



# किरोड़ी मल कॉलेज

दिल्ली विश्वविद्यालय, दिल्ली - 110007

## Kirori Mal College

University of Delhi, Delhi - 110007

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Tel. No.: 011-27667939

Website: [kmc.du.ac.in](http://kmc.du.ac.in)



### Kirori Mal College

### National Service Scheme (2018-2019)

**National Service Scheme-Kirori Mal College (NSS-KMC)** Unit is working through University of Delhi under Ministry of Youth Affairs and Sports (MYAS), Govt. of India since the programme was launched by MYAS in 1969.

The volunteers of NSS- KMC unit 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 the society. The strength of **NSS-KMC** cogitates in its tag line "**Sahas Se Sahyog Karen**" which means to have courage, be / make others empowered to extend helping hand. With this aim all volunteers participate in all the activities, to be more focused, accountable, develop leadership, quality contribution to the community and social work. Unit works under two broad wings: **SAHYOG**- "CHILD EMPOWERMENT WING" "**EACH ONE TEACH ONE PROGRAMME**" and **SAHAS**- "WOMEN EMPOWERMENT WING".

Under **SAHYOG**, we aim at the holistic development of the children. The children are not only given academic knowledge but also the basic knowledge required for them to move forward in the society. Children are made to understand the significance of studying, why each festival is celebrated and many other things. Volunteers teach the students regularly from Monday to Saturday from 3:00 to 5:00.

**YOGA DAY: (21st June):-** In an interactive session with Mr. V.N. Joshi, volunteers learnt a few asanas which can be easily done in morning such as tadasana, vrikshasana etc.



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### EACH ONE TEACH ONE PROGRAMME AND CULTURAL AND PERSONALITY DEVELOPMENT:

(All round the year):-

The volunteers of NSS, KMC are strong believers of "Educations for All". For this cause, they have take up the task of educating the underprivileged children from nearby adopted village Chandrawal. Apart from teaching them the lessons from their course books, they have also initiated to develop the overall personalities of these kids by involving in fun and innovative activities with them.



**SWACHHTHA PAKHWADA(1-15th August):** It was a 15 daylong event, which included oath seminar and discussion on the first day, cleanliness drive in college campus and door to door visit and cleanliness drive in adopted Chandrawal village were, volunteers also visited nearby Hindu Rao Hospital, event was concluded with a cleanliness rally in the adopted slum area.



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**INDEPENDENCE DAY (15TH AUGUST):-** On the 14th of August, the students and volunteers of National Service Scheme celebrated the 72nd Independence Day. The students were told about the importance of 15th August as an Indian citizen and were made aware about those freedom fighters too whose names weren't highlighted in the history. They were told about the sacrifices of freedom fighters made for the upcoming generations to live independently. A few budding students also came forward to say a few lines about the freedom fighters that they idolize. In the end, a speech was also given by our Principal Ma'am and Programme Officer Dr. Benu Gupta to motivate our students.



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**BASIC COMMODITIES COLLECTION DRIVE(20th-23rd August)-** It was organized in the wake of unprecedented floods in Kerala, students and staff members made a generous contribution of basic elementary materials.

**TEACHER'S DAY (5TH SEPTEMBER):-** On 5th September the students of National Service Scheme recognized the efforts of the teachers. To mark this day, drawing and essay writing competition were held, with the topic being 'शिक्षाजीवनकाआधारहै!'. Senior students of NSS also gave a speech on Teacher's Day in Hindi and English highlighting the importance of celebrating the day. The event was graced by the presence of honorable principal ma'am Ms. Vibha Singh Chauhan, who interacted with the students. In the end, notebooks, pens and chocolates were distributed to mark the day.





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**THE MOVIE SCREENING OF "THE STORY OF A YOUNG BRIDE"(14th September)**- SAHAS in collaboration with PARIVARTAN- The gender forum of Kirori Mal College, conducted a movie screening of the short film, "The Story of A Young Bride", followed by an interactive discussion over the issue of menstruation.



**HINDI DIWAS (14TH SEPTEMBER)** :- On 14th September, the volunteers of NSS-KMC celebrated the Hindi Diwas and interacted with the children under the Each one Teach one Programme about the significance of this day and the language today.



**MUHARRAM (20TH SEPTEMBER)**- On 20th September, the volunteers of National Service Scheme talked about Muharram. One of the student and volunteer of Sahyog informed everyone about the context of observing Muharram. They told that it is a day of mourning for the Shia community and a day of fasting for the Sunni community.



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**THE CELEBRATION OF NSS DAY (24th September)-** All the volunteers of NSS, Kirori Mal College gathered in library lawn and there was a review of activities of both the wings SAHAS and SAHYOG and post this, a small rally was organized to mark the NSS Day.



### **BREAKING THE CHAINS (24th September)-**

A three week online campaign was initiated on 24 September 2018, on the theme 'Breaking the Chains'. The campaign was carried out on all the social platforms by members of SAHAS- NSS, Kirori Mal College. The campaign was a culmination of issues pertaining to gender equality, women empowerment & recent amendments like Section 377 and Section 497 in the Indian Constitution. Through the medium of this campaign, the veracity of several myths and doubts centring on women empowerment and notions of gender were questioned.



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**INTERACTIVE SESSION BY YOUTH FOR SEWA( 1st October)**- A speaker session with Ms.

AdeebaHoor was organized on the occasion of Bharat Uday, she introduced everyone to the various levels of organization and her words inspired everyone to extend a helping hand to the underprivileged people.

**CELEBRATION OF GANDHI JAYANTI (1ST OCTOBER)**:- On 1st October, the students and volunteers of National Service Scheme remembered the 'Father of the Nation' Mohandas Karamchand Gandhi or as he is popularly known Mahatma Gandhi.



**DISCUSSION ON ADULTERY (11October)** - An interactive session was organised on the topic- Verdict on Adultery after the scraping of the earlier Adultery Law under Section 497 by Supreme Court on 27 September, 2018. Various opinions



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and interpretations were put forth regarding the new judgement directing towards the fact that women shall not be treated as a commodity.

**STRESS MANAGEMENT SEMINAR (3rd October)**- An interactive seminar was organized with Dr. Nitin Saraswat, Founder at Moulding Thoughts on Wednesday, 3 October, 2018. The speaker interacted with the audience and tried to burst the myths surrounding the term 'Stress' and its overuse in present narrative. It was a learning experience for everyone realising the need of overpowering stress.



**SESSION ON TEAM BUILDING**- On 3rd October, 2018 SAHAS-NSS conducted a seminar on "Team Building" by Dr. Nitin Sarswat who is a well known psychologist. He highlighted some of the most significant things like what is a team and how it can be effectively built along with the lesson to first build a team with one's own self. It was an enriching experience for everyone and they took with them the major lessons on why a team fails and how it can be made successful along with getting to know some of the most important examples of this.

**SUPATH-The Annual Festival of NSS, KMC** was hosted from 27th October to 30th October, 2018. The first lag of SUPATH' 18 began with 'Happy Feet' on 27th October, the first ever marathon organised by NSS, KMC.

Followed by, 'AASHAYEIN-JASHN-E-DIWALI', the annual Diwali Mela of NSS, KMC on 29th

October with great zeal and enthusiasm. The last lag 'PAHAL' 18- The Annual Girls' Athletic Meet of KMC was hosted on 30th October. The day was filled with vigour and excitement and amidst the thrills, shills and cheers, the female participants were enthusiastically encouraged.



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Sahyog-Sharing Smiles  
National Service Scheme  
Kirori Mal College

Brings To You :

## AASHAYEIN

Jashn-e-Diwali

Date: 29 October  
Time: 9 a.m. onwards  
Venue: Library Lawn and  
Canteen Lawn

Varan: +919006618952  
f <http://im.facebook.com/es.sahyog>  
@sahyog\_kmc

Media Partners: Education Partner: Food Partner:

**NATIONAL UNITY DAY(31st October)**- RashtriyaEktaDiwas is celebrated as an annual

commemoration of the birthday of the Iron Man of India, SardarVallabh Bhai Patel, to celebrate his efforts to unite India. Oath taking ceremony took place, followed by 'Run for Unity'.



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**VIGILANCE AWARENESS WEEK (3rd November)**-The Vigilance Awareness Week was celebrated on 3rd November, 2018. A healthy discussion was held on the topic '**Eradicate Corruption, Build a better India**'. All possible causes of this evil were listed down and talked about. At the end the solutions were discussed emphasizing on the role of youth in curbing this evil.



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**CELEBRATION OF CHILDREN'S DAY (14TH NOVEMBER):-** To celebrate Children's Day, volunteers of NSS went to our adopted village Chandrawal to spend the day with the children under each one teach one programme there. Chocolates and pens were distributed.



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**CHRISTMAS (25TH DECEMBER):-** The volunteers visited Chandrawal area to spread the joy and cheer that this festival brings.



**NATIONAL YOUTH DAY (12TH JANUARY):-** The birth anniversary of Swami Vivekananda on January 12 is observed as National Youth Day. The volunteers of NSS along with the children of each one teach one programme took up a discussion on the importance of Youth in today's society and times and also the greatness and achievements of Swami Vivekananda and talked about his teachings.



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**NATIONAL ARMY DAY (15TH JANUARY):-** The students of National Service Scheme were told about the importance of celebrating Army Day. They were told about KodanderaMadappaCariappa who had succeeded the British Army General Roy Butcher and became the first Commander-in-Chief of the independent India.



**REPUBLIC DAY (25TH JANUARY):-** On 25th January, the students and volunteers of National Service Scheme celebrated Republic Day with much joy and enthusiasm. The students actively participated in the drawing and essay writing competition with the theme being \*Republic Day\*. It was quite a sight to see the students trying very hard to make their piece of work the best. Dr. Benu Gupta (programme officer, NSS) graced the occasion and motivated the students. The students along with the volunteers performed on the occasion of republic day and added more joy to it. The students took part in dancing and singing activities. They also prepared speech both in English and Hindi which was beautifully delivered by them without a hint of nervousness despite the huge audience before them. A play titled



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'Our Fundamental Rights' made everyone aware of the rights that every citizen is entitled to and their importance in our day to day life.



**AB SAMJHAUTA NAHIN-** On 16<sup>th</sup> January SAHAS conducted an educative workshop on Sexual Harassment and Rights in collaboration with Josh talks & ITC Vivel. The session comprised talks and discussions on Sexual Harassment, Consent, Cyber bullying and safety. It also shed light upon expanding the definition of gender. A lot of students of the college actively participated in the interactive workshop and were also offered with goodies from ITC.





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**AIWEFA SEMINAR (17th January)**- A seminar on Promoting Intergenerational Bonding conducted in collaboration with AIWEFA and Ministry of Social Justice to address the issues of yawning gap between the generations in attitudes, prejudice and beliefs, which further leads to violence and antisocial behavior.

**NATIONAL VOTERS DAY (25th January)**- We celebrated National Voters' day to commemorate the significance of the power of each citizen in India to vote. Students took part in pledge and took oath to use their right to vote judiciously and equip it for a better cause.



**UMANG (11TH FEBRUARY)** :- We successfully held 'UMANG'- an annual cultural cum sports meet organized on February 11th. The children actively participated in the games that the volunteers had prepared for them. Seeing the zeal and enthusiasm with which they played made every effort fruitful.

The programme was inaugurated by Principal Ma'am Dr. Vibha Singh Chauhan and the Programme Officer of NSS DrBenu Gupta. The day began with the SaraswatiVandana prepared by the students. There were various games like Cricket, Kho Kho, Kabbadi, Tug of War, Lemonspoon race and many more that kept the children engaged throughout the day.



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**MENSTRUAL AWARENESS-** On 18<sup>th</sup> February SAHAS conducted an interactive session in association with SacchiSaheli with Mrs. Surbhi Singh, an obstetrician, gynaecologist and laparoscopic surgeon as its speaker. The session was aimed at mitigating the mark of abomination from menstruation and to provide a larger platform to present the issue of menstruation in an open way.





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**CREATIVE PRO (23rd February)**- Photography & poster making competition was hosted on account of Kirori Mal Women Conclave' 2019 with an objective to provide budding artists with an avenue to employ art and paintings for the cause of Women Empowerment. The photography competition was an online photography competition, wherein participants were welcome to put forth their photographs and ideas revolving around the cause of Women Empowerment.

**KIRORI MAL WOMEN CONCLAVE'2019(7-8th March)**- A two day Women Conclave hosted on account of International Women's Day where some of the most eminent women speakers and achievers were invited to share their ideas.



**CELEBRATION OF INTERNATIONAL WOMEN'S DAY (8TH FEBRUARY)**:- On 8th March the volunteers of NSS celebrated the International Women's Day. The children studying under each one teach one programme were informed about the struggles that women have been facing. The students came forward to give their views about this day and also talked about the history behind it.

**CELEBRATION OF HOLI (15TH MARCH)**:- Keeping a festive spirit, we celebrated Holi on March 15th. Our students and volunteers informed everyone present about the mythological stories that are associated with the festival and encouraged the use of herbal colours and lesser wastage of water.

**DENTAL CHECKUP (31ST MARCH)**:- A free dental check up was organised on 31st March, 2019 for the students. The checkup was done by Dr. JyotiDagaChandak BDS, PGCAD (Cosmetic Surgeon). Dr. Jyoti demonstrated to the students about the correct way to brush their teeth, about dental hygiene and how they can ensure that their teeth stay healthy for a long time.



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With great enthusiasm, we came to an end of this session and we believe that the upcoming batch will take our legacy to new heights.

Team NSS-KMC (2018-2019)