

प्रोपकारार्थम इदं शरीरम्

SAVERA

THE GARGI EXTENSION SERVICE ANNUAL MAGAZINE N.S.S.

(2017-2018)



FROM THE PRINCIPAL'S DESK.....

I am delighted to know that NSS unit Gargi College is releasing its annual magazine Savera. We, at Gargi emphasize on the acquisition of knowledge, useful skills, critical thinking, and problem-solving abilities and believe that every student is unique and special.

Ours is a caring community, two annual events namely Children's Day and Friendship Day amongst many other, organised by NSS are worth appreciation. Our mission is to continue to do what we have always done: develop this Institute and the students with integrity and values; also, to give our students the best opportunities and the best all-round education.



The vision is to produce conscientiousness, smart and confident citizens of India who will go out into the world and make us proud! As educators, we aim to provide a platform which explores and strengthens the potential which is innate in every individual but awaiting expression. Such endeavours empower our students with a strong sense of responsibility and wellbeing.

I congratulate the entire editorial team & contributors for the upcoming issue of 'Savera' 2018 and enthusiastically look forward to reading our students' perspective on various issues undertaken.

Dr. Promila Kumar

(Principal)

LIVE IN SERVICE

At the outset I wish to congratulate all members of NSS for their spirit of service, enthusiasm and cooperation towards the noble cause that NSS stands for. You all truly and soulfully served the long standing motto of NSS ,Gargi of “Love All, Serve All”. It is with great pride and pleasure that all NSS teacher members share the enthusiastic spirit of the students who actively volunteered for the various NSS programmes throughout the year. It is through your selfless actions of service ,especially to those who are less fortunate , that NSS unit of Gargi college continues to take baby steps towards making the world a better place to live in. A compassionate sense of co-existence continues



to drive all of us to be there for one another. Perhaps the only strong motive behind this spirit of reaching out beyond self in service to others is the deep intrinsic satisfaction that is often times self healing and connects to our Higher Self. There are several wonderful blessings that come from serving others selflessly. We all are proud to be part of this priceless endeavor.

Last but not the least, I congratulate the entire team of ‘Savera’ for working tirelessly and successfully bringing out this online issue of the magazine. I wish the very best to all the NSS members. May they continue to develop their spirit of service in bringing out a positive change in the society at large.

Dr. Preeti Pant

NSS Programme Officer

NSS DU PRESIDENT SAYS...

I have been a part of NSS since the beginning of my college days. During these years I have learnt a lot and gained much experience. Each new event brought with it a set of new challenges. Facing them made me stronger and enhanced with confidence. For me it's not a society I was part of but it's a family which takes care of every one individually and society as a whole. This society has brought out the best in me and given the satisfaction, generosity which impacted my personality. I would like to thank each and every person who have co-operated with me for 3 whole years. Today I stand at the end of my college life and I can proudly say that I am a part of Nss and it is indeed my privilege to be a part of this society.



Greeshma Bommareddy

(NSS President-DU)

NSS, GARGI PRESIDENT SPEAKS.....

It is rightly said " Not everything in this world is done for one's own happiness." I understood this when I joined NSS in first year. My journey from being a member to being a President made me believe in the idea of becoming the happiest person not by getting more but, by giving more.



It's been a great journey of three years in NSS which I'm going to cherish forever. The motto of NSS is "Not me, but you!" and here at Gargi Unit, whole year we dedicated all our efforts to the cause of serving humanity. I feel extremely blessed and grateful that I got the opportunity to be a part of NSS as a president. With this post comes the responsibility of motivating students towards social service. It was great to feel that the students of Gargi College are always so enthusiastic to work for social cause. Every new event brought a new set of challenges with it. But I have always had a smile on my face because I knew I had a strong support of my teachers and my team. Facing them made me stronger and enhanced my confidence and team work between us. Now I'm not just an individual but a responsible person who puts social service above self. With each event I have realized my potential and overcame my weaknesses. I'm very much grateful to the Principal ma'am, Preeti Pant ma'am, Nitish sir and all member teachers for believing in me and making me what I am today. I would like to thank all of them for always being there for constant support and motivation and for making every event successful. Also all of this would not have been possible without the wholehearted and unnering support of my core team members. They have always been there for work and support.

Diwali Mela has always added very special memories in my heart and this year, it was a little extra special because I managed a lot of things, from the scratch to the end. It was a beautiful event with an even beautiful team of mine. I thank all the volunteers for helping me to achieve the target that we had set.

This three year long association with NSS is coming to an end officially but actually it doesn't end here, it's just the beginning. Ahead of me are several stones unturned. This NSS experience has taught me that if there's anything for society that I must do, I shall and will do it.

Saloni Dua

(NSS President-Gargi College)

Some Captured memories of the year gone by.....



A graceful dance to the beats of music on Friendship Day



Students registering themselves for Blood Donation



Handmade products being sold at NSS Diwali Mela



NSS Gargi celebrates Children's Day every year with great zeal



Students and Teachers actively listening to the talk on 'The Power of Positivity'



NSS student volunteers and teachers with Ms. Prerna Bhatia



Students sharing their joy of Receiving an award from 'youth for sewa' with the



Students attending a talk on "Importance of Sewa"



Dr. Preeti Pant sharing her experiences of the joy of 'Sewa'.



Students participating in the Stress Management Workshop



A stall put up by Cheshire Home at NSS Diwali Mela



*Students and Teachers dancing with children from NGO-
"Muskaan" and "Tamanna".*



*Blood donation Camp organised by NSS,
Gargi College*



Stall by an NGO at Ziztatva, Diwali Mela



Stall set up by CRY NGO at Zistatva



Preparing for the noble cause of blood donation



Warm greetings to everyone on Children's Day!



Children engrossed in their creativity exercise while celebrating Children's Day



Welcoming the elderly family of Gargi on Friendship Day



Interactions about life and hobbies of our guests from Oldage home



Introducing the Gargi family to the working of NSS at Gargi



The president delivering a speech at the NSS Orientation



Our NSS Union



Having an informal session with our guests from Old Age home



Children from NGOs 'Muskaan and 'Tamanna' showing their creative sides

Students dancing with our guests from NGOs 'Muskaan' and 'Tamanna' on Children's Day



Documentary Screening on the philosophy of Vivekananda



Students and teachers watching the documentary on Vivekananda's philosophy on the occasion of 'National Youth Day'



*When teamwork and hardwork pays off:
Cleanliness Drive*



Spreading smiles and joy through drawing



Pledge taking at National Voter's Day



NSS volunteers being awarded for their selfless service for cancer patients



AMF's head giving a talk on positive impact of music therapy on cancer patients



Volunteers sharing their past experiences working with AMF

FLAGSHIP EVENTS

(2017-18)

BLOOD DONATION CAMP

Blood Donation camp is organized every year in Gargi College. It is a process through which a person voluntarily has blood drawn and used for transfusion and made into biopharmaceutical medications. Blood donations in India are conducted by several organizations and hospitals by organizing blood donation camps. Blood donation is one of the most significant contributions by the human beings to the society, despite this there is shortage of donated blood in India. Donating blood has several advantages, including saving others life (in case of accidents and injuries, deadly diseases like anemia) and refreshing the donor's body as after donating blood, the human body regenerates the blood after few days with the new cells, which is a healthy process that keeps the person fit and beautiful.

So as an effort to make a difference and spread awareness regarding blood donation, to encourage the youth, Gargi NSS, in collaboration with Red Cross and Rotary Club organized its 2017-2018 blood donation drive. The event took place in the Gargi College Auditorium, from 10am to 4pm, on 25th October 2017. A team of about 8 to 9 doctors was present along with proper and hygienic medical equipments, with around 4-5 stretchers. All the volunteers had to go through a 4-step process of registration, health check-up (where their weight was taken, and their haemoglobin levels were checked), building rapport and finally, the blood donation. Around 150 students volunteered for blood donation, but unfortunately only 27-28 students were able to donate blood. Most of the volunteers were unable to donate blood because of several medical issues like being under-weight or low haemoglobin level. About 27-28 units of blood were collected. Volunteers who donated blood were given a goodie bag containing a packet of chips, donuts, banana, a packet of biscuits and a lunchbox along with a jute bag to carry all the stuff in it.

A pressing concern was highlighted in this noble cause- the poor health of the majority of students. Despite being physically fit and eating well, there are many people who cannot donate blood, due to various reasons, the most common being insufficient haemoglobin. This is a matter that people need to be made aware of.

-Muskan Mehta



Representatives from Rotary Club and Delhi Safdarjung at Blood donation camp.



Students Donating Blood at Blood Donation camp organised at Gargi College

ZISTATVA, NSS DIWALI MELA

Every year NSS, Gargi celebrates its Diwali Mela-Zistatva- in a grand fashion. NSS volunteers put up stalls, selling handmade goods made by the residents of some NGOs. This year the NSS Diwali Mela was organised on 11th October' 2017 and various items were put up like handmade bookmarks, keychains, and books, among other things. The money earned from selling these items is sent to the NGOs and used for the betterment of the residents. There are other NGOs too, who have their own representatives who come and setup stalls, to sell various items like bags, books, purses, clothes, candles, diyas, etc. Some of the NGOs present were-

CRY- Child Rights and You

AADI- Action for Ability Development and Inclusion

HCRA- Handicapped Children's Rehabilitation Association

CHESTRE HOME DELHI UNIT

JAMGHAT

Apart from these, there was a long line-up of various food stalls with mouth-watering dishes on display as well as other stalls selling jewellery, accessories, clothes and more. A DJ was also set up on the premise for some entertainment and dancing. All in all, the mela was a grand success, where everyone enjoyed themselves thoroughly.



A stall put up at NSS Diwali mela



Students dancing at NSS Annual Diwali Mela "Zistatva"

RASHTRIYA EKTA DIVAS

On October 31' 2017, the National Service Society sponsored the 2017 Rashtriya Ekta Divas which focused on unity and spread the message of peace. The event was open to all and approximately 60 students attended the event. The event was held at the sports ground of Gargi College. The event began with the speech by emphasizing the importance of Rashtriya Ekta Divas Ekta Divas known as National Unity Day. The intent was to pay tribute to Sardar Vallabhbhai Patel who was instrumental in keeping India united. The event stood as a strength to withstand the potential threats to unity; integrity and security of government.

The leader of NSS group spoke about the importance of unity. A lot of creative students had made posters spreading the message of unity and brotherhood. Students present there took the posters along with them in a group and marched along spreading the message of Rashtriya Ekta Divas.

The session lasted 30 minutes. At the end, the pledge was taken by the gathering. The pledge was as follows-

"I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among all fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of late SARDAR Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country."

The event was a success and achieved its goal.

-Sameeksha Verma



Run for Ekta Divas

CLEANLINESS DRIVES

“Cleanliness is the hallmark of perfect standards and the best quality inspector is the conscience.” – J.R.D Tata

Any institution, office or workplace, no matter how famous or successful can never work in a messy, cluttered environment. NSS Gargi believes that cleanliness is a way of living and strives to maintain it. For this purpose, NSS Gargi had organised three cleanliness drives in the month of September, 2017. Two of the cleanliness drives were organised within the college campus and one was organised in Mithas. The first cleanliness drive was organised on 9th September’ 2017 in the Nescafe and Canteen area of the college. The second drive was organised on 11th September’ 2017, in the Auditorium with the Commerce department, the Arts block with the Arts department and in the Botanical garden with the Science department. All the volunteers actively participated in these drives and went about their responsibilities with an enthusiastic smile on their faces, irrespective of the heat. Their motto was only one- to make their college and environment a cleaner place. The students went about picking up littered cans, pieces of paper or wrappers that lay here and there, and soon enough the areas were clean again. Upon asking as to how they felt after this responsibility, one student volunteer replied- *“I feel light after doing something for the college and seeing the college clean and green again, makes me happy.”*

It is rightly said that a clean man is not the one who run away from dirt but one who takes up the time and effort to tidy up a dirty environment.

-Shreya Kar



Students engaging enthusiastically in Cleanliness Drive

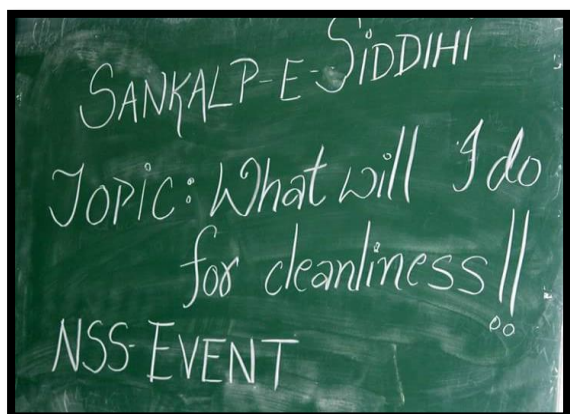


A Student volunteer participating in NSS, Cleanliness Drive

ESSAY-WRITING COMPETITION

In response to the initiative “Sankalp-e-Siddhi” taken by the honourable Prime Minister, NSS Gargi held an essay-writing competition on the topic- “*What will I do for cleanliness?*” Forty-four students had turned up to express their ideas through writing. After settling down, they started penning down their ways of maintaining cleanliness in their surroundings. The idea behind this competition was to choose the best essay which would be a perfect culmination of innovative ideas and reasonable policies expressed in clear terms. All the students put their heart into it and came up with some beautiful essays. The essays could be written in either Hindi or English, depending on what the students were comfortable with. After a deadline of one hour, everyone submitted their essays and left, content with having expressed their thoughts. The competition was indeed, a fruitful one.

-Shreya Kar



Essay Writing Competition: “*What will I do for Cleanliness*”



A glimpse at Essay Writing Competition organised by NSS, Gargi.

NATIONAL VOTER'S DAY

National Voter's Day or Rashtriya Matdata Diwas is celebrated every year on 25th January. This day was first celebrated in 2011 to mark Election Commission's Foundation Day. Through National Voter's Day, the Election Commission's objective is to increase the enrolment of voters, especially of the newly eligible ones. Working on this objective, on 25th January, the National Service Scheme (NSS) Gargi, along with the Political Science Department organized a Pledge taking ceremony, to celebrate the Right to Vote and the vibrant democracy of India. This was the 8th National Voter's Day where the NSS Student volunteers along with the students of Political Science department tried to spread awareness among the students, the new eligible voters regarding effective participation in the electoral process. The session began by educating the students about the importance of voting and how each vote matters in democracy, how the electoral voting sustains the democracy. Further the pledge was taken by in English by FU president, Greeshma Bommareddy, followed by the same pledge in Hindi by NSS Gargi President, Saloni Dua. Later the students were made aware about the National Voter's Day 2018 Theme- Assessable Elections, with the main aim of '*Proud to be a voter- Ready to vote*'; with the slogan of '*No Voter to be left behind*', suggests the focus on inclusiveness. A lot of students proudly took the pledge, indicating that the youngsters today are aware of their roles and responsibilities. The session thus ended with a promise to exercise the right to vote to push the country ahead by appointing a responsible authority.

-Muskan Mehta



Students and Teachers taking a pledge to celebrate the Right to Vote



A teacher sharing her views on National Voter's Day

POWER OF POSITIVITY

"When you doubt your power, you give power to your doubt."

-Honore De Balzac

To spread happiness and satisfaction, NSS Gargi had organised a talk on the power of positivity with Ms. Prerna Bhatia, the Founder of 'Nurturing Dreams'. A session that was truly necessary for waking up the latent power within everyone that gives one the courage to take initiatives and shine through all difficulties.

The session began with a loud, cheerful and synced 'Good Afternoon' and 'Hello' and the enthusiasm in the voices of the students was enough to bring a smile on everyone's lips. With a good start and an attentive, enthusiastic audience, Ms. Prerna went ahead to show how all humans were like a Two Thousand rupee note-something that had the highest value in the economy and which on giving, could buy so many good things. Similarly, humans too hold immense worth in their own life as well in others' and are worth a lot more than self-criticism. The most important concept of having positive thoughts is that positive thoughts have a lot more power than negative thoughts and when sent out to the universe is sure to materialise. The mistake that we, as humans, make is in underestimating what we are truly capable of. The human race, as the most evolved species has so much potential and we still fall short of achieving what we really can and all this because we take what we get as what we deserve and do not fight for more. Ms. Prerna also showed some inspirational videos of Ms. Deepa Malik (a renowned Indian Athlete) and spoke of some brave and hard-working people who have beaten various odds and struggles to finally emerge victorious and confident.

There was an overwhelming response on the part of the students and the teachers. All in all, the session was very inspiring, and everyone went back with one lesson- *"Every morning look into the mirror and tell yourself aloud that you are fabulous and deserve nothing but the best and the best is what you will get."*

-Shreya Kar



Ms. Prerna Bhatia delivering a talk on 'The Power of Positivity'



Ms. Prerna Bhatia interacting with students and teachers on 'The Power of Positivity'

A WORKSHOP ON STRESS MANAGEMENT

Whenever a person is unable to control or manage their thoughts, they experience anxiety and as a result, experience a great deal of stress. Stress is a by-product of multiple thoughts that run through one's head and that one is unable to manage. As students in the prime time of establishing a career, we are involved in various activities. Such multitasking requires a lot of attention, which in turn stresses one out. For helping students stay calm and relaxed even in the most stressful of situations, NSS Gargi had organised a stress workshop where the students were taught various techniques of relaxation.

Firstly, they learnt how to organise, analyse and filter their thoughts so that the unnecessary or negative thoughts could be filtered out and only positive, encouraging thoughts remained. This is important because negative thoughts make a person feel heavy and increase the mental stress of the person. This pressure occupies one's mind and cripples them mentally. To eradicate any such thought, they performed a simple exercise. All of them were asked to close their eyes and focus on their inner self, think about someone or something that they loved and allow it to fill them. Once they could do that, they radiated out all the positivity they felt, outward, to all the others. Some students reported feeling happy and satisfied after this exercise. Secondly, they were taught to manage their breathing. Since the breathing usually gets uneven or heavy during a stressful situation, the physiology of the person changes in a way that tires out the person faster than usual. For this purpose, they were taught a few meditation techniques, one of them being the '*Pranayama*'. These meditation techniques help the body to calm down and breathing becomes even. Thirdly, the students were asked to spend their time wisely. They were asked to be mindful of their watch and use their time effectively to get most of their work done without stressing themselves out. 'Watch' literally stands for-

W- Thoughts

A- Actions

T- Time

C- Character

H- Health

Finally, with all these tips revised, the session was concluded with a smile and everyone left the room feeling content and relaxed.

-Shreya Kar



A talk delivered on Stress Management



Students at the Stress Management workshop organised by NSS, Gargi

CHILDREN'S DAY

"Children are not things to be moulded, but people to be unfolded." – Jess Lair

They say children are god's gift- to be nurtured, to be loved. Indeed, such innocence in child's face is a pleasure to behold. NSS, Gargi aims to keep this innocence in them alive by celebrating this day with children from NGO-MUSKAAN and TAMANNA. These children are very special and gifted with an inner beauty that can light up the whole place, they taught all of the people present to live without inhibitions, free of malice- absolutely pure. The event was hosted in the Seminar Hall, Gargi college. The entire hall was decorated beautifully with balloons and streamers. The students from the NGOs' were welcomed with friendship bands to enhance the bond that we share with them. When all of them were finally seated, all the teachers and volunteers present interacted with them. All the volunteers, teachers and the students wished each other a '*Happy children's day*' in unison.

With all pleasantries exchanged, the students were asked to perform something and five students sang different songs. All of them sung beautifully and the gathering applauded for them whole-heartedly after they finished the songs. After a few performances by our volunteers, we proceeded to play songs for them so that they could dance to the tunes. All students joined in to dance with the children. After some exhaustive dancing, all the students settled down to draw and colour. Every creation was full of energy and spirit and was praise-worthy. After some more enjoyment, it was time for us to part. As they were leaving each of them was handed refreshments and gifts like Tiffin boxes and bottles as a small token of our bond. With a promise to meet again and a truckload of happy memories to cherish, they took our leave and we waved our goodbyes. It was a truly a memorable day, where each one of us learnt something from one another and realised the importance of not letting the child inside us die.

-Shreya Kar



Children showing their enthusiasm on Children's Day celebrated by NSS, Gargi.



Teachers interacting with children from NGO "Muskaan"

ELOCUTION COMPETITION

It is rightly said- "Hygiene is two-thirds of health." With this view in place, NSS Gargi organised an elocution competition on the topic- " Health and hygiene is real wealth." The participating volunteers could speak in either Hindi or English. All the volunteers were vivacious in expressing their views on the subject.

Health as defined by the World Health Organisation(WHO) is a state of complete mental, physical and emotional well-being. Health and hygiene are two sides of the same coin. As one of them rightly put it, there is no health without hygiene and vice-versa. "It is health that is real wealth and not the pieces of gold and silver"- as Mahatma Gandhi has rightly said. A man can have all the world's wealth at his feet but all that wealth can bring no happiness to a man of ruined health.

Health, in this respect is both mental and physical. A clean surrounding always generates positive and good thoughts while a messy environment provokes negative thoughts. Thus maintaining hygiene is also essential for mental health. Many volunteers also spoke about Swacch Bharat Abhiyan, an initiative taken by the Prime Minister, Narendra Modi to make a significant impact on public health and civic responsibility. Some of the ways suggested to maintain hygiene were using proper washrooms, washing your hands before eating, drinking clean water and exercising and meditating daily.

Some of the volunteers were also nervous before the audience but soon regained their confidence and gave a good speech. The confidence to present your views and the awareness that a man is nothing without health and hygiene were the key aspects of this competition.

- **Shreya Kar**



NSS Elocution Competition



A student participating in the elocution competition organised by NSS

FRIENDSHIP DAY

A day to celebrate one's moments of joy, happiness and everlasting friendship, friendship day is one that the young and old alike, wait for. The students at Gargi College choose to celebrate this day with old people from the "Sandhya" and "Aradhna" old age homes. These people, who miss their home terribly, are like family to NSS Gargi. They are invited every year to the college to celebrate friendship day with the Gargi family. This year too, decorations and preparations began right in the morning, to welcome and entertain them in the best way possible. In the meanwhile, two buses were sent to the respective homes to pick them up. At around 10:30 am, they finally reached and all the volunteers rushed forward to greet them. All of them were greeted with friendship day bands and smilingly welcomed. After all of them were seated, they were offered water, followed by tea and biscuits. Meanwhile all the students mingled with them and introduced themselves. They too, seemed happy to be surrounded with so many children and spoke to the students about the time when they were young. The activities began with a song performance by one of our students, Sohini. After a melodious start it was time for a graceful dance performance by another one of our students, Saloni. Then, all of them were invited to share their experiences, sing a song, or crack jokes- anything that they wanted to do. Some of them sang old songs; one of them danced and most of the uncles cracked jokes and recited beautiful 'shayaris'. Everyone enjoyed themselves so thoroughly and time passed by in a blur. Soon enough it was lunchtime and tables and chairs were spread out for them to have a comfortable lunch. After a hearty meal, when they were getting ready to leave, they were presented with gifts and hand-written cards as a token of our love and friendship. A lot of hugs and heart-wrenching goodbyes, they left- with a promise to come again next year. It was indeed, a day well-spent.

- -Shreya Kar



Friendship Day celebrated by NSS, Gargi.



People showing their enthusiasm on Friendship Day celebrated by NSS, Gargi.

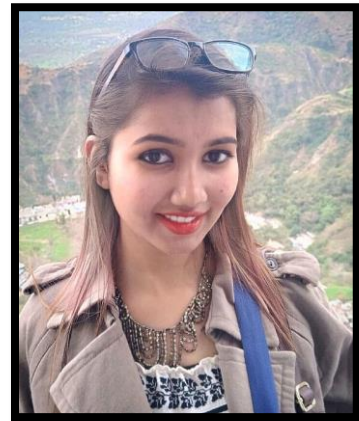
MEMORIES TO CHERISH FOR.....

I have been an active member of NSS since past two year, with NSS I have learnt a lot & gained much experience, created a lot of memories here. Being a part of several events was a really nice experience.

This year serving as home coordinator of NSS Gargi College gave me opportunity to improve my managing skills as well as taught me to work in a team.

Nss organizes many events & one of the events is friendship day in which we invite old age home people, we played games with them, they shared their experiences with us, spending time with them gave a beautiful feeling which I can't express in words. That feeling gave me strength to do more for them. They treated us as their grandchildren & gave so many blessings to all of us.

I would like to thanks NSS Gargi & my union members for giving me these amazing experiences.



Priyanka Tanwar (Home Coordinator- ARTS)



I was in search of a shelter and NSS Gargi gave me home. How can I express that feeling of just smiling around with no worries! Each event in NSS was that sweet. I am more than myself; this one feeling was given to me while I was part of this sweetest journey. Choosing to embrace this world in all its form-the people, the earth, and the trees, what I have learned through NSS is to be able to realize your real essence. Working for society is no work at all; it's always leisure for me. NSS gave me this platform to experience moments of awe and happiness within. Team building, building love and spreading happiness to

environment and people around you was those exercises that I loved doing during my tenure.

Thank you to NSS Gargi and all the supportive teachers for such an eventful journey.

Srishti Chutani (Home Coordinator- COMMERCE)



“Only by giving are you able to receive more than you truly have.” This saying cannot be more true than it already is in my case and I can only say that after being a part of NSS throughout the three years of my college life. Being a Home Coordinator, I have learned and grown a lot, my self-confidence and leadership skills have improved. The immense happiness I have felt after receiving all the love and blessings by serving others cannot be compared with anything. I can say that I have become a better person than I was three years ago. At the end, that is what matters the

most to me.

Lastly, thank you to all the NSS teachers, Union, and volunteers who have taught me and guided me in every way possible.

Shreya Srivastava (Home Coordinator- SCIENCE)

Being the Event Coordinator has been an amazing learning experience for me. I have not only gained professional skills of managing events but also came more closer to the society. In the society, I have got opportunity to interact with many different people be it people in Cheshire Home or the people we invited on friendship day and children's day. Those were the moments where my level of happiness and satisfaction reached pinnacle. With each and every event I developed the understanding about the philosophy behind "Love all, Serve all. Help ever, hurt never". In NSS, it is never about performing good or bad, better or best but it is always about the work we want to do for others, because it gives us happiness.



It has been a great and a very enriching experience working with NSS. I have got some very beautiful memories to cherish. I'm extremely blessed and thankful that I got the opportunity to work as a part of the association and enhance my experience. I will forever be grateful to NSS Gargi for providing me with the opportunity to serve the society and my whole team with whom this journey was more beautiful.

Ankita Batra (Event Coordinator)



Firstly, I'd like to thanks NSS for giving me such opportunity. I have learned many things as a part of NSS union, and that will stay with me for life. During my 1st and 2nd year, I was an active member of NSS and volunteered in various NGOs like YFS, LFT, Cheshire Home and many more which was an enriching experience. In 3rd year, I got a chance to be a part of NSS union, which really helped me in my personality development. I also find improvement in my communication and management skills. I am highly grateful to all the teachers and the entire team.

Amisha Patra (NGO Coordinator)

Working with NSS Gargi for the past two years has transformed me as an individual; it has helped me realize how much love is out there in the world and how many people are craving for it. As a part of NSS, it is not as much duty as it is a pleasure to spread this love. With all the events taking place, I got to interact with so many people who being less privileged than us, live life with a brilliant smile and a strong spirit. There is a lot to learn from them if one takes notice. These two years of perseverance have taught me hope, given me love and instilled in me a spirit of liveliness that I am thankful for.



All in all, I would like to thank the teachers for giving me this opportunity to be a part of this team; pen down my experiences and also the Union, volunteers and staff who accompanied me on this wonderful journey of self-discovery.

Shreya Kar (EDITOR)



As a photographer in NSS, I got the chance to capture the best of the moments in my camera. This whole journey has been a learning experience for me and surely has helped me to become a better human being. The feeling of love and affection for those children, the blessings of the elderly, the happiness of cleanliness drives, all these

moments I have lived in this one year while capturing them. I would really like to thank my fellow teammates and associated teachers for making this whole year a wonderful one for me. It is truly an unforgettable journey for me. The moments that I have spent here have given me the beautiful memories of my life which I will cherish forever.

Shreya Kohli (Photographer)



NSS UNION 2017-2018

NSS PROGRAMME OFFICER

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FACULTY MEMBERS

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GREESHMA BOMMAREDDY

SALONI DUA

PUSHPA YADAV

PRIYANKA TANWAR

SRISHTI CHUTANI

SHREYA SRIVASTAVA

AMISHA PATRA

ANKITA BATRA

SHAGUFTA KHAN

SHREYA KAR

SHREYA KOHLI



LOVE ALL, SERVE ALL



**NSS, GARGI
2017-2018**