

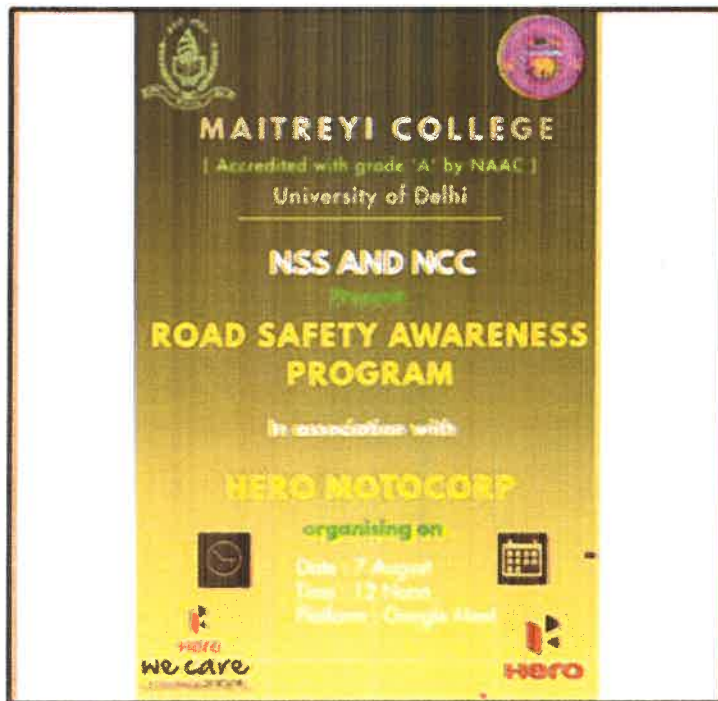
# **1. REPORT ON ROAD SAFETY AWARENESS WEBINAR**

**Date: 7 August 2020**

**NAME OF RESOURCE PERSON- HERO MOTOCOP**

**NUMBER OF PARTICIPANTS-100**

A road safety webinar was organized by NSS, NCC Maitreyi College University of Delhi in collaboration with Hero MotoCorp on 7th August 2020 in order to create awareness among the students and teachers of Maitreyi College. It was well attended, interactive and Informative webinar. The main objective was to cover issues and spread awareness among the youth specially regarding the safety rules, road accidents, casualties, preventive steps, safety signs and capacity building to further spread information. In the webinar the resource person from heromotocorp discussed about the road safety scenario in India, contributing factors of road accidents, people behavior on road, types of helmet and their roles and also about the correct road behavior and posture while riding. Both students and teachers enthusiastically participated and asked questions at the end of webinar to further know about road safety. Overall it was an informative and interactive session which will surely help in preventing road accidents and increased knowledge of road safety.



Date: 7 August 2020

**" WE CARE FOR YOU" NSS MAITREYI 2020**

*M. H. Singh*

2.

**3. SHORT TERM LITERACY COURSE**

**DATE - 10 .08.2020 - 09.09.2020**

**NAME OF RESOURCE PERSON-**

**NUMBER OF PARTICIPANTS- 200**

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

NSS MAITREYI 2020

*M. Hazra*

**4. REPORT ON SHORT TERM COURSE "KNOW THYSELF :  
BALANCING BODY, MIND & SOUL**

**NSS MAITREYI COLLEGE UNIVERSITY OF DELHI**

**Date: 30th September 2020 - 9th October 2020**

**For 1.5 Hours daily**

**NAME OF RESOURCE PERSON-**

**NUMBER OF PARTICIPANTS-1250**

- E- certificates given to all the participants on the successful completion of the course
- Chief Guest

Shri Rajiv Kumar, Vice Chairman, Niti Aayog

- Takeaways

1. Transformation of Overall Personality
2. Increased Confidence and Concentration
3. Harmony in your Personal, Professional, Social relationships
4. Establish Balance between Body and Soul.

Coordinators:

Dr Haritma Chopra

Prof Balaganpathy

Convenors:

Ms Smriti Singh

Dr. Mithila Bagai

Organizing Committee:

NSS in collaboration with Sahaja Yoga

<https://youtu.be/J2ytBtR5d1g> (YOU TUBE CHANNEL LINK FOR ALL COURSE VIDEOS)

NSS MAITREYI in collaboration with SAHAJA YOGA successfully conducted 10 days Short term certificate course - workshop & training programe with participants from all over India and conducted daily quizzes, assignment and feedback. The theme was - BALANCING BODY, MIND & SOUL on different modules by Esteemed speakers from diverse fields. The Overall objective of course was to Enhance concentration, productivity and harmonise energies for balanced professional and personal life & To overcome the stressful condition of Covid-19 .



**Date: 30th September 2020 - 9th October 2020**

**For 1.5 Hours daily**

### **About the course**

**Know thyself** (attributed to Socrates) and Self-knowledge (Atma vidya of ancient Indian tradition) can be considered to be the beginnings of any quest for the solutions of human problems. Ancient Upanishadic tradition of India begins with the question 'who am I?' (ko aham?) Which is considered to be fundamental to all forms of knowledge. Similarly, in ancient Greek tradition Socrates highlighted the significance of self-examination and introspection by saying 'An unexamined life is not worth living.' Such inquisitiveness towards self is found both in the classical Indian tradition through the characters of Rama and Arjuna etc., and modern Indian tradition through the inspirational people such as Mahatma Gandhi. Such a quest for self-knowledge is required to be the first step towards addressing and resolving the contemporary

human concerns. The present course while highlighting the importance of the self-discovering methodologies attempts to help the learners in working towards self-understanding that will lead to self-improvement. **10 days session** was meticulously designed and each day was followed by guest speaker lecture and assignment and feedbacks along with answer writing for the participants with both successful inaugural ceremony and valedictory function.

10 DAYS SESSION		
Date Day (4-5:30 pm)	Topics	Speakers
30 <sup>th</sup> September, 2020 Wednesday	Inauguration of Know Thyself	Chief Guest: Shri Rajiv Kumar, Vice Chairman, Niti Aayog
1 <sup>st</sup> October, 2020 Thursday	Importance of Self Knowledge : A Preep into Ancient and Greek traditions.	Prof. Balaganapathi Devarakonda, Head, Dept of Philosophy, University of Delhi
2 <sup>nd</sup> October, 2020 Friday	Various forms of Yogic conceptions of Self Knowledge	Shri Vaidhyan Rikhar, DANICS Chief Executive Officer, District Panchayat Div, UT of Dadra & Nagar Haveli and Daman & Diu Co-speaker: Mr. Anish Kohli, Director and Head of Business at an Australian MNC and a TEDx Speaker
3 <sup>rd</sup> October, 2020 Saturday	OneNess with Universe: Cosmic, Spiritual, Biological and Social	Mr. Anish Kohli, Director and Head of Business at an Australian MNC, TEDx Speaker
4 <sup>th</sup> October, 2020 Sunday	Evolution of Human Consciousness	Dr. Amtabh Mathur, Assistant Professor, Department of Zoology, Zakir Hussain College, University of Delhi
5 <sup>th</sup> October, 2020 Monday	Balancing Personal, Professional and Social relationships	Mr. Prem Kumar Verma, Ex-Officer, Ministry of Home Affairs, Govt. of India
6 <sup>th</sup> October, 2020 Tuesday	Addressing Ethical Dilemmas of Life	Dr. Alok Kumar, Assistant Professor, Department of Botany, Ramjas College, University of Delhi
7 <sup>th</sup> October, 2020 Wednesday	Improving the Adverse Quotient	Ms. Saloni Chawla Dewan, Data Science Consultant, Accenture-Applied Intelligence
8 <sup>th</sup> October, 2020 Thursday	Building confidence and Managing Stress: Working towards holistic personality	Mr. Gaurav Srivastava, National Head, Power Sector Company
9 <sup>th</sup> October, 2020 Friday	Valedictory Session	

### Organizing Team:

Our respected principal ma'am - Dr. Haritma chopta is the course coordinator Dr. Mithila Bagai and Ms. Smriti singh are the convenors of the course and Whole NSS OB team organised the successful 10 day event.

### DAY 1 : INAUGURAL SESSION : INAUGURATION OF KNOW THYSELF

Introduction of the Know Thyself Course - what is know thyself and about the importance of the course and knowing yourself in modern era. Respected Principal ma'am and Shri Rajiv Kumar

both emphasized the role of introspection, knowing ourselves, how to deal with stress while at home and benefits of doing the course

**Chief Guest - Shri Rajiv Kumar, VC, Niti Ayog**

## **DAY 2: IMPORTANCE OF SELF KNOWLEDGE : A PEEP INTO ANCIENT & GREEK TRADITIONS**

**Speaker:**

Prof. Balaganapathi Devarakonda, Head, Dept of Philosophy, University of Delhi

Sir started with a comparative study of ancient and Greek traditions. How self knowledge is important and how to practice and achieve that. Sir also discussed about the various Greek philosopher like plato, Socrates and Aristotle. And also about the Indian one like Adi Shankaraacharya who gave advaita philosophy.

## **DAY 3: VARIOUS FORMS OF YOGIC CONCEPTIONS OF SELF KNOWLEDGE**

On the 3rd day of the course, we had 2 speakers and theme was VARIOUS FORMS OF YOGIC CONCEPTIONS OF SELF KNOWLEDGE with the objective of dealing with daily stress especially during COVID 19 and how yogic conceptions can help. Sir also told about the famous yoga acharyas and history of Yoga in India and world.

- **1st Speaker: Shri Vaibhav Rikhari**, DANICS Chief Executive Officer, District Panchayat Diu, UT of Dadra & Nagar Haveli and Daman & Diu
- **2nd Speaker: Anish Kohli**, Director and Head of Business at an Australian Telecom company and a TedEx Speaker

## **DAY 4: ONENESS WITH UNIVERSE : COSMIC, SPIRITUAL, BIOLOGICAL AND SOCIAL**

**Speaker: Anish Kohli**, Director and Head of Business at an Australian Telecom company and a TedEx Speaker

## **DAY 5: EVOLUTION OF HUMAN CONSCIOUSNESS**

**Speaker: Dr Amitabh Mathur**, Assistant Professor, Department of Zoology, Zakir Hussain College, University of Delhi

## **DAY 6: BALANCING PERSONAL, PROFESSIONAL & SOCIAL RELATIONSHIPS**

**Speaker: Prem Kumar Verma**, Ex-Officer, Ministry of Home Affairs, Govt. of India

## **DAY 7: ADDRESSING ETHICAL DILEMMAS OF LIFE**

**Speaker: Dr Alok Kumar**, Assistant Professor, Department of Botany, Ramjas College, University of Delhi

On day 7 of the session, we got to know about the ethics and ethical dilemmas - moral principles that govern a person's behaviour or the conducting of an activity. Some examples of ethical dilemma examples include: Taking credit for others' work. Offering a client a worse product for your own profit. Utilizing inside knowledge for your own profit.

## **DAY 8: IMPROVING THE ADVERSE QUOTIENT**

**Speaker: Saloni Chawla**, Data Scientist, Accenture

An adversity quotient is a score that measures the ability of a person to deal with adversities in his or her life. We were told by ma'am how to develop and improve our adverse quotient Also,

there are four dimensions of Adversity Quotient: Control, ownership, reach, and endurance (CORE) and about the link between depression or stress and AQ. A stronger Adversity Quotient is required even after the lockdown to resist the cases of suicide and depression

## **DAY 9: BUILDING CONFIDENCE AND MANAGING STRESS: WORKING TOWARDS HOLISTIC PERSONALITY**

**Speaker:Gaurav Shrivastava**, National Head in a leading MNC in power industry.

Self-confidence is defined as a feeling of trust in one's abilities, qualities, and judgment. Self-confidence is important to your health and psychological well-being, and this particular module dealt with building confidence and managing stress.

### **VALEDICTORY SESSION**

After the successful module completion and all the sessions by esteemed guest speakers, the course ended with wonderful valedictory session, with informative and insightful note from our convenors - **Dr. Mithila Bagai** and **Ms. Smriti singh**, power point presentation by NSS Treasurer- **Niyati**, 3 yr student of Maitreyi college and also an overwhelming nice feedback from our participants all over from India.

All participants who have successfully completed the course with submission of - assignments, feedbacks and short answer writings have been Certificates with respective grades.

More than 600 participants have received A+ Grade and 100 with A , 235 with B+ and rest with B grade. Overall, the **10 days certificate course and training programme** was insightful, information and indeed knowledgeable.

**NSS MAITREYI 2020**





#### **4. Online Debate Competition**

02<sup>nd</sup> October, 2020

NAME OF RESOURCE PERSON -

NUMBER OF PARTICIPANTS = 50

**Theme -1 :** "Public Vigilance in Eradicating Corruption"

**Theme -2 :** " Public Participation in Promoting Integrity "

The poster is for an online debate competition organized by the National Service Scheme (NSS) at Maitreyi College. It features the NSS logo at the top left and the college logo at the top right. The text reads: "NATIONAL SERVICE SCHEME", "MAITREYI COLLEGE", "BRINGS TO YOU", "on the occasion of", "Vigilance Awareness Week", "ONLINE DEBATE COMPETITION", "TOPICS:-", "• PUBLIC VIGILANCE IN ERADICATING CORRUPTION", "• PUBLIC PARTICIPATION IN PROMOTING INTEGRITY", "DATE: 2 NOVEMBER 2020", "TIME: 3 PM", "PLATFORM: GOOGLE MEET", and "E-certificates for the winners". There is a small yellow icon of a mobile phone on the left side of the date and time information.

*M. Phule Bag*

**5. REPORT ON COVID - 19 PLEDGE**  
**NSS MAITREYI COLLEGE UNIVERSITY OF DELHI**

**Date: 8 OCTOBER 2020**

**NAME OF RESOURCE PERSON-**  
**NUMBER OF PARTICIPANTS-97**

COVID -19 pledge was taken by NSS unit of Maitreyi college, University Of Delhi on 8th october, 2020 with motive to spread awareness about the importance of sanitation, precautionary measures and face mask. NSS Union and Volunteers joined the online pledge event via google meet at 1 pm and took the pledge by committing themselves to take all the necessary precautions to prevent the spread of deadly virus and encourage others also to do so and spread awareness, maintain hygiene and sanitation and follow social Distancing.

**NSS UNIT TAKING ONLINE PLEDGE**



**Date: 8 OCTOBER 2020**

**NSS MAITREYI 2020**

*M. K. Singh*

6.

**OBSERVANCE OF VIGILANCE WEEK 2020**

**NSS MAITREYI COLLEGE UNIVERSITY OF DELHI**

**27th October, 2020– 2nd November, 2020**

**NAME OF RESOURCE PERSON: BY FACULTIES AND STAFF**

**NUMBER OF PARTICIPANTS: 65**

Integrity online pledge was taken by NSS unit of Maitreyi college, University Of Delhi on 27<sup>th</sup> of October, 2020 with motive to eradicate corruption and inculcate virtues of honesty, humility and transparency. NSS Union and Volunteers joined the online pledge event via google meet at 11 AM and took the pledge by committing themselves to work towards spreading vigilance.



NSS MAITREYI TAKING PLEDGE

CONVENER/TIC

NSS MAITREYI 2020

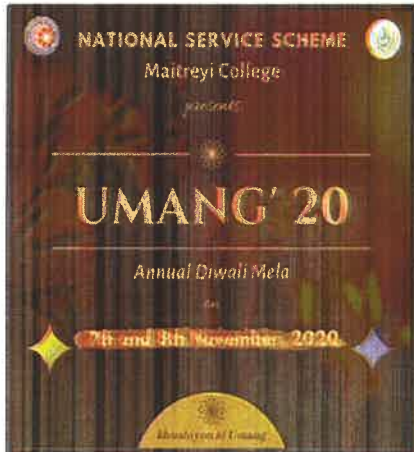
7. **NSS ANNUAL DIWALI MELA**

**7<sup>TH</sup> – 8<sup>TH</sup> November**

**NAME OF RESOURCE PERSON-**

**NUMBER OF PARTICIPANTS- 100**

NSS MAITREYI Successfully conducted annual Diwali mela - **UMANG'20** which received national level participation from over all age groups . The Annual Diwali Mela started with - 7 days big challenge and conducted 4 major events on the final 2 day event of Diwali mela.



CONVENOR/TIC

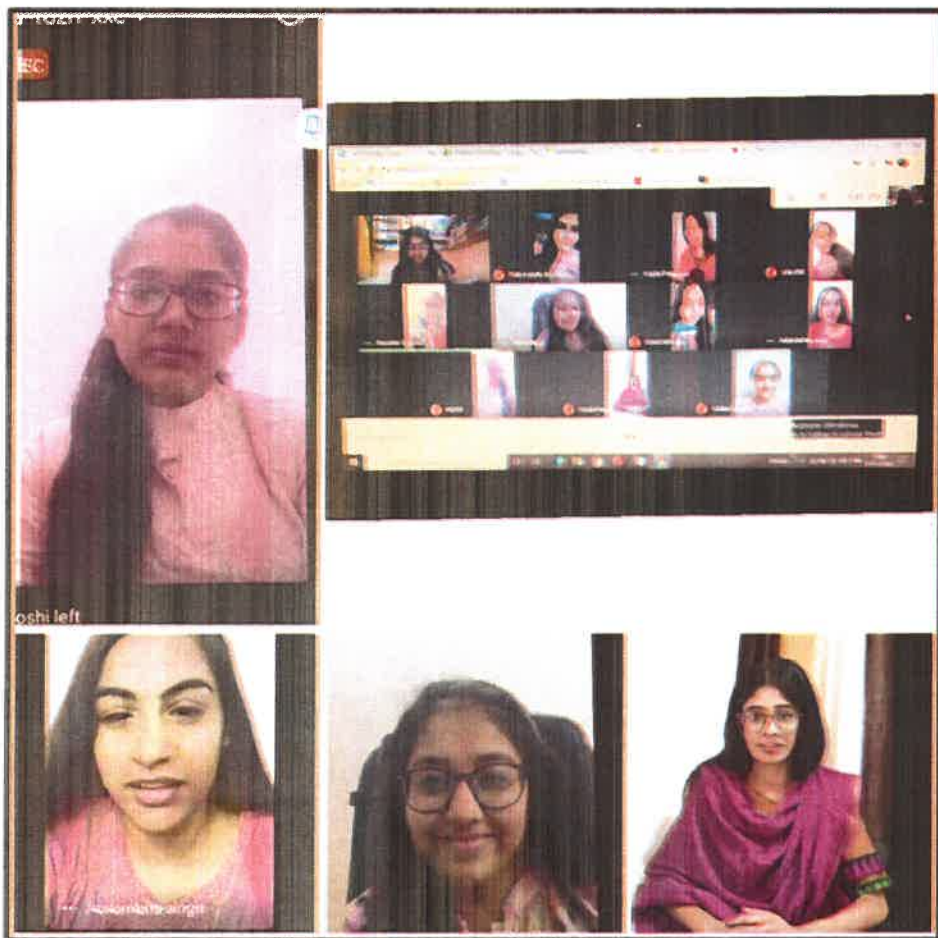
NSS MAITREYI, 2020

- **7 DAYS 7 CHALLENGES - NSS MAITREYI (UMANG)**

Maitreyi College  
**UMANG'20**  
Diwali Mela  
*presents*  
Unleash your Creativity

Events:

1. Housie
2. Treasure hunt
3. Talent Hunt
4. Fun quiz
5. Meme Making Competition
6. 7 Days 7 Challenges



M. Anu Bala

**8. DONATION DRIVE FOR UNDERPRIVILEGED CHILDREN**

**26th NOVEMBER,2020**

**NAME OF RESOURCE PERSON -**

**NUMBER OF PARTICIPANTS=**

NSS, Maitreyi on the occasion of NATIONAL CONSTITUTION DAY, organized a donation drive for unprivileged children.

Food packets were distributed.



*M. Jay*

**9. OBSERVANCE OF NATIONAL CONSTITUTION DAY 2020 - NSS MAITREYI  
COLLEGE UNIVERSITY OF DELHI**

**PLEDGE**

**26th November 2020**

**NAME OF RESOURCE PERSON -**

**NUMBER OF PARTICIPANTS- 80**

With immense pleasure NSS OB, Volunteers and other participants from various Colleges celebrated the National Constitution Day starting with the wisdom words by our NSS Teachers , motivation by OB members and pledge taken by all on the occasion of NATIONAL CONSTITUTION DAY.

We also discussed the significance of Constitution Day, also celebrated as National Law Day (or Samvidhan Diwas) in India, on 26th November every year to commemorate the adoption of the Constitution of India.

At last we all pledged to become responsible citizens of India, affirm faith in the universal principle of civilized society, namely that every dispute between citizens, or groups, institutions or organizations of citizens, should be settled by peaceful means; and, in view of the growing danger to the integrity and unity of the country, also to contribute by any means towards the society as part of NSS.

Total participants 80



10. **SPEECH COMPETITION - NATIONAL CONSTITUTION DAY**

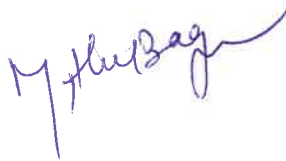
26<sup>TH</sup> November, 2020

**NAME OF RESOURCE PERSON-**

**NUMBER OF PARTICIPANTS- 52**

“For ideas and true innovation, you need human interaction, conflict, argument, debate”. Keeping the spirit of these words in mind, we The NSS Team of Maitreyi College is pleased to announce that it conducted a Debate Competition on the topic: “The importance of fundamental duties in a country” or □□□ □□ □□□□□ □□□□□ □□□□□□□□□□ □□ □□□□□, on the 26th of November 2020. Filled with enthusiasm and confidence a total of fifty-two students participated out of which we had three winners with an exceptionally good speaker, who were awarded in the google meet where the competition commenced. Everyone gave their best to make the event a success.

NSS MAITREYI 2020





**11. DONATION DRIVE FOR UNDERPRIVILEGED CHILDREN -**  
**CHRISTMAS DONATION DRIVE**

**27th Dec 2020**

**NAME OF RESOURCE PERSON -**

**NUMBER OF PARTICIPANT = 50**

We believe in the principles of "SHARED JOY", to implement it, we organized a CHRISTMAS SPECIAL DONATION DRIVE -

- Distribution Drive - distributed color pencil, drawing books etc
- Distribution of food items
- Donation collected & used for the welfare of children



## 12. WOMEN HEALTH AWARENESS SESSION

19th and 20<sup>th</sup> JANUARY

NAME OF RESOURCE PERSON - Youth For Seva (NGO)

NUMBER OF PARTICIPANTS = 80

Platform: Google Meet

Maitreyi College In Collaboration With YFS NGO organized 2 days successful - Women Health Awareness Session Online Webinar

**Women Health Awareness WEBINAR**

NSS Unit, Maitreyi College, Delhi University

19<sup>th</sup> & 20<sup>th</sup> January, 2023 | 4PM to 6PM

**SESSION 1**  
19<sup>th</sup> JANUARY

Polycystic ovarian syndrome or PCOD  
Menstruation related to PCOD  
Nutrition

**SESSION 2**  
20<sup>th</sup> JANUARY

Breast Cancer Awareness  
Cervical Cancer Awareness

**Speakers**

**DR. KALPANA ASWATHAMA**  
MBBS, FRCOG  
Her expertise is in the field of Obstetrics and Gynaecology. She has worked in a tertiary care hospital in Delhi for 15 years. She has published research papers in national and international journals.

**PREMA BHARGAVA**  
M.Sc. IN NUTRITION  
PGDIETITIAN, NUTRITIONIST  
She is a registered dietitian and nutritionist. She has worked in a tertiary care hospital in Delhi for 15 years. She has published research papers in national and international journals.

2023 | Maitreyi College | Delhi University  
www.meet.google.com/juy-cpd-dgk  
Contact: +91 838409112

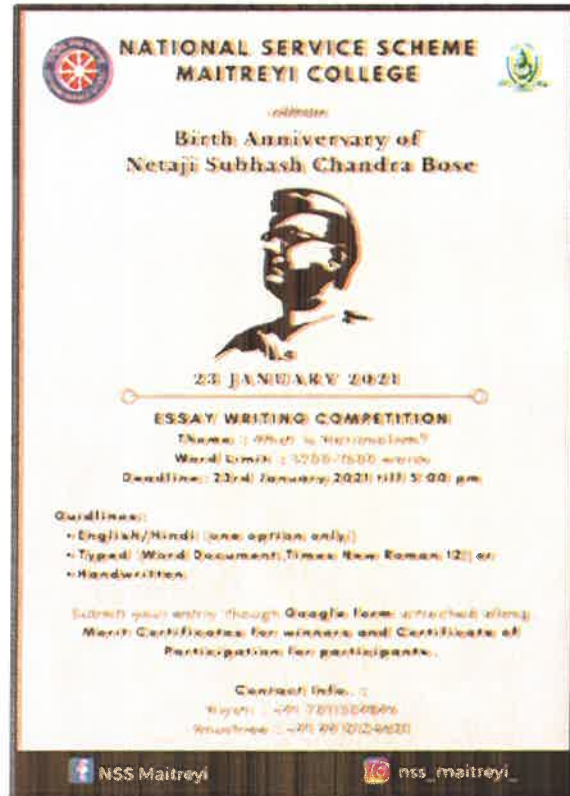
*M. Kulkarni*

**13. ESSAY WRITING COMPETITION - ON THE OCCASION OF BIRTH ANNIVERSARY OF NETAJI SUBHASH CHANDRA BOSE.**

23rd January 2021 (till 5 PM)

NAME OF THE RESOURCE PERSON -

NUMBER OF PARTICIPANTS= 40



With immense pleasure we organized an essay writing competition occasion of birth anniversary of Netaji Subhash Chandra Bose.

- Theme: what is nationalism?
- Word limit : 1200-1500 words

*M. Subag*

**FELICITATION BY B.R AMBEDKAR COLLEGE - NSS UNIT &  
CFIF - WOMEN'S DAY 2021**

**Total Participants 80**

THEME - WOMEN EMPOWERMENT

- MEDALS AWARDED TO -UNION MEMBERS

ANUSHREE

NIYATI

YOGITA

TULIKA

*Mathu Zog*

## 14. NATIONAL WEBINAR ON COVID-19 SECOND WAVE

9th May, 2021

Name of Resource Person :- Dr. Mathew Varghese (Renowned orthopedic surgeon & Expert in Public Health) St. Stephen's Hospital, Delhi

Number of Participants :- 400

### **\*GENERAL WAYS TO TAKE CARE AT HOME DURING COVID -19 & PRECAUTIONS:**

1. **STAY ACTIVE** - Physical exercise, yoga, meditation, indoor games etc.
2. **HOMEMADE MEAL** - Ensure proper nutrition & balanced diet, include veggies, fruits & Vitamin - C in your diet.
3. **PRONE POSITIONING** - Exercise to maintain or increase oxygen levels at home
4. **BE INFORMED** - Recognize when to act and when not, do not overdo.

### **5. Follow 3 Rules**

- Strict Hand Hygiene**
- Physical Distancing**
- Mask Use**

The poster is for a webinar titled "National Webinar on COVID-19 SECOND WAVE PRECAUTIONS & VACCINATIONS". It is presented by Maitreyi College, an Enabling Unit & NSS Unit of the University of Delhi, which is accredited with Grade A by NAAC. The speaker is Dr. Mathew Varghese, a renowned orthopedic surgeon and expert in public health from St. Stephen's Hospital, Delhi. The poster lists the Patron & Coordinator (Dr. Haritma Chopra), Conveners (Dr. Pramod Kumar Singh and Dr. Swati Singh), and the Organising Committee (Dr. Jyoti Singh, Dr. Ashita Saggi, Dr. Savita Pathak, Ms. Parul Sharma, and Ms. Nupur Chandra). It also provides registration links for Zoom and YouTube Live.

**15. AAPKI MAITREYI - NSS , MAITREYI COLLEGE EDUCATION**  
**INITIATIVE**

**19th May, 2021**

**Name of Resource Person : -Dr. Mithila Bagai, professor Political Science department,  
Maitreyi College, University of Delhi**

**Number of Participants :- 120**

"NSS MAITREYI COLLEGE", University of Delhi has organized an initiative "Aapki Maitreyi" : Online classes arranged for students from Class 1 to 5 to make children engaged during this period with some knowledgeable and interesting activities which will take place through virtual classes with the available resources. As "Maitreyi" means "friendly". So, to create a friendly environment and make the learning process joyful, these virtual classes have been arranged.

The education team is guided and mentored by Dr.Mithila Bagai, professor Political Science department, Maitreyi College, University of Delhi.

Under the supervision of NSS Maitreyi convenors and student coordinators Niyati from B.Sc (Hons.) Life Sciences, Sonali Singh, third year student from B.A.(Hons.) Sociology, and Ankita from B.Sc Botany (Hons) 3rd Year; a team of 64 NSS Volunteers have been formed and divided into two groups : teaching which includes 37 NSS volunteers and 27 members are involved in management and technical expertise. These teams of different students from first, second and third years will work dedicatedly and enthusiastically for more than 120 registered participants from class 1-5.

The first session of the initiative was scheduled on May 19, 2021.

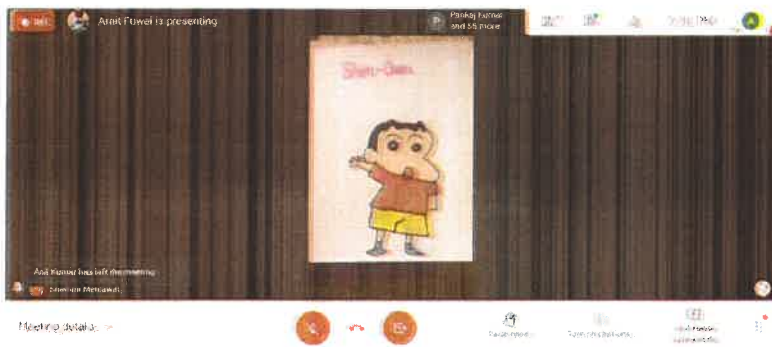
It was a successful event - started with the opening ceremony, followed by addressing - what is Aapki Maitreyi Initiative, the need for the classes and how all classes will go about.

After this the teaching team organized a few fun activities for the kids - guess the word, treasure hunt and other fun learning methods. The lecture was recorded & the same was uploaded on YouTube for the convenience of kids who could not attend the live session.

Overall, the first day was a huge success with more than 80 participant kids and their parent's.







*M. J. B. Bag*



**16. DHYAN INITIATIVE - NSS , MAITREYI COLLEGE MEDITATION INITIATIVE**

**23rd May, 2021 (For a month)**

**Name of Resource Person :- Dr.Mithila Bagai, professor Pol.Science department, Maitreyi College, University of Delhi**

**Number of Participants :- 218**

“NSS MAITREYI COLLEGE”, University of Delhi has organized an initiative “DHYAN INITIATIVE”:MEDITATION CLASSES arranged for all age groups free of cost on 'BUILDING IMMUNITY THROUGH MEDITATION' once in a week for a month

The meditation team is guided and mentored by Dr.Mithila Bagai, professor Pol.Science department, Maitreyi College, University of Delhi.

**Starting DATE - From 23rd May 2021 (For a Month)**

It is open for all age groups & free of cost

Total registrations till now:

218 responses from all age groups



## **17. WEBINAR ON INTERNATIONAL YOGA DAY**

**21st June, 2021**

**Name of Resource Persons :- Ms. Smriti Singh, Ms. Shipra Verma, Dr. Mithila Bagai**

**NUMBER OF PARTICIPANTS- 80**

It was organized on Sun 21 June 2020 at 7 am with Dr. Marius Ovidiu Păun , an Ophthalmologist from Romania as the chief guest for the event. We were told about the relationship of yoga, mind, soul and body. Also did and discuss various yoga postures and their significance

Ms. Smriti Singh

Ms. Shipra Verma

Dr. Mithila Bagai

Organizers: NSS and Physical Education Department