



KESHAV MAHAVIDYALAYA (University of Delhi)

NAAC Accredited 'A' Grade Institution
H-4-5 Zone, Sainik Vihar, Pitampura, Delhi – 110034



NATIONAL SERVICE SCHEME(NSS)

NOT ME, BUT YOU

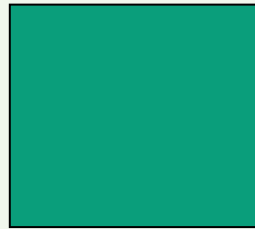
presents

prayatan

An effort to change

Vol. 1
2019-2020

NATIONAL SERVICE SCHEME (NSS)



NSS Unit of the college with its motto, “Not Me, But You”, has been organizing various activities as proposed by the Regional Directorate of NSS and also voluntarily undertaken by the NSS Unit during the session 2019-2020. Our activities include competitions, health checkup camps, awareness drives, cleanliness drives, runs, donation drives etc. and these are not just limited to the college but our adopted slum is also taken care of. The NSS unit has been undertaking these tasks under the following office bearers:

Dr. Amanjot Sachdeva (Programme Officer)

Mr. Sachin Chhikara, B.Sc Mathematical Science IIIrd year (President)

Ms. Nikita Yadav, B.Sc Maths Hons. II year (Vice-President)

Ms. Gouri, B.Sc Physics Hons. II year (Secretary)

Ms. Preethi Rathod, B.Sc Maths Hons. II year (Treasurer)

June 2019

International Yoga Day (June 21, 2019)

On the occasion of 5th International yoga Day, the unit organised a “Lecture cum Demonstration Workshop” on “Health Benefits of Yoga” in the college premises by Smt. Mamta Jaithley and group Members from Bhartiya Yog Sansthan. The event observed a participation of over 80 people including honourable Principal Prof. Madhu Pruthi, teaching staff, non-teaching staff and the students.



July 2019

Jal Shakti Abhiyaan (July 29, 2019)

“Water has the power to rejuvenate this earth but its scarcity has the power to wash our lives away” with this thought in the mind the unit organised an awareness cum signature drive under the event named Jal Shakti Abhiyaan to encourage people to save water and realise its importance in our lives.



August 2019

Swachhta Pakhwara 2019 (August 1 - 14, 2019)

To impart the knowledge of cleanliness, hygiene, waste segregation and other related topics the unit organised a fifteen daylong event which included various activities listed below.

Swachhta Shapath (August 1, 2019)

An oath taking ceremony – “Swachhta Shapath” was organized by the NSS Unit on 1st August, 2019 in which several NSS volunteers, college students and the staff members took the oath that they would keep their surroundings clean and take an active part in the Swachh Bharat Abhiyaan. They also pledged to spread the message in the society by all the means they can and took the oath to contribute towards making India a clean and green nation by making efforts on individual as well as community level.



Cleanliness Drive in College Campus (August 2 - 5, 2019)

A college campus cleanliness drive was organized by the Unit from 2nd August, 2019 to 5th August, 2019 in which various lawns, grounds, classrooms, laboratories and the library were cleaned by the volunteers. Awareness regarding maintenance of Hygiene and Cleanliness of Environment was spread amongst the college students.



Cleanliness Awareness in Slum (August 6 – 8, 2019)

A Cleanliness Awareness Campaign was held in the college's adopted slum from 6th August, 2019 - 8th August, 2019 in which the NSS volunteers interacted with the people living in the slum to create awareness regarding personal hygiene and importance of cleanliness in the slum area. Children were taught the importance of maintaining cleanliness all around. Toothpastes and soaps were distributed amongst children to promote cleanliness.



Cleanliness Drive in Slum (August 9 – 10, 2019)

A cleanliness drive was organised in College's adopted slum on 9th-August, 2019 and 10th August, 2019 in which the NSS volunteers along the children of the slum cleaned the area. Volunteers again tried to spread awareness about the importance of cleanliness and Waste Segregation. They actively participated in maintaining the hygiene and sanitation of the slum.



Cleanliness and Awareness Drive around College (August 13, 2019)

A Cleanliness and Awareness Drive was organised from 11th August to 13th August, 2019 in the area around the college campus. Volunteers cleaned the area thoroughly and interacted with people and thus provided information to people about community cleaning.



Awareness Drive in College Campus (August 14, 2019)

An Awareness Drive was held in college on 14th August, 2019 in which an interactive session amongst the students and the NSS volunteers was held. The Volunteers provided information and communicated the message of importance of cleanliness in the surroundings. Further, information about Waste Segregation methods was imparted.



Orientation Day (August 28, 2019)

NSS unit organised an orientation program for the students who were willing to work with the unit on 28th August 2019 where they were told about the working of the unit and the type of events undertaken for the betterment of the society. Many fresh faces, brimming with enthusiasm, turned up to work with NSS team. This was followed by the registration drive for the new volunteers.



FIT India Movement Launch (August 29, 2019)

On the occasion of National Sports Day, the unit organised various activities to spread awareness regarding the FIT India Movement launched by our honourable Prime Minister Sh. Narendra Modi. Various activities organized are as follows:

Oath ceremony

On the occasion of National Sports Day, the unit organised various activities to spread awareness regarding the FIT India Movement. The event started with the oath ceremony wherein both the students and the teachers pledged to follow a healthy lifestyle and also encourage other people to do the same in their daily life.



Physical Exercises

A session of physical exercise was conducted by Dr. Surrender, Dept. Head-Phy. Edu. after the oath wherein various exercises were demonstrated to the participants to encourage healthy living.



Walk around the campus

With the idea to encourage people to take at least 10,000 steps a day, a walk around the college campus was organised after the physical exercise session. The walk was led by Principal Prof. Madhu Pruthi and included both the staff members as well as the students.



Talk on healthy lifestyle and eating habits

After the physical exercises, the need for healthy eating habits and importance of physical fitness was dwelt on by Principal Prof. Madhu Pruthi. Participants were encouraged to eat healthy to stay healthy as food is the fuel for our body.



Live Webcast of launch of Fit India Movement

Finally, the participants were shown the live telecast of the Fit India Movement as launched by honourable Prime Minister Sh. Narendra Modi to encourage them to follow a healthy lifestyle to have a happy and healthy life.



September 2019

Road Safety Event (IIT Delhi) (September 07, 2019)

An event about road safety habits was organised by IIT Delhi. Two volunteers attended the event and learnt about road safety. After the event, they shared their experience about the event with other unit members.

NSS Meeting (September 18, 2019)

After the registrations were done for the session 2019-2020, a meeting was organised with the new unit members to explain the working of the unit and discuss about the events to be organised throughout the semester.

Dengue Awareness Rally (September 19, 2019)

During the season of outbreak of dengue, an awareness rally was organised throughout the campus wherein students were told about various precautions to be taken to prevent the spread of the disease.



Electoral Verification Programme (September 19 - 23, 2019)

As directed by Chief Election Office, a 5 day rigorous campaign under the name, Electoral Verification Programme was initiated from 19th to 23rd September, 2019. Every member of the college including the students and the staff members was instructed to visit the given site and verify their as well as their family members' Electoral details. It was done both online as well as offline. Helpdesk to facilitate the same was also setup.

Declamation Competition (September 20, 2019) (Gandhi Ji's 150th Birth Anniversary Celebration Event)

To mark the celebration of 150th birth anniversary of Mahatma Gandhi Ji, the unit organised a bilingual declamation competition on the topic "A force more powerful: Non-violence for our world today". The event was conducted in the presence of Dr. Amanjot Sachdeva (Programme

Officer) and Ms. Kritee Manchanda. The event was judged by Dr. Manjari Singh and Dr. Harpreet Bhatia. All the participants expressed their views on the topic and its relevance in today's world and time.



NSS Day Celebrations (September 23 - 24, 2019)

Day 1: Swachhta hi Seva Campaign (September 23, 2019) Presentation competition on Plastic Waste Management and Best out of Waste Competition

The unit organized a presentation competition on plastic waste management and best out of waste competition under the 'Swachhta hi Seva' campaign. The event was judged by Dr. Amanjot Sachdeva (NSS Programme Officer) and Ms. Kritee Manchanda. All the participants presented thought provoking presentations on how plastic is ruining our environment and offered constructive suggestions on the ways to manage use of plastic in our daily life. They highlighted the importance of 3R's (Reduce, Reuse, Recycle) towards this end. In the best out of waste competition participants demonstrated how can reuse plastic by making piggy banks and flower pots etc.



Day 2: (September 24, 2019) Padyatra

To mark the 150th birth anniversary of Mahatma Gandhi Ji and spread his teachings and the vision of peace and non-violence, the unit organized a Padyatra from college to the surrounding area. This Padyatra aimed to carry the message and philosophy of Father of the Nation, Mahatma Gandhi, to different sections of society. The students tried to impart the message of peace to the masses with the help of posters, with the wish to keep a spirit of peace and brotherhood alive, leading to a cleaner and happier nation.



Session on Plastic Tide Turners Challenge in association with WWF-India and UNEP

On the occasion of 50th NSS Day, the unit organized a session on Plastic Tide Turners Challenge in collaboration with EVS Department and Eco Club and in association with WWF-INDIA and UNEP. The event was presided over by the Principal Prof. Madhu Pruthi. Mr. Ashish



Rose, Consultant WWF Volunteers, was the resource person. He explained about what single use plastics are and detailed their effects on human beings, animals and environment through his presentation. He also explained how water bodies, animals and birds are being severely affected by eating plastics through short films on the subject. The session was aimed on educating the students about the cutting on our use of single-use disposable plastic and also talked about the negative and disastrous effects of use of plastic in the long run. The Principal Prof. Madhu Pruthi also encouraged the students to get sensitized towards this grave issue and exhorted them to do their bit for protecting the environment. NSS volunteers and other students of the college participated in the session with great zeal.

German Ambassador's Session (September 25, 2019)

As directed by Regional Directorate, 10 volunteers of the unit attended the Public Lecture by German Ambassador of the Federal Republic of Germany H. E. Walter J. Linder at Convention Hall, Viceregal Lodge, University of Delhi.

October 2019

Gandhi Jayanti Celebrations (October 02, 2019)

To mark the celebration of 150th birth anniversary of Mahatma Gandhi Ji, the unit organised various activities which are as follows:

Plogging

The unit organized a plog run (picking plastic waste while jogging /walking) from college to nearby area. Plogging as a concept brings together fitness and cleanliness as participants pick up plastic and other waste from road while jogging. The students along with the Prof. Madhu Pruthi (Principal), Dr. Amanjot Sachdeva (NSS Programme Officer) and Dr. Surender Singh (Head, Dept. of Physical Education) covered the area around the college picking up plastic waste covering area near the college, Road no. 42 and near Bhagwan Mahavir Hospital, Pitampura before circling back to their starting point, all the while emphasising the 3R's - Reduce, Reuse, Recycle through Placards.



Awareness drive and pledge

The Principal Prof. Madhu Pruthi explained about the importance of Gandhi Jayanti and emphasized on the Gandhian ideology of cleanliness which stresses that we must keep our surrounding clean to stay healthy. She highlighted that plastic is part of our everyday life but its responsible use is highly necessary. She dwelt on harmful effects of single use plastic and its harmful impact on the environment stressing the importance of reducing its use in the interest of protecting our mother earth followed by pledge taken by all about the same.



Awareness Drive in the adopted slum

An awareness drive was also conducted in the adopted slum to spread awareness about plastic waste management and giving up single-use plastic. The students explained to the slum children about how we are unknowingly consuming micro plastics. They educated the slum children about the harm that plastic pollution causes and guided them to dispose of plastic items judiciously.



Rashtriya Ekta Diwas (October 31, 2019)

As a part of Rashtriya Ekta Diwas celebrated every year to mark the birth anniversary of Sardar Vallabhbhai Patel initiated in 2014, the unit organised the following activities:

Lecture and Discussion

The event started with the lecture on “Life and contributions of Sardar Vallabhbhai Patel”. The speaker for the day was Dr. Virender Yadav (Dept. of Hindi, KMV). Various phases of Mr. Patel’s life were discussed throughout the lecture to motivate the students and inculcate the sense of unity amongst them.



Unity Pledge

The lecture was followed by the oath ceremony wherein both the students and the teachers pledged to live with peace and harmony. They also pledged to develop unity amongst the citizens and not to discriminate anyone on any of the basis and also encourage other people to do the same in their daily life.



Unity Run

After the pledge, a run around the college ground was conducted with the idea to encourage people to live with peace and harmony and to promote the sense of unity amongst the citizens. The walk was led by Dr. Amanjot and Dr. Surender and included both the staff members as well as the students.



Vigilance Awareness Week (October 31, 2019) Declamation Competition followed by Integrity Pledge

In order to observe the Vigilance Awareness Week, the unit in association with National Textile Corporation organised a declamation competition for its students wherein it saw an enthusiastic participation. The representatives from the National Textile Corporation were present on the occasion.



The topic for the declamation was "Integrity: A way of Life." The students presented their varied views on the topic and also motivated their fellow students to realise the importance of integrity. There were three subsequent positions and the prizes were sponsored by the National Textile Corporation.

The Principal, Prof. Madhu Pruthi and the representatives from NTC also gave their views on the problem. This was followed by a pledge by all the members to observe integrity in daily life.

November 2019

National Education Day Debate Competition (November 11, 2019)

To mark the celebration of birth anniversary of Maulana Abul Kalam Azad Ji, the unit organised an intra college bilingual debate competition on the topic “This house believes that the modern education system is holistic enough to produce responsible citizens”. The event was conducted in the presence of Dr. Amanjot Sachdeva (Programme Officer) and Ms. Kritee Manchanda. All the participants expressed their views on the topic.

Constitution Day (November 26, 2019)

To commemorate this very important day in the life of Indian democracy, the unit organized a seminar under the Guidance of the Principal, Prof. Madhu Pruthi and initiative of Dr. Richa Sharma, Convenor-Cultural Committee and Ms. Astha Kanjlia



the Faculty Coordinator. The event began with paying of floral tributes to Dr. B.R. Ambedkar. Dr. Richa Sharma led the staff, students and NSS Volunteers present in taking the pledge by reciting the Preamble to the Constitution.

Dr. Virender Yadav, Assistant Professor, Department of Hindi, Keshav Mahavidyalaya was the Speaker for the event. Dr. Virender enlightened the audience on the topic ‘मौलिक कर्तव्यों एवं मौलिक अधिकारों के परिपेक्ष्य में भारतीय संविधान की प्रासंगिकता’. He highlighted the importance of the day and discussed how the Preamble of Indian Constitution records the aims and aspirations of the people of India and reflects the basic spirit of the Constitution. He explained how the basic tenets of our constitution like freedom of mind and welfare are a key to the country’s development. The event saw enthusiastic participation by the staff and students of the college.

January 2020

Voters' Awareness Programme – Training (January 7, 2020)

As directed by Chief Election Officer, 2 volunteers (registered as SVEEP Campus Ambassadors) of the unit attended the training programme. The trainers demonstrated ways to spread awareness about the elections, right to vote and various other privileges associated with the same.

Swachhta Pakhwara 2020 (January 16 - 30, 2020)

The unit undertook various activities in the observance of Swachhta Pakhwara. In the duration of fifteen days, i.e., from 16th January, 2020 to 30th January, 2020 the unit successfully organized various activities covering all the major aspects of personal, family and community hygiene and cleanliness. Under the supervision and guidance of the Programme Officer, Dr. Amanjot Sachdeva, the Unit undertook various activities and the details are as follows:-

Swachhta Shapath (January 16, 2020)

An oath taking ceremony –“Swachhta Shapath” was organized by the unit on 16th January, 2020 in which several NSS volunteers, college students and the staff members took the oath that they would keep their surroundings clean and take an active part in the Swachh Bharat Abhiyaan. They also pledged to spread the message in the society by all the means they can and took the oath to contribute towards making India a clean and green nation by making efforts on individual as well as community level.



Plogging in College Campus (January 17, 2020)

The unit organised a plog run inside the college campus on 17th January, 2020. Plogging is a concept which brings together fitness and cleanliness as participants pick up waste while jogging/running.



Presentation on Waste Recycling (January 20, 2020)

On 20th January, 2020, with the motive to promote cleanliness and waste recycling amongst the students, two presentations were presented by the NSS members on the topic “Innovative Techniques of Waste Recycling”. The session was very informative for the audience as various new techniques were discussed through which waste can be recycled and disposed.



Cleanliness Drive in College Campus (January 21, 2020)

A college campus cleanliness drive was organized by the unit on 21st January, 2020 in which various lawns, grounds, and roads were cleaned by the volunteers. Awareness regarding maintenance of Hygiene and Cleanliness of Environment was spread amongst the college students.



Slogan Writing Competition (January 22, 2020)

With the idea to highlight the importance of water and its conservation in today's world when there's scarcity of water almost everywhere, a Slogan Writing Competition was organised in the college campus on 22nd January, 2020. Topic for the competition was "Water Conservation". A number of participants from various courses of the college took part.



Awareness Drive in College (January 23, 2020)

An Awareness Drive was held in college on 23rd January, 2020 in which an interactive session amongst the students and the NSS volunteers was held. The Volunteers provided information and communicated the message of importance of cleanliness in the surroundings. Further, information about Waste Segregation methods was imparted.



Hostel Cleanliness Drive (January 25, 2020)

Volunteers of the NSS unit organised a Cleanliness Drive in the Girls' Hostel of the college on 25th January, 2020. Lawns and roads in the hostel were covered during this cleanliness drive. A demonstrative session on working of Composting Machine was also held after the cleanliness drive wherein the members were explained working and advantages of the Compost machine which has been installed in the hostel to convert the waste into manure.



Poster Making Competition (January 27, 2020)

With increasing pollution and decreasing number of trees and forest cover around the globe the first thing that comes to our mind is forest conservation. The NSS unit of Keshav Mahavidyalaya on 27th January, 2020 organised a poster making competition on the same topic and promoted the idea of amongst the students.



Cleanliness Drive outside College (January 28, 2020)

A Cleanliness drive was organised on 28th January, 2020 in the area around the college campus. Volunteers cleaned the area thoroughly and interacted with people and thus provided information to people about community cleaning.

Awareness Drive in adopted slum and nearby areas (January 29, 2020)

A Cleanliness Awareness Campaign was held in the college's adopted slum and nearby areas on 29th January, 2020 in which the NSS volunteers interacted with the people living there to create awareness regarding personal hygiene and importance of cleanliness in the slum area. Children were taught the importance of maintaining cleanliness all around. Paper soaps were distributed to promote cleanliness.



Prize Distribution and Report (January 30, 2020)

The entire 15 day event was successful and highly enlightening not only for the NSS volunteers but also for the people who were part of this campaign. It provided a great impetus to the awareness regarding the informational aspects of cleanliness and proved to be an inspiring effort in maintaining the sanctity of nature around us. On 30th January, a meeting was held wherein the action plan taken during the Swachhta Pakhwara was discussed. Prize distribution for various competitions was held and certificates were given to the winners.



Voters' Awareness Programme – Poster Making and Essay Writing Competition (January 17, 2020)

The NSS Unit in collaboration with SVEEP (Systematic Voters Education and Electoral Participation) organised an Essay Writing Competition and Poster Making Competition to raise the awareness of voters and increase participation in election process. The event saw enthusiastic participation from students of various courses of the college. Top three entries from both categories were awarded with certificates.

FIT India Movement – Walkathon (January 17, 2020)

As a part of Fit India Movement initiated by our honourable Prime Minister, Sh. Narendra Modi, the unit organised a walkathon around the college campus. After the awareness session on the importance of fitness and healthier, a walk around the college campus was conducted with the idea to encourage people to take at least 10,000 steps a day. The walk included both the staff members as well as the students.



Gandhi Ji's Birth Anniversary Celebration Events (January 17 - 28, 2020)

To mark the celebration of 150th birth anniversary of Mahatma Gandhi Ji, the unit organised various activities to highlight the concept of cleanliness which are as follows:

Plogging (January 17, 2020)

With the Gandhi Ji's idea of healthier and cleaner India, the unit organised plogging inside the college campus on 17th January, 2020. Plogging is a concept which brings together fitness and cleanliness as participants pick up waste while jogging/running.



Poster Making Competition (January 22, 2020)

With the idea to highlight the importance of cleanliness in our surroundings and its relatability to Gandhi Ji's idea, a Poster Making Competition was organised in the college campus on 22nd January, 2020. Topic for the competition was "Gandhi Ji's idea of Cleanliness". It was a successful event as we received a good number of participants from various courses of the college.



Cleanliness Drives

To highlight the importance of cleanliness in our surroundings various cleanliness drives were organised in and around the college campus. These drives included:



College Campus (January 21, 2020):

A campus cleanliness drive was organized by the unit on 21st January, 2020 in which various parts of the college were cleaned by the volunteers. Awareness regarding Gandhian thoughts of cleanliness was imparted amongst the college students.

Hostel (January 25, 2020):

Volunteers of the NSS unit organised a Cleanliness Drive in the Girls' Hostel of the college on 25th January, 2020. Lawns and roads in the hostel were covered during this cleanliness drive.

Outside College (January 28, 2020):

A Cleanliness was organised on 28th January, 2020 in the area around the college campus. Volunteers cleaned the area thoroughly and interacted with people and thus provided information to people about community cleaning.

National Voters' Day (January 24, 2020)

The unit celebrated National Voter's Day on 24th January, 2020. A pledge taking ceremony was held to ensure ethical participation of voters in the election process and raise the awareness of importance of exercising their vote for strengthening of democracy.



National Girl Child Day (January 24, 2020)

With the purpose of spreading awareness among people about all the problems and inequalities girls face in the Indian society, the unit organised a Walkathon on 24th January, 2020 on the occasion of 'The National Day of the Girl Child'. The Walkathon highlighted the importance of supporting the girl child. It was followed by an awareness drive in which the data related to girls and women was highlighted and ended with a signature campaign for pledging to protect the interests of the girl child.



February 2020

Voters' Awareness Programme – Signature Campaign and Awareness Drive (February 1 - 3, 2020)

As directed by Chief Election Office, a 3 day rigorous campaign under the name, Voters' Awareness Programme was initiated from 1st to 3rd February, 2020. It included Signature campaign where participants pledged to ensure ethical participation of voters in the election process and an awareness drive to raise the awareness of importance of exercising their vote for strengthening of democracy.



Annual Donation Drive (February 1 - 7, 2020)

As an initiative to help the underprivileged, the unit took an initiative to organise a donation drive for a week. During the drive, the volunteers encouraged the students and staff members to donate whatever they can including clothes, books, footwear etc. and donated the collected items in the adopted slum.



March- May 2020

CORONAVIRUS AWARENESS CAMPAIGN BY NSS UNIT

Within months of the emergence of the first case in China, COVID-19 spread around the world like a wildfire. Since no specific vaccine is available for the treatment of the disease, prevention was the only way of containing it.

NSS Unit of Keshav Mahavidyalaya took initiatives in spreading awareness about coronavirus through social media by making posters and videos and donating masks to the needy. The Volunteers of the unit daily circulated and uploaded the posters and videos spreading awareness against the covid-19 pandemic. They spread awareness about Covid 19 including its symptoms, avoidance and precautions to be taken, importance of maintaining social distance.

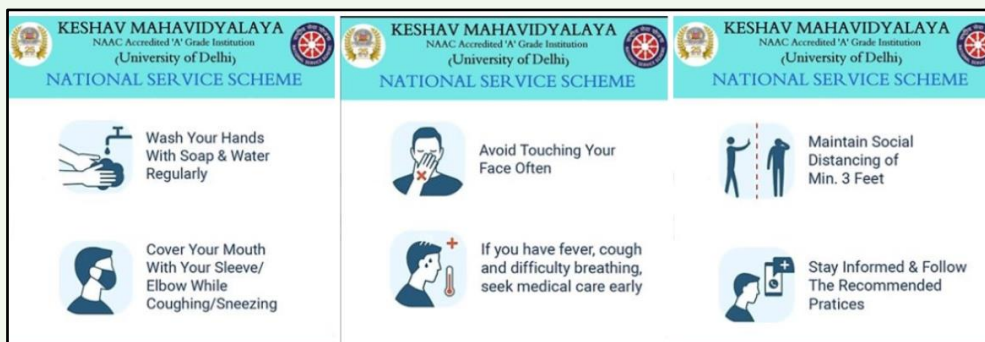
REPORT ON CORONAVIRUS AWARENESS CAMPAIGN BY NSS UNIT KESHAV MAHAVIDYALAYA

Daily posters and videos were circulated carrying messages highlighting the following:

1. Signs and symptoms of COVID 19.
2. Mode of transmission.
3. Practicing good hygiene - Importance of Handwashing and its techniques.
4. Coughing etiquette and Respiratory Hygiene
5. Do's and Don'ts to prevent cross infections, maintaining personal hygiene and avoiding traveling to crowded places etc.
6. Our unit also took the pledge on Covid-19
7. Awareness regarding lock down/ Janta curfew was spread
8. Awareness efforts to ensure that volunteers download Aarogya Setu App and understand the information available on it.
9. To learn how to make home made masks so that they can make others aware of the same.
10. Making of masks for donation was undertaken by volunteers so that poor and needy who cannot afford to buy masks can be provided with homemade masks.

The Unit seeks to sustain the fight against Coronavirus and keep spreading information, awareness to the masses and try to take initiatives in Whatever way it can through donating masks, food to needy etc. It shall seek to find newer ways of educating people and providing information about the pandemic to the stakeholders!!!!

Posters and Glimpses




KESHAV MAHAVIDYALAYA
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NATIONAL SERVICE SCHEME

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STAY HOME



I WILL GET SOCIALLY SEPARATED

- No Party/Marriage function, No gathering.
- Do not come out or let family member come out, if not mandatory.
- Take bath and put used cloths for washing on reaching home before touching anything
- Avoid guests/any person entering home.

@nss_kmv

COVID-19 PLEDGE


MY PLEDGE FOR MY FAMILY AND FRIENDS

I WILL

- Cover nose and mouth with tissue or handkerchief while coughing Sneezing
- Wash hands with soap properly as frequent as possible
- Use alcohol based Hand Sanitizer.
- Person suffering with fever flu to be confined at home and stay at one arm's length.
- Wash milk packets the moment received and wash hands Wash fruits/vegetables on bringing home and wash hands.
- Keep a separate tray for courier or items coming in home keep them untouched for 24 hours
- Take adequate sleep and rest.
- Clean Remote, Mobile, Keyboard etc. at least once every day Cancel all classes/ tuitions.
- Consider cancelling Newspaper, Magazines etc.

@nss_kmv

STAY SAFE



I WILL NOT

- Allow outsider in Home Office.
- Touch eyes nose or mouth with unwashed hands.
- Hug Shake Hands.
- Travel in Public Transport.
- Touch surface usually used by public like railing, door gates etc
- Order Food from Outside.
- Eat frozen Meat.
- Spread Rumour Panic.
- Go to gym, pool, exercise area etc.
- Go out for walk.

@nss_kmv



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DONATION DRIVE

(HANDMADE MASKS MADE BY NSS MEMBERS)











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BE SUPPORTIVE

BE CAREFUL

BE ALERT

BE KIND

AAROGYA SETU
to fight Covid-19

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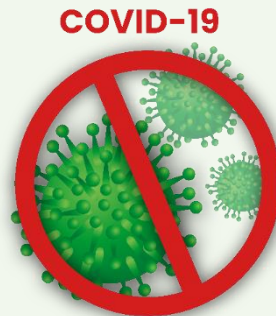
Hand Wash Technique

Important! Washing hands prevents disease and puts everyone else at ease.

1. Apply liquid soap or sanitizer.
2. Rub hands together palm to palm.
3. Spread soap over the back of each palm.
4. Rub palms again with fingers interlaced.
5. Grip the fingers in each hand and rub sideways.
6. Rub each thumb clasped in opposite hand.
7. Rub fingertips of both hands in opposite palm.
8. Rub each wrist clasped in opposite hand.
9. Rinse for 10 sec. and dry with a towel.

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Signs held by students: STAY HOME, SAFE, AVOID GATHERING, FAKE NEWS, CLEAN HANDS, CLEAN, LOCALITY, FIGHT, AGAINST COVID-19.



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COVID-19 SAFETY MEASURES

[set of 10 important do's and don'ts]

Wash Hands Thoroughly	Use Soap or Hand Sanitizer	Keep Safe Distance from Other People (min 2m / 6'7")	Stay at Home if Possible	Use Face Mask or Respirator
Avoid Large Crowds	Do Not Meet Infected or Sick People	Do Not Touch Your Face esp. Mouth, Eyes, Nose	Do Not Travel Unless Necessary	Do Not Touch The Front Part of a Mask

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F FOR COVID-19

A AVOID CROWD	B BEWARE OF FAKE NEWS	C CLEAN YOUR HANDS	D DON'T GO OUT	E EMPTY THE STREETS
G GATHERING IS BAD	H HAND SANITIZING	I INSIDE THE HOME	J JOIN FIGHT AGAINST CORONA	K KIND TO THE NEEDY
L LOVE YOUR FAMILY	M MEDITATE DAILY	N NO TO HANDSHAKES	O OFFER HELP TO EACH OTHER	P PRACTICE YOUR PASSION
Q QUARANTINE YOURSELF	R REGULAR EXERCISING	S SOCIAL DISTANCING	T TRAVELING IS DANGEROUS	U USE MASKS
V VISIT YOUR DOCTOR ONLINE	W WEAPONIZED IMMUNE SYSTEM	X XTRA PRECAUTIONS FOR ELDERLY	Y YOUR AWARENESS IS A PREVENTION	Z ZERO FACE TOUCHING

June 2020

National Environment Day (June 5, 2020)

Initiatives were taken on the environment day to sensitize people towards feeding stray animals and birds etc. Students also planted saplings to mark the day emphasising the need to protect our mother earth.

