

NSS REPORT FOR THE YEAR 2018-19

THIRD INTERNATIONAL DAY OF YOGA

21st June, 2019

Number of Participants: More than 50

NSS volunteers participated in the celebration of International Day of Yoga in Maitreyi College as well as in NSS Centre, University of Delhi on **June 21, 2019**. Maitreyi College celebrated “International Yoga Day with its theme “Yoga for Climate Action”. Mr. Kiran, ONGC Director, was the chief guest for the event. He said regular practice of Yoga creates mental clarity and calmness, increases body awareness, relieves chronic stress and relaxes the mind. More than fifty (50) students participated in yoga day besides various students from NSS group of Delhi University were also part of this yoga day.



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SERVED AS SCRIBES FOR DISABLE STUDENTS AT SANSKRITI SCHOOL

16th March, 2019
Number of Participants: 57

NSS volunteers wrote exams as scribes at Sanskriti School for disabled students where 57 students volunteered at Sanskriti School (20 hours), **March 16, 2019**.



March 16, 2019

To whom it may concern

This is to certify that Sneha Kumari
volunteered as a scribe for writing exams (20 hours) for
students with learning disabilities at Sanskriti School.

We really acknowledge and appreciate his/her kind,
sensitive and thoughtful action. He / She was very
empathetic towards students and established a very good
rapport with them which helped these students to unleash
their potentialities. Students felt very comfortable with
him/her.

Richa

Richa Sharma Agnihotri
Principal

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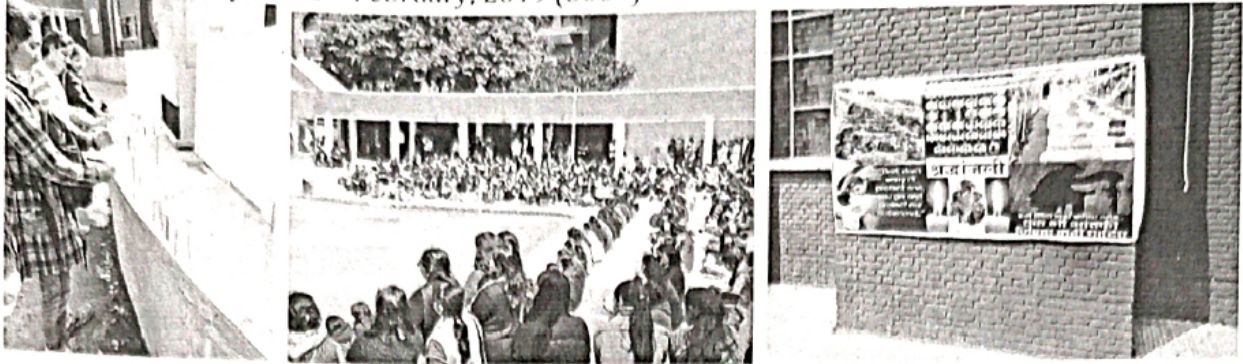
SURGICAL DAY - SENSITIZATION ABOUT ARMY STRIFE AND THEIR ACHIEVEMENTS

22nd February, 2019

Number of Participants: 500

Surgical day- Sensitization about army strife and their achievements on February 22, 2019. On Surgical Strike Day, NSS volunteers wrote poems and drew pictures to honor our defense personnel and later those pictures and poems were given to them. It was received by the army chief officer and he appreciated our efforts. To pay respect to Pulwama martyrs we organized a condolence meeting in the college on this occasion general major Rajendra Yadav sensitized students about army strife and their achievements. More than 500 students participated.

Surgical strike day on 22nd February, 2019 (500+)



Rajendra Yadav

SEMINAR ON 'SELF-EMPLOYMENT AND INVESTMENT'

16th February 2019

Number of Participants: 100

NSS volunteers participated in the debate competition held on 16/02/2019 in collaboration with Punjab National Bank to mark central vigilance week in college premises. This was organized by the NSS unit on 'Self-employment and investment' in collaboration with Punjab National Bank to make students aware about their career opportunities. 100 participants have taken part.

A handwritten signature in blue ink, appearing to read 'L. Singh', with a long horizontal flourish extending to the right.

LIFE IS A GAME, PLAY IT

14th February, 2019- 4th April 2019

Number of Participants: 26

Life is a game play was held in session 2019-2020 on 14/2/19 to 4/04/19. It aimed to handle obstacles and keep going. A total of 2 teachers and 26 students participated. The students were indulged in interactive workshops for overall personality development. The programme Focussed on making the students self reliant to handle a situation and act more maturely with a problem solving attitude. It helped students to grow their decision making power.



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A TRAINING ON FIRST AID AND ROAD SAFETY

17 JANUARY 2019-18 JANUARY 2019

NSS unit held events of training of disaster management by NDRF and first aid and road safety where 28 colleges of University of Delhi were invited on 17/01/2019 - 18/01/2019.

**ADOPTION OF 3 OLD AGE HOMES: SANDHYA HOME SENIOR CITIZEN,
MALVIYA NAGAR, VARDAAN SENIOR CITIZEN CENTRE, NETAJI NAGAR
& GODHULI OLD AGE HOME**

16 January 2019- 25 March 2019

Number of Participants-40

Under the supervision of Mrs. Smriti Singh, NSS Programme Coordinator, the volunteers of NSS Unit joined the Old Age Home Committee and adopted old age homes which were convenient to them. The old age homes adopted were, Sandhya Home Senior Citizen, Vardaan Senior Citizen Centre and Godhuli Old Age Home.

On 16th January 2019, the volunteers visited Vardaan Senior Citizen Centre, B-100 Malviya Nagar Road, New Delhi. This centre also provides residential facilities with medical support and entertainment to senior citizens. The senior citizens had a quality time with the volunteers. They felt so happy and played games like antakshari with the volunteers which made the visit a good experience for the volunteers.

On 20th February 2019 and 25th March 2019, the volunteers of NSS Unit visited Sandhya Home Senior Citizen, Netaji Nagar, New Delhi which comes under the government authority, Samaj Kalyan Samiti, NDMC Head Office, Connaught Place, New Delhi. This centre provides medical support with residential facilities to the senior citizens. The volunteers worked there and observed that most of the senior citizens are retired from the government sector. The volunteers worked with them and asked about their problems. Some were widows while some has disputes with their families. Above all they were all nice and felt special and happy when they met the volunteers. The volunteers also took photographs with them. It was a really good experience to work with such organization.

On 15th March 2019, the volunteers visited Godhuli Old Age Home, Sector-2, Dwarka, New Delhi. It is a premier retirement residence which offers a continuum of assured lifetime care for every resident with access to health care and food. The volunteers played games like ludo and took photographs with the senior citizens. The citizens were so loving and kind. They shared their experiences and problems with the volunteers.

By working in these old age homes, the volunteers had very different and nice experiences, and learnt something new which was how to live a happy life and enjoy it to the fullest without family.

Here are some photographs of the old age homes:



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SELF-DEFENCE TRAINING

24th October 2018

Number of Participants: 100

NSS unit organized Self Defense training in collaboration with the department of Punjabi with the honored chief guests, Mr. Shiv Kumar Kohali and Ms. Kiran Sethi Maitreyi college NSS unit organized Self Defense training in collaboration with department of Punjabi.

Self Defense Training 24/10/2018 (100)



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4 DAYS MEDITATION CAMP

17th September 2018- 20th September 2018

Number of Participants: 102

NSS volunteers and other students actively participated in the 4-day meditation camp organized in collaboration with Sahjog organization on September 17 to 20, 2018 total 102 Students participated. NSS volunteers and other students actively participated in the 4-day meditation camp organized in collaboration with Sahjog organization.

Meditation Camp from 17th to 20th September, 2018 (102)



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A WORKSHOP ON NSS DAY

12th September, 2018

Number of Participants: 100

NSS day was celebrated by holding a workshop by two NGOs, Youth for Seva and Bharat Uday to sensitize students to volunteer on 12th September, 2018. Total 100 volunteers participated.

NSS Day workshop 12/09/2018 (100)



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DONATION TO KERALA FOOD VICTIMS

29th August, 2018- 31st August, 2018

Number of Participants: 17

NSS volunteers did their part by contributing the needful for the Kerala flood victims. Donation to Kerala flood victims from August 29 to 31, 2018. Total 17 Students participated.

**A TRAINING SESSION ORGANIZED ON CPR FOR TEACHING AND
NON- TEACHING STAFF**

28th August 2018

Number of Participants:350

NSS volunteers attended the National Youth Campaign Programme on Cardio-Pulmonary Resuscitation (CPR) in Talkatora Stadium on August 28, 2018. NSS volunteers attended the National Youth Campaign Programme on Cardio- Pulmonary Resuscitation (CPR).

SPECIAL ELECTORAL CAMP ON: TO RAISE AWARENESS OF VOTING RIGHT IN THE COLLEGE CAMPUS

16th August 2018- 22nd August 2018

Number of Participants: 100

NSS volunteers enthusiastically participated in the quiz competition held by the election commission in Maitreyi College office on 16/08/ 2018 to 22/08/2018 to raise awareness amongst the voters. NSS volunteers put up a desk for a week to raise the awareness of voting and to provide and fill voter ID card forms to welcome the new voters. We enthusiastically participated in the quiz, poster making and debate competition held by the election commission in Maitreyi College office to raise awareness amongst the voters. The NSS unit took an oath to vote and raise awareness about voting rights among people. NSS unit invited Electoral Literacy Club and district magistrate Dr. Pooja Joshi to grace our programme as a chief guest. NSS unit volunteers performed folk dance, folk song and played on voting. Volunteers participated in the campaign held by North West Delhi Election commission, Electoral Literacy Club, at Jesus and Mary College and also won the best college award for spreading awareness about the electoral process.

Electoral Awareness Program 16th August to 22nd August, 2018 (100)



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