

NSS Reports
2016-17

DRY DAY FOR TOBACCO
“SAY NO TO TOBACCO”
29Th July, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 21

In an endeavor to make Delhi tobacco-free, **Dry day for tobacco** is observed on last day of every month. In order to support this cause, National Service Scheme (NSS) unit of Maitreyi College initiated a campaign to generate awareness about tobacco's harmful effects on July 29, 2016 by organizing a march within the college premises. **A total of 21 NSS volunteers participated in the event.** They made some posters with relevant messages and took a round in the college corridors spreading awareness regarding the ill-effects of consuming tobacco. They emphasized that smoking and chewing tobacco is one of the main causes of various types of cancer like mouth and lung cancer. The students were told that cigarette smoking, which is the most popular method of consuming tobacco, must be avoided. The volunteers insisted that the student listeners must propagate this message further wherever they notice the use of tobacco whether at home or at public places.



The NSS volunteers also visited the classrooms and passed on the message to the students that they should ‘SAY NO TO TOBACCO’.





The volunteers promised to carry on the campaign by publicizing the message to resist the use of tobacco.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**LECTURE ON “SWACHHTA”
UNDER SWACHHTA PAKHWARA
(SPECIAL FORTNIGHT SWACHHTA CAMPAIGN IN DELHI) FOR NSS
VOLUTEERS OF DELHI (16th August to 1st September, 2016)
16th August, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
NAME OF RESOURCE PERSON: DR. SHANKAR CHOWDHURY
Number of Participants: 101**

A lecture on “Swachhta” was held on August 16, 2016 at 11 am at Maitreyi College by an **eminent speaker, Dr. Shankar Chowdhury**. The speaker was previously associated with AIIMS and UNICEF. He is currently working as an independent consultant and has recently been very **actively associated with Swachh Bharat Abhiyan or “Clean India Mission”**. He has been working in the field of community health since long. **101 students including 64 volunteers participated in the event.**



He addressed the audience with great interest and apprised them about this campaign which was officially launched on October 2, 2014 by the Honorable Prime Minister Shri Narendra Modi and that this is a five year plan. The aim of the campaign is to achieve “Swachh Bharat” by October 2, 2019, i.e., before the 150th birth anniversary of Mahatma Gandhi. He talked in detail about the **objective of Swachhta Pakhwara.**



He made the audience aware about **WASH program** which deals with Water, Sanitation and Hygiene Education. He mentioned simple but very important things like hand washing steps, turning off tap by paper towel, etc. He emphasized the need to make the community **“Open Defecation Free” (ODF)** and told that the government is aiming to achieve this by October 2, 2019.

He cautioned the audience against the use of cut vegetables and fruits as these are a source of diseases like typhoid. He talked about prevention from various water-borne and other diseases like malaria, hepatitis and jaundice.



At the end of the lecture **“Swachhta Shapath”** was taken by the speaker as well as the audience both in English and Hindi. The session was quite interactive and the students felt very interested.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

LECTURE ON “SWACHHTA”
17th August, 2016
ORGANISED BY NSS UNIT IN ASSOCIATION WITH HEALTH AND HYGIENE
COMMITTEE, MAITREYI COLLEGE
NAME OF RESOURCE PERSON: PROF. SUNEELA GARG AND DR. PRAGYA
SHARMA
Number of Participants: 71

A lecture on “Swachhta” was delivered by Prof. Suneela Garg on August 17, 2016 at 11 am in Maitreyi College. This was an event organised by the NSS unit of Maitreyi College in association with the Health and Hygiene Committee of the college. **The eminent speaker was Head, Department of Community Medicine, Maulana Azad Medical College. Dr. Pragya Sharma, Associate Professor, Department of Community Medicine, Maulana Azad Medical College also addressed the audience. 71 students including 55 volunteers attended the event.**



Prof. Garg discussed the launching of “Swachh Bharat Abhiyan” and talked about the teachings of Mahatma Gandhi who had remarked that we are the messengers of change. She apprised the audience about various facts related to **kitchen hygiene** which is very important as most of the diseases are food- or water-borne. She emphasized that equal attention should be paid to both food handling and food handler. Prof. Garg told that the food stored in refrigerator gets contaminated

as many times it is taken out of it. She discussed about the ways to take care of water hygiene like using aquaguard or RO water purifier systems.



Proper disposal of kitchen waste and use of safe disposable syringes was also highlighted. It was mentioned that recycling of needles and syringes is an important issue and can have legal implications as it can lead to HIV infection. Prof. Garg mentioned that use of auto-disabled syringes is also preferable. She told that the use of tobacco may lead to TB or lung infection for which the services of DOTS Centres are available and that the indoor pollution can be controlled by proper ventilation. She discouraged the consumption of polished fruits and vegetables. Prof. Garg reiterated that “Swachh Bharat Abhiyan” is not only about cleanliness but awareness leading to behavioural change is very important. Menstrual hygiene and the related “TouchThePickle campaign” was also discussed.



In essence, Prof. Garg defined good health as a state of mental, physical, social and spiritual well-being. She emphasized that it is very important to take care of health of individuals as well as society as absenteeism due to ill-health costs many man-hours.

Dr. Pragya Sharma, Associate Professor, Department of Community Medicine, Maulana Azad Medical College also addressed the audience and discussed various facts related to personal, oral as well as body hygiene by mentioning simple things like washing hands before and after every meal, maintaining cleanliness of coolers and avoiding open defecation and use of unhygienic toilets. The event came to an end with taking of “**Swachhta Shapath**” by the speakers as well as the audience.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

TIRANGA MARCH
22nd August, 2016
ORGANISED BY NSS CENTRE, UNIVERSITY OF DELHI
Number of Participants: 13

NSS Centre, University of Delhi organised 'Tiranga March' on August 22, 2016 in order to celebrate the 70th Independence Day. Several Delhi University colleges participated in the march. **Thirteen volunteers of our college took part enthusiastically and recited various slogans like 'My India, My Pride' and 'United we stand for we love our land'.** The volunteers also prepared placards depicting these slogans.



The March was flagged off by the Pro Vice Chancellor, University of Delhi. It started from University Stadium, North Campus and the route of march was from stadium to Chattra Marg, then University Road and back to stadium. The march started at 9:00 am and ended at 10:30am. The NSS Programme Officers of different colleges also accompanied their volunteers to boost up their morale.

The volunteers were given flags to hoist, jackets to wear and a banner with the college name for 'Tiranga March' by the NSS Centre, University of Delhi.



The volunteers hurling paper flags and reciting slogans and other patriotic messages made the event deeply inspiring. At the end refreshments were served.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

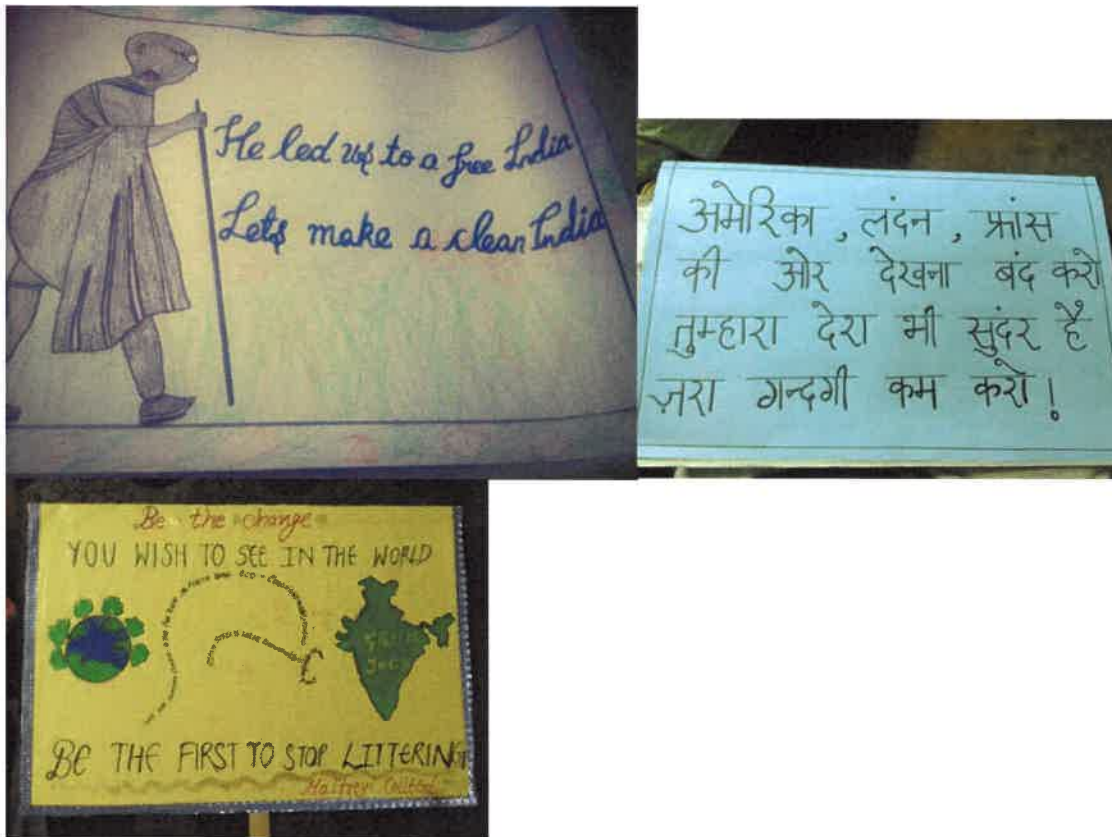
**RALLY OUTSIDE THE COLLEGE
UNDER SWACHHTA PAKHWARA
(SPECIAL FORTNIGHT SWACHHTA CAMPAIGN IN DELHI) FOR NSS
VOLUTEERS OF DELHI (16th August to 1st September, 2016)
30th August, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 60**

The NSS unit of Maitreyi College organized a rally outside the college with an aim to spread awareness about cleanliness amongst people. Sixty volunteers participated in the rally which was flagged off by the honorable Principal of the college.



The volunteers were very enthusiastic and had made various posters and placards related to the theme in order to fulfill the objective of the rally.





They passionately shouted many slogans like *“Don’t be so mean, keep the environment clean”*, *Maitreyi ka nara hai, swachh desh banana hai*, *“Go green, stay green”* and *“Clean and green, is a perfect dream”*.

The volunteers started from the college on Jesus and Mary Marg, went towards Dr. Jose P. Rizal Marg, reached Chandragupta Marg and then came back to the college. Proper security arrangements were made to ensure safety of the volunteers.



At the end of the rally the volunteers were served refreshments. The event proved to be a great experience for the participants and filled them with positive vibes.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**MEETING OF NSS VOLUNTEERS UNDER THE CHAIRMANSHIP OF
THE HEAD OF INSTITUTION
UNDER SWACHHTA PAKHWARA
(SPECIAL FORTNIGHT SWACHHTA CAMPAIGN IN DELHI) FOR NSS
VOLUNTEERS OF DELHI (16th August to 1st September, 2016)
30th August, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 60**

A meeting of **sixty NSS Volunteers** was held under the Chairmanship of the Principal, Maitreyi College on August 30, 2016 to discuss the future plans of sustaining cleanliness in the area. She briefed the volunteers regarding her vision of entirely clean college campus and suggested some activities that must be done on regular basis in order to maintain a hygienic environment. Her motivating and inspiring words enthused the volunteers with great interest in fulfilling the objective of Swachhta Pakhwara.



Some of the volunteers shared their experiences gained during the Pakhwara and their thoughts regarding the future course of action that should be followed. It was mentioned that this is not a one-time activity but we have to instill certain qualities within our behavior so that the concept of cleanliness is engraved in our personalities. The consensus was arrived at some of the measures to be taken in near future.



It was decided that cleanliness drive would be organized in and around the college two times in a year. Fine would be imposed on those found littering with in the college campus. More awareness would be created for garbage boxes which are already in place within the college premises. Also, the knowledge regarding segregation of biodegradable waste from other kinds and the use of colour-coded dustbins would be propagated to everyone to ensure proper disposal of waste. Projects would be undertaken which would include recycling of paper or organic waste, that is, vermicomposting. Regular checking of cleanliness in toilets and canteen would be done by the volunteers.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**SLOGAN WRITING COMPETITION
(NSS DAY)
(ILL EFFECTS OF DRUG ADDICTION - SUBSTANCE ABUSE)
24th September, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 21**

September 24 is celebrated every year as NSS Day. This year the theme was "Ill effects of drug addiction" (substance abuse). National Service Scheme (NSS) unit of Maitreyi College organized slogan writing competition with an active participation of 21 volunteers.



The volunteers very enthusiastically made posters with various slogans like “Twinkle twinkle little star, if you are a drug user you won’t go far” and “Put it out before it puts you out”. Three best entries were chosen and awarded prizes.



Shalini

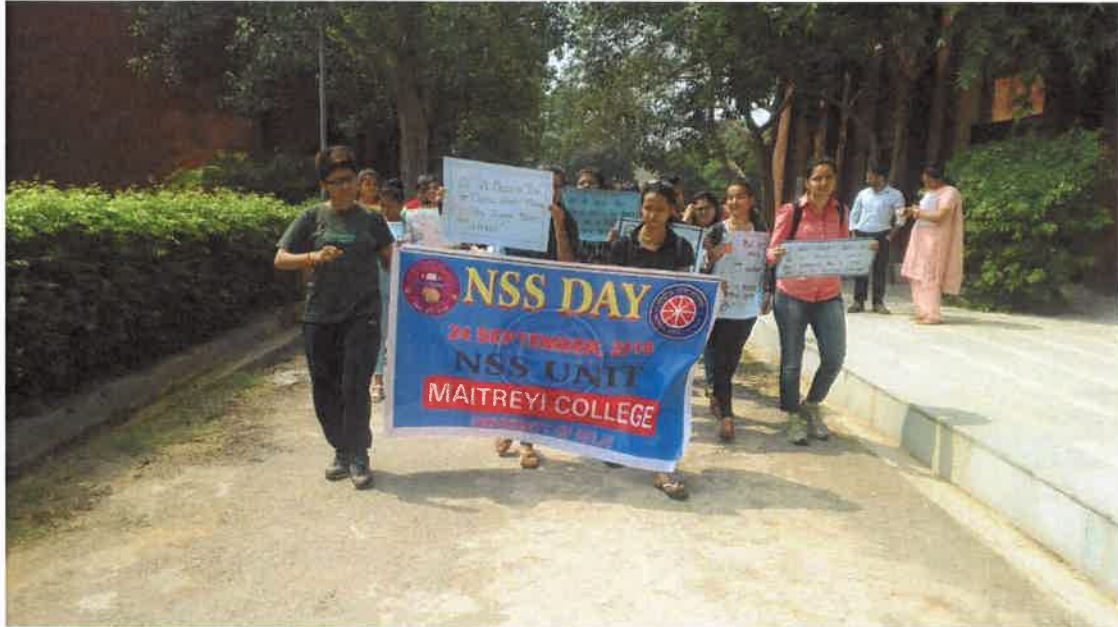
Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**AWARENESS RALLY
(NSS DAY)
(ILL EFFECTS OF DRUG ADDICTION - SUBSTANCE ABUSE)
24th September, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 36**

An awareness rally was carried out throughout the college campus. **36 volunteers** participated in the rally. They carried the posters to spread awareness about the health hazards related to consuming drugs.







They also visited classrooms and tried to publicize the physical and psychological effects of drug addiction. They mentioned that drugs have the ability to affect ones mood and emotions by bringing changes to the brain. The volunteers cautioned the students not to use this nefarious substance. Thus, they tried to fulfill the objective of sensitizing the young blood about drug abuse so that they do not fall prey to it.





Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**STREET PLAY
(NSS DAY)
(ILL EFFECTS OF DRUG ADDICTION - SUBSTANCE ABUSE)
24th September, 2016
ORGANISED BY NSS UNIT, MAITREYI COLLEGE
Number of Participants: 34**

A street play was organized to portray the harmful effects of drug addiction. 34 volunteers participated in the play. They depicted how the situational circumstances like work pressure, depression, etc. may lead one to the use of drugs. The volunteers also showcased that even if one gets addicted to consuming drugs, that person can be cured and can lead a normal and healthy life after appropriate treatment in drug de-addiction centres.



The volunteers promised to further spread the knowledge about drug abuse to all their acquaintances.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**STREET PLAY, PAINTING EVENT AND VOTER ID REGISTRATION
(SENSITIZATION OF YOUTHS ELECTORS DURING SPECIAL
SUMMARY REVISION 2017)**

6th and 20th October, 2016

ORGANISED BY NSS UNIT, MAITREYI COLLEGE

Number of Participants: 16 (Street Play) on 6th October, 2016

17 (Painting Event) on 6th October, 2016

16 (Voter ID Registration) on 6th October, 2016

**17 (Street Play and Painting Event) on 20th October,
2016**

Five volunteers attended the training programme on "Enrolment process of youth electors" at the NSS Centre on September 29, 2016. They acted as trainers for other volunteers of the college. The message for registering for Voter I-card was spread in the college amongst students and a notice for the same was also put up. Special Electoral Camps were organized in the college on October 6 and 20, 2016 targeting students of the college who will attain the age of 18+ on 1.1.2017 to get registered for Voter Identity Cards.



A street play and painting event on the theme "Matdata" were also organised on both days. Shri R. K. Meena, Assistant Electoral Registration Officer, Delhi Cantt, New Delhi, from Assembly Constituency – 38 of Vidhan Sabha along with his Data Entry Operator (DEO) visited our college and took photographs of the events. The material for painting was provided by him. On October 20, 2016, DM and SDM also visited the college and made a note of the activities being

conducted. They took photographs and videos of the events and liked the street play very much.

A total of 183 forms were filled as a result of this activity. A team of seventeen volunteers carried out this sensitization task on both the days very efficiently.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

ANTI-FIRE CRACKER CAMPAIGN
26th October, 2016
ORGANISED BY NSS UNIT
IN ASSOCIATION WITH NCC AND ECO-CLUB, MAITREYI COLLEGE

NSS unit of Maitreyi College organised Anti-Fire Cracker Campaign on October 26, 2016 along with NCC unit and Eco-club of the college. The volunteers made placards and went for a rally inside as well as outside the college.





Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

RASTRIYA EKTA SAPTAH
31st October to 6th November, 2016
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

On the occasion of the birth anniversary of Sardar Vallabhai Patel, Rashtriya Ekta Saptah” was celebrated by the NSS unit of Maitreyi College from October 31 to November 6, 2016. The events were initiated with an inspiring and motivating speech of the Principal of our college.



The following events were conducted with an active participation of volunteers:

1. Pledge on Rashtriya Ekta (22 volunteers)
2. Unity Run by NSS Volunteers (20 volunteers)
3. Screening of Documentary film on the theme “Unity” (22 volunteers)
4. Most creative Slogan contest on the Unity Theme (22 volunteers)
5. Essay Writing on “Relevance & Importance of Sardar Patel in Today’s India” (19 volunteers)

**PLEDGE ON RASHTRIYA EKTA
(RASTRIYA EKTA SAPTAH) (31st October to 6th November, 2016)
31st October, 2016
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 22**



Pledge on Rashtriya Ekta

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

UNITY RUN BY NSS VOLUNTEERS
(RASTRIYA EKTA SAPTAH) (31st October to 6th November, 2016)
1st November, 2016
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 20



Unity Run by NSS Volunteers

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**SCREENING OF DOCUMENTARY FILM ON THE THEME “UNITY”
(RASTRIYA EKTA SAPTAH) (31st October to 6th November, 2016)**

2nd November, 2016

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

Number of Participants: 22



Screening of Documentary film on the theme “Unity”

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**MOST CREATIVE SLOGAN CONTEST ON THE UNITY THEME
(RASTRIYA EKTA SAPTAH) (31st October to 6th November, 2016)**

4th November, 2016

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

Number of Participants: 22



Most creative Slogan contest on the Unity Theme

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**ESSAY WRITING ON “RELEVANCE & IMPORTANCE OF SARDAR
PATEL IN TODAY’S INDIA”**

(RASTRIYA EKTA SAPTAH) (31st October to 6th November, 2016)

5th November, 2016

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

Number of Participants: 19



Essay Writing on “Relevance & Importance of Sardar Patel in Today’s India”

The three best entries for slogan and essay writing were chosen for giving prizes.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

EMERGENCY RESPONSE PREPAREDNESS WORKSHOP

9th November, 2016

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

RESOURCE PERSONS: TRAINING OFFICIALS FROM SMARTPRO FOUNDATION

Number of Participants: 20

A team of four members comprising of three trainers and a chief training officer from Smartpro Foundation visited Maitreyi College on November 9, 2016 for conducting a Workshop on “Emergency Response Preparedness” for NSS students. The training programme was attended by 20 volunteers. It was a very interactive, informative and useful workshop with practical demonstrations.

The term disaster was defined in terms of the level of human and economic loss and with examples of natural disasters like landslide and tsunami. The need for preparedness to face such disasters rather than facing the consequences was emphasized. Simple but important facts like methods for prevention from damage due to earthquake, etc. were discussed. The need for rehearsal to face such disasters thus preventing panic at that time was stressed. It was told that the glassware, photo frame, etc., the things which can fall easily during earthquake should be placed properly. Almirahs in rooms should be fixed.



The significance of digital lockers and preserving documents in scanned form was highlighted. It was discussed that the practice of keeping pocket diary with important phone numbers should be revived and that one permanent contact number should be maintained which is remembered by all acquaintances.

Various techniques of saving oneself and helping others in facing the difficult times of tragedies or natural calamities were demonstrated. For example, how to help a person in walking if one has an injured leg.



They showed how to form a three hand seat for average injured person and a four hand seat for badly injured person if he has to be taken two or three kms away.



They demonstrated how to form a stretcher using a strong heavy cloth (blanket) to carry an unconscious person.



They told how to cover face by cloth for helping a person with acid attack so that there are no chances of infection while one takes him to a doctor.



The volunteers were very responsive and overall the workshop proved to be very beneficial.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

WORKSHOP ON DIGITAL LITERACY

22nd December, 2016

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

**RESOURCE PERSONS: OFFICIALS FROM “PUNJAB NATIONAL BANK” AND
“VIVTRA TECHNOLOGIES AND SOLUTIONS PVT. LTD.”**

As a first step towards promoting digital economy under the “Digital Financial Literacy Campaign”, a “Workshop on Digital Literacy” was organised on December 22, 2016 at Maitreyi College for the benefit of teaching faculty, non-teaching staff and NSS volunteers. The workshop was well-attended with active participation of NSS volunteers.

Two lectures were held by the resource persons being from “Punjab National Bank” and “Vivtra Technologies and Solutions Pvt. Ltd.”. They introduced various technologies for e-transactions as well as transaction through mobile phones. For example, it was told that UPI provides a single platform for all banks where money can be transferred through virtual address 24 hours a day with no holidays. They explained how to use e-wallets like PNB Kitty and Paytm. They emphasized that UPI is a better option than e-wallets as it involves direct transfer of money from one bank account to another. They also told about various types of cards which may be used for cashless transactions, like debit card, credit card, rupay card, gift card and suvidha card.

The benefits of using digital money were emphasized. It was told that it is a secure, fast and user-friendly way of carrying out transactions. It was explained that it would help to trap black money and hence eradicate it. Various methods like USSD and AEPS were also introduced in a very clear manner. The audience were warned of using credit cards with care because if payment is not made timely, the card may be cancelled by the bank and the credit history of the person would be spoilt. The audience were also acquainted with the concept of Micro-ATM which is based on Adhaar-enabled thumb impressions.

The Mobile ATM van of the Punjab National Bank was also stationed within the college campus, thus informing the college staff about the availability of such facility. The workshop was very interactive and proved to be quite beneficial for the participants.





Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**WORKSHOP ON DIGITAL FINANCIAL LITERACY
(FOR STUDENTS AND TEACHERS)**

4th January, 2017

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

RESOURCE PERSONS: OFFICIALS FROM “PUNJAB NATIONAL BANK”

A “**Workshop on Digital Literacy**” was again held on January 4, 2017 in association with Punjab National Bank for the benefit of college students and teaching faculty. In addition to introducing all the concepts of transactions through mobiles with or without internet facility explained in earlier workshop, **e-banking and mobile banking** were also explained in a very clear manner.

The resource persons emphasized the **ease of making e-transactions**. They told the students about **online portal for payment of fees**. They talked about the facility of **ATM** (Automatic Teller Machine), **CDM** (Cash Deposit Machine), **e-CDM** and **PUM** (Passbook Updation Machine). They told that **IMPS** (Immediate Payment Service) is an instant real time interbank electronic fund transfer service which is faster than **NEFT** (National Electronic Funds Transfer). NEFT takes time as the money is forwarded in batches and there is limitation of working hours also. The resource persons told about **PNB UPI** which transfers money immediately with no time restriction. They tried to convince the audience about the safety of carrying out e-transactions by familiarizing them with the concept of **three-tier security which includes the generation of OTP** (One Time Password). They also told about possibility of opening savings bank account and requesting for issue of cheque book online. They introduced the apps like **PNB MobiEase**, an android app for SMS banking and **PNB ATM Assist**, an app to locate nearby ATM.

The resource persons offered to assist any of the audience who found any difficulty in opting to use any of the service for going cashless. The students and teachers felt satisfied and were greatly benefitted by the information disseminated during the workshop.



DIGITAL FINANCIAL LITERACY CAMPAIGN

वित्तीय साक्षरता अभियान

Promoting Digital Economy

December 12, 2016 to January 12, 2017

Workshop on Digital Literacy

JANUARY 4, 2017

NSS UNIT
MAITREYI COLLEGE
UNIVERSITY OF DELHI





Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

VISIT TO BEGUM ZAIDI MARKET
6th January, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 12

Dr. Savita Datta, Principal, Maitreyi College motivated the NSS volunteers of the college and encouraged them to conduct a visit to one of the nearby markets and spread the message of Digital Financial Literacy. The NSS unit of Maitreyi College **visited Begum Zaidi Market in Moti Bagh** on January 6, 2017. This was an initiative towards enhancing the knowledge about modes of cashless transactions amongst the shopkeepers. Different modes like **mobile wallets, USSD, UPI and aadhar** were explained to the shopkeepers. Almost whole of the market including shops like tea stall, water trolley vendor, etc., was covered by a team of **twelve** volunteers.

The volunteers distributed pamphlets describing these modes of transactions both in Hindi and English language to the shopkeepers as well as their customers. They tried to educate and persuade them to use digital payment mode most appropriate to them. The volunteers explained the benefits and also advised how to use these modes. They tried to subside their fear of incurring loss during transactions by apprising them about three-tier security including OTP.

Some of the shopkeepers were already using PAYTM or swipe machines but were happy to know about **UPI** and **BHIM** (Bharat Interface for Money) where money need not be added as it is not an e-wallet. **Some shopkeepers who were not aware of such cashless modes of transactions appreciated the students' efforts a lot.** Most of them were convinced for using digital payments and said that they will tell their customers also to use the same. **People really liked that the volunteers explained to them each and every detail very confidently and clearly.** The workers in various shops and other people present there were also keen to know about these things and listened patiently. The volunteers also told them about the website from where they can get more information about digital transactions. They also shared videos for the same with them. **The visit by NSS volunteers to Begum Zaidi Market was reported in "Hindustan" (Hindi) newspaper on January 7, 2017.**

The volunteers felt satisfied with their role in this whole campaign and were happy for having served the country for a good cause.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

NATIONAL YOUTH DAY
12th January, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 8

In continuation of the efforts made to enhance Digital Financial Literacy during Digital Financial Literacy Campaign, the NSS unit of Maitreyi College organized **Digital Financial Literacy Camp** on **January 12, 2017** within the college campus on the occasion of **National Youth Day**. **Eight NSS volunteers actively participated** and shared their knowledge about various cashless modes of payment with fellow students and tried to convince them for using the same for transactions. They told them about the use of debit/credit cards, Aadhaar Enabled Payment System (AEPS), various mobile wallets, Unstructured Supplementary Service Data (USSD) and Unified Payment Interface (UPI). They also distributed pamphlets containing information about these cashless payment options.



As the volunteers told the students about the benefits of employing cashless modes of transactions, some of them expressed interest in learning these techniques. They also vowed to spread the message further in their households and neighbouring areas. The volunteers felt satisfied by playing a role in an activity that would help in achieving the goal of eradicating the menace of black money from the society.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**PLEDGE TAKING CEREMEONY
(NATIONAL VOTERS DAY)
25th January, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE**

With an aim to enhance democratic electoral participation, National Voters Day was celebrated at Maitreyi College on January 25, 2017 under the aegis of the NSS Unit of the college. The event started with an introduction to the concept of Voters Day by one of the SVEEP College Campus Ambassadors of the college. The audience was apprised of the fact that the significance of this day is to encourage more young voters to take part in the political process. It was told that the Government of India had decided to celebrate January 25 every year as 'National Voters Day' (Rashtriya Matdata Diwas). This initiative is anticipated to provide the youth a sense of empowerment and pride and thus inspire them to exercise their franchise.





On this occasion, Voters Pledge was administered to students and staff. The badges provided by the Election Commission were distributed which the students wore. The charts regarding the voting rights were also displayed in the college campus to generate more awareness.

Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

ELECTORAL CAMP BY SVEEP COLLEGE CAMPUS AMBASSADORS

9th and 10th February, 2017

ORGANISED BY: NSS UNIT, MAITREYI COLLEGE

Number of Participants: 10 on 9th February, 2017

7 on 10th February, 2017

Electoral camps were organized by the SVEEP college campus ambassadors, Anjali Gupta and Karishma inside the college premises on February 9 and 10, 2017 in order to promote the electoral process. A total of 100 forms were distributed in the college. The number of filled forms received offline were 40 whereas no form was received online.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**WATER PLEDGE CEREMONY
(WORLD WATER DAY)
22nd March, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 21**

On the occasion of **World Water Day**, NSS unit of Maitreyi College organized a **pledge ceremony** on **March 22, 2017** and administered "**The Water Pledge**" to the NSS volunteers as well as to other college students. They also emphasized the need to conserve water and told the students to pass on this message further to their acquaintances.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**POSTER MAKING EVENT
(WORLD WATER DAY)
22nd March, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 11**

The volunteers made posters on the theme of water conservation and thus tried to spread awareness regarding the same.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

**PARTICIPATION IN “WALK FOR WATER”
(WORLD WATER DAY)
22nd March, 2017
ORGANISED BY: MINISTRY OF YOUTH AFFAIRS AND SPORTS
Number of Participants: 10**

Some of the volunteers participated in the “Walk for Water” organized by Ministry of Youth Affairs and Sports on March 22, 2017 at India Gate.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17

3RD INTERNATIONAL DAY OF YOGA
21st June, 2017
ORGANISED BY: NSS UNIT, MAITREYI COLLEGE
Number of Participants: 67

The 3rd International Day of Yoga was celebrated on June 21, 2017 by the National Service Scheme unit of Maitreyi College along with Students Union and Sports Department of the college with great enthusiasm. Students from various streams like science, commerce and humanities participated in the event. A total of **67 participants** were there which included NSS volunteers and teaching faculty. Practice session for the Yoga day was organized on June 20, 2017.



Practice session

The yoga event on June 21, 2017 was chaired by honorable Chief Guest, Prof. Enakshi Sharma, Department of Electronic Science, South Campus, University of Delhi and Director, Centre for Canadian Studies, University of Delhi and also Chairperson, Governing Body of the college. The event commenced at 8:30 AM in the College Amphitheater with motivating and encouraging speeches by the Chief Guest and respected Principal of the college, Dr. Savita Datta. This was followed by an introduction to the concept of yoga and significance of celebrating International Day of Yoga. The loosening practices, standing postures, and various *YogaAsanas* and *Pranayama* as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The session came to an end with a *'Sankalpa'*.



Shalini

Dr. Shalini Lumb Talwar
Programme Officer, NSS
2016-17