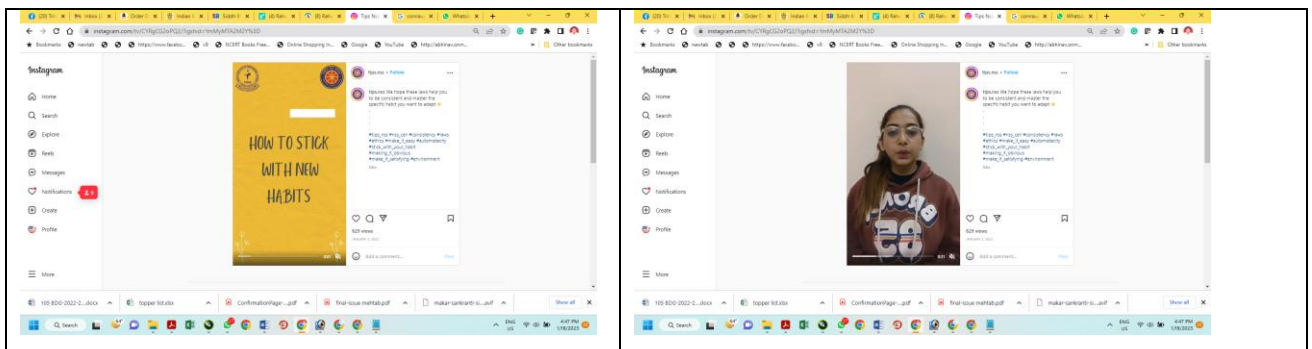
No of Students Attended : 6

Summary of the Activity :

To give a head start to this year NSS Cell of Trinity Institute of Professional Studies, Dwarka under it's project Prasaar (A project made to aware people about ongoing issues and try to impact people's life in a good way) created a video to teach people how to adapt new habits and stick to their resolution as it seem really easy to set goals but noone teaches you how to achieve them and how to be consistent with your efforts. Total 5 volunteers participated in this video from content to on camera acting

Learning Outcome : The attendees come to know about how to adapt new habits.

Photographs :





Date & Time: 2022

Venue: Online

Name of the Activity : **Prasaar Video - Why to Join NSS?**

Aims/Objectives : To aware the people about Why to Join NSS?

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

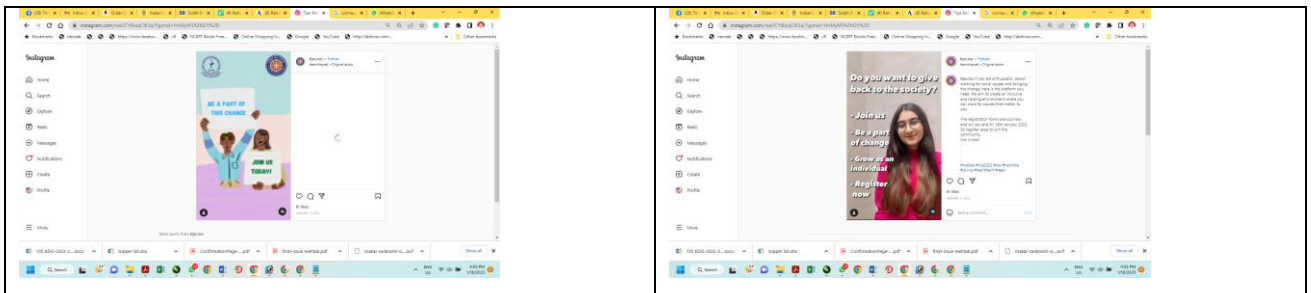
No of Students Attended : **3**

Summary of the Activity:

NSS Cell of Trinity Institute of Professional studies, Dwarka under it's project Prasaar created a video on telling students why to join NSS and what are it's benefits. Those who want to serve the country and be a responsible citizen by taking responsibility of making this world a better place for everyone those students are targeted by this video so that they can join hands together and be a part of NSS Cell and take their first step towards change.

Learning Outcome : The attendees come to know about why to join NSS

Photographs :





Date & Time: 23-26th January 2022

Venue: Trinity Institute of Professional Studies

Name of the Activity : **Talent Hunt Competition - Hunnar**

Aims/Objectives : To aware the people about the patriotism

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : Rotaract Club

No of Students Attended : 22

Summary of the Activity:

The NSS Cell and Rotaract Club of Trinity Institute of Professional Studies, Dwarka together conducted an online talent hunt program “HUNNAR” for the students to showcase their talents. This will help the students to boost their self-esteem and confidence. The theme for the competition was “PATRIOTISM”. Entries for monologues, solo singing (English /Hindi), dance (classic /western), painting, poetry were accepted. The competition started on 23rd January and ended on 26th January. Three winners were awarded with cash prizes and certificates. The result was declared on the basis of voting.

“Everyone has talent. What's rare is the courage to follow it to the dark places where it leads.”

Learning Outcome : The attendees come to know about the patriotism

Photographs :



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Rotary District 3011	Rotary District 3011	Rotary District 3011
     <h3>Rotaract Club & NSS Cell presents</h3>    <p>Winner 1- Raghav Tomar By 617 votes</p>	     <h3>Rotaract Club & NSS Cell presents</h3>   <p>Winner 2 - Shubhyanshi Setia By 359 votes</p>	     <h3>Rotaract Club & NSS Cell presents</h3>   <p>Winner 3 - Prachi Rawat By 272 votes</p>



Date & Time: 24th January 2022

Venue: Online

Name of the Activity : **Prasaar Video - National Girl Child Day**

Aims/Objectives : To aware the people about the National Girl Child Day

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person:

No of Students Attended : 3

Summary of the Activity:

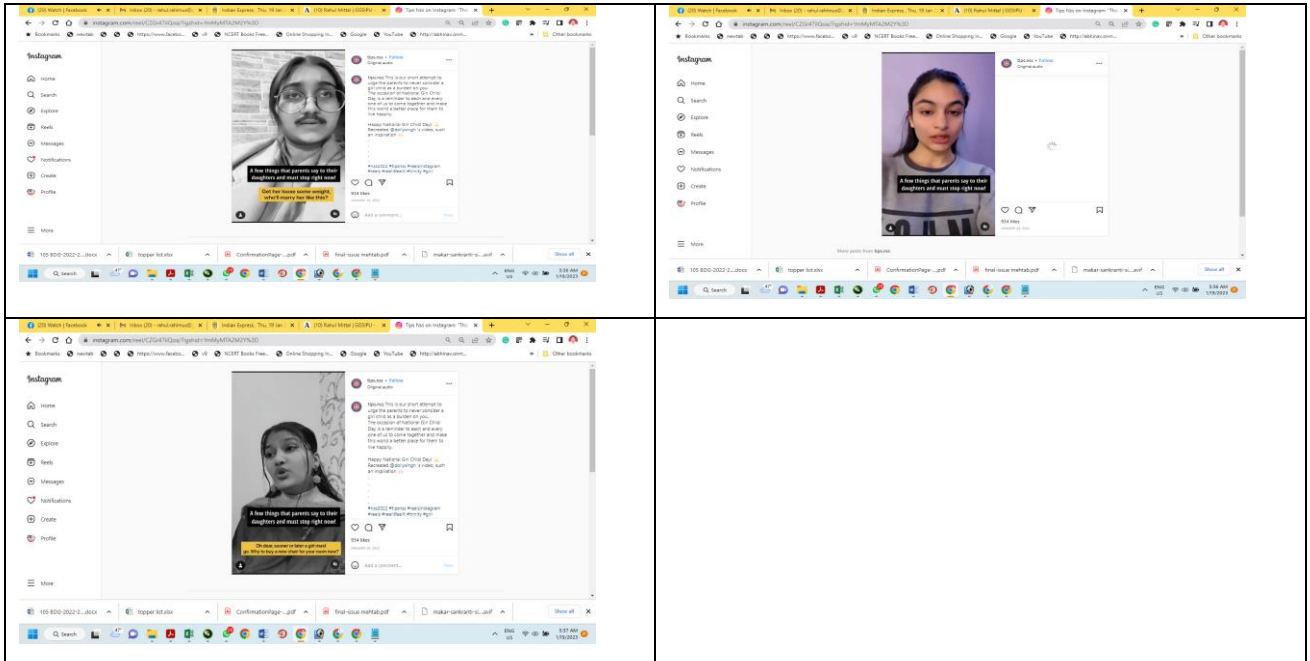
On the occasion of National Girl Child day celebrated on 24th January, National Service Scheme team of Trinity Institute of Professional studies took an initiative to create an Igtv to spread awareness about atrocities faced by girl child in Indian society. A great amount of enthusiasm and response was received by the students. Dakshata Ahuja, Bhoomika Padeliya, Anjali Jangra participated and made videos of them enacting their parts, which were further combined and uploaded on the instagram account of TIPS NSS which had 19.8k views.

The video was a recreation, inspired by the influencer Dolly Singh depicting the phrases told to a girl being normalized by the society in today's time. The video was a small contribution to give a message in an creative way to break all discriminatory stereotypes and traditions prevailing in our society.

Learning Outcome : The attendees come to know about the National Girl Child Day

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Date & Time: 26th Jan 2022

Venue: Online

Name of the Activity : **Virtual Republic Day Celebration**

Aims/Objectives : To aware the people about the Republic Day Celebration

Faculty In charges : **Dr. Aparna Chaturvedi, Dr. B.P. Singh (Faculty of TIPS)**

Resource Person: Dr. Barkha Bahl (Director, TIPS) and Dr. R.K. Tandon (Chairman, TIPS)

No of Students Attended : **124**

Summary of the Activity:

NSS Cell of Trinity Institute of Professional Studies in collaboration with Rotaract Club organised a virtual Republic Day celebration in order to increase a sense of patriotism among students and faculty members. The event started with a few words by Dr. B.P. Singh (Faculty of TIPS) and ended with the National anthem, anchors for the event were Purnima Chhabra and Mitali Adhikary. There were many patriotic performances performed by the volunteers during the event like singing, dancing, monologue etc. Dr. Barkha Bahl (Director, TIPS) and Dr. R.K. Tandon (Chairman, TIPS) also blessed the event with their gracious presence.

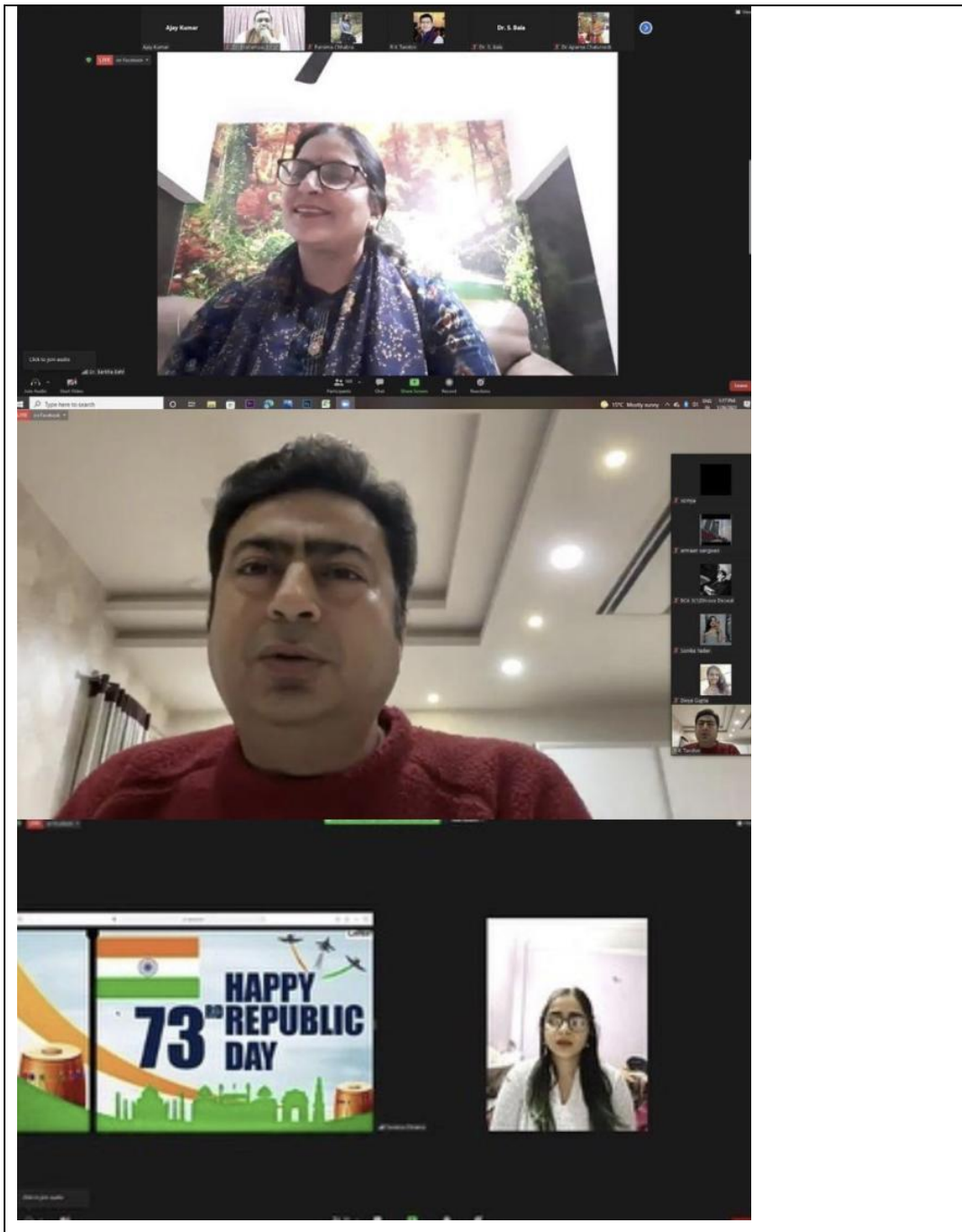
Learning Outcome : The attendees come to know about Republic Day Celebration

Photographs :



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Date & Time: 5th-10th February 2022

Venue: slum behind Kamal Public School, Vikaspuri

Name of the Activity : **Parivartan Event - Akshar**

Aims/Objectives : To educate the unprivileged

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

No of Students Attended : **8**

Summary of the Activity:

The TRINITY INSTITUTE OF PROFESSIONAL STUDIES very own NSS CELL's major project PARIVARTAN had introduced an online initiative AKSHAR. The project heads of Parivartan are Harleen Kaur and Subhyanshi Setia which was supervised under the NSS President Rabjeet Singh. Parivartan means transformation and education is the vital key to it. The motto of this project and event collectively was to educate the unprivileged.

The NSS volunteers were being fuelled with enthusiasm to give their contribution at their individual level. The event was conducted between the time frame from February 5,2022 to February 10,2022. About 21 volunteers came forward with their beneficiation that aimed a good social cause. For this noble cause to help the unprivileged either they needed to donate books and stationery or to teach them personally. They were asked to submit photographs for the official Instagram handle of NSS to spread awareness and liking to spread knowledge and education to the needy. Hereby, many volunteers taught kids of their house helps and nearby slums and donated books, stationery and clothes to them. Hence, the volunteers did a phenomenal job by which we hope there was a sense of enlightenment that gave a ray of hope among those people that they can also access education. Under the guidance of our project heads, president and co-ordinators this



event came out to be a success and was gracefully presented on the Official Instagram handle of NSS Cell.

Learning Outcome : The attendees educate the unprivileged ones.

Photographs :





Date & Time: Feb 2022

Venue: Qutub Minar

Name of the Activity : **Pratibimb- Swachh Bharat**

Aims/Objectives : To take photos in the photo walk

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : Dr. R.K. Tandon, Chairman ,TIPS

No of Students Attended : 50

Summary of the Activity:

Starting the day with the beautiful smile on each and everyone's face. It was an collaborated event of Rotaract Club, NSS and FRAMES Society of TIPS. We all gathered at Qutub Minar metro station at 8:15 am. As soon as we entered the monument the event head gave us brief information about how to click the pictures, the angles. The photo walk helped all of to enhance our skills and see how much we are capable of doing things. We observed that every place has a story behind itself, the broken parts of the minar, the graves, the way it has designed, the sculptures and the story of ALAI MINAR.

Learning Outcome : The took photos in the photo walk.

Photographs :



Date & Time: 18th February 2022

Venue: Multipurpose Hall, TIPS

Name of the Activity	:	Webinar on Cancer Awareness
Aims/Objectives	:	To sensitize the attendees about the cancer
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Dr Barkha Behl and Dr. Bhrampal
No of Students Attended	:	58

Summary of the Activity:

We are pleased to inform you that NSS Cell and Rotaract Club of Trinity Institute of Professional Studies, Dwarka Delhi in association with Sanjeevani Hospital - Life Beyond Cancer, Mumbai has organized a webinar on “World Cancer Day.”

The guest speaker was Ms. Florina Singh, Senior Programme Coordinator at Sanjeevani: Life Beyond Cancer, Mumbai. The Speaker talked about “Cancer Awareness and Adopting Healthy Life style” She enlighten our Teachers and students about symptoms of this deadly disease and discussed the preventive measures against Cancer.

At the end of the event a quiz was conducted and winners of Quiz were:

Prachi negi

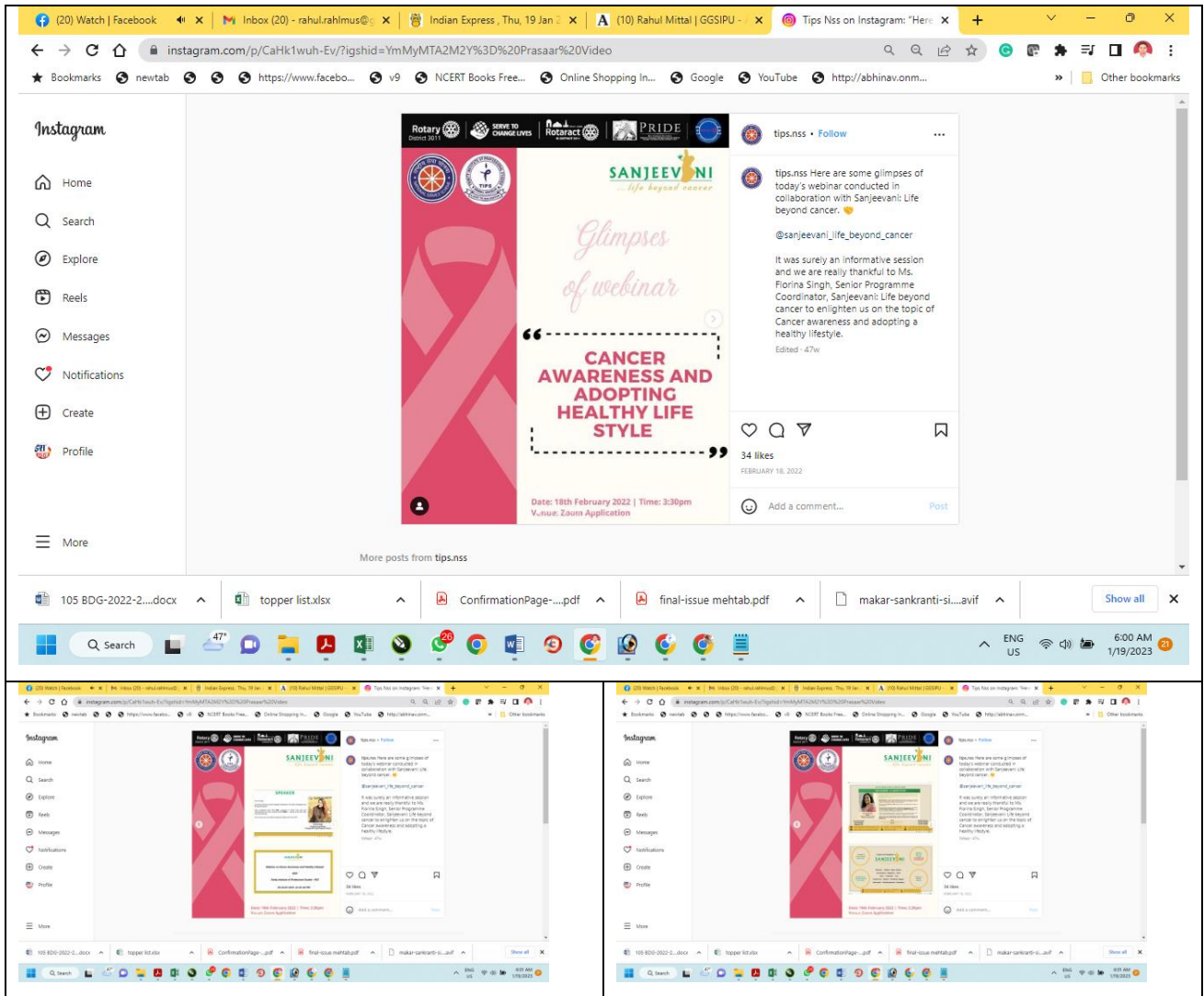
Riya khera

Aradhey anand

The winners got e-certificates from Sanjeevani: Life Beyond Cancer.

Learning Outcome : The attendees come to know about the attendees about the cancer.

Photographs :





Date & Time: 1st March 2022

Venue: Multipurpose Hall, TIPS

Name of the Activity	:	Prasaar Video - Self Injury Awareness Day
Aims/Objectives	:	To sensitize the attendees about Self Injury Awareness Day
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Dr. Aparna Chaturvedi
No of Students Attended	:	15

Summary of the Activity:

On the occasion of Self Injury Awareness Day, 1 March, National Service Scheme team of Trinity Institute of Professional Studies put their efforts making an informative and helpful IGTV on the given platform to spread awareness about the people practicing self-injury behaviour and how they can overcome it.

Students that participated were Bhoomika Padeliya, Akshita Mehta, Sameer Phasu, Akshita Mehta, Anjali Jangra. Video content was decided by Bhoomika and Anjali mutually. Content writing was done by Anjali and On screen parts were played by Anjali, Akshita, Bhoomika, Sameer, Diksha respectively. The video was a message trying to portray the seriousness of mental health and effects it can cause to one's health and life decisions. It shows to remain positive in hard times and seek help when needed and few steps one can do to take care of themselves by being engaged in healthy activities and also to show the support we have towards people suffering from such events as a movement by wearing an orange ribbon.

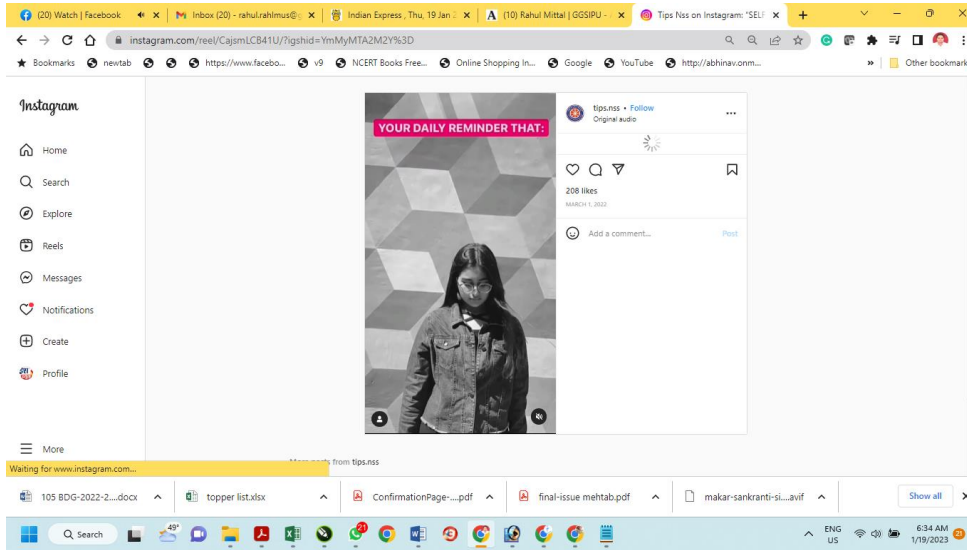
Learning Outcome : The attendees made the Self Injury Awareness Day.

Photographs :



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Date & Time: 8th March, 2022

Venue: Indra Camp 1 and 2, the adopted village, Vikaspuri

Name of the Activity : **Pad Distribution Drive and Nukkad Natak on Women's Day**

Aims/Objectives : To celebrate women's Day and pad distribution drive

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

No of Students Attended : **4**

Summary of the Activity : On the occasion of Women's Day, the volunteers of Rotaract Club and NSS Cell of Trinity Institute of Professional Studies Dwarka performed street play on the occasion of International Women's Day at Indra Camp 1 and 2, the adopted village, Vikaspuri. The objective was to raise awareness about menstrual cycle and sanitary products, we tried to break the barriers of society against periods and to leave all the obstacles aside. When we gathered them to showcase our performance they all had a good sense of excitement on their bright smiling faces. We ended the street play with the distribution of sanitary napkins to the women of the slum who really can't afford them. The napkins were contributed by the student of TIPS and the "YORICARE" brand helped us in this initiative by providing us the sanitary napkins at 50% discount. After the street play and sanitary napkins distribution, we even distributed the lunch meal to them.

The volunteers were really pleased to see their happy faces and with that they took the leave.

Learning Outcome : The attendees celebrated women's Day and distributed pads

Photographs :



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Date & Time: 5th March 2022

Venue: Rajiv Chowk Metro Station

Name of the Activity : **Webinar on Role of Value Education**

Aims/Objectives : To educate the attendees about the on Role of Value Education
Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : Dr. Ashish Awasthi, Associate Dean

No of Students Attended : 100

Summary of the Activity:

“The value of a college education is not the learning of many facts but the training of the mind to think”- Albert Einstein

A webinar on “Role of Value Education” for all departments’ students, was organized by the CS & IT Department of Trinity Institute of Professional Studies on 5th March 2022 (Saturday) from 3:00 PM- 4:00PM. The webinar commenced with a welcome address by Dr. Mukta Sharma, HOD-CS & IT. Later the eminent speaker, Dr. Ashish Awasthi, Associate Dean (Student Academic Affairs) delivered an excellent speech on value-based education which aims at training the student to face the outer world with the right attitude and values. The webinar was interactive and students participated enthusiastically. The session ended with a formal vote of thanks by Dr. Aparna, the Event in-charge.

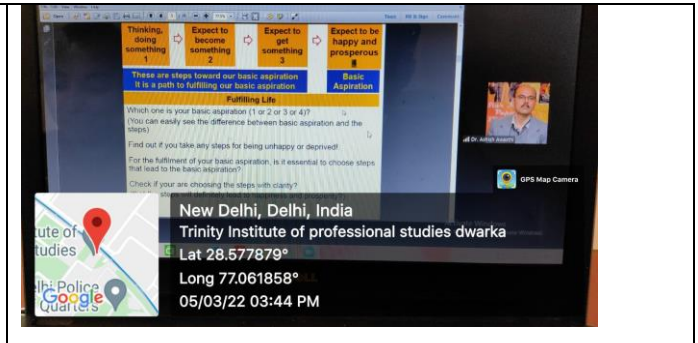
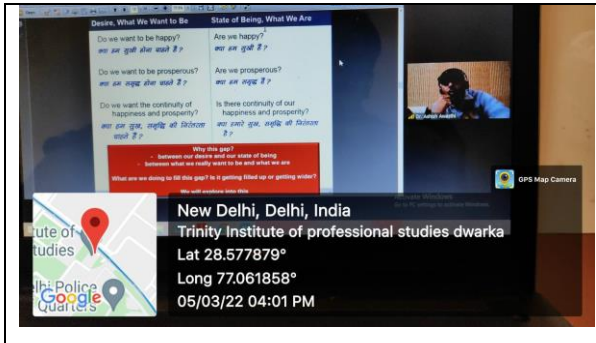
The session was conducted with the objective to cultivate moral values in our students. The webinar was organized in a hybrid mode. We are truly grateful to chairman Sir and Director ma'am for their continuous support and guidance. We want to thank all CS & IT Department Faculty members and also acknowledge the cooperation provided by Jaspal Sir, Subhash sir, and Musharaff Sir to execute the event seamlessly in hybrid mode.



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Learning Outcome : The attendees come to know about the the on Role of Value Education.

Photographs :





Date & Time: 8th March 2022

Venue: Online

Name of the Activity	:	Webinar in collaboration with Sanjeevani
Aims/Objectives	:	To sensitize about the life without cancer Hospital.
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Dr. Aparna Chaturvedi
No of Students Attended	:	09

Summary of the Activity:

On 8th March 2022, NSS cell of Trinity Institute of Professional Studies, Dwarka organized an event in collaboration with Sanjeevani-Life Beyond Cancer Hospital, Mumbai to mark the occasion of “International Women’s Day”. The theme of the event was “Let’s Break The Bias”. The event was hosted by Harleen Kaur of BA(JMC) and was conducted in online mode through Zoom and was also broadcasted live on Youtube. The objective of the event was to present the “Stories of our Sheroes”, where Sheroes stands for the women who have battled cancer and are making a change in the society. The session started at 5 pm and lasted for an hour and a half. The sponsor for the event was Hindustan Petroleum(HP).

The session was so inspiring as the Cancer Warriors from all over India shared their motivating stories. Every warrior had a unique story, they told how cancer changed their lives and how it helped them to contribute in making a change in the society. They made us realise “how important a life is!”; one of the warriors said, “We die only once but we live daily, so until you are alive make the best of it.” There were women’s from different cities, backgrounds and age groups but the level of positivity was same among them. The Sheroes really made the event very inspirational with their stories. Some of the Sheroes from the event are Smt. Kusum Lata Singh, Mrs. Vandana



Mahajan, Smt. Nandita Muralidhar, Smt. Rupali Misquin, Ms. Sayantani Majumder. The event was hosted by Ms. Florina Singh and co- hosted by Ms. Gousiaparveen Siddique and Ms. Archita Verma. The event proved to be a successful one as more than 300

participants joined the session. At last Sanjeevani: Life Beyond Cancer Hospital also shared their Helpline number with the participants in case if any cancer patients wants any kind of assistance.

Learning Outcome : The attendees come to know about the life without cancer Hospital.

Photographs :





Date & Time: 8th March, 2022

Venue: TIPS Dwarka

Name of the Activity : **Debate Competition on the theme: Break the bias**

Aims/Objectives : To sensitize about the debate and participate in the debate.

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : Ms. Kajal Chanana, Founder Dwarka Moms|Founder Connecting India Global |Digital Evangelist|Community Building Expert|Influencer.; choices, Ms. Bharti Katre - Senior Nursing Officer, Ram Manohar Lohia, Founder of Itrah

No of Students Attended : 12

Summary of the Activity:

The Volunteers of Trinity Institute of Professional Studies to ac on Woman Entrepreneurship and Leadership : Bridging the Gap of Gender Equity on International Women's Day i.e 8th March, 2022 from 12:15 PM onwards.

Chief Guest for the event was Ms. Kajal Chanana, Founder Dwarka Moms|Founder Connecting India Global |Digital Evangelist|Community Building Expert|Influencer.

The event was Judged by :

Ms.Nilima Buch - Founder of Punah, Zero waste choices,

Ms. Bharti Katre - Senior Nursing Officer, Ram Manohar Lohia, Founder of Itrah.



A total of 17 teams participated from Delhi & NCR. Students enthusiastically participated in the event. The event aimed to boost the self confidence of the students and to make them aware about the gender inequality and how to bridge this gap.

The winners of the event were :

POSITION 1 -

For the motion-Nishant Kapoor; Against the motion-Kangana Rai

From-Trinity Institute Of Professional Studies,Dwarka, Delhi.

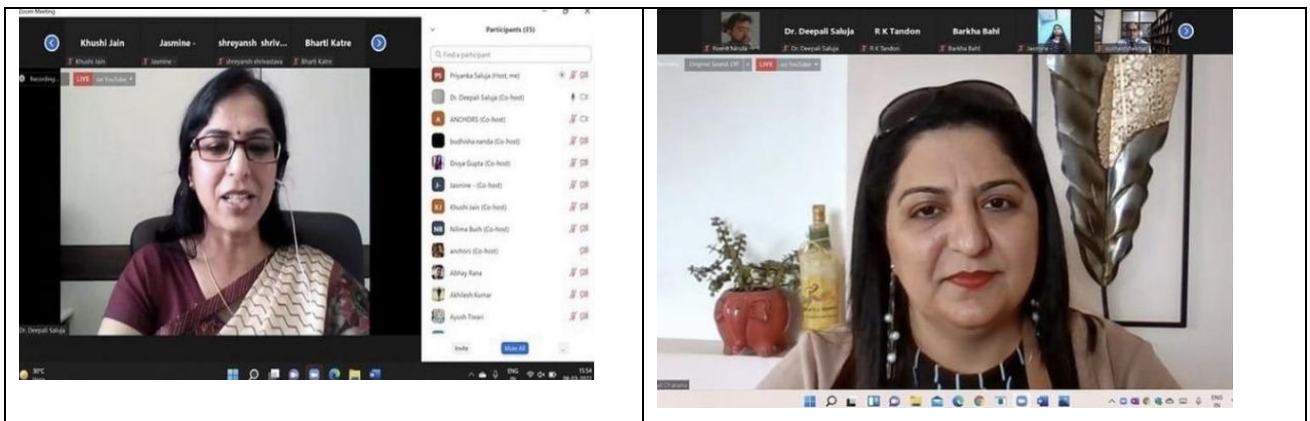
POSITION 2 -

For the motion-Vinay Prasad; Against the Motion-Lavanya Sharma

From-Rajdhani College knowledge the pollution fay and spread awareness about the same a video was made by volunteers

Learning Outcome : The attendees come to know about the debate and participated in the debate.

Photographs :





Date & Time: 8th December 2021

Venue: silver lining old age home

Name of the Activity : **Old Age Home Visit and Holi Celebration**

Aims/Objectives : To sensitize about the old age problems and Old Age Home Visit and Holi Celebration.

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

No of Students Attended : 12

Summary of the Activity:

For the celebration of “HOLI”, the NSS Cell and Rotaract Club of Trinity Institute of Professional Studies went to “silver lining old age home” to spend time with the residents there, under the event “VARDAAN”.

The activities did were:

- Passing the parcel game
- Singing performance
- Quiz game: {a} guess the song with the help of tune
{b} guess the actor's name with the help of their picture
{c} guess the movie with the help of scene reenactment
- Dance performance

- Distribution of handmade cards with a polaroid of each resident on the card that was clicked and printed during the event.

At the end of the dance performance, the volunteers showered flowers as a substitute for colors in order to advocate for “Green Holi”. The event was conducted in order to provide for the love and affection missing out from the lives of the residents of the old age home.

Learning Outcome : The attendees come to know about the old age problems and Old Age Home Visit and Holi Celebration.

Photographs :





Date & Time: March 11,2022

Venue: Trinity Institute of Professional Studies, Dwarka

Name of the Activity	:	Poster Making Competition - Green Holi
Aims/Objectives	:	To sensitize about the Green Holi and poster making competition.
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Dr. Aparna Chaturvedi
No of Students Attended	:	12

Summary of the Activity:

NSS Cell of Trinity Institute of Professional Studies, Dwarka in collaboration with Eco club organised a poster making competition on the theme of Green Holi to aware students about the importance of green holi and make students realise the harmful affects of inorganic colours. The event went smoothly with the help of volunteers and teachers. Chairman sir and Director ma'am were also there to enhance the importance of the event with their gracious presence. On March 11,2022 for the first year students BBA and BCOM(h). There were a total of 23 students who showcased their talent in the competition through offline mode , the major objective was to sensitize students about the ill effect of unhealthy practice followed on Holi and their everlasting impact on our environment . With this we also brought up the creative side of the students, that may fail to cope as you grow old ,this let their inner child free this Holi.

Overall it was a very enthusiastic day that led us spreading awareness about this topic

Learning Outcome : The attendees come to know about the Green Holi and participated in poster making competition.

Photographs :





Date & Time: March 31, 2022

Venue: Trinity Institute of Professional Studies, Dwarka

Name of the Activity	:	Shaheedi Diwas
Aims/Objectives	:	To sensitize about the Shaheedi Diwas.
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Dr. Aparna Chaturvedi
No of Students Attended	:	12

Summary of the Activity:

“When a tyrant dies, his rule ends but when a martyr dies, his rule actually begins!!!” We bow to the brave soul who will always inspire us for years to come.

Bhagat Singh ji is a legend and inspiration for our whole nation.

Today on his 91st Death Anniversary celebrated as 'Saheedi Diwas',

NSS TIPS would like to share few Instances from the life of this young hero who got martyred for our Nation-

भगतसहंकोभारतीयरावादआदंो लनकेसबसेभावशालांतकारयमसेएकमानाजाताहै।वो कई ि तकार संगठन के साथ मले और उहने भारतीय राय आदोलन म अपना बहुत बड़ा योगदान दया था। भगत सहं जी क मृ यु 23 वष क आयु म हुई जब उह टश सरकार ने फांसी पर चढ़ा दया। भगत सहं का जम 28 सतंबर, 1907 को लायलपरु ि जले के बंगा म हुआ था, जो अब पाकतान म है। उनका पतै कृ गांव खकड़ कलां है जो पंजाब, भारत म है। उनके जम के समय उनके पता कशन सहं , चाचा अि जत और वरण सहं जेल म थे।

भगत सहं एक अछे वता, पाठक व लेखक भी थे। उहने कई प-पकाओं के लए लखा व संपादन भी कया। उनक मु य कृतयां ह, 'एक शहद क जेल नोटबकु (संपादन: भपू हूजा), सरदार भगत सहं : प और दतावेज(संकलन:वीरसंध)ू, भगतसहं केसंपणू दतावेज(संपादक:चमनलाल)।

Let us celebrate this day to acknowledge the sacrifices made by him and our soldiers to free the country from the chains of slavery.

Learning Outcome : The attendees come to know about the Green Holi and participated in poster making competition.

Photographs :





Date & Time: 31st March 2022

Venue: Jantar Mantar, Delhi

Name of the Activity : **Pratibimb- Swachh Bharat Day 4**

Aims/Objectives : To sensitize about the photography tricks and take the photographs .

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

No of Students Attended : 12

Summary of the Activity:

The NSS cell of Trinity Institute of Professional Studies organized Day 4 of Pratibimb at Jantar Mantar on 31st March 2022. Volunteers of NSS captured and shared pictures which reflected their perspectives of the historic beauty. Jantar Mantar was constructed in 1724, Maharaja Jai Singh of Jaipur built this observatory . He had found the existing the existing astronomical instruments to small to take correct measurements and so he built larger and more accurate instruments Volunteers learnt a lot about the history of this particular place and also cleaned the surroundings to preserve it so that it's beauty never fade..

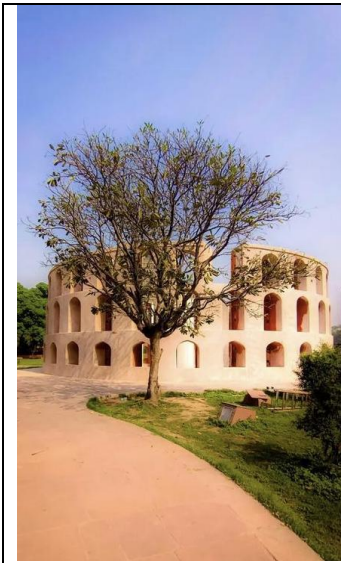
Learning Outcome : The attendees come to know about the photography tricks and took the photographs.

Photographs :



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Date & Time: 7 April, 2022

Venue: Online, TIPS Dwarka

Name of the Activity : **Prasaar Video - Self Care**

Aims/Objectives : To sensitize about the self care techniques

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **Dr. Aparna Chaturvedi**

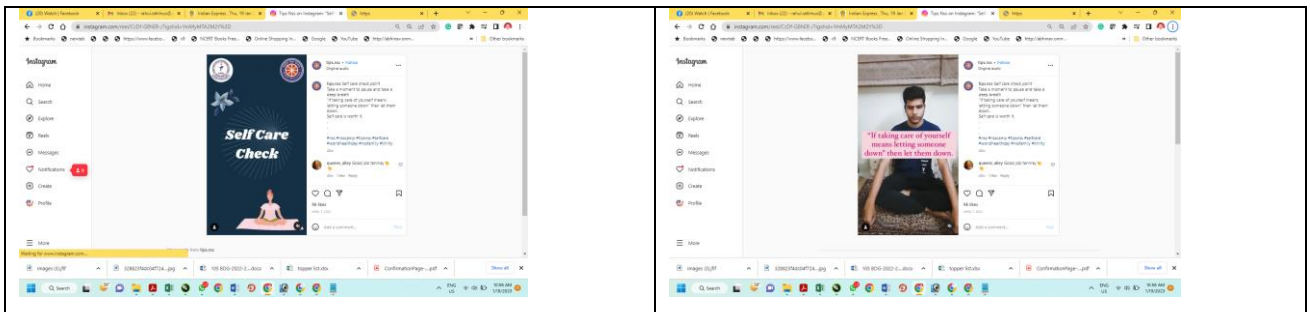
No of Students Attended :

Summary of the Activity:

NSS Cell of Trinity Institute of Professional studies, Dwarka under it's project Prasaar created a video on Self Care as this world is already so cruel and if we'll be cruel to ourselves too then what good can we expect? To show how to love and why not degrade one's importance, volunteers made this conscious effort. From content to acting on camera there were 4 volunteers involved in making of this video.

Learning Outcome : The attendees come to know about self-care techniques.

Photographs :





Date & Time: 8 April, 2022

Venue: Online, TIPS Dwarka

Name of the Activity : **Pariksha pe charcha session**

Aims/Objectives : To sensitize the attendees about the examination stress

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person : **PM Narendra Modi**

No of Students Attended : **25**

Summary of the Activity:

Pariksha Pe Charcha is an interactive session where Prime Minister Narendra Modi interacts with board exam students and answers their queries on exam stress and related issues. The Department of Education and Literacy, Ministry of Education has organized the 5th Pariksha Pe Charcha a unique interactive program for the students, teachers and parents with the Hon'ble Prime Minister. It was organized on April 1, 2022 from 11am onwards. Our NSS volunteers took active part in the event as well. While addressing the students, our Prime Minister also addressed exams as the stepping stones in our lives. He also talked about how National Education Policy was built. Our PM also shares tips about how to stay calm and collected during the exams and the mantra to score good marks. Many students and parents came forward with their questions. While ending Pariksha Pe Charcha and talking about cleanliness and environment our PM concluded that "It is time that we come out of 'Use and Throw' mind-set. We must focus on Reuse, Recycle and Optimum Utilisation of our resources."

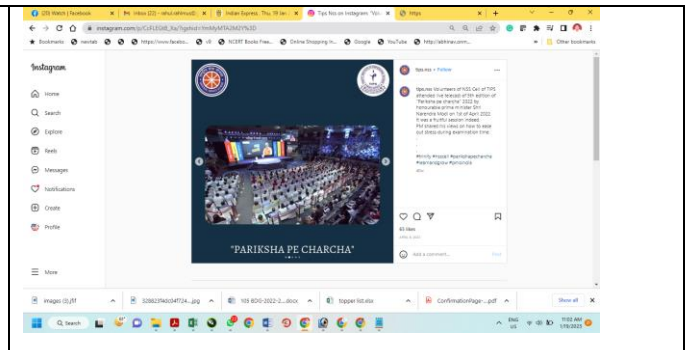
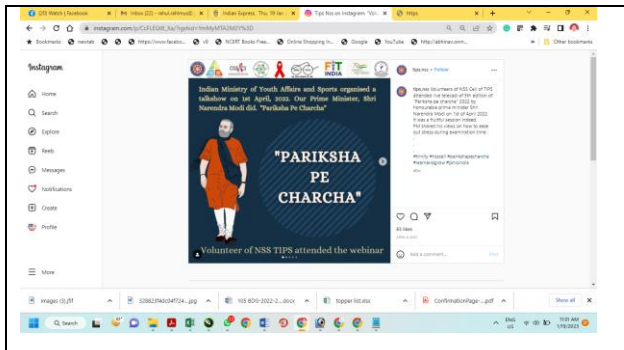
Learning Outcome : The attendees come to know about the examination stress.

Photographs :



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Date & Time: 9 April, 2022

Venue: Nehru Park

Name of the Activity : **Pratibimb- Swachh Bharat Day 5**

Aims/Objectives : To sensitize the tricks of photography and taking the photographs

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **35**

Summary of the Activity:

The NSS Cell of Trinity Institute of Professional Studies, Dwarka conducted a “Photowalk” at Nehru Park and Yashwant palace under a project named pratibimb on 9th April,2022. An avalanche of volunteers along with project heads assembled at Nehru Park at 8:00. A.M to capture their best shots. And our volunteers did their utmost to make this event successful as one could witness well maintained flora, scenic landscapes, scripts of different languages carved in stones, and many more things that gives an insight to the history and cultures of INDIA through their captured shots. On the other hand, Project heads were versatile enough to be able to conduct the Photowalk at two different places in such a short span of time and spared no effort in assisting the volunteers. At last, we gathered up to click group photograph as we all consumed ourselves in order to accomplish this project. Volunteers also cleaned out the place to maintain it’s cleanliness and beauty.

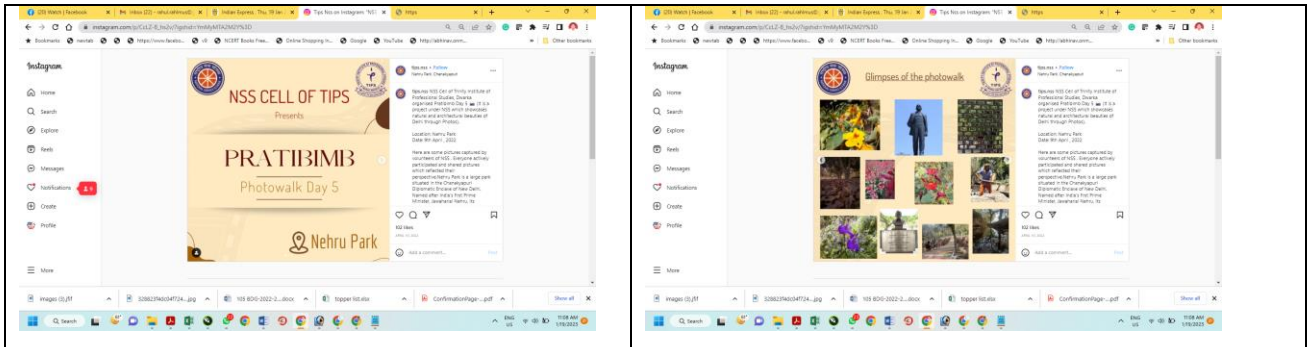
Learning Outcome : The attendees come to know about the tricks of photography and taking the photographs.



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Photographs :





Date & Time: 18 April, 2022

Venue: Online, TIPS Dwarka

Name of the Activity	:	Prasaar Video - Sexual Awareness Month
Aims/Objectives	:	To sensitize the attendees about the Sexual Awareness
Faculty In charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	7

Summary of the Activity:

Sexual assault is a legal term used to describe a range of sexual offences, from showing indecent images to another person, to kissing or touching them, as well as penetration into an individual's body with a body part or object.

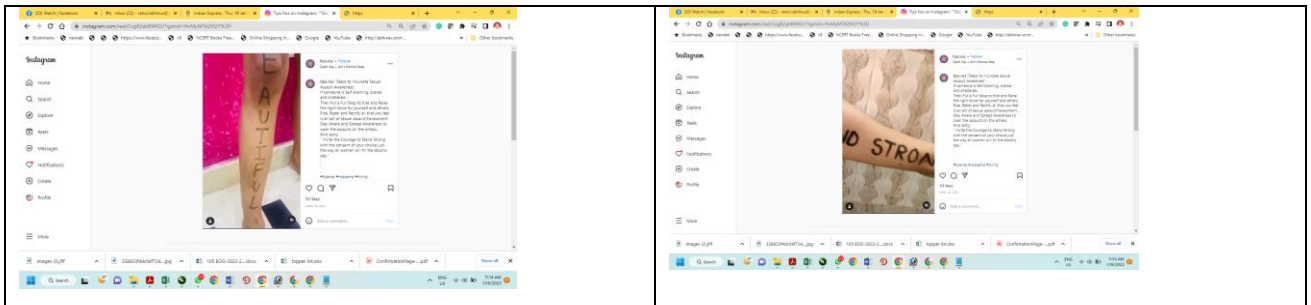
On the Occasion of Sexual Assault Awareness month, volunteers of the NSS cell of Trinity Institute of Professional Studies, Dwarka , took an initiative to create an Instagram Reel on 18th April,2022 in order to spread awareness about the unacceptable sexual assaults. The reel depicts the need to help the survivors with depression, self- blames and shattered mindset .The initiative is to help the survivors come forward and raise their voices to give it a full stop as well as make themselves realise that they are strong and worthy. The zeal to initiate for the same & the amount of positive responses received for the cause by the volunteers was commendable.

Shooting was done in an online mode and each participant enacted their respective roles perfectly at their respective homes under the safe environment. All the volunteers in the reel wrote bold and motivating adjectives like " You are Strong, you are Beautiful, Consent is not debatable and etc. on their limbs with black markers in order to support the survivors & spreaded the message in a more

peaceful but powerful manner. After which the design & content team did a pretty good job to combine the reel with captions, content and graphics for the reel to be more effective for the audience. The video was further uploaded on the official Instagram account of TIPS, NSS, that had more than 100 likes . The reel was a small contribution to spread a message in a creative way to break all negative norms regarding the sexual assault survivors”

Learning Outcome : The attendees come to know about the Sexual Awareness.

Photographs :





Date & Time: 17 April, 2022

Venue: Garden of Five Senses

Name of the Activity : **Pratibimb- Swachh Bharat Day 6**

Aims/Objectives : To sensitize about the tricks of photography and taking the photographs

Faculty In charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **32**

Summary of the Activity:

The Trinity Institute of Professional Studies NSS Cell's project Pratibimb conducted a photo walk session at Garden of Five Senses on 17th April 2022. The highlight of this event was not only to capture the nature but to find out the true story behind it.

The Garden of Five Senses is a park in Delhi, India. Spread over 20 acres, the park is located in Saidul Ajaib village partly built over a rocky terrain. The garden has various theme areas including a section on the lines of Mughal Gardens plus pools of water lilies, bamboo courts, herb gardens and solar energy park. The students along with coordinators and project head Romit Nirula gathered and exchanged some greetings with each other and were ready to capture the nature and greenery. The event was conducted between 8AM TO 11 AM and in the end all gathered around to discuss what everybody clicked and finally took a group picture. The volunteers were very grateful to the heads and coordinators for this photowalk.

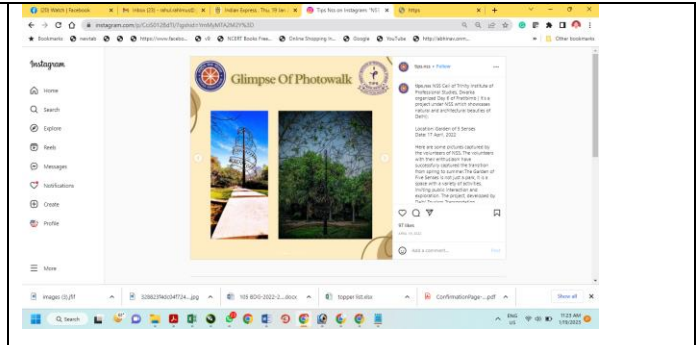
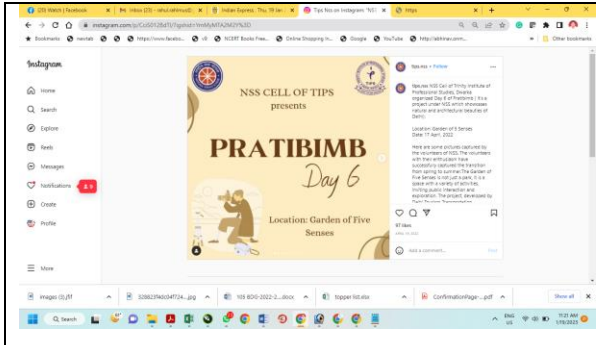
Learning Outcome : The attendees come to know about the tricks of photography and taking the photographs.



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Photographs :





Date & Time: April 19, 2022

Venue: Kamal Public School, Vikaspuri

Name of the Activity : **Food Distribution Drive**

Aims/Objectives : To sensitize the attendees about the examination stress

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **17**

Summary of the Activity:

The Food Distribution Drive

19th April 2022

The volunteers of NSS Cell of TIPS gathered at Kamal Public School, Vikaspuri at 12:00 Noon. The volunteers distributed the food to the needy people living in the adopted slum behind Kamal Public School. Our volunteers were really proactive and enthusiastically The following students went to conduct the food distribution drive: Harleen Kaur; Prachi Negi; Sameer Phasu; Hans Gaur

The main motive was to provide food to the people in need and bring a smile on some unknown faces

Learning Outcome : The attendees come to know about the distribution of food and distributed food.

Photographs :



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Date & Time: April 19, 2022

Venue: Kamal Public School, Vikaspuri

Name of the Activity	:	Prasaar Video - Earth Day
Aims/Objectives	:	To sensitize the attendees about the examination stress
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	8

Summary of the Activity:

The Food Distribution Drive

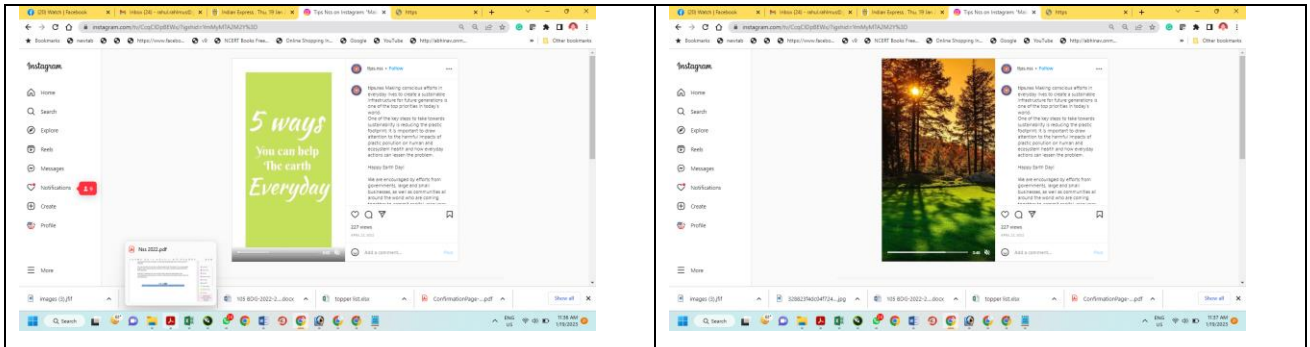
19th April 2022

The NSS Cell of Trinity Institute of Professional Studies, Dwarka made a new video under the ongoing project Prasaar (an initiative to educate the people through videos) on the occasion of Earth Day. The video describes five easy steps to help the mother Earth. The objective was to encourage the people to make conscious efforts in everyday lives to create a sustainable infrastructure for the future generation.

Earth Day is celebrated every year on 22nd of April to honor the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Learning Outcome	:	The attendees come to know about the distribution of food and distributed food.
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Photographs :





Date & Time: April 21, 2022

Venue: Kamal Public School, Vikaspuri

Name of the Activity	:	Parivartan Day 2
Aims/Objectives	:	To sensitize the attendees about the Parivartan Day
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	14

Summary of the Activity:

On 21st April, 2022 the NSS cell of Trinity Institute of Professional Studies conducted their Day 2 of Parivartan in Kamal Public School Vikaspuri, New Delhi. A total of 67 students were gathered in the compounds of Kamal Public School ranging from the age group of 3 years to 15 years. For further activities, the students were divided on the basis of their age into 2 groups, i.e., 3-7 years, and 8-15 years of age. The activities which were conducted among the students were basic English and memory, games, origami and dance. The students were allotted 3 different rooms so that all the activities can take place simultaneously, and time was allotted to the volunteers for conducting the activities so that timely shuffling of rooms can be done and other students could also get a chance be a part of all the activities.

For the age group of 3-7 years alphabets and vowels were taught to them. Along with the memory game where they showed a few pictures to the students for 40 seconds, later, hiding them, and asking about how much they remember from those pictures which they saw. For the students in the age group of 8-15 years, they were taught vowels, punctuations and articles with the help of presentations and worksheets. With them, when the memory game was played the time was reduced to 30 seconds, and then they were asked how many things from the pictures shown they

remember. Then volunteers also taught the students origami. For students in the age group of 3-7 years, they were taught how to make boats and planes, and other age groups were taught how to make ninja stars and envelopes. The last activity which was conducted was dancing; it was started with simple stretching exercises like jumping jacks, forward bending and backward bending.

Then a small one-minute choreography on the song Bum Bum Bole from Taare Zameen Par was also taught to them. All the best performing students in all the activities were given chocolates. Before leaving the school, the volunteers also provided them with food. The students also had a lot of fun there with the volunteers.

Learning Outcome : The attendees come to know about the distribution of food and distributed food.

Photographs :





Date & Time: April 22, 2022

Venue: TIPS Dwarka

Name of the Activity : **Himmat Plus App Session**

Aims/Objectives : To sensitize the attendees about the safety for all

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **124**

Summary of the Activity:

Safety For All - Himmat Plus

The Delhi Police in collaboration with NSS Cell of Trinity Institute of Professional Studies, Dwarka Sector-9 conducted an event on 22nd April, 2022 introducing a safety app named Himmat Plus. Initially, in the event the officials explained the importance of safety for both men and women in the era of increasing crime rates and mishaps. Himmat Plus app was introduced by the officials and students were asked to download and operate the app for their further safety usage from the play Store app. The guidelines were given with tutorials in which the operational procedure was explained to everyone. Many students downloaded the as per instructed. A form was also circulated among the students by the Delhi police for the attendance and participation survey as well.

The event was a success as the Delhi Police was able to convey their app and awareness among the students which fulfilled the motive of safety and awareness

Learning Outcome : The attendees come to know about the safety for all



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Photographs :





Date & Time: April 23, 2022

Venue: Rock Garden, Patel Nagar

Name of the Activity : **Pratibimb- Swachh Bharat Day 7**

Aims/Objectives : To sensitize the attendees about the tricks of photography and taking the photographs

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **37**

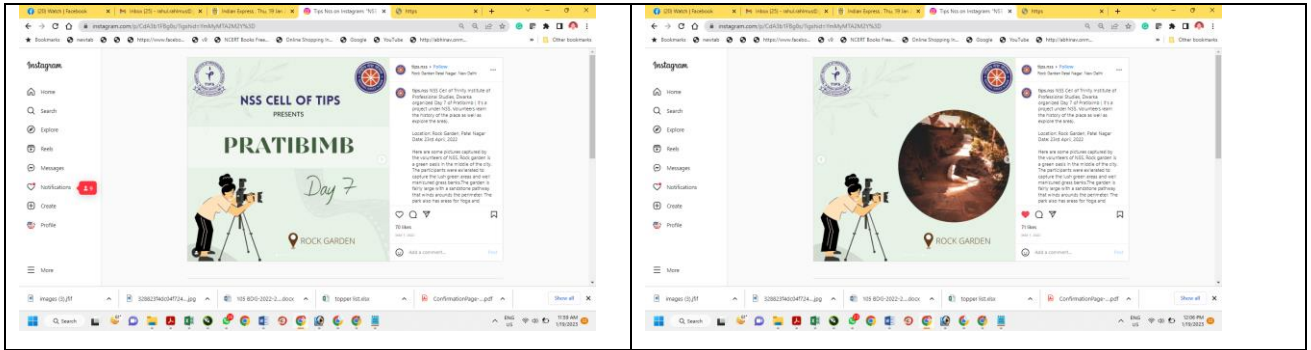
Summary of the Activity:

The N.S.S cell of Trinity Institute of professional studies, Dwarka organized a photo walk to Nehru Park for “PRATIBIMB” Day 7. The photo walk lasted 2 hr, Rock Garden is situated in Patel Nagar West Delhi which aren't really popular but poses a refreshing aura. Such is the ambience of Rock Garden in Patel Nagar. Tucked to the west part of the famous residential and market area, the garden is a paradise for people who wish to walk, jog and spend some time close to nature. With every step taken on the path that leads to this garden, travellers are meant to feel a newness taking over them. Stretching over quite a large area, this tourist spot has well-maintained grass banks and trees like. All the volunteers of NSS cell gathered at the gate of Rock garden at 8:30 AM. At first the photo walk the coordinators guided the volunteers with some unique ideas of how to click a perfect innovative pictures, click a pictures in proper frame etc.

The Photo walk started at 9:00 AM. All volunteers were told to explore and find out a story line as an outputs. The aim of the photo walk was to find out the story behind the pictures which were clicked by the volunteers. This ended by 10:00AM.

Learning Outcome : The attendees come to know about the the tricks of photography and taking the photographs.

Photographs :





Date & Time: May 3-21, 2022

Venue: Kamal Public School, Vikaspuri

Name of the Activity	:	Smile with Yoga (Daily Yoga sessions)
Aims/Objectives	:	To sensitize the attendees about the examination stress
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	45

Summary of the Activity:

The NSS Cell of TIPS, Dwarka decided to conduct daily yoga sessions from 3rd May to 21st May 2022 under the event " Smile with Yoga " in college under complete supervision for the NSS volunteers as well as faculty members of all departments to celebrate International Day of Yoga-2022.

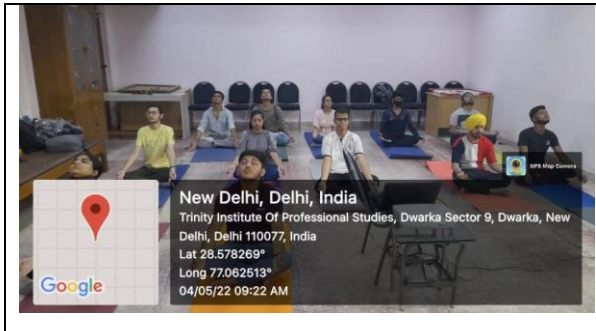
The sessions usually began with the prayer and basic warm up yoga asana, followed by the asanas such as Parvatasana, Brahma Mudra, Surya Namaskar, Side bending Chakrasana Tadasana, Trikonasana , Veerbhadra asana, Utkatasana, Malasana, Natarajasana, Goddess pose and Shavasana etc accordingly. The session used to end with peaceful meditation and relaxation of the mind and the body. It was a delightful experience for all the participants.

Learning Outcome	:	The attendees come to know about the distribution of food and distributed food.
Photographs	:	



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Date & Time: May 2022

Venue: TIPS Dwarka

Name of the Activity : **Prasaar Video - Awareness about Education**

Aims/Objectives : To sensitize the attendees about the Awareness about Education

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **3**

Summary of the Activity:

Prasaar Video - Awareness about Education

NSS Cell of Trinity Institute of Professional Studies, Dwarka created a video on Awareness about Education among everyone, Educated citizens are the most important thing a country needs and in order to have that everyone should be aware of the importance of education and it's benefits. It's just a small step taken by the volunteers for such a huge problem of illiteracy India is facing but we hope one day there will be 100% literacy rate everywhere.

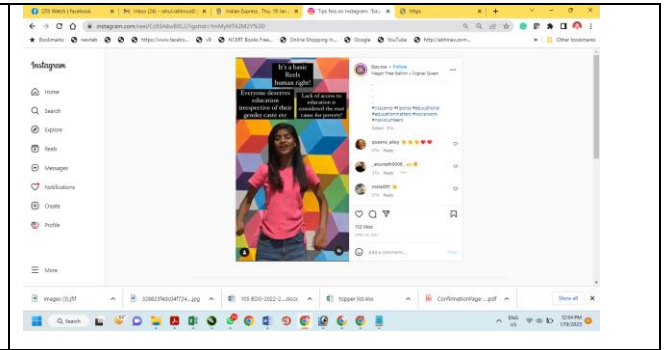
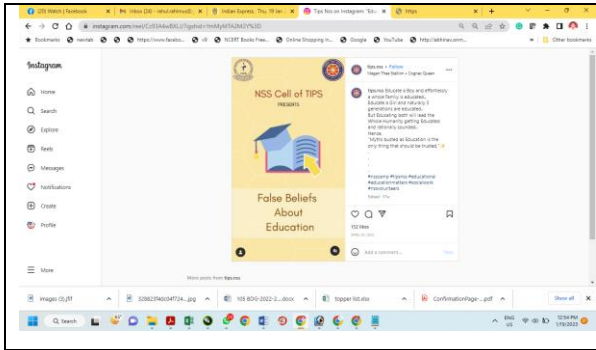
Learning Outcome : The attendees come to know about the Awareness about Education

Photographs :



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Date & Time: May 1, 2022

Venue: Hauz khas Fort & Deer Park, Delhi

Name of the Activity	:	Pratibimb- Swachh Bharat Day 8
Aims/Objectives	:	To sensitize the attendees about the tricks of photography and taking the photographs
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	45

Summary of the Activity:

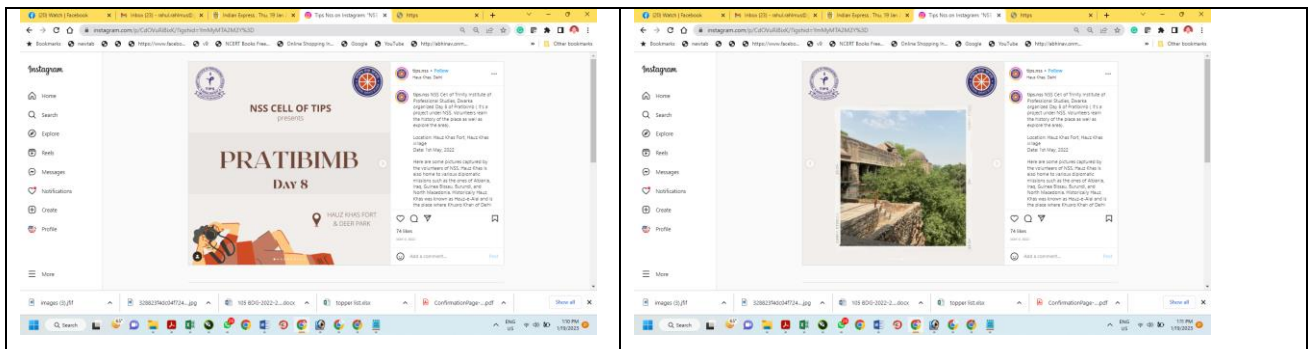
The NSS Cell of Trinity Institute of Professional Studies, Dwarka organized a photo walk at Hauz khas Fort & deer park, Delhi, on project “pratibimb”. The photowalk lasted for two hours. The Fort which was built by Alauddin Khilji in the 14th century is located in Hauz Khas Village, South Delhi. The surrounding monuments were built by Feroz Tughlaq. He built a tombstone for himself. The fort has lost its grandeur over the years, but the complex still attracts masses of people. The place also consists of a Royal tank built to provide water in the medieval period. With every step taken around the fort, the delightful view of the natural beauty and the lake offers serenity to the people who visit there. The pathway from the Front Garden leads to the inner chambers where almost all the stone walls and metal doors are still intact reminding us of the glorious era.

All the volunteers of NSS Cell gathered at the gate of the Hauz Khas Fort at 8:30 a.m. The coordinators guided the volunteers with ways to click the pictures and show their creativity. The volunteers were asked to explore the complex and capture the beauty of the variety of things present there. The photowalk ended at 11:30 a.m. While it was sunny but the breeze made the trip

enjoyable and worthwhile. The volunteer’s enthusiasm can be seen in the pictures they took while there.

Learning Outcome : The attendees come to know about the tricks of photography and taking the photographs

Photographs :





Date & Time: May 2 2022

Venue: Trinity Institute of Professional Studies, Online

Name of the Activity : **Alfaaz - Open mic competition under Project Sahitya**

Aims/Objectives : To sensitize the attendees about the Project Sahitya and participating in the program Alfaaz.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Project Head Lujain Kausar

No of Students Attended : **15**

Summary of the Activity:

The NSS cell of Trinity Institute of Professional Studies conducted an open mic online competition, "Alfaaz", under project Sahitya on 2nd May 2022. It was headed by the project head Lujain Kausar. The guest of honour was Dr. Deepali Saluja (HOD of our college) and the event was judged by Ms. Anjelina Alexander.

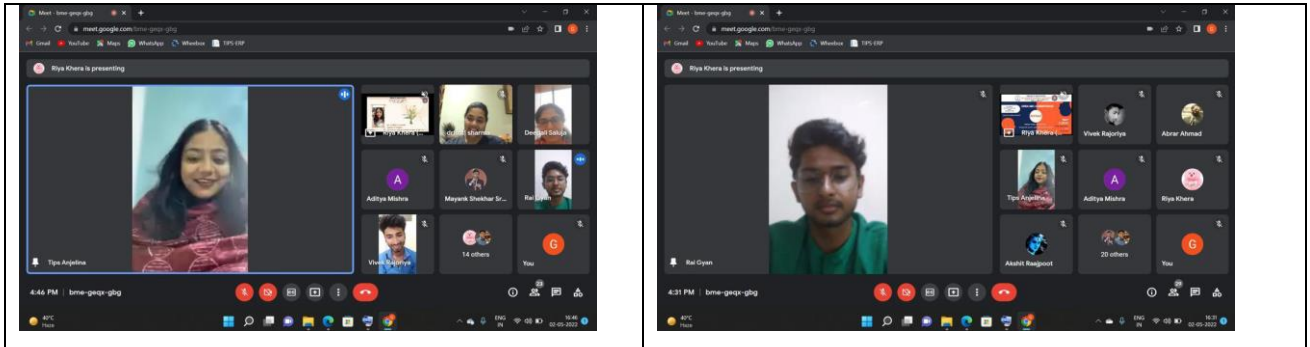
The theme for the competition was "power of literature". The competition started around 4:00 pm and was led off with some beautiful words by the host, Aditya Mishra and the event took place with full enthusiasm and zeal. The total number of students were 8 who participated in the competition. The winners were awarded with an E-Certificate. The first place was awarded to Gyan Jee , second place was awarded to Vivek Rajoriya and the third place was awarded to Drishti Sharma. The event manager and the HOD ma'am also shared their piece of literature that showcased their keen interest towards literature. All together the event was a success with a ray of hope for more successful and flourishing events to be conducted in future.



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Learning Outcome : The attendees come to know about the Project Sahitya and participated in the program Alfaaz

Photographs :





Date & Time: May 2 2022

Venue: Trinity Institute of Professional Studies, Online

Name of the Activity : **Sehyog Day 2 (Clothes Donation Drive)**

Aims/Objectives : To sensitize the attendees about the Project Sahitya and participating in the program Alfaaz.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Project Head Lujain Kausar

No of Students Attended : **15**

Summary of the Activity:

The NSS cell of Trinity Institute of Professional Studies conducted an open mic online competition, "Alfaaz", under project Sahitya on 2nd May 2022. It was headed by the project head Lujain Kausar. The guest of honour was Dr. Deepali Saluja (HOD of our college) and the event was judged by Ms. Anjelina Alexander.

The theme for the competition was "power of literature". The competition started around 4:00 pm and was led off with some beautiful words by the host, Aditya Mishra and the event took place with full enthusiasm and zeal. The total number of students were 8 who participated in the competition. The winners were awarded with an E-Certificate. The first place was awarded to Gyan Jee , second place was awarded to Vivek Rajoriya and the third place was awarded to Drishti Sharma. The event manager and the HOD ma'am also shared their piece of literature that showcased their keen interest towards literature. All together the event was a success with a ray of hope for more successful and flourishing events to be conducted in future.

Learning Outcome : The attendees come to know about the Project Sahitya and participated in the program Alfaaz

Photographs :





Date & Time: May 4 2022

Venue: Trinity Institute of Professional Studies, Online

Name of the Activity : **Blood Donation, BLS training and Health Check up drive**

Aims/Objectives : To sensitize the attendees about the blood donation, health check up and donating blood.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Mr. Vir Philip (Vice-President of Rotary Club New Delhi),
Mr. Nandan Singh Dhama (BLS Trainer)

No of Students Attended : **89**

Summary of the Activity:

The Rotaract Club & NSS Cell of Trinity Institute Of professional Studies Organised a “Blood Donation & Health Check-Up Camp” on 4th May 2022 in the college basement. It was organized in collaboration with “Bharat Vikas Parishad (BVP)” and in association with “Fortis Healthcare” & “Rotary Blood Bank”. The dignitaries present for the event were Mr. Vir Philip (Vice-President of Rotary Club New Delhi), Mr. Nandan Singh Dhama (BLS Trainer), and Dr. Barkha Bahl (Director of TIPS). The event started with the lighting of the ceremonial lamp, seeking the blessings of Ma Saraswati, and paying tribute to the late Shri OP Tandon Ji. This was followed by the felicitation of our Dignitaries by Director mam & HOD mam, followed by Dr. Barkha Bahl addressing the audience with her words of wisdom.

The stage was then taken up by Mr. Nandan Singh Dhama who demonstrated to the audience the basics of life-saving techniques like CPR etc. The seminar ended with the vote of thanks given by

Dr. Aparna Chaturvedi and Ms. Sonia Arora. After the seminar, the Blood Donation & Health Check-up Drive began in full swing, the total number of people who volunteered for voluntary blood donation was 80 out of which the successful number of donations conducted was 52, as for the health check-up camp 37 people successfully got their check-ups done.

The whole drive was conducted successfully and the volunteers were able to spread awareness about the importance of blood donations in our society and the ways it helps to save the lives of millions of people every day.

Learning Outcome : The attendees come to know about the blood donation health check up and donating blood.

Photographs :





Date & Time: May 2022

Venue: Trinity Institute of Professional Studies, Online

Name of the Activity	:	Prasaar Video - World Thalassesmia Day
Aims/Objectives	:	To sensitize the attendees about the Thalassesmia.
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	2

Summary of the Activity:

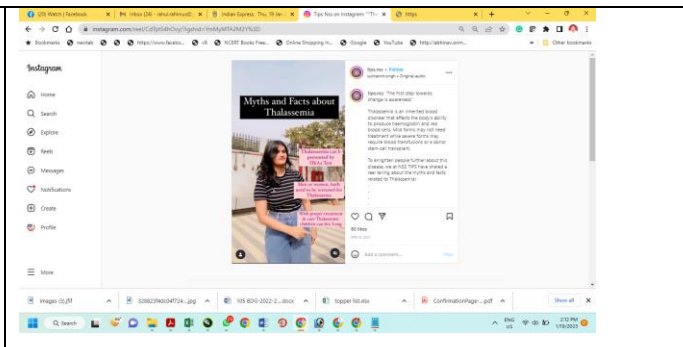
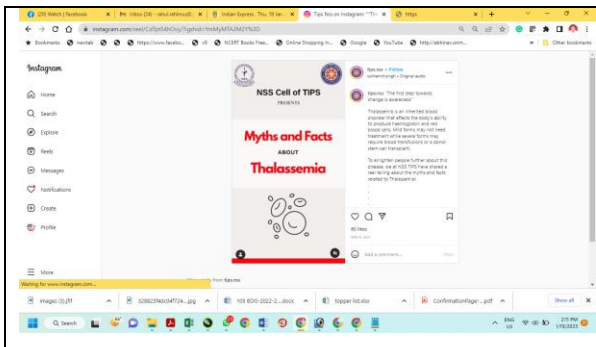
The Trinity institute of professional studies uploaded on Instagram a reel video wherein volunteers spreader awareness regarding myths and facts about Thalassemia which is an inherited blood disorder that affects the body's ability to produce haemoglobin and red blood cells . Mild situations may not need a treatment but severe ones might need blood transfusion or a donor Stem cell transplant.

The real dealt with the various misconcerns people have regarding the disease of like it's not curable, only women need to be screened for it, children major in it can't live longer. However, through the video reel our volunteers tried to put a stop on all the myths and provided with facts stating that Thalassemia is absolutely curable, not just women but men also need to screened for it and with proper medication and therapy anyone who major in Thalassemia can be cured.

We need to stop believing false information that revolves around and only stick to facts since it out body and only we can decide for it.

Learning Outcome	:	The attendees come to know about the Thalassesmia.
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Photographs :





Date & Time: May 4 2022

Venue: Lodhi Garden

Name of the Activity : **Pratibimb- Swachh bharat Day 9**

Aims/Objectives : To sensitize the attendees about the photography tricks and taking photographs.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **30**

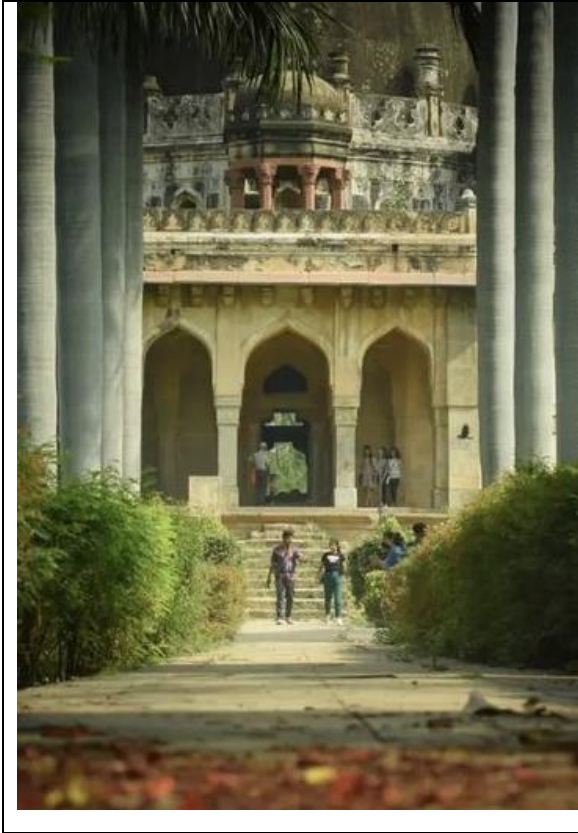
Summary of the Activity:

The NSS Cell of Trinity Institute of Professional Studies ,Dwarka organized a Photowalk to Lodhi Garden under the ongoing photography project “Pratibimb” ; Day 9 . The Photowalk lasted for 2 hours. Lodi Garden is a park situated in New Delhi, India. Spread over 90 acres (360,000 m²), it contains, Mohammed Shah's Tomb, Tomb of Sikandar Khan Lodi, Shisha Gumbad and Bara Gumbad, architectural works of the 15th century by Lodis - who ruled parts of northern India and Punjab. The site is now protected by the Archaeological Survey of India (ASI)

All the volunteers of NSS Cell gathered at the gate of the Lodhi Garden at 8:30 a.m. The coordinators guided the volunteers with ways to click the pictures and show their creativity. The volunteers were asked to explore the complex and capture the beauty of the variety of things present there. The photowalk ended at 10:30 a.m. While it was sunny but the breeze made the trip enjoyable and worthwhile.

Learning Outcome : The attendees come to know about the the photography tricks and taking photographs.

Photographs :





Date & Time: May, 2022

Venue: Trinity Institute of Professional Studies, Online

Name of the Activity : **Prasaar Video - Mental Health Awareness**

Aims/Objectives : To sensitize the attendees about the Mental Health Awareness.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **6**

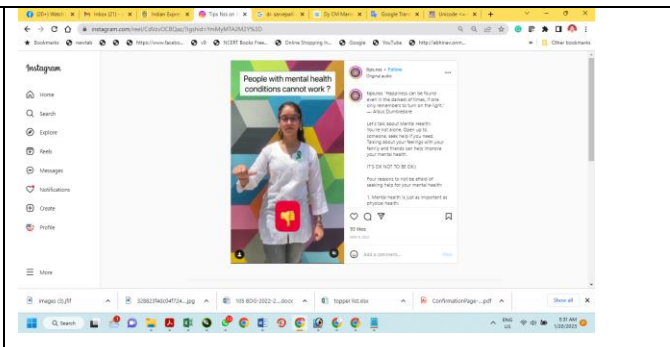
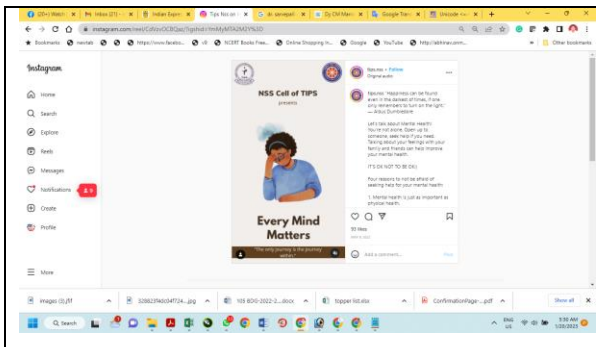
Summary of the Activity:

The Trinity institute of professional studies uploaded on Instagram a reel video wherein the volunteers tried to spread awareness regarding mental health. The video showed how the concept of mental health is completely ignored by the society nowadays and how it is as important as any other problem . One of the major thing that concerns in this regard is the very fact that mental health is portrayed like something that one should be ashamed of and that is the reason why most of the people with such illness find it difficult to open up to someone about their mental health. We need to stop the malpractice right here and make everyone realise that it's just like any other disorder that can be cured and nothing to be ashamed of ,the only thing required is timely realisation of your mental health and an immediate seek for help .

For yourself, for the people that care for you and for others like you , take your mental health seriously.

Learning Outcome : The attendees come to know about the Mental Health Awareness

Photographs :





Date & Time: May 14 , 2022

Venue: GGSIPU main campus, Dwarka, Sector-16C

Name of the Activity	:	Yoga for well-being (GGSIP University)
Aims/Objectives	:	To sensitize the attendees about the Mental Health Awareness.
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	50

Summary of the Activity:

The Nss cell of Trinity Institute of Professional Studies, Dwarka Sector-9 became a part of the yoga event held on 14th May, 2022 around the timing 7:00 am. The venue was football ground, GGSIPU main campus, Dwarka, Sector-16C.

The event was held by the central NSS Cell that led a wholesome participation of NSS and NCC members from other IPU colleges as well. Our Nss cell volunteers reported the venue with their yoga mats around 6:45 am that was prior from the given time. With proper discipline and punctuality the volunteers settled on their respective allotted space to practice yoga. The yoga session started around 7:10 a.m. with mantras and its chanting so also the symbolic Nss caps were provided to all the participants. The event was managed and headed by Mr. Ss parihar, Dr. Varun Joshi, Dr. Rajesh, Dr. Durgesh Tripathi and Mr. Deepak Chauhan as the Chief organizers. And from our college side the Program officers were Aparna ma'am and Bhakti ma'am. Then the event was further proceeded starting from the basic to complex asanas like padmasana, vajrasana, shavasana, pavanmuktasana, chakraasana, makraasana, trikonasana, taadasana, nadhi shodhan pranayam, kapaal bhaati, anulom vilom, halasana and many more asanas that were proven



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beneficial for weight management, diabetes, digestion, dementia, eye sight, heart, etc. Lastly, the event head dignitaries gave their speeches and concluded the yoga session with some fun asanas and a fun laughter exercise.

Learning Outcome : The attendees come to know about the Mental Health Awareness

Photographs :



(Yoga for Wellbeing)
INTERNATIONAL DAY OF YOGA-2022
100 Days Countdown for
(21st June 2022)



14th May 2022
7:00 AM to 9:00 AM
Football Ground,
GGSIPU Dwarka Campus

Organised by:
Guru Gobind Singh Indraprastha University
Sector 16-C, Dwarka, New Delhi-110078

Supported by:
Directorate of Student's Welfare (DSW) National Service Scheme (NSS) Cell Morarji Desai National Institute of Yoga (MDNIY)





Date & Time: May 16 , 2022

Venue: Waste Of Wonder

Name of the Activity : **Pratibimb- Swachh Bharat Day 10**

Aims/Objectives : To sensitize the tricks of photography and taking photographs.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **50**

Summary of the Activity:

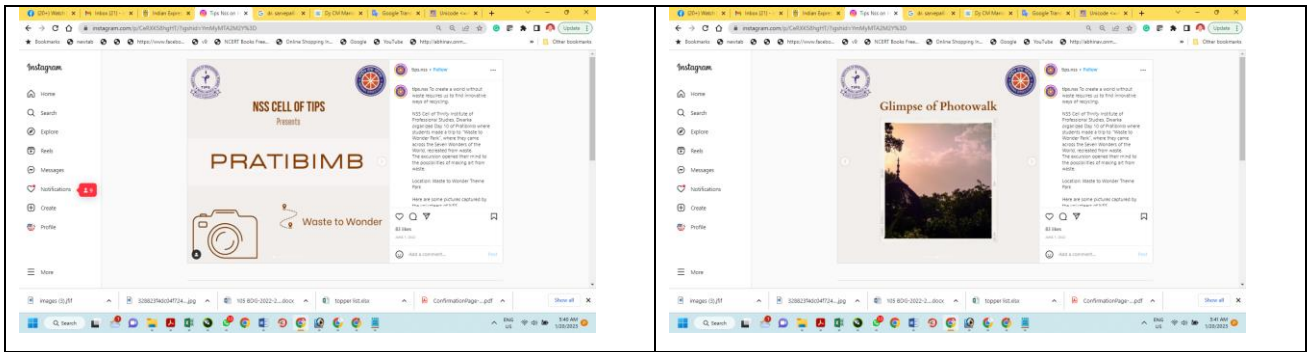
The NSS Cell of Trinity Institute of Professional Studies ,Dwarka organised Day 10 of the ongoing project "Pratibimb", a photowalk to waste of wonder on 16th May, 2022. The photowalk lasted for 2 hours. One of the most important and impressive fact about the park was that one could see 7 wonders of the world at a comfort of one place. In fact all the 7 wonders of the world were made up of industrial waste and other waste material like scrap metal, discarded auto parts, procured from the landfills of the city. In such way waste material can be used into a good way. That is why the park becomes an attraction point for everyone and yes it was unique in itself. The park looked like a tiny island developed in the congested surroundings of the Sarai Kale Khan Inter-State Bus Terminus and Outer Ring Road. It provides a boost to the 'Swachh Bharat Abhiyan' and forges ahead towards transforming waste to wealth.

The theme park consisted of all the 7 wonders of the world as mentioned above . It had replicas of Taj Mahal, Leaning Tower of Pisa, Great Pyramid of Giza, Eiffel Tower of Paris, Christ the Redeemer Statue of Rio De Janeiro, the Statue of Liberty of the United States of America and Rome's Colosseum. All the volunteers of NSS Cell gathered at the gate of the waste of wonder at

4:00 p.m. The coordinators guided the volunteers with ways to click the pictures and show their creativity. The volunteers were asked to explore the complex and capture the beauty of the variety of wonders and architecture present there. The photowalk ended at 6:00 p.m. While it was sunny but the breeze made the trip enjoyable and worthwhile.

Learning Outcome : The attendees come to know about the tricks of photography and taking photographs

Photographs :





Date & Time: May 18 , 2022

Venue: The Mahatma Gandhi Museum and Library

Name of the Activity : **Knowledge Enrichment Tour on Museum Day under Project Sahitya**

Aims/Objectives : To sensitize the attendees about Knowledge Enrichment Tour on Museum Day under Project Sahitya.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **30**

Summary of the Activity:

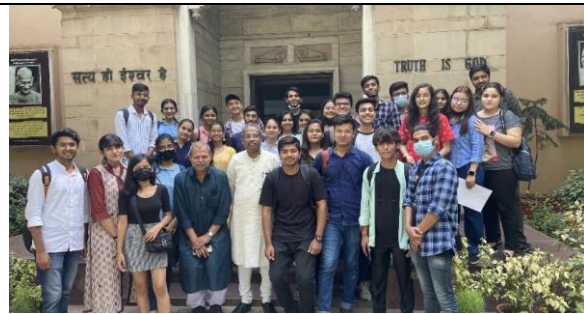
The NSS Cell of Trinity institute of professional studies, Dwarka organised a “KNOWLEDGE ENRICHMENT TOUR” under its Project “Sahitya”. The volunteers were taken to The Mahatma Gandhi Museum and Library on 18th May, 2022 on the symbolic International Museum Day ,timings were from 11:30 a.m. to 3:00 p.m.

The National Gandhi Museum has a rich collection of original relics, art pieces, books, journals and documents, photographs, audio-visual materials, exhibitions and other memorabilia closely connected with Mahatma Gandhi and Indian Freedom Struggle.

The Mahatma Gandhi Museum is one of the biggest museum museums of Gandhiji and has a library where around 60,000 books are kept and has bookshops selling books of Gandhiji. Volunteers who participated in the tour got a chance to join the program organised by the museum as well as got certificates of participation by the museum officials. It was an opportunity for the volunteers to delve in the history of India and an afternoon well spent.

Learning Outcome : The attendees come to know about Knowledge Enrichment Tour on Museum Day under Project Sahitya

Photographs :





Date & Time: May 21 - 27 , 2022

Venue: Mewar University, Chittorgarh, Rajasthan

Name of the Activity	:	National Integration Camp 2022
Aims/Objectives	:	To sensitize the attendees about various aspects of life.
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	6

Summary of the Activity:

The National Service Scheme Cell of Trinity Institute of Professional Studies, Dwarka in collaboration with Ministry of Youth Affairs and Sports participated in the National Integration Camp organised at Mewar University, Chittorgarh, Rajasthan from 21st May 2022 to 27th May 2022.

The event was organised with full enthusiasm and great participation from 14 states of India , which included almost 200 NSS volunteers and heads making it a successful event. The event asked for both active and talented volunteers in the aspects of academics as well as extra curricular activities. 6 participants including the Head Girl of the National Service Scheme Cell of Trinity Institute of Professional Studies, Dwarka represented Delhi contingent in the event . The beginning of the event included diya lightening, daily yoga sessions and motivational speeches by the honorable chief guests and members of the Mewar university. Vice Chancellor of the Mewar university Mr. Anand verdhan Shukla greeted all the chief guests which included:- Shri S.P. Bhatnagar, Shri Pankaj kumar singh, Shri Anil Kumar Shukla, Shri Govind Lal Ji Gadiya, Wg. Cdr. Pushpa Thakur, Prof. Neelima Singh, SNO Shri Dharmendra singh.



The daily routine of the event included delicious breakfast, lunch and dinner of different cuisine representing each state of India. The participants also participated in several games such as shot put, Tug of war, Musical Chairs, Dum Charades and many more. The main event activities included quizzes, cultural performances in which the Delhi Contingent team won 2nd Prize and Kriti Singh from the team showcased a dance performance on the theme of ' Save Girl Child ' respectively. A lot of other cultural performances were held by other states.

The Delhi contingent team was highly praised for their active and entertaining performances. The team gave a tribute to Delhi in their own individual way, such as Abhinav Singh recited a poetry on the topic " Our beloved Delhi" , A group act on Humanity demonstrated by all the team members was applauded by the judges as well as the chief guests.

Following with another group act on the topic " My Delhi " was performed brilliantly by Shashank, Jayank Tiwari and Abhinav Singh. It was a proud moment for the team members to represent Delhi among other 14 states of India at such a high stake. The event was not only full of joy but also a great learning experience. Prachi ,the vice- president of the NSS Cell of TIPS, Dwarka was selected for anchoring in the Valedictory Ceremony , which was highly praised by the judges as well as the V. C. Anand Vardhan Shukla of the Mewar University, which was a great achievement in itself.

Later on the 24th of May, 2022, during the sight seeing ,everyone was mesmerized by the ethereal environment and beauty of the Chittorgarh fort. It was a moment worth remembering. The evening Sun and other nearby places were a moment of stop and stare, the moment of peace between the hustle- bustle of the event was much needed for the participants.

Overall, it was a one of a kind experience for all the NSS representatives, it was full of enthusiasm and joy. It would not have been possible without the Faculty and management of Trinity Institute of Professional Studies, Dwarka because of which the NSS volunteers got a chance of representing Delhi at such a high and prestigious stake.



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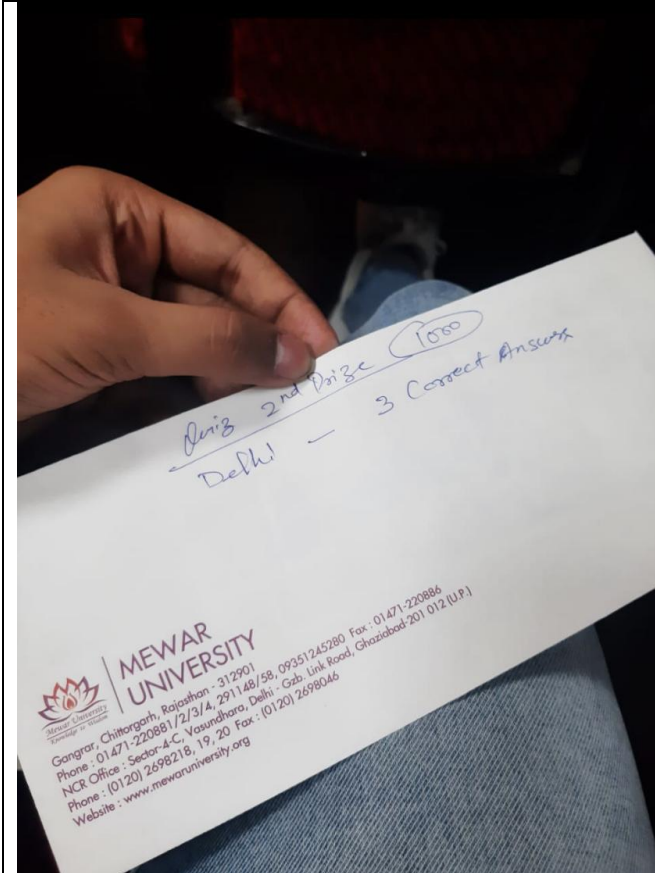
Learning Outcome : The attendees come to know about various aspects of life

Photographs :



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Date & Time: May 21 - 27 , 2022

Venue: Mewar University, Chittorgarh, Rajasthan

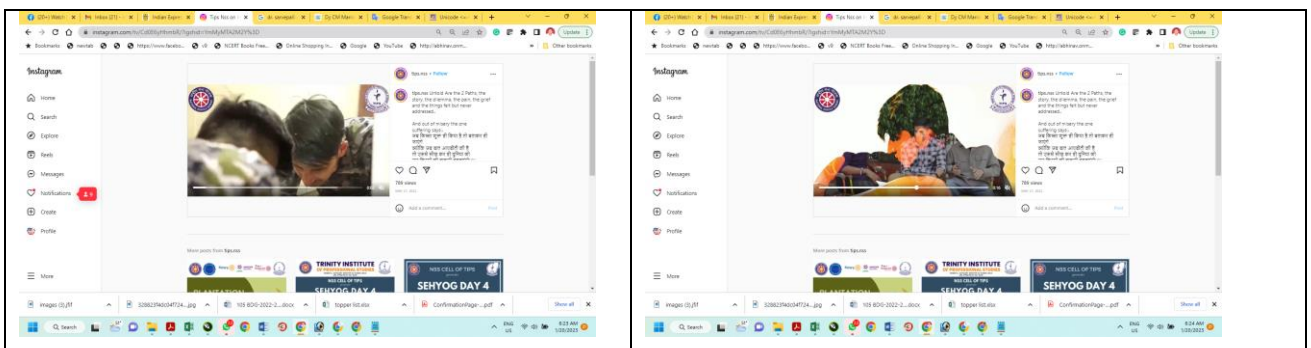
- Name of the Activity** : **Short Film on Affects of Alcohol on Mental Health**
- Aims/Objectives** : To sensitize the attendees about various aspects of life.
- Faculty in charges** : **Dr. Aparna Chaturvedi**
- Resource Person** :
- No of Students Attended** : **15**

Summary of the Activity:

NSS Cell of Trinity Institute of Professional Studies, Dwarka made a short film on the occasion of Alcohol awareness month to show the impact of alcohol on mental health of a person under it’s project Wabi-Sabi. The short film was a huge success and everyone loved the concept and execution. It took around 10 days in total to make this from scratch and we are proud of our volunteers who participated in this short film for that.

Learning Outcome : The attendees come to know about Affects of Alcohol on Mental Health

Photographs :





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Date & Time: May 26 , 2022

Venue: Connaught Place

Name of the Activity : **Voxpop - Is there a difference between the upbringing of boy and girl child?**

Aims/Objectives : To sensitize the attendees about difference between the upbringing of boy and girl child.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **6**

Summary of the Activity:

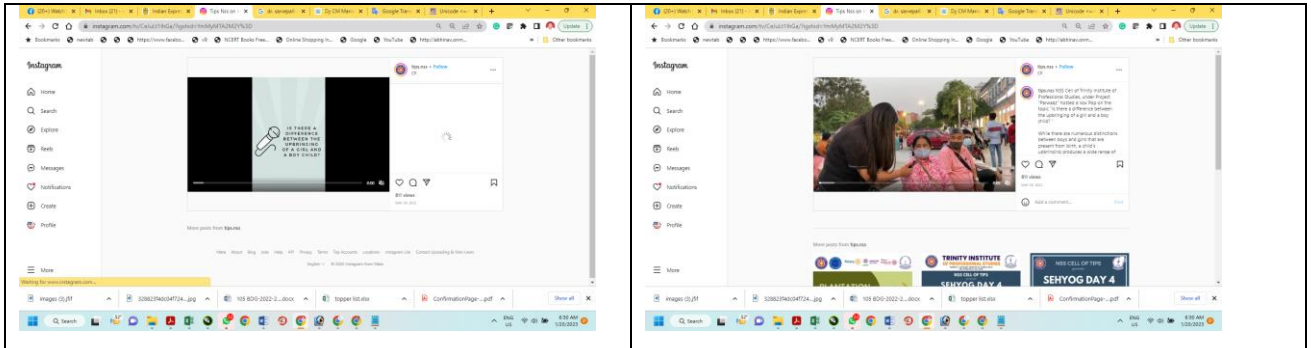
The NSS Cell of Trinity Institute of Professional Studies under Project Parwaaz, initiated an offline event called VOX POP at Connaught Place (the heart of Delhi). The event was conducted on 16th May 2022 at 4:30pm. The main motive behind the event was to know to mentality of the people around us on the subject “Is there any difference between upbringing of a female child and male child by the parents and society?”

The event was in totally successful. We had a team of 9 members consisting of 4 anchors, 4 video graphers with 1 report writer. We all got split in different places into the team of 2 members and enquired about public opinion for the same.

We got many mix answers some agreed and some disagreed. There are still some people in our society who follows gender inequality and our motive is to promote gender equality and improve the mentality of the people around us.

Learning Outcome : The attendees come to know about difference between the upbringing of boy and girl child.

Photographs :





Date & Time: May 31 , 2022

Venue: Connaught Place

Name of the Activity	:	Pledge by volunteers on No Tobacco Day
Aims/Objectives	:	To sensitize the attendees about not using tobacco
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	20

Summary of the Activity:

The project prasaar under the NSS Cell of Trinity Institute of Professional Studies made a new video to spread awareness about the use on tobacco on 31st May 2022 , which is the No Tobacco Day The yearly celebration of this day is done to inform the public about the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living and to protect future generations .The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative health effects, which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke

The students with their efforts and research have tried to draw the attention of the viewers towards this evil and given ways and means to get away from the addiction of tobacco.

Learning Outcome	:	The attendees come to know about not using tobacco
Photographs	:	



Date & Time: May 31 – 2nd June, 2022

Venue: J.S.B Ashram Building near Ashram Metro Station

Name of the Activity : Residential Program for Youth Development, Investment Literacy, social & cyber awareness induction training by NYKS

Aims/Objectives : To sensitize the attendees about Youth Development, Investment Literacy, social & cyber awareness

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : 25

Summary of the Activity:

Nehru Yuva Kendra Ministry of Youth and Sports Affairs has organized Three Days Residential Program for Youth Development, Investment Literacy, Social and Cyber Awareness Induction training at J.S.B Ashram Building near Ashram Metro Station that started from 31st May to 2nd June.

The seminar is headed by the Deputy Director of NYKS and renowned Professor, HOD of ministry and Social Activists provided the lectures.

We reached the premises by 8:30 and then we had breakfast then we completed the registration and headed for the Seminar. First seminar was based on life skills that is beneficial for financial investment, then we had our lunch and settled in the rooms. Second seminar was about financial management like where the volunteers should invest that is bit secure. Third seminar was about cyber security and basic complaint details that a person should be aware of. Fourth seminar was about cyber crime and it's types.



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Learning Outcome : The attendees come to know about Youth Development, Investment Literacy, social & cyber awareness





Date & Time: June 1, 2022

Venue: Trinity Institute of Professional Studies

Name of the Activity : **Cyber Jagrukta Diwas Session by Delhi Police**

Aims/Objectives : To sensitize the attendees about cyber awareness

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **100**

Summary of the Activity:

The NSS cell of Trinity Institute of Professional Studies organized an event in order to observe “Cyber Jagrukta Diwas” on Wednesday, 1st June 2022 at the multi purpose hall of the institute. The chief guest of the event was Mr. Jagdish Kumar, SHO of Cyber Crime Police Station. The guest of honour was Mr. Manish Madhukar, the PRO of the said police station. The programme started with an opening address from the chairman, Dr. R. K Tandon sir. He briefly elaborated and express concern on the growing cyber crime and threats to our society and common people. He reasoned it that crime happening in the virtual world is because we are becoming more and more cyber and internet dependent. All our everyday issues and requirements are fulfilled through the use of internet and thereby making us more vulnerable to frauds and become potential target for such crime.

The chief guest of the event gave instructions on how to safeguard ourselves from fraudsters, like, not to click on any link, not to share / use phone numbers which is connected to our bank accounts, not to share OTP, and other personal credentials through internet or on phone. He also shared where to make complaints related to cyber crimes, i.e. 1930, etc. After the chief guest, Mr. Manish Madhukar spoke about different forms of cyber crime and the latest trend that is being used by



fraudsters, like making fake profiles with other's credentials and sending request for money and so on. He also shared twitter handles of Delhi Police and that of Dwarka Police station. He requested the students and other members present to stay alert all the time and to inform the cyber crime cell immediately. At the end of his talk he took feedback from the attendees present there.

The programme came to an end with the director ma'ams speech highlighting the many concerns and facts related to the virtual world. She thanked the chief guest, guest of honor for their time and valuable information and tips provided, chairman sir for his unending support, the entire team of faculties & staff and of course the students present.

Learning Outcome : The attendees come to know about cyber awareness

Photographs:





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Date & Time: June 3, 2022

Venue: NATIONAL SCIENCE CENTRE

Name of the Activity	:	Excursion to National Science Centre by NGO Lakshyam
Aims/Objectives	:	To sensitize the attendees about discoveries of science
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Mr. Vir Philip (Vice-President of Rotary Club New Delhi)
No of Students Attended	:	15

Summary of the Activity:

The Rotaract Club in collaboration with NSS Cell of Trinity Institute Of professional Studies, Dwarka participated in an excursion to the NATIONAL SCIENCE CENTRE on 3RD JUNE 2022 in collaboration with the NGO LAKSHYAM for underprivileged children under the project SAPNON KI UDAAN. The dignitaries present for the event were Mr. Vir Philip (Vice-President of Rotary Club New Delhi) ,NGO officials Museum instructor and our Rotaract volunteers.

The event started at 10 Am in the morning where children between age group of 3-7 years from NGO, LAKSHYAM arrived at the national science centre and their first activity being the visual animated representation of the functioning of human body which excited the children as they could visually see the working of our body . Then they were taken to the auditorium where they witnessed various facts and working of our Solar system with the actual display of planets, sun ,moon, galaxies on huge sphere in front of them which was headed by the museum instructor who explained the children along with the visuals It was really fun and knowledgeable for them to experience such things and they enjoyed a lot . In order to help them recall, a small question and answer session was also conducted in which children took part actively.

Date & Time: June 3, 2022

Venue: TIPS Dwarka

Name of the Activity : Prasaar Video - World Bicycle Day

Aims/Objectives : To sensitize the attendees about travelling on bicycle

Faculty in charges : Dr. Aparna Chaturvedi

Resource Person :

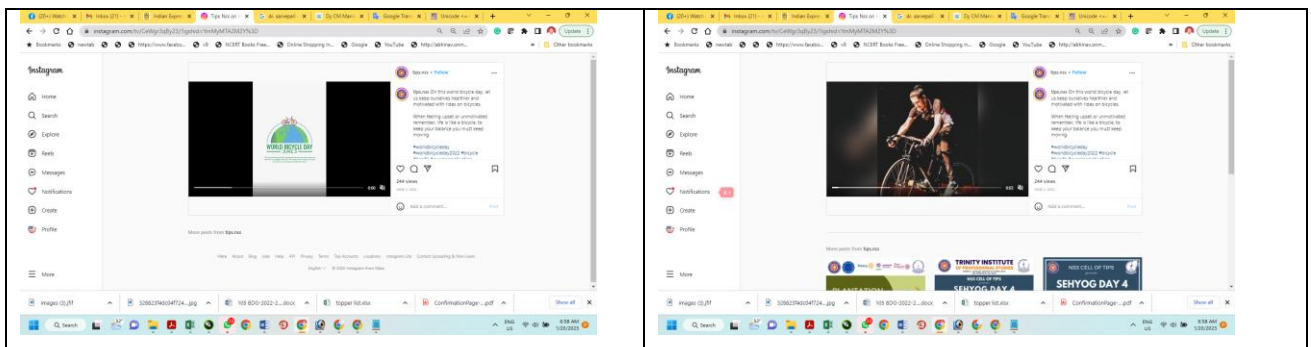
No of Students Attended : 10

Summary of the Activity:

On the occasion of world bicycle day NSS Cell of Trinity Institute of Professional Studies, Dwarka created a video with the aim of encouraging everyone to take on their bicycles again on the road in order to avoid pollution and have clean air in their city.

Learning Outcome : The attendees come to know about travelling on bicycle

Photographs:



Date & Time: June 3, 2022

Venue: TIPS Dwarka

Name of the Activity : **Yoga for Well-being (College staff and teachers)**

Aims/Objectives : To sensitize the attendees about yoga

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

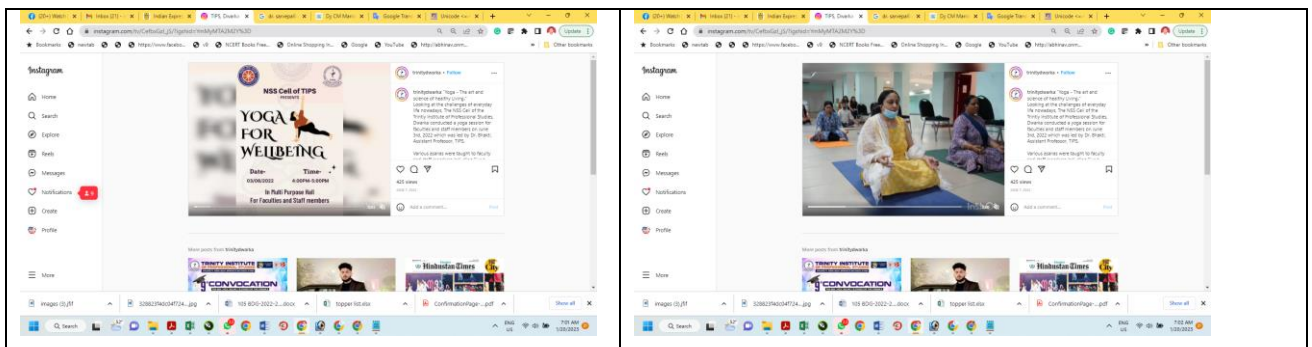
No of Students Attended : **74**

Summary of the Activity:

NSS Cell of Trinity Institute of Professional Studies, Dwarka organised a yoga session on the occasion of 100 days of Yoga till International Day of Yoga. The session was provided by Dr. Bhakti, a professional yoga practitioner with years of experience. All the staff members including Director ma'am was there to attend the fruitful yoga session. The event was surely a success and everyone learnt a lot.

Learning Outcome : The attendees come to know about yoga

Photographs:





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Date & Time: June, 2022

Venue: TIPS Dwarka

Name of the Activity : **Book Donation to Delhi Police Library**

Aims/Objectives : To sensitize the attendees about book donation

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **17**

Summary of the Activity:

NSS Cell of Trinity Institute of Professional Studies, Dwarka in collaboration with Rotaract Club initiated a helping hand to the Delhi Police and donated piles of books for their library. The books are to be further donated to needy people and they'll also be kept in the library for public use. NSS wished them good luck for this noble cause.

Learning Outcome : The attendees come to know about book donation

Photographs:





Date & Time: June 5, 2022

Venue: TIPS Dwarka & student's homes

Name of the Activity	:	Plantation at Home by volunteers
Aims/Objectives	:	To sensitize the attendees about plantation and planting saplings at their homes
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	20

Summary of the Activity:

Nature is essential to our lives and well being, but we often don't get the chance to notice it as much as we'd like. Whether you visit your local park or listen to bird song, spending time in nature can have a range of benefits for your mental and physical health. Try to get outdoors this World Environment Day and enjoy the one world we have.

NSS Cell of Trinity Institute of Professional Studies made an effort by encouraging the volunteers to plant saplings and water their plants in order to keep our environment safe and secure for us and the future generations.

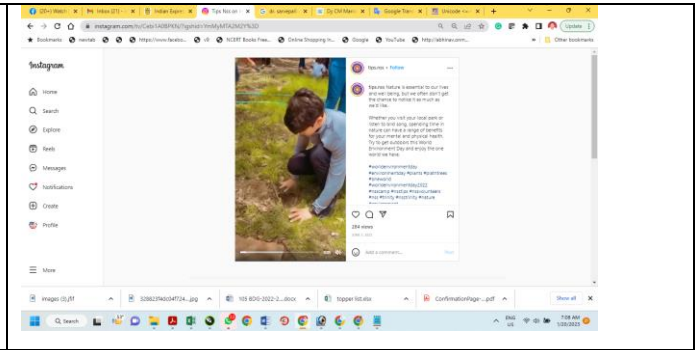
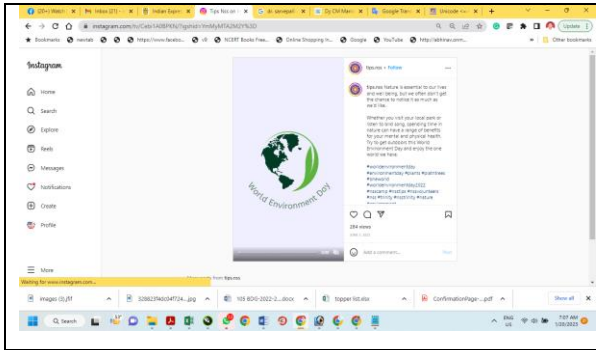
Learning Outcome	:	The attendees come to know about plantation and planting saplings at their homes
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Photographs:



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Date & Time: June 5, 2022

Venue: INDIRA GANDHI STADIUM, near Yamuna bank, ITO, Delhi

Name of the Activity : **Save Soil Event under Save Soil Movement**

Aims/Objectives : To sensitize the attendees about saving the soil

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Jagadish Jaggi Vasudev

No of Students Attended : **3**

Summary of the Activity:

Jagadish Jaggi Vasudev, better known as "SADHGURU" is an Indian yoga guru and proponent of spirituality. The world famous Yogi- Sadhguru embarked a 100 day 30,000 km lone motorcycle journey from Europe to the Middle East and now he came to India to raise awareness about the dying soil and to bring a policy change through people's support.

NSS cell, TIPS, Dwarka participated in the #SaveSoil Event at Delhi on 5th June 2022 at INDIRA GANDHI STADIUM, near Yamuna bank, ITO, Delhi. One of the NSS Cell, TIPS volunteer- Aryan Kumar Sinha - BBA(2nd shift) with PO, Dr. Aparna Chaturvedi became a part of this world famous event. Famous Radio Jockey- RJ Raunak was responsible to host the event. People participated enthusiastically in huge numbers to cheer the Yogi for his noble cause. Sadhguru Ji threw light on his journey and discussed why it is necessary to save soil. He motivated everyone to join this movement for the survival of every creature in the next coming 30 years. Overall, it turned out to be a informative and an eye-opening event.

Learning Outcome : The attendees come to know saving the soil

Photographs:



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Date & Time: June 5, 2022

Venue: TIPS Dwarka

Name of the Activity : **Best out of waste competition**

Aims/Objectives : To sensitize the attendees about best out of waste and making best out of waste

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Ms. Nilima Buch

No of Students Attended : **25**

Summary of the Activity:

The world environment day is celebrated on June 5 every year to raise awareness regarding degrading environmental conditions and to encourage people globally to take positive environmental actions to help create a better future. This initiative of celebrating the environment day was taken into consideration in 1972 United Nations conference on Human environment that was held in Stockholm under the theme Only One Earth.

The NSS cell of Trinity Institute of Professional Studies, Dwarka in collaboration with Eco Club held themselves responsible in order to contribute in such a great initiative of spreading awareness under the theme Regard Before You Discard, a best out of waste competition was organized on 6th June, 2022 wherein students of B.com honours heavily participated as it was their one of the internal assignments under the subject named environmental science. The session started with a warm welcome of Ms. Nilima Buch, founder of Punah Zero Waste and judge of the competitive event. The team consisted of 2 participants and were given 1 hour to show their creativity, was judged on the basis of waste utilization, artistic composition, design creativity, eco-friendly rating, presentation and explanation of the same. The speaker Ms. Nilima Buch emphasized on the

importance of zero waste in daily life, indoor pollution causes, the eatables things we purchase just by getting tempting by the taste of it without putting concern on how harmful would be its packaging for our environment, also she gave solutions to overcome that.

Winners of the competitive event were:

Sushmita sharma and Veni kathuria (1st position)

Lavanya sharma and Ayush ranka (2nd position)

Learning Outcome : The attendees come to know about best out of waste and making best out of waste

Photographs:





Date & Time: June 7, 2022

Venue: Kamal Public School Vikaspuri, New Delhi

Name of the Activity	:	Parivartan Day 3
Aims/Objectives	:	To sensitize the attendees about education
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	Ms. Nilima Buch
No of Students Attended	:	10

Summary of the Activity:

The NSS cell of Trinity Institute of Professional Studies had their Day 3 of Parivartan on the 7th of June 2022 at Kamal Public School Vikaspuri, New Delhi. This activity drew the participation of 13 volunteers. A total of 43 students ranging in age from 3 to 15 years old were assembled at the Kamal Public School classrooms. The students were divided into two groups based on their age, 3-7 years and 8-15 years, for subsequent activities. Basic English and Manners, Scribble, and Card Making were among the activities that the children participated in. The students were assigned to three different rooms so that all of the activities could take place at the same time, and time was provided to the volunteers to perform the activities so that rooms could be shuffled on time and other students could participate in all of the activities.

They were taught opposite terms and basic manners while they were between the ages of 3 and 7. Volunteers in the class taught them opposite words in a fun interactive style, portraying different situations to different kids and ensuring that they understood the meaning. They taught basic manners to students in the age bracket of 8-15 years by demonstrating them how to sit properly, ask permission before speaking, and how to greet. The students were then taught how to make cards by volunteers. Children in the 3–7-year-old age group were taught how to build a simple

Birthday Card using crayons and different designs, while students in the other age groups were taught how to decorate and add lines to make the card look more appealing. The final activity was Scribble, in which volunteers drew something on the board and kids guessed what it was and narrated its spelling. Later, the volunteers asked the students to come forward and draw the objects, with the other students guessing and narrating the spelling for the same.

All the best performing students in all the activities were given chocolates. Before leaving the school, the volunteers also provided them with food. The students also had a lot of fun there with the students

Learning Outcome : The attendees come to know about education

Photographs:





Date & Time: June 8, 2022

Venue: Red Fort, Delhi

Name of the Activity : **Pratibimb- Swachh Bharat Day 11**

Aims/Objectives : To sensitize the attendees about tricks of photographs and taking photos

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **20**

Summary of the Activity:

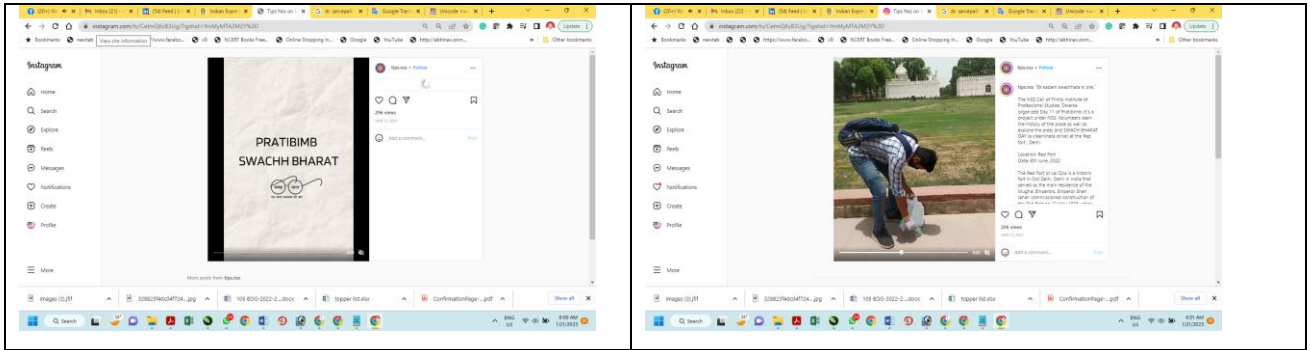
The NSS Cell of Trinity Institute of Professional Studies organized Pratibimb Day 11 on 8th June, 2022 with an initiative of Swachh Bharat mission to Red Fort. The photowalk lasted for 1.5 hours.

All the volunteers of NSS Cell gathered at the gate of the Red Fort at 9:30 a.m. The NSS Volunteers were asked to carry gloves and garbage bags to clean up the place. This time the photography club not just clicked photos of amusing places but also took an initiative to make these places spick and span. The Red Fort or Lal Qila is a historic fort in Old Delhi, Delhi in India that served as the main residence of the Mughal Emperors. The volunteers took a big step on their own and picked up the garbage, bottle cans, and all the stuff they could. They then segregated the garbage into biodegradable and non-biodegradable waste and threw them in separate bins. The Pratibimb Day 11 ended at 11:00 a.m.

Although it was a tiring day for the volunteers but this initiative helped them realize the importance of clean India. They were happy to be a part of this initiative

Learning Outcome : The attendees come to know about tricks of photographs and taking photos

Photographs:





Date & Time: June 10, 2022

Venue: TIPS, Dwarka

Name of the Activity : **Jal Vitran by Volunteers on Nirjala Ekadashi**

Aims/Objectives : To sensitize the attendees about Jal Vitran by Volunteers on Nirjala Ekadashi

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : Dr. Barkha Bahl

No of Students Attended : **10**

Summary of the Activity:

Jal Vitran by Volunteers on Nirjala Ekadashi

The Nss cell of Trinity Institute of Professional Studies, Dwarka Sector-9 took an initiative on the auspicious occasion of Nirjala Ekadashi that was on the 10th of June 2022, the venue was opposite to the court. This event was conducted around 12pm for a good purpose via distribution of refreshment drinks among the public. Our Respected Dr. Barkha Bahl Mam and Nss volunteers contributed in this event.

The Nss volunteers who were a part of this event were:-

1.Himanish Mudgal

2.Prachi Negi

3.Kanishk Kanojiya

4. Devarshi Chaturvedi

Thereupon, the motive for this event was pure and helpful regardless of the scorching heat the zeal to serve the society was kept alive.

Learning Outcome : The attendees come to know about about Jal Vitran by Volunteers on Nirjala Ekadashi

Photographs:





Date & Time: June 12, 2022

Venue: TIPS, Dwarka

Name of the Activity : **Prasaar Video - Pride Month**

Aims/Objectives : To sensitize the attendees about awareness regarding the LGBTQ community

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person : **10**

No of Students Attended :

Summary of the Activity:

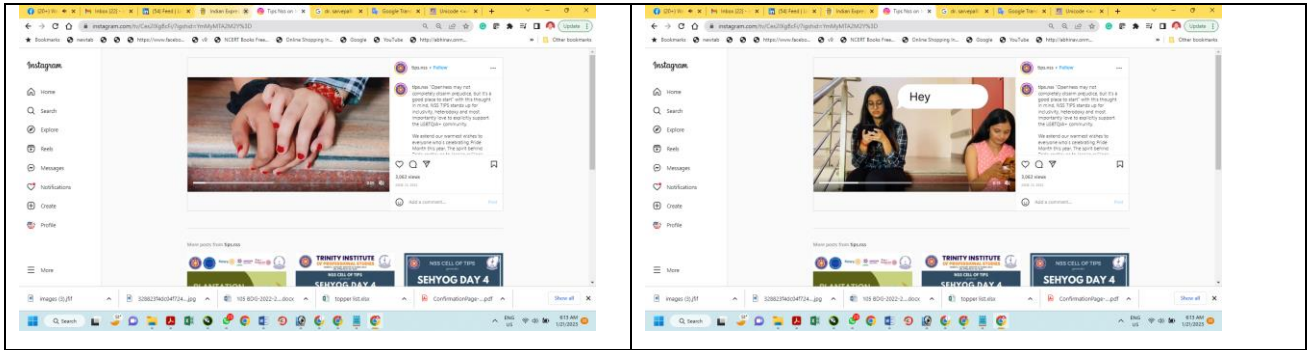
Prasaar Video - Pride Month

The Trinity institute of professional studies uploaded on Instagram a video wherein the volunteers tried to spread awareness regarding the LGBTQIA+ community and how society is still orthodoxy in this concern.

The video showed how every human irrespective of its gender has complete right to express their emotions and feel free to do what they want being a part of this society. However, there are still people who think that the LGBTQIA+ community people are different from others make females out there, they don't deserve equality like others and don't have the right to live in the same society. This thinking needs to stop and people should understand that just like others, they are also humans and deserve nothing less than others out there. Their existence and identities should be equally respected and accepted. Take pride in who you are because it you who makes yourself unique.

Learning Outcome : The attendees come to know about awareness regarding the LGBTQ community

Photographs:





Date & Time: June 19, 2022

Venue: Indira Gandhi Stadium, New Delhi

Name of the Activity : **Torch Relay by MYAS**

Aims/Objectives : To sensitize the attendees about torch relay and observing the ceremony.

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **14**

Summary of the Activity:

Volunteers of NSS cell Trinity Institute of Professional Studies, Dwarka have participated in an Event organised by Government of India, Ministry of Youth Affairs and Sports at Indira Gandhi Stadium in New Delhi on 19th June 2022. The chief guest for the event was our honorable Prime Minister Shri Narendra Modi.

There was a colorful welcome followed by the lighting of the lamp. This event was organised to launch the historic torch relay for the 44th edition of the Chess Olympiad. This year, for the very first time in nearly 100 years of the history of chess, the International Chess Body, FIDE, has instituted the Chess Olympiad Torch which is part of Olympic tradition but was never done in the Chess Olympiad.

India became the first-ever country to have the Chess Olympiad Torch Relay. The torch will be taken to 75 cities over a span of 40 days before arriving in Mahabalipuram. At every location, chess grandmasters of the state will receive the torch. The Olympiad will take place in Mahabalipuram between 28 July and 10 August. The opening ceremony showcased the Indian

values of Vasudhaiva Kutumbakam. Sports Minister Anurag Thakur was also present at the program. Woman Grand Master Koneru Humpy, legendary Viswanathan Anand, and FIDE President Arkady Dvorkovich also graced this event by their presence.

The prime minister made a ceremonial move on the chess board against woman Grandmaster Koneru Humpy. He also handed over the torch to Vishwanathan Anand as a mark of respect for his contribution in chess.

The event was concluded by the speech of honourable PM Modi who said that We are proud that a sport from ancient India become so famous all across the world and has made its mark to the list of most popular sports of the world.

Learning Outcome : The attendees come to know about torch relay and observing the ceremony.

Photographs:





Date & Time: June 20, 2022

Venue: Major Dhyanchand Stadium, New Delhi

Name of the Activity : **Yoga Mahotsav 2022**

Aims/Objectives : To sensitize the attendees about yoga and doing yoga session

Faculty in charges : **Dr. Aparna Chaturvedi**

Resource Person :

No of Students Attended : **3**

Summary of the Activity:

The Ministry of Youth Affairs and Sports organised a Yoga Session on 20th of June 2022 at Major Dhyanchand Stadium, New Delhi. NSS Volunteers of Trinity Institute of Professional Studies, Dwarka also participated in this event with high spirit and enthusiasm. Volunteers who participated:

1. Kanishk kanojiya 2. Prachi negi 3. Himanish mudgal

It was great to have this opportunity and the NSS volunteers of Trinity Institute of Professional Studies surely benefited from this session.

Learning Outcome : The attendees come to know Major Dhyanchand Stadium, New Delhi.

Photographs:



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Date & Time: June 21, 2022

Venue: GGSIPU, Dwarka

Name of the Activity	:	Yoga for Well-being (GGSIP University) on Yoga Day
Aims/Objectives	:	To sensitize the attendees about yoga and doing yoga session
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	200

Summary of the Activity:

An event was organised by NSS & DSW at the main campus of GGSIPU, Dwarka on the occasion of international yoga day on 21st June 2022. The main guests were Hon'ble vice chancellor sir, Registrar, Deans and Directors. The welcome was followed by the felicitation. The main purpose of this event was to explain the history and importance of yoga in our life. The introduction about yoga was followed by a beautiful experience of yoga in which we focused on our breathing and how to calm our minds. Some of the asana which were taught are tad asana, neck exercises, shoulder exercises, ekpadasana, ardha matsyendrasana, ardha chakrasana, setu bandh asana, trikonasana, bhastrika, kapalbhati, vajrasana, bhujangasana and shav asana and then a shanti path was followed.

After 45 mins of yoga a stunning performance of yoga was given by some little children which included some very mind blowing postures and asana. Then refreshments were provided and was followed by a photo session. It was indeed a special and calming event.

Learning Outcome : The attendees come to know yoga and doing yoga session, New Delhi.

Photographs:





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Date & Time: June 21, 2022

Venue: Vegas Mall, Dwarka

Name of the Activity	:	Yoga for Humanity (Vegas Mall) on Yoga Day
Aims/Objectives	:	To sensitize the attendees about yoga and doing yoga session
Faculty in charges	:	Dr. Aparna Chaturvedi
Resource Person	:	
No of Students Attended	:	200

Summary of the Activity:

The National Service Scheme Cell of Trinity Institute of Professional Studies, Dwarka attended the Yoga for Humanity event on 21st June, 2022, organised at the Vegas Mall, Dwarka sector -14 on the occasion of International Yoga Day.

"Yoga's incorporation of meditation and breathing helps in improving a person's mental , physical as well as spiritual well-being". Thus,the event was organized with the same mindset for the volunteers. The event began sharp at 6:45 am in the morning with a great sense of motivation and proper instructions given by the yoga professionals. Followed with the National Anthem , which made everyone more united and focused. After the national anthem, the event was carried forward with some essential body warm-up exercises before the beginning of proper yoga session. After the warm up, everyone was pumped up to begin with the Yoga asanas, under the guidance of the professional yoga influencer and host Ms. Shobha Rana, who made the event much more enthusiastic and invaluable . Several kinds of Yoga asanas were performed for the sync and relaxation of mind and the body, which made the overall environment calm and soothing.



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The event was followed up with an energetic Zumba session, which made the programme full of fun, dance and music. Later on a motivational speech ,regarding the importance of yoga was given by the chief guest Mr. Harsh Vardhan- DCP , Dwarka. Last but not the least everyone received certificates, Refreshments and gift hampers curated by the Vegas Mall, Dwarka following with a group photograph in the end. It was an enthusiastic event indeed, which was thoroughly cherished by the NSS Volunteers of TIPS, Dwarka.

Learning Outcome : The attendees come to know yoga and doing yoga session, New Delhi.

Photographs:



Faculty Incharge Signature

Director



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