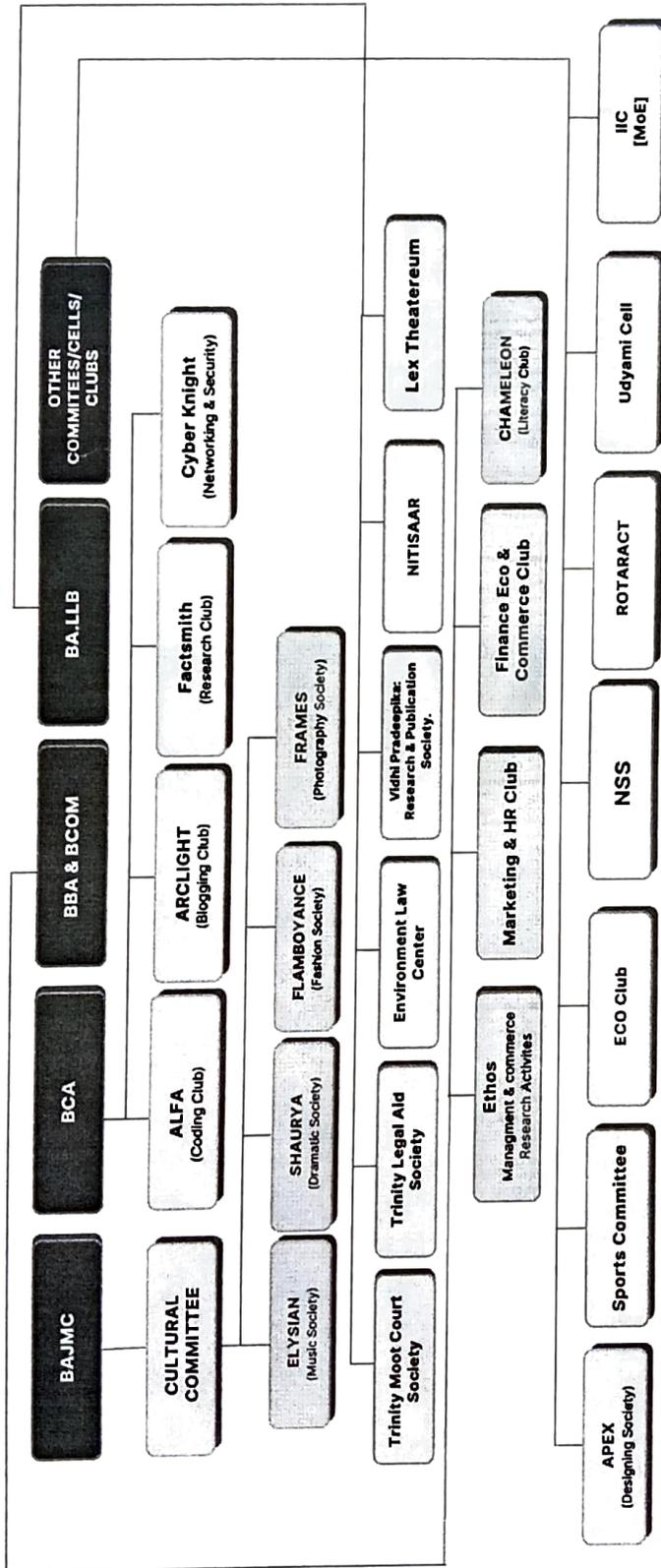


**EXISTENCE OF  
NSS/NCC TECHNICAL  
AND CULTURAL  
CLUBS/SOCIETIES**

**Extra Curricular and Co-curricular Committee/Clubs/Society at TIPS**



*[Signature]*  
 DIRECTOR  
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# NSS

# ACTIVITIES



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	1.3 Sanrakshan Day- 8	4 <sup>th</sup> August
	1.4 Cyber Jagrukta Diwas Reel	9 <sup>th</sup> August
	1.5 Food Donation Drive	10 <sup>th</sup> August
	1.6 Har Ghar Tiranga Campaign	13 <sup>th</sup> August
	1.7 Independence Day Celebration	14 <sup>th</sup> August
	1.8 Har Ghar Tiranga Online Campaign	15 <sup>th</sup> August
	1.9 Red Fort Independence Day Event	15 <sup>th</sup> August
	1.10 Rakshasutra	16 <sup>th</sup> August
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## COMPILED REPORT FOR AUGUST, 2024

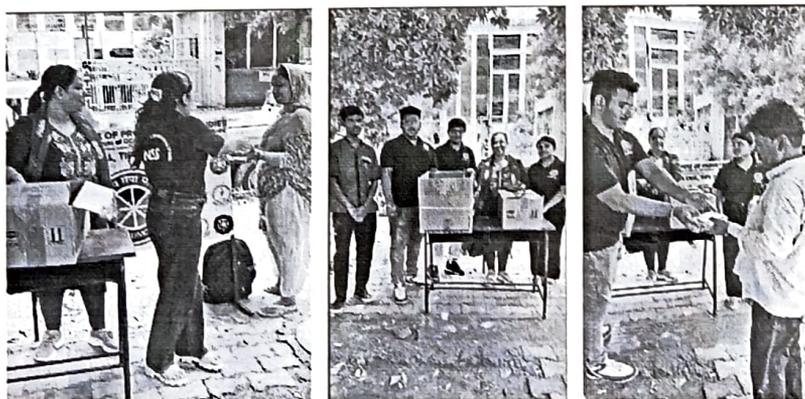
### 1<sup>st</sup> – 13<sup>th</sup> August 2024: Independence Day Event Practice

The NSS Cell of Trinity Institute of Professional Studies, in collaboration with NCC cadets, began Independence Day preparations with practice sessions at the Red Fort from 1st to 3rd August 2024. Key logistics, including security pass distribution and uniform allocation, were managed between 5th and 11th August. The final preparations culminated in a full dress rehearsal on 13th August, ensuring a smooth and well-coordinated event on Independence Day.



### 3<sup>rd</sup> August 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-3), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



  
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### 4<sup>th</sup> August 2024: Sanrakshan Day 8



The NSS Cell of Trinity Institute of Professional Studies organized a visit to Dharam Singh Gau Sewa Sadan on 4th August 2024. Volunteers fed and cared for cows, including blind ones and those with newborn calves. They donated 60 KGs of cow food and learned about the significance of cows in Indian culture, their protection, and their role in sustainable agriculture, fostering a deeper understanding and respect for these animals.



## 9<sup>th</sup> August 2024: Cyber Jagrukta Diwas Reel

The NSS Cell of Trinity Institute of Professional Studies uploaded an Instagram reel on Cyber Jagrukta Diwas on 9th August 2024, under the project Prasaar. The reel aimed to educate students and the community about cybersecurity and safe online practices. Through this initiative, viewers gained essential knowledge on protecting personal information, recognizing cyber threats, and adopting secure online behaviors, fostering a culture of vigilance and digital responsibility.



*A. Singh*  
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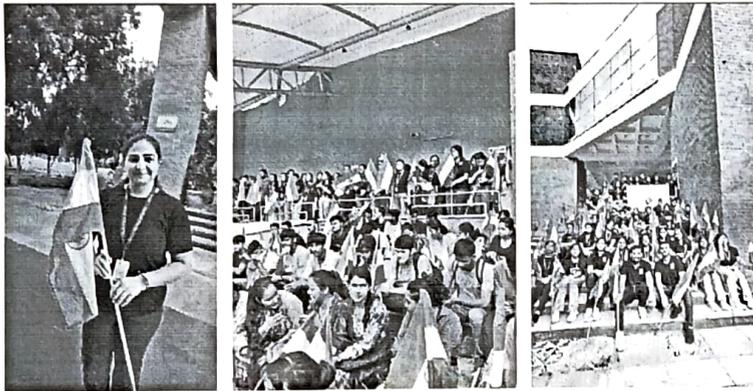
## 10<sup>th</sup> August 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-4), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



## 13<sup>th</sup> August 2024: Har Ghar Tiranga Campaign

The NSS Cell of Trinity Institute of Professional Studies participated in the "Har Ghar Tiranga Campaign" at GGSIPU Main Campus on 13th August 2024. The event, featuring a Tiranga rally and cultural performances, celebrated India's 78th Independence Day. NSS volunteers actively marched with the national flag, promoting unity and patriotism. The campaign fostered a deep sense of national pride and emphasized the importance of honoring India's heritage and symbols.



## 14<sup>th</sup> August 2024: Independence Day Celebration

The NSS Cell of Trinity Institute of Professional Studies celebrated Independence Day with great enthusiasm on 14th August 2024. The event featured flag hoisting, patriotic songs, inspiring speeches by the Director and Chairman, and a heartfelt poem recitation by a core member. The celebration, marked by cultural performances, instilled pride and patriotism among participants, fostering a deeper appreciation for India's independence and the sacrifices of freedom fighters.

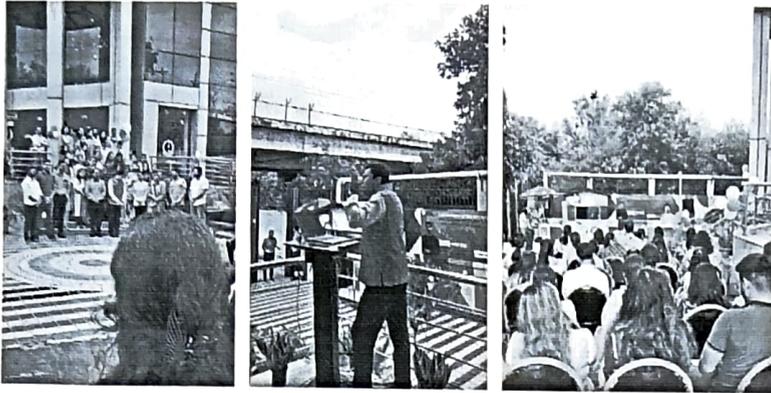
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## 15<sup>th</sup> August 2024: Har Ghar Tiranga Campaign (Online)

The NSS Cell of Trinity Institute of Professional Studies organized the "Har Ghar Tiranga" online event on 15th August 2024, celebrating India's 78th Independence Day. NSS volunteers participated by creatively displaying the national flag and sharing their photos on Instagram, promoting national pride and unity. This digital initiative blended tradition with modernity, fostering a sense of community, social responsibility, and cultural appreciation among participants.

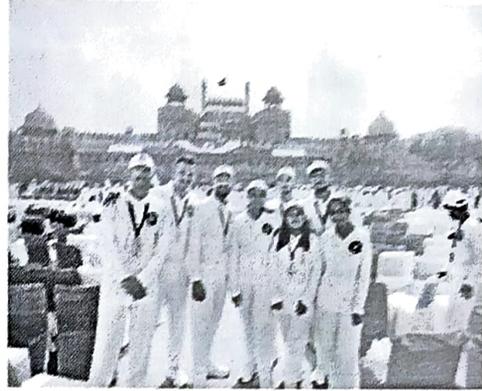
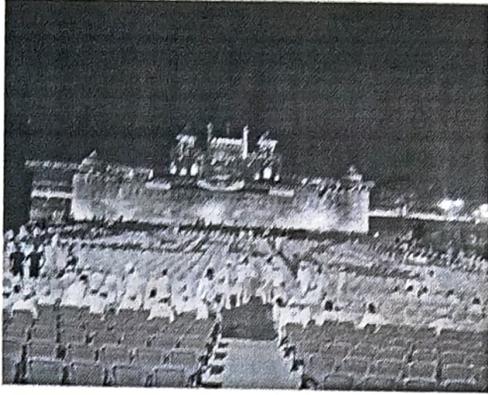


## 15<sup>th</sup> August 2024: Red Fort Independence Day Event

The NSS Cell of Trinity Institute of Professional Studies participated in the Independence Day event at the Red Fort on 15th August 2024. The day began early with participants witnessing Prime Minister Narendra Modi's tribute at Rajghat and flag hoisting at the Red Fort. The event included a 21-gun salute, a flower shower, and a speech by the Prime Minister. Cadets interacted with the Prime Minister and shared their experiences with the media before returning home by 1:30 PM.

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## 16<sup>th</sup> August 2024: Rakshasutra

The NSS Cell of Trinity Institute of Professional Studies, along with the Rotaract Club, organized the 'Rakshasutra' event on 16th August 2024. Volunteers visited the DCP office in Dwarka, where female volunteers tied rakhis to police officers, symbolizing trust and gratitude. The event celebrated the police force's dedication to maintaining law and order, fostering mutual respect and appreciation between the community and its protectors.



## 24<sup>th</sup> August 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-3), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.

*Agarwal*  
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### 25<sup>th</sup> August 2024: Ek Ped Maa Ke Naam

The NSS Cell of Trinity Institute of Professional Studies (Unit-3), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



### 25<sup>th</sup> August 2024: Pratibimb Day- 28

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized Pratibimb Day 28 on 25th August 2024, in collaboration with Earth Root Foundation and Yuva For Sewa. A team of 21 volunteers participated in a cleanliness drive around Metro View Apartments, fostering civic responsibility and community spirit. The initiative emphasized the importance of maintaining public cleanliness and the positive environmental impact of collaborative efforts.

  
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## 31<sup>st</sup> August 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-4), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



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## INFORMATIVE AND INTERACTIVE STORIES

### Informative & interactive stories by project Parwaaz

#### **First Week of August- Kiran Bedi**

Kiran Bedi, born in 1949, is a trailblazing Indian police officer and social activist. She became the first woman to join the Indian Police Service (IPS) in 1972, breaking gender barriers in law enforcement. Bedi pursued her education at Sacred Heart Convent School and holds a Bachelor's degree in English, a Master's degree in Political Science, and a PhD in Social Sciences. Her career is marked by significant reforms in prison management and drug rehabilitation, especially during her tenure as Inspector General of Prisons at Tihar Jail. She is also a recipient of the Ramon Magsaysay Award for her innovative policing and prison reform efforts.

#### **Second Week of August- Bhanu Athaiya**

Bhanu Athaiya, an acclaimed Indian costume designer, made history as the first Indian to win an Academy Award for her work in films. She significantly impacted Indian cinema with her innovative designs and meticulous attention to historical accuracy. Athaiya studied at the Sir J.J. School of Art in Mumbai, which laid a strong foundation for her career. Despite societal challenges, her education helped her excel in the competitive world of costume design. Throughout her career, she worked on over 100 films, including the Oscar-winning "Gandhi." Her legacy continues to inspire costume designers worldwide.

#### **Third Week of August- Bachendri Pal**

Bachendri Pal, a pioneering Indian mountaineer, became the first Indian woman to summit Mount Everest in 1984. Her historic achievement inspired many in the field of mountaineering. She earned degrees in Education and Sanskrit and trained at the Nehru Institute of Mountaineering. Pal led the All-Women Indo-Nepalese Everest Expedition, promoting adventure sports in India. Her efforts have encouraged more women to take up mountaineering. She has been honored with prestigious awards, including the Padma Shri, Arjuna Award, and Tenzing Norgay National Adventure Award, for her contributions to adventure sports and women's empowerment.

#### **Fourth Week of August- Fathima Beevi**

Fathima Beevi, born in 1927, became the first woman appointed to the Supreme Court of India in 1989, marking a historic milestone in the judiciary. She earned her law degree from Government Law College, Thiruvananthapuram, and began her judicial career in 1950 as a Munsiff in Kerala. Her groundbreaking appointment to the Supreme Court shattered barriers in a male-dominated field and inspired many women to pursue legal careers. Fathima Beevi's contributions to the judiciary and gender equality have left a lasting legacy, paving the way for future generations of women in law.

  
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## Fifth Week of August- Leela Roy

Leela Roy, born in 1900, was a pioneering Indian politician and reformer, closely associated with Netaji Subhash Chandra Bose. She became the first woman admitted to Dhaka University, where she earned her M.A. degree. In 1931, she launched Jayasree, the first magazine fully managed and contributed by women. Roy was active in the Indian National Congress, the Forward Bloc, and the Constituent Assembly. She championed women's suffrage, social justice, and organized relief efforts. In recognition of her contributions, Dhaka University named an examination hall after her in March 2023.

## Informative & interactive stories by project Wabi-sabi

For the month of August, Project Wabi Sabi posted four stories on the official Instagram page of NSS, TIPS. The story consisted of Bulimia Nervosa, Selective Mutism, Dementia and Conduct Disorder.

### Week One: Bulimia Nervosa

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

*A. J. J.*  
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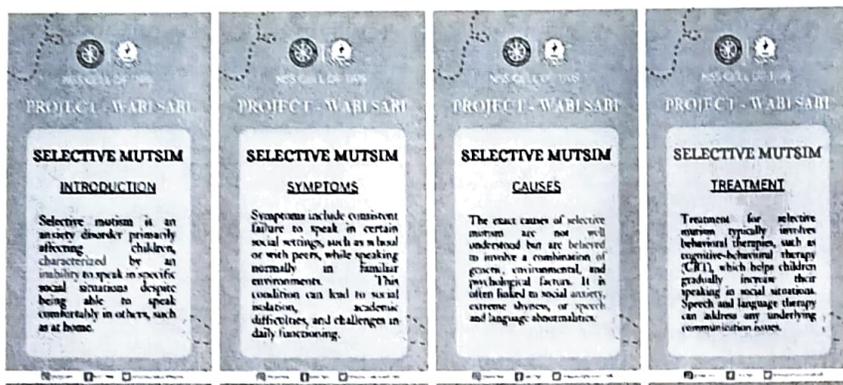


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## Week Two: Selective Mutism

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



## Week Three: Dementia

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

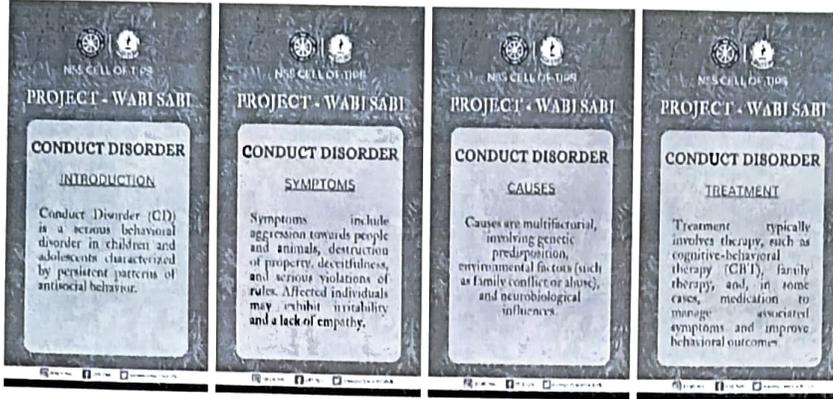


## Week Four: Conduct Disorder

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

*J. Singh*  
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## Informative & interactive stories by project Sahitya

This report is regarding Instagram stories done during the month of June 2024 under "Project Sahitya" which focused on Ancient Indian Literature. The uploaded stories are as follows:

### First Week of August: Harivansh Rai Bachchan

Harivansh Rai Bachchan was an Indian poet and writer of the Naya Kavita Literary movement of early 20th century Hindi Literature. He was also a poet of Hindi Kavi Samlelan. He is best known for his early work Madhushala. In 1976, he received the Padma Bhushan for his service to Hindi literature. He was the father of Amitabh Bachchan. His wife Teji Bachchan was a social activist. In 1969, he published the first of his four part autobiography 'Kya bhooloon kya yaad karoon'. The second part 'Need ka nirmaan fir' was published in 1970, the third 'Basere se door' in 1977 and the last part 'Dashdwaar se sopaan tak' in 1985. The series was well received and an abridged English translation by Rupert Snell, 'In the Afternoon of Time', was published in 1998. His last poem 'Ek November 1984' based on Indira Gandhi's assassination was written in November 1984.



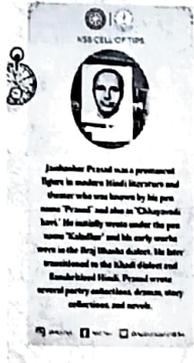
*(Signature)*  
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### Second week of August: Jaisankar Prasad

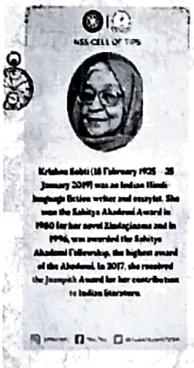
Jaishankar Prasad was a prominent figure in modern Hindi Literature and Theatre who was also known by his pen name "Prasad" and also as "Chhayavadi Kavi". He initially wrote under the pen name of "Kaladhar" and his early works were in the Braj Bhasha dialect. Prasad wrote several poetry collections, dramas, story collections and novel. He is recognized as one of the Four Pillars

of Romanticism in Hindi literature alongside Sumitranandan Pant, Mahadevi Verma, and Suryakant Tripathi "Nirala." Prasad's poetry primarily employs Sanskrit (Tatsama) and Sanskrit-derived (Tadbhava) words, avoiding Persian elements, and covers a wide range of subjects, from romance to nationalism.



### Third week of August: Krishna Sobti

Krishna Sobti (18 Feb 1925- 25 Jan 2019) was an Indian Hindi- language fiction writer and essayist. She won the Sahitya Akademi Award in 1980 for her novel Zindaginama and in 1996 she was awarded by Sahitya Akademi Fellowship, the highest award of akademi. Her first short story 'Lama' was published in 1944. Her early novels Channa (1954) and Dar Se Bichchuri (1958) marked Sobti as one of the voices in contemporary Hindi prose that could not be ignored. In 2005, the English translation of her novel Dil-o-Danish won the Hutch-Crossword Award. Neer Kanwal Mani has translated a variety of literary and non literary texts.



### Fourth Week of August: Mahadevi Verma

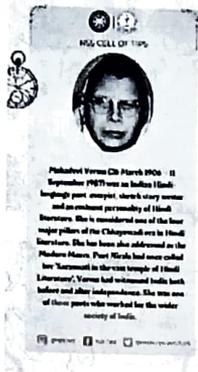
Mahadevi Verma (26 March 1906- 11 Sep 1987) was an Indian language poet, essayist, sketch story writer and an eminent personality of Hindi Literature. Verma, whose father was a professor of English, obtained a master's degree in Sanskrit from the University of Allahabad. As one of the principal figures of the Chhayavad school of Hindi literature, her verse carries an intense underlying pathos. Verma's support for women's rights runs throughout her prose writings, many of which appeared in Chand, a women's magazine, and were later compiled as a book, Shrinkhla ki

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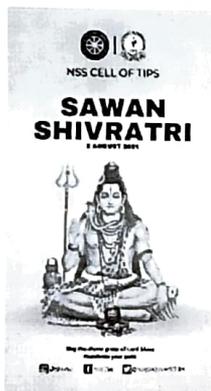


kariyan (1942; "Chains of Subjugation"). Ateet ke chalachitra (1941; Sketches from My Past), a collection of short stories based on her interactions with women who touched her life during her stint as principal of a school for girls, is considered one of her best works.

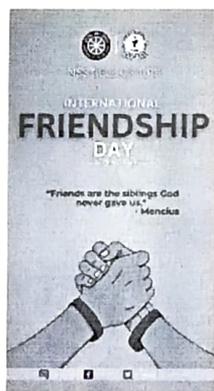


## GENERAL INTERACTIVE AND INFORMATIVE STORIES

2<sup>nd</sup> August 2024



4<sup>th</sup> August 2024



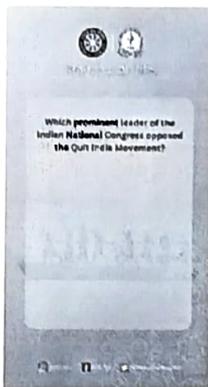
*A. J. K.*  
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6<sup>th</sup> August 2024



9<sup>th</sup> August 2024



11<sup>th</sup> August 2024



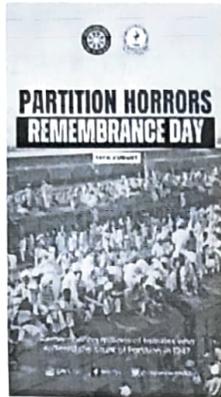
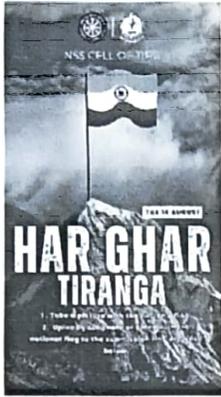
*Amit*  
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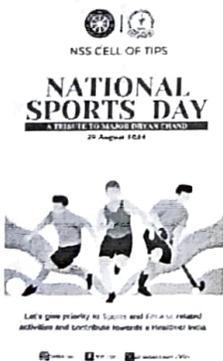
14<sup>th</sup> August 2024



15<sup>th</sup> August 2024



29<sup>th</sup> August



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	1.2 Food Donation Drive	7 <sup>th</sup> September
	1.3 NGO Visit	8 <sup>th</sup> September
	1.4 Aashirvad Day 3	8 <sup>th</sup> September
	1.5 1st Foundation Day Celebration	10 <sup>th</sup> September
	1.6 Food Donation Drive	14 <sup>th</sup> September
	1.7 Blood Donation Appeal	15 <sup>th</sup> September
	1.8 Cleanliness Drive Day 1	20 <sup>th</sup> September
	1.9 Yoga and Meditation Session	21 <sup>st</sup> September
	1.10 Food Donation Drive	21 <sup>st</sup> September
	1.11 Cleanliness Drive Day 2	21 <sup>st</sup> September
	1.12 Cleanliness Drive Day 3	22 <sup>nd</sup> September
	1.13 Cleanliness Drive Day 4	23 <sup>rd</sup> September
	1.14 Cleanliness Drive Day 5	24 <sup>th</sup> September
	1.15 Cleanliness Drive Day 6	25 <sup>th</sup> September
	1.16 Cleanliness Drive Day 7	26 <sup>th</sup> September
	1.17 Cleanliness Drive Day 8	27 <sup>th</sup> September
	1.18 Cleanliness Drive Day 9	28 <sup>th</sup> September
	1.19 Cleanliness Drive Day 10	29 <sup>th</sup> September
	1.20 Cleanliness Drive Day 11	30 <sup>th</sup> September
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	2.1.4 Ritu Karidhal	Week 4

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## COMPILED REPORT FOR SEPTEMBER, 2024

### 4<sup>th</sup> September: Cyber Jagrukta Diwas

The NSS Cell of Trinity Institute of Professional Studies organized "Cyber Jagrukta Diwas" on 4th September 2024 in Ambrahi Village to raise awareness about cyber safety. Volunteers participated in a rally, chanting slogans and distributing pamphlets to educate the public on preventing cyber scams. A short drama further highlighted tips on staying safe online. The event successfully promoted digital literacy and empowered participants and spectators to protect themselves from cyber threats.



### 7<sup>th</sup> September: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-1), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



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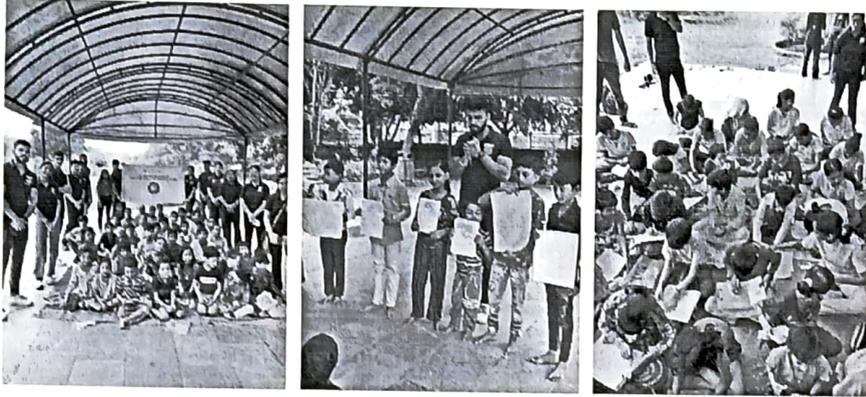


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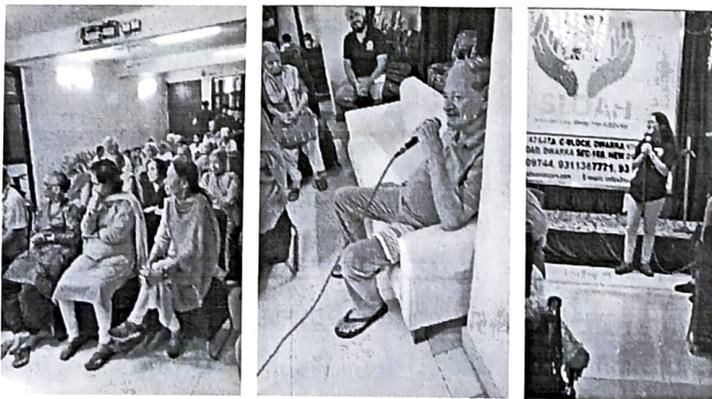
## 8<sup>th</sup> September: NGO Visit

The NSS Cell of Trinity Institute of Professional Studies organized a visit to Choti Si Khushi NGO on 8th September 2024, engaging children in storytelling, a digital literacy quiz, and a creative bookmark-making session. The activities promoted self-expression, creative thinking, and communication skills while enhancing the children's knowledge of digital literacy. The event successfully combined education with fun, leaving a positive impact on the young participants.



## 8<sup>th</sup> September: Aashirvad Day 3

The NSS Cell of Trinity Institute of Professional Studies organized "Ashirwad Day-3" at Silver Lining Old Age Home on 8th September 2024. Volunteers engaged with senior citizens through interactive games, a mashup of evergreen songs, and activities like Dumb Charades and passing the pillow. The event concluded with distributing groceries, fruits, sweets, and greeting cards. The initiative brought joy to the elderly and allowed volunteers to gain valuable life lessons and blessings.



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## 10<sup>th</sup> September: 1st Foundation Day Celebration

The NSS Cell of Trinity Institute of Professional Studies participated in the 1st Foundation Day celebration organized by the Ministry of Home Affairs on 10th September 2024. The event, attended by Home Minister Sh. Amit Shah, focused on creating a robust cybercrime prevention



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framework. Key initiatives included launching the Samanvaya web portal, helpline 1930, and a cyber fraud mitigation centre. Volunteers gained insights into cybercrime detection, prevention, and the importance of technology in combating online fraud.



## 14<sup>th</sup> September: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.

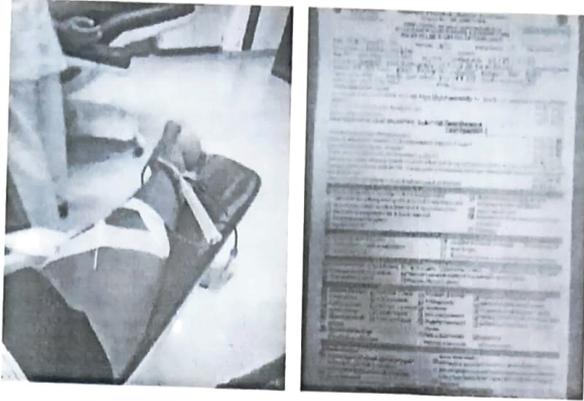


## 15<sup>th</sup> September: Blood Donation Appeal

The NSS Cell of Trinity Institute of Professional Studies organized an urgent blood donation drive on 15th September 2024 at Venkateshwar Hospital, Dwarka, to secure B+ or O+ blood for Mrs. Janki Devi. Volunteers spread awareness and reached out to potential donors. The event successfully concluded with donor participation, fostering a strong sense of community service while educating participants about blood donation procedures and medical emergencies.

  
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## 20<sup>th</sup> September: Cleanness Drive Day 1

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at DDA Park. Volunteers actively participated in collecting approximately 65kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



## 21<sup>st</sup> September: Cleanness Drive Day 2

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Tilak Nagar, Choti Sabzi Mandi. Volunteers actively participated in collecting approximately 78kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.

  
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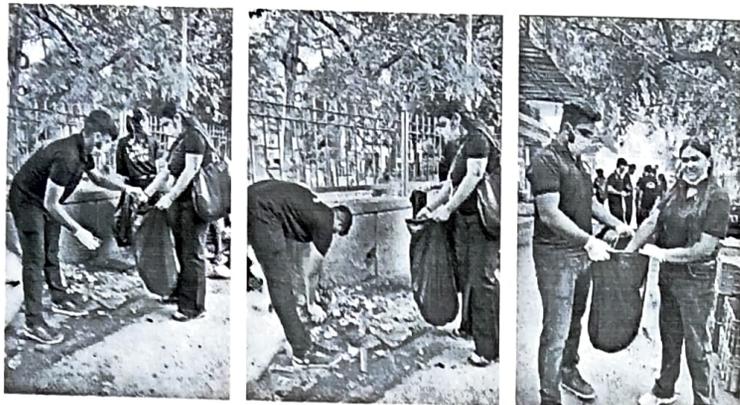
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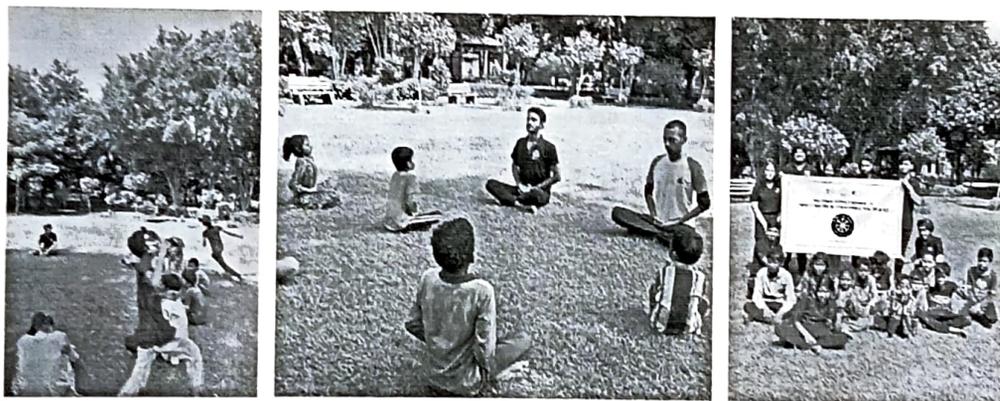
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## 21<sup>st</sup> September: Yoga and Meditation Session

The NSS Cell of Trinity Institute of Professional Studies organized a Yoga and Meditation session at DDA Park, Dwarka, on 21st September 2024 in collaboration with Helping Hut NGO. The session involved a 45-minute yoga practice led by a core member, followed by interactive games and activities. Participants learned the significance of physical and mental well-being, teamwork, and collaboration, making the event both enjoyable and educational.



## 21<sup>st</sup> September: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-4), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.

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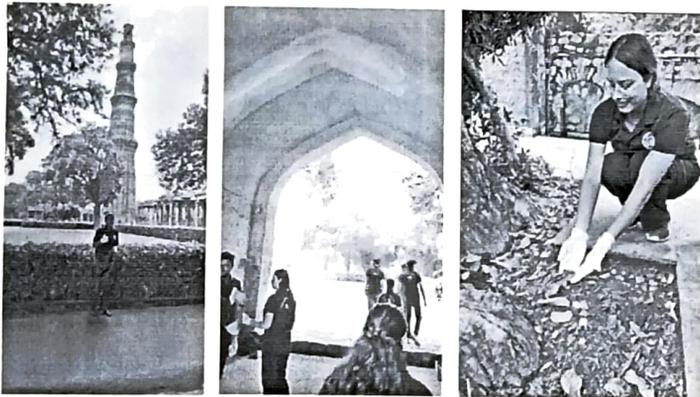
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## 22<sup>nd</sup> September: Cleanness Drive Day 3

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Qutub Minar. Volunteers actively participated in collecting approximately 85kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



## 23<sup>rd</sup> September: Cleanness Drive Day 4

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Janakpuri C4E Market. Volunteers actively participated in collecting approximately 45kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.

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## 24<sup>th</sup> September: Cleanness Drive Day 5

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Janakpuri. Volunteers actively participated in collecting approximately 50kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



## 25<sup>th</sup> September: Cleanness Drive Day 6

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024, Nearby Dwarka. Volunteers actively participated in collecting approximately 35kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.

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## 26<sup>th</sup> September: Cleanness Drive Day 7

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at District Center, Janakpuri. Volunteers actively participated in collecting approximately 28kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



## 27<sup>th</sup> September: Cleanness Drive Day 8

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Tilak Nagar, Central Market. Volunteers actively participated in collecting approximately 44kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.

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## 28<sup>th</sup> September: Cleanness Drive Day 9

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20<sup>th</sup> September 2024 at PVR, Vikaspuri. Volunteers actively participated in collecting approximately 31kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



## 29<sup>th</sup> September: Cleanness Drive Day 10

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20<sup>th</sup> September 2024 at Lodhi Garden. Volunteers actively participated in collecting approximately 38kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.

  
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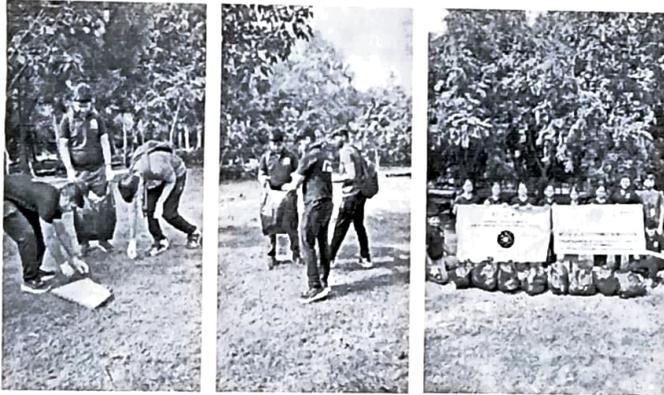
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## 30<sup>th</sup> September: Cleanness Drive Day 11

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 20th September 2024 at Janakpuri District Park. Volunteers actively participated in collecting approximately 29kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



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## INFORMATIVE AND INTERACTIVE STORIES

### Informative & interactive stories by project Parwaaz

#### **First Week of September – Irom Sharmila**

Irom Sharmila, born in 1972 in Manipur, India, is a renowned civil rights activist known for her non-violent protest against human rights abuses. She became globally recognized for her 16-year hunger strike, demanding the repeal of the Armed Forces Special Powers Act (AFSPA) in Manipur. Despite not receiving formal accolades, her protest drew significant attention to human rights issues in Northeast India. Sharmila's unwavering commitment to peace and justice has made her a symbol of resilience and non-violent resistance, and her activism continues to inspire movements for social and political change in India.

#### **Second Week of September – Deepika Kumari**

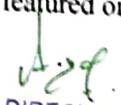
Deepika Kumari, born in 1994 in Ranchi, Jharkhand, is a world-class Indian archer renowned for her precision and success on the global stage. Trained at the Tata Archery Academy, she quickly rose to prominence, securing multiple gold medals at international events like the Commonwealth Games and Archery World Cups. Deepika's outstanding achievements in archery have earned her prestigious honors, including the Arjuna Award and the Padma Shri, solidifying her place as one of India's top athletes and a prominent figure in the country's sports history.

#### **Third Week of September – Nirmala Sitharaman**

Nirmala Sitharaman, born on August 18, 1959, in Madurai, Tamil Nadu, is a prominent Indian politician and economist. She holds degrees in Economics from Seethalakshmi Ramaswami College and Jawaharlal Nehru University, which laid the foundation for her impactful career. Joining the BJP in 2006, she rose through the ranks, serving as India's Defense Minister before becoming the country's first full-time female Finance Minister in 2019. Recognized for shaping India's economic policies, she has earned several accolades, including being featured on Forbes' list of the World's 100 Most Powerful Women.

#### **Fourth Week of September – Ritu Karidhal**

Ritu Karidhal, born in 1975 in Lucknow, Uttar Pradesh, is a distinguished Indian aerospace scientist known as the "Rocket Woman of India." She earned her Bachelor's in Physics from the University of Lucknow and a Master's in Aerospace Engineering from the Indian Institute of Science (IISc), Bangalore. Joining ISRO in 1997, she played a key role in the Mars Orbiter Mission (Mangalyaan) and served as the Mission Director for Chandrayaan-2. Ritu Karidhal has received numerous awards, including the ISRO Young Scientist Award, for her significant contributions to India's space exploration efforts.

  
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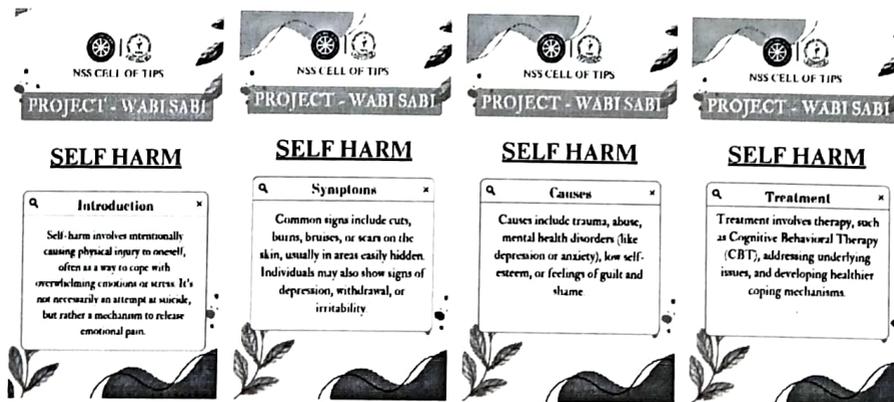


## Informative & interactive stories by project Wabi-sabi

For the month of September, Project Wabi Sabi posted four stories on the official Instagram page of NSS, TIPS. The story consisted of Self Harm, Defiant Disorder, Autism Spectrum Disorder and World Suicide Prevention Day.

### Week One: Self-Harm

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



### Week Two: Defiant Disorder

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

*(Signature)*  
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NSSCU CELL OF TIPS  
PROJECT - WABI SABI

## DEFIANT DISORDER

**Introduction**  
Defiant Disorder, specifically Oppositional Defiant Disorder (ODD), is a behavioral condition seen in children and adolescents characterized by persistent patterns of angry, spiteful moods, and defiant behavior toward authority figures.

**Symptoms**  
Common symptoms include frequent temper tantrums, arguing with adults, refusal to follow rules, blaming others for mistakes, and being spiteful or vindictive.

**Causes**  
Causes may include genetic factors, harsh or inconsistent parenting, and environmental stressors.

**Treatment**  
Treatment typically involves behavioral therapy, family counseling, and sometimes medication to manage symptoms and improve social skills.

### Week Three: Autism Spectrum Disorder

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment

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PROJECT - WABI SABI

## AUTISM SPECTRUM DISORDER

**Introduction**  
Autism Spectrum Disorder (ASD) is a developmental disorder characterized by challenges in social interaction, communication, and repetitive behaviors. It affects individuals differently, with varying degrees of severity.

**Symptoms**  
Common symptoms include difficulties with eye contact, delayed speech, limited interests, repetitive behaviors, and sensitivity to sensory input.

**Causes**  
The exact causes of ASD are unknown, but it is believed to result from a combination of genetic and environmental factors.

**Treatment**  
Treatment typically involves behavioral therapies, speech therapy, occupational therapy, and, in some cases, medication. Early intervention is crucial.

### Week Four: World Suicide Prevention Day

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment

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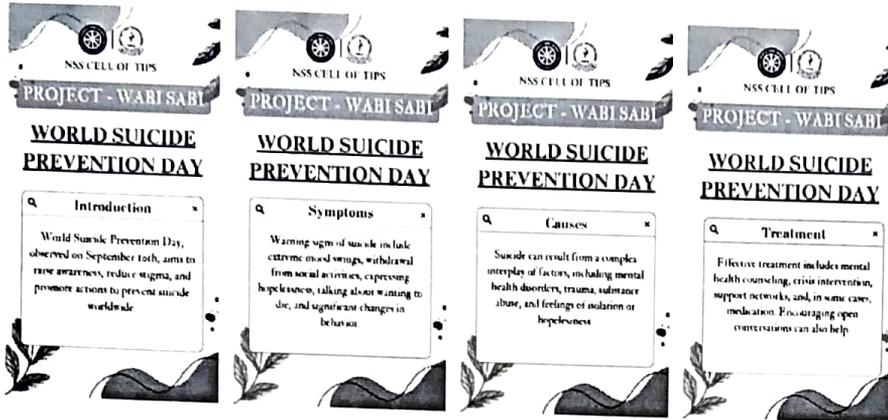
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## Informative & interactive stories by project Sahitya

This report is regarding Instagram stories done during the month of June 2024 under "Project Sahitya" which focused on Ancient Indian Literature. The uploaded stories are as follows:

### First Week of September: **The 7 Habits of Highly Effective People by Stephen Covey**

The book "The 7 Habits of Highly Effective People" by Stephen Covey is a classic self-help book that provides practical advice for personal and professional development. Covey's 7 habits offer a holistic approach to improving one's life. Covey's seven habits—being proactive, beginning with the end in mind, putting first things first, thinking win-win, seeking to understand before being understood, synergizing, and sharpening the saw—empower individuals to take control of their lives, align their actions with their values, and build meaningful relationships.



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### Second week of September: **Daring Greatly by Brene Brown**

Daring Greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead by Brene Brown explores the power of vulnerability and its impact on our lives. She offers insightful guidance on embracing imperfection and living a wholehearted life. Daring greatly is about being vulnerable, living wholeheartedly, and showing up as our authentic selves in the face of



uncertainty, doubt, and not knowing. It's courageously loving and being loved and putting ourselves and our creations out there despite the risk of rejection.



### Third week of September: The Miracle Morning by Hal Elrod

Elrod's book provides a step-by-step guide to creating a morning routine that sets readers up for success. He offers practical tips on improving productivity and well-being. Miracle Morning by Hal Elrod is a self-help book that outlines a morning routine to increase productivity and improve overall wellbeing. Its six practices include meditation, exercise, visualization, affirmations, reading, and writing.



### Fourth Week of September: Essentialism by Greg McKeown

The book Essentialism by Greg McKeown teaches readers how to prioritize what truly matters. He offers practical advice on eliminating non-essential activities and focusing on what's truly important. It is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matter. By forcing us to apply more selective criteria for what is Essential.

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## Fifth week of September: The Happiness Project by Gretchen Rubin

Rubin's book chronicles her yearlong experiment in finding happiness. She offers practical tips and insights on cultivating happiness in everyday life. In her book *The Happiness Project*, Gretchen Rubin explains how making the smallest of changes to your everyday life can translate into more vivid memories, stronger relationships, and a deeper sense of happiness. In doing so, you'll live up to your potential, spend less time dwelling on negativity and setbacks, and boost the happiness of those around you.



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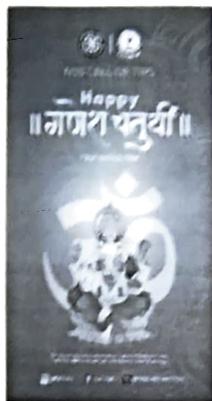
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## GENERAL INTERACTIVE AND INFORMATIVE STORIES

7<sup>th</sup> September 2024



8<sup>th</sup> September 2024



10<sup>th</sup> September 2024



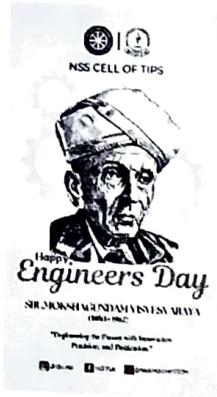
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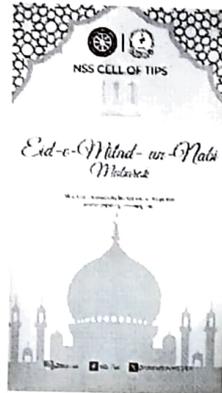
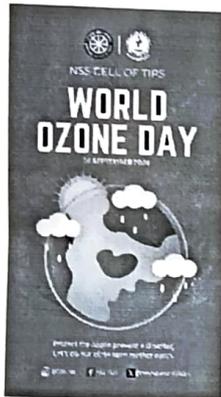
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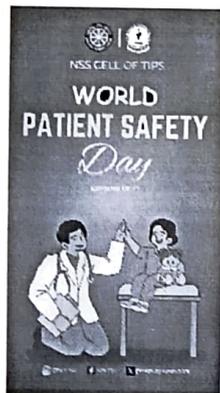
15<sup>th</sup> September 2024



16<sup>th</sup> September 2024



17<sup>th</sup> September 2024



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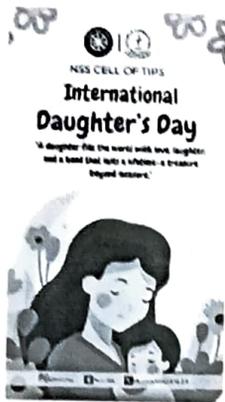
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21<sup>st</sup> September 2024



22<sup>nd</sup> September 2024



23<sup>rd</sup> September 2024



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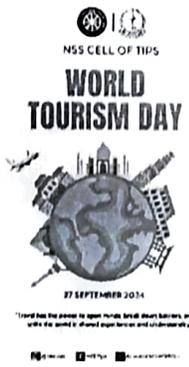
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24<sup>th</sup> September 2024



27<sup>th</sup> September 2024



30<sup>th</sup> September 2024



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	1.3 Food Donation Drive	12 <sup>th</sup> October
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	1.5 RD Camp Day 2	16 <sup>th</sup> October
	1.6 Self Defence Workshop Day 1	16 <sup>th</sup> October
	1.7 RD Camp Day 3	17 <sup>th</sup> October
	1.8 Self Defence Workshop Day 2	18 <sup>th</sup> October
	1.9 RD Camp Day 4	18 <sup>th</sup> October
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	1.15 RD Camp Day 8	22 <sup>nd</sup> October
	1.16 Self Defence Workshop Day 5	23 <sup>rd</sup> October
	1.17 RD Camp Day 9	23 <sup>rd</sup> October
	1.18 Self Defence Workshop Day 6	24 <sup>th</sup> October
	1.19 Self Defence Workshop Day 7	25 <sup>th</sup> October
	1.20 Self Defence Workshop Day 8	28 <sup>th</sup> October
	1.21 Umang 3.0	28 <sup>th</sup> October
	1.22 Self Defence Workshop Mega Event	29 <sup>th</sup> October
	1.23 Vigilance Week	29 <sup>th</sup> October
2	<b>INFORMATIVE AND INTERACTIVE STORIES</b>	

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<b>2.1 Parwaaz</b> 2.1.1 Rani Gaidinliu 2.1.2 Shafali Verma 2.1.3 Smriti Mandhana 2.1.4 Smriti Irani	Week 1 Week 2 Week 3 Week 4
<b>2.2 Wabi- Sabi</b> 2.2.1 Psychosis 2.2.2 Claustrophobia 2.2.3 Mood Disorders 2.2.4 Cannabis Use Disorder	Week 1 Week 2 Week 3 Week 4
<b>2.3 Sahitya</b> 2.3.1 Gaban 2.3.3 Kaashi Ka Assi 2.3.4 Gunanhon ka Devta 2.3.5 Maila Aanchal	Week 1 Week 2 Week 3 Week 4
<b>2.4 General</b> 2.4.1 Gandhi Jayanti 2.4.2 Lal Bahadur Shastri Jayanti 2.4.3 Happy Navratri 2.4.4 Happy World teacher's Day 2.4.5 Indian Air Force Day 2.4.6 World Post Day 2.4.7 Happy Durga Ashtami 2.4.8 Happy Dusshera 2.4.9 World White Cane Day 2.4.10 International Day of Climate Exchange 2.4.11 Happy Choti Diwali	2 <sup>nd</sup> October 2 <sup>nd</sup> October 3 <sup>rd</sup> October 5 <sup>th</sup> October 8 <sup>th</sup> October 9 <sup>th</sup> October 11 <sup>th</sup> October 12 <sup>th</sup> October 15 <sup>th</sup> October 24 <sup>th</sup> October 30 <sup>th</sup> October

*[Signature]*  
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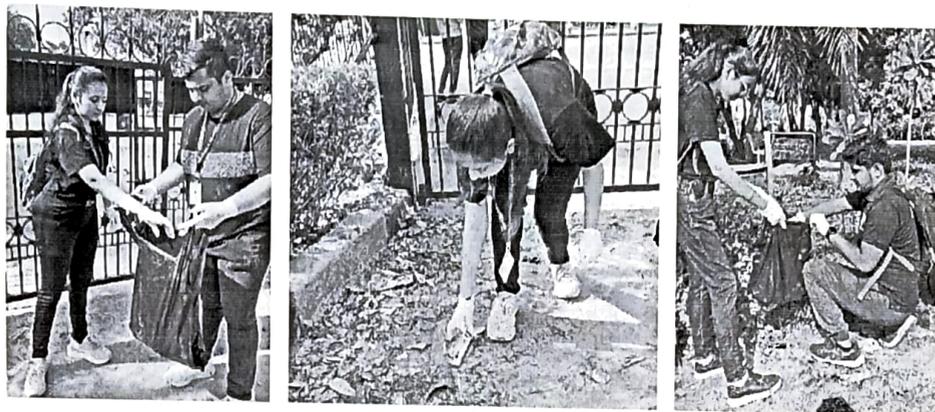




## COMPILED REPORT FOR OCTOBER, 2024

### 1<sup>st</sup> October 2024: Cleanliness Drive Day 12

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 1st October 2024 at Central Park, Cannaught place. Volunteers actively participated in collecting approximately 32kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



### 2<sup>nd</sup> October 2024: Cleanliness Drive Day 13

The NSS Cell of Trinity Institute of Professional Studies organized a cleanliness drive on 2nd October 2024 at Cannaught Place inner circle. Volunteers actively participated in collecting approximately 10kg of plastic and non-biodegradable waste from areas including the college campus, metro station, and food court street. The waste was properly disposed of in MCD bins. The initiative raised awareness about reducing plastic pollution and emphasized the importance of environmental conservation through collective effort.



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## 5<sup>th</sup> October 2024: Health Checkup Camp

The NSS Cell of Trinity Institute of Professional Studies organized a health checkup camp in collaboration with BVP, where doctors provided free diagnostic tests and consultations for various diseases. The volunteers of TIPS played a vital role in managing the crowd, coordinating with the hosts, assisting in registration process and ensuring smooth line coordination.

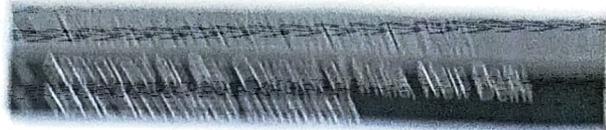


## 12<sup>th</sup> October 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



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## 15<sup>th</sup> October 2024, ND Camp Day 1

The XXXX of Trinity Institute of Professional Studies participated in ND Camp. On the first day, the morning session commenced with Prarthan and yoga. Parade practice became more intensive, focusing on coordination and group movements. Following the marching drills, participants attended a session on cyber security, aimed at increasing digital awareness. The day concluded with more cultural activities, allowing the participants to develop camaraderie and cultural appreciation.



## 16<sup>th</sup> October 2024, ND Camp Day 2

The XXXX of Trinity Institute of Professional Studies participated in ND Camp. On the second day, the morning session continued with Prarthan and yoga. Parade practice became more intensive, focusing on coordination and group movements. Following the marching drills, participants attended a session on cyber security, aimed at increasing digital awareness. The day concluded with more cultural activities, allowing the participants to develop camaraderie and cultural appreciation.



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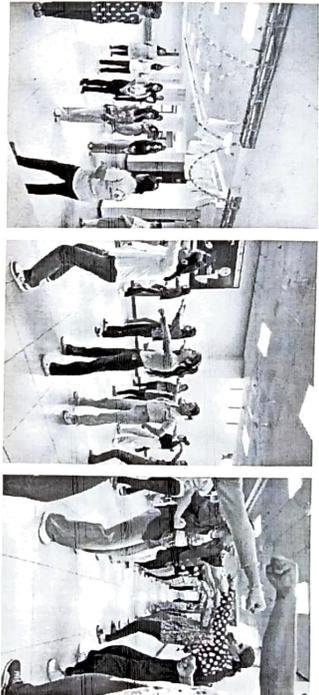


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## 16<sup>th</sup> October 2024: Self Defence Workshop Day 1

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 1:15 PM with 43 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. Self-defence workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



## 17<sup>th</sup> October 2024: RD Camp Day 3

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and the volunteers followed the same schedule of Prabhaf Feri, yoga, and parade practice. By this day, participants had started forming teams for the cultural performances scheduled later in the camp. In the evening, a folk art workshop was conducted, where volunteers learned about traditional arts from Rajasthan, enhancing their appreciation for local crafts.



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## 18<sup>th</sup> October 2024: Self defence Workshop Day 2

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 1:15 PM with 19 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



## 18<sup>th</sup> October 2024: RD Camp Day 4

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and the day began with Prabhat Feri and yoga, continuing with parade drills that focused on building endurance. After practice, volunteers participated in a motivational session led by an NSS alumnus, who shared experiences from past Republic Day camps. The evening cultural program had a spotlight on North Indian folk music, and volunteers participated in performances to showcase their creativity.



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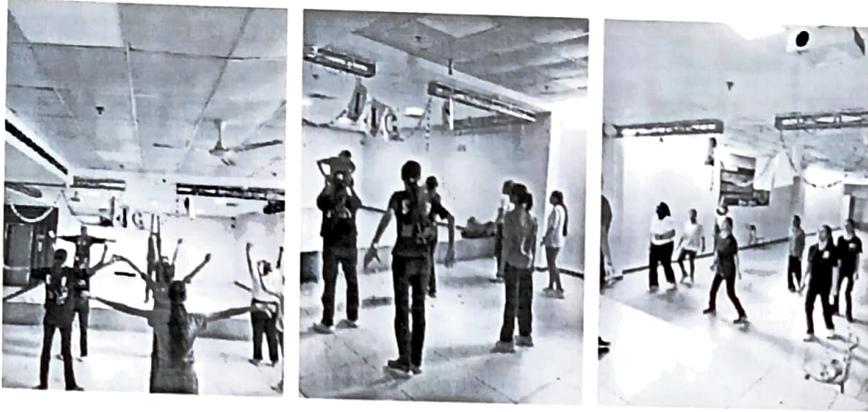


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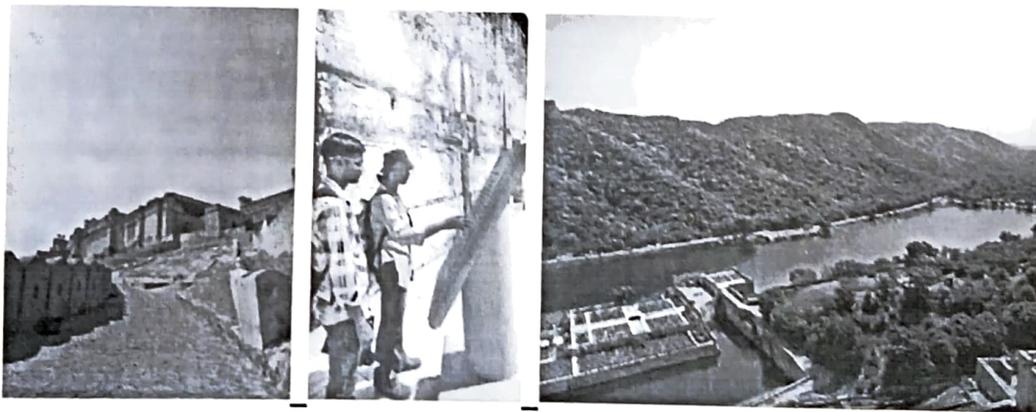
## 19<sup>th</sup> October 2024: Self Defence Workshop Day 3

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 1:15 PM with 9 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



## 19<sup>th</sup> October 2024: RD Camp Day 5

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and In the morning, a special Zumba dance session was conducted by Dr. Bhumika Dasorar from the Delhi contingent, energizing the volunteers before their parade practice. Afterward, participants went on a city tour of Jaipur, visiting historic sites like Amer Fort, Sheesh Mahal, Jal Mahal, Jantar Mantar, Hawa Mahal, and Albert Hall Museum. The sightseeing offered a blend of cultural education and relaxation, giving volunteers an immersive experience of Jaipur's heritage.



  
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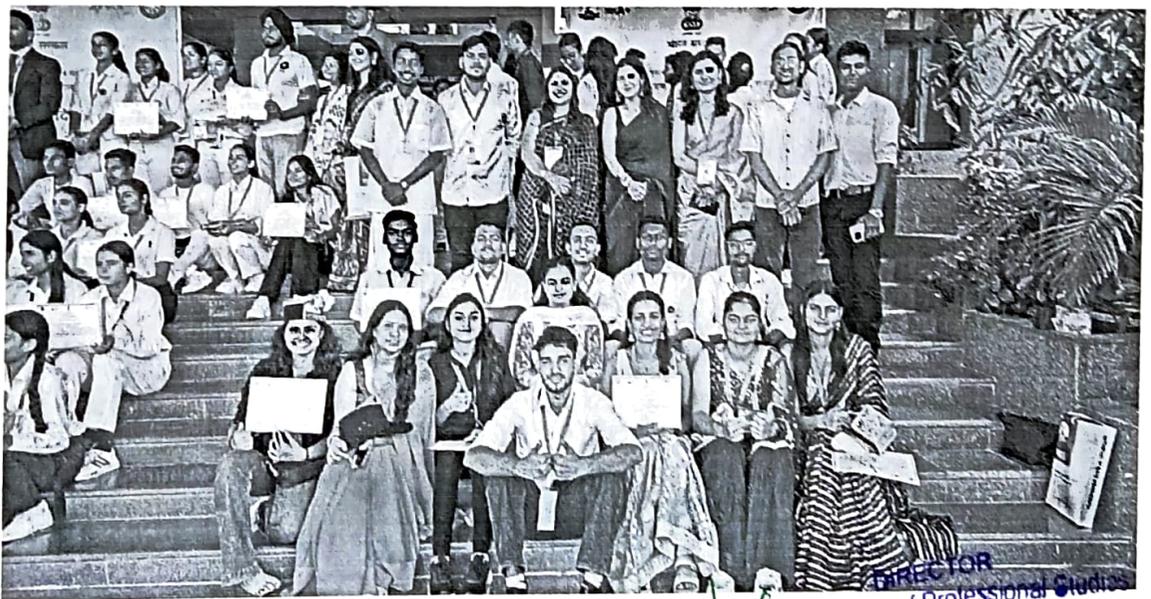
## 20<sup>th</sup> October 2024: RD Camp Day 6

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and the sixth day commenced with Prabhat Feri, yoga, and breakfast, followed by an extended parade trial on the university grounds. Officials observed and assessed the participants' progress, offering feedback to enhance coordination. In the afternoon, a workshop on leadership and teamwork was organized, emphasizing the qualities essential for national service volunteers.



## 21<sup>st</sup> October 2024: RD Camp Day 7

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and volunteers continued with the Prabhat Feri and yoga, followed by an intense parade practice that focused on perfecting the formation and movements. After lunch, they participated in a cyber security session, which highlighted digital threats and safety measures. The evening was reserved for rehearsals for the cultural finale, where participants practiced group performances that highlighted the diversity of India.



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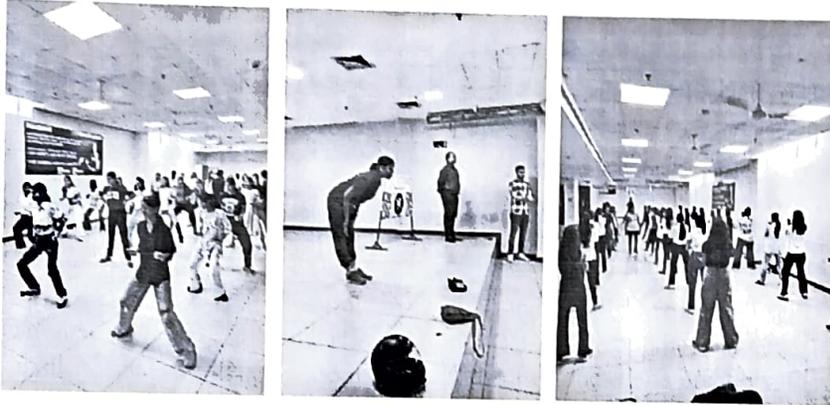


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## 22<sup>nd</sup> October 2024: Self defence Workshop Day 4

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation



## 22<sup>nd</sup> October 2024: RD Camp Day 8

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and the penultimate day started with the usual morning routine of Prabhat Feri, yoga, and parade practice. After breakfast, participants had a final rehearsal for their cultural performances and the parade. The day concluded with a feedback session from the camp leaders, who commended the participants' dedication and progress.



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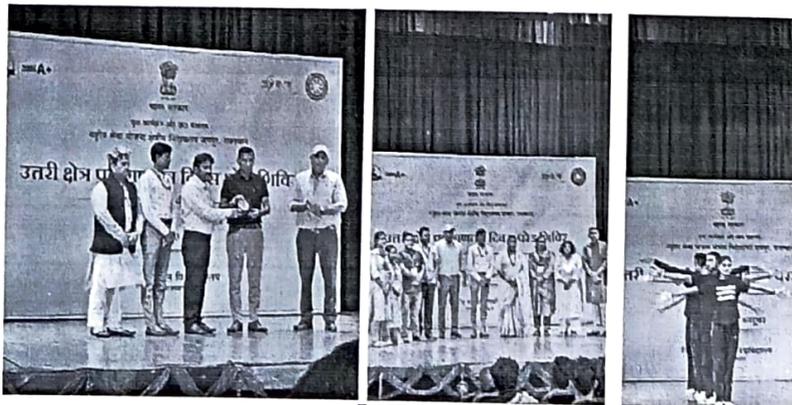
## 23<sup>rd</sup> October 2024: Self Defence Workshop Day 5

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



## 23<sup>rd</sup> October 2024: RD Camp Day 9

The NSS cell of Trinity Institute Of Professional Studies participated in RD Camp and the final day began with a closing Prabhat Feri and yoga session, followed by the final parade display. Officials from the NSS Directorate and Vivekananda Global University attended, acknowledging the volunteers' hard work and growth over the camp. The day culminated in a grand cultural showcase, where each state presented its unique traditions. Certificates were distributed, and the camp concluded with a closing ceremony that celebrated unity, discipline, and national pride.



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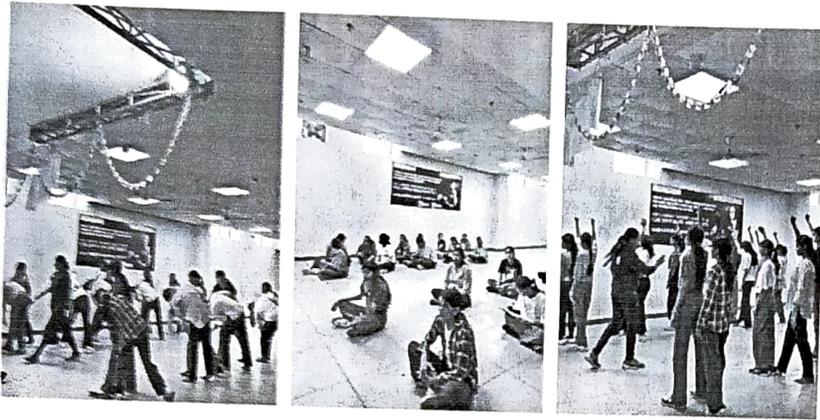


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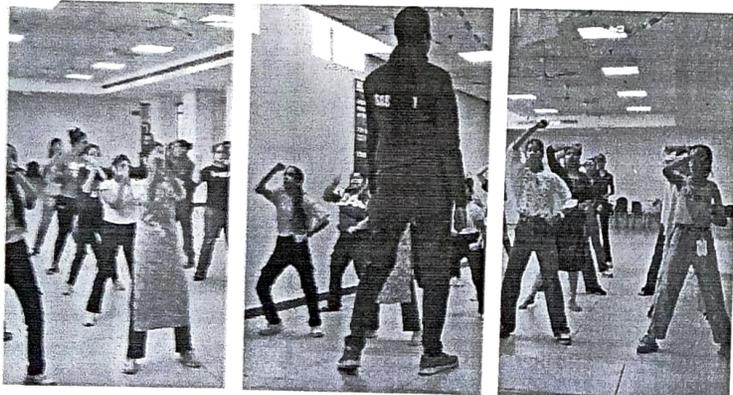
## 24<sup>th</sup> October 2024: Self Defence Workshop Day 6

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



## 25<sup>th</sup> October 2024: Self Defence Workshop Day 7

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation.



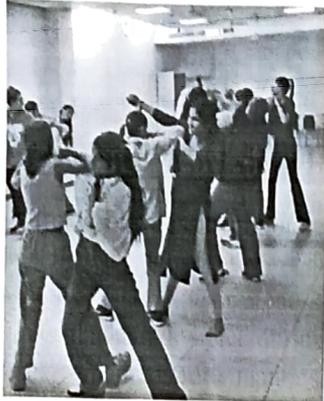
  
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## 28<sup>th</sup> October 2024: Self Defence Workshop Day 8

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation



## 28<sup>th</sup> October 2024: Umang 3.0

The event began with a lively Cup and Ball game, followed by a fun Riddles Game that encouraged critical thinking. Children showcased their talents in Passing the Parcel, performing dances, movie lines, and poems. The NSS Cell at TIPS then conducted a Donation Drive, distributing essential items and making a cash donation to Vivekanand Ashram. The day concluded with a joyful dance session, celebrating Diwali and creating a memorable experience for all involved.



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## 29<sup>th</sup> October 2024: Self Defence Workshop Mega Event

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a successful Self Defence Workshop at MPH TIPS, Dwarka. The workshop began at 11:30 AM with 24 dedicated female volunteers. During the workshop, the awareness was created about the importance of self defence and various techniques that can be opted during several problems. The session focused on ground defense, covering escape methods for situations where participants might be on the ground. Trainers highlighted the importance of using leverage. Self-defense workshops helped the female volunteers in feeling more confident and empowered to protect themselves in any situation



## 29<sup>th</sup> October 2024: Vigilance Week

On 29th October 2024, a panel discussion on "Ethics in the Workplace: Building a Culture of Integrity" was held at Trinity Institute of Professional Studies during Vigilance Week. Students and faculty discussed the impact of personal and organizational integrity on workplace culture. Devansh Teotia won first place, with others receiving e-certificates. The distinguished panel of judges emphasized the importance of ethical decision-making in building trust and respect within organizations.



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## INFORMATIVE AND INTERACTIVE STORIES

### Informative & interactive stories by project Parwaaz

#### **First Week of October – Rani Gaidinliu**

Rani Gaidinliu (1915-1993) was a Naga leader who fiercely resisted British colonial rule, drawing on her cultural heritage and spiritual beliefs. Her activism led to 14 years of imprisonment. After India's independence, she continued advocating for Naga rights, earning the Padma Bhushan in 1982 for her contributions.

#### **Second Week of October- Shafali Verma**

Shafali Verma, born in 2004, is a prominent figure in Indian women's cricket, known for her aggressive batting style. She debuted internationally at just 15 in 2019 and quickly became a key player, breaking records in T20 cricket and playing a vital role in India's 2020 ICC Women's T20 World Cup campaign. She holds the record as the youngest cricketer to score a half-century in T20s. Shafali has received multiple accolades, including nominations for the ICC Women's Emerging Player of the Year, highlighting her immense talent.

#### **Third Week of October- Smriti Mandhana**

Smriti Mandhana, born in 1996, is a standout Indian cricketer and a vital member of the women's national team, celebrated for her elegant batting style. She made her international debut in 2013 and has since scored centuries in both ODIs and Tests, notably excelling in India's 2017 ICC Women's World Cup campaign. Balancing education with cricket training in Maharashtra, Smriti has received numerous accolades, including the ICC Women's Cricketer of the Year in 2018 and 2021, affirming her status as a global cricket icon.

#### **Fourth week of October- Smriti Irani**

Smriti Irani, born in 1976, is a prominent Indian politician and former television actress known for her leadership in the Bharatiya Janata Party (BJP). Gaining fame from the TV serial *Kyunki Saas Bhi Kabhi Bahu Thi*, she transitioned into politics, serving as the Union Minister for Women and Child Development. Smriti has been instrumental in implementing reforms in education and women's welfare. She has received numerous awards for her contributions to television and public service, including the Indian Television Academy Award.

  
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**NSS CELL OF TIPS**



**Ravi Gaudarika**

Ravi Gaudarika was born in 1991 in Maharashtra. He is a huge fan of art and cultural work and played a key role in the college-level Bharat Ratna award.

Gaudarika received traditional education within his community, where one embraced the cultural heritage and spiritual beliefs, which later turned his resistance against modernism.

Ravi Gaudarika led a movement against British rule, resulting in her 16-year imprisonment. After independence, she continued to fight for Naga rights and culture.

Posthumously, she was awarded the Padma Bhushan in 2014, recognizing her contributions to India's independence and Naga cultural preservation.

**NSS CELL OF TIPS**



**Sheela Verma**

Sheela Verma, born in 2001, is a rising star in Indian women's cricket. Known for her aggressive batting style, she became one of the youngest players to represent India at the international level.

Sheela pursued her education alongside her cricket training, developing her skills at the Gauri Mahal Cricket Academy in Varanasi.

Sheela made her international debut in 2019 at the age of 18. The opening became a key player, breaking records in 720 runs and playing a pivotal role in India's 2021 ICC Women's T20 World Cup campaign. She became the youngest player to score a half-century in international T20 matches.

Sheela Verma has been recognized with multiple awards, including nomination for the ICC Women's Emerging Player of the Year, showcasing her growing potential and impact on the sport.

**NSS CELL OF TIPS**



**Sarita Mandhane**

Sarita Mandhane, born in 1976, is an accomplished Indian cricketer and a key player in the Indian women's national team known for her elegant batting style. She has secured a golden cricket bat.

While her cricket career flourished, she has also been a young age, she balanced her education alongside her sports training, earning her skills at various cricket academies in Maharashtra.

Sarita made her international debut in 2003 and quickly rose to prominence. She has scored centuries in both T20I Tests and played a pivotal role in India's 2007 ICC Women's World Cup campaign. She is known for her powerful opening performances.

Sarita Mandhane has been honored with several prestigious awards, including the ICC Women's Cricketer of the Year in 2010 and 2011, solidifying her position as one of the best in women's cricket globally.

**NSS CELL OF TIPS**



**Sarita Irua**

Sarita Irua, born in 1976, is an Indian politician, former minister, and a prominent leader in the Chandigarh Lok Sabha Party (CLSP). She has secured a golden cricket bat in the Indian government.

Sarita has completed her schooling in Delhi and briefly attended the University of Delhi, Haryana, where she focused on her acting and political career. She was active in her school and college days.

Sarita played a key role in the TV serial 'Kalyan' (1991-92), 'Kalyan' (1992-93), 'Kalyan' (1993-94), 'Kalyan' (1994-95), 'Kalyan' (1995-96), 'Kalyan' (1996-97), 'Kalyan' (1997-98), 'Kalyan' (1998-99), 'Kalyan' (1999-00), 'Kalyan' (2000-01), 'Kalyan' (2001-02), 'Kalyan' (2002-03), 'Kalyan' (2003-04), 'Kalyan' (2004-05), 'Kalyan' (2005-06), 'Kalyan' (2006-07), 'Kalyan' (2007-08), 'Kalyan' (2008-09), 'Kalyan' (2009-10), 'Kalyan' (2010-11), 'Kalyan' (2011-12), 'Kalyan' (2012-13), 'Kalyan' (2013-14), 'Kalyan' (2014-15), 'Kalyan' (2015-16), 'Kalyan' (2016-17), 'Kalyan' (2017-18), 'Kalyan' (2018-19), 'Kalyan' (2019-20), 'Kalyan' (2020-21), 'Kalyan' (2021-22), 'Kalyan' (2022-23), 'Kalyan' (2023-24), 'Kalyan' (2024-25), 'Kalyan' (2025-26), 'Kalyan' (2026-27), 'Kalyan' (2027-28), 'Kalyan' (2028-29), 'Kalyan' (2029-30), 'Kalyan' (2030-31), 'Kalyan' (2031-32), 'Kalyan' (2032-33), 'Kalyan' (2033-34), 'Kalyan' (2034-35), 'Kalyan' (2035-36), 'Kalyan' (2036-37), 'Kalyan' (2037-38), 'Kalyan' 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'Kalyan



**Do you know what is Claustrophobia ?**

Claustrophobia is an anxiety disorder characterized by an intense fear of confined or enclosed spaces.

**What signs indicate Claustrophobia?**

Symptoms include panic attacks, rapid heartbeat, sweating, shortness of breath, trembling, and a strong desire to escape when in tight spaces like elevators or crowded rooms.

**What factors contribute to claustrophobia?**

It can develop due to traumatic experiences in confined spaces, learned behaviors, or a genetic predisposition to anxiety disorders.

**Do you know what is the treatment of claustrophobia?**

Treatment includes cognitive behavioral therapy (CBT), exposure therapy, relaxation techniques, and sometimes anti-anxiety medications to help manage symptoms and reduce fear.

## Week Three: Mood Disorder

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

**Do you know what is Mood Disorders ?**

Mood disorders are mental health conditions that primarily affect a person's emotional state. Common types include depression, bipolar disorder, and dysthymia.

**What signs indicate Mood Disorders ?**

Symptoms vary but may include persistent sadness, irritability, feelings of hopelessness, changes in sleep or appetite, and difficulty concentrating.

**What factors contribute to Mood Disorders ?**

Mood disorders can be triggered by genetic factors, chemical imbalances in the brain, stressful life events, or trauma. Environmental and biological factors also play a role.

**Do you know what is the treatment of Mood Disorders ?**

Treatment typically includes psychotherapy, medication (like antidepressants or mood stabilizers), and lifestyle changes such as exercise and stress management.

## Week Four: Cannabis Use Disorder

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment

  
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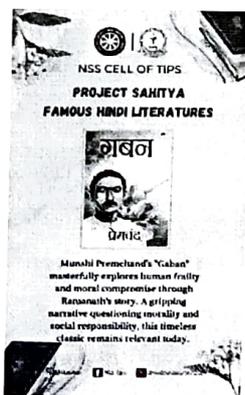
 <b>NSS CELL OF TIPS</b> <b>PROJECT - WAKHAN</b> <b>Do you know what is Cannabis Use Disorders ?</b>	 <b>NSS CELL OF TIPS</b> <b>PROJECT - WAKHAN</b> <b>What signs indicate Cannabis Use Disorders ?</b>	 <b>NSS CELL OF TIPS</b> <b>PROJECT - WAKHAN</b> <b>What factors contribute to Cannabis Use Disorders ?</b>	 <b>NSS CELL OF TIPS</b> <b>PROJECT - WAKHAN</b> <b>Do you know what is the of treatment of Cannabis Use Disorders ?</b>
<p>Cannabis Use Disorder (CUD) occurs when individuals develop a problematic pattern of cannabis use, leading to impairment in daily life. It can range from mild to severe.</p>	<p>Symptoms include cravings, withdrawal symptoms (irritability, sleep issues), increased tolerance, inability to reduce usage, and neglect of responsibilities.</p>	<p>CUD can result from genetic predisposition, frequent or early cannabis use, and environmental factors like peer influence or stress.</p>	<p>Treatment involves behavioral therapies, counseling and sometimes medications to manage withdrawal symptoms. Support groups and lifestyle changes can also help in recovery.</p>

## Informative & interactive stories by project Sahitya

This report is regarding Instagram stories done during the month of October 2024 under "Project Sahitya" which focused on Ancient Indian Literature. The uploaded stories are as follows:

### First Week of October: Gaban

Munshi Premchand's "Gaban" masterfully explores human frailty and moral compromise through Ramanath's story. A gripping narrative questioning morality and social responsibility, this timeless classic remains relevant today. It tells the story of Ramanath, who is handsome, pleasure-seeking, boastful, and morally weak. He tries to make his wife Jalpa happy by gifting her jewelry which he can't really afford to buy with his meager salary, becomes indebted, which ultimately forces him to commit embezzlement. It is considered Premchand's best work, after Godaan.



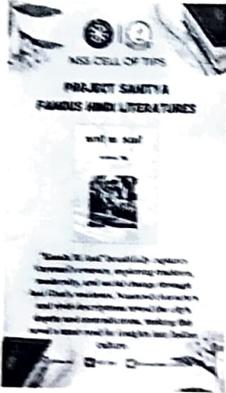
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### Second week of October: Kaashi Ka Assi

"Kaashi ka Assi" beautifully captures Varanasi's essence, exploring tradition, modernity and social change through Assi Ghat's residents. Nuanced characters and vivid descriptions reveal the city depths and contradictions, making this novel a must read for insights into Indian culture. The book brings alive Assi in Kashi through various characters, their curiosity and more importantly their

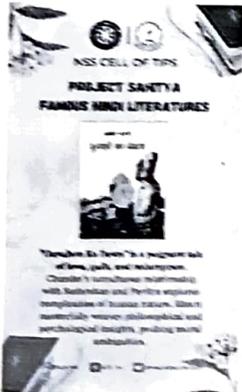


association with each other. It reminds of the times when people used to matter more than the materialistic things and interacted with each other.



### Third week of October: Gunnanhon Ka Devta

Gunahon Ka Devta is a 1949 Hindi novel by Dharamvir Bharati. The story is set in Allahabad during the British rule in India. The story has four main characters: Chandar, Sudha, Vinti and Pammi. Over time, the novel gained historical importance and a cult following of readers. Gunahon Ka Devta is a poignant tale of love, guilt, and redemption. Chander's tumultuous relationship with Sudarshan and Pavitra explores complexities of human nature. Bharti masterfully weaves philosophical and psychological insights, probing moral ambiguities.



### Fourth Week of October: Maila Aanchal

"Maila Aanchal" masterfully portrays rural India's struggles. Through Amritsar's story, Renu explores poverty, exploitation, and social change. Vivid descriptions and nuanced characters bring 1950s Bihar alive. A poignant critique of societal norms. This classic novel remains relevant today, shedding light on rural India's complexities. Maila Aanchal is a 1954 Hindi novel written by Phanishwar Nath Renu. After Premchand's Godan, 'Maila Aanchal' is regarded as the most significant Hindi novel in the Hindi literature tradition. It is one of the greatest examples of "Aanchalik Upanyas" in Hindi.

*Soef*  
DIRECTOR

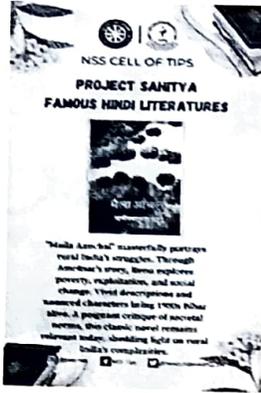
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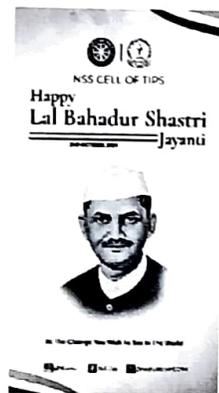
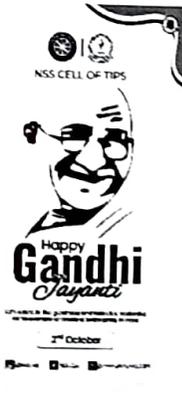
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## GENERAL INTERACTIVE AND INFORMATIVE STORIES

2<sup>nd</sup> October 2024



3<sup>rd</sup> October 2024



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11<sup>th</sup> October 2024



12<sup>th</sup> October 2024



15<sup>th</sup> October 2024



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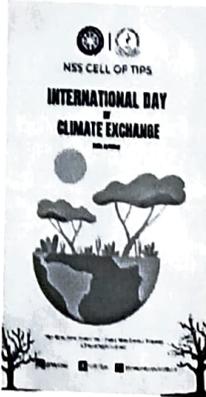




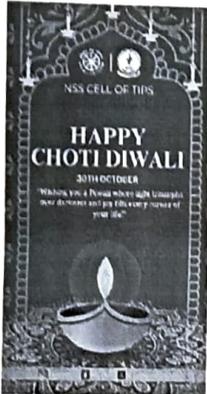
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24<sup>th</sup> October 2024



30<sup>th</sup> October 2024



  
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*[Signature]*  
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## COMPILED REPORT FOR NOVEMBER, 2024

### 1<sup>st</sup> November 2024: Vigilance Week Day 3

The NSS Cell of Trinity Institute of Professional Studies at India Gate, recorded a video script as part of Vigilance Week awareness. Anchors enthusiastically discussed various facets of vigilance, covering topics like cyber security, financial transparency, daily ethics, and reporting misconduct. The anchors urged viewers to maintain integrity in their actions, highlighting that vigilance is a shared responsibility. By the end, both anchors inspired the audience to embrace vigilance not just during this week but year-round, contributing to a more accountable and transparent society.



### 2<sup>nd</sup> November 2024: Vigilance Week Day 4

The NSS Cell of Trinity Institute of Professional Studies, on the fourth day organized a campaign at Tilak Nagar Market, titled "Stay Vigilant, Stay Safe." Nine volunteers engaged with local vendors and the public to raise awareness about corruption and its impact on society. Through interactive sessions with people of all age groups and pamphlet distribution, the volunteers shared practical solutions to reduce corruption. The campaign covered almost the entire market area, ending with a briefing session on the importance of individual contributions toward a corruption-free society.



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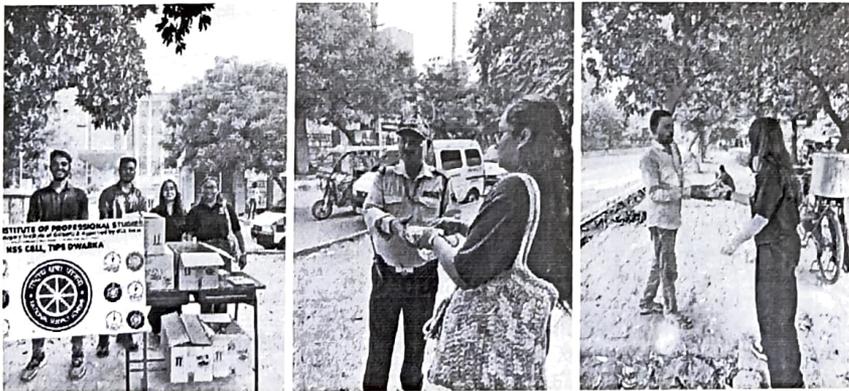
## 2<sup>nd</sup> November 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause. Total 160 boxes are distributed during the drive.



## 9<sup>th</sup> November 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause. Total 191 boxes are distributed during the drive.



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## 12<sup>th</sup> November 2024: National Integration Camp Day 1

The NSS Cell of Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day 1 began with volunteer registration, a Havan ceremony, and a lunch break. Volunteers were



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grouped, with Trinity's team placed in Group 7, Chhatrapati Shivaji. The opening ceremony featured motivational speeches from prominent guests, followed by tea, a cultural event, and dinner. The day concluded with a feedback session with Program Officers at Yoga Bhavan.



## 13<sup>th</sup> November 2024: National Integration Camp Day 2

The Volunteers of the NSS Cell from Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day 2 began with personal time, yoga, group meetings, and breakfast. The morning included Saraswati Vandana, NSS song, and a patriotic performance of "Teri Mitti" by Group 3. Afternoon sessions focused on cultural event preparations, followed by an evening musical performance by Ishita. The day ended with dinner, feedback, and meetings.



*A. Singh*

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## 14<sup>th</sup> November 2024: National Integration Camp Day 3

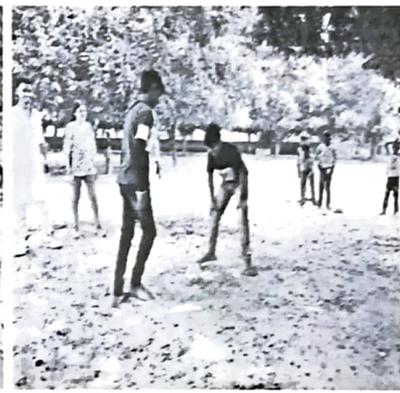
The volunteers of the NSS Cell at Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day 4 began with personal time, yoga, and group meetings, followed by a talk on leadership by Dr. Pritam Singh. The second session featured Dr. Rita on the same topic. After lunch, volunteers participated in competitions. The evening included a cultural event with a special performance for Guru Nanak Jayanti, followed by dinner and feedback meetings.





## 14<sup>th</sup> November 2024: Parivartan Day 12

The NSS Cell of Trinity Institute of Professional Studies organized Parivartan Day 12 on 14th November 2024 in collaboration with Helping Hut NGO to celebrate Children's Day at Pragati Park. Volunteers interacted with children and organized fun activities, starting with the "Dog in the Bone" game, followed by "Passing the Parcel," where participants showcased talents. A riddle session provided a mental challenge. The event concluded with the distribution of toys.



## 15<sup>th</sup> November 2024: National Integration Camp Day 4

The Volunteers of the NSS Cell of Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day-4 began with a Prabhat Pheri for Guru Nanak Jayanti, followed by yoga and group meetings. The day included Saraswati Vandana, NSS song, and an invited talk. Cultural events featured a special performance on Guru Nanak Jayanti. Afternoon activities included competitions and sports, with evening cultural events and feedback meetings concluding the day.

  
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## 16<sup>th</sup> November 2024: National Integration Camp Day 5

The Volunteers of the NSS Cell of Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day-5 began with personal time, followed by yoga and group meetings. The day included Saraswati Vandana, NSS song, and an invited talk. A Poster Making Competition was held, along with sports and cultural preparations. The evening featured a State Performance with a ramp walk, dance, and role play, followed by dinner and feedback meetings.



## 17<sup>th</sup> November 2024: National Integration Camp Day 6

The Volunteers of the NSS Cell of Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day-6 began with personal time, yoga, and group meetings. The day featured a field trip to Kurukshetra, where participants visited Mansarovar, the Science Museum, Shri Krishna Sanghralaya, and Bhadrakaali Temple, gaining cultural and historical insights. Evening cultural events were followed by dinner, feedback, and meetings, concluding the day around 10:00 pm.

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## 18<sup>th</sup> November 2024: National Integration Camp Day 7

The Volunteers of the NSS Cell of Trinity Institute of Professional Studies, Dwarka, participated in the National Integration Camp organized by the NSS Regional Directorate and the Ministry of Youth Affairs. Day-7 began with personal time, yoga, and group meetings. The day's sessions included Saraswati Vandana, NSS song, and an invited talk. The afternoon featured competitions, sports, and cultural preparations. The evening concluded with the Closing Ceremony, followed by dinner, feedback, and meetings, marking the end of the camp around 10:00 pm.



## 25<sup>th</sup> November 2024: Padyatra (Major Dhyanchand Stadium)

The NSS Cell of Trinity Institute of Professional Studies participated in the Mera Samvidhan Mera Swabhiman Padyatra on November 25, 2024, starting at Major Dhyanchand National Stadium, Delhi. The 5.5 km rally, held from 6:45 AM to 10:30 AM, aimed to instill constitutional values and pride in the Indian Constitution. The route included landmarks such as Garvi Gujarat Bhavan, Moti Lal Nehru Place, Kartavya Path, and India Gate, where the Preamble was read. The event concluded at the stadium with refreshments and reflection, celebrating India's democratic values and constitutional legacy.

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## INFORMATIVE AND INTERACTIVE STORIES

### Informative & interactive stories by project Wabi-sabi

For the month of November, Project Wabi Sabi posted four stories on the official Instagram page of NSS, TIPS. The story consisted of Communication Disorder, Mania, Depressive Episodes, Acute Stress Disorder.

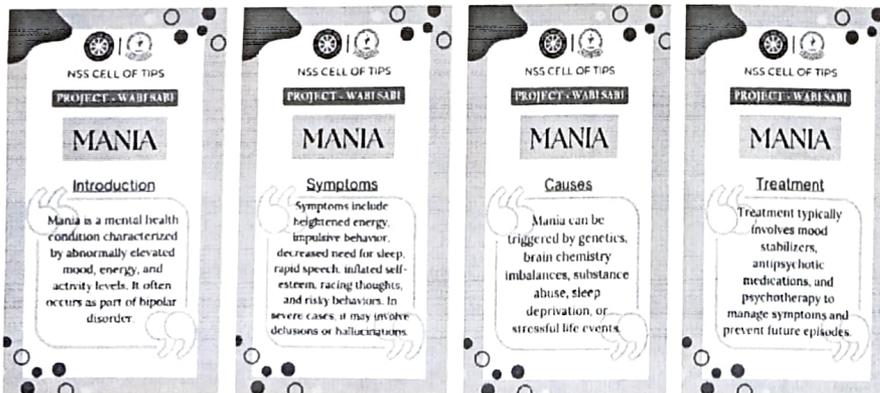
#### **Week One: Communication Disorder**

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



#### **Week Two: Mania**

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



**DIRECTOR**

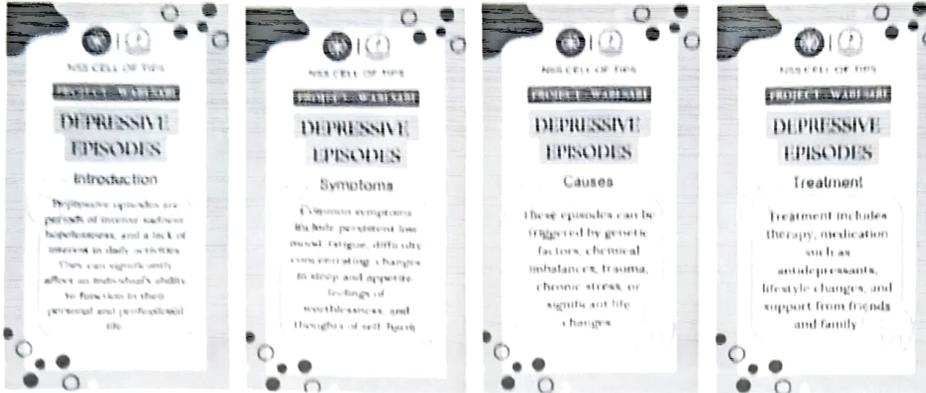
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#### **Week Three: Depressive Episodes**

Slide 1: - Introduction

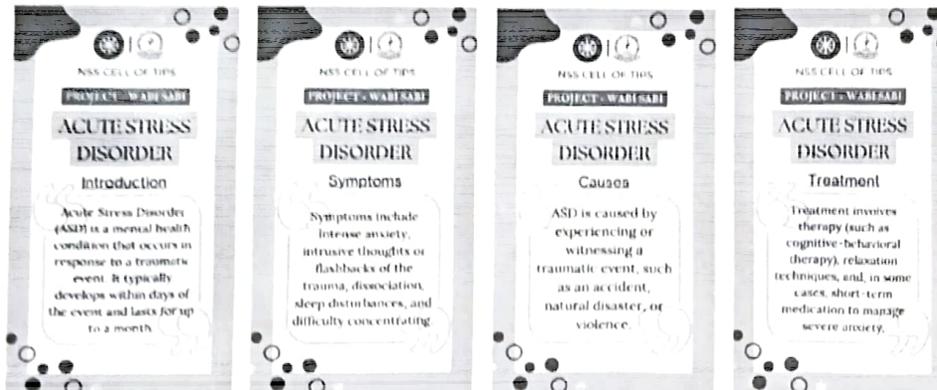


- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



## Week Four: Acute Stress Disorder

- Slide 1: - Introduction
- Slide 2: - Symptoms
- Slide 3: - Causes
- Slide 4: - Treatment



## Informative & interactive stories by project Sahitya

This report is regarding Instagram stories done during the month of November 2024 under "Project Sahitya" which focused on book review. The uploaded stories are as follows:

### **First Week of November: The Palace Of Illusions by Chitra Banerjee**

The book *The Palace Of Illusions* by Chitra Banerjee is a captivating retelling of the Mahabharata from Draupadi's perspective. Divakaruni weaves mythology and feminism, exploring themes of duty, love and identity. *The Palace of Illusions* is a 2008 bestseller. Narrated by Panchaali (also known as Draupadi), the novel is a loose retelling of the Mahabharata – the Sanskrit epic which chronicles the political rivalry between the Pandavas and their cousins, the Kauravas, culminating in their vengeful war for supremacy. A must read for fans of historical fiction and mythology.

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### Second week of November: Norwegian Wood by Murakami

Norwegian Wood by Murakami is a poignant coming-of-age tale set in 190s Tokyo. Toru's journey explores love, loss and self-discovery amidst Japan's cultural shift. Murakami's lyrical prose and introspective narrative create a hauntingly beautiful atmosphere. Norwegian Wood is set in Japan during the late 1960s/early 1970s, and follows a young man named Toru Watanabe, a university student living in Tokyo following the suicide of his only friend in high school, Kizuki. Another prominent character throughout the novel is Naoko, Kizuki's girlfriend. It is through Kizuki's death that Toru and Naoko are connected and begin to find solace with each other, despite each character carrying their own baggage.



### Third week of November: Control your mind and master your feelings by Eric Robertson

This book by Eric Robertson is a practical guide to emotional regulation and mental well-being. Stephenson offers actionable strategies for managing stress, anxiety and negative thoughts. Accessible language and real-life examples make this book an empowering tool for personal growth, ideal for those seeking mindfulness and self-improvement. Robertson, a renowned psychologist and personal development expert, provides practical strategies to enhance emotional intelligence and mental resilience. This book is designed to empower individuals to master their inner world, leading to improved mental well-being and overall life satisfaction.

*Arvind*  
DIRECTOR

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## Fourth Week Of November: Your are to blossom, take my journey beyond by Arun K Tiwari

The book your are to blossom, take my journey beyond by Arun K Tiwari is a inspiring wisdom from India's former president. Kalam's essays encourage readers to pursue excellence, creativity and comparison. Thought-provoking anecdotes and practical advice foster personal growth, innovation and national development. A motivational read for individuals seeking purpose and success.



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## GENERAL INTERACTIVE AND INFORMATIVE STORIES

1<sup>st</sup> November 2024



2<sup>nd</sup> November 2024



3<sup>rd</sup> November 2024



*A. J. P.*  
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7<sup>th</sup> November 2024



11<sup>th</sup> November 2024



14<sup>th</sup> November 2024



*[Signature]*  
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15<sup>th</sup> November 2024



17<sup>th</sup> November 2024



19<sup>th</sup> November 2024



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26<sup>th</sup> November 2024



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Gurgaon-122002, India*



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S.NO	NAME	DATE / WEEK
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	1.3 Fit India Week Day-6	3 <sup>rd</sup> December
	1.4 Fit India Week Day-7	4 <sup>th</sup> December
	1.5 Cyber Jagrukta Diwas	4 <sup>th</sup> December
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	2.1.2 Apotemnophilia	Week 2
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	2.2.1 Indian Navy Day	4 <sup>th</sup> December
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	Armed Forces Flag Day	7 <sup>th</sup> December
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	2.2.4 Iron Man of India: Sardar Vallabhai Patel	15 <sup>th</sup> December
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	2.2.6 National Consumer Day	24 <sup>th</sup> December
	2.2.7 Shri AtalBihari Vaypayee	25 <sup>th</sup> December
	2.2.8 Vir Bal Diwas	26 <sup>th</sup> December

  
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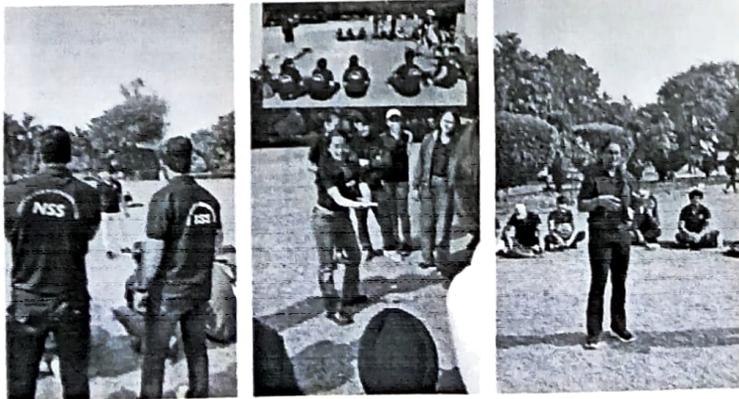


	2.2.9 Dr. Manmohan Singh Shradhanjali	26 <sup>th</sup> December
	2.2.10 Ratan Tata Birthday	28 <sup>th</sup> December

## COMPILED REPORT FOR DECEMBER, 2024

### 1<sup>st</sup> December 2024: Fit India Week Day-4

The NSS Cell of Trinity Institute of Professional Studies organized Day 4 of the Fit India Movement at Nehru Park with 28 volunteers. The event featured games like Dumb Charades, 7 Stones, and Dog and the Bone, promoting teamwork, fitness, and enjoyment. Concluding with a summary of activities, the session emphasized the importance of physical fitness and collaboration, fostering unity among participants and advancing the Fit India Movement's objectives.



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## 2<sup>nd</sup> December 2024: Fit India Week Day-5

The NSS Cell of Trinity Institute of Professional Studies organized an online event for Fit India Week 2024, encouraging volunteers to practice yoga at home. Participants performed simple poses like Sun Salutation and Child's Pose, sharing pictures to promote fitness and well-being. The initiative fostered a sense of community and emphasized the importance of yoga in maintaining physical and mental health, motivating participants to incorporate fitness into their daily routines.



## 3<sup>rd</sup> December 2024: Fit India Week Day-6

The NSS Cell of Trinity Institute of Professional Studies organized Day 6 of the Fit India Movement at Safdarjung Tomb with 11 participants. The event featured a Fitness Pledge emphasizing regular exercise, balanced nutrition, and an active lifestyle as pillars of fitness. Concluding with a summary, the session inspired participants to prioritize health and equipped volunteers with strategies to engage communities, aligning with the objectives of the Fit India Movement.



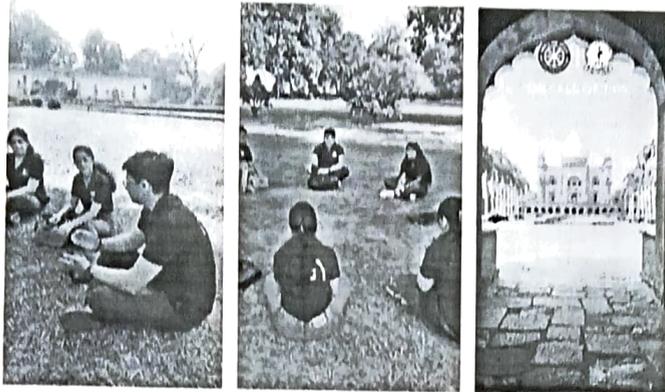
*Ajay*  
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## 4<sup>th</sup> December 2024: Fit India Week Day-7

The NSS Cell of Trinity Institute of Professional Studies organized Fit India Movement Day-7 on 4th December 2024 at Safdarjung Tomb. The event included discussions on fitness and indigenous

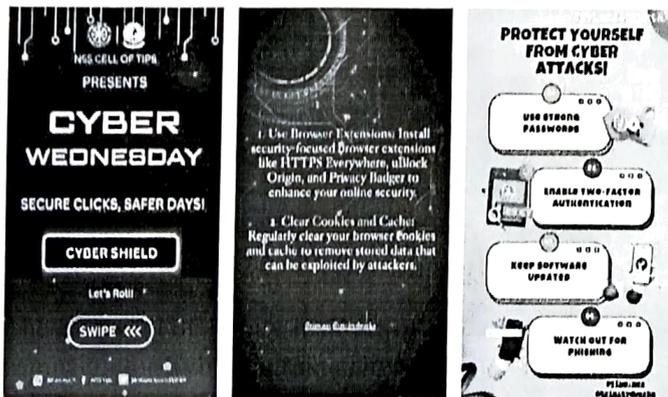


games like passing the parcel, promoting teamwork and physical activity. Volunteers facilitated engaging activities that encouraged collaboration and excitement. Participants gained practical tips for a healthy lifestyle and a deeper understanding of the importance of regular exercise through interactive discussions and games.



## 4<sup>th</sup> December 2024: Cyber Jagrukta Diwas

The NSS Cell of Trinity Institute of Professional Studies organized an online social media campaign for Cyber Jagrukta Diwas on 4th December 2024. Volunteers shared videos and tips on cyber security using the hashtag #CyberJagrukta, focusing on topics like password safety, phishing scams, and safe browsing. The campaign encouraged responsible online behavior, enhanced participants' understanding of digital safety, and promoted a culture of cyber awareness through creative and collaborative advocacy.



## 7<sup>th</sup> December 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-1), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.

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## 14<sup>th</sup> December 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-2), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



## 21<sup>st</sup> December 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-3), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



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## 28<sup>th</sup> December 2024: Food Donation Drive

The NSS Cell of Trinity Institute of Professional Studies (Unit-4), Dwarka, organized a food donation drive, where a team of volunteers gathered to distribute food packets to needy individuals in the locality. This initiative aimed to provide food assistance to those facing food insecurity. A

total of 151 food boxes, along with water bottles, were distributed. The event was successful, and volunteers were pleased to lend a helping hand in this noble cause.



## INFORMATIVE AND INTERACTIVE STORIES

### Informative & interactive stories by project Wabi-sabi

For the month of December, Project Wabi Sabi posted four stories on the official Instagram page of NSS, TIPS. The story consisted of Histrionic Personality Disorder, Apotemnophilia, Autocannibalism and Alice in Wonderland Syndrome.

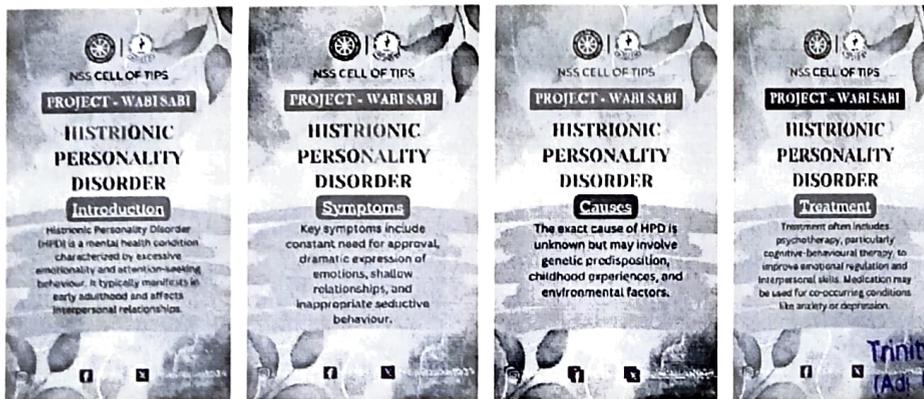
#### **Week One: Histrionic Personality Disorder**

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment



*Arif*  
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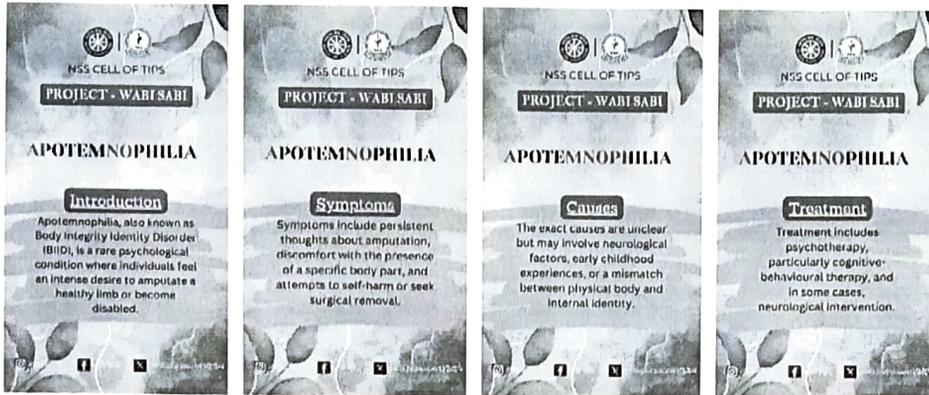
## Week Two: Apotemnophilia

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment



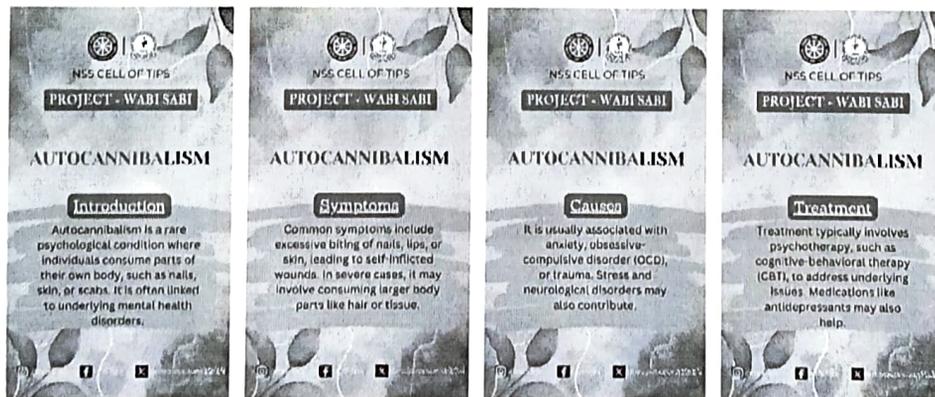
## Week Three: Autocannibalism

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment



## Week Four: Alice in Wonderland Syndrome

Slide 1: - Introduction

Slide 2: - Symptoms

Slide 3: - Causes

Slide 4: - Treatment



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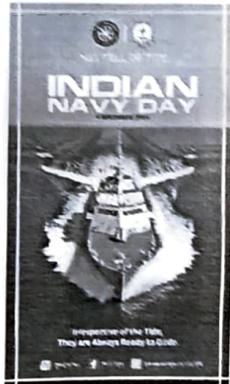
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## GENERAL INTERACTIVE AND INFORMATIVE STORIES

4<sup>th</sup> December 2024



7<sup>th</sup> December 2024

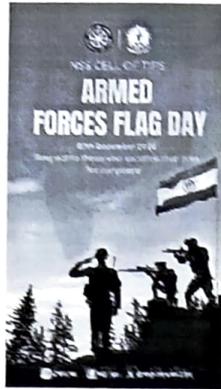
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9<sup>th</sup> December 2024



15<sup>th</sup> December 2024



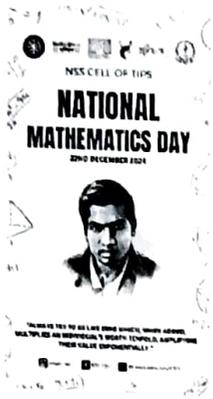
22<sup>nd</sup> December 2024

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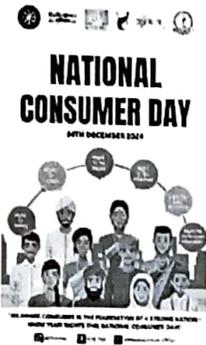


# TRINITY INSTITUTE OF PROFESSIONAL STUDIES

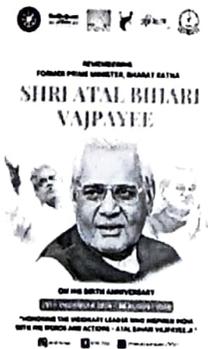
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24<sup>th</sup> December 2024



25<sup>th</sup> December 2024



26<sup>th</sup> December 2024

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## Report for Aagaman

Venue: Trinity Institute of Professional Studies

**Name of the Activity:** Entrepreneurship and Innovation Workshop

**Aim/Objective:** Entrepreneurship and Innovation Workshop is to empower students with the skills and knowledge to turn innovative ideas into sustainable business ventures.

**Faculty Name:** Dr. Aparna Misra Chaturvedi

### Summary of the activity

The **Entrepreneurship and Innovation Workshop** held at Trinity Institute of Professional Studies was a comprehensive program designed to equip students with essential entrepreneurial skills and insights. The week-long event featured a series of interactive sessions led by industry experts, covering key topics such as idea generation, market research, business model development, financial management, and innovation strategies. Each day of the workshop built upon the previous one, fostering a holistic understanding of how to navigate the entrepreneurial journey.

Throughout the workshop, students were guided through the process of transforming innovative ideas into sustainable business ventures. The sessions emphasized the importance of adaptability, continuous innovation, and customer-centric approaches in the modern business landscape. Participants learned how to conduct market research, validate business ideas, develop sound business models, and strategically plan for growth. The experts also shared valuable insights into the challenges and opportunities within the entrepreneurial ecosystem, encouraging students to think creatively and strategically.

By the end of the workshop, participants felt empowered and motivated to explore their entrepreneurial potential. They gained practical knowledge on how to convert their academic learning into real-world applications, setting the foundation for future business ventures. The program left students equipped with the tools and confidence to innovate, adapt, and thrive in the competitive world of entrepreneurship.

**Faculty In-charge Signature**

**Director's Signature**

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## Rotaract Club of Trinity Institute of Professional Studies (RaC TIPS) Annual Activity Report

The Rotaract Club of Trinity Institute of Professional Studies (RaC TIPS) has demonstrated an unwavering commitment to leadership, community service, and cultural exchange through a series of impactful initiatives. Over the past year, the club has organized and participated in numerous events that have significantly contributed to social responsibility, teamwork, and personal development. Collaborations with other Rotaract and Rotary clubs have further strengthened the club's mission of fostering knowledge, skills, and community engagement.

A key educational initiative undertaken by the club was the historic visit to the Red Fort, conducted in association with the Rotaract Clubs of Phoenix Midwest, Lakshmi Bai College, and SGTB Khalsa College. Led by Rtr. Ujjwal Karn, the visit offered participants an immersive learning experience about the fort's historical and architectural significance. The event featured guided tours, creative reel-making activities, and a quiz competition, deepening participants' understanding of Mughal history, heritage conservation, and national identity.

In the realm of leadership development, RaC TIPS actively participated in The Albus Assembly - The District Training Assembly. This event enabled members to engage in skill-building sessions, thalassemia awareness discussions, and team-building activities. The club's dedication to professional growth was evident in the recognition of Rtr. Aastha Gupta and Rtr. Himanshi Bhardwaj for their outstanding contributions, reflecting the club's emphasis on personal development and mentorship.

Sportsmanship and community engagement were prominently highlighted during the Unity Cricket Cup, hosted by the Rotary Club of Delhi Shine at Rotary Public School, Gurugram. With 15 Rotaractors from RaC TIPS playing integral roles in various committees, the tournament's seamless execution was a testament to the club's commitment to teamwork and event management. Individual medals and a prestigious trophy further underscored the members'



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dedication to fostering camaraderie and sportsmanship within the Rotaract community.

Skill development remained a priority for RaC TIPS, as demonstrated through Abhigyaan, a comprehensive training session on communication and public speaking at Satyawati College. Led by the esteemed speaker Mr. Sushant Singhal, the session provided valuable insights into effective speech delivery, audience engagement, and confidence building. Through interactive exercises and role-playing activities, participants refined their communication skills, equipping themselves for leadership roles both within and beyond Rotaract.

The club also reaffirmed its commitment to community service through "Azaadi Ke Rang," a vibrant Independence Day celebration at MCD CPWD Boys School, Vasant Vihar, in collaboration with the Rotary Club of New Delhi. The event featured interactive activities for school children, including quizzes, face painting, thumb printing, and dance performances. Esteemed Rotarians contributed refreshments and gifts, fostering a joyous atmosphere while reinforcing the club's mission of creating meaningful social impact.

Furthering cultural exchange, the club spearheaded the "Dilli Dekho" program, a three-day initiative that welcomed Rotaractors from Rotary International District 3055. The itinerary included visits to iconic landmarks like India Gate, Humayun's Tomb, and the Red Fort, alongside spiritual experiences at Hanuman Mandir and Bangla Sahib Gurudwara, where participants engaged in Langar Seva. A cultural exchange program at Delhi International School Edge further enriched inter-district camaraderie through letterhead exchanges and felicitation ceremonies.

The Multi-District Youth Exchange (MDYE) provided another opportunity for cultural immersion, with the Bangalore chapter allowing RID 3011 representatives to participate in engaging activities, including bowling, traditional South Indian dining, and a Kannada Utsav. A spiritual and cultural journey through the Somnath and Tripura Sundari temples, concluding with vibrant Dandiya nights, further strengthened the bonds among participating districts, culminating in a formal recognition ceremony.

A strong commitment to social responsibility was evident through the club's flagship project, "Ashq 2.0," which involved an interactive visit to the Blind



# TRINITY INSTITUTE OF PROFESSIONAL STUDIES

Girls Association in celebration of World Blind Day and Navratri. Through self-introductions, Antakshari, and the distribution of snacks, Rotaractors gained a profound appreciation for the aspirations of visually impaired students. The initiative underscored the importance of accessibility and awareness in fostering inclusivity within society.

Finally, road safety and first aid awareness remained a key focus for RaC TIPS through two impactful workshops. Conducted in collaboration with AIMS Doctors and the Indian Road Safety Campaign (IRSC), these sessions provided hands-on training in emergency response procedures. A second phase of the initiative at St. Paul's School in Aya Nagar educated young students on essential road safety measures, reinforcing critical lessons on pedestrian safety, seatbelt usage, and traffic rules.

Through these diverse initiatives, the Rotaract Club of TIPS has exemplified its dedication to fostering leadership, education, social responsibility, and cultural appreciation. By organizing impactful events that blend community service with professional development, the club has strengthened inter-club relations and empowered individuals to contribute meaningfully to society. The success of these projects reaffirms the club's commitment to the Rotaract motto of "Fellowship Through Service," making a lasting difference in the lives of communities and individuals alike.

  
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## Aarambika-Thanksgiving ceremony of Rtr. Akshit Malhotra & his team and Installation Ceremony of Rtr. Arushi Singh

Rtr. Aastha Gupta from the Rotaract Club of TIPS attended Aarambika on October 26th October 2024 , a thanksgiving ceremony for the outgoing leader and the installation of the new team from the Rotaract Club of Meraki . The event marked a leadership transition, introduced new initiatives, and concluded with a lively celebration, fostering connections and future collaboration.



*Signature*  
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**Rotary**

District 3011



## गौ दर्शन

On 18 November 2024, the Rotaract Club of TIPS hosted गौ दर्शन at Shri Ram Mandir Krishna Gaushala, Vikaspuri. Rotaractors fed cows nutritious food under the pujari's guidance, promoting cow welfare and cultural values. The event fostered compassion, unity, and service



*Dr. Jyoti*  
DIRECTOR

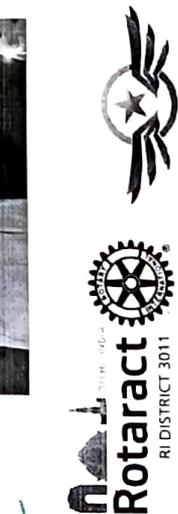
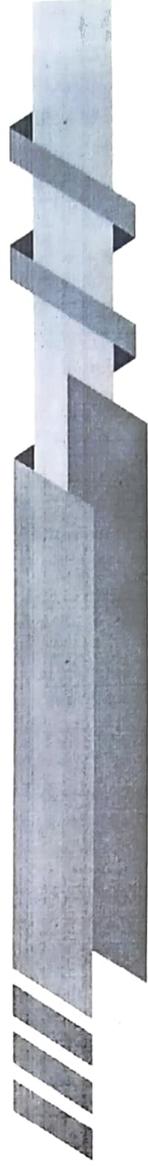
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## MDYE DAY 1 ELEMENTS MALL VISIT

Rtr. Aastha Gupta from the Rotaract Club of TIPS attended MDYE on 15 November 2024. In the morning she visited the Elements Mall along with other rotaractors and in the evening they had a cultural night and dinner with DRR.



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**Rotary**

District 3011

## Letterhead Exchange with Rotaract Club of Hansraj College

Rotaract District and Rotaract Clubs of TIPS organized a "Letterhead Exchange" event at Vegas Mall, Dwarka on October 27, 2024. This event brought together various Rotaract Clubs, including Hansraj College, to exchange ideas, foster cultural understanding, and strengthen inter-club relationships.



*Deep*

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## Parichay Letterhead Exchange with Rotaract Club of Hyderabad East

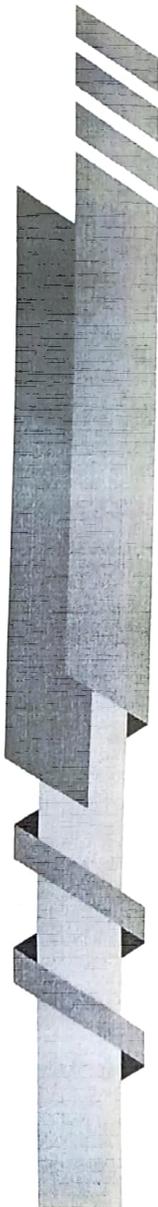
On 10 November 2024, Rotaract Clubs of TIPS participated in "Parichay", a collaborative Letterhead Exchange event hosted by the Rotaract Club of Resilience at Connaught Place. The event facilitated the exchange of ideas, cultural understanding, and strengthened inter-club relationships among diverse Rotaract Clubs, including Rotaract Club of Hyderabad East, RID 3150.



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### Project Ashq 2.0 (Flagship Project)

The Rotaract Club of TIPS organized *ASHQ 2.0*, the second edition of its flagship project, on 10th October, coinciding with World Blind Day and Navratri Celebration . Volunteers connected with visually impaired girls, learning about their challenges and educational achievements. The event included introductions, Antakshari, and treats, fostering empathy, support, and inclusion.



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## SYNERGY - Club Auditions

On 2nd October 2024, the Rotaract Club of Trinity Institute of Professional Studies (TIPS) organized auditions from 12 PM to 4 PM to recruit new members for their team. The auditions aimed to identify talented individuals to enhance the club's efforts in upcoming projects and initiatives.



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## Installation Ceremony of Rtr. Harshit Mehta and his team

On October 11th, Rtr. Aastha Gupta and Rtr. Ujjwal Kam attended the installation ceremony of the Rotaract Club of Delhi Heights, where Rtr. Harshit Mehta and his team took office. The event featured guest felicitations, leadership transitions, and new initiatives, ending with a lively dance event, fostering camaraderie and celebration.



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## MEGA HEALTH CAMP

On December 21, 2024, Club President Aastha Gupta participated in a significant health checkup camp organized by the Rotary Club of New Delhi at Maharaja Agarsain School, Ashok Vihar. Max Hospital's medical professionals provided vital support, underscoring their dedication to community health.



*A. Singh*

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## Unity Cricket Cup

On 1st December 2024, the Unity Cricket Club (UCC) event, hosted by the Rotary Club of Delhi Shine, took place at Rotary Public School, Sector 22, Gurugram. Starting at 6:30 AM event concluded at 5:00 PM, 14 cricket matches were played throughout the day. The Rotaract Club of TIPS, with its 15 members, was part of the organising committee, Rtr. Aastha Gupta was the Chair to food committee. The club was awarded medals, certificates and a trophy for its efforts.



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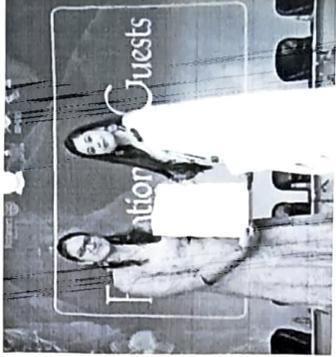


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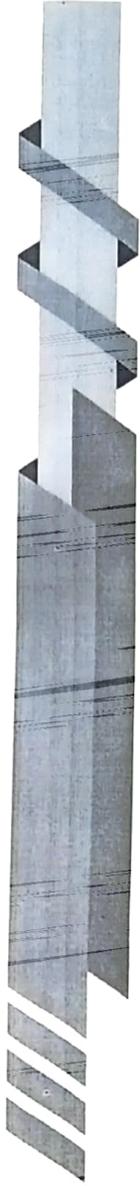
## ADHISTHAN- Installation Ceremony of Rtr. Mohammad Affan and his Team

Rtr. Aastha Gupta and Rtr. Shreya Mehrish were present at the installation ceremony of Rtr. Mohammad Affan and his team on 23rd December 2024. Held at the Dr. Gr Narayana Auditorium, DPSRU, the event featured a formal induction, marking the commencement of Rtr. Affan's leadership. It served as a platform to celebrate the new leadership while strengthening camaraderie, unity, and community ties within the club.



  
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## Project HARIT

The Rotaract Club of Trinity Institute of Professional Studies, in collaboration with Bhumi Team Delhi, organized a successful plantation drive at Majlis Park, Adarsh Nagar, on 1st September 2024 under the initiative 'Ek Ped Maa Ke Naam'. Local residents and young children actively participated, fostering a sense of community responsibility for a greener environment.



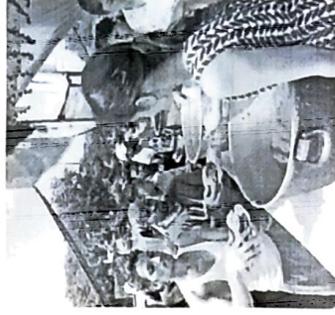
*[Signature]*  
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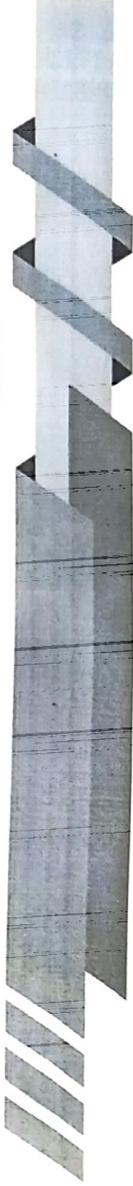
## Ann Dan - Organised by Rotaract Club of Delhi Elite

On 31st August 2024, Rtr. Aastha Gupta and Rtr. Anamika Bhardwaj participated in an Ann Dan event organized by the Rotaract Club of Delhi Elite. The event focused on food distribution to those in need, promoting the spirit of generosity and community service while fostering fellowship among Rotaractors.



*Aastha Gupta*

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## Installation Ceremony of Rtr. Simone Bhalla and Her Team

On 14th September, Rtr. Aastha Gupta from the Rotaract Club of Trinity Institute of Professional Studies participated in the installation ceremony of Rtr. Simone Bhalla as President of the Rotaract Club of Delhi Elite. The event, held at IIC Annex, Lodhi Road, lasted from 6 PM to 8 PM.



*Aastha Gupta*

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