



Miranda House
UNIVERSITY OF DELHI

Society Annual Report

Society Activities

Society: National Service Scheme

Year: 2022-23

Student Office Bearers:

Name	Post	Course	Year
Ms. Yashaswini Bahuguna	President	B.A. (Hons.) Sociology	2
Ms. Anjali Pandey	Vice President	B.A. (Hons.) Sociology	2
Ms. Gauri Singhal	General Secretary	B.A. (Hons.) Economics	2
Ms. Devika Avvadakkam	Treasurer	BSc. (Hons.) Zoology	2

Staff Advisors:

Name	Department
Prof (Dr.) Malti Sharma, Programme Officer	Chemistry
Dr. Anshika Lumb	Chemistry
Dr. Deepti Rawat	Chemistry
Dr. Neetu Chaudhary	Botany
Dr. Suday Narayan Prasad	Elementary Education

Part A.1

Events/Seminars/Conferences/Workshops/Extension Activities organised:

The National Service Scheme (NSS) is a program initiated by the Government of India, under the Ministry of Youth Affairs & Sports that encourages student youth to actively participate in government-led community service activities and programs. NSS Miranda House comprises five different projects:

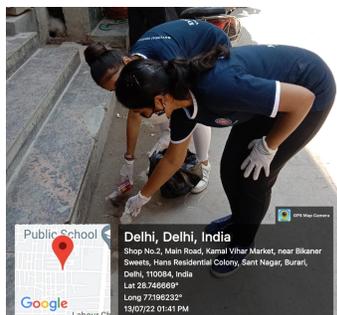
1. **Project Aagaz:** This initiative involves dedicated volunteers engaging in the education of underprivileged children at the Hakikat Park Teaching Center three times a week. Restarted in 2022 with only 5 children, the project has now expanded to include around 30 underprivileged children. Major highlights include a 5-day Summer Camp in the month of June and a session on the prevention of Child Sexual Abuse by Sakshi Foundation on November 19, 2022.



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2. **Project Swachta:** As a part of the Swachh Bharat Mission, Project Swachta was specifically created in 2022 to promote cleanliness in and around college. Regular campaigns against littering are conducted during lunch breaks. Additionally, the project actively participates in Clean India 2.0 and Mission Life activities in various villages, including Dhirpur, Burari, and Azadpur.
3. **Project Saksham:** NSS aims to empower women and work towards achieving gender equality through Project Saksham. Key activities of this project include the maintenance of sanitary napkin dispensers in college washrooms (installed in July 2022), triweekly classes for female non-teaching staff of the college, exhibition highlighting the contributions of women in post-independence India along with activities focusing on menstrual hygiene and breast cancer awareness.
4. **Project Sadbhavana:** The primary focus of this project is to improve the lives of orphaned children and senior citizens. Activities include bi weekly classes in the Rose Udaan Shelter Home and sessions in old age homes like Mahatma Jyotiba Phule Memorial Old Age Home.
5. **Project Sakaar:** This project primarily supports visually impaired students within the college. This year, the project contributed to the resource collection of the Amba Dalmia Resource Center by creating an Audio Library specifically catering to visually impaired students. The project expanded its activities to include initiatives on intellectual disability (like autism etc.) in collaboration with the Sarvodaya Collective on February 25, 2023.

NSS at MH actively promotes cleanliness through various initiatives aligned with the Swachh Bharat Abhiyan. Collaborating with Unnat Bharat Abhiyan (UBA) Cell, a cleanliness and plantation drive was organised in Burari Village on July 8, 2022. Additionally, as part of the Clean India 2.0 Campaign in October 2022, activities like plog runs and cleaning sessions were carried out in Art Faculty, WUS Healthcare centre, bus stands and other public areas near college, resulting in the collection and proper disposal of over 35 kg of waste. In partnership with UBA cell and National Cadet Corps (NCC), a cleanliness drive was conducted in Dhirpur village on November 7, 2023 as a part of the Orientation Course. A door-to-door awareness campaign took place in Azadpur village on February 24, 2023 under Mission Life, focusing on segregation of waste.





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The team demonstrated a strong commitment to promoting menstrual hygiene for women. They installed four sanitary napkin dispensers in college restrooms and conducted two campaigns in collaboration with the Niine Foundation to distribute sanitary napkins and raise awareness about menstrual hygiene. A seminar on New Generation Women Healthcare was held in partnership with Queen's Gynaecology, which included complimentary CBC, LFT, and Thyroid tests. A joint seminar on personal hygiene was organised with Million Minds on November 24, 2022. Our volunteers were invited to spread awareness to security guards and cleanliness staff at DLF Mall of India, Noida, on Menstrual Hygiene and Contraception. Additionally, an online awareness session on Breast Cancer and Cervical Cancer took place during National Women's Health Week on May 13, 2023, in collaboration with Canfem, Win Over Cancer, and Artemis Hospital.



NSS collaborated with Samvardhinee Nyas and UBA Cell to organise a panel discussion titled "Anaemia Screening and Awareness" on February 23, 2023, including free haemoglobin tests. The Thalassemia Screening and Awareness Drive on July 8, 2022, in collaboration with UBA Cell, BHOR Living Foundation, and Lok Nayak Hospital, showcased the NSS's community health initiatives. Two successful blood donation camps were conducted on January 19, 2023, and April 25, 2023, in partnership with Rotary Club, Qutub, with over 100 student volunteers. Additionally, a collaborative session on Stem Cell Donation, organised with the Arjan Vir Foundation, was held on April 26, 2023, focusing on the importance of stem cells and donation processes.





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Recognizing the significant role of Yoga in promoting health and fitness, the NSS organised a dedicated Yoga Week from June 16 to June 21, 2023. Activities included an IDY quiz competition, Y Break Yoga sessions, yoga pledge, yoga with family, poster making, and informative lectures. In collaboration with the Department of Sports and Physical Sciences and UBA Cell, several events were organised including week long yoga sessions by Yogacharya Manish Kapoor, trivia quizzes, and Suryanamaskar competitions. Additionally, a 10 day self-defence workshop was conducted with the Delhi police from 16 to 27 January, 2023.



In addition to focusing on physical health, NSS also prioritised mental health and well-being. As part of the NSS Day celebration on September 24, 2022, a stress-relieving session called 'Mind Matters-a mindful mandate' was organised. The session featured Mr. Vishal Goyal, a Counselling Psychologist, founder of Power Within, and Consultant at World Vision India, as the speaker. In collaboration with ETI services, NSS, NCC, NCWEB organized an introductory session on mental health and suicide prevention. Various activities were held during Mental Health Awareness Month, including a meditation week, mental health sessions, book reading sessions, personal storytelling, gratitude journaling, a plantation drive called 'Green Safar,' creating motivational bands, and visual mood board creation from May 8 2023 to May 22, 2023.

In addition to physical activities, equal importance was given to proper nutrition. Recognizing the International Year of Millet, as designated by the UN for 2023, NSS organised Poshan Pakhwada. This week-long event, held from April 18 to 26, 2023, featured various activities such as millet parodies, make & mark up sessions, Poshan tracker discussions, addressing nutritional requirements during puberty, scrapbook making, Poshan vatika (garden), Poshan wheel activities, and evaluation of millets. The primary focus of these activities was to raise awareness about the benefits of millets and their nutritional value. Furthermore, a webinar on "Plant-based Food" took place on September 27, 2022, in collaboration with Plant Based Foods Industry Association, Business World, and Veganuary.



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In August, volunteers collected fruit seeds for planting through the organisation 'We Plant' to address food security and sustainability. During Environment Week, NSS organised activities with underprivileged children on poster making, and exploring alternatives to plastic. Mission Life activities included raising awareness on air pollution, herbal garden development and educational videos on herbs. A webinar on "Renewable Energy" was held on February 4, 2023, featuring Mr. Shirish S Garud from The Energy and Resource Institute (TERI). Volunteers also visited Goonj to discuss urban upcycling on March 31, 2023.

In the era of increasing digitalization, the occurrence of cyber crimes has risen. Recognizing this issue, NSS at MH collaborated with the Department of Chemistry and United by Blood Foundation to organise a talk show titled "No Shame (Stop Non-Consensual Intimate Image Abuse)" in partnership with United by Blood Foundation on October 11, 2022. The esteemed chief guests for the event were Sara Ali Khan, Abhishek Singh IAS, and Shri SK Gautam IPS. To further promote awareness on cyber security, an awareness program was held on February 21, 2023. During this session, students were educated about various types of cyber crimes. Sub Insp. Richa Sharma, Head Constable Umesh, Head Constable Sonika, and Head Constable Pankaj graced the event as guest speakers. Other capacity building workshops included a session with Mr Sachin Jain, IRS on 2nd February 2023.



Throughout the year, a variety of activities were carried out under the umbrella of Azadi ka Amrit Mahotsav 2.0. These activities included initiatives such as displaying the national flag at



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home, creating templates, paying tribute to the unsung heroes, and conducting awareness campaigns as part of the Har Ghar Tiranga campaign. Additionally, NSS actively participated in events related to the Nasha Mukth Bharat Abhiyan, Tiranga Yatra, Swadeshi Diwas, Jeev Seva and other activities. The organisation also engaged in various activities organised by the University, including the Centenary Run, Amritpex, and the valedictory ceremony, which was honoured by the presence of the Prime Minister.

A few other important days celebrated under our unit are mentioned below :-

World Tiger Day (29/07/22)	Akshay Urja diwas (8/8/22)	International Youth day (12/08/22)
Independence day (15/08/22)	World water week (20/08/22 -24/08/22)	Sadbhavna diwas (20/08/22)
World mosquito day (20/08/22)	Women's equality day (22/08/22)	National Sports Day (29/08/22)
Gandhi Jayanti (2/10/22)	Breast Cancer Awareness Day (13/10/22)	National Unity Day (31/10/23)
Armed Forces Flag day (7/11/22)	Children's Day (14/11/22)	National Voters Day (25/11/23)
Republic day (26/01/23)	National Cancer Awareness Day (4/02/23)	Wildlife Awareness Day (3/03/23)
Women's Day (08/03/22)	Mother's day (14/05/23)	World Autism Day(2/04/23)
Jallianwala Bagh Massacre day (13/04/23)	World Heritage day (18/04/23)	Liver day (19/04/23)
Earth day (22/04/23)	Stress Awareness month (April,2023)	International Labour Day (1/05/23)
Anti Tobacco day (31/05/23)	World Bicycle day (3/06/23)	Pride Month (June 2023)



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Part A.2:

Achievements

S.No.	Name of the Event	Organiser	Achievement	Participants
1	Samvaad	NSS, Hindu College	3rd Position	1. Yashaswini Bahuguna 2. Anjali Pandey 3. Kummari Leelarani 4. Nandini Parashar
2	Convergence	NSS, SRCC	3rd Position	1. Gauri Singhal 2. Anjali Pandey 3. Kummari Leelarani 4. Nandini Parashar
3	Kaizen	NSS, IIT Delhi	Participation	1. Yashaswini Bahuguna 2. Anjali Pandey 3. Kummari Leelarani 4. Nandini Parashar