

## Webinar on “ Road Safety Awareness”

**Date:** 17<sup>th</sup> August 2021

**Duration:** 4:30 – 6:00 p.m.

**Link:** <https://us06web.zoom.us/j/89102678279?pwd=aWEvNmVhVllyRk9FWlJldUtCL0puUT09>

“NSS MAITREYI COLLEGE”, University of Delhi and “UNNAT BHARAT ABHIYAN” had organized an Online Webinar on ‘ Road Safety Awareness’ in collaboration with Honda Motorcycle and Scooter India Pvt.LTD. The session was conducted by Mr Jatin Kataria, who is a safety Instructor Trainer who has a prior training experience in Japan. The session was conducted in bilingual mode, so as to achieve the interaction mode of the audience.

The session was attended by more than 100 participants. In the initial minutes of the webinar, the topic was primarily focused on “ The importance of Road safety among Youth”. Which included one to one interaction. Following up the presentation major key points were covered which are as follows:-

- Essential Qualities required ( Driver & Rider)- responsibilities, Anticipation, Concentration, Patience and Expertise.
- Dress code, tricks to wear helmet and difference between ISI and Non-ISI helmet
- Correct Riding posture in two wheelers, Reaction time.
- 70-30 and 2 second rule
- BTFL

The webinar made its closure with summarizing all the major signs and symbols. Overall, it was fun interactive session with doubt session in the end, to make sure that the participants apply this knowledge in practical, prevent road accidents and aware people around themselves as well.

### CONVENORS

Dr. Smriti Singh : Associate Professor ( Department of English And NSS Member)

Dr. Mithila Bagai : NSS Convenor

Dr. Anamika Singh: UNNAT BHARAT ABHIYAN COORDINATOR

**ROAD SAFETY AWARENESS WEBINAR**

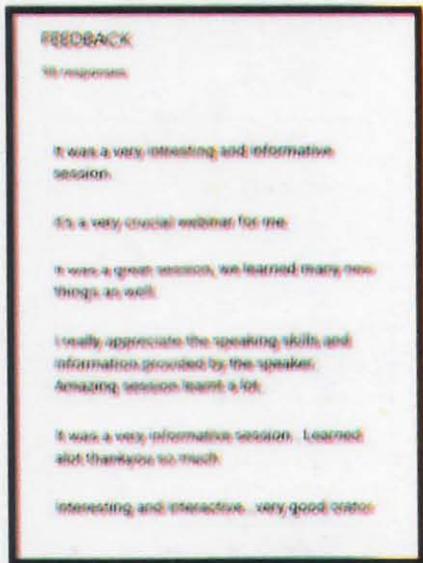
ON  
17 AUGUST 2021  
4:30 PM ONWARDS  
IN ASSOCIATION WITH  
NSS MAITREYI & UNNAT BHARAT ABHIYAN  
BY  
HONDA MOTORCYCLE & SCOOTER INDIA PVT LIMITED

CONVENORS:  
DR. SMRITI SINGH: ASSOCIATE PROFESSOR, DEPARTMENT OF ENGLISH AND NSS MEMBER  
DR. MITHILA BAGAI: NSS CONVENOR  
DR. ANAMIKA SINGH: UNNAT BHARAT ABHIYAN COORDINATOR

CHIEF PATRON:  
PROF. HARTIMA CHOPRA  
PRINCIPAL, MAITREYI COLLEGE



Feedback link: <https://forms.gle/zvAMXGy5FTnJPPIM7>



Ananika Singh  
Dr. Ananika Singh -  
Dept of Botany.  
Coordinator UBA



Press Release



Feedback link: <https://forms.gle/9Wh78JfXtubukWL9> ( 181 responses)

Ananika Sijl  
Dr. Ananika Sijl (Coordinator UBA)

# **Webinar on Long Covid: Vaccination and Future**

**Date:** 22<sup>nd</sup> August 2021

**Duration:** 2:00 – 4.30p.m

**Link:** <https://us06web.zoom.us/j/89354827714?pwd=Mlk5aXQrL05nb014c0hBM3JsSVh1QT09>

“NSS MAITREYI COLLEGE”, University of Delhi in collaboration with “UNNAT BHARAT ABHIYAN” and “FRAGRANT FLOWERS GROUP OF DISABLED WOMEN” had organized a webinar on ‘Long Covid: Vaccination and Future’. The session was conducted by Dr. Mathew Varghese who is an expert speaker about covid and renowned Orthopaedic Surgeon. The session was conducted in bilingual mode.

The webinar was enlightened with the wonderful words by the Principal, Prof. Haritma Chopra stating that on this auspicious occasion of Raksha bandh, symbol of love and protection is not limited within siblings but every front-line worker who worked for us during this pandemic.

Dr. Mithila Bagai welcomed the audience and the speaker. Dr Anamika Singh and Pushpa Pandey addressed “UNNAT BHARAT ABHIYAN” and “FRAGRANT FLOWERS GROUP OF DISABLED WOMEN” respectively.

The webinar was attended by more than 150 participants which was all across the country including the disabled people. In the initial minutes of the webinar the topic was primarily focused on WHO statistics, for a better understanding of the situation. Following up major key aspects which were covered are as follows:

- WHO statistics displays USA, India and Brazil in Top 3 countries with maximum reported cases, with no mention of China in the list contradicting the fact, it's the place of origin.
- Statistics of different countries on testing and deaths, MAX- USA, MIN- Bangladesh, India – second position.
- Representation of different Graphs, indicating different variants of the virus.
- Mistrust among the general public due to constant changing of the information about the virus.
- SARS-COV-2 Transmission, Pre-symptomatic patients' higher risk of transmitting the virus.
- The Science of Virus is in a constant process of change.
- AIIMS-ICMR Protocol, constant evolution since the starting of the pandemic.
- Selected COVID-19 Vaccines, within one year of identification of virus. With different platform(source), there are various types of vaccines.
- India vaccine status: Covishield (Oxford Astra Zenca) and Covaxine (Killed Virus Vaccine) Sputnik V ( similar to the Oxford-AsrtaZenca and Johnson &Johnson)
- Pregnancy and Vaccines
- Delta Variant, Transmission rate greater and mutations and variants will continue and new variants will keep on appearing.
- Virus will reach a stage where its host will be resistant , that will be the stop level of the virus.
- The complexity of natural processes encourages us to remain open-minded about improbable events.
- Case study of Kerala.
- No solid evidence that 3<sup>rd</sup> wave will impact the children.
- The severity of 3<sup>rd</sup> wave will be less, in the form of minute waves.

- Across the world, 770 million children still weren't going to school full time by the end of June 2021 and more than 150 million kids in 19 countries had no access to in-person schooling.
- Long covid: Definition- Lasting of symptoms beyond more than 4 weeks after the covid infection, it's various symptoms and implications.
- Mental health issues like depression, anxiety due to the virus.
- Learning opportunities from the pandemic in various fields.
- Constant wearing of masks, Hand sanitizing and proper Physical distancing has to be maintained in continuation.
- Until now at least 60% population is immunized or achieved herd immunity and emerging variants are shown to be controlled by nature of vaccine induced immunity.

The webinar made its closure with question session, where myths and doubts were put to rest which included one to one interaction, and wonderful vote of thanks by Dr Smriti Singh which made the audience assured of their health and security in the pandemic cause of the informative session. Also acknowledging every member involved in organizing this, which made this webinar a successful one.

**Coordinator:** Prof. Haritima Chopra, Principal Maitreyi College

**Convenors:**

Dr. Smriti Singh, Associate Professor

Dr. Anamika Singh, UNNAT BHARAT ABHIYAN COORDINATOR

Dr. Mithila Bagai, NSS Convenor

**WEBINAR ON  
LONG COVID: VACCINATION AND FUTURE**

**WILL THERE BE A 3RD WAVE? ARE WE SAFE?**

on  
22nd August 2021  
2 pm onwards

In Association With  
NSS Maitreyi and Unnat Bharat Abhiyan  
Fragrant Flowers Group of Disabled Women

**Speaker:** Dr. Mathew Varghese  
(Renowned Orthopadic Surgeon and expert speaker about Covid)

**Chief Patron:** Mr. Santosh Kumar Taneja  
Chairperson, Maitreyi College

**Coordinator:** Prof. Haritima Chopra, Principal Maitreyi College

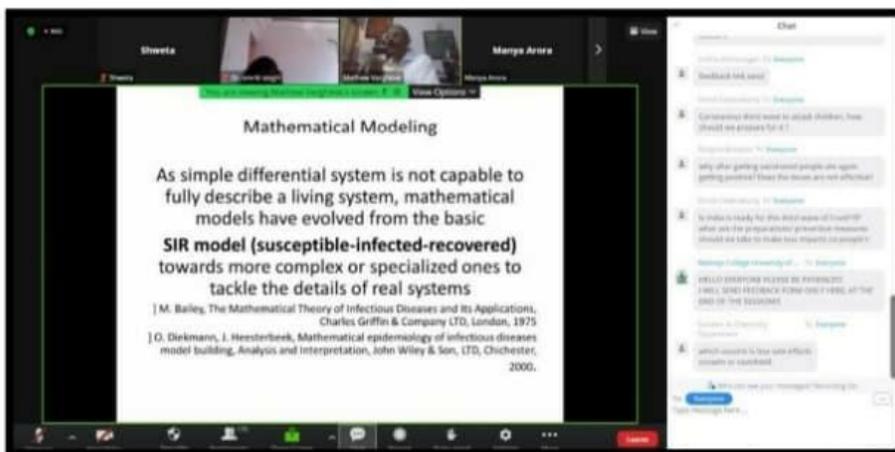
**Convenors:**

- Dr. Smriti Singh, Associate Professor, Department Of English and NSS Member
- Dr. Anamika Singh, Unnat Bharat Abhiyan Coordinator
- Dr. Mithila Bagai, NSS Convenor

**Organising Committee:**

- Dr. Jyoti Singh, Department Of Zoology
- Dr. Savita Pathak, Department Of English
- Khushboo Soni, Department Of English
- Nupur Chawla, Department Of English
- Dr. Geeta Pandey, Department Of Hindi
- Dr. Rawan Sharma, Department Of Mathematics
- Pawan Hansana, Department Of Sociology
- Shubham Singh, Senior Assistant Professor, Department Of History
- Silvi Bakkla, PGT Teacher Music, Demonstration and Multi purpose school, Under the HRE, Regional Education, Orissa
- Dr. Mohanji Yadav, Assistant Professor, Department Of Hindi
- Pushpa Pandey, working with GAIL

Whatsapp Group Links (Kindly DO NOT Join More Than One Group)  
Group 1: <https://chat.whatsapp.com/KGufaj9BTZMVeap9iaGK>  
Group 2: <https://chat.whatsapp.com/BxxxR6bZT0n3R23ka87M8>





**Press Release**



Feedback link: <https://forms.gle/9Wh7BJFxtubukWL9> ( 181 responses)



National webinar  
long COVID VACCINE

Number of Maitreyi College Students Participated: 150

# Swacchata Pakhwada

## Day 1 : Swacchata Pledge

**Date:** 1<sup>st</sup> September 2021

**Time:** 5.00-5.30 p.m.

**Venue:** <http://meet.google.com/kpb-nvbo-ict>

“NSS MAITREYI COLLEGE”, University of Delhi in collaboration with UNNAT BHARAT ABHIYAN had organized “Swacchata Pledge” under the event Swacchata Pakhwada. The pledge was recited by all the Office Bearers and volunteers of NSS.

It was the day 1 of 15 days programme of Swacchata Pakhwada. More than 45 members had enthusiastically participated in it.

Overall, the two-week long programme had a great start.

**Chief Patron:** Dr. Haritma Chopra, Principal of Maitreyi College

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator:** Dr. Anamika Singh

**NATIONAL SERVICE SCHEME**  
**MAITREYI COLLEGE**  
(UNIVERSITY OF DELHI)  
in collaboration with  
**UNNAT BHARAT ABHIYAN**  
(MINISTRY OF EDUCATION, GOVERNMENT OF INDIA)

Organises  
**Swacchata Pledge**  
Under the Event  
**Swacchata Pakhwada**

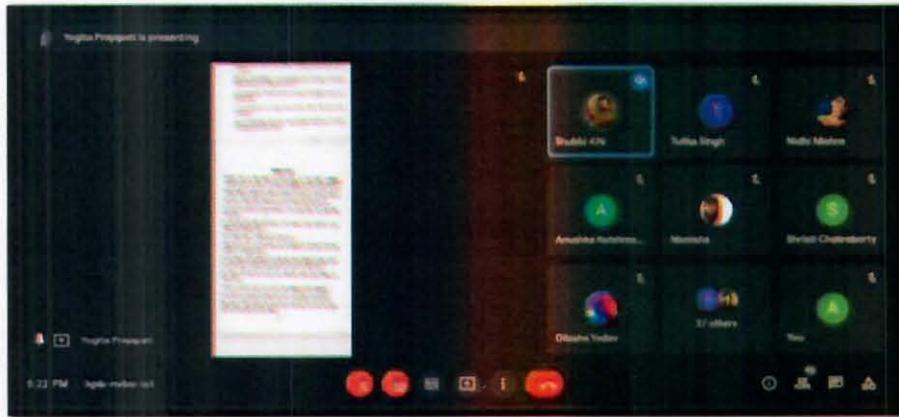
1st september 2021      05:00 pm      G-Meet

Dr. Smriti Singh  
Dr. Mithila Bagai  
(NSS Convenors)

Dr. Haritma Chopra  
Principal, Maitreyi College  
(Chief Patron)

Dr. Anamika Singh  
(Unnat Bharat Abhiyan, Coordinator)

Contact Details:  
Yogita Prajapati : 8307579282      Tulika Singh : 8567043747      Chehak Sharma : 9315716321



Anarika Syj  
Dr. Anarika Syj  
Coordinator UBA

# Swacchata Pakhwada

## Day 2: Plantation Drive

**Date:** 3<sup>rd</sup> September 2021

NSS Maitreyi, in collaboration with UNNAT BHARAT ABHIYAN had organised "Plantation Drive" as a follow up event in "SWACCHATA PAKHWADA". Participants were urged to plant CO<sub>2</sub> absorbing plants like Neem and Peepal or any Indoor Oxygen Plants and click photos with the saplings.

Students of Maitreyi College, from various courses participated in it and made this event a major success.

**Chief Patron:** Prof. Haritma Chopra ( Principal, Maitreyi College)

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator**

Dr. Anamika Singh



**NATIONAL SERVICE SCHEME**  
**MAITREYI COLLEGE**  
**(UNIVERSITY OF DELHI)**

In collaboration with  
**UNNAT BHARAT ABHIYAN**  
(Ministry of Education, Government of India)

Ministry of Education  
Government of India

**Organises**

**PLANTATION DRIVE**  
3rd September 2021

Planting of CO<sub>2</sub> absorbing plants (neem/peepal)/indoor oxygen plants at home.  
PICTURES TO BE SHARED BY THE VOLUNTEERS PARTICIPATING (2-3 Pictures)

LAST DATE TO SUBMIT : 15TH SEPTEMBER 2021  
SEND YOUR ENTRIES ON THE MAIL ID:  
@obnssmaitreyi@gmail.com

Dr. Smriti Singh Dr. Mithali Bagai (NSS Convenors)	Dr. Haritma Chopra Principal, Maitreyi College (Chief Patron)	Dr. Anamika Singh (Unnat Bharat Abhiyan Coordinator)
Yogita Prajapati : 8307579282	Tulika Singh : 8587043747	Chehak Sharma: 9315716321



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# Swacchata Pakhwada

## Day 3: Cleanliness Drive

**Date:** 5<sup>th</sup> September

NSS Maitreyi College, in collaboration with UNNAT BHARAT ABHIYAN had organized Cleanliness Drive, as a part of "SWACCHATA PAKHWADA". Participants were encouraged to clean their surrounding areas, keeping in mind the safety protocols of Covid.

Students, participated with full zeal and enthusiasm, making this awareness drive a successful one.

**Chief Patron:** Prof. Haritma Chopra ( Principal, Maitreyi College)

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator**

Dr. Anamika Singh

**NATIONAL SERVICE SCHEME  
MAITREYI COLLEGE  
(UNIVERSITY OF DELHI)**

**IN COLLABORATION WITH  
UNNAT BHARAT ABHIYAN  
(MINISTRY OF EDUCATION, GOVERNMENT OF INDIA)  
ORGANISES  
CLEANLINESS DRIVE  
5TH SEPTEMBER 2021**

*Cleaning 100 metres around you. Pictures to be shared by the participants while cleaning.(2-3 pictures)*

*Last date to submit: 15th September 2021*

*Send your entries on the mail id-  
obnssmaitreyi@gmail.com*

**DR. SMRITI SINGH  
DR. MITHILA BAGAI  
NSS Convenors**

**PROF. HARITMA CHOPRA  
PRINCIPAL, MAITREYI  
COLLEGE  
Chief Patron**

**DR. ANAMIKA SINGH  
Unnat Bharat Abhiyan  
Coordinator**

**Contact Details:  
Yogita Prajapati : 8307579282 Tulika Singh : 8587043747 Chehak Sharma : 9315716321**



# Swacchata Pakhwada

## Day 4: Creative Writing Competition

**Date:** 7<sup>th</sup> September 2021

NSS Maitreyi College, in collaboration with UNNAT BHARAT ABHIYAN had organized a 'Creative writing and Drawing competition', as a part of "SWACCHATA PAKHWADA". Participants were encouraged to write their hearts out.

Mesmerizing essays and poems, along with incredibly informative posters filled the competition with the spirit of creativity. Together all the participants made it a day to be remembered.

**Chief Patron:** Prof. Haritma Chopra (Principal, Maitreyi College)

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator**

Dr. Anamika Singh

**NATIONAL SERVICE SCHEME**  
MAITREYI COLLEGE  
(UNIVERSITY OF DELHI)

Ministry of Education  
Government of India

In collaboration with  
**UNNAT BHARAT ABHIYAN**  
(Ministry Of Education, Government Of India)  
ORGANISES  
**CREATIVE WRITING COMPETITION**  
7th September 2021

Write a Essay/ Poster/ Poem/ Slogan  
Topic: Importance of Cleanliness  
Can be written in Hindi or English. Word limit should not exceed  
500 words in essay. Share it in PDF format.

Last date to submit: 15th September 2021  
Send your entries on the mail id [obnssmaitreyi@gmail.com](mailto:obnssmaitreyi@gmail.com)

Dr. Smriti Singh	Prof. Haritma Chopra	Dr. Anamika Singh
Dr. Mithila Bagai	Principal, Maitreyi College	(Unnat Bharat Abhiyan
(NSS Convenors)	(Cheif Patron)	Coordinator)

Contact Details:  
Yogita Prajapati : 8307579282 Tulika Singh : 8587043747 Chehak Sharma : 9315716321

Brings positivity

It prevents dangerous diseases from spreading

## WHY CLEANLINESS?

Clean physical & mental health

Improved productivity & thinking ability

2/3



### THE IMPORTANCE OF CLEANLINESS

It is not the one that runs away from dirt but one who takes the time to fix up a dirty environment!

The significance and vitality of cleanliness can be assessed through the message by "Cleanliness is next to Godliness". This proverb is not just for us but is supposed to write in primary school but goes a long way to establish cleanliness in our lives. People might have observed that even a dog chases its tail before eating.

It is not just a phenomenon that can be confined to the clearing of the floor with a broom every morning, rather it goes beyond that to ensure a clean and a clean atmosphere where there is no space for mosquitoes, bacteria and germs. Cleanliness has now expanded to include the way society judges and rewards proper hygiene and cleanliness is not only essential for our health but also has an impact on the young children who learn from the actions of adults.

And down the pages of Google anymore and pass time by sitting idle, this is a big opportunity to help people realize the significance and the power that a nation of cleanliness holds!

So and order are not matters of instinct; these matters of education, and it is, you must cultivate a taste for them!"

- Benjamin D.

Poem

Come and wake up people  
 Let's start a new ritual  
 We'll keep our motherland  
 Spot white in the lap of whom

Not mine, not yours  
 We'll together keep it clean  
 Not see the litter at our feet  
 And get the garbage free  
 We'll be such string of clean

Wa  
 B.Sc -  
 wa

### IMPORTANCE OF CLEANLINESS

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So and order are not matters of instinct; these matters of education, and it is, you must cultivate a taste for them!"



# Swacchata Pakhwada

## Day 5: Waste and Food Management Activity

**Date:** 10<sup>th</sup> September 2021

NSS Maitreyi, in collaboration with UNNAT BHARAT ABHIYAN, had organized 'Waste and Food Management Activity', as a part of "SWACCHATA PAKHWADA". The participants were urged to use extra/left over waste to make something creative out of it, also they could have distribution drive of food among poor.

Participants, made this event a successful one and contributed to it with full zeal and excitement.

**Chief Patron:** Prof. Haritma Chopra (Principal, Maitreyi College)

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator**

Dr. Anamika Singh

**NATIONAL SERVICE SCHEME  
MAITREYI COLLEGE**  
(University of Delhi)  
In collaboration with  
**UNNAT BHARAT ABHIYAN**  
(Ministry of Education, Government of India)

**ORGANISES**  
**WASTE AND FOOD MANAGEMENT ACTIVITY**  
10th September 2021

The participants have to use extra/left over waste to make something useful out of it. Or distribute extra food to the poor.  
Pictures to be shared by the participants (2-3 pictures)

**Last date to submit: 15th September 2021**  
**Send your entries on the mail id: obnssmaitreyi@gmail.com**

Dr. Smriti Singh  
Dr. Mithila Bagai  
(NSS Convenors)

Prof. Haritma Chopra  
Principal, Maitreyi College  
(Chief Patron)

Dr. Anamika Singh  
(Unnat Bharat Abhiyan Coordinator)

Contact Details:  
Yogita Prajapati : 8307579282 TulikaSingh: 8587043747 Chehak Sharma : 9315716321



# Swacchata Pakhwada

## Day 6: Encouraging Sustainability

**Date:** 12<sup>th</sup> September 2021

NSS Maitreyi, in collaboration with UNNAT BHARAT ABHIYAN, had organized 'Encouraging Sustainability'. Participants were urged to think of innovative ways for the use of sustainable products, and share their ideas by sending out pictures.

Participants contributed to this event with full zeal and enlightenment.

**Chief Patron:** Prof. Haritma Chopra (Principal, Maitreyi College)

**NSS Convenors**

Dr. Smriti Singh

Dr. Mithila Bagai

**Coordinator**

Dr. Anamika Singh

**NATIONAL SERVICE SCHEME**  
**MAITREYI COLLEGE**  
(University of Delhi)

in collaboration with  
**UNNAT BHARAT ABHIYAN**  
(Ministry of Human Resource Development, Government of India)

Ministry of Human Resource  
Development  
Government of India

Organises event on  
**ENCOURAGING SUSTAINABILITY**  
12th September 2021

Participants have to share 2-3 pictures of them encouraging the use of sustainable products.  
For example: encouraging the use of jute bags instead of plastic bags.

**Last date to submit: 15th September 2021**  
**Send your entries on the mail id [obnssmaitreyi@gmail.com](mailto:obnssmaitreyi@gmail.com)**

Dr. Smriti Singh Dr. Mithila Bagai (NSS Convenors)	Prof. Haritma Chopra Principal, Maitreyi College (Chief Patron)	Dr. Anamika Singh (Unnat Bharat Abhiyan Coordinator)
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Contact Details:  
Yogita Prajapati : 8307579282    Chehak Sharma : 9315716321  
Tulika Singh : 8587043747

More than 8 million tonnes of plastic bottles end up in the sea every year. Not only are these bad for the environment, but these are also bad for your health. There are no BPA's or phthalates in stainless steel bottles, unlike plastic bottles. Besides safety, steel bottles are also known for their durability and longevity. A steel bottle can last up to 12 years. Quit buying single use plastic bottles, carry your own stainless steel bottle with you : save your money, health and save the environment.





## छात्राओं ने स्वच्छता के प्रति किया जागरूक

Updated 11 hours, 47 minutes ago

**नई दिल्ली/टीम डिजिटल।** दिल्ली विश्वविद्यालय (डीयू) से सम्बद्ध मैट्रोयी कालेज की राष्ट्रीय सेवा योजना यूनिट ने उन्नत भारत अभियान के साथ एक से 15 सितम्बर तक स्वच्छता पखवाड़ा मनाया। बुधवार को कार्यक्रम का समापन समारोह मनाया गया। इन पन्द्रह दिनों में छात्राओं ने पोधारोपण, स्वच्छता अभियान, कूड़ा करकट निस्तारण, वेस्ट फूट मैनेजमेंट को मुख्य रूप से केन्द्र में रखा। कार्यक्रम के अंत में छात्राओं ने विभिन्न पोस्टर, कवितायें और स्लोगन सांझा किया।

एबीवीपी ने स्मृति ईरानी को छात्राओं व महिलाओं की समस्याओं से अवगत कराया

### 200 छात्राएं हुई शामिल

इस कार्यक्रम के तहत कुल 200 छात्राओं जो कि राजस्थान, हरियाणा, उत्तराखंड, आसाम, मध्य प्रदेश, उत्तर प्रदेश और दिल्ली से जुड़ी थीं उन्होंने स्थानीय जगहों पर ही कार्यक्रम की रूपरेखा को लागू किया। अपने दिन भर के कार्यक्रम के बाद वो आनलाइन प्रतियोगिताओं में शामिल होती रही और उसे बहुत ही रचनात्मक तरीके से सबके साथ सांझा करती रही। कार्यक्रम के समापन पर मैट्रोयी कालेज की प्राचार्या डा हरितमा चौपड़ा ने सभी को शुभकामनायें दी और कहा कि छात्राओं का यह अनुका रचनात्मक योगदान है जिसमें वो खुद समाज की समस्या सुलझाने में सहयोग करती है। कार्यक्रम की समन्वयक डा. मिथिला बगई व डा. स्मृति सिंह ने छात्राओं को पर्यावरण और सामाजिक मुद्दों से जुड़ने के लिए प्रेरित किया। उन्नत भारत की तरफ से डा. अनामिका ने प्रामाण्य समाज से छात्राओं का जुड़ना सराहनीय बताया।

Anamika  
Coordinator CBA

## **Stand up Against Sexual Harassment**

**Date of the Event:** 16<sup>th</sup> September 2021

**Number of participants:** 140

NSS and Abhivyakti, The Theatre Society of Maitreyi College, in collaboration with UNNAT BHARAT ABHIYAN and Breakthrough had organized an online workshop on 'Stand up Against Sexual Harassment', on 16<sup>th</sup> September. The speaker was Shilpy Singh, who had a profound knowledge on women safety.

This workshop was attended by more than 130 participants. It was a fun interactive session, where major key points regarding women safety in today's time were discussed. Various selfdefence techniques were also explained with the help of illustrations. The main key highlight of this workshop was the Methodologies of Bystander intervention, reasons why the general public was often feared to come forward and its implications. Solutions to various problems were properly discussed with the help of problem-solving questions.

Overall, it was quite an informative session, ended with doubt session and brainstorming ideas and ways to tackle with crimes in future.

(Signature)

Dr. Mithila Bagai

NSS Convenor



NATIONAL SERVICE SCHEME  
MAITREYI COLLEGE



And

अभिव्यक्ति

The Theatre Society of Maitreyi College

In collaboration with

UNNAT BHARAT ABHIYAN

(Ministry of Human Resource Development, Government of India)

And

Breakthrough



Brings you a Workshop on:  
STAND UP AGAINST SEXUAL HARRASMENT

Date : 16th September 2021 Time : 5:30 pm Venue : Zoom

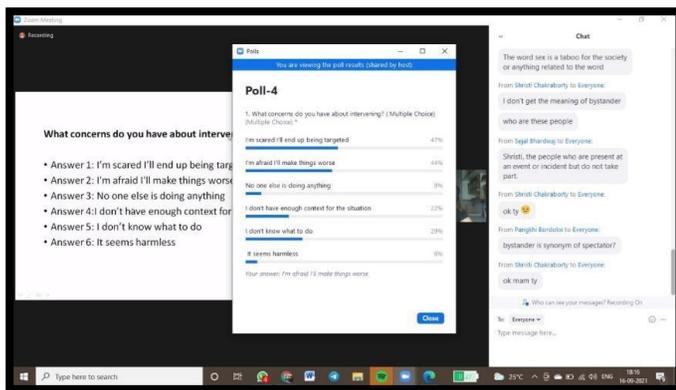
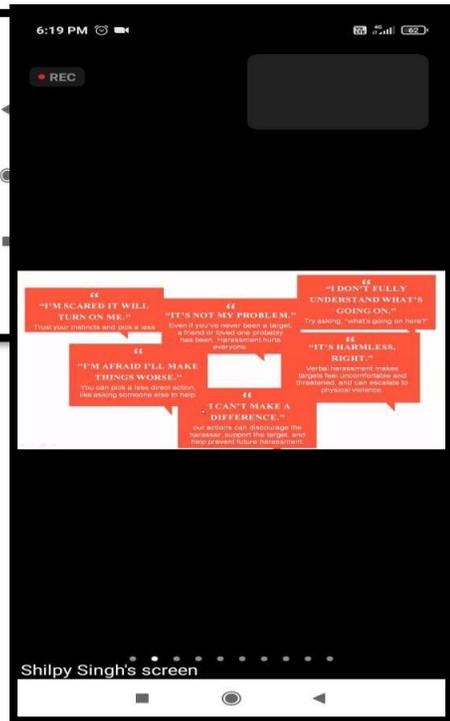
E-Certificates will be provided to all participants.

Dr. Sushil Kumari  
Dr. Mamta Dhawan  
Abhivyakti Convenors

Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS Convenors

Prof. Harikma Chopra  
Principal, Maitreyi College  
Chief Patron

Dr. Anamika Singh  
Unnat Bharat Abhiyan  
Coordinator



Number of Maitreyi College Students Attended: 133

UMANG'21

## The Annual Diwali Mela Day- 3

Date: 26<sup>th</sup> October'21

NSS Maitreyi College, in collaboration with UNNAT Bharat Abhiyan had organized an “Awareness Program” under the event Umang, Diwali Mela. Volunteers, team members of NSS, along with faculty members had travelled to Mangroli district, and conducted various activities among the students of Government school.

An interactive session was held to spread the awareness about the environment and the harmful effects of burning firecrackers. Wall painting on “Stop the firecrackers” was also implemented to spread the message on a wider spectrum. Overall, it was successful campaign conducted with an aim to spread the awareness among younger minds.

Smriti Singh

Convenor (NSS Maitreyi College)

**Unnat Bharat Abhiyan**  
(Ministry of Human Resource Development,  
Government of India)  
In collaboration with  
**National Service Scheme**  
**Maitreyi College**  
(NACC Accredited 'A' Grade)  
UNIVERSITY OF DELHI  
Organises  
**AWARENESS CAMPAIGN**  
Under the event  
**UMANG'21**  
The Annual Diwali Mela  
Session 2021-22  
Activities being conducted:  
1) Campaign to raise awareness about the environment.  
2) Raise awareness about the harm brought by burning firecrackers.  
3) Wall painting.

Date : 26th October 2021    Venue : Mangroli  
E-Certificates will be provided to all participants.

Dr. Smriti Singh Dr. Mithila Bagai NSS Convenors	Prof. Haritma Chopra Chief Patron Principal, Maitreyi College	Dr. Anamika Singh Unnat Bharat Abhiyan Coordinator
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For queries contact:  
Yogita Prajapati: 8307579282    Tulika Singh: 8587043747    Chehak Sharma: 9315716321



Mangroli, Uttar Pradesh, India  
 4H7Q+QP6, Mangroli, Uttar Pradesh 203135, India  
 Lat 28.114747°  
 Long 77.589621°  
 26/10/21 11:26 AM



Mangroli, Uttar Pradesh, India  
 4H7Q+QP6, Mangroli, Uttar Pradesh 203135, India  
 Lat 28.11471°  
 Long 77.58954°  
 26/10/21 12:17 PM



Mangroli, Uttar Pradesh, India  
 4H7Q+QP6, Mangroli, Uttar Pradesh 203135, India  
 Lat 28.114766°  
 Long 77.589485°  
 26/10/21 12:19 PM

### NSS Maitreyi College organise ' Awareness Program'

Staff Reporter  
 Mangroli:  
 NSS Maitreyi College, Delhi University in collaboration with UNNAT Bharat Abhiyan had organized an "Awareness Program" under the event Umang, Diwali Mela.

The members of NSS team and faculty members had travelled to Mangroli district, and conducted various activities among the students of Government school.

An interactive session was held to spread the awareness about the environment and the harmful effects of burning firecrackers.

Wall painting on "Stop the firecrackers" was also implemented to spread the message on a wider spectrum.

Overall, it was successful campaign conducted with an aim to spread the awareness among younger minds.



6:52 AM

Google के दिखाए जा रहे विज्ञापन

यह विज्ञापन देखना बंद करें यह विज्ञापन क्यों? ⓘ



Mangroli, Uttar Pradesh, India  
 4H7Q+QP6, Mangroli, Uttar Pradesh 203135, I  
 Lat 28.11472°  
 Long 77.589586°

## पटाखों को जलाने के हानिकारक प्रभावों के बारे में जागरूक किया

🕒 Updated 10 hours, 28 minutes ago

**नई दिल्ली/टीम डिजिटल।** दिल्ली विश्वविद्यालय से सम्बद्ध मैत्रेयी कालेज एनएसएस ने उन्नत भारत अभियान के सहयोग से उमंग दिवाली मेला के तहत एक जागरूकता कार्यक्रम का आयोजन किया। एनएसएस टीम के सदस्यों और संकाय सदस्यों ने मंगलोरी जिले की यात्रा की और सरकार स्कूल के छात्रों के बीच विभिन्न गतिविधियों का संचालन किया। पर्यावरण और पटाखों को जलाने के हानिकारक प्रभावों के बारे में जागरूकता फैलाने के लिए 'पटाखा जलाने के हानिकारक प्रभावों के बारे में जागरूक किया' का विज्ञापन दिखाया गया है।

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Stop seeing this ad Why this ad? ⓘ

# National Webinar on Menstrual Hygiene

Date: 2<sup>nd</sup> November 2021

Number of Participants: 233

NSS Maitreyi College, Delhi University in collaboration with Unnat Bharat Abhiyan, along with Women Development cell and Student Union had organized a National Webinar on Menstrual Hygiene. Dr. Naima Choudhary, Gynaecologist at St. Stephen, Hospital, Delhi was invited as the prominent speaker for the event.

The main criteria for the webinar were to spread the knowledge about menstrual hygiene and its importance. Various methods for the protection from infectious diseases during menstruation were discussed. Proper usage and disposal of sanitary pads and menstrual cups were explained. Various myths which had been prevailing in our society were put out, and real facts and figures were informed.

Overall, it was a very informative and interactive session as students had come forward and discussed their doubts and put forward informative information as well.

Smriti Singh

Convenor (NSS Maitreyi College)

**National Service Scheme  
Maitreyi College**  
( NACC Accredited 'A' Grade )  
University of Delhi  
In collaboration with  
**Unnat Bharat Abhiyan**  
(Ministry of Human Resource Development, Government of India)

and  
**Women Development Cell**  
and  
**Student Union**  
Organises webinar on

**Menstrual Hygiene**  
Speaker: Dr. Naima Choudhary  
(Gynecologist at St. Stephens Hospital, Delhi)

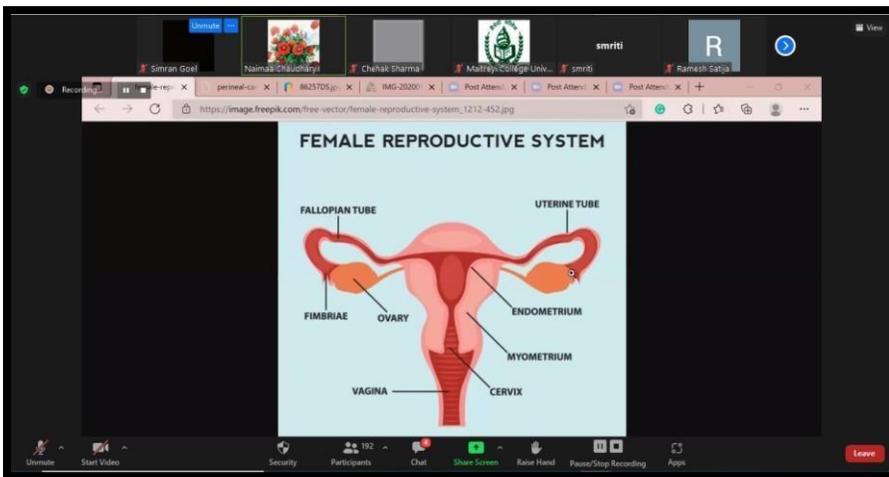
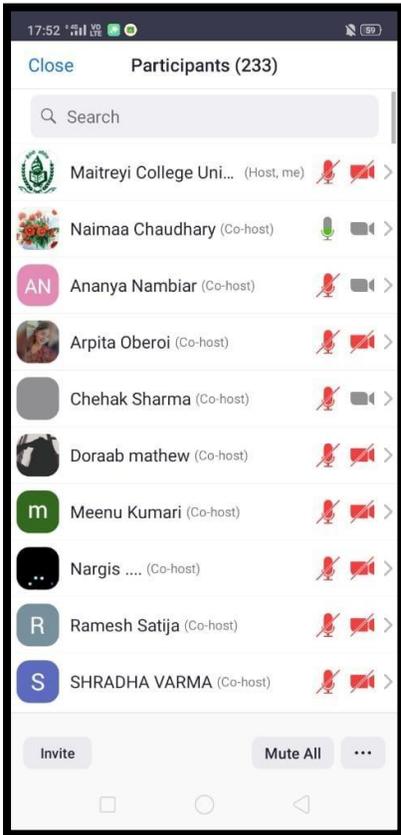
Light a lamp for our good health!

2nd November 2021 5pm Zoom

Dr. Smriti Singh Dr. Mithila Bagai NSS Convenors	Prof. Haritma Chopra Chief Patron Principal, Maitreyi College	Dr. Anamika Singh Unnat Bharat Abhiyan Coordinator
Prof Ramesh Kumari Women Development Cell Convenor	Dr. N.Shradhha Varma Dr. Pushpa Gupta Dr. Meenu Women Development Cell Committee Members	Dr. Ritu Gaba Dr. Rajni Johar Dr. Ankita Chaudhary Student Union Convenors

Registration Link: <https://forms.gle/y38kjXv6RGobUbdP9> Whatsapp Group Link: <https://chat.whatsapp.com/HUu8Jaei2yD1SxUyVNZ2px>

For queries contact:  
Yogita Prajapati: 8307579282 Tulika Singh: 8587043747 Chehak Sharma: 9315716321



Number of Maitreyi College Students attended: 233

<https://docs.google.com/spreadsheets/d/1hGro9jorOULUWelqkMIgbMA3gZz-YXSmu1GyfS2cYpE/edit?usp=sharing>

## विवरणिका

मैत्रेयी महाविद्यालय द्वारा उन्नत भारत अभियान(UBA भारत सरकार) के अंतर्गत

योग- शिविर का आयोजन

दिनांक-21/06/2021

समय- 06:00 प्रातः

प्रतिभागियों की संख्या-45



### MAITREYI COLLEGE,

(Accredited with Grade 'A' by NAAC, Star College by DBT, NIRF Ranking 35)

### UNIVERSITY OF DELHI

under the aegis of

### UNNAT BHARAT ABHIYAN

(Ministry of Education, Government of India)



*Is Celebrating  
International Yoga  
Day*



#### Guest of Honour

**Shri Santosh Kumar Taneja**

(Chairperson Governing Body, Maitreyi College)

**Date: 21st June,2021**

**Time: 6:30 a.m to 7:00 a.m**

Maitreyi College, University of Delhi is organizing expert yoga session by **Ms.Sushmita Singh** on the occasion of International Yoga Day within following adopted villages.

**1.Melwa Gopalgarh 2.Bhabhokara. 3.Maangraoli 4.Thora 5.Jewar bagar**

**Dr. Haritma Chopra**  
Chair and Patron

Dr. Anamika Singh  
Convener

Team UBA  
Organizer

अंतरराष्ट्रीय योग दिवस के अवसर पर **मैत्रेयी महाविद्यालय** द्वारा उन्नत भारत अभियान( शिक्षा मंत्रालय, भारत सरकार) के संयुक्त तत्वावधान में जूम पर ऑनलाईन योग शिविर का आयोजन किया गया। भारत सरकार के शिक्षा मंत्रालय द्वारा प्रारंभ उन्नत भारत अभियान के तहत **मैत्रेयी महाविद्यालय** ने गौतम बुद्ध नगर के अंतर्गत आने वाले 5 गांव- मेलवा गोपालगढ़, भभोकरा, मंगरौली, थोरा और जेवर बांगर गोद लिए हुए हैं। **21 जून, 2021** को अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में महाविद्यालय ने ग्रामवासियों को स्वास्थ्य लाभ हेतु योग के महत्व से परिचित कराने के लिए प्रातः **6.30** बजे योग शिविर का आयोजन किया गया।

योग शिविर का प्रारंभ कार्यक्रम संयोजिका अनामिका सिंह के स्वागत कथन से हुआ। **मैत्रेयी महाविद्यालय** की प्राचार्या डॉक्टर हरिमा चोपड़ा ने अपने संबोधन में कहा कि योग विश्व को भारत का उपहार है और स्वस्थ जीवन का आधार है।

योग न केवल हमें स्वस्थ रखता है बल्कि इसमें रोजगार की भी अपार संभावनाएं हैं। इस अवसर पर मुख्य अतिथि श्री संतोष तनेजा, चेयरमैन, प्रबंध समिति मैत्रेयी महाविद्यालय ने अपने वक्तव्य में ग्रामवासियों को धरतीपुत्र कहकर संबोधित किया।



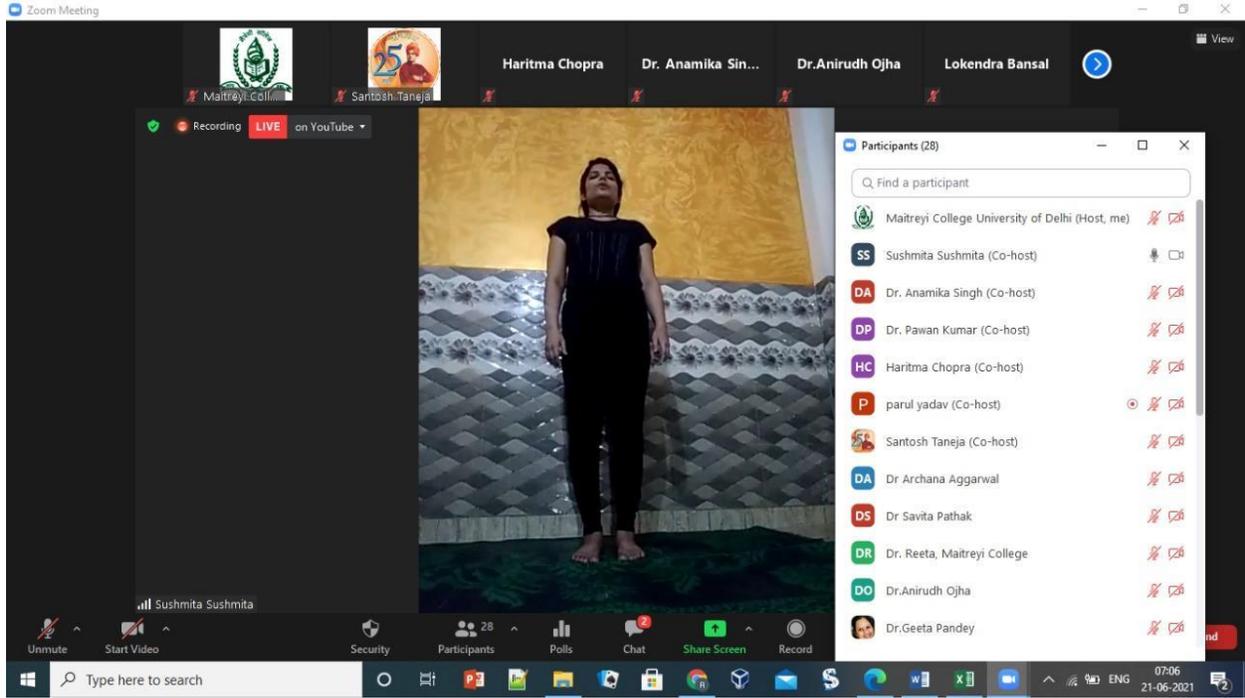


श्री तनेजा जी ने कहा कि घर-घर योग का प्रचार करने में बाबा रामदेव जी और माननीय प्रधानमंत्री श्री नरेंद्र मोदी जी का अतुलनीय योगदान है। भारतीय योग की विश्व में विशिष्ट पहचान है। उन्होंने ग्रामवासियों से कहा कि वे प्राकृतिक कृषि की ओर लौटें और कृषि को प्रतिष्ठित व्यापार में बदलें। उन्होंने ग्रामवासियों के लिए महाविद्यालय की इस पहल को स्वागत योग्य बताया और कॉलेज प्राचार्या की भूरि-भूरि प्रशंसा की। इस शिविर का एक और उज्ज्वल पक्ष यह था कि योग प्रशिक्षक के रूप में मैत्रेयी महाविद्यालय की भूतपूर्व छात्रा जोकि वर्तमान में प्रशिक्षित योग शिक्षिका हैं, सुश्री सुष्मिता सिंह को आमंत्रित किया गया था। सुश्री सुष्मिता ने गुरु वंदना से योग प्रारंभ किया। उन्होंने योग के महत्व पर प्रकाश डालते हुए कहा कि यदि हमें स्वस्थ रहना है, अपनी रोग प्रतिरोधक क्षमता को बढ़ाना है, निरोगी रहना है तो योग को अपनी दिनचर्या में शामिल करना ही होगा। उन्होंने विभिन्न योगासन जैसे- ताड़ासन, त्रिकोणासन, वज्रासन, अर्द्ध-उष्ट्रासन, पवन मुक्त आसन, शवासन, नाड़ी शोधन प्राणायाम सिखाएं व

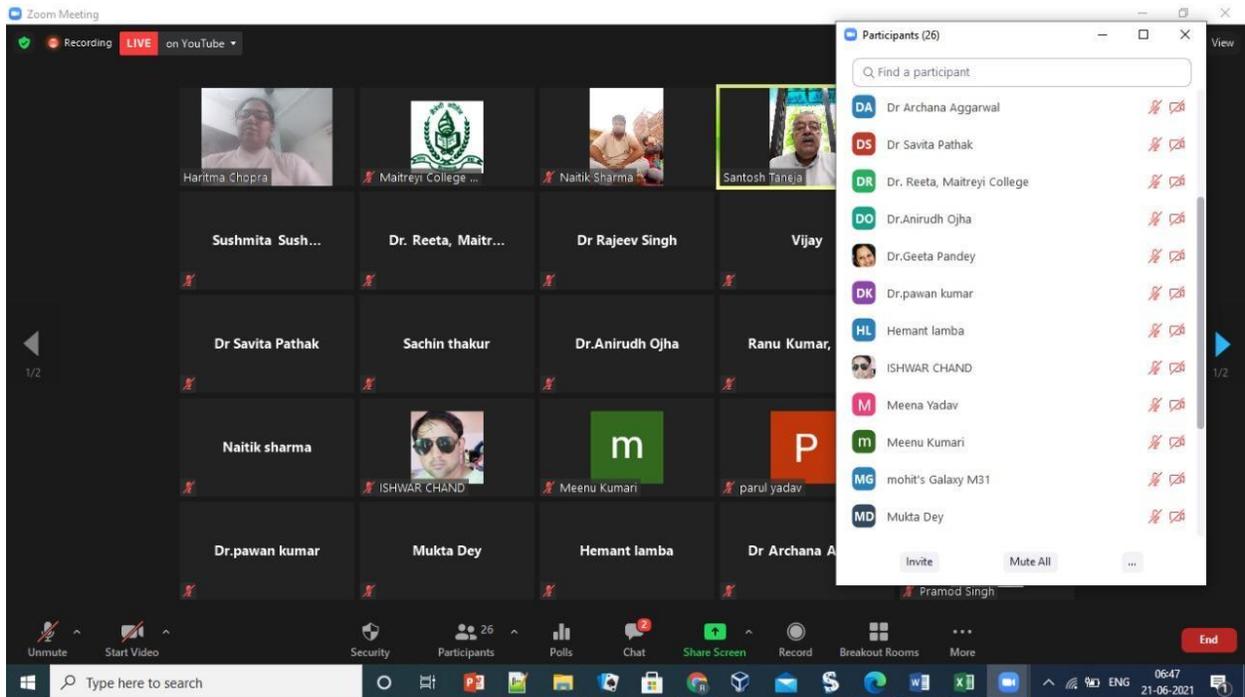
अनामिका सिंह

डा. अनामिका सिंह

उनके लाभ भी बताएं तथा शांति मंत्र के साथ समापन किया।



कार्यक्रम के अंत में संयोजिका अनामिका सिंह ने औपचारिक धन्यवाद- जापन किया और कहा कि निरोगी रहने के लिए हम सभी को प्रतिदिन योगाभ्यास अवश्य करना चाहिए। इस कार्यक्रम में ग्रामवासियों के अतिरिक्त महाविद्यालय के शिक्षकों व अन्य स्टाफ सदस्यों ने भी भाग लिया।



महाविद्यालय द्वारा इस कार्यक्रम का यूट्यूब लिंक भी सांझा किया गया।

( <https://www.youtube.com/watch?v=AIS6MCTNTy8>)। सभी के स्वास्थ्य की कामना के साथ कार्यक्रम समापन की घोषणा की गई। कार्यक्रम का (जूममीटिंग) लिंक-

Maitreyi College University of Delhi is inviting you to a scheduled Zoom meeting.

Topic: Yoga Day celebration

Time: Jun 21, 2021 06:30 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/88941297939?pwd=bXBGRUhyMnFKQ0RNUmBKOHBqVjUudz09>

Meeting ID: 889 4129 7939

Passcode: 787515

One tap mobile

+13462487799,,88941297939#,,,,\*787515# US (Houston)

+16465588656,,88941297939#,,,,\*787515# US (New York)

Dial by your location

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 720 707 2699 US (Denver)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 889 4129 7939

Passcode: 787515

Find your local number: <https://us06web.zoom.us/j/88941297939?pwd=bXBGRUhyMnFKQ0RNUmBKOHBqVjUudz09>

# Digital Awareness Campaign

College Level Event

Date: 29<sup>th</sup> July 2022

Organizers: National Service Scheme and Unnat Bharat Abhiyan

Coordinator of the Event: Dr. Anamika Singh

Convenor of the Event: Dr. Smriti Singh and Dr. Mithila Bagai

Total No. of Participants:

Unnat Bharat Abhiyan, along with the NSS unit of Maitreyi College had conducted a campaign on digital awareness, in the jewar village of Uttar Pradesh. The session was conducted with the students ranging from 3<sup>rd</sup> class to 8<sup>th</sup> class. Interactive campaigning was held, with the help of charts, wall painting and the volunteers communicating with the students regarding digital literacy, its importance in today's time, also introducing them the usage and applications of various online platforms.

Apart from the academic point of view, various online payment methods were also introduced to them, which included the do's and don'ts. Overall it was an interactive session, were along with students, teachers also participated in the discussion, and gave insight in the digital literacy program.

**Unnat Bharat Abhiyan**  
Ministry of Human Resource Development  
Government of India

In collaboration with  
**National Service Scheme**  
**Maitreyi College**  
(NACC Accredited 'A' Grade)  
University of Delhi

Organises

**Digital Awareness Campaign**

Date:	Reporting Time:	Reporting Venue:	Location:
27th July 2022	8:00 AM	Open Audi, Maitreyi College	Bhabhokara Village Jewar, Noida

Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS Convenors

Prof. Haritma Chopra  
Chief Patron  
Principal, Maitreyi College

Dr. Anamika Singh  
Unnat Bharat Abhiyan  
Coordinator

For queries contact:  
Ananya Nambiar: 9340224653    Doraab Mathew: 9999682437    Chehak Sharma: 9315716321



**Significance of the Event:** Knowledge about the digital literacy was spread among the students, with the help of drawings, slogans and charts. Students hold the better understanding of the online platforms and their applications, after the session. It also provided the insight to the volunteers, with the help of interaction and got the perspective on the topic from various points of views.



Dr. Anamika Singh