

**NSS Report 2019-2020**  
**Mata Sundri College for Women**  
**(University of Delhi)**

The Motto of NSS 'Not Me But YOU' reflects the essence of democratic living and upholds the need for service towards the community we live in. NSS volunteers of Mata Sundri College for Women undertook various socially relevant activities during the academic session of 2019-2020. These activities were a learning experience for all of us while contributing our humble service to the society. A brief summary of the events undertaken is as follows :-

The year started with '*Jal Shakti Abhiyan*' held on 30<sup>th</sup> July 2019. Poster-Making competition on the theme of '*Saving Water Resources*' was organized. This was followed by a rally on '*Water Conservation*' held in the college premises.



**Poster Making theme 'Saving Water Resources'**

*'SwachhtaPakwada'* was organized in the college from 2<sup>nd</sup> August, 2019 till 14<sup>th</sup> August, 2019. The drive began with Swachhta Oath. Volunteers conducted awareness rally and door-to door campaigning in the households present in vicinity of the college. They interacted with general public on the importance and ways of maintaining personal and public hygiene. Tree plantation and garbage collection drives were undertaken within the college premises. Volunteers also undertook cleanliness drive in a school of visually challenged girl students.



**Swachhta Pakwada**

### स्वच्छता शपथ

महात्मा गांधी ने जिस भारत का सपना देखा था उसमें सिर्फ राजनैतिक आजादी ही नहीं थी, बल्कि एक स्वच्छ एवं विकसित देश की कल्पना भी थी।

महात्मा गांधी ने गुलामी की जंजीरों को तोड़कर माँ भारती को आज़ाद कराया।

अब हमारा कर्तव्य है कि गंदगी को दूर करके भारत माता की सेवा करें।

मैं शपथ लेता हूँ कि मैं स्वयं स्वच्छता के प्रति सजग रहूँगा और उसके लिए समय दूँगा।

हर वर्ष 100 घंटे यानी हर सप्ताह 2 घंटे श्रमदान करके स्वच्छता के इस संकल्प को चरितार्थ करूँगा।

मैं न गंदगी करूँगा न किसी और को करने दूँगा।

सबसे पहले मैं स्वयं से, मेरे परिवार से, मेरे मुहल्ले से, मेरे गांव से एवं मेरे कार्यस्थल से शुरुआत करूँगा।

मैं यह मानता हूँ कि दुनिया के जो भी देश स्वच्छ दिखते हैं उसका कारण यह है कि वहाँ के नागरिक गंदगी नहीं करते और न ही होने देते हैं।

इस विचार के साथ मैं गांव-गांव और गली-गली स्वच्छ भारत मिशन का प्रचार करूँगा।

मैं आज जो शपथ ले रहा हूँ, वह अन्य 100 व्यक्तियों से भी करवाऊँगा।

वे भी मेरी तरह स्वच्छता के लिए 100 घंटे दें, इसके लिए प्रयास करूँगा।

मुझे मालूम है कि स्वच्छता की तरफ बढ़ाया गया मेरा एक कदम पूरे भारत देश को स्वच्छ बनाने में मदद करेगा।



In the college computer lab, our volunteers logged-in and attended live telecast of the launch of [Fit India Movement](#), a nation-wide movement to encourage people to remain healthy and fit. The event was held was 29th August 2019 on National Sports Day, thus generating due awareness towards health and fitness.



**Fit India Movement**

i-Safe Launch Event was one-day training programme held at IIT-Delhi on 07th September, 2019 where our volunteers got trained on various aspects of Road Safety. The volunteers who got trained, further shared their learning experience with other students in the college.



**i-Safe Launch**

NSS volunteers visited 'Gandhi Smriti' at Rajgath, New Delhi on 14th September 2019. A documentary film on the life of Gandhiji was shown to them at the venue. 'NukkadNatak' based on Gandhian ideology was performed by 14 NSS volunteers and their performance was applauded by general public present at the venue.



**Gandhi Memorial Visit + Nukkad Natak**



Electoral Verification Camp held in the college from 19<sup>th</sup> September 2019 till 24<sup>th</sup> September 2019 provided an opportunity for electoral verification and correction in data for many students of the college and for their family members too in a few cases.



**Voter Id Camp**

On the occasion of NSS Day on 24/09/2019, a workshop on First-Aid training was organised in the college. The training was conducted by Dr Trivendra Chumbak, CMO of West-Zone, University of Delhi. It was followed by an interactive talk session on Health and Nutrition.



## NSS Day Celebration

### Talk On Nutrition



Public Lecture on the topic ‘Public Diplomacy leaving the cage’ by Honourable German Ambassador, Walter J. Lindner, held at the Convention Hall, University of Delhi on 25<sup>th</sup> September, 2019 was attended by 15 volunteers.



Public Lecture by Honourable German Ambassador, Walter J. Lindner

Poster Making event on 'Plastic Waste Management' was held on 3<sup>rd</sup> October 2019 to strengthen awareness towards adopting correct measures for disposing plastic waste. Along with this, students were also encouraged to minimize their use of plastic and shift to the use alternatives like cloth bag etc.



**Best Out Of Waste**

The First ‘[Shri Arun Jatelly Memorial Lecture](#)’ delivered by Shri M. Venkaiah Naidu, Hon’able Vice President of India held at University of Delhi was attended by 20 students on 29<sup>th</sup> October 2019.



**Conference Event Arun Jatelly Memorial Lecture**



Essay-Writing and Slogan –Writing Competitions on the theme of Anti-Corruption were held on 30<sup>th</sup> October 2019. Later, selected Slogans were displayed in NSS Room and shortlisted essays were read out during our meeting with the volunteers with the aim of spreading awareness towards complete integrity and honesty in public life.



### **Essay + Slogan + Rally**

#### **(Anti-Corruption)**

Unity Run followed by Pledge-taking on Anti-Corruption was held on 31<sup>st</sup> October 2019. Pledge was administered in the presence of our respected Principal Mam, Dr Harpreet Kaur. Mam encouraged our volunteers with her motivational talk.



**Unity Run + Pledge**

On 1<sup>st</sup> November 2019, an Interactive talk session on the life and ideology of [Sardar Vallabhbhai Patel](#) was conducted and moderated by Dr. Meenakshi Sinha Swami, a faculty member of the college.



### **Talk on Vallabhbhai Patel's life and Ideology**

Online [Quiz on Gandhian Ideology](#) was held in the college Computer lab on 4<sup>th</sup> January 2020. This was a follow-up to our visit of Gandhi Smriti in September, 2019.



Walkathon on 'Fit India' was held on 18<sup>th</sup> January 2020. This was a follow –up by NSS volunteers to Fit India campaign in the country. Volunteers participated with great enthusiasm in this event with placards in their hands motivating others to adopt to a healthy lifestyle.



### We Plant

National Voters Day was observed with a pledge taken by NSS Volunteers on 24<sup>th</sup> January 2020. The oath was administered in the august presence of our Principal Mam.



### **Live Pledge**

Walkathon on theme of saving and caring for Girl Child was organised 24<sup>th</sup> January 2020. Poetry Recitation was also conducted in the college on the theme ‘Betibachao ,Beti padao’ on the occasion.

Workshop on training our volunteers for **Self Defence** was conducted in the college campus on 05<sup>th</sup> February 2020 by Mr. Devansh Sekri ,a 3<sup>rd</sup> Dan Black Belt and National and International Medal winner in Karate.



### **Self-Defence Workshop**

Second SwachhtaPakhwada was organized from 16th January 2020 till 31<sup>st</sup> January 2020. Activities conducted were a) Poster Making Competition with ‘Clean India’ and ‘Forest Conservation’ as themes, b) Best Out of Waste Competition c) Awareness Rally on Cleanliness d) Cleanliness Drive and e) Oath taking for maintaining cleanliness in the surroundings.





### **Nukkad Natak**

During the lockdown period (25<sup>th</sup> March 2020 till date), our volunteers have remained active in spreading awareness about importance of social distancing, urging students to take preventive measures like keeping hands clean and not touching mouth and eye region with unclean hands, demonstrating ways of making masks at home and urging people to stay at home during the lockdown via use of e-posters. Volunteers also urged people to observe Janta Curfew and light diyas/flashlight at night as per guidelines from our Honourable Prime Minister.

All NSS volunteers have downloaded Aarogya Setu App and are making use of it. We have also encouraged others to use the app recommended by Government of India.