

Kirori Mal College

National Service Scheme (2021-2022)

National Service Scheme-Kirori Mal College (NSS-KMC) Unit is working through the University of Delhi under the Ministry of Youth Affairs and Sports (MYAS), Govt. of India since the programme was launched by MYAS in 1969. The NSS- KMC unit volunteers work with the motto: “Not Me But You”. This reflects the essence of democratic living and upholds the need for selfless service. All the volunteers work towards giving back to society. The strength of **NSS-KMC** cogitates in its tag line “*Sahas Se Sahyog Karen*” which means to have courage and be/make others empowered to extend helping hands. With this aim, all volunteers participate in all the activities, be more focused, and accountable, develop leadership, and contribute quality to the community and social work. The unit works under two broad wings: **SAHYOG-** “CHILD EMPOWERMENT WING” “*EACH ONE TEACH ONE PROGRAMME*” and **SAHAS-**“WOMEN EMPOWERMENT WING”.

WORLD ENVIRONMENT DAY

To remind people about the importance of mother Earth, NSS-KMC celebrated World Environment Day on 5th June. The theme of this year was ‘Reimagine, Recreate, Restore’, wherein our volunteers were made aware that nature should not be taken for granted and must be respected.



DATE- 5th June. 2021

SESSION ON PRIDE AND COURAGE Sahas, the Women Empowerment cell of NSS-KMC organised an interactive session “Pride and Courage”, to normalise the wide spectrum of genders and their preferences and create an inclusive space for all.



DATE- 26th June 2021

FOOTFALL- 72

Women: 40 Men: 32

Stand Up Against Street Harassment (in collaboration with Breakthrough)- This workshop was designed to make violence and discrimination against women and girls unacceptable by building a generation of gender-sensitive adolescents and young adults.



DATE- 25th July 2021

FOOTFALL- 101

Women: 53 Men: 48

Road Safety Awareness Workshop (in collaboration with Hero MotoCorp and Delhi Traffic Police)- To address a major issue of Road Safety, dwelling more upon Defensive Riding, developing Road safety consciousness, habits and responsibilities, especially among the youth, the workshop proved to be a significant step in developing an understanding and spreading awareness in the community.



DATE- 06th Aug, 2021
 FOOTFALL- 110
 Women: 35 Men: 75

NATIONAL SWACHHTA PAKHWADA- Our volunteers took a pledge to minimise the waste and keep our surroundings clean and invited everyone's support and cooperation in doing so. Best out of waste activity was also conducted under the banner, 'Waste isn't waste, until we waste it. To make society aware of the importance of cleanliness & its impacts on our physical & mental health.



DATE- 10-15th Aug 2021

75th INDEPENDENCE DAY- To commemorate the valour and spirit of our great freedom fighters who fought for the independence of India, our volunteers celebrated 75th Independence Day with full enthusiasm, reminding the virtues which define India, our rich history, culture and tradition.



DATE- August 15th, 2021

FREEDOM RUN 2.0- It was an initiative by the Ministry of India throughout the country, celebrating Azadi Ka Amrit Mahotsav. Our volunteers ran at different places to encourage fitness and get rid of obesity, laziness, anxiety, stress, etc.



DATE- 27th Aug 2021

WORKSHOP ON E-WASTE MANAGEMENT - NSS KMC in collaboration with E-Junki and Hulladek, held a workshop on E-waste management on **4th September**. Mr. Devanahalli Chopra (2xEntrepreneur and a digital marketer) and Mr. Aditya Rai (Social entrepreneur and digital marketer) enlightened us about E-waste. Relevant workshop details and posters were shared on our social media platforms.





DATE - 4th September 2021

FOOTFALL- 112

Women :54 Men: 58

TEACHER'S DAY CELEBRATION - On 5th September 2021, Teacher's day was celebrated with the students through Google meet. Students were enlightened about Dr. Sarvpalli Radhakrishnan and then various activities were played. Some of them were This or That, Tongue twisters, Spot the difference and many others. Relevant posts and videos containing activities were posted on our Social media platforms.





DATE - 5th September 2021

AZADI KA AMRUT MAHOTSAV CELEBRATING TEACHERS' DAY - NSS KMC under the aegis of AZADI KA AMRUT MAHOTSAV organised a session on the occasion of Teacher's Day on **5th September 2021** with Mr. Rajkumar Bhatia (member, EC, DU) and Padam Shri J. S. Rajput (Retd. NCERT Director). Our discussion was on the topic of Possibilities and advantages of the new Education Policy.



DATE - 5th September 2021

FOOTFALL - 163

Women:80 Men: 83

NATIONAL NUTRITION WEEK CELEBRATION- 1st – 7th September 2021 is marked as National Nutrition Week annually. The theme of the 2021 National Nutrition Week is “Feeding smart right from start”. NSS Volunteers were told to share their pictures of

eating healthy and nutritional food marking the importance of Nutritional food in our life. Those pictures with the poster were posted on Social media.



DATE - 1st to 7th September 2021

FOUNDER'S DAY - Founder's Day was observed on **23rd September 2021**. On an auspicious day of the remarkable 8th anniversary of SAHYOG-sharing smiles, congratulated all the Sahyogies who contributed to its present dignity and stand. A video post was posted on our Social media platforms consisting of memories of SAHYOG with the students.

NSS DAY CELEBRATION - NSS Day was celebrated on **24th September** with a speaker session. Mr. Vivek Atray (Ex- IAS officer, motivational speaker, author, columnist and visiting professor) and Mr. Aman Dhatarwal (a renowned Youtuber, educator, and motivational speaker) were invited as our speakers. They enlightened us on the topic- Different Avenues of social service as a part of Nation Building. Relevant details of the webinar and poster were posted on our social media platforms.



DATE - 24th September 2021

FOOTFALL- 125

Women: 65 Men:60

AASHAYEIN: Jashn-e-Diwali - NSS-KMC held its annual flagship event Aashayein: Jashn-e-Diwali in the online mode in the year 2021 from **15th October 2021 to 25th October 2021**, organising various competitions and activities. However, its preparation and promotion started in September itself. The events saw a nice number of participants. Though the spirit of the offline event could not be matched, both organisers and participants enjoyed it a lot.

AASHAYEIN-Jashn-e-Diwali post was posted on **17th September** on our social media platforms indicating the commencement of Jashn-e-Diwali.



On the **19th of September**, a video post was posted on our social media platforms, unveiling our annual event AASHAYEIN-Jashn-e-Diwali, consisting of an array of intriguing

competitions and activities. AASHAYEIN-Jashn-e-Diwali coming soon post was posted on our social media platforms on **25th September 2021**.



1. **Alankaran:** ALANKARAN- the virtual Fashion show was announced under its annual flagship event AASHAYEIN-Jashn-e-Diwali on **27th September 2021**. The instructions and guidelines with the post were posted and shared on our social media platforms. It was a two-round event. The poster for the 2nd round was released on **22nd October 2021**.

Students from various colleges took part. The results were announced on **30th October 2021** on our respective social media handles.

Aditya Nandan Prasad (Kirori Mal College) won the competition with Aastha Khansaly (Kirori Mal College) and Prerna Tyagi (Kalindi College) being the runners-up to the theme: Clothes have no gender.



2. **Diya Shringar:** On **28th September 2021**, DIYA- Srinagar- Diya decorating competition under its annual flagship event AASHAYEIN- Jashn-e-Diwali was

announced. Guidelines and instructions for the same along with the poster were posted on our social media platforms.

Entries came in with great enthusiasm. The results were announced on **10th November 2021**. Srishti Kathuria (Kirori Mal College) and Anushka Chahal (Kirori Mal College) won the competition bagging first and second place respectively.



3. Quizolympia: The quiz competition as a part of its annual flagship AASHAYEIN-Jashn-e-Diwali was announced on **29th September 2021**.

The relevant instructions and guidelines were shared along with the poster on our social media platforms. The competition was on **27th October 2021**.

Harsh Pandey, Divya Mangla and Raghav Agarwal respectively bagged the first, second and third positions.



4. Treasure Hunt: The Treasure Awaits You..., as well held in the online mode. The official poster for the same was released on **30th September 2021**.

On the **26th of October**, the first round of Treasure hunt took place. On the **28th of October**, The second round of the Treasure hunt took place. The winners of Alankaran: The virtual fashion show were also announced on our social media handles.

Rushali Gautam and Andra Sadanand achieved the first position followed by Raghav Agarwal.



5. Shutter up: A photography competition, with the themes Nature, Prosperity and Traditions was as well arranged. The poster for the same was posted on **3rd October 2021**.

Many adorable entries came in till **25th October 2021** with the best ones from Manisha (Miranda House), Juhi Jain (Institute Of Home Economics), Dhruv Jethi (Kirori Mal College) and Sejal Jain (Janki Devi Memorial College).



On **4th October 2021**, a video promoting the annual flagship event AASHAYEIN was shared on social media with the caption - “Aashayein aa Raha hai, Aap bhi jarur aaiyega !!”

6. Memebazi: Meme making Competition was carried out and its poster was released on **5th October 2021**. Many entries came in till **25th October 2021**. The best three entries were found to be Archana Sharma (Kirori Mal College), Sanskriti Negi (Aakash Institute) and Abhishek Mahour (Hindu College).



The summary of all the events being organised on this auspicious occasion was given through a post on **14th October 2021**.



On **15th October 2021**, a video message was posted on social media inviting registrations for the events of AASHAYEIN 2021.

This celebration also included the kids from Chandrawal, our adopted village in various forms. There were free registrations given to the kids in the competition of their choice. The kids were sent greetings and gifts from the former and current members of Sahyog. The winners of the various competitions were issued Certificates and Gifts via digital mode. Together there was a successful event organised by the members.

DATE - 15th October to 25th October 2021

Vigilance Awareness Week:

Vigilance Awareness Week was observed from **31st October- 5th November**, to encourage the citizens to become more vigilant and to raise public awareness regarding the vices prevailing around us, through various fun activities. Starting from the oath-taking ceremony, poster-making, slogan-writing competitions, speaker's session and an Insta Quiz on the concluding day. The names of the winners of these events were also posted on our Instagram handle.

An interactive session was also held on the theme- 'Independent India @75: Self- Reliance with Integrity.' The session was held on **1st November 2021**, from 11:30 a.m. onwards over the Zoom platform. The guest speaker was **Mr. M. Uma Shankar, IRS**.



Date- 1 November 2021
 Footfall- 70
 Women: 32 Men: 38



Date- 5 November 2021
 Footfall- 66

Aashayein- Donation Drive:

Post-Diwali, one offline **Donation Drive** was also held by NSS-KMC Unit on **10th November**, using the funds that were collected during our flagship event- Aashayein (Jashn-e-Diwali), through the entries that we got from various events. Sahyog students were asked to come to the KMC back gate and collect the essential stationery and chocolates.



Date- 10 November 2021

Children's Day Celebration:

On the occasion of Children's day, an online programme was organised in which documentaries exhibiting moral values were screened for the children, followed by various fun games and activities.



Date- 14 November 2021

Cycle Rally:

On the **17th of November 2021**, to celebrate Azadi Ka Amrit Mahotsav, NSS KMC organised one **Cycle Rally**, from Kirori Mal College to Dr. Ambedkar National Memorial, Civil Lines, Delhi. Volunteers from both NSS and NCC actively participated in it, along with some teachers. Its main aim was to encourage our volunteers to become more eco-friendly and contribute their bit to protecting and nourishing our environment. Later, the volunteers were also made to visit Dr. Ambedkar National Memorial, where they observed and learned about various fundamentals of Babasaheb Ambedkar's life. Refreshments were also provided at the end to everyone who participated.



Date- 17 November 2021

Footfall- 133

Women:53 Men:80

Constitution Day:

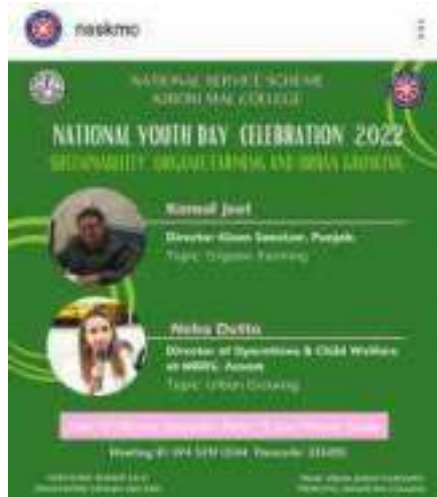
On the occasion of Constitution day in association with *Azadi ka Amrit Mahotsav* a webinar was held over the zoom platform.

Our first guest speaker was Sh. Anil Pratham, an IPS officer, DGP of Gujarat cadre elaborated on the theme

YOUTH WEEK CELEBRATION 'YUVAAH'

NATIONAL YOUTH DAY CELEBRATION:

On **12th January 2022**, NSS-KMC organised a webinar regarding Sustainability, *organic farming and urban growing* with speakers Mr. Kamal Jeet and Neha Dutta imparted knowledge about sustainability, urban growing, gardening, seed revolution and edible landscaping.



Date: 12th January 2022

Footfall: 75

Women: 33 Men: 42

An online quiz was also organised on the Instagram handle of NSS-KMC.



Date: 13th January 2022

Footfall: 52

On **14th January 2022**, NSS-KMC organised a webinar on the topic of *Holistic wellness for youngsters* with the speaker Ms. Shalini Abhilash who has been teaching holistic wellness and nutrition for 12 years.



Date: 14th January 2022

Footfall:77
Women:40 Men:33

On **15th January 2022**, NSS-KMC organised a webinar on the topic *Importance of healthy relationships in one's life*, with Ms. Vedanti Godbole (founder of The Mind Studio, Psychologist, yoga trainer and Acupuncturist) as the esteemed speaker. As humans, the relationships we form with other people are vital to our mental health and emotional well-being. The more positive efforts we put into a relationship, the healthier it should be.



Date: 15th January 2022
Footfall: 120
Women:68 Men:52

During the week, a virtual feeding drive i.e. *EACH ONE FEED ONE* was being organised in which the volunteers tried to feed the stray animals and birds around themselves so that they could strive in these bad times and pledge to FEED them in a regular basis.



NATIONAL GIRL CHILD DAY:

On the occasion of National Girl Child Day, the volunteers of NSS-KMC celebrated *SELFIE WITH INSPIRING LADIES* under which all the volunteers have captured themselves with their inspiration of life.

The volunteers also created awareness about the *10 legal rights of girl children in the Indian constitution* by combining all the rights in the form of a reel and posting it on our social media handles.

REPUBLIC DAY CELEBRATION:

On the occasion of the 73rd Republic Day, NSS-KMC organised a webinar on the topic *CAREER IN INDIAN ARMY* with Capt. (Dr.) Sunaina Singh (Ex-Army Officer, Ex-DU professor, National Handball Player, and Motivational speaker) was the speaker. She guided the participants about the Indian army and associated careers.



Date: 26th January 2022

Footfall:200

Women: 105 Men: 95

WORLD CANCER DAY AWARENESS:

On **4th February 2022**, volunteers of NSS-KMC aimed to raise awareness, reduce stigma and trauma and also to stand strong together with the cancer fighters in the hour of their need. NSS-KMC stands strong with Cancer fighters on **WORLD CANCER DAY** because we think *Each ribbon makes a difference*.



On **7th February 2022**, NSS-KMC in collaboration with Blood Connect Foundation organised *A VIRTUAL AWARENESS SESSION ON BLOOD DONATION*, Ms. Manasi Shakya (Vice president-counselling BloodConnect Foundation) gave insights about blood donation campaigns and thus creating much-needed awareness.



Date: 7th February 2022

Footfall: 79

Women:48 Men:31

INTERNATIONAL MOTHER TONGUE DAY CELEBRATION

On **21st February 2022**, NSS-KMC created awareness about international mother tongue day using a small video posted on the official Instagram page wherein the volunteers paid respect to their mother tongue by speaking in the respective languages.



INTERNATIONAL WOMEN'S DAY AWARENESS:

On **8th march 2022**, NSS-KMC created awareness about *INTERNATIONAL WOMEN'S DAY*. Women are not just creations but also creators. They are the ones who make a house a real home. Full of life. Joys and being capable of finding happiness in even the most trivial things.



WOMEN CONCLAVE 2022

Sahas-The Women Empowerment Cell, NSS KMC organized its annual women's conclave from 11th March to 13th March 2022. Like every past year, this year's women's conclave too witnessed 14 strong-minded, independent, and opinionated women sharing their insights, suggestions as well as the important values they learned during their journey and the ways they dealt with this patriarchal society's mindset when they were working hard to rise to the top during to course of 6 different and valuable sessions. The aim was one- to inspire every girl from every corner of the country to believe in themselves and to stand for what they feel is right. The magnitude of problems and issues that were dealt with and discussed in this year's conclave was significantly large as it not just focussed on women's economical, social, or lifestyle-related struggles or the gender and pay bias but it also touched those fine lines of women's health, menstrual hygiene, and PCOS which everyone irrespective of gender should be aware of.





Along with this, sessions around women and their representation in different businesses and industries be it media or creative industry as well as their way to the top in entrepreneurship were also a major highlight. This 3-day event saw these influential speakers spreading the vibe of motivation and inspiration with all the attendees and the sessions became more fun because the topics and themes were constructed in a manner that they were easily understandable yet very detailed and the sessions were interactive where every attendee got a chance to share their own opinions and the speakers very rationally addressed every query, opinions, and suggestions that came along their way during the session.

Date: 11th to 13th March 2021

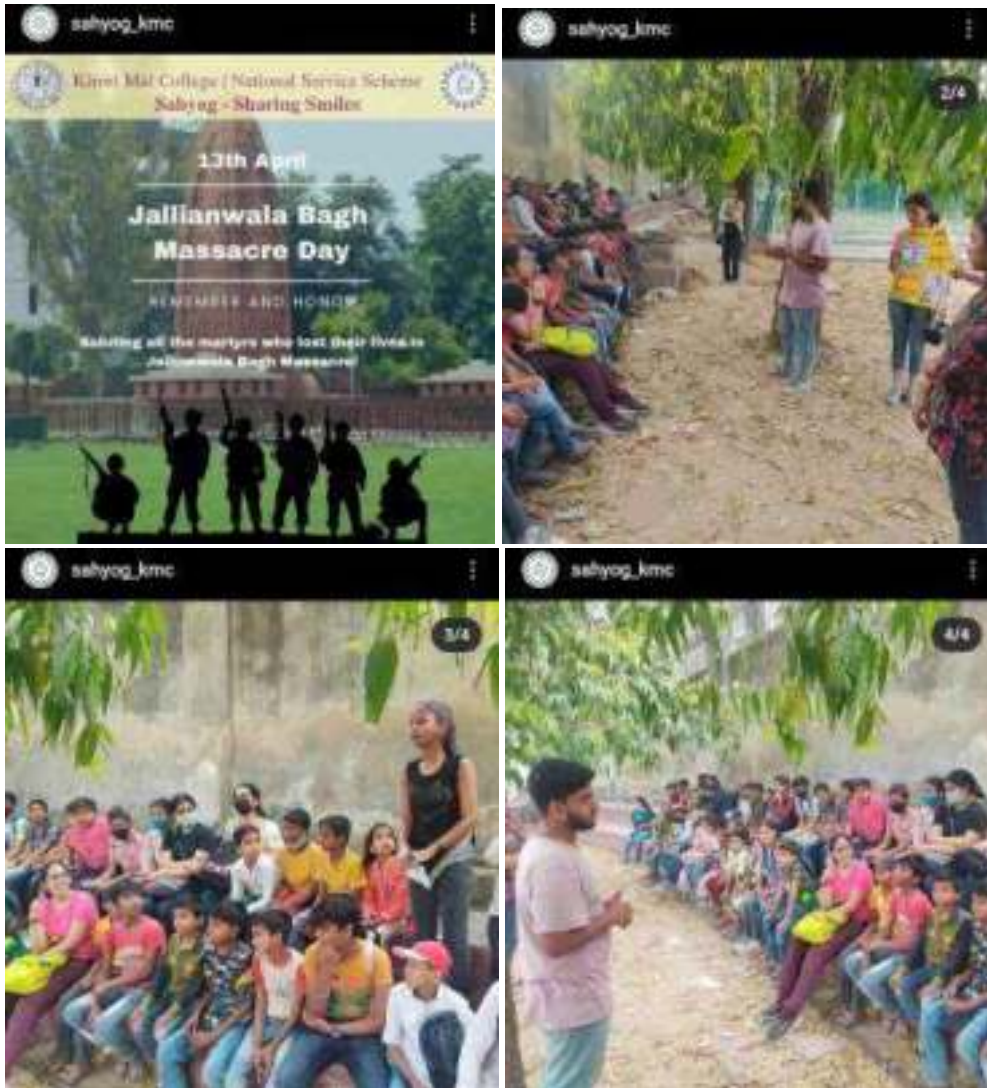
Cumulative Footfall: 430

Men: 180

Women: 250

OBSERVATIONS AND CELEBRATIONS:

●On the occasion of Jallianwala Bagh Massacre Day on 13th April, 2022, the volunteers of Sahyog discussed the day with children with the help of a poster, to pay their humble tributes to the brave martyrs who were massacred in Jallianwala Bagh on 13th April, 1919. It installed a feeling of patriotism in the hearts of the young minds and made them realize the seriousness of the day.



●The National Service Scheme, Kirori Mal College celebrated Ambedkar Jayanti on 14th April, 2022 in the Academic Auditorium, Kirori Mal College.

The event was started with the speech of the programme officer, NSS- KMC; Ram Sunil Kumar Lalji wherein he familiarized the audience by the idea behind celebrating this day. He told everyone that the nation celebrates Ambedkar Jayanti every year to commemorate the birth of Dr Babasaheb Ambedkar who was a key architect of the Indian Constitution. He was an Indian Jurist, politician, philosopher, economist and historian.

Then the stage was overtaken by Akhilesh Bharti sir. Firstly, he encouraged all the audience to share their views about the importance of the day following which some students came forward

to tell about their knowledge about the day. Afterwards, he enlightened the audience with the persona of Dr. B.R Ambedkar and his life. He inspired the students by sharing the life story of this great personality in brief. Since, Dr. B.R Ambedkar is also known as the Father of Indian Constitution, therefore, getting motivated by knowing the real life problems faced and various challenges which came in the path of providing the nation with the most reliable and worldwide acceptable law book i.e The Indian Constitution became the best part of the day. Furthermore, Dr. Akhilesh Bharti sir shared the list of books written and published in the name of this renowned personality so that the audience could get a more insight into his life.

Moving towards the end, all the students and the teachers present over there paid a token of tribute to Dr. B.R Ambedkar with flowers and sweets were served.



●The National Service Scheme, KMC organized it's Annual Cultural cum Sports Meet "UMANG'22" was celebrated offline on 16th April, 2022 in the Activity Centre (NCC ground). All the volunteers of the National Service Scheme which include students from different courses and years and thus from entirely different backgrounds collectively worked for so many days before the event took place to make this day a success. The students of the village, Chandrawal were the chief guests as well as the participants of Umang'22.

For preparations to take place in an organized manner and to promote participation of everyone, all the volunteers were divided into different teams according to their interests. The teams were such as the Creative team which included all the creative artists to finalize the decoration for the event, Marketing Team to bring excellent sponsorships for the event and hence ensuring it's better reach among people, Technical team to finalize all the official work including certificates of participants, etc., Event Management team who managed the event in the best possible manner by arranging all the sports equipment, first aid kit, refreshments, etc for the students, then the Dance Choreographers team and Vocal Coach team to prepare students for the cultural segment of the meet.

In the sports segment of the meet, there were 13 games organized for the students in total and for this all the participants were divided into three categories, the first being students of class I st to V th followed by the group of students of class VI th to VIII th and then students of class IX th to XII th. These categories were made so that every student can enjoy and grow among the people of his/her own age and hence among the ones having similar interests of sports. Also, students divided into different categories ensured their safety from different sports equipment which may hurt them. For the students belonging to different categories, different games were planned and organised including Lemon Race and Sac Race for Category 1 followed by Kho Kho and 100 m race for Category 2 and Kabaddi and Cricket for Category 3 and many more. Separate volunteers were allotted for specific games so that each game would take place in the best possible way. When the games of all the categories achieved their completion, all the students were provided with the refreshments which was arranged by the team itself.

Furthermore, a warm up session was held at the beginning of the event.

Followed by this, all the students and the volunteers were made to sit and cheer for the cultural element of the event. For the cultural part, there were two dance performances and one singing performance performed by the students only.

This great day ended with a long list of winners of different games and an even longer list of smiling faces which itself made this event the most successful of its own kind.

FOOTFALL – 147 (77 Volunteers + 70 students)







●On 22nd April, 2022, on the occasion of Earth Day 2022, we the volunteers of NSS-KMC carried out a cleanliness drive in the college campus in the morning and ensured that every corner of the college is neat and clean. The drive was done with great zeal and dedication in order to protect our mother nature and to make it heaven.

The volunteers were divided into groups under the supervision of 1-2 second year volunteer(s) in order to clean the college campus in a more efficient manner at different college campus locations. Each group was provided with a dustbin, dustbin bags, broom, dust pan and various gloves sets according to the number of volunteers. The drive went for hours with seriousness and love towards our environment.

We also pledged to take our little but effective steps to save the environment and make this planet a place worth living in for everyone.



●On 22nd April, 2022, the volunteers on the occasion of Earth Day made this Earth even more pure by discussing one of the most prevalent taboos of society i.e. "periods" through a session which was organized for awaring the secondary students about this another natural thing after the EOTO sessions.

This was organized separately for boys and girls to ensure their comfort which would ultimately lead to a better understanding of the thing. Girls were told about the importance of menstruation, the menstrual cycle and its irregularities and health issues related to it. Girls were encouraged to tell their health-related issues to their parents, teachers, relatives, or any elder whom they think can understand the situation without any shame or embarrassment. We also enlightened the girls about menstrual hygiene and they were also told about how to measure their perfect sizes of undergarments.

The students were also told about body shaming, how it can leave dark effects on others' minds and to appreciate everyone the way they're. They were told about the importance of our diet in maintaining our good health.

