

## Save Water Rally

21st August 2019

Number of Participants

BY NSS UNIT OF MAITREYI COLLEGE

Save Water Rally -

The NSS, Maitreyi college led a Save Water Rally on 21st August 2019. The purpose was to create general awareness among public over water conservation. Innumerable enthusiasts from the college marched around the areas of Maitreyi College along with handmade banners educating people on the importance of water conservation. At the end, the students were left motivated to bring a change. A small student's committee was formed to control wastage of water in college and suggest measures to bring effective changes in water conservation efforts in college.



*Mithila Bagai*

Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

## Musical Meditation “Dhyan he yog hai”

22<sup>nd</sup> August, 2019

Number of Participants: 250

BY NSS UNIT OF MAITREYI COLLEGE

Musical meditation program –

In Maitreyi College on 22<sup>nd</sup> August 2019. Fifteen foreigners and 250 students participated.

On 22<sup>nd</sup> August 2019, Europeans dressed in Indian clothes visited Maitreyi College to share their experience of impact of Indian cultural on them. They hailed the beautiful tradition of meditation in India and how it has transformed them into more powerful, tranquil and beautiful beings. They taught the technique of attaining self- realization and thoughtless state through Sahajan Yoga.

They played instrumental music, patriotic songs and later soothing Bollywood numbers to further amplify the meditative state of audience.



Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

*Mithila Bagai*

## SWACHH BHARAT ABHIYAN

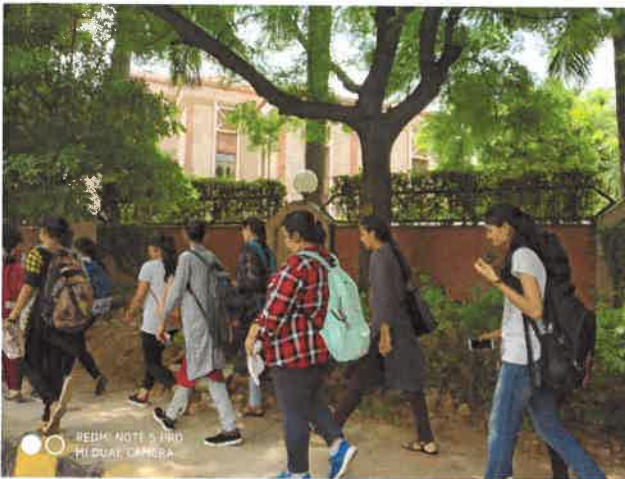
23/08/2019-30/09/2019

Number of Participants: 80

BY NSS UNIT OF MAITREYI COLLEGE

### ABOUT THE CAMPAIGN:

“Swachh Bharat Abhiyan” was announced by Hon’ble Prime Minister of India on 02 October, 2014. Inspired from the idea of cleanliness, NSS students conducted swachhta rallies, chanted slogans and held placards with slogan written on it from 23 August 2019 to 30 August, 2019. Approximately Eighty NSS students took part in it and cleaned the campus premises and areas around the college. With their immense hard work, they made this Swachhta rally worth counted.



Signature

(Name)

Dr. Smriti Singh

Dr. Mithila Bagai

NSS, Maitreyi, 2019

## **MENSTRUAL HYGIENE WORKSHOP**

12<sup>th</sup> September, 2019

NUMBER OF PARTICIPANTS: 100  
BY NSS UNIT OF MAITREYI COLLRGE

Students participated in spreading awareness on menstrual hygiene in government schools across Delhi. The training of students was held on 12th September 2019 at Maitreyi College. Students spreading awareness on menstrual hygiene and distributing free sanitary napkins in various government schools. 100 participants.

Maitreyi College in association with NGO Youth for Seva organised a “Menstrual Hygiene Workshop” 12th September,2019. The objective of workshop was to bring awareness and to educate people on maintaining good menstrual hygiene. More than 100 volunteers in college actively took part in it. Six groups (each group consists of four volunteers) went to the government. schools and anganwadi centres where they taught them ways to maintain hygiene during menstruation to adolescent school girls, NSS volunteers made use of posters, audio, video, to send across their message effectively and strongly.





Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

*Mithila Bagai*

## REPORT ON MENSTRUAL HYGIENE SESSION CONDUCTED

11<sup>th</sup> OCTOBER 2019

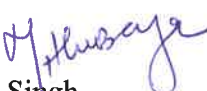
NO OF GIRLS PARTICIPATED- 15(age group 11-15) (+7 Ladies at centre)

BY NSS UNIT OF MAITREYI COLLEGE

### ABOUT THE SESSION:

We started our main session by asking question about periods and menstrual hygiene. We asked them to share with us their first experience of menstruation and we shared with them ours also .Girls were listening very carefully and very much participating. They watched our Mythri video which is based on menstrual hygiene, food to be avoided during periods. We also told them about good touch and bad touch. We also discussed about which food to be eaten to keep your body healthy. They enjoyed the video. We discussed the right age of marriage for girls and boys. At last we distributed chocolates among girls.



  
Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

OUR SPECIAL THANKS TO SANTOSH MA'AM AND SAROJ JI.

## SEMINAR ON MENTAL HEALTH WITH PRAGYATA FOUNDATION

14th October, 2019

NUMBER OF PARTICIPANTS: 100  
BY NSS UNIT OF MAITREYI COLLEGE

The NSS, Maitreyi College invited the Pragyata Foundational 14th October 2019 to talk about Mental Health and the stigmas attached to it. The seminar began with the general ideas people have in their minds about Mental Health and moved to deeper conversations where students took the courage to come and talk about how they feel about it in their lives. The students were asked to draw something that makes them happy and later their drawings were discussed. With over 100 students participating, the focus was on different aspects of Mental Health. The event was successful and helped students to introspect themselves in a better manner.



Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

## VIGILANCE AWARENESS WEEK

23<sup>rd</sup> October,2019

Number of Participants: 60

BY NSS UNIT OF MAITREYI COLLEGE

### ABOUT IT:

Maitreyi College in collaboration with Punjab National Bank observed Vigilance Awareness Week on 23rd October 2019. A debate competition is organized to talk and discuss about the causes, consequences and the threat posed by corruption in society. More than 60 students participated as audience and debaters and discussed and deliberated on the topic- Integrity – A way of Life. Students spoke in both English and Hindi and agreed that moral values are more important than materialistic accomplishments to live a satisfied and peaceful life.



Signature  
(Name)

Dr. Smriti Singh

Dr. Mithila Bagai

NSS, Maitreyi , 2019





# NAVOUDIT ANNUAL KIDS' CARNIVAL

17<sup>th</sup> November, 2019

Number of Participants: 80

BY NSS UNIT OF MAITREYI COLLEGE

## NAVOUDIT ANNUAL KIDS' CARNIVAL-

Annual Kids carnival Navoudit was organised in Maitreyi College in association with Youth for Seva NGO on 17th November 2019.

Many slum children participated in various competitions like clay making, model making, dancing, singing, etc. The event was realized with the help of 80 Maitreyi College volunteers and 150 volunteers and other 150 volunteers from various DU colleges.



Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

*Mithila Bagai*

## SLUM INTERNSHIP

15 /12/19 to 15/01/20

Number of Participants-  
BY NSS UNIT OF MAITREYI COLLEGE

### SLUM INTERNSHIP-

The NSS Maitreyi College organised on 15 /12/19 to 15/01/20 among slum internships for education for less privileged students and to redevelop slum areas. The problem in slum areas is most slum children go to school, where teaching standards are low and classrooms are seriously under equal. For all children, vital textbooks are absent, and their parents cannot afford to buy them. For most slum families educating their children is the last thing on their minds. As slums children grow up, parental pressure to leave school and start work increases, and most young people leave school by the age of 16. For parents, higher education for complete schooling is a waste and money. Our volunteers motivated and encouraged parents to send their children to school. Our volunteers run a program to teach English to the students which is a big fear among students. We hold workshops for young people in their final year of school and help them to understand their options. Volunteers make the people aware of the value of education.



*M. H. B. S. S.*

Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi  
2019

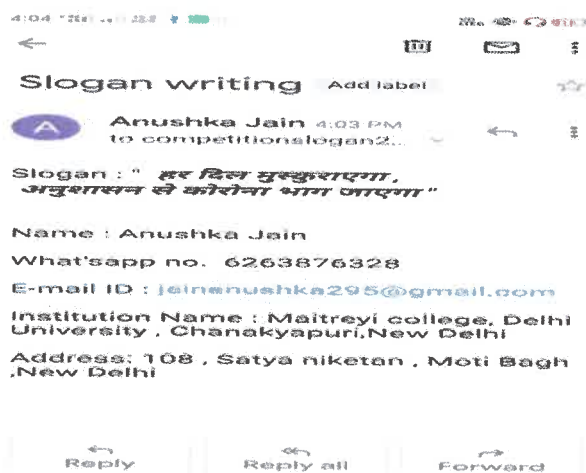
## CORONA SLOGAN WRITING CONTEST

30/03/2020-30/04/2020

Number of participants: 5  
BY NSS UNIT OF MAITREYI COLLEGE

### SLOGAN WRITING CONTEST-

Five students from NSS participated in a state level slogan writing competition to spread awareness on COVID-19. NSS students are also volunteering in their personal capacity to spread awareness on the deadly virus and how to arrest it's spread.



Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi

# NATIONAL WEBINAR ON COVID-19: - ISSUES WITH FAMILY

17/05/2020

Number of participants-  
BY NSS UNIT OF MAITREYI COLLEGE

## WEBINAR-

Enabling Unit in Collaboration with Indian Library Association (ILA), New Delhi & Association for the Rights of Disabled Persons (ARDP), New Delhi organised a National Webinar on the **Disability: Teaching & Learning Accessibility during Covid-19** on 24<sup>th</sup> May, 2020. 272 participants including 11 PwD persons have participated. Dr. Dewendra Kumar Singh, Librarian Banaras Hindu University, Varanasi, Shri Shailendra Pathak, Assistant Director (Personnel) NYKS, Ministry of Youth Affairs & Sports, Government of India and Dr Renu Malaviya, Renowned Educationist Specialization in Disability Studies were Speakers, while Dr. Pramod Kumar Singh was convener of the webinar.

Time	Activities
10:30 AM	(Session-I) Speech: Prargatisharan by Dr. Dewendra Kumar Singh, Assistant Professor, Department of English, Maitreyi College.
10:34 AM	National Anthem
10:36 AM	Presidential address by Dr. Haritima Chopra, Principal, Maitreyi College
10:45 AM	Welcome address by Dr. D. H Chakrabarty, General Secretary IIA & Head, PwD Services, Kendra Library, New Delhi
10:50 AM	(Session-II) Speaker: Dr. Dewendra Kumar Singh Topic - Library Services for Specially Aided Persons Moderator: Dr. Pramod Kumar Singh, Coordinator, Enabling Unit
11:25 AM	Break
11:35 AM	(Session-III) Speaker: Dr. Renu Malaviya, Topic: International Pedagogical Accessibility for Invertebrate/impoverished Children during Covid-19 Moderator: Ms. Swati Sharma, Department of Sanskrit, Maitreyi College
12:10 PM	(Session-IV) Speaker: Shri Shailendra Pathak Topic - Teaching as a career for Divyang after Covid-19 plus Moderator: Ms. Sandhya Singh, Department of Hindi, IIA College
12:45 PM	(Session-V) Speaker: Dr. Pardeep Rai Topic - Library Issues & Challenge for PwDs during Covid-19 Moderator: Dr. Abhishek Sinha, Librarian, IODU, New Delhi
01:20 PM	Vote of thanks by Dr. Pramod Kumar Singh, Convener of the Webinar & President, Association for the Rights of Disabled Persons
01:35 PM	Prayers by Dr. Anvitha Dixit, Assistant Professor, Department of Sanskrit

**NOTE:** Attendance will be taken at the end of the program at 01:30 PM. Please mark your attendance by manipulating the name, position, and institute with your Email ID.

Signature  
(Name)

Dr. Smriti Singh  
Dr. Mithila Bagai  
NSS, Maitreyi, 2019

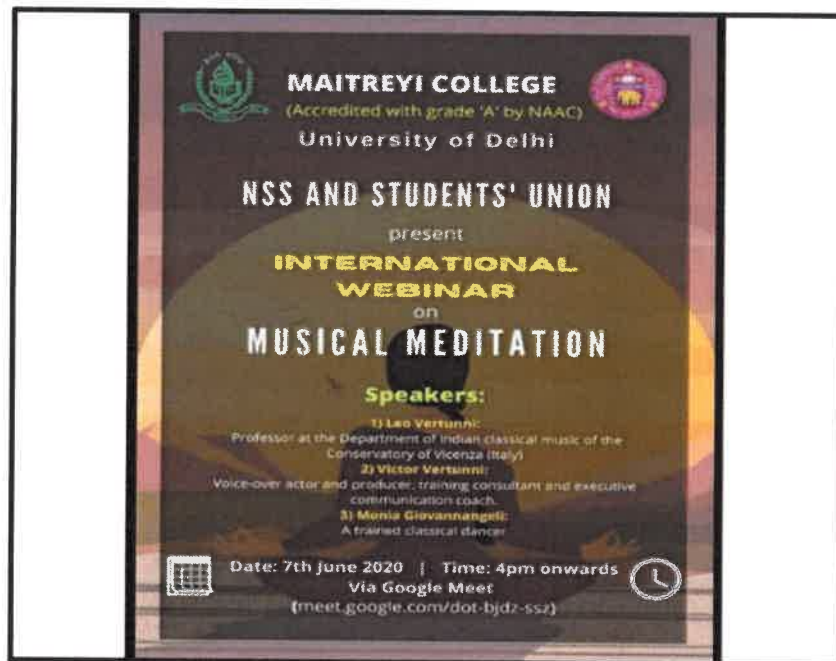
## AN INTERNATIONAL WEBINAR ON MUSICAL MEDITATION

7<sup>th</sup> June 2020

Number of participants: 50  
BY NSS UNIT OF MAITREYI COLLEGE

## AN INTERNATIONAL WEBINAR ON MUSICAL MEDITATION

Basic principles of yoga and the importance of musical meditation were explained to the participants. Also told about how Meditation music performed to aid in the practice of meditation. also associated with modern composers using meditation techniques in their process of the composition or music with no religious group as a focus.



Signature

(Name)

Dr. Smriti Singh

Dr. Mithila Bagai

NSS, Maitreyi

# Project to help visually challenged children in exam

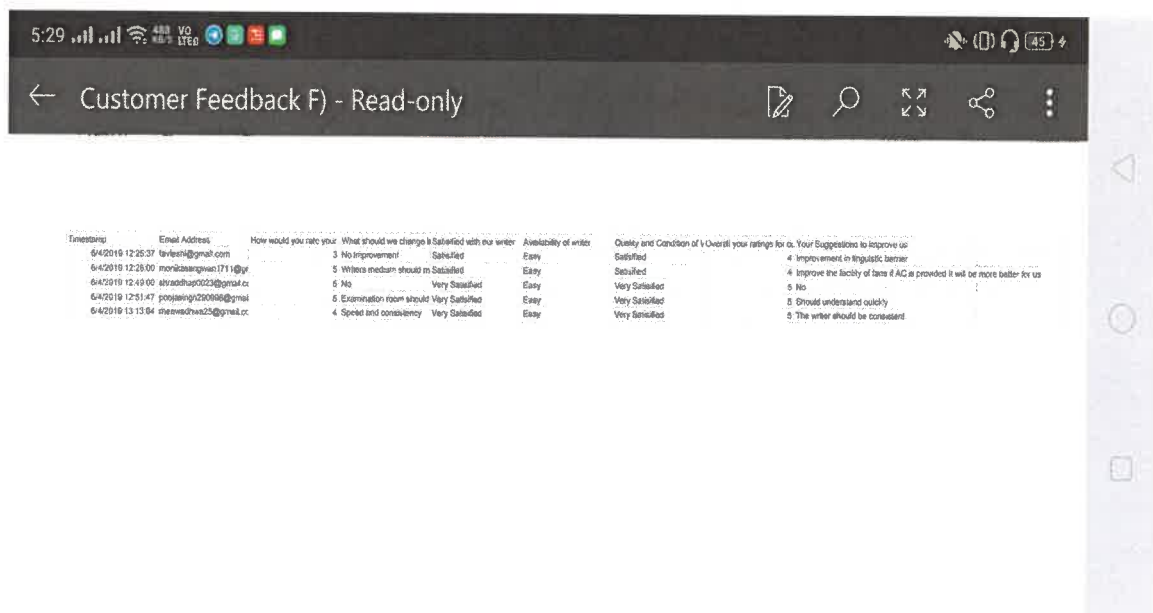
session 2019-20

Number of Participants: 12

## Project to help visually challenged children

The NSS, Maitreyi college organised project to help visually challenged children in exam writing held in session 2019-20. Our 12 students actively participated and act as a scribe for children. The children face a number of challenges such as writing and reading problems, there are very less books in Braille and the children have lack of Braille knowledge. The student act as a scribe for them and wrote exam. There was some problem like children were unable to convey their thoughts to scribe and sometime scribe was unable to understand but at last the things work out and the project went smoothly. This project is conducted to contribute service for the welfare of visually challenged students.

### List of participants



Timestamp	Email Address	How would you rate your	What should we change if Satisfied with the writer	Availability of writer	Quality and Condition of t	Overall your ratings for a. Your Suggestions to improve us	
6/4/2019 12:26:37	lavesh@gmail.com	3	No improvement	Satisfied	Easy	Satisfied	4. Improvement in linguistic better
6/4/2019 12:28:00	monikasrinivas1711@gmail	5	Writers medium should in	Satisfied	Easy	Satisfied	4. Improve the facility of bars if AC is provided it will be more better for us
6/4/2019 12:49:00	abhishek0223@gmail.co	5	No	Very Satisfied	Easy	Very Satisfied	5. No
6/4/2019 12:51:47	pooranj2006@gmail	5	Examination room should	Very Satisfied	Easy	Very Satisfied	5. Should understand quickly
6/4/2019 13:15:04	sheerachand3@gmail.co	4	Speed and consistency	Very Satisfied	Easy	Very Satisfied	5. The writer should be consistent

Signature

Dr. Smriti Singh

Dr. Mithila Bagai

NSS, Maitreyi College



## SHORT TERM LITERARY COURSES

DATE-

NO. OF PARTICIPANTS- 200

The Short-Term Literary Course aimed to promote consciousness of legal culture. A visit to Patiala court and Chanakyapuri police station was organised. A total of 200 students participated in the event to make it successful. Students were made acquainted with the cyber laws, women's law. They were also taught how to file an FIR.



Signature

Dr. Smriti Singh

Dr. Mithila Bagai

NSS, Maitreyi College

A handwritten signature in blue ink, which appears to be 'M. Mithila Bagai', is written over the printed name.