



किरोड़ी मल कॉलेज

दिल्ली विश्वविद्यालय, दिल्ली - 110007

Kirori Mal College

University of Delhi, Delhi - 110007

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Kirori Mal College

National Service Scheme (2020-2021)

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”.

Like all other institutions, had an abrupt ending of the 2019-2020 working session. Amidst all the uncertainty and tensed situation of Covid-19 crisis we, the team of NSS KMC, started a new working year from the May, 2020.



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Keeping in mind the affairs around, on 18th May 2020, we organized a Webinar on Mental Health named “Mastishk” facilitate by Ms. Astha Nagpal, Clinical Psychologist, KMC. The objective of the event was to help the attendees with tips to manage mental stress & issues. Issues like lack of productivity & academic stress which were commonly faced by the students were successfully addressed in the webinar. The meeting was attended by the student community and many of their queries were answered. Suggestions from the student community on academic & curricular issues were appreciated. The event was successful in doing its part in the mental health crisis which has resulted from the Corona virus Pandemic .There was participation of 80 students .

Technology has indeed become a very crucial part of our daily lives. Especially because of the lockdown due to COVID-19,

one's screen time has increased drastically. So, it became extremely crucial to know the best way to use our digital presences in a healthy way. Considering this, National Service Scheme, Kirori Mal College organized a Webinar titled 'Your

Choice to be a Healthy Digital Citizen' on 6th June, 2020. The objective of this webinar was to determine whether one is an unhealthy digital citizen, what are they really losing out on, and how can they become healthy digital citizens. The session was graced by the presence of Mr. Rijul Arora as the special

guest. 70 students participated in this event .



National Service Scheme, Kirori Mal College keeping in mind the multi benefits of Yoga, celebrated **Yoga Week** starting from 15.06.2020 to 21.06.2020. Our volunteers performed asanas, pranayam, surya namaskar at home following the theme **Yoga at Home and Yoga with family**. More than 100 students participated in this event . As a part of a social media campaign, we uploaded posts related to a common problem people face in today's time and its yoga remedies featuring our volunteers.



The month of June is also celebrated as '**Pride Month**' concerning the rights and struggle of the LGBTQIA+ community all around the globe. In the similar lines a



series of online campaign was initiated by NSS KMC which included posting posters and videos, which would guide people with the theme of Homosexuality and concerns around the same. A number of myth breakers and info-graphic items were released online in our Facebook and Instagram handles.

Catering to the examinations and evaluations of the students by the University of Delhi, the working of the National Service Scheme of KMC had put on hold of its working in the month of July and August. We restarted with our regular



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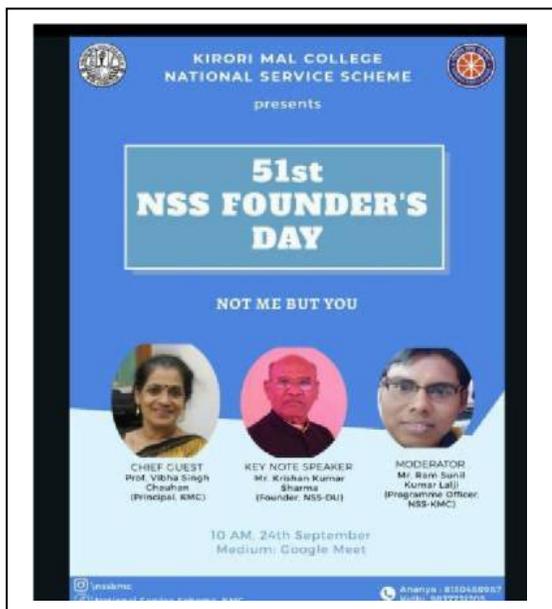
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working from the month of September 2020, but this time with Ram Sunil Kumar Lalji, Assistant Professor, Department of Chemistry as our new Programme Officer.



We resumed our working by the celebration of the **51st NSS Founder's Day** on 24th September, 2020. NSS-KMC unit invited Shri Krishan Kumar Gupta, Founding Member of NSS, University of Delhi, also an alumnus of Kirori Mal College as the guest speaker for the event. The event embarked the spirit of self service among the volunteers and commemorated the motto of NSS- "Not me, But you".

The theme of **Vigilance Awareness Week, 2020** was „Vigilant India, Prosperous India“ (*Satark Bharat, Samriddh Bharat*).

With the same being in the back of our mind whole week was dedicated

to the cause of spreading awareness against a social evil- corruption with webinars and competitions. We were extremely delighted to have guests like Dr Rupak Duttagupta, Dr. Agham Jha and Mr. Ram Saran amongst us who enlightened the participants with information and ideas. A series of competitions like essay writing, slogan writing were organized. Also, an online Anti Corruption Chain was created against

corruption. At the closing ceremony of the Vigilance Awareness Week, the volunteers were addressed by the chief guest, Dr. O.P. Sharma. He informed us about the foundation of NSS KMC and appreciated us for taking initiatives like the Vigilance Awareness week. The volunteers joined the University Vigilance Awareness Programme. More than 400 students participated in this campaign .





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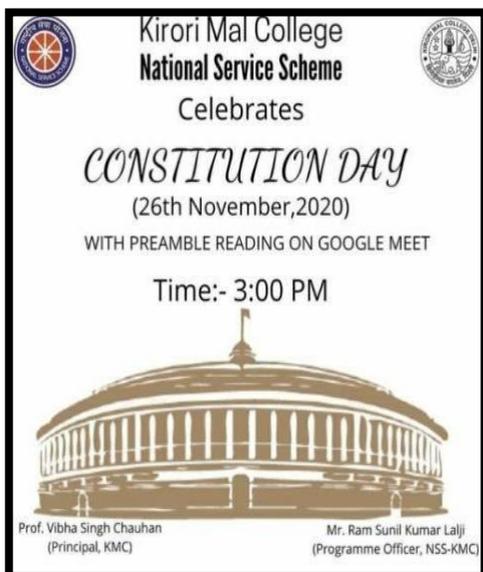
The **Rashtriya Ekta Diwas** was celebrated by the volunteers of NSS KMC on 31st October 2020.

The volunteers along with the Programme Officer got together over a video conference call and read out the Unity Pledge together with participation of 100 participants.

The day was marked by the remembrance of the first Home minister of India Sardar Vallabhbhai Patel, his immense contribution towards the national unification of the country.



Sahas, The Women Empowerment Wing of NSS-KMC unit along with Sexual Harassment and Law Compliance (SHLC) organised a workshop on **Understanding Safe Workplaces and Rights at Internships** on 31st October, 2020. The guest speakers for this workshop were Ms. Aparajita Amar, an advocate and Founder of SHLC and Ms. Himangi Kapoor, an advocate and POSH consultant at SHLC. The webinar introduced the rights that individuals have at a workplace in the context of Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013. There were about 65 participants in this event.



National Service Scheme, Kirori Mal College celebrated Constitution Day on 26th November along with Preamble Reading. **Constitution Day** of India aims to bring awareness on the importance of the Indian Constitution and its architect, Dr B.R. Ambedkar. The constitution declares India a sovereign, socialist, secular, democratic republic, assuring its citizens justice, equality and liberty, and endeavours to promote fraternity. It lays down the framework demarcating fundamental political code, structure, procedures, powers, and duties of government institutions and sets out fundamental rights, directive principles, and the duties of citizens. The volunteers of the unit gathered and remembered the contributions of Dr Ambedkar followed by the preamble reading. 100 students participated in this event.

Come to the month of November, emerges the month of celebration. Diwali is one of those festivals, which has trespassed all the boundaries. **Aashayein:**



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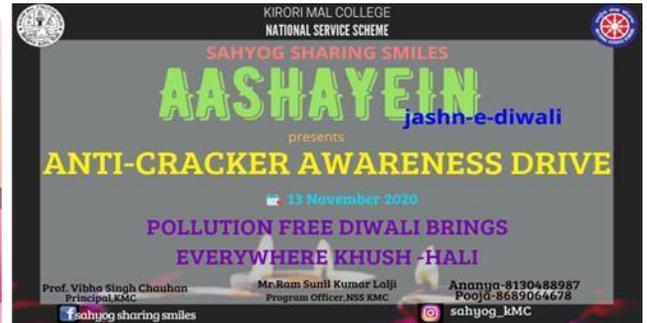
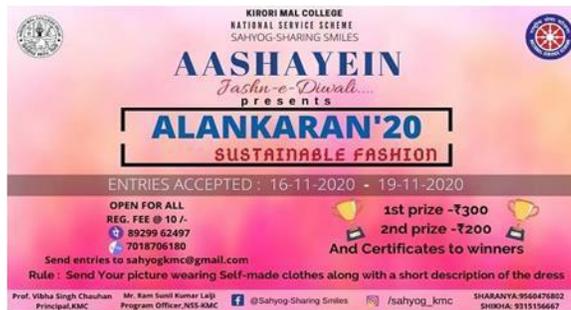
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Jashn-e-Diwali, the Diwali Mela, is one of the prominent celebrations of Sahyog Sharing Smiles, The Children Empowerment Wing of NSS KMC.

However, unlike other years the Diwali of 2020 was very different and difficult for many of us. So, resorting to an online mode of celebration from 13th November – 20th November 2020, a weeklong celebration of Diwali Mela was organized. The celebration started with an AntiCracker Awareness Drive on 13th November 2020 by the volunteers and students of KMC. This initiative was adopted in concern of the environmental effect of the crackers that is caused in just one single day of Diwali in India. There were various competitions like Rangoli, Quiz, Sustainable fashion, Treasure Hunt, Dance, Poster Making etc. were organized. 340 students participated in this event.

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 members of Sahyog who lives in and around Delhi. The winners of the various competitions were issued Certificates and Gifts via digital mode. Together there was a successful event organized by the members. This Diwali Mela is one of its kinds celebrated in University of Delhi be it online or offline.



KIRORI MAL COLLEGE
NATIONAL SERVICE SCHEME
SAHYOG-SHARING SMILES

AASHAYEIN

Jashn-e-Diwali...

(13TH NOVEMBER '20 TO 20TH NOVEMBER '20)

Anti Cracker Awareness Drive (13th November '20)	Poster Making Competition (17th November '20)
Rangoli Competition (14th November '20)	Quiz: Kahoot.it (17th November '20)
Dance (Un)Limited- The Dance Competition (15th November '20)	Treasure Hunt (18th November '20)
Alankaran: Sustainable Fashion (16th November '20)	Closing Ceremony (20th November '20)

Registration Links in Bio!

PROF. VIBHA SINGH CHAUHAN
PRINCIPAL, KMC

MR. RAM SUNIL KUMAR LALJI
PROGRAM OFFICER, NSS-KMC

[f @SAHYOG-SHARING SMILES](https://www.facebook.com/sahyogsharing smiles)

[/SAHYOG_KMC](https://www.instagram.com/sahyog_kmc)



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Sahas, The Women Empowerment wing of NSS-KMC organised a virtual two day Panel Discussion on the theme **Sangharsh- Fight Against Gender Violence**. The two day meeting on 29th and 30th November involved discussion on issues like institution of marriage and law, witch hunting and sex education.

The first panel on day one comprised three keynote speakers, who were invited to give their remarks on the theme of „**The Institution of Marriage and Indian Laws**“. They included Ms. Jayna Kothari, Ms. Mary E. John, and Ms. Surbhi Karwa.

The second Panel on day one consisted of four Keynote Speakers. The first speaker was Ms. Radhika Mittal, founder of Super School India which is a Delhi-based NGO and provides **Sex Education** to students to transform them into responsible citizens. The other speakers for the day were Ms. Mini Saxena, Ms. Aparna Gopan, Ms. Shivani Remje who talked about issues like stigmatization of sex related talks, mental health and menstruation. There was participation of 300 students in this event.



KIRORI MAL COLLEGE
NATIONAL SERVICE SCHEME
SAHAS- THE WOMEN EMPOWERMENT CELL
PRESENTS

संघर्ष

FIGHT AGAINST GENDER VIOLENCE

DAY 1

PANEL 1
THE INSTITUTION OF MARRIAGE AND INDIAN LAWS
Date- Sunday, 29th November, 2020
Time- 12 pm- 2 pm

PANEL 2
SEX EDUCATION- A SOLUTION TO SEXUAL VIOLENCE
Date- Sunday, 29th November, 2020
Time- 4 pm- 6 pm

DAY 2

PANEL 3
DOCUMENTARY SCREENING AND PANEL
INDIA'S WOMEN: VICTIM OF WITCH HUNTING, SUPERSTITION AND POVERTY.
Date- Monday, 30th November, 2020
Time- 3pm- 5pm.

Prof. Vibha Singh Chauhan
Principal, KMC

Mr. Ram Sunil Kumar Lalji
Programme officer, NSS-KMC

Vidhi
Student Coordinator
9837731205

The third panel on day two comprised three keynote speakers, Ms. Upasana Mahanta, Dr. Shash Shekhar Sinha and Ms. Suvarna Dubey who were invited to give their remarks on the theme „**India's Women: Victims of Witch Hunting, Superstition and Poverty**“.



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The new **Core team of NSS KMC** were selected and appointed for the year 2020-

2021 officially. The various responsibilities entrusted upon were: Rishav Kumar, President; Vidhi, General Secretary; Sukriti Chawla, Treasurer and Jyotirmoy Jishnu, Joint Secretary.

The **Recruitment Drive** for the session 2020-2021 started and new fresh minds were added in to the NSS Family of KMC.

An **Orientation Programme** for the students of first year was organised through a virtual meeting on 6th January, 2021. The meeting was attended by a large number of participants. Ram Sunil Kumar Lalji, Programme Officer, NSS-KMC unit addressed the gathering and explained the working of the unit. A power-point presentation was used to explain the previous workings and initiatives taken by the unit. The new admissions were introduced and familiarized with the working at the unit and how they can contribute to the same.

Dharamshila Cancer Foundation and Research Centre along with National Service Scheme, Kirori Mal College organized a Webinar on Cancer Prevention and Clean Yamuna- Prevent Cancer on 23rd January, 2021. The guest speaker was **Dr. Pragya Singh, Sr. Manager- Projects DCFRC**. The speaker made the participants aware about different aspects of Cancer, including its diagnosis, stages, and prevention. More than 100 students participated with equal gender ratio.





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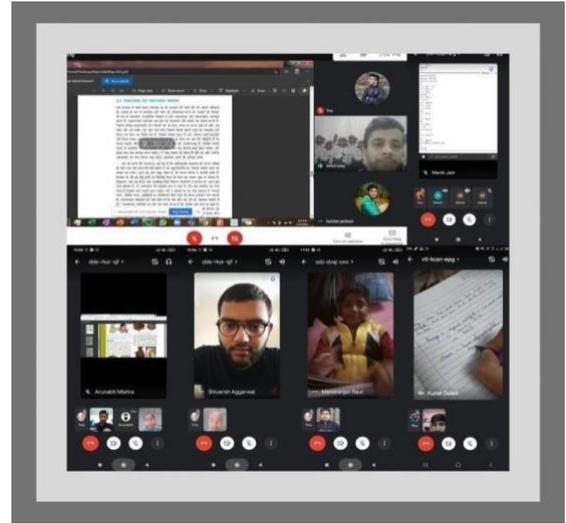
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National Service Scheme, Kirori Mal College celebrated **72nd Republic Day Celebration** on 26th January, 2021 on the theme- PUBLIC OF REPUBLIC. It was a speaker session wherein three speakers from different fields were invited to speak about their experiences and how they are Public of the Republic. Speakers included Kamlesh Kumar Singh, Quality Assistance Manager at Glenmark Pharmaceutical; Kishan Singh Negi, Retired Army Officer and Jayantee Rabha, Matron, Dr Ravi Boro Civil Hospital. The speakers motivated the participants to do their best in whatever they do and be the Public of the Republic by being responsible citizens of the nation and considerate towards the needs of the society.



Sahyog Sharing Smiles, the Children Empowerment wing of NSS-KMC commenced the regular **Each One Teach One** sessions through online mode in the wake of COVID-19 Pandemic to the underprivileged children of nearby Chandrawal Village from 15th February 2021. Online classes on Google Meet began and the students who did not have availability of a smartphone, their classes were conducted via normal phone calls. All the efforts on part of volunteers were undertaken in order to make sure that the learning of students is not hampered due to the pandemic. We taught more than 50 students on daily basis for entire year .



Activities like storytelling, poetry, art presentation were organized among the kids, and they were given the

platform to boom their talents and ideas. Volunteers used all their ways and means to teach the students, adopting audio visuals like videos and posters, Voice Notes, PPTs and compiled notes. Question papers were prepared and presented to them. Class timings were kept flexible extending from early morning to late night depending on the device availability of the kids. Regular checks on the health of the families of the kids were kept under track and any possible help was extended.

SAHAS- the Women Empowerment Cell of the National Service Scheme, Kirori Mal College successfully organised its flagship event, **Kirori Mal Woman Conclave'21** on 8th and 9th March on the occasion of International Women's Day with participation over 300 students.



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DAY - 1



We had our first panel discussion on the topic "**Women in Leadership - Achieving an Equal Future in COVID-19 World**". Speakers of the session included Ira Singhal, Dr. Anjuman Bains and Chinu Kala.

The second panel discussed on the topic "**Breaking the Binary- the Road to Trans-Activism in India**". The speakers for this session were Nitisha Biswas, Kalki Subramaniam and Sunita Bachav.

On day two, we had our first session with Ms. Anuradha Bhosale, who gave us a peek into the **lives of marginalised women and child labour**.



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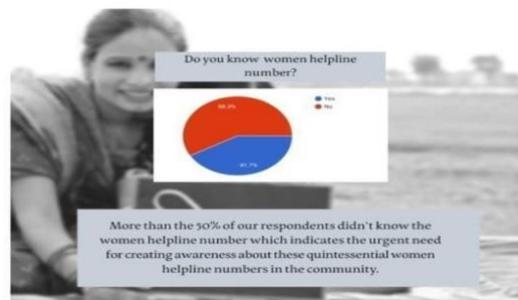


For the second session we had a panel discussion on the topic "**Women breaking occupational distinctions**" constituting Ms. Virali Modi, Ms. Ankita, Ms. Fatima Ayesha and Ms. Olly Esse.

For the third session we had a discussion on the topic "**Menstruation in India – Rural Reality and Educating Young Minds**", with Ms. Aditi Gupta who briefed us about the stark realities and difficulties of the menstruating rural women.



In order to mark the celebration of **International Women's Day**, 8th March 2021, a survey was conducted by Sahyog Sharing Smiles, The Children Empowerment Wing of the NSS-KMC Unit, "**Ek Kadam Jagrukta Ki Aur**" (A girl Education Survey) was conducted by the volunteers



wherein certain questions were asked to Girl Students to know about their perspective on education and its importance in their life. Surveyed over 100 people.



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Tobacco, a pernicious substance, becomes a part of many people's lives at a very young age and by the time those people realize its harmful effects and want to quit, they are hooked. So to encourage the youth to **QUIT TOBACCO** in any form they consume, NSSKMC Unit, organized a webinar on 19th March, 2021 to educate and aware the youth about this substance in collaboration with Vallabhbbhai Patel Chest Institute, University of Delhi, National Tobacco Quitline Services, which is involved in a great cause to contribute towards the betterment of the people who are affected by the addiction of tobacco. The theme for the same was **'DoYou Want To Quit Tobacco?'** Dr. Raj Kumar, Director, Vallabhbbhai Patel Chest Institute began the session and followed by Dr. Parul Mrigpuri and Dr. Sonam Spalgais with participation of more than 100 students.

Volunteers of NSS-KMC unit also took a pledge to be aware and help the people who want to quit tobacco.

To mark the birth celebration of Dr. Bhim Rao Ramji Ambedkar, NSS-

KMC organized **Dr. B.R.**

AMBEDKAR JAYANTI with four speakers and several competitions on 14th April, 2021.

KIRORI MAL COLLEGE NATIONAL SERVICE SCHEME organizes

Speaker session on the occasion of Ambedkar Jayanti

 Dr. Ratan Lal Associate Professor Dept. of History Hindu College, DU	 Dr. Chandrika Gulati Associate Professor Dept. of Political Science Deshbandhu College, DU	 Dr. Raj Kumar Associate Professor Dept. of Political Science Dyal Singh College, DU	 Dr. Gurram Srinivas Associate Professor Dept. of Sociology JNU
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TIME	TOPICS	SPEAKERS
10:40AM-10:55AM 11:00AM-11:10AM 11:15AM-11:59AM 12:00PM-1:00PM 1:00PM-2:00PM 2:00PM-3:00PM 3:00PM-4:00PM	Principal's Address Program Officer's Speech विषय: जन्मदिन के मापने Ambedkar and Gender Equality Quiz Dr. Ambedkar and need for Social Democracy Ambedkar and Shaping of India's Ideology	Professor Vibha Singh Chauhan Ram Sunil Kumar Lalji Dr. Ratan Lal Dr. Chandrika Gulati Dr. Raj Kumar Dr. Gurram Srinivas

14 APRIL 2021

GOOGLE MEET

10:30 AM

PROF. VIBHA SINGH CHAUHAN
PRINCIPAL, KMC

@NSSKMC /NSSKMC

RAM SUNIL KUMAR LALJI
PROGRAM OFFICER, NSS-KMC

KIRORI MAL COLLEGE NATIONAL SERVICE SCHEME ON

AMBEDKAR JAYANTI

CREATIVE WRITING COMPETITION

THEME: SOCIAL EVILS - A HURDLE IN DEVELOPMENT

- 1 Certificate + ... 500
- 2 Certificate + ... 300
- 3 Certificate + ... 150

PARTICIPATION CERTIFICATE TO ALL

Entries to: info.nsskmc@gmail.com
Entries by: 13th April, midnight

Prof. Vibha Singh Chauhan
Principal, KMC

Ram Sunil Kumar Lalji
Program Officer NSS-KMC

National Service Scheme +91-8399927965 /nsskmc

The speakers for the session included Chandrika Gulati Associate Professor, Deshbandhu College; Dr. Raj Kumar, Associate Professor, Dyal Singh College; Gurram Srinivas, JNU and Dr. Shyam Kumar, Kirori Mal College. Various competitions were organized themed on Ambedkar. More than 300 students participated in this entire event.



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National Service Scheme, Kirori Mal College and its volunteers designed **Social Media Awareness Campaigns** after the advent of 2nd wave of Covid in India. The aim of these campaigns was to help people in need, along with educating masses on precautions to follow. This started on 23rd April and ended on 9th May 2020 with 100 participants.



On 16th May 2021, a webinar **COWIN for Colective Win** was organized with all the Department and Society heads/representatives. This meeting was aimed at getting to know the wellbeing of the students of KMC amidst the 2nd wave of Covid. Creating and supporting the students, teaching and non-teaching staff and their respective families was the main agenda of the meeting.

In joint collaboration of La Politique and NSS KMC, a workshop titled **CALMING ANXIETY : SELF CARE WORKSHOP** was organized on 30th May 2021 by Saumya Mathur, Psychotherapist with the aim to help the students create a state of inner calm, kindness for yourself and framework for exploring their self-care activities. The event had participation of more than 150 students.

Apart from all these prominent webinars, workshops and celebrations, NSS KMC have been active through its social media accounts regarding the various National and International days and celebrations. We offer our deep solidarity to the events and personalities who have been working for the betterment of the society and uplifting the downtrodden class. The year has been challenging for us and we had to calibrate our activities from off-line mode to online mode. All the volunteers of the unit contributed immensely towards the motto of NSS, „not me but you“ from their place of residence. Even our Each One Teach One Programme (EOTO) got an online avatar, wherein our volunteers are teaching the students of Chandrawal village using e-gadgets. All these activities were well coordinated by Rishav Kumar, President; Vidhi, General Secretary;

Sukriti Chawla, Treasurer and Jyotirmoy Jishnu, Joint Secretary. We hope and believe that NSSKMC would continue to discharge its activities as per our mandate and the volunteers will take up the responsibilities for the betterment of our society with great enthusiasm.

Team NSS-KMC (2020-2021)