



Miranda House

UNIVERSITY OF DELHI

Society Annual Report

Society Activities

Society: National Service Scheme

Year: 2020-21

Student Office Bearers:

Name	Post	Course	Year
Amita Singh	President	B. A. (Prog)	2
Medha Navya Dwedi	Vice President	B. A. (Prog)	2
Shipra	General secretary	B. A. (Prog)	2
Harshita Pahwa	Treasurer	B. Sc.(Prog) Physical Science	2

Staff Advisors:

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

Part A.1

Events/Seminars/conferences/workshops/Extension Activities organized

The National Service Scheme, Miranda House, has been serving the society for a long time. The year bracket of 2020–21 casted a shadow by confining everyone within the four walls, but the volunteers worked with the same vehemence, adding several new feathers to their cap of accomplishment and actively working to mitigate the effects of the COVID-19 pandemic.

The activities for the year 2020 started by welcoming **the Pride Month**. The volunteers, through posters, urged everyone to destigmatize the queer community by enabling them to co-exist peacefully. **World Environment Day on June 5** was marked by the "**Speak Up for the Planet**" campaign, which aimed to capture the thoughts shared by various people that can heal the planet. This was topped off with a photography competition, organized to celebrate the biodiversity of our environment. Around 15 volunteers walked an extra mile by making plastic bags, writing slogans, and urging people to serve the environment not just for a particular day but for a lifetime. Another series of activities were undertaken by 100 volunteers in the same month, like **a fundraiser campaign** to help the victims of the Amphan cyclone, witnessing the



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Anti Child Labour Day(45 participants) through the circulation of videos, posters, and slogans, a celebration of **Blood Donors Day**(50 participants) in order to pay respect to people who have been saving lives through blood donation, and a campaign for feeding birds and animals(75 participants), through which people were encouraged to install birdbaths in their homes and feed them and the stray animals. In these events around 45-75 volunteers participated.

The highlight of the month of June was the celebration of **International Yoga Day**. 100 volunteers gathered together on Google Meet to perform yoga with the NSS family, upholding the theme "Yoga at Home, Yoga with Family." On June 23rd, the National Service Scheme, Miranda House presented the "**It's My Identity**" program; (45 participants) its celebration had a multitude of interactive games, activities, and a fun-filled showcase of our true identity and promoted unification despite being diverse individuals. 45 students participated.

The month of July was welcomed by NSS Miranda House through the commemoration of **Doctor's Day**, in which 50 volunteers were asked to write a note of gratitude to the frontline workers and make some posters expressing the same.

A weeklong (1st July–7th July) celebration of the **Van Mahotsav event** included 75 volunteers planting of 54 saplings and dedicating themselves to looking after those plants, and the organisation of an intercollege poster-making competition on the topic "Forests: our lifeline", which received whopping participation. The day of July 8th was marked as noteworthy because NSS MH launched Steps to Sustainability with four major goals, namely: good health, quality education, climate change, and water conservation. Volunteers were asked to choose one of the above-mentioned goals and work on it for a week. This week was followed by raising awareness through videos and posters on **World Population Day** (70 participants) and **National Paper Bag Day**. On July 15th, NSS MH organized a Socioodle competition (45 participants) in which 60-70 participants doodled on issues of social importance to boost creativity and heal the ever-active mind.

The celebration of **Kargil Vijay Diwas** included the conduction of a poetry competition and sending eco-friendly Rakhis to soldiers in the 8 Mountain Divisions of the Indian Army as a token of gratitude for their selfless service towards our nation. 45 volunteers participated in the event. The month of July ended on a cautious note as a **soap distribution event** was organised from July 20th to July 22nd with the aim of distributing 100 soaps to the needy or underprivileged people to help them during the pandemic.

The month of August was marked by a string of awareness-raising activities like the Fight the Bite-Dengue awareness campaign(68 participants), the Let's Talk About Mental Health campaign, the **World Mosquito Day celebration** (25 participants), and a poster-making competition(45 participants) under the theme, "**FIT INDIA, HIT INDIA**." This was followed by the celebration of Independence Day (100 participants) and a guided Atma nirbhar quiz (5000 participants), which was launched by NSS convenor Dr. Rekha and the Principal of Miranda House, Dr. Bijayalaxmi Nanda.

The Miranda House has been continuously striving towards a fitter nation. Consequently, in the month of September, it was organized a fitness drive under the FIT INDIA initiative. Several activities, such as the freedom run, fit me, fit family, and fit community, were organized as part of the Government of India's Fit India Movement. Around 75-100 students included volunteers participated in these events

On September 16th, 2020, volunteers attended a session on National Education Policy 2020 organized by the Ministry of Education, Govt. of India, followed by the NSS MH organizing a Nutri-garden plantation on the 19th September, under the Poshan Abhiyan initiative by the Govt. of India in which 56 participants attended the programme. The 24th of September 2020 marked the **51st anniversary of the National Service Scheme**. This event revolved around the theme of "FIT INDIA, HIT INDIA ", supporting the Government



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of India's clarion call for a fitter nation. The volunteers of our unit succeeded in encouraging 140+ people to take up fitness activities on a daily basis. Fit India, Hit India featured eminent panel members Prof. Tanu Manoj Nesari, Director, All India Institute of Ayurveda, Ministry of AYUSH, Govt. of India, and Dr. Jaya Benjamin, Associate Professor, Clinical Nutrition Institute of Liver and Biliary Sciences, who emphasised the mental and physical fitness mantra of Ayurveda and healthy diet for day-to-day life. The event was attended by 56 participants. Diwali celebration event was organized online with 76 participants.

Gandhi Jayanti is celebrated with 67 participants on October 2nd every year to mark the birth anniversary of Mohandas Karamchand Gandhi. On this occasion, a plethora of activities were organized to raise awareness about Gandhian ideologies through Marchathon, Quiz- For Aagaaz children, Paper Presentation/Presentation on Gandhian Values in NSS, and Speech Competition. Important events took place on account of **World Mental Health Day** (34 participants), International Girl Child Day(78 participants), and Global Handwashing Day (87 participants). On the occasion of **World Food Day** (56 participants), NSS MH organized Food for Social Change, in which volunteers provided a meal/ fruit, /ration to any needy person around them and pledged to work for Zero Hunger. In order to raise awareness of breast cancer, a one-day international symposium was organized with 67 participants. At this event, Dr. Bijayalaxmi Nanda, Principal of Miranda House, talked about the importance of awareness of breast cancer and launched a brochure which contained detailed information about breast cancer, organizing institutions, and various organisations that one can approach for help. The speakers for the symposium were Dr. Anil Shankar, Interim Vice-President for Research and Innovation, Meharry Medical College, Tennessee, United States, and Dr. Kanchan Kaur, Director of Breast Surgery in Medanta. The panel consisted of various eminent speakers and breast cancer survivors who are working in the field to spread more and more awareness and are saving a lot of lives daily. The Vigilance Awareness Week-2020 was celebrated from **27th October, 2020 to 2nd November, 2020** with 34 participants on the theme "Satark Bharat, Samriddh Bharat (Vigilant India, Prosperous India).International day of the Girl child was celebrated on 11 October with 34 participants.s

A Satark Bharat Group Discussion on the topic "Psychology and Behavioural Perspectives on Corruption" was conducted amongst the NSS MH volunteers on October 31st. The group discussion involved the participation of 10 volunteers, discussing the various behavioural and psychological perspectives on corruption with the help of their own insights, observations and arguments. On the same day, the **National Unity Day** Pledge was organized on the esteemed Sardar Vallabhai Patel's birth anniversary. 23 volunteers took the pledge in the spirit of unification of the country, which was made possible by the vision and notions of Sardar Vallabhai Patel, and strived to contribute to the internal security of our country. National Service Scheme, Miranda House organized a Turn-Coat Competition on 2nd November on the topic- Corruption is the only cause of a country's failure. The participants spoke on how lack of awareness leads to corruption and how education, safety, lack of economic resources crimes rates can be used as the benchmarks to measure the level of corruption in any country. This was followed by the Celebration of **World Kindness Day** (56 volunteers gifted cards and presents to the corona warriors in the pandemic), organization of the Sanitation week(87 participants) on the occasion of World Toilet Day and celebration of **the Constitution Day**.

The year 2020 ended on a celebratory note as the NSS MH conducted an activity called "Be A Santa" (35 participants)to share the Christmas festive vibe with someone less privileged than the volunteers. They also worked relentlessly throughout the month to make an audio-video library for kids and visually impaired students. The year of 2021 began with upcycling activities, in which NSS volunteers prepared a number of upcycled items. This was followed up by the celebration of the 125th **birth anniversary of Netaji Subhash Chandra Bose** at 12 noon, virtually via Zoom video conferencing. The meeting was attended by the



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programme officer, teachers, union members, and the volunteers of NSS Miranda House. The hour-long celebration was concluded by the Vice President of NSS, Ms. Medha Navya Dwivedi, as she urged the volunteers to continue to serve the society and also quoted Netaji, "Success always stands behind the pillar of failure." In Namami Gange Programme, Jan Andolan Campaign was organised with 45 participants.

NSS MH conducted a 16-day long programme with 45 volunteers on cleanliness called **Swachhta Pakwada**. The programme was divided into various categories and included several activities ranging from plantation drives to short-film making, all aimed towards a cleaner world. The main goal of the programme was to spread awareness for a cleaner tomorrow and encourage people to inculcate an efficient environment and friendly lifestyles. Swachhta Abhiyan was conducted in the college as well as outside the college with 80 participants. Upcycling competition was organised with 87 participants. "The love for all living creatures is the noblest attribute of man." Keeping up with the spirit of the adage, on February 17th, 2021, a **campaign called Jeev Seva** (35 participants) was launched for feeding birds and stray animals. Under this campaign, volunteers were encouraged to install birdbaths and provide adequate food and water to the stray animals, with the aim of showing kindness and compassion towards stray animals and birds. On the occasion of **International Mother Language Day**, (87 participants) NSS MH organized an activity called "Language and no barriers". The aim of the activity was to promote linguistic and cultural diversity and multilingualism. Volunteers got an opportunity to spread information and showcase their talent in their mother language. Apart from these, the projects Sahyog, Aagaz, Saksham, and Sadhbhavana organized various activities throughout the month of February.

To celebrate **World Wildlife Day**, a photography activity on the theme "Forests and livelihoods: sustaining people and planet" was organized as a way to highlight the central role of forests, forest species and ecosystem services in sustaining the livelihoods of hundreds of millions of people globally, and particularly of Indigenous and local communities with historic ties to forested and forest-adjacent areas. **No Smoking Day** (to raise awareness about the harms and the health risks of smoking, a poster making activity was conducted by the NSS MH), **World Consumer Rights Day** and UN **International day of happiness** marked the closure of the month of march. Other events such as Beti Bachhao Beti Padhao (76 participants) and Justice for child right campaign (50 participants) were also conducted.

During the second wave of the pandemic, NSS MH focused on raising awareness about fitness and health and giving the right information about COVID-19. Thus, the volunteers were asked to perform yoga along with their families while taking all precautions and also urge others to do the same. While understanding that COVID-19 took a toll on everyone's mental health, NSS MH encouraged everyone to start writing journals of self-love and express their feelings to feel better and to support their families. The volunteers also donated food and 50+ masks and sanitizers to the underprivileged people in their surroundings. Poster making, article writing, and video making activities were held on various important topics like online education and its impact, myths about COVID-19, why get vaccinated, etc. The volunteers also interviewed more than 50 people to learn about their experiences after getting vaccinated in order to promote **the vaccination drive**.

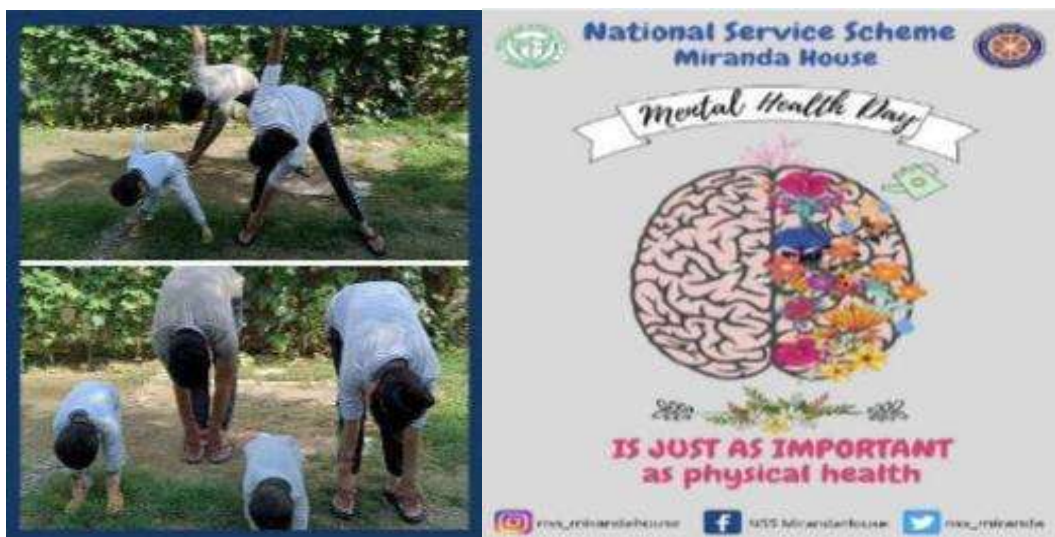
Along with this, NSS MH also realized that other occasions should not be neglected and thus remained active throughout the pandemic to work for others and their own families too. Some of the activities included healthy meal challenges on **World Health Day** (45 participants), activities on the occasion of **Tika Utsav**, related to Pandemic & Education, a four-day programme 'EARTH DAY! WORTH DAY!' on the occasion of Earth Day(45 participants), celebration of World Book Day(65 participants), reaching the zero-malaria target on World Malaria Day, **The Co-Myth Buster** Competition, Chetna, Janoge Tabhi to Manoge, Red



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Dot Challenge, and No Tobacco Day(64 participants). Besides these, World Athletics day (43 participants), International Menstrual Day(54 participants) and Mother's day(76 participants) were also celebrated online.





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