

Ref. No. 1209/AKM/2022/12028

Date: 19/11/2022

## NOTICE

All the NSS Volunteers are informed that there will be a Webinar on the topic "Food-Planet-Health" an online outreach program by Vegan Outreach on 6<sup>th</sup> Dec., 2022 at [REDACTED] in the college auditorium from 1:00 p.m. to 2:00 p.m.

Dr. Poonam Siwatch  
NSS Programme Officer

Dr. Hema Sukhija  
NSS Programme Officer

Dr. (Mrs.) Aarti Trehan  
Offg. Principal  
Principal (Offg.)  
Arya Kanya Mahavidyalaya  
Shahabad Markanda

The image shows a Zoom webinar interface. At the top, there is a strip of ECG-like waveforms. Below it, the Zoom meeting window displays a grid of 21 participants. Many participants have their video off, indicated by placeholder icons with letters like 'U', 'K', 'H', and 'D'. Some participants have names visible, such as 'Ankita Swami', 'Vegan Outreach - Primary Zoom Ac...', 'Anshika Kulkarni', 'Jasmeen Kaur', 'Redmi 9', and 'Nisha'. The bottom of the Zoom window shows a toolbar with icons for Mute, Stop Video, Participants (221), Q&A, Polls, Chat, Share Screen, Raise Hand, Restore, Apps, Whiteboards, and More. On the right side, a 'Webinar Chat' window is open, showing a list of messages from participants. The Windows taskbar is visible at the bottom, including the Start button, Search bar, and various application icons. The system tray shows the date and time as '06/12/2022 14:41'.



# ACTIVITY ATTENDANCE REGISTER

Date 6/12/22

**ARYA KANYA MAHAVIDYALYA, SHAHABAD (M)**

Session 2022-23

Collaboration Event with "Vegan Outreach"

Name of Activity Online webinar on "Food Planet - Earth"

Name of Department / Cell / Committee NSS Units

Name of Convener Dr. Poonam Sivasub  
Dr. Hema Subhija

S. No.	Name	Student/Teacher	Class	Roll No.	Phone No.	Email	Signature
1	Khushpreet Kaur	Student	B.A 2nd year	1212082002158	7056096118	khushpreetkaur2504@gmail.com	Khushpreet
2	Riya	student	BSc II (N.M)	120208015002	8307662017	sriniga350@	Riya
3	Ankita	Student	B.A 2nd year	1212082002156	7082279736	Ankita@gmail.com	Ankita
4	Anu	student	B.A 2nd year	1212082002143	8930078244	Anu871813@gmail.com	Anu
5	Roma	Student	B.A 2nd year	1212082002150	893003819	Anu871813@gmail.com	Roma
6	Prabhjot Kaur	Student	B.A 2nd year	1212082002040	9896015559	prabhjotandha2@gmail.com	Prabhjot
7	MEHAK	student	B.A 2nd year	1212082002157	9306952535	MEHAK26094@gmail.com	Mehak
8	Jaspreet Kaur	"	BSc II (N.M)	121208201502	8950304505	-	Jaspreet
9	Sonam	"	BSc II (N.M)	121208201501	8950304505	-	Sonam
10	Himanshi	"	BSc II (N.M)	121208201507	9996997701	-	Himanshi
11	Khushi	"	BSc II (N.M)	121208201506	7097823473	-	Khushi
12	navreet	"	BSc II (C.S)	1212083015005	8553435970	navreetami37@gmail.com	navreet
13	Sweeta	"	BS (IT) N.M	1212082015019	8607061650	-	Sweeta
14	Riya	"	BSc II N.M	1212082015001	8607061650	-	Riya
15	Twinkle	"	BSc II N.M	1212082015007	7082239607	-	Twinkle
16	Manpreet	"	BSc II NM	1212082015002	8607061650	-	Manpreet
17	Priya	"	BSc II NM	1212082015006	8950304505	-	Priya
18	Sukshi	"	BSc. IT (Med)	1212082015002	-	-	Sukshi
19	Naru	"	"	23	-	-	Naru
20	Nikita	M	"	18	-	-	Nikita

Total No. of Participants \_\_\_\_\_

Total No. of Attendees \_\_\_\_\_

Signature of Convener \_\_\_\_\_



S. No.	Name	Student/Teacher	Class	Roll No.	Phone No.	Email	Signature
21	Mehak	Student	Bsc (Med.) II	1212082030017	801 —	—	Mehak
22	Neha	4	4	—13	—	—	Neha
23	Sapna	4	4	—24	—	—	Nisha Sapna
24	Nisha	4	4	—29	—	—	Nisha
25	Muskan	4	4	—14	—	—	Muskan
26	Raj Rani	4	4	—26	—	—	Raj Rani
27	Sakshi	4	4	—06	—	—	Sakshi
28	Muskan	4	4	—07	—	—	Muskan
29	Mansraj Kaur	Student	B.A 2nd year	1212082002037	9350906176	antaresinghhaajpal21@gmail.com	Mansraj Kaur
30	Simran Kaur	4	B.A 2nd year	1212082002038	2015716653	simran2082@gmail.com	Simran Kaur
31	Raj Rani	4	Bsc (Med.) II	1212082030018	8667621909	raajje lohate3@gmail.com	Raj Rani
32	Muskan	4	BSc (Med.) II	1212082030007	—	—	Muskan
33	Sakshi	4	BSc (Med.) II	1212082030006	—	—	Sakshi
34	Payal	Student	BA II nd year	121208200132	9729508571	pr2700170@gmail.com	Payal
35	Vandana	Student	BA II nd year	1212082002179	8814910617	VP957306@gmail.com	Vandana
36	Neha	Student	BA II nd year	1212082002016	7082671557	neha.kitt12@gmail.com	Neha
37	Shelly	Student	B.A II nd year	1212082002033	8702119554	anujashelly93@gmail.com	Shelly
38	Asha	student	B-Sc (chem) 3rd	122082015011	7496872513	ashavikashtyap@gmail.com	Asha
39	Manspreet Kaur	Student	BA 2nd year	1212082002200	7015943171	Ranidivija74@gmail.com	Manspreet
40	Divya	Student	BA	1212082002191	9053402097	manspreetdhilen18816@gmail.com	Manspreet

Total No. of Participants \_\_\_\_\_

Total No. of Attendees \_\_\_\_\_

Signature of Convener \_\_\_\_\_



# ACTIVITY ATTENDANCE REGISTER

Date \_\_\_\_\_

ARYA KANYA MAHAVIDYALYA, SHAHABAD (M)

Session \_\_\_\_\_

Name of Activity \_\_\_\_\_

Name of Department / Cell / Committee \_\_\_\_\_

Name of Convener \_\_\_\_\_

S. No.	Name	Student/Teacher	Class	Roll No.	Phone No.	Email	Signature
41	Harpreet Kaur	Student	Bsc [C.Sc] - II	1212083015002	7404098514	harpreetlojia3456	Harpreet
42	Mehak	Student	Bsc [C.Sc] - II	001	9588556831	mehaksharma958	Mehak
43	Shabnam	"	B.A 1st year	122208202034	7027232198	khansamreen85686@gmail.com	Shabnam
44	Mahak	"	"	055	9817634377	chomondal74407@gmail.com	Mahak
45	Suman	"	B.A IIS	192	9729398263		Suman
46	Tisha	"	"	198	98124-36871	Tisha bajwa 98124.com	Tisha
47	Komal Rani	"	"	214	99926 18517	Jaswantkumar745050	Komal
48	Nifisha	"	B.Sc (B.Com) 1st year	1222083015003	9416236052	sumityaniz33@gmail.com	Nifisha
49	Priyanka	"	BA 1st year	150	7988518133	Priyanka Debra.8@gmail.com	Priyanka
50	Reeta	"	B.A 2nd year	152	8214006049	shikha.kumar@gmail.com	Reeta
51	Diya	Student	BA 2nd year	121208200100	8689097816	diyakashyap11@gmail.com	Diya
52	Mahak	Student	B.A 2nd year	1818082000185	9467315355	Sukhikashyap9467315355@gmail.com	Mahak
53	Neha	Student	BA 2nd year	1318082000024	9492792403	neharangar28@gmail.com	Neha
54	Anjali	Student	B.Com 2nd year	1212082003001	9729757696	Anjali Prachay@gmail.com	Anjali
55	Neha	Student	B.Com 2nd year	1212082003002	8708798618	Neha Prachay@gmail.com	Neha
56	Vaibhavi	Student	B.Com CAV. 1st year	1212083039010	8295640098	Vaibhavi Vashishth@gmail.com	Vaibhavi
57	Kiranpreet	Student	B.Com 2nd year	1212082003000	9992182356	Kulvinder Kaur 67568@gmail.com	Kiranpreet
58	Manpreet Kaur	Student	B.Com 2nd year	1222082003001	9817226997	958382988@gmail.com	Manpreet
59	Ankita Mittal	Student	B.Com 2nd year	130208203069	7206754524	Ankitamittal810@gmail.com	Ankita
60	Naveet	"	B.Sc II (C.Sc)	1212083015005			Naveet

Total No. of Participants \_\_\_\_\_

Total No. of Attendees \_\_\_\_\_

Signature \_\_\_\_\_



ARYA KANYA MAHAVIDYALYA, SHAHABAD (M)

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Session \_\_\_\_\_

Date \_\_\_\_\_

Name of Department / Cell / Committee \_\_\_\_\_

Name of Convener \_\_\_\_\_

Name of Activity \_\_\_\_\_

S. No.	Name	Student/Teacher	Class	Roll No.	Phone No.	Email	Signature
61	ARSHDEEP	Student	B.A II <sup>nd</sup> year	121208200196	79888-20283	arshcheema7866@gmail.com	Arshdeep
62	Ritika	student	B.A III <sup>rd</sup> year	120208002152	7206631885	ritika.sangwan01@gmail.com	Ritika
63	Preeti	student	B.A III year	120208007137	88307325036	preeti.prajapat66@gmail.com	Preeti
64	Simran Aurora	Student	B.A II <sup>nd</sup>	1212082002110	7497893669	simranami175655@gmail.com	Simran
65	Khushmeet Kaur	Student	B.A II <sup>nd</sup>	1212082002125	9588144237	khushkaur139@gmail	Khushmeet
66	Yashika	Student	B.Com Final Year	120208003081	8307645022	yashikayadika32@gmail	Yashika
67	Payal	Student	"	120208003044	9050681568	payalrollno44@gmail.com	Payal
68	Preeti	"	"	120208003045	9350072971	preetikabansal@gmail.com	Preeti
69	Himanshi	"	"	120208003013	8307988853	himanshi.senani12@gmail	Himanshi
70	Kanti	"	BA-II	1212082002147	9350614460	sami.kanti@gmail.com	Kanti
71	Salina	Student	B.A Ist	1222082002039	9996271931	Nazir.mukherjee9627@gmail	Salina
72	Sakshi	Student	B.A Ist	1222082002006	9588753801	vishal39@gmail	Sakshi
73	Khushbu	Student	B.A Ist	1222082002028	9034547377	k4912416@gmail	Khushbu
74	Simranjeet Kaur	Student	BA final yr	12020800149	7027410039	jeetkaur9265@gmail	Simranjeet
75	Diksha	Student	BA final yr	120208002115	8295614443	DikshaSaini7143@gmail	Diksha
76	Swati	Student	BA final yr	120208002083	9306339402	sq.3869321@gmail	Swati
77	Aarti	Student	BA final yr	1222082002101	8596098889	javuti.bangra@gmail	Aarti
78	Anjali	Student	BSc final	120208015009	9729450065	anjali.guptamanjalo32	Anjali
79	Nancy	Student	BA final	120208002027	9306327658	nancy.tenri@gmail	Nancy
80	Van Shika	Student	BSC Final (M)	120208015026	8295424630	Vanshika.grover76@gmail	Van Shika

Total No. of Participants \_\_\_\_\_

Total No. of Attendees \_\_\_\_\_

Signature of Convener \_\_\_\_\_



ARYA KANYA MAHAVIDYALYA, SHAHABAD (M)

Session \_\_\_\_\_

Name of Activity \_\_\_\_\_

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Name of Convener \_\_\_\_\_

S. No.	Name	Student/Teacher	Class	Roll No.	Phone No.	Email	Signature
81	Sakshi	Student	B.Sc (NM) Final	120208015005	9817481126	sakshikharad064@gmail	Sakshi
82	Alka Saini	Student	B.Sc (NM) Final	120208015010	9350345970	anitasaini66@gmail	Alka
83	Brita	Student	B.Sc (NM) Final	120208015028	925012672	brita00057@gmail	Brita
84	Niharika	Student	B.Sc (NM) I	1222082015006	9255564602	siyad409@gmail.com	Niharika
85	Riya Sharma	Student	B.Sc (NM) I	1222082015003	8607004323	Kavitasimranpreet0070@gmail	Riya
86	Simranpreet Kaur	Student	B.Sc - I (Comp)	1222083015001	9729913473	shreyachauhan1335@gmail	Simranpreet
87	Shreya Chauhan	Student	B.Sc - T (C.S)	1222083015009	9812976609	manjuaalane1@gmail.com	Shreya
87	Manju	Student	B.Sc - T (N.M)	1222082015014	9416431431	ektadarwe2006@gmail.com	Manju
88	Ektar	Student	B.Sc - I (N.M)	1222082015002	9671377785	preetini898@gmail.com	Ektar
89	Preetini Saini	Student	B.Sc - I (N.M)	1222082015008	9306861960	elctaroni9034@gmail.com	Preetini
90	Ektar Saini	Student	B.Sc - I (S)	1222083015002	9034570412	943617598@gmail.com	Ektar
100	Rajni	Student	B.Sc - I (C.S)	1222083015008	8168510268	tanudeepkaur211@gmail.com	Rajni
101	Tanudeep Kaur	Student	B.Sc (N.M) Ist	1222082015001	9813081182	hangraus/son@gmail.com	Tanudeep
102	Manku	Student	B.Sc (N.M) Ist	1222082015013	7988987740	akshaychoudhary71@gmail	Manku
103	AKSHOBSH	"	B.A 2nd year	1212082015126	79888-20283	Vipin Kumar 4635 at	AKSHOBSH
104	Keeta	"	"	182	8814006629		Keeta
105	Deepanshi Verma	"	B.Sc. 2 <sup>nd</sup> year	15			Deepanshi

Total No. of Participants \_\_\_\_\_

Total No. of Attendees \_\_\_\_\_

Signature of Convener \_\_\_\_\_

Hello Ma'am/Sir,

Today is our webinar and it will be live at 12:45 PM today and presentation will start at sharp 1:00 PM. So, please ask all your students to join on time.

Participants have to join using the link they have received in an email from zoom just after doing registration. When they will join using their own link, their attendance will be recorded automatically and we will send Certificates after the webinar according to the attendance.

So, please ask them to check the email in their inbox or spam folder. And if anyone of them still feel any problem then they can use the registration link to join. They have to just re-enter the details and they will get a "Join Now" button below in registration form when the webinar will be live.

Looking forward to organise it successfully with your cooperation.

Thanks



NSS Volunteers joined the Adopt a College webinar and pledged to go Vegan.

On 24th November, 2022, students from NSS units of ..... College of Kurukshetra University joined in the Adopt a College webinar organised by Vegan Outreach. More than 300 students attended the live event and learned about the impact of dietary choices on health, animals, and the environment.

NSS Coordinator Dr. Anand Tandon and Vegan Outreach representatives Abhishek Dubey and Nija Dhillon were present at the event. In the one-hour live session, Outreach Coordinator Abhishek Dubey explained the importance of a vegan diet and its health benefits. He also educated the students about the impact of meat and dairy on animals and the environment.

“We consume dairy and meat, assuming that it's healthy for us. But this session was an eye-opening experience for all of us. We are thankful to the Vegan Outreach team for enlightening us.”

— NSS PO

“We interact with hundreds of students regularly during outreach, and most of them want to switch to a vegan diet when they learn about the amount of animal cruelty involved in the process. Our 10 Weeks to Vegan is a guided challenge that provides everything students need to know to get started with a vegan diet. The 10 Weeks to Vegan emails include tips and resources to help students make the switch.”

— Abhishek Dubey, Outreach Coordinator at Vegan Outreach.



Hello Sir/Ma'am,

Below is the current number of registrations from your colleges. Kindly Re-share the registration link and the poster with all the NSS volunteers and students and ask them to register for the webinar. Kindly remind them that they will get to learn about impact of their diets on the planet and participation certificate if they register and participate in the webinar.

Arya Kanya Mahavidyalaya, Shahabad (M)	105
Arya P. G. College, Panipat	362
D.A.V. College Cheeka	15
Govt. College for Girls, Palwal, Kurukshetra	82
Govt. College Chammu Kalan, Kurukshetra	84
RKSD (PG) COLLEGE, KAITHAL	118
Smt Aruna Asaf Ali Govt P G College Kalka	140
Shri Kapil Muni Govt. College For Women Kalayat (Kaithal)	410