



Trinity Institute of Professional Studies



Sector – 9, Dwarka, New Delhi – 110075

(Affiliated to GGSSIPU, Delhi)

Ranked “A+” Institution by SFRC, Govt. Of NCT of India

Recognized under section 2(f) of the UGC Act, 1956 Accredited by “b++” by NAAC

January Overall Report

Orientation 2023

Date : 6th January, 2023

The NSS Cell of Trinity Institute of Professional Studies, Dwarka organized NSS Orientation 2023. Guests who graced the event with their presence:

Prof. Varun Joshi, NSS Program Coordinator, USEM, GGSSIPU

Prof. Rajesh Kumar, Assistant Program Coordinator, USBAS, GGSSIPU

Dr. Durgesh Tripathi, Assistant Program Coordinator, affiliated colleges of GGSSIPU

Ms. Ekta Gupta, Project Manager, DCPCR

The programme started with lamp lighting followed by an elegant inaugural dance performance. After that NSS Song was played to invoke the minds of the students towards social service. With this, felicitation of all the guests was done by higher dignitaries of the college. The event continued with speeches by all the honorable guests and dignitaries, they talked about the importance of NSS and the need to help others that would make us and society a better place to live.

There were a lot of performances by the nss volunteers such as music, poetry, dance etc, which was done to entertain as well as educate the student spectators. The NSS Cell also felicitated Former President of NSS and he told everyone about the ups and downs of the journey of being an NSS volunteer. At last there was an informative session by Desh ke mentor educator Mr. Ankit Kumar.

The event came out to be quite successful and the purpose of the event was fulfilled.



Sehyog Day-4 (Part 1)

Date: 14th January, 2023

The NSS cell of Trinity Institute of Professional Studies, Dwarka successfully conducted the 'Sehyog day-4 which aims to distribute the blankets and help the people in need.

The NSS cell of TIPS, Dwarka initiated by distributing and helping the people in need in Hari Nagar on 14th of January, 2023. All the volunteers reported at 11:00 AM and the drive started. The volunteers started by first going to Deen Dayal Upadhyay Hospital and after distributing blankets in the Hospital, The volunteers went to distribute the blankets to the people living in the slum area and

on the roadside. Total 100 blankets was distributed by the volunteers. The drive was successful and was done under complete guidance with all the precautions.

Volunteers were Grateful enough to initiate in the Nobel cause of distributing blankets to those in need. This drive was a great initiative.



Sehyog Day-4 (Part 2)

Date: 16th January, 2023

“Every charitable act is a stepping stone towards heaven” - Henry Ward Beecher

As we have stepped into New Year i.e January, the harsh winter is on peak. Winters are often considered a glorious season. But did you know that for a much larger number of people, the season brings along a lot of hardships and sacrifices.

NSS Cell of TIPS under the project Sehyog organised a Donation Drive (Donation of blankets, shawls and sweets) and called out all the humble hearts who wish to bring a change in the life of the housekeeping staff and help them in battling the harsh winters of Delhi.



Plantation Drive

Date: 19th January, 2023

Nature is essential for our living and a major contributor to the existence of mankind.

The NSS cell of the Trinity Institute of Professional Studies organised a plantation drive on the 19th of January, 23 within the campus (Total Plantation-24).

We tend to neglect nature and forget how impactful it is on our lives . It's mere existence brings so much difference in our lives and some time spent in nature is no less than a therapy. In order to get a step closer to nature and understand it's importance, our volunteers planted small saplings in the campus .

It made the volunteers feel so good and they understood that we are nothing without our environment.



26th Youth Festival (NYF Camp)

Date: 12th-16th January, 2023

The 26th National Youth Festival, which took place from January 12 to January 16 in Hubballi-Dharwad, Karnataka, and was attended by the NSS cell of Trinity Institute of Professional Studies, was organised by the Ministry of Youth Affairs and Sports in collaboration with the Government of Karnataka.

On January 12, 2023, our honourable Prime Minister Narendra Modi ji inaugurated the event.

The event runs from January 13 until January 16. A youth summit was held on January 13th, the second day, and many guests attended. Our volunteers learned a lot from the speaker. They took part in an adventure camp as well.

Additionally, volunteers had the chance to compete at the national level. Students participated in an aquatic adventure on the fifth day, which was January 15, before joining the youth summit, where Mr. Anurag Thakur, the current minister of sports, and Basavaraj Bommai, the chief minister of Karnataka, attended the closing ceremony.

Students received certificates, mementos, bags, gifts, etc. on January 16th, the event's final day. Volunteers also took part in a nighttime festival where many artists, including Neha Kakkar, Ritviz, Pappon, and Amit Trivedi, joined and made the effort to educate and inspire the nation's youth.

I am happy to share that A "yogathon" (daily yoga session) was held to attempt to break the Guinness World Record, and this event was

registered for the same. One of our volunteers was also part of that Yogathon.

Overall, the students got a lot out of this experience and learned a lot.

Pareeksha pe Charcha

Date: 27th January 2023

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 6th Pariksha Pe Charcha, a unique interactive program for the students, teachers and parents with the Hon'ble Prime Minister. It was organized on 27th January, 2023.

Prime Minister Narendra Modi at the event interacted with students, teachers and parents and gave them tips on how to reduce stress, overcome social media distractions, deal with criticism and more.

Our NSS volunteers took active part in the event as well.

National Girl Child Day

Date: 24th January, 2023

The department of school education on the National girl child day i.e. 24th Jan, 2023 organized a self defense workshop for all female students under Azaadi ka Amrit Mahotsav.

It was held on YouTube at 4 pm and female volunteers from our institution Trinity Institute Of Professional Studies participated in the same.

The workshop included a variety of self defense tricks and techniques which would help females to protect themselves as and when required and gave them so much inner confidence.

Our volunteers participated enthusiastically as they got to learn so much like never before.

Females are no less in any way and have complete ability to protect themselves .

Adi Shaurya Event

Date: 23rd & 24th January

In the presence of thousands of people, the Ministry of Tribal Affairs, in collaboration with the Ministry of Defense, and with the Indian Coast Guard as the coordinating agency, celebrated Adi Shaurya - Parv Parakram Ka with a colorful show of tribal dances and performances by armed forces to mark the 126th birth anniversary of Netaji Subhash Chandra Bose (Parakram Diwas) at the JawaharLal Nehru Stadium in New Delhi.

Students felt a strong patriotic attachment to their country. They learned about various tribal dances and amazing facts about the armed forces, but most importantly, they learned about Netaji's role in nation building.

Social Media awareness posts under project:

Parwaaz

Wabi Sabi

Prasaar &

Sahitya






NSS CELL OF TIPS



ARMY
MEDICAL CORPS
ESTABLISHMENT DAY

1 JANUARY, 2023

Why is army medical corps establishment day ?

The Army Medical Corps came into existence as a homogeneous corps of officers and men on the pattern of the Royal Army Medical Corps on 03 Apr 1943 by the amalgamation of the Indian Medical Service, the Indian Medical Department and the Indian Hospital Corps.



1 JANUARY, 2023



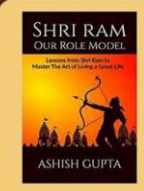

What is the full fom of RMO ?



1 JANUARY, 2023


PROJECT SAHIYA



Author : Ashish Gupta

SHRI RAM : OUR ROLE MODEL

Shri Ram is our ideal. He has played every role in his life perfectly. This book is your guide to lead a great life and follow the path of Shri Ram.






NSS CELL OF TIPS

PROJECT - WABI SABI

THANATOPHOBIA

We all experience this sensation of fear when we come across the topic of death, but what actually is this?









NSS CELL OF TIPS



PROJECT - WABI SABI

THANATOPHOBIA

Thanatophobia is an intense fear of death or the dying process. Another name for this condition is "death anxiety." You might be anxious about your own death or the death of someone you care about.










NSS CELL OF TIPS

PROJECT - WABI SABI

CAUSES

- Have a traumatic experience related to death or dying.
- Lose a parent or loved one.
- Witness someone having a difficult or painful death.










NSS CELL OF TIPS

PROJECT - WABI SABI

SYMPTOMS

Thoughts of death may cause intense feelings of panic, fear, dread or depression. You may avoid places or situations that seem dangerous. You might also become obsessed with your health, constantly checking for signs of illness. One can develop hypochondriasis, which is a disorder that causes excessive worry about becoming ill.




NSS CELL OF TIPS


WORLD BRAILLE DAY

"BRAILLE IS KNOWLEDGE, AND KNOWLEDGE IS POWER."



International World Braille Day is celebrated yearly in recognition of the birth of Louis Braille, born on January 4th, 1809.

4TH JANUARY 2023





World Braille Day is celebrated on 4th January, serving as a symbol of honour for the Braille system that has helped educate the visually impaired since several decades. January 4 every year is internationally observed as World Braille Day to commemorate the birthday of French educator Louis Braille.

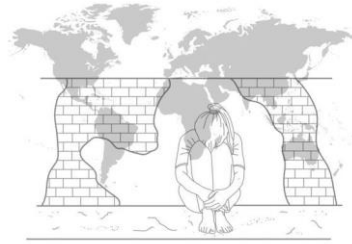
In 2009, the World Blind Union and its partner organizations celebrated the 200th anniversary of the birth of Louis Braille. The celebration evolved into World Braille Day. In 2018, the UN General Assembly decided to make it an official observance by proclaiming January 4th as World Braille Day.



What is the theme for World Braille Day 2023?



NSS CELL OF TIPS



World War **ORPHANS** Day

6th January 2023



NSS CELL OF TIPS

World Day for War Orphans on January 6 highlights the array of challenges these orphans face. Globally, millions of children are orphaned due to war, and they are subjected to a life of hardship, and emotional and physical neglect. This day was created by the French organization, SOS Enfants en Detresses to raise awareness about their suffering and to better their future.



NSS CELL OF TIPS

What is the theme of world war orphans day ?

GUESS THE ANSWER

- (A) Ending the cycle of violence
- (B) Care for the children in a horrible situation



Congratulation



NSS cell of Tips congratulate Former president, Rabjeet Singh for receiving the Trophy for his valuable contribution and Volunteering for NSS TIPS.



PROJECT SAHIYA

Karma
A Life

Landis Marns York

Author : Landis M York

KARMA : A LIFE

Karma is a spiritual belief that is all about cause and effect. The thinking is that if you put good into the world, good comes back to you.



NRI DAY

09 JANUARY, 2023

NRI DAY

09 JANUARY, 2023

Pravasi Bharatiya Divas , प्रवासी भारतीय दिवस, Non-Resident Indian Day is a celebratory day observed (starting in 2003) on 9 January by the Republic of India to mark the contribution of the overseas Indian community towards the development of India. The day commemorates the return of Mahatma Gandhi from South Africa to Mumbai on 9 January 1915.





What is the theme of NRI day 2023 ?



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WORLD HINDI DAY



10th January 2023

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NSS CELL OF TIPS

World Hindi Day, also known as Vishwa Hindi Diwas, is celebrated on January 10 every year by Hindi enthusiasts across the world to mark the importance and celebrate Hindi as a language.

The purpose of this day is to create awareness about the Indian language and promote it as a global language around the world. It is also used to create awareness about the usage of the Indian language, and about the issues persisting around the usage and promotion of the Hindi language.

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who announced the decision of celebrating the World Hindi Day on 10th January?

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NSS CELL OF TIPS



Lal Bahadur Shastri passed away on 11 January 1966 in Tashkent, Uzbekistan (then Soviet Union), a day after signing a peace treaty with Pakistan to end the 1965 Indo-Pakistan War.

JANUARY 11, 2023

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NSS CELL OF TIPS

National HUMAN TRAFFICKING Awareness Day January 11



JANUARY 11, 2023

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What do we understand by **Human trafficking** ?



Human trafficking, also called trafficking in persons, form of modern-day slavery involving the illegal transport of individuals by force or deception for the purpose of labour, sexual exploitation, or activities in which others benefit financially. Human trafficking is a global problem affecting people of all ages.

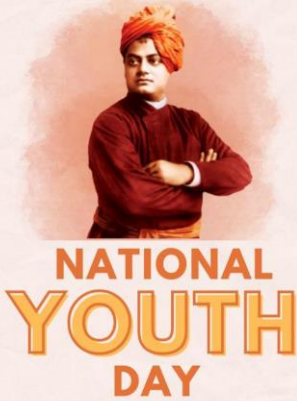


When was **National Human Trafficking Awareness Day** started?

According to you, What could be done in modern society to reduce **Human Trafficking** ?



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NATIONAL YOUTH DAY

12TH JANUARY 2023

The National Youth Day is celebrated in India on January 12 every year, which is the birth anniversary of Swami Vivekananda, one of the country's most influential spiritual leaders. The Government of India quoted that 'the philosophy of Swamiji and the ideals for which he lived and worked could be a great source of inspiration for the Indian Youth Day.'

12TH JANUARY 2023

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PROJECT PARWAAZ

Celebrating Womanhood with



AVANI CHATURVEDI

- ⇒ Flight Lieutenant Avani Chaturvedi was born 27 October 1993. She is an Indian pilot from Rewa district, Madhya Pradesh. She was declared as the first woman combat pilot along with two of her cohorts, Mohana Singh Jaiswal, and Ishwara Kanth.
- ⇒ The trio was inducted into the Indian Air Force fighter squadron in June 2016. They were formally commissioned by then Defence Minister Manohar Parrikar on 18 June 2016, to serve the nation.
- ⇒ She was selected for training at the Air Force Academy and completed the training at the age of 25. After further training, Chaturvedi became a fighter pilot in June 2016.
- ⇒ In 2018, Chaturvedi became the first Indian woman pilot to take a solo flight in a MiG-21. In 2018 Avani was promoted to the rank of Flight Lieutenant.
- ⇒ On 9 March 2020, Chaturvedi was awarded with Neel Shakti Puraskar by President Ram Nath Kovind.
- ⇒ Avani in one of the speech said " At any point in life, be it in any field, women should not feel that they are different; rather they should focus on doing their best in whatever they do, find their own voice and the rest will fall in place. If you are good professionally and competent, then everybody would accept you."

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HAPPY *Lohri*

This Lohri, may the sweetness of jaggery and warmth of groundnuts add to happy zing to your life.

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NSS CELL OF TIPS

Wishes

Happy **VASANT PANCHAMI**

NSS CELL OF TIPS

Wishes

HAPPY **Makar SANKRANTI**

The festival is dedicated to worshipping Sun God and marks the beginning of the harvest season. It is an important Hindu festival and celebrates the sun's journey back into the northern hemisphere.

14th January, 2023

STUDENTS, PARENTS & TEACHERS are you ready for...

Pariksha Pe Charcha 2023

27th January 2023 | 11:00 AM | Talkatora Stadium, New Delhi

Pariksha Pe Charcha 2023

27th January 2023 | 11:00 AM | Talkatora Stadium, New Delhi

PM Modi's much-awaited interaction with students, parents, teachers!

Pariksha Ki Baat (PM Ki Baat)

27 January 2023 | 11 AM | Talkatora Stadium, New Delhi

INDIA

REPUBLIC DAY

26th JANUARY

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INTERNATIONAL CUSTOMS DUTY DAY

International Customs Day is celebrated on January 26 every year and was initiated by the World Customs Organization (W.C.O.) in 1983. This day celebrates all the customs officials and agencies that toil day in and day out to ensure effective world trade management.

26th JANUARY

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INTERNATIONAL CUSTOMS DUTY DAY

26th JANUARY

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Where is the headquarters of World Customs Organization (WCO)?

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FAMILY LITERACY DAY
27 JANUARY 2023

Family Literacy Day is celebrated to promote awareness of reading and writing in families. Family literacy activities strengthen the relationship between family members which, in turn, encourages lifelong learning.

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NSS CELL OF TIPS

27 JANUARY 2023
HOLOCAUST
REMEMBRANCE DAY

Holocaust Memorial Day, marking the anniversary of the liberation of the Auschwitz-Birkenau concentration camp in Poland on the same day in 1945.

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NSS CELL OF TIPS

Family Literacy Day raise awareness about the importance of

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NSS CELL OF TIPS

On January 27th, National Family Literacy Day is celebrated to promote awareness of the importance of reading and writing in families. Family literacy activities strengthen the relationship between family members which, in turn, encourages lifelong learning.

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NSS CELL OF TIPS

<data>.privacy(</day>

28 JANUARY

Data Privacy Day (known in Europe as Data Protection Day) is an international event that occurs every year on 28 January. The purpose of Data Privacy Day is to raise awareness and promote privacy and data protection best practices.

Protect your Data

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NSS CELL OF TIPS

NATIONAL NEWSPAPER DAY

Indian Newspaper Day commemorates the birth of the first Indian Newspaper on January 29, 1780. The 'Hickey's Bengal Gazette', which was also known as the 'Calcutta General Advertiser', was the first weekly newspaper.

29 JANUARY

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NSS CELL OF TIPS

Pays Tribute to **LALA LAJPAT RAI**
On his birth anniversary

The shots that hit me are the last nails to the coffin of British rule of India.

28th January 2023

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NSS CELL OF TIPS

Homage to Father of the nation **MAHATMA GANDHI**
2nd October 1869 - 30th January 1948

Martyr's Day
30th January 2023

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PROJECT SAHITYA

QUIZ TIME!

"The world breaks everyone and afterward many are strong at the broken places." Who wrote this quote?

GUESS THE ANSWER

(A) Ernest Hemingway
(B) Oscar Wilde

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ANOREXIA NERVOSA

ANOREXIA NERVOSA OFTEN SIMPLY CALLED ANOREXIA IS AN EATING DISORDER CHARACTERIZED BY ABNORMALLY LOW BODY WEIGHT, AN INTENSE FEAR OF GAINING WEIGHT, AND A DISTORTED PERCEPTION OF WEIGHT. PEOPLE WITH ANOREXIA PLACE A HIGH VALUE ON CONTROLLING THEIR WEIGHT AND SHAPE, USING EXTREME EFFORTS THAT TEND TO SIGNIFICANTLY INTERFERE WITH THEIR LIVES.



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NSS CELL OF TIPS

PROJECT - WABI SABI

WHAT CAUSES ANOREXIA NERVOSA?

- SOCIAL ISOLATION, RELATIONSHIP DIFFICULTIES
- ANXIETY OR DEPRESSION
- TRAITS SUCH AS PERFECTIONISM, OBSSESSIVE THINKING
- TRAUMA.

DIAGNOSIS

- WILL NEED TO DO A FULL PHYSICAL EXAMINATION
- MAY COMPLETE BLOOD TESTS
- MAY ASK QUESTIONS ABOUT YOUR HEALTH, INCLUDING YOUR EMOTIONAL HEALTH AND WELLBEING, MEDICAL HISTORY AND CURRENT LIFESTYLE

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NSS CELL OF TIPS

PROJECT - WABI SABI

TREATMENT OF ANOREXIA NERVOSA

- PSYCHIATRIST
- PSYCHOLOGIST
- DIETITIAN
- FAMILY THERAPIST
- SOCIAL WORKER
- OCCUPATIONAL THERAPIST

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Posted on 26th of January:

<https://www.instagram.com/reel/Cn3pBMSHzPG/?igshid=YWJhMjlhZTc=>

TRINITY INSTITUTE OF PROFESSIONAL STUDIES

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FEBRUARY REPORT 2023

Report for NGMA

Date: 28th February, 2023

Time: 12:30 pm-2:30 pm

Venue: Jaipur house near India gate

Name of the Activity : Pratibimb
 Aims/Objectives : Capturing Art Heritage
 Faculty Name : Dr. Aparna Chaturvedi
 Resource Person : XYZ
 No of Students Attended: 58

1	Khushi Mishra	30	Stuti
2	Chetan prajapati	31	Vanshika Mittal

3	Dhruv Gupta	32	Kushagra Vasana
4	Vanshika Kalra	33	Aastha Gupta -1
5	Khushi Kohli	34	Kabir
6	Sachin joshi	35	Bhumi
7	Ankur jain	36	Sonal shrii abrol
8	Sanskriti raj	37	Mehak sharma
9	Simran Gupta	38	Harsimran kaur
10	Sumit kumar	39	Shubhangi verma
11	Kriti Singh	40	Rachit sharma
12	Sahil Kumar	41	Priyanshu singh
13	Tushar goel	42	Arshia asrania
14	Prachi Mahajan	43	
15	Vandana Kumari Gupta	44	Shreya Vekkot
16	Nilabh Mishra	45	Ridhima Dawar
17	Pearl aggarw	46	Mayank Gupta
18	Prem Jaiswani	47	Shreshth Pokhriyal
19	Vanshika jain	48	Vanshika sood
20	Mohd Afridi	49	Samarth Shukla
21	Mohit vats	50	Simran Kapoor
22	Kushal Shukla	51	Lavaneesh bachani
23	Manali kumari	52	Abhishek Panwar
24	Garina kapoor	53	Shanya Gulathi
25	Rythem Aggarwal	54	Aaradhya Anand
26	Shrey massey	55	Kanishk Kanojiya
27	Aryan kapoor	56	Sameer Phasu
28	Gautam harjai	57	Shreya Singh
29	Mayank Singh	58	Bhavya Dua

Summary of the Activity : The NSS cell of Trinity Institute of Professional Studies, Dwarka successfully conducted the visit to National Art Gallery on 28th February, 2023 at Jaipur House, Delhi, which aims to appreciate the artists by capturing their skills, artifice.

NGMA is officially established in 1954 by our former Vice President Dr. S. Radhakrishnan under culture of minister by GOI. NGMA is divided into two part (i.e. internal & external). Internal segment consists of 21 gallery which showcase the different artifacts by various artists. External segment consist of a sculpture garden wherein variety of sculptures (i.e. traditional and modern) are found.

All the volunteers reported at 12:30 pm and marked their presence. The volunteers witnessed the work of many renowned artist in different sections of galleries showcasing the artist “form of expression” and their diverse talent. Also to enrich themselves with extensive knowledge of different art forms in a coherent way.

Volunteers were fortunate enough to be the attendees of such event and were delighted & enthusiastic during the event. A good participation was received from NSS Cell as this event was an attempt towards getting familiar with art and their artist.

Learning Outcome: This event acquainted volunteers with various artists, artifice & sculpture that has been conserved. In addition, to their background, history pertaining for the same.

1-28th February 2023 Informative And Interactive Stories by Project Parwaaz

This report is regarding Instagram stories done during the month of February under the "Project Parwaaz" focuses on women's empowerment. The uploaded stories are as follow:

1. The first week of February - Chitra Gurnani Daga

Chitra, a successful entrepreneur, and mentor of a few startups are currently scaling Thrillophilia. Thrillophilia is a derivative of her deep love and passion for traveling and offbeat experiences so much so that she completed her MBA in Strategy & Leadership from the Indian School of Business, Hyderabad in 2011 and signed off the campus placement to pursue her passionate venture.

2. Second week of February - Dr. Susmita Mohanty

Susmita s an Indian spaceship designer, serial space entrepreneur, and climate action, advocate. She co-founded India's first private space start-up, Earth2Orbit in 2009. She was born (in 1971) in Cuttack and was raised in Ahmedabad.

3. Third week of February -Anisha Singh

Anisha Singh is an Indian businesswoman. She is the founding partner of She Capital (Investing in the next-gen of diverse, innovative startups). She is also the founder of Mydala. Anisha Singh is also one of the mentors of the Startup India program, an initiative of the Government of India. Also, she is the president of the jury of the Cartier Women's Initiative Awards for the South Asia-Oceania region.

4. Fourth week of February -Gita Gopinath

Gita Gopinath is an Indian-American economist who has served as the first deputy managing director of the International Monetary Fund, since 21 January 2022. She previously served as chief economist of the IMF between 2019 and 2022.



Informative And Interactive Stories by Project Wabi Sabi

Instagram stories that are done during February under Project "Wabi Sabi" focus on awareness regarding mental health. The uploaded stories are as follows:

1. First week of February- Thanatophobia

Thanatophobia is an intense fear of death or the dying process. Another name for this condition is "death anxiety." You might be anxious about your own death or the death of someone you care about.

2. Second week of February – Atelophobia

Atelophobia is an extreme fear of imperfection. Someone with this disorder may be terrified of making mistakes, or go to great lengths to avoid new situations because they can't guarantee that they'll succeed. It can lead to depression, anxiety, panic attacks, and a negative outlook on life.

3. Third week of February – Hypochondriasis.

Hypochondriasis, also known as Illness anxiety disorder, refers to a fear of getting seriously ill, even if the individual is not experiencing any symptoms of being sick. Or rather minor symptoms worry you as one might think it will lead to something serious in the future

4. Fourth week of February - ANOREXIA NERVOSA

Anorexia nervosa often simply called anorexia is an eating disorder characterized by abnormally low body weight, an intense fear of gaining weight, and a distorted perception of weight. people with anorexia place a high value on controlling their weight and shape, using extreme efforts that tend to significantly interfere with their lives.

Informative And Interactive Stories by Project Sahitya

The stories consisted of quizzes for the students to know better about who wrote certain quotes. The quotes in the stories were handpicked by the Project Head.

Week One:

The world breaks everyone and afterward many are strong at the broken places.
Who wrote this quote? - Ernest Hemingway

Week Two:

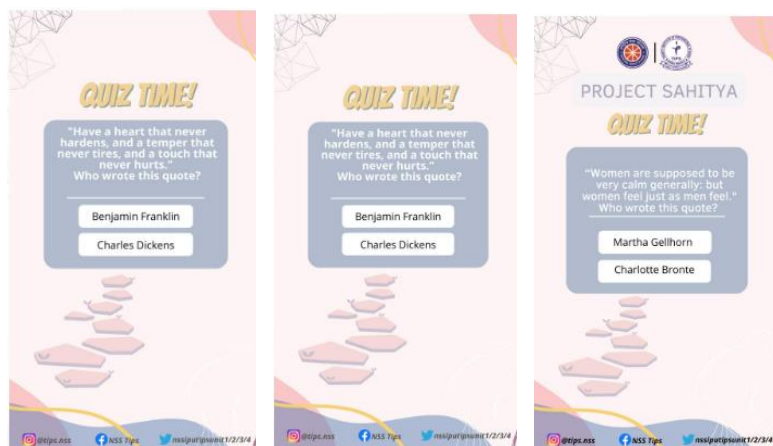
"Have a heart that never hardens, and a temper that never tires, and a touch that never hurts."
Who wrote this quote? - Charles Dickens

Week Three:

"Wine is bottled poetry" Who wrote this quote? - Robert Louis Stevenson

Week Four:

"Never think of pain or danger or enemies a moment longer than is necessary to fight them."
Who wrote this Quote? - Ayn Rand



4th February 2023

World Cancer Day

The NSS Cell of Trinity Institute of Professional Studies, Dwarka uploaded an Instagram post under the ongoing project Prasaar on its official social media account on 4th February 2023 on the occasion of World Cancer Day.

Post Link: https://www.instagram.com/p/CoPPBafB3or/?utm_source=ig_web_copy_link

General Informative and Interactive Stories

1st February 2023

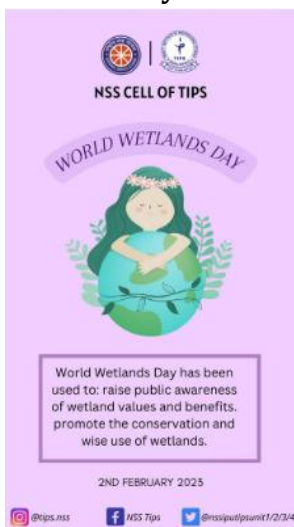


Indian Coast Guard Day is celebrated on 01st February every year. The Indian Coast Guard is a multi-mission organization, conducting round-the-year real-life operations at sea.

The Indian Coast Guard Day is established on 01st February 1977. Indian Coast Guard comes under the Defense Ministry. The Coast Guard has a dedicated and professional team of officers and enrolled personnel.

It is celebrated to praise and honor the efforts of the soldiers, their bravery, contribution and they devote their life to do service for their mother country.

2nd February 2023

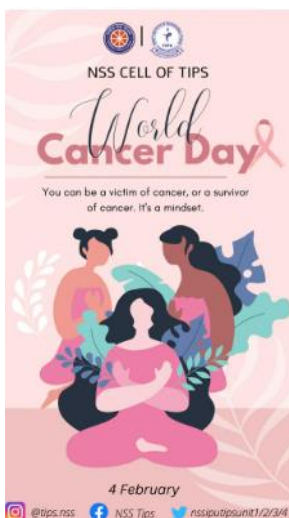


It marks the anniversary of the signing of the Convention on Wetlands of International Importance (Ramsar Convention) in Ramsar, Iran, on 2 February 1971.

Countries organize a variety of events to raise awareness such as: lectures, seminars, nature walks, children's art contests, sampan races, community clean-up days, radio and television interviews, letters to newspapers, to the launch of new wetland policies, new Ramsar Sites and new programs at the national level.

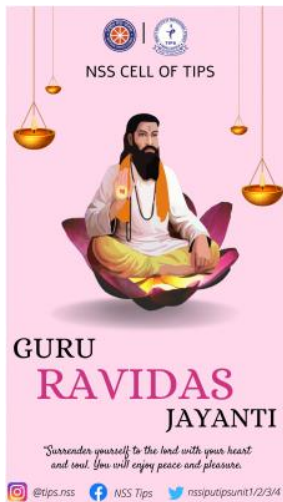
The theme for the 2022 edition is Wetlands Action for People and Nature, and it highlights the importance of actions that ensure that wetlands are conserved and sustainably used.

4th February 2023

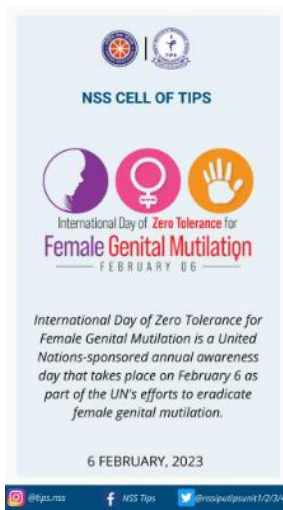


World Cancer Day is an international day marked on 4 February to raise awareness of cancer and to encourage its prevention, detection, and treatment. World Cancer Day targets misinformation raises awareness, and reduces stigma. Multiple initiatives are run on World Cancer Day to show support for those affected by cancer. One of these movements is #NoHairSelfie, a global movement to have "participants" shave their heads either physically or virtually to show a symbol of courage for those undergoing cancer treatment. Images of participants are then shared all over social media. Hundreds of events around the world also take place.

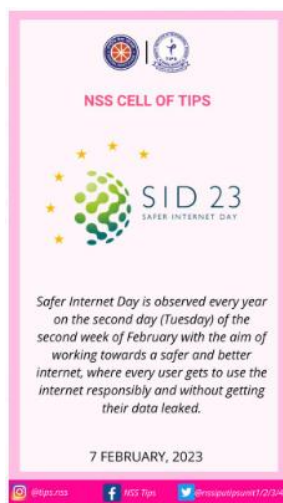
5th February 2023



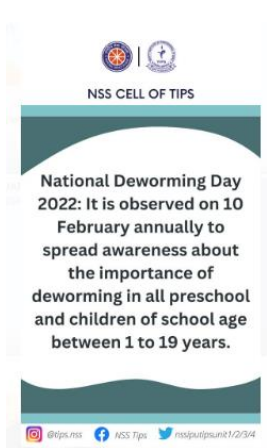
6th February 2023



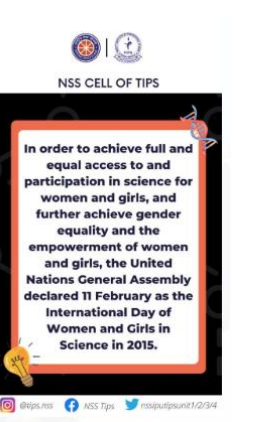
7th February 2023



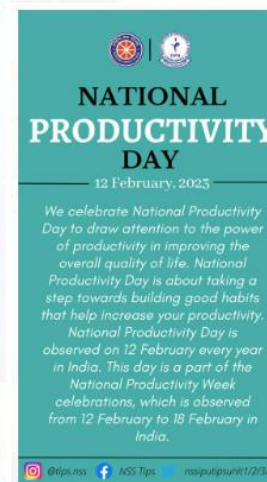
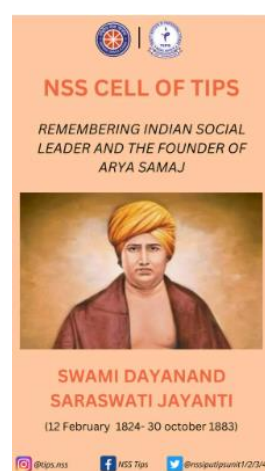
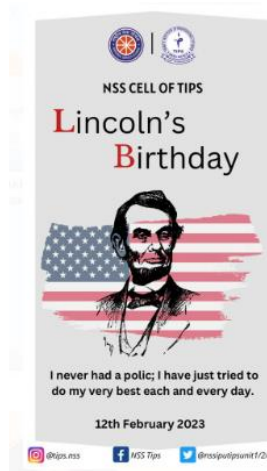
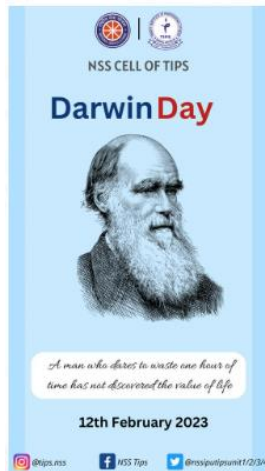
10th February 2023



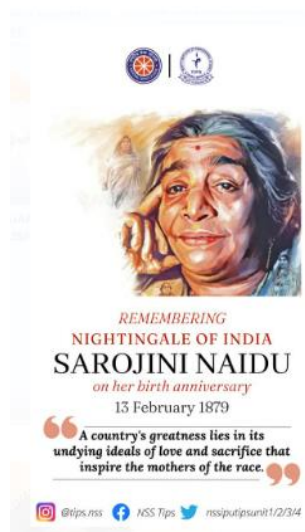
11th February 2023



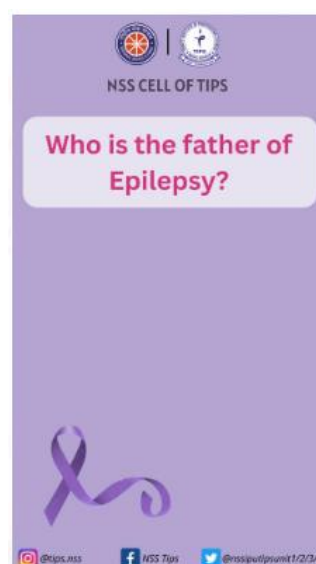
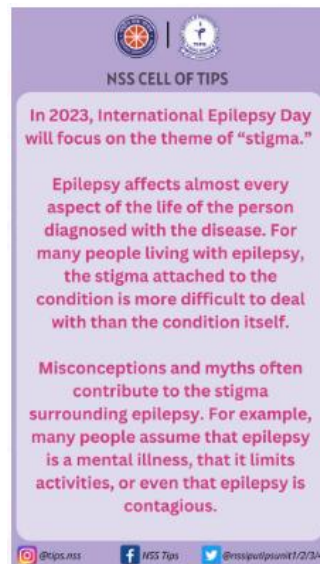
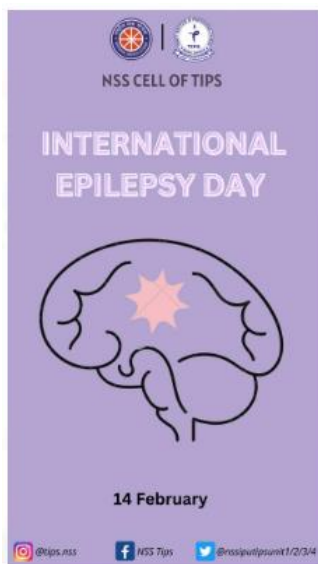
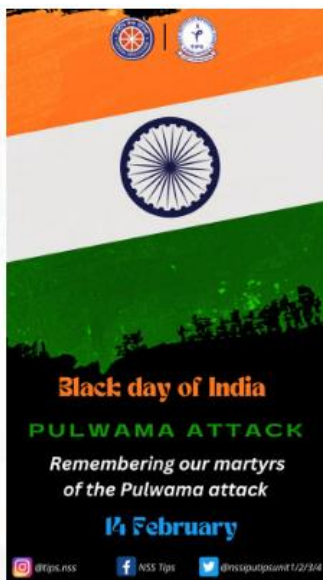
12th February 2023



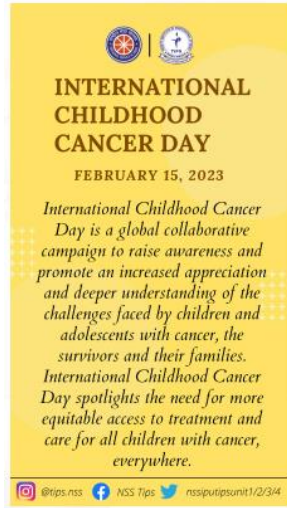
13th February 2023



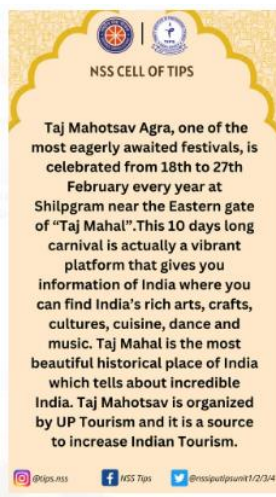
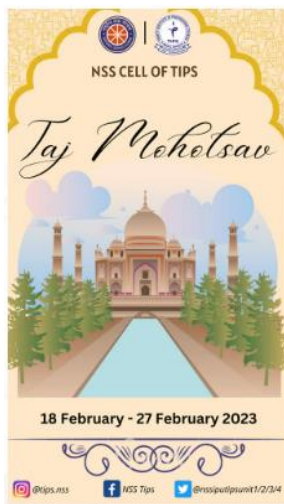
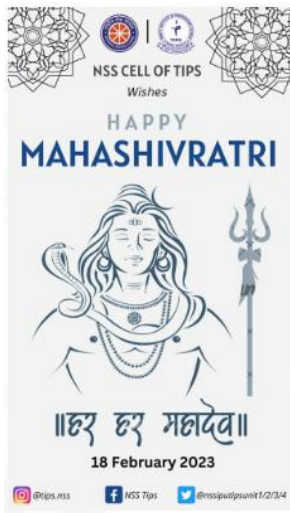
14th February 2023



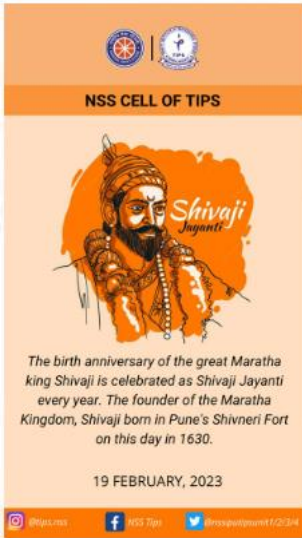
15th February 2023



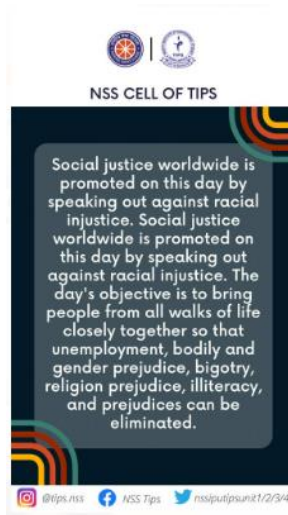
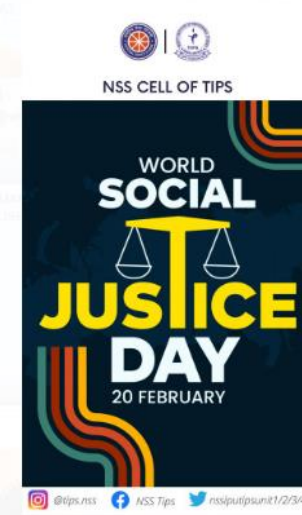
18th February 2023



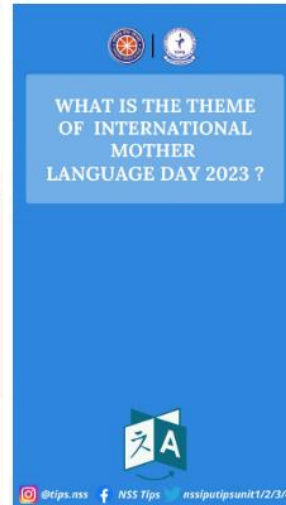
19th February 2023



20th February 2023



21st February 2023



22nd February 2023

NSS CELL OF TIPS



WORLD THINKING DAY


"Our World, Our Thriving Future"

22 FEBRUARY, 2023

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NSS CELL OF TIPS

WHY IS WORLD THINKING DAY CELEBRATED?



Thinking Day originated from a desire by the Girl Guides and Girl Scouts to dedicate a day to thinking about and appreciating the global spread of these movements. It is celebrated by girl guides and girl scouts.

22 FEBRUARY, 2023

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NSS CELL OF TIPS

WHEN DID WORLD THINKING DAY START?

19 56 OR 19 77

22 FEBRUARY, 2023

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24th February 2023

NSS CELL OF TIPS



CENTRAL EXCISE DAY

24 FEBRUARY

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NSS CELL OF TIPS

Central Excise Day is celebrated on 24th February every year to honour the efforts of the Central Board of Indirect Taxes and Customs (CBIC). This day is about acknowledging the work of the CBEC members and motivating them to perform their duties with greater efficiency.

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NSS CELL OF TIPS

Who established India's first central excise agency?



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PROJECT PARWAAZ
Celebrating Womanhood with



GITA GOPINATH

- Gita Gopinath was born on 8 December 1977. She is the first Woman Chief Economist at the IMF (International Monetary Fund).
- She is a technocrat and author of several books, she has written research articles on emerging market, trade and investment, stock market and international financial crises. Gopinath is also a professor of economics at Harvard University.
- Gopinath was earlier the co-director of the international finance and macroeconomics program at the National Bureau of Economic Research, a visiting scholar at the Federal Reserve Bank of Boston. She is also economic adviser to the Chief Minister of Kerala.
- In 2021, Financial Times named Gopinath among the "25 most influential women of the year". The Agricultural & Applied Economics Association recognized her with the John Kenneth Galbraith Award.
- She was named among the Bloomberg "50 people who defined 2019" and among the "Women who Broke Major Barriers to Become Firsts" by Time magazine.

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25th February 2023



PROJECT SAHITYA
QUIZ TIME!

"Never think of pain or danger or enemies a moment longer than is necessary to fight them."
Who wrote this Quote?

Benjamin Franklin
Ayn Rand

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27th. February 2023



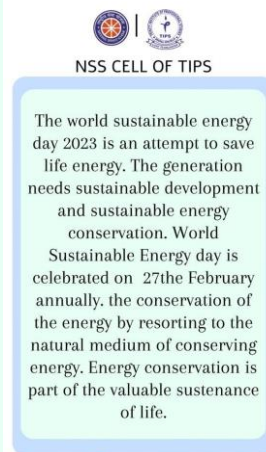
NSS CELL OF TIPS

What is the Theme of World Sustainable Day 2023 ?

World Sustainable Energy Day

Let's Come Together and Build Better World for Everyone !

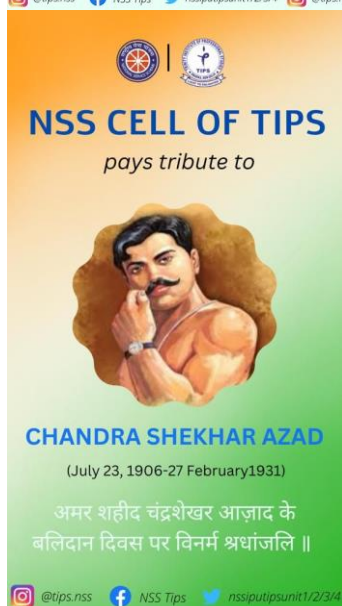
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NSS CELL OF TIPS

The world sustainable energy day 2023 is an attempt to save life energy. The generation needs sustainable development and sustainable energy conservation. World Sustainable Energy day is celebrated on 27th February annually. the conservation of the energy by resorting to the natural medium of conserving energy. Energy conservation is part of the valuable sustenance of life.

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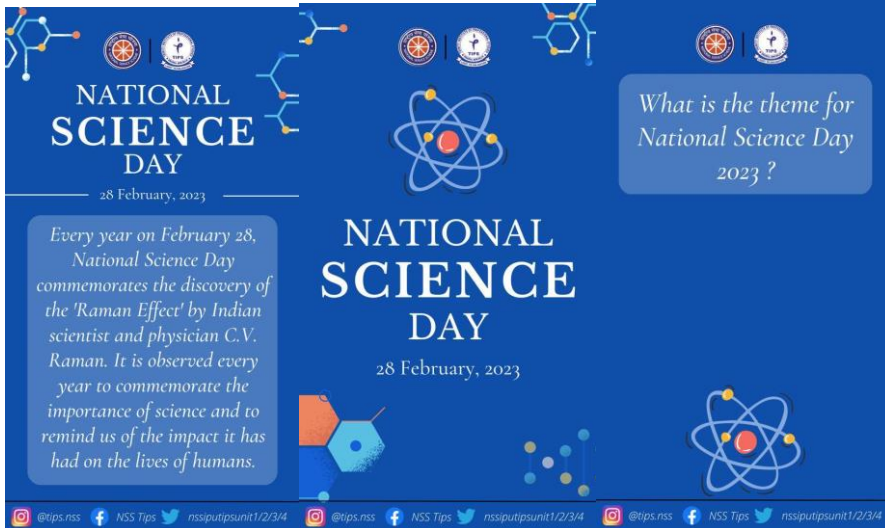
NSS CELL OF TIPS
pays tribute to

CHANDRA SHEKHAR AZAD
(July 23, 1906-27 February 1931)

अमर शहीद चंद्रशेखर आज़ाद के बलिदान दिवस पर विनम्र श्रधांजलि ॥

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28th February 2023



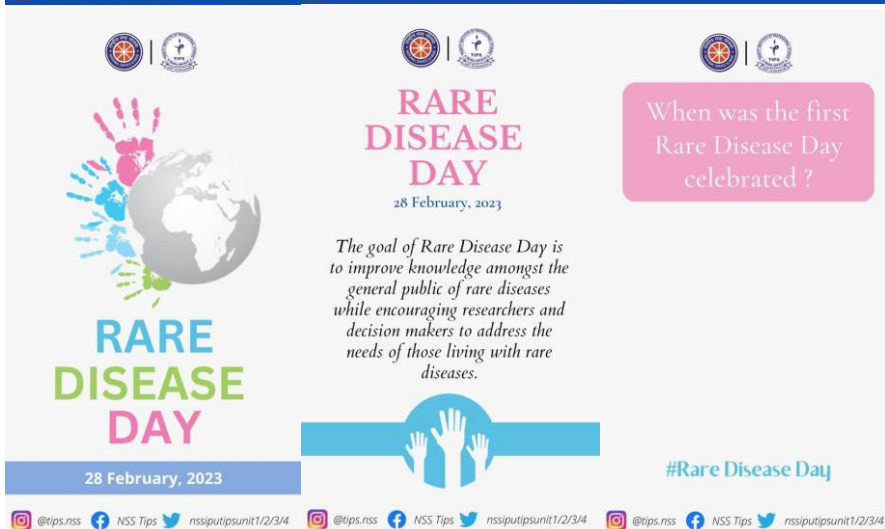
NATIONAL SCIENCE DAY
28 February, 2023

Every year on February 28, National Science Day commemorates the discovery of the 'Raman Effect' by Indian scientist and physician C.V. Raman. It is observed every year to commemorate the importance of science and to remind us of the impact it has had on the lives of humans.

NATIONAL SCIENCE DAY
28 February, 2023

What is the theme for National Science Day 2023 ?

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RARE DISEASE DAY
28 February, 2023

The goal of Rare Disease Day is to improve knowledge amongst the general public of rare diseases while encouraging researchers and decision makers to address the needs of those living with rare diseases.

When was the first Rare Disease Day celebrated ?

RARE DISEASE DAY
28 February, 2023

#Rare Disease Day

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Report for NGMA

Date: 28th February, 2023

Time: 12:30 pm-2:30 pm

Venue: Jaipur house near India

gate

Name of the Activity : Pratibimb
Aims/Objectives : Capturing Art Heritage
Faculty Name : Dr. Aparna Chaturvedi
Resource Person : XYZ
No of Students Attended: 58

1	Khushi Mishra	30	Stuti
2	Chetan prajapati	31	Vanshika Mittal
3	Dhruv Gupta	32	Kushagra Vasan
4	Vanshika Kalra	33	Aastha Gupta -1
5	Khushi Kohli	34	Kabir
6	Sachin joshi	35	Bhumi
7	Ankur jain	36	Sonal shrii abrol
8	Sanskriti raj	37	Mehak sharma
9	Simran Gupta	38	Harsimran kaur
10	Sumit kumar	39	Shubhangi verma
11	Kriti Singh	40	Rachit sharma
12	Sahil Kumar	41	Priyanshu singh
13	Tushar goel	42	Arshia asrania
14	Prachi Mahajan	43	
15	Vandana Kumari Gupta	44	Shreya Vekkot
16	Nilabh Mishra	45	Ridhima Dawar
17	Pearl aggarw	46	Mayank Gupta
18	Prem Jaiswani	47	Shreshth Pokhriyal
19	Vanshika jain	48	Vanshika sood
20	Mohd Afridi	49	Samarth Shukla
21	Mohit vats	50	Simran Kapoor
22	Kushal Shukla	51	Lavaneesh bachani
23	Manali kumari	52	Abhishek Panwar
24	Garina kapoor	53	Shanya Gulathi
25	Rythem Aggarwal	54	Aaradhya Anand
26	Shrey massey	55	Kanishk Kanojiya
27	Aryan kapoor	56	Sameer Phasu
28	Gautam harjai	57	Shreya Singh
29	Mayank Singh	58	Bhavya Dua

Summary of the Activity : The NSS cell of Trinity Institute of Professional Studies, Dwarka successfully conducted the visit to National Art Gallery on 28th February, 2023 at Jaipur House, Delhi, which aims to appreciate the artists by capturing their skills, artifice.

NGMA is officially established in 1954 by our former Vice President Dr. S. Radhakrishnan under culture of minister by GOI. NGMA is divided into two part (i.e. internal & external). Internal segment consists of 21 gallery which showcase the different artifacts by various artists. External segment consist of a sculpture garden wherein variety of sculptures (i.e. traditional and modern) are found.

All the volunteers reported at 12:30 pm and marked their presence. The volunteers witnessed the work of many renowned artist in different sections of galleries showcasing the artist “form of expression” and their diverse talent. Also to enrich themselves with extensive knowledge of different art forms in a coherent way.

Volunteers were fortunate enough to be the attendees of such event and were delighted & enthusiastic during the event. A good participation was received from NSS Cell as this event was an attempt towards getting familiar with art and their artist.

Learning Outcome: This event acquainted volunteers with various artists, artifices & sculpture that has been conserved. In addition, to their background, history pertaining for the same.

Faculty In charge Signature

Director




TRINITY INSTITUTE
OF PROFESSIONAL STUDIES, DWARKA

organising

Field visit

under Project Pratibimb
(National Service Scheme)

**National gallery of
modern art**

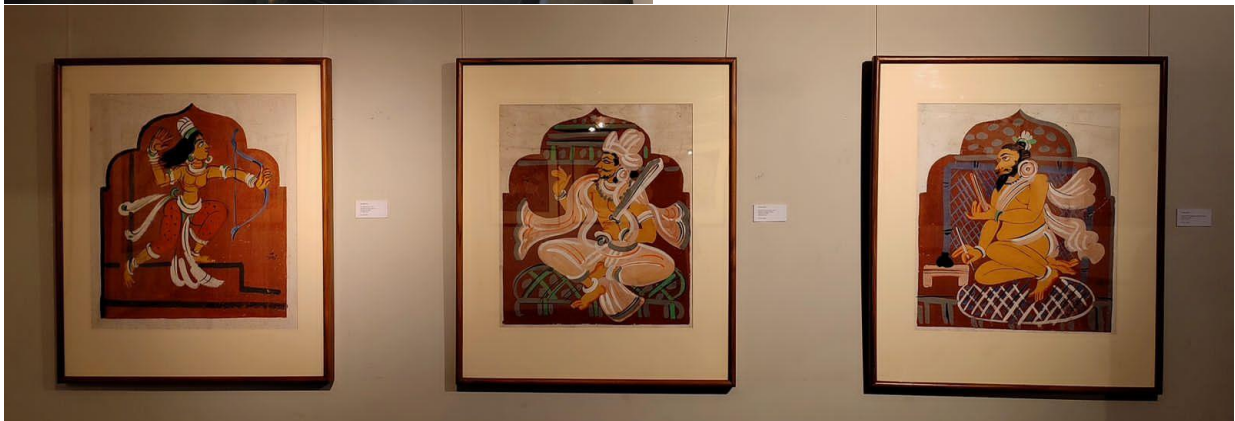


Date: 28 February, 2023

Contact Kriti Singh (Student coordinator) for further queries: 98910 28935







Report for Cyber Jagrukta Diwas

Date: 01 March 2023

Venue: Social Media

Name of the Activity : Cyber Jagrukta Diwas March

Aims/Objectives : Awareness about cyber-Security and Cyber crimes

Faculty Name : Dr. Aparna Chaturvedi

Resource Person : XYZ

No of Students Attended: 03

1	Editor - Abhishek Panwar
2	Writer - Shreya
3	Actor - Khayati

Summary of the Activity : The NSS cell of Trinity Institute of Professional Studies, Dwarka successfully posted an awareness video on its social media accounts in honour of Cyber Jagrukta Diwas, which falls on the first Wednesday of every month.

"FOR EVERY LOCK ,THERE IS SOMEONE OUT THERE TRYING TO PICK IT OR BREAK IN."

Learning Outcome: NSS Cell of Trinity Institute Of Professional Studies initiates to spread some awareness to be cyber secure.

Some easy steps can be: ›

1. Turn on Multifactor Authentication
2. Implement multi-factor authentication on your accounts and make it significantly less likely you'll get hacked.
3. Update your software. In fact, turn on automatic updates
4. Think before you click. More than 90% of successful cyber-attacks start with a phishing email.
5. Use strong passwords, and ideally a password manager to generate and store unique passwords.

Security in IT is like locking your house or car it doesn't stop the bad guys, but if its good enough they may move on to an easier target.

Brief Description of Participants(like industry experts, students, faculty, etc):

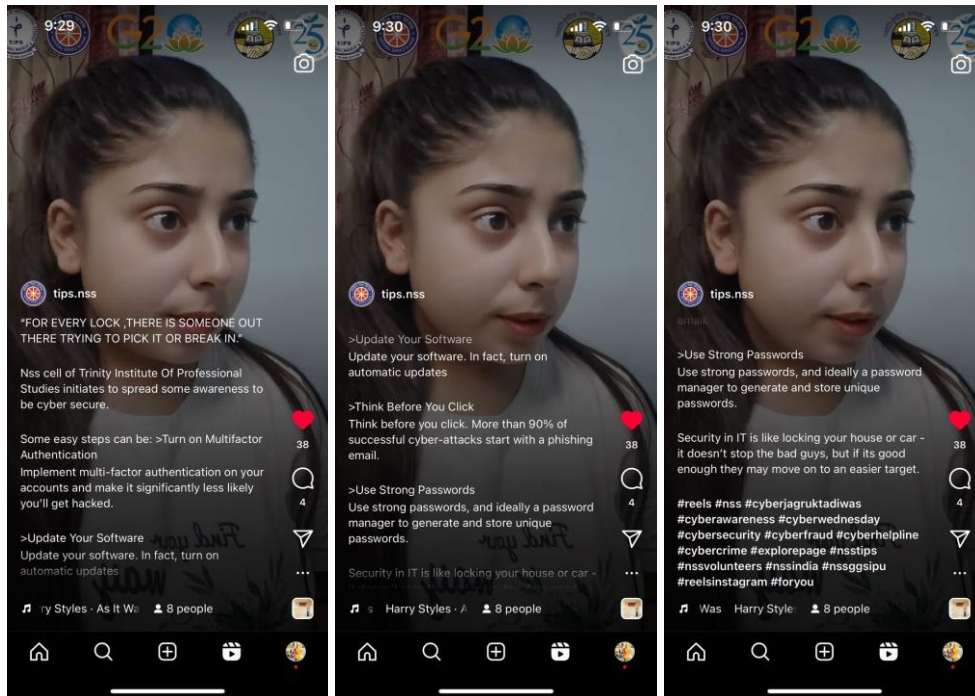
Faculty Incharge was Dr Aparna Chaturvedi and total 03 students participated in the event. Names of students are also attached.

Name of Participants:

1	Editor - Abhishek Panwar
2	Writer - Shreya
3	Actor - Khayati

Share Weblink of social media posts of the Activity(tag Delhi Government, DTTE&DHE and use relevant hashtags):

Twitter:	https://twitter.com/nssiputipsunit4/status/163096579875500321?s=46&t=9eDfKOUyRwvfHIRJvtAcAg
Facebook:	https://www.facebook.com/reel/154942547037544?fs=e&s=7MtrtK&mibextid=z9DgKg
Instagram:	https://www.instagram.com/reel/CpP05GIhe_1/?igshid=OTJlNzQ0NWM=



Faculty In charge Signature

Director