



# Miranda House

## UNIVERSITY OF DELHI

### Society Annual Report

#### Society Activities

##### Society: National Service Scheme

Year: 2019-20

##### Student Office Bearers:

Name	Post	Course	Year
Saumya Rai	President	BA ( Hons) Philosophy	2
Ayushi Golhani	Vice President	BA (Hons) Political science	2
Amrita Rani	General Secretary	BA (Hons) Political science	2
Sowmya Pagadam	Treasurer	BA (Hons) Mathematics	2

##### Staff Advisors:

Name	Department
Dr Rekha Kumari, Convener	Zoology
Dr Chanda Sagar	Hindi
Dr. Somdutta Sinha Roy	Botany
Dr. Shovit Ranjan	Zoology
Dr.Yasha Yadav	Zoology

### Part A.1

#### Events/Seminars/conferences/workshops/Extension Activities organized

A plethora of creative and innovative, truly adorable activities were organised by NSS, MH during the academic year 2019-2020 and continued successfully, although in online mode, even in the aftermath of the Covid 19 pandemic.

Anti-Litter Drive in the surrounding areas of Miranda House, including the Vishwavidyalay Metro Station with 33 student participants was organized with MH Vatavaran on 13 September. Anti-Litter Drive in the Miranda House Campus was done on 27 September with 45 participants. National Service Scheme, Miranda House unit celebrated the NSS Day on 24th of September, 2019 with the aim to spread awareness on the government's initiative of ban on single use plastic. The event began with our esteemed guests, Dr. Jyoti Arora, MH Vatavaran, Associate professor, Zoology Department and Dr. Rekha Parijat, Associate Professor, Geography Department, being welcomed and invited to act as the first few signatories of our campaign against the use of single use plastic. This was followed by a brief yet informative introduction about why we actually celebrate the NSS day which led to an enthralling performance of the Lakshya Geet by a bunch of melodious volunteers followed Presentation competition on the theme, Plastic waste: Future waste. A plantation drive was organised within the college premises. Many



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NSS volunteers engaged with the activity and planted saplings. A rally was organised within the college campus to further propagate our campaign against the use of single use plastic as an initiative to make Miranda House a plastic free campus. As a part of this, 52 volunteers were displaying a play on "Hazardous effects of single use plastic".

The next set of activities resumed in the Student Activity Centre. Our special guests for this event were the children from Haqeeqat Park, who under the project Aagaaz are taught by our NSS volunteers and Mr. Abhinav, Hindustan Times who covered the event. It focused on a brief discussion of project Kalam- for reduction and recycling plastic waste followed by an entertaining dance performance by the volunteers.

On 23rd of October, National Service Scheme, Miranda House organised its annual Social Mela, "Onella" with 52 participants, a word which traces Hungarian origin and means a torch light, it symbolises the light of serendipitous development dispelling the clouds of dark dismay and suffering. It was a fund-raising event with an aim to fuel all the wings of NSS, which enables students, college societies like Enactus, Ngos like the Delhi Foundation for Deaf women and various other organizations to set up their stalls, showcase and sell their products like books, saplings, handmade craft, etc. The theme of Onella this year was, "Say No to Single Use Plastic" and keeping that in mind all the decoration material used was handcrafted and free of plastic. In order to signify the importance of the theme, a Replaf competition was organised. Onella also hosted a live Nukkad Natak performance for the crowd, themed against child sexual abuse. We received a footfall of over 4 thousand, including both students and professors from various colleges and the total fund collection came up to Rs. 84,400. This was one of the most successful events Miranda House hosted this year.

Run for unity was organized on National Unity Day, 31 October 2019 with 28 participants. On the 29th of July, NSS organised an enriching guest lecture conducted by Dr. Shashank Shekhar (Assistant Professor, Department of Geology, University of Delhi) on the topic, "Rainwater Harvesting- A necessity for water scarce Delhi" The following day on 30th of July a poster making competition was organised. The theme of the event was, "Water is life, save it and store it". The aim of the competition was to spread awareness towards the need of the hour, water conservation. The enthusiastic 42 participants brought us lots of wondrous entries.

A Charcha for climate change on 20th August by the UNDP and Josh Talks. A few of our volunteers actively participated in the series of events. On 4th November, the NSS Miranda House in collaboration with the Airport Authority of India organised a talk on Vigilance awareness. A bilingual debate on the topic, "Integrity- A way of life" was also organised. The winners were awarded with cash prices. On 20 January 2020, an event was organised in Miranda house auditorium. This was organised in collaboration with Delhi Traffic Police and Indian Road Safety Campaign to observe 31st National Road Safety Week. The workshop focused on wearing students about road safety. With the help of presentation speaker explained how to be a 'Good Samaritan'. Walkthon was organized on National Girl Child Day on 24 January with 22 participants.

On the 13th February 2020, National Service Scheme, Miranda House organised a seminar and panel discussion in collaboration with Lady Hardinge Medical College on women's health. A multitude of topics were covered by the following distinguished speakers • Dr. Nishtha Jaiswal Associate Professor, LHMC) conducted a session on Anaemia in adolescents • Dr. Manisha Kumar (Professor, LHMC) Declining sex ratio and misuse of ultrasound • Dr. Mamta Mishra (Fortis Hospital, Senior consultant Vasant Kunj) conducted a session on unintended pregnancies and contraceptives • Dr. Sanskriti (Attending Consultant, Venkateshwar Hospital, Dwarka) conducted a session on Menstrual problems in young age • Dr. Reema



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Bhatt (Senior consultant, R and R Army Hospital, Delhi) conducted a session on Thalassemia.

The session was informative and 126 volunteers actively participated and cleared several doubts over these issues. On the 29th of May 2020, National Service Scheme, Miranda House organised a Webinar "Ways to survive and thrive: Some Psychological Perspectives". The session was led by our special speaker Dr. Aruna Broota, a Clinical psychologist and a former faculty member of Department of Psychology, University of Delhi. The session carefully dealt with all the much-needed topics that seemed intangible and were building up anxiety among students, not only was it extremely informative but also therapeutic. Dr. Broota delved with a variety of topics ranging from maintenance of disrupted families to the new environment of social distancing, and all about mental health.

On the 3rd of June, National Service Scheme, Miranda House organised a Webinar on, "The water crisis amidst Covid-19 and its management" which was led by our special speaker, Dr. Rajendra Singh, The Water Man of India. The webinar focused on certain crucial aspects, addressing everything right from the elephant in the room; the cause of the Pandemic and Dr. Singh elucidated intricate concepts in a very comprehensible manner. He also motivated the volunteers to look at the silver lining, the increasingly clearing up river water, free from the usual burden of pollutants.

On June 15th, a webinar was organised with Science of Spirituality on Meditation for a healthy living. The event saw a whopping participation of 153 people including the students and the faculty. It dealt with issues of anxiety, depression and how meditation can be used for maintaining a sound mind and body.

On 19th June, a webinar was organised with Kailash Satyarthi Children's Foundation on the topic Vulnerability of Children during the Lockdown. Ms. Roopika, the speaker of the program threw light on the delicate understanding of the kids of the society and ways to make them aware of the various vices prevailing in the society.

On the eve of World population Day, 11th July, a webinar was held on Putting a break on COVID-19: How to safeguard the health and rights of women and girls now by Anita Upadhyaya, Senior Project Executive of Parivar Seva Sansthan. She told us about many problems suffered by women and girls during this lockdown. During times of corona most of the health services were closed so most of the women indulged in the non-scientific practises and hence their reproductive health was compromised. This also took a toll on their mental health. At the end of the webinar she also suggested some measures as to how reproductive health can be given in times of Corona. It was a very insightful webinar which made us aware that reproductive health is very important and can never be compromised even in times of COVID-19.

NSS, MH since day one has been constantly hustling to invest itself in a plethora of initiatives spearheaded towards ensuring well-being of as many people as possible, fighting through the difficult times of the pandemic-COVID-19. Information regarding the collaborative initiative of staying at home, switching off the lights and lighting a diya at 9 p.m. for 9 minutes on the 5th of April 2020 was spread. The volunteers used the #EACHONEDOTEN, to ensure ten installations each of the Aarogya Setu App.

The National Service Scheme, Miranda House raised a sum of Rs. 3000 for the PM CARES fund. Authentic, verified information and guidelines from the WHO and MoHFW regarding nationwide lockdown, preventive measures and the demarcated hotspots of different states in their respective regional languages are disseminated. The Handwritten Slogan Writing Competition that was organised on 8th April 2020 to spread awareness regarding the pandemic. A Handwritten and Online Poster Making Competition was organised on 21st April 2020. A Video making Competition on the theme



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COVID-19 was organised on 6th April 2020. Best videos are posted on the social media handles and sent on every WhatsApp group to increase awareness in an audio-visual mode. Many volunteers crafted handmade masks at home and distributed them to people in their respective localities. NSS Miranda House collaborated with Robin Hood Army to ensure regular ration supply to the localities of students residing near Hakikat Park. We collected information regarding their situation from the families through telephonic mode and made them aware about the various central and state government schemes for their rescue.

A helpline was created by our volunteers for solving doubts of the students under Project Aagaaz (Active between 5pm-7pm). Apart from this; our volunteers in their respective hometowns have been helping voluntarily the children of their maids and servants in their studies. We have circulated the information on Delhi Government's scheme of e-ration cards to the underprivileged people whom we serve.

NSS, MH organised a campaign to urge households to prepare at least five packets of essential commodities like rice, flour, spices, lentils, soaps etc. which then could be given to people in need. Spreading awareness regarding all those aspects which need care yet, might get disillusioned in such times of distress. This includes, Awareness regarding the increased cases of Domestic Violence and helpline numbers, Water Conservation, Mental Health, Feeding pets and strays and Against Social stigma.

May 2020 was celebrated as the Mental Health Awareness Month. The pandemic took a toll on people's mental well being due to the norms of physical distancing and lockdown. So, NSS MH launched a peer mentoring programme under Project Sahyog for the mental well being of the college students. Many videos on yoga asanas and pranayamas were made by our volunteers to encourage people to practise them thereby maintaining a sound mind and body.

On 23rd May, on the occasion of Menstrual Hygiene Day, Sanitary napkin Distribution drive was conducted by the volunteers in their nearby areas. 103 sanitary napkins were distributed and people were urged to follow proper menstrual hygiene. Several videos and posters were made to spread awareness.

June-the pride month was welcomed through posters on basic terminologies related to the queer community. The volunteers urged everyone to destigmatize this community and enable them to co-exist peacefully.

The Speak up for the Planet campaign was launched on June 5th, World Environment Day where thoughts were shared by various people on the simple efforts by common people which can heal the planet. A photography Competition was organised to spread awareness and awaken the people to protect and conserve our planet. On 8th June, a fundraiser campaign was organised to help the victims of Cyclone Amphan, in which the volunteers were encouraged to donate whatever they can for the relief of the victims.

On 12th June Miranda House witnessed Anti Labour Child day in which the volunteers made videos, posters, slogans and circulated them along with the laws associated with it to spread awareness.

On 14th June, Blood Donors Day was celebrated to pay respect to the people who have been saving several lives through blood donation. A video making competition was organised on breaking the myths related to blood donation in which 23 people participated. A slogan writing competition was also organised to celebrate the real heroes. On 16th June, a campaign for feeding birds and animals was launched. People were encouraged to install bird baths in their homes, feed them and the stray animals.

International Yoga Day was celebrated on June 21st with a lot of zeal. The volunteers gathered together on Google meet to perform yoga with the NSS Family upholding the theme for this year's yoga day Yoga at Home, Yoga with Family. A quiz competition was organised based on the basic yoga postures to spread awareness.

On 23rd June, National Service Scheme, Miranda House presented, "It's my Identity". The celebration had a multitude of interactive games and activities and most importantly a fun-filled showcase of our true identity. It was a short programme on celebrating our unification despite being diverse individuals. Swachhta should





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begin from our homes. So, NSS, MH urged people to take the initiative of cleaning their house under a week-long initiative beginning from 22nd June. With the onset of Dengue, it became more important to prevent water from stagnating in the coolers and cleaning the garbage near the houses. This event saw a whopping participation of 203 people from the college.





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