

**NSS Reports**  
**2017-18**

**TALK BY PROGRAMME OFFICER ABOUT THE CONCEPT OF  
CLEANLINESS CAMPAIGN AND OATH ON SWACHHTA  
UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)  
2<sup>nd</sup> August, 2017  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 78**

On August 2, 2017 the volunteers were briefed about the concept of cleanliness 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. They were told that the aim of this campaign is to achieve “Swachh Bharat” by October 2, 2019, i.e., before the 150<sup>th</sup> birth anniversary of Mahatma Gandhi. The **Programme Officer talked about the objective of Swachhta Pakhwara**. Some senior volunteers also mentioned about the activities conducted during Swachhta Pakhwara celebrated during August 2016. The session was very interactive as the volunteers discussed a lot of relevant things with them.

**Swachhta Sapath was administered** to the volunteers after this introduction on the same day. **Seventy eight volunteers were present during the ceremony.**





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**CLEANING OF COLLEGE CAMPUS**  
**UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)**  
**3<sup>rd</sup> August, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**Number of Participants: 40**

On August 3, 2017, the volunteers were involved in cleaning of the college campus. Forty volunteers took part very enthusiastically in this activity. They went to science laboratories, class rooms, office, library, teachers' staff room, canteen, amphitheatre, corridors etc. with brooms and dusters in their hands. The volunteers cleaned every area and thus tried to spread the message to fellow students that if they want a clean institution they must play their role effectively.



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**PLEDGE TAKING CEREMONY  
ON THE OCCASION OF 'QUIT INDIA MOVEMENT'  
ANNIVERSARY AND INDEPENDENCE DAY CELEBRATIONS  
9<sup>th</sup> August, 2017  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 30**

On the occasion of the 75th anniversary of the Quit India Movement and 70th Independence Day Celebration, a pledge was taken by **thirty NSS volunteers** on August 9, 2017.



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**VISIT TO LOCAL DISPENSARY - CLEANLINESS DRIVE  
UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)  
10<sup>th</sup> August, 2017  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 14**

On August 10, 2017, **fourteen volunteers** visited the local dispensary for carrying out the cleanliness drive and performed the task very efficiently.



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**CLEANING OF NEARBY BUS STOP, 'BAPU DHAM' - CLEANLINESS  
DRIVE**

**UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)  
10<sup>th</sup> August, 2017**

**ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 14**

**Fourteen NSS volunteers also went to the nearby bus stop, 'Bapu Dham' on August 10, 2017 and tried to create a hygienic environment there too.**



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**RALLY ON SWACHHTA**  
**UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)**  
**14<sup>th</sup> August, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**Number of Participants: 42**

A rally on swachhta was organized with forty two volunteers taking part. It 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.

The volunteers felt very excited and passionately shouted many slogans like “*Maitreyi ka nara hai, swachh desh banana hai*” and “*Go green, stay green*”.



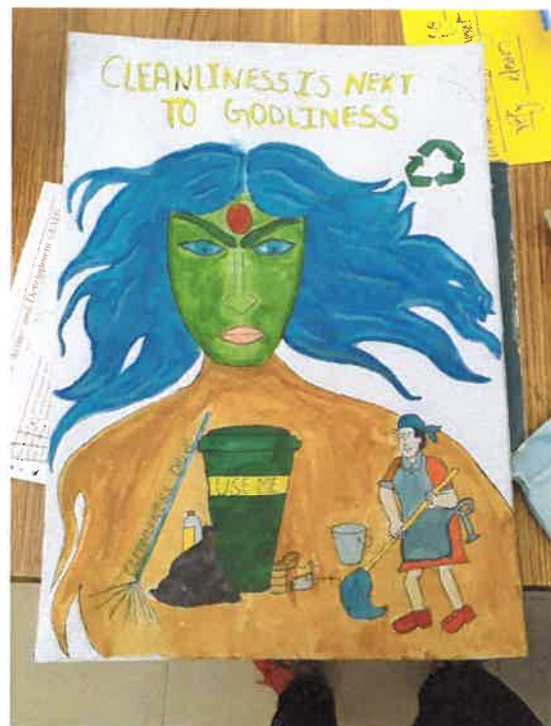
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**POSTER MAKING (SWACHHTA PAKHWARA)**  
**UNDER SWACHHTA PAKHWARA (1<sup>st</sup> August to 15<sup>th</sup> August, 2017)**  
**14<sup>th</sup> August, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**Number of Participants: 19**

The volunteers made various posters and placards related to the theme in order to fulfill the objective of the rally. Nineteen volunteers were involved in making posters and placards.



All the events during the Pakhwara proved to be a great experience for the participants and filled them with positive vibes.

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## “RALLY FOR RIVERS” AWARENESS CAMPAIGN

21<sup>st</sup> September, 2017

ORGANISED BY NSS UNIT, MAITREYI COLLEGE

Number of Participants: 7

Everyone who consumes water must “Rally for Rivers ”.

A desk was put up by **seven volunteers** in the college on September 21, 2017 in order to generate awareness amongst the student community regarding saving our rivers. They were also made aware about giving missed calls at the phone number, 8000980009. The students were made to understand that by giving missed calls they would actually give their votes for submission of a policy for rivers, i.e., a recommendation to the central government. Many students pledged their support by giving missed calls. The volunteers got a great response from all the students!!



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**RALLY FOR RIVERS**  
**22<sup>nd</sup> September, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**Number of Participants: 24**

A Rally for Rivers was organized within the college premises on September 22, 2017 by **twenty four NSS volunteers** of Maitreyi College. The volunteers enthusiastically took part in the rally inspite of rain. They enchanted the slogan "Bharat desh jagaana hai, nadiyo ko bachaana hai"!! This event was an effort towards making everyone aware about the crisis our rivers are facing and garner public support and momentum for the government to implement a positive river policy.

By conducting these activities the volunteers were able to spread the message to almost all the college students and felt satisfied in making students understand the main motto of the rally.



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**PLEDGE ON RASHTRIYA EKTA  
(RASTRIYA EKTA DIWAS)  
31<sup>st</sup> October, 2017  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 33**

The birth anniversary of Sardar Vallabhai Patel was celebrated by the NSS unit of Maitreyi College on October 31, 2017 by observing Rashtriya Ekta Diwas (National Unity Day). On this occasion, Rashtriya Ekta Diwas pledge was administered to the volunteers as well as the students of the college with an aim to instigate the spirit of national unity amongst the youth. **Thirty three NSS volunteers were actively involved in the events.**



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**UNITY RUN**  
**(RASTRIYA EKTA DIWAS)**  
**31<sup>st</sup> October, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**Number of Participants: 33**

A unity run was also organized in which the volunteers as well as other students participated very enthusiastically. These events were organized with the primary objective of promotion of national integration among citizens of the nation as well as maintaining the unity and integrity of the country.





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**YOUTH KI AWAAZ WORKSHOP**  
**8<sup>th</sup> November, 2017**  
**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**  
**RESOURCE PERSON: MR. PRASHANT JHA**

Mr. Prashant Jha conducted a workshop named "Youth Ki Awaaz" on November 8, 2017 at Maitreyi College in such a way that it brought enthusiasm in students. He gave students the knowledge about how a single vote is important in today's life. Various questions were solved through the interactive game "snake and ladder". Students were curious to know more. Each participant interacted and asked questions which were all answered well. **Sixteen NSS volunteers and other students of the college attended the workshop.**

Overall it was a great experience. The students enjoyed a lot and got enough knowledge which was the need of the hour.





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**PROMOTION OF VOTER ID CARD REGISTRATION  
(SPECIAL SUMMARY REVISION OF PHOTO ELECTORAL ROLLS)**

**8<sup>th</sup> and 9<sup>th</sup> November, 2017**

**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**

**Number of Participants: 16 on 8<sup>th</sup> November, 2017**

**5 on 9<sup>th</sup> November, 2017**

Registration Desk was put up in the college campus for promotion of Voter ID card registration during Special Summary Revision of Photo Electoral Rolls on November 8 and 9, 2017. Sixteen volunteers participated in this process.



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**TRAINING AT ALZHEIMER'S RELATED DISORDER SOCIETY OF  
INDIA (ARDSI)**

**16<sup>th</sup> and 17<sup>th</sup> November, 2017**

**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**

**RESOURCE PERSONS: MR. Y.P SINGH, MRS. VEENA SACHDEVA AND REVA  
PURI**

**Number of Participants: 12**

**Twelve NSS volunteers** attended the training for taking care of patients with Alzheimer's disease at Alzheimer's Related Disorder Society of India, Delhi Chapter, RZ-62, Gali No-9, Tughalkabad Extension, Panchvati Complex, (Landmark- Near Tara Apartment, Greater Kailash-II) for two days on November 16 and 17, 2017. The classes were conducted as per the following schedule:

1. 10:30am to 1:00 pm (1st half)
2. 1:00 pm to 2:00 pm (Lunch break)
3. 2 pm to 4 pm – 2nd Half

It was a memorable experience for the volunteers. The training was conducted in such a way that it brought all the students together to think about this disorder. Each student was keen to know more and more about this. **The training was conducted by Mr. Y.P Singh.** It started with a slide show showing two major points that first, there is no "cure" of Alzheimer's disease till date. Secondly, it happens only after crossing the age of 60's. Alzheimer's is considered as mental disorder as memory is lost.

The two day workshop dealt with major things to be remembered. For example, it is not a matter of shame to be a child of Alzheimer's patient. It could happen with anyone but it happens very rarely with few people only. In this disorder there are three stages. In the first stage, the person will start forgetting about his daily routine very often. He may suddenly stop reading the newspaper which he used to do in his daily routine. In the second stage, the person would forget about all his life what he has done till now. His body would be mature but brain will work like a six months old child. He will need someone to take care of him all the time. In this stage, the person can also get hallucinations and delusion. They quoted some examples also. Like for example, in hallucinations, the person might think that someone is standing in front of him whom other people can't see. Or suddenly it is raining for him.

In case of delusion if there is white and black marbled floor, the person will not step on black tile because he will think that there is a hole in the floor or if there is a floral printed curtain, the person will start picking up the flowers considering them to be real. The third stage is the severe one where the person is so absent minded that he will not be even able to stand from his bed.

**The volunteers were explained in detail about the problems faced by Alzheimer's patients. Solutions for such problems were suggested by Mrs. Veena Sachdeva and Reva Puri on the second day.** The volunteers were sensitized about how to treat an Alzheimer's patient. They were taught about how to identify the different stages of such a patient. They were also told about how to get rid of the risk of getting Alzheimer's disease.

They told the volunteers about the patients' daily routine at ARDSI. A van picks them at sharp 7 am. They are then asked to do a little exercise like walking, etc. in the lawn. Then they are given tea break. After that they are given newspaper to read even if they are unable to do so. Then they are given paints, games, etc. so that these things can keep them busy. Then they are given food which they have brought with them from their homes. Then they are sent back by 4 so that they reach their homes before it's too dark.

At the end of the training, suggestions were taken from the volunteers about what are the other ways to deal with such patients. Lastly, the volunteers were asked what they would do if they had an Alzheimer's patient at their home; how they would treat him and what best would they do for him. They quoted "give them death with respect, dignity and love". Although death will come when it has to, but till then they also deserve all the care and love. It was an experience that none of the volunteers would ever forget. They were taught to keep patience. Sometimes it would be hard but for the patients, it is the hardest life. So, one should keep loving them, no matter what has changed.





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**VOLUNTEERING AT ALZHEIMER'S RELATED DISORDER SOCIETY  
OF INDIA (ARDSI)**

**22<sup>nd</sup> November, 2017**

**ORGANISED BY NSS UNIT, MAITREYI COLLEGE**

**Number of Participants: 4**

Four NSS volunteers out of the twelve volunteers who attended the training at ARDSI volunteered their services at the ARDSI centre on November 22, 2017.



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**FILM SCREENING AND SPEECH  
(NATIONAL YOUTH DAY)  
12<sup>th</sup> January, 2018  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE  
Number of Participants: 21**

The birth anniversary of Swami Vivekananda was celebrated by the NSS unit of Maitreyi College on January 12, 2018 by observing National Youth Day. **Twenty one volunteers** attended the event. Some of the volunteers talked about Vivekananda Philosophy.





Students were made aware of the fact that in 1984 the Government of India declared January 12 as the National Youth Day (Yuva Diwas) and since 1985 the event is celebrated in India every year. The aim is to inspire the youth of country towards the philosophy of Swami Vivekananda and his ideals and thus make the future of the country better. The volunteers inspired their colleagues in a very enthusiastic way to direct their eternal energy towards development of the nation.

This was followed by film screening based on the life of Swami Vivekananda. The film familiarized the students with the fact that Swami Vivekananda is well known for his iconic speech which began with “Sisters and Brothers of America” at the Parliament of World's Religions in Chicago in 1893. Swami Vivekananda inspired millions of youth during his era and continues to do so even today. Vivekananda, who died at a young age of 39, had transformed several lives. He drew inspiration from Indian spiritual tradition and from his guru, Sri Ramakrishna Paramahansa.









The students watched the film and were really inspired.

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**VOTERS PLEDGE CEREMONY  
(NATIONAL VOTERS DAY)  
25<sup>th</sup> January, 2018  
ORGANISED BY NSS UNIT, MAITREYI COLLEGE**

National Voters Day was celebrated by the NSS unit of Maitreyi College on January 25, 2018 by administering Voters Pledge to over 200 participants including students, teachers as well as non-teaching staff of the college in order to promote ethical electoral participation. Twenty NSS volunteers were involved in the event.





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