



ROTARACT CLUB OF COLLEGE OF VOCATIONAL STUDIES



ROTA YEAR -2020-2021

<u><i>Name of the Event</i></u>	<u><i>Date</i></u>	<u><i>No. of Participants</i></u>
Gifting Masks	10th July 2020	10
Webinar: Kamyabi Ka Safar	18th July 2020	22
Yes, To Myself: By Kirti Grag	29th July 2020	5
World Youth Skills Day	15th July 2020	19
Know Your Social Media By Ms. Ayushi Jain	28th July 2020	19
Naaritva: World Breast Feeding Week	01st-07th August 2020.	40
Victory: Life Over Death By Mrs. Geetika Gaurav	10th September2020	13

GIFTING MASKS: SPREAD JOY NOT GERMS

- DATE: 10TH JULY 2020
- ROTARY'S AREA OF FOCUS: DISEASE PREVENTION AND TREATMENT

Rotaract Club of CVS collaborated in an event named “SPREAD JOY NOT GEARMS” which was organized by Rotaract Club of Ingenious Beings (RID 3011) on 10th July 2020. In this event we had to make a cloth mask at home by using any unused piece of cloth and gift it to somebody who was in need. It could be a family member, a house helper or anyone in need. The aim of the event is to do something productive while sitting at home and help someone in need. It was a great initiative.



Evidence Link

<https://www.instagram.com/p/CeGhf8kvibJ/?igshid=YmMyMTA2M2Y=>

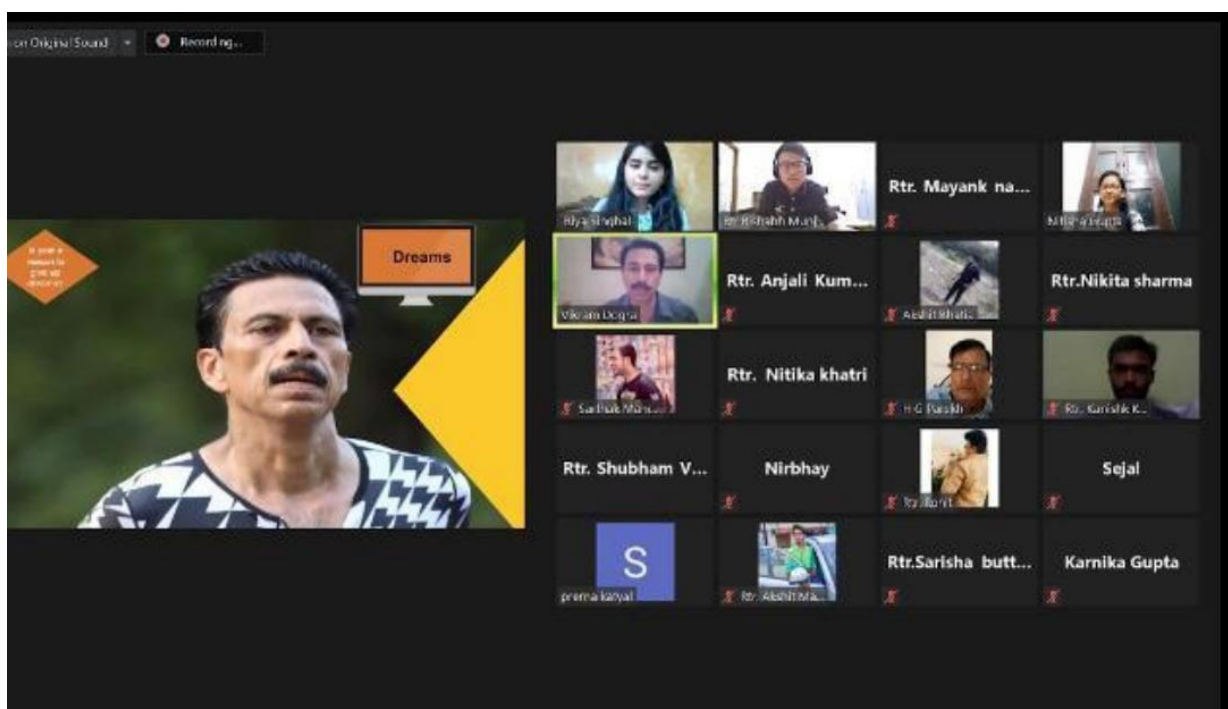
WEBINAR: KAMIYAABI KA SAFAR

• DATE: 18TH JULY 2020

Rotaract Club of CVS organized a webinar named “KAMIYAABI KA SAFAR” for self-motivation and confidence building, on 18th July 2020 at 11 a.m. on Zoom meeting.

MAJ. GEN. VIKRAM DEV DOGRA (AVSM) was the guest speaker of this session.

Event was open for collaboration. We had a great response to this webinar and got the participation of 54 people. The session was indeed an eye opener.



Evidence Link

<https://www.instagram.com/p/CDPJECxAUFU/?igshid=YmMyMTA2M2Y=>

YES, TO MYSELF BY KIRTI GARG

• DATE: 29TH JULY 2020

• INITIATED BY YOUR ROTARACT CLUB: YES

On July 29, 2020 Rotaract Club of CVS in collaboration with PSYK-LIFE organized YES TO MYSELF an Instagram live session on self-love and managing emotions. Main speaker for the session was Ms. Kirti Garga Mental health advocate, founder of PSYK-LIFE and also a psychologist in training.

Ms. Kirti Garg taught all the listeners about how to love oneself and how to manage emotions and why it's important to do so. All the participants were very enthusiastic and motivated. They participated actively throughout the session. Afterwards so many listeners presented their queries in front of Ms. Kirti Garg and she cleared all of their doubts. The participants were satisfied and happy.



ROTARACT CLUB OF COLLEGE OF VOCATIONAL STUDIES

In collaboration with
THE PSYK-LIFE

presents
YES TO MYSELF
(AN INSTAGRAM LIVE SESSION ON SELF LOVE AND MANAGING EMOTIONS)

DATE : 29TH JULY 2020 TIME - 6PM
PLATFORM : INSTAGRAM (@ROTARACTCLUBOFCVS)

| SPEAKER |
KIRTI GARG
SHE IS A MENTAL HEALTH ADVOCATE, PSYCHOLOGIST IN TRAINING AND FOUNDER OF THE PSYK-LIFE .

LET'S MAKE OUR MENTAL HEALTH A PRIORITY .

RTR. NITISHA GUPTA (PRESIDENT) 8700848205

RTR. TUSHAR PATIAL (EVENT CHAIR) 9953106995

WORLD YOUTH SKILLS DAY

- CLUB STRENGTH: 5
- DATE: 15TH JULY 2020
- ROTARY'S AREA OF FOCUS: DISEASE PREVENTION AND TREATMENT

On the occasion of WORLD YOUTH SKILLS DAY, Rotaract Club of CVS in collaboration with 5 Clubs organized an online event named “LET’S STRETCH IT OUT!” on 15th July 2020.

In this, participants were asked to send us their pictures or videos while doing yoga or meditation. The main aim of the event was to promote fitness and peace of mind among youngsters. We got a great response and had a lot of participation in this. All the participants were provided E certificates.

Evidence Link

<https://www.instagram.com/p/CDM9ID0A6pY/?igshid=YmMyMTA2M2Y=>

KNOW YOUR SOCIAL MEDIA BY Ms. AYUSHI JAIN

- CLUB STRENGTH: 19
- DATE: 28TH JULY 2020
- ROTARY AREA OF FOCUS: BASIC EDUCATION AND LITERACY

On July 28, 2020 Rotaract Club of CVS organized "Know Your Social Media" an online event in collaboration with Rotaract Club of Hyderabad Galaxy RID 3271. This was a social media webinar conducted over zoom at 6:00pm. The main speaker for the webinar was Ms. Ayushi Jain, founder of temptingrecipes.com, also a social media influencer, public speaker and motivational speaker as well. The speaker enlightened the participants with all the knowledge about benefits of social media, Growing business through social media, Instagram optimization, LinkedIn optimization, Pinterest optimization etc. The session was very helpful for all the budding social media marketers and influencers.



Evidence Link

<https://www.instagram.com/p/CDXOkm1AB5F/?igshid=YmMyMTA2M2Y=>

NAARITVA: WORLD BREAST FEEDING WEEK

- DATE: 1ST – 7TH AUGUST 2020
- CLUB STRENGTH: 40
- ROTARY AREA OF FOCUS: BASIC EDUCATION AND LITERACY

Rotaract Club of CVS in collaboration with Rotaract Club of Madurai North, RID 3000 initiated an online awareness campaign Naaritva- Myths Vs Facts, during World Breast Feeding week from 1st to 7th of August. Areas of Focus were breastfeeding, Menstruation, eve-teasing, pregnancy, virginity. Each day RaCCVS provided true facts behind numerous myths that are followed blindly with respect to the given Areas of focus. All the members from both the clubs took part in the awareness campaign and made it a successful one. It was really appreciated by a lot of rotaractors as well as non-rotaractors.



Evidence Link

<https://www.instagram.com/p/CDme8PuAkRH/?igshid=YmMyMTA2M2Y=>

VICTORY: LIFE OVER DEATH BY MRS. GEETIKA GAURAV

- CLUB STRENGTH: 13
- DATE: 10TH SEPTEMBER 2020

On this World Suicide Prevention Day on 10th September 2020, Rotaract club of CVS presented VICTORY -Life over Death a webinar on suicide prevention in collaboration with Rotaract Club of Nehu (RID 3240), Rotaract Club od DAVIM, Rotaract Club of Delhi Vedanta, Rotaract Club of Maharaja Agrasen, Rotaract Club of New Delhi Next. The session enlightened us on choosing happiness over grief, choosing life over death. The Areas of Focus included important aspects such as: Mental health, Anxiety, Depression, Importance of Happiness. The speaker of the session Mrs. Geetika Gaurav is the founder of Sabhyataa Foundation, a motivational speaker and a social worker.



Geetika ...



DAC Rtr. Rishabh ...

Rtr.Nikita shar...

Rtr. Khwaish IS...



Rtr. Kavya Singh



Jatin



neha narula



Rtr.Aryan Singh D...

Rtr.Nitika khatri...



Rtr.Sarthak Pahuji...

Rtr. Nitisha Gupta



DAC Rtr. Riya Sin...

Deepanshi

Rishika Khanna



Muskan Dahiya



Rtr. Rohit RaCDAV...

Vanshita

Isha Choudhary

Rtr.Koina Tayal_...

Pavan



Rtr.Milan Sharma ...



Rtr. Akshit Bhatia ...

Rtr. Vatsal Agga...



DAC.Rtr.Sarisha B...

Divya Garg

This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Anu Satyal

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IQAC Coordinator
College of Vocational Studies

Ajay Jaiswal

Prof. Ajay Jaiswal
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Principal/अ.प्र.स.उ. / प्रधानाचार्य
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