

SAVERA



THE GARGI
EXTENSION
SERVICE
ANNUAL
MAGAZINE

love all serve all

N.S.S. Union 2018-19



TEACHER OFFICE BEARERS

Dr. Preeti Pant

Programme Officer, NSS Gargi

Dr. Mandakini Das

Dr. Nitish Kumar

Dr. Rashmi Saini

Dr. Monica Gupta

Dr. Sabeen Rizvi

Editorial Head

Dr. Swati

Dr. Nisha Saini

Dr. Salma Khan

Dr. Sunanda Saini

STUDENT OFFICE BEARERS

Srishti

President , NSS Gargi

Ragini Kumari

NGO Coordinator

Roweena Verma

Photographer

Aditi Singh Adha

Event Coordinator

Falguni Jain

Treasurer

Janhavi Jain

Editor

Deepti Kant

NSS DU President

Ritika Sharma

Home Coordinator (Arts)

Hityshi Suneja

Home Coordinator (Commerce)

Supriya Sen

Home Coordinator (Science)

Ragini

Creative Head



TABLE OF *contents*

- 2 Principal's Desk
- 3 Programme Officer
- 4 President's Note(NSS Gargi)
- 5 President's Note(NSS D.U.)
- 6 Editor's Note
- 7 Flagship Events
- 9 Seminars
- 12 Our Projects
- 24 Celebrations & Carnivals
- 30 NSS Camps
- 33 Donation Drives
- 34 Programs outside college
- 37 Collaborations
- 39 Experience Diary

From Principal's Desk

It gives me great pleasure that NSS-Gargi is releasing the next issue of its Annual Magazine - Savera. It is indeed a matter of pride for the college as these NSS volunteers are always enthusiastic to nurture and help communities which are neglected otherwise. Their participation in Blood donation camp, friendship day with senior citizens and children's day with special children are few of the activities which amaze me. Throughout the year they engage themselves in uplifting the oppressed in one way or the other. The perpetual energy, movement and enthusiasm in these young ladies permeate the atmosphere at Gargi. Our vision is to produce conscientious, smart and confident citizens of India who will go out into the world and make it a better place to live! I congratulate the entire editorial team contributors and enthusiastically look forward to reading our students' perspective on the theme undertaken.



Dr. Promila Kumar
Principal
Gargi College

Programme Officer

LOVE ALL, SERVE ALL

My deepest appreciation for the entire NSS cum GES team of Gargi college for their consistent and sustained selfless spirit that is so beautifully reflected in their service pursuits through the year. I accept in all humility that I am fortunate to be part of this mission. It is so fulfilling to see all our NSS volunteers reaching out to the larger society through their sacred actions of service. It is indeed their compassionate sense of co-existence that drives them to take these baby steps in their own small ways towards making the world a better place to live in. At the end, true happiness and contentment comes from reaching outside self for larger good. It gives me great pride to acknowledge that our NSS volunteers have done a commendable service in organizing several flagship events such as blood donation camp, 'Happiness Day' with differently abled children, 'Friendship day' with elderly citizens from old age homes and NSS Diwali mela. They extended a helping hand to the less privileged children under 'Mission Buniyaad' and enthusiastically celebrated Independence Day, Republic Day, International Peace Day, 'Parakram Diwas'. They organized several newspaper as well as clothes collection drives and cleanliness drive. NSS students enthusiastically participate in 'Swachha Bharat Abhiyaan' under which they organised door to door campaigns, village interactions and nukkad nataks. NSS volunteers this year too regularly rendered their loving services in several NGOs. Keen participation of NSS students was also seen throughout the series of 8 Holistic Life Skills workshops. Their spirit of service and cooperation was well evident during their community service at Cheshire Home for destitute where students reported a sense of deep connect with the inmates though the language of love. I pray and hope that all NSS volunteers, with their sense of involvement continue to contribute towards building a happier society. NSS yet again brings out its annual magazine 'Savera' to share with all the enthusiastic experiences and feedbacks of NSS students who volunteered for various service programmes. I complement the entire editorial team for all their hard work in passionately carrying forward the legacy of Savera that symbolizes faith, hope, positivity and light.



Dr. Preeti Pant
NSS Programme Officer
Gargi Extension Service

President's Address

'Savera' symbolizes hope and warmth. It provides an opportunity to reinforce the spirit of service in ourselves. The Savera, 2018-2019 stands testimony to the spirit and values of NSS Gargi.

Undoubtedly, this year to NSS Gargi was at the helm of providing service and had a phenomenal year. "Savera" stands for light. The light that spreads its wings and enlightens our souls wiping out the darkness of ignorance, jealousy and hatred.

I congratulate the NSS Gargi team for making this year another accomplished and fulfilling year and setting a benchmark for all those who will be a part of this family in the upcoming years. The motto of 'Not Me, But You' reverberates our every action. Every time we worked and taught people who come from the lowest rungs of the society it was a learning process for us. A process that helped us develop as great individuals. We began our each day with a target and tried to complete it till the dusk.

The tiniest of the events that we took forward this year, were aimed to make a change. Picking up brooms to clean the college, or distribution of essential commodities to people gave us immense satisfaction. Not forgetting the flagship events of Blood Donation, Zistatva, Friendship Day and Children's Day, we delivered the best of ourselves and were, at the same time, supported by our mentors at every step.

Penning down my experience with NSS in one page is not an easy task. I would rather say I'm experiencing a shortage of words to describe my feelings with the phase I travelled with Nss. Not just a society, it is now a reason of existence for me. Time can take Nss away from me but not myself away from Nss. I will continue working to bring positive changes in the society at my level.

"Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work." - Mother Teresa, the pure soul, with these beautiful words taught us to live our lives in peace, not to discriminate, but to offer more love and warmth. Indeed, we are the chosen few of the God who are getting this opportunity to serve humanity, share love, and spread smiles. The power of Love can always heal the heart by applying balm to wounds.

In the end I would like to thank my support system in this tenure - My role model, my Teacher in-charge Dr. PREETI PANT. She has been NSS Gargi's constant amongst all other variables. She brings out the best in everybody. She remains the guiding light who has radiated my journey all along. I would take a moment to thank my team NSS Union 18-19, because if they weren't what they are I wouldn't have learnt this much. They are better individuals and the best when they work as a team. Our NSS team of 750+ volunteers who are young, vibrant and supportive who made each day worth working. Their selflessness and spirit conquered many hearts and made us visible throughout.

In the end I would say it wasn't the destination but the whole journey of NSS that shaped me into a better human.

Thank you
Srishti
President



President's Address

"I am the only one, but I am one. I cannot do everything but I can do something. And I will not let what I cannot do interfere with what I can do."

-Edward Everette Hale

Studying and observing the problem rather than working towards a solution is a fruitless endeavour. NSS Gargi plays a role as a part of the solution. It has always remained ahead in providing services to others and has worked towards their well being.

SAVERA means the beginning of a new day which brings a new opportunity to contribute more towards the betterment of our society.

We began the chapter of NSS from Orientation Day after which a lot of events followed up to make this year fruitful by providing various kinds of services. Not all of us can do great things, but we can do small things with great love as we did during our flagship events of Friendship Day and Children's Day which were full of love and compassion. There were noble projects undertaken like providing education to small children under Vidhya Jyoti Project. I feel that an individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of humanity in which our cloth, newspaper, sanitary napkin and medicine donation drives played a role. There is no greater joy than to make a fundamental difference in someone's life which our NSS team tried to do through various awareness campaigns, nukkad natak, holistic workshops, etc. The events undertaken under Swachhta Pakhwada and Swachhta Hi Seva taught us that compassion becomes real when we recognise our shared humanity. There were various other events like cleanliness drives, blood donation camp, diwali mela, etc. which were completed successfully fulfilling the objective of 'Love all, Serve all'. These events had helped me a lot to become a better person and made me feel that I am not just a human being, instead I am a human becoming.

Alone we can do so little but together we can do so much is proved by NSS Gargi with more than 700 volunteers working together. NSS proves that helping is self-satisfaction without expecting anything in return. I feel privileged and extremely blessed that I got the opportunity to lead the NSS for the session 2018-19 in the second year of my college itself and for this I thank the teachers who believed in me.

For me, it was a journey of learning, growing and self realization. Individual commitment to a group effort makes a team work, a society work and a civilization work. The guidance of learned and experienced teachers and a cooperative, high spirited team made this journey smooth through their love, support and constant motivation. It helped me enrich my leadership skills and built a spirit of teamwork.

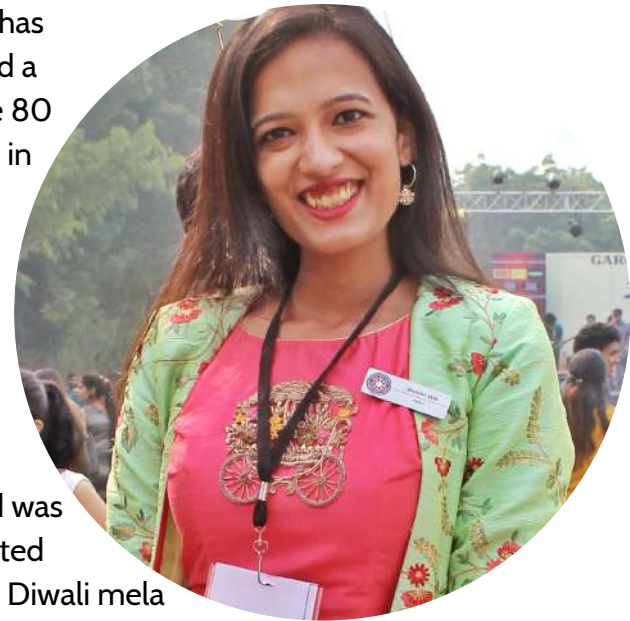
Being the DU President of Gargi unit has not only gave me the experience to work within the college but also gave me exposure to a bigger platform through various events organised at the University level. It enhanced my learning to a great extent. It was an experience which made me realise that our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. We should always try to be a good human being, a warm hearted and an affectionate person. Someone rightly said-

"Happiness is the only good; reason the only torch; justice the only worship; and love the only priest." The self-satisfaction and learning that I got throughout my journey is inexpressible in words which I will keep cherishing forever

Deepti Kant, President DU



Editor's Note



We live in a dynamic world with life moving ahead at a fast pace. This has alienated each individual and he keeps looking for some solace. I found a friend in the 40 year old who danced with me on children's day, in the 80 year couple who told me I resembled their grandchild, I found a friend in the team that I now call home, I found a friend in others, in service, in NSS. NSS Gargi works for helping those in need, creating awareness and in turn practice social harmony. We believe youth hold the key and one person can make a difference. With its motto of "Love All, Serve All", NSS Gargi, with the collective effort of over 700 active volunteers organized various events, seminars, camps and drives this year. The session started with orientation programme, the flagship events, that included blood donation camp wherein 126 units of blood was collected through the participation of 500 volunteers. They also donated blood in the camp organized by Delhi University for Pulwama victims. Diwali mela "Zistatva" was organized where several NGOs sold their wares and raised funds for their cause. "Children's Day" was celebrated with differently-abled students from schools 'Tamanna' and 'Muskaan'. We celebrated "Friendship day" with 60 people of 'Sandhya' and 'Aradhana' old age homes where we performed for them and served them lunch. Apart from this, several cleanliness awareness programmes have been organized through 'Swachta Pakhwada', 'Swachta hi Seva', Shahpur jat village interactions, nukkad nataks, door to door campaigns, competitions etc. Volunteers painted a part of front wall of Gargi college to spread the message of "Swachha Bharat". Tree plantation and weekly cleanliness drives were also undertaken. NSS volunteers actively celebrated Independence Day, Republic Day, International Peace Day, 'Parakram Diwas' through poster making, poetry recitation and other cultural activities. To celebrate and promote electoral participation. We also organised a pledge taking ceremony on the occasion of National Voter's Day and organised a S.V.E.E.P Voter ID Camp. Online campaigns such as No Cracker Campaign for Diwali and Suicide Prevention Campaign were undertaken.

An awareness talk followed by a camp for Medical Tactile Examination (MTE) for detection of breast cancer by trained blind women was organized. Newspaper and clothes collection drives were organized throughout the year for the NGOs 'Family of Disabled' and Goonj. Clothes were also distributed in the slum under the Safdarjung airport flyover. Extending a helping hand to the less privileged children under 'Mission Buniyaad', NSS volunteers regularly went to teach students of government aided school at Madanpur Khadar. In addition to providing academic assistance, several other play activities, value education programmes, skill enhancement, cultural activities and festival celebrations were organized. NSS volunteers regularly render their loving services in several NGOs such as blind school, Cheshire Home, Udaan, Chetna, Youth for Service, Adhaarshila, Jamghat, Cansupport and many others. A series of 8 workshops was organized throughout the year on topics such as managing negativity and stress, personality development, key to relationships, ceiling on desires etc. for developing holistic life skills, followed by a community service at Cheshire Home. NSS Gargi has also shown active involvement in activities conducted across other colleges of Delhi University, such as workshop in ARSD college, "Samvaad" in Hindu college, empathy workshops etc. This year NSS Gargi has grown in different ways and has set standards, and has achieved greater heights. The editorial team has put together a collection of best ideas, thoughts, events and memories to make reading of this issue enjoyable. We hope you enjoy every bit of it and carry the memories to the next session.

Happy reading!!

Janhavi Jain

Editorial Head

Flagship Events

NSS Gargi celebrated children's day with the innocence of children from NGO MUSKAAN and TAMANNA. 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, the teachers and all volunteers present interacted with them. All the teachers, volunteers and students wished each other a 'HAPPY CHILDREN'S DAY' in unison. All pleasantries exchanged, the students were asked to perform something and five students sang different songs, which received the heartiest applaud by the gathering.

CHILDREN'S DAY



After a few performances by the volunteers, songs were played for them to dance upon followed by some drawings and colouring session. Refreshments and gifts like Tiffin boxes and water bottles were given to the students when they were leaving as a small token of love. Overall it was a loving day for all the NSS volunteers which left a lot of memories for all of them to cherish.



FRIENDSHIP DAY



NSS Gargi held its flagship event "Friendship Day" which it celebrated with SANDHYA and ARADHANA two old age homes. The company of the grand old angels and scintillating performances by the NSS Gargi volunteers not only made the event a success but stirred beautiful emotions of love, empathy and companionship. The programme was a potpourri of various acts from dance, music, ghazals, slam poetry to beautiful life stories which were heartwarming. Everyone was left

with eyes full of tears and hearts full of warmth as they witnessed the programme. The event ended with a delicious lunch buffet amongst many shared anecdotes, life stories, love and warmth. They aren't just angels but our guardian angels. As the saying goes "If your grand angels are still with you, you possess a jewel." A priceless jewel at that. They aren't just angels but our guardian angels. As the saying goes "If your grand angels are still with you, you possess a jewel."

Seminars



ORIENTATION DAY

We began a new chapter of The National Service Scheme(N.S.S.) unit of Gargi College with the Orientation Program held on 31st August 2018. The event was organised to brief our volunteers about how NSS works, it's collaborations and to build a rapport among the new volunteers. The function was followed by the Teacher Conveners motivating everybody towards greater good followed by introduction of NSS Gargi Union 2018-19.

There is no greater joy nor greater reward than to make a fundamental difference in someone's life and this is how we serve the nation through our service. Making this motto as our guiding beacon, today NSS Gargi is 700 members strong.





A SEMINAR ON SEX EDUCATION

Perceiving the importance of sex education in today's society, NSS Gargi conducted a talk on Sex Education by Mr. Aditya Gautam and Dr. Aastha Sachdeva on 24th August.

It covered various aspects about sexuality comprising talking about sex and sexuality, teachings on loving ourselves, hormonal impacts on our lives and how trainable sexuality is.

The talk touched various hearts through the information provided and paved the way towards a more accountable society.



Awareness Campaigns

CRACKER FREE DIWALI

NSS Gargi celebrated cracker free Diwali and launched an online campaign on 6th November, 2018 to promote the same. In the online campaign, people were asked to post on their Instagram handles about how they celebrated Cracker Free Diwali. NSS Gargi received a huge response for the campaign. The best entry was shared by Priyanka Makheja.



SUICIDE PREVENTION DAY

NSS Gargi celebrated the Suicide Prevention Day by circulating a video on self-love through its various social media handles. The video also expressed the significance of therapists and how seeking help through therapists is not a taboo.

"Just when the caterpillar thought the world was over, it became a butterfly. The moment you're ready to quit is usually the moment right before a miracle happens. Don't give up."

Happy World Suicide Prevention Day
Let's be empathetic and make a difference



SEP 10 2018



WORLD SUICIDE PREVENTION DAY



DOOR-TO-DOOR AWARENESS CAMPAIGNS

NSS Gargi in collaboration with *Umeed* NGO organised Sanitary Napkin donation Drive and Menstrual Hygiene Awareness Drive in *Kirti Nagar* slum area. The volunteers participated enthusiastically informing about personal and menstrual hygiene. The women interacted freely and were open to learn.

VIDHYA JYOTI PROJECT

NSS Gargi provides education to the kids of government aided primary schools where these students are deprived of all the facilities that they deserve. The volunteers teach them anything that they have expertise in or are interested in. It may be a subject, or a talent, a story or anything that can leave an impact in their lives. NSS volunteers also carried out an array of activities under 'Vidhya Jyoti Program'. At Vidhya Jyoti Program the volunteers not only spread knowledge but also joy, light and happiness which symbolizes true education. The events that were held under this project are-

NUKKAD NATAK

On 29th September volunteers of NSS Gargi conducted a Street Play at the SDMC Primary Medium School for The Swachhta Week in order to educate the kids about hygiene and cleanliness through a visual entertainment.

INDEPENDENCE DAY

A special independence day program was carried out by NSS Gargi volunteers who made it extra special for the kids as they celebrated Independence day with complete gusto, fun and frolic.

CHRISTMAS SPECIAL

On Christmas eve, the kids prepared a beautiful play under the able guidance of the NSS Gargi volunteers and also sang carols which filled the air with fun, joy and a festive spirit..

CLEANLINESS DRIVE

Volunteers of NSS Gargi carried out Cleanliness Drive. More than 10 NSS volunteers used their skills to spread awareness and they educated the kids about cleanliness & its importance. An array of creative activities had been carried out under the 'Vidhya Jyoti Programme'.



SWACHHTA PAKHWADA

Swachhata Pakhwada started in August 2018 by the government of India with the objective of creating a cleaner environment for healthy living.



OATH TAKING CEREMONY

NSS Gargi initiated its *Swachhta Pakhwada* around campus on 1st August 2018. Students took *Swachhta Shapath*, taking forward the idea of "*Satyagrah se Swachhagrah*". The oath delivered the message of cleanliness and how together we can bring a change.



SHAHPUR JAT- SWACHHTA PAKHWADA

NSS Gargi organized a "*Swachhta Pakhwada*" at the Shahpur Jat Village on 11th August, 2018. The experience in itself was something which extremely enhanced us and made us realize how essential cleanliness, health and hygiene are. It was a step towards creating awareness amongst the sections of the society which are still alienated from the now ubiquitous *Swachh Bharat Abhiyan*. Teaching kids, who are the future of this great nation, seeing their little dreams widen is something which makes the NSS family so proud and reminds us of the novelty attached to this work. We also organised a rally taking forward the idea of "*Swachha Bharat ka Irada , Irada kar lia hamne. Desh se apne wada.*" So let's take a step forward and take a moment to clean up. After all a sound mind resides in a clean place.



CLEANLINESS DRIVES: ONGOING SERVICE

Cleanliness is not next to godliness, it is godliness."NSS Gargi organised Cleanliness drives in and around campus from 2nd-5th August 2018 and 7-9 August 2018. It was an enriching experience as we took forward *Swachh Bharat Abhiyan* and raised awareness about *Swachhta Pakhwada*. It was a step towards making our college garbage free and eco-friendly. We also learned how every individual's work can contribute towards society's well being as a whole. So, "Before you leave, take a moment to clean".



"SWACHHTA HI SEVA" PROJECT

(SWACHHTA HI SEVA WEEK- 24th OCT TO 2ND OCT)

A) SHAHPUR JAT EVENT

Gargi college, University of Delhi's National Service Scheme (NSS) unit recently conducted a Village awareness drive in Shahpur Jat village under its elaborate Swacchata Pakhwara drive on 11th August. Educating young minds about cleanliness and hygiene. On the afternoon of 11th August, the volunteers started their cleanliness awareness programme under the guidance of two young residents of the village, guiding the NSS volunteers inside. The volunteers distributed the posters and leaflets chanting in unison "Swacch Bharat ka irada, irada karliya humne; desh se apne vada, vada karliya humne". After the campaigning, the volunteers took up the task to educate and talk to all the tiny tots present there, spread across the entire area in groups of three. The volunteers did door to door, campaigning taking personal time out to hear out the condition of hygiene and cleanliness in the area. The volunteers also visited various small shops located in the area campaigning and creating awareness against various cons of plastic usage and the need of wet and dry dustbins for segregation. The experience was worth a lifetime for all the NSS volunteers to cherish forever.



B) POSTER ON SWACHHTA

NSS Gargi organized a poster making competition for the students on 26th September 2018. The theme being "SWACHHTA HI SEVA". The competition saw a huge turnout. No form of creativity can leave as strong an impact that art and visuals do. We saw the participants channeling their inner Picasso for a cause. All entries are highly appreciated and have the power to evoke awareness amongst the public. Pooja Pandey of 2nd year secured first position and Sanu Diwaker of 3rd year stood second.





c) WALL PAINTING

NSS Gargi celebrated 'Swachhta Pakhwada' under which two walls were painted by NSS volunteers to promote cleanliness. *Swachhta pakhwada* started in April 2016 with the objective of bringing a fortnight of intense focus on issues and practices of swachhta. At one wall the symbol of swachhta was being painted with a quote, "ek kadam swachhta ki or" or by using Mahatma Gandhi's eyeglasses. Mahatma Gandhi was a great supporter of cleanliness in the country. At the other wall, the importance of clean environment is depicted.



SWACHHA BHARAT SUMMER INTERNSHIP

Maidan Garhi village, Saket:

Swachha Bharat Summer Internship With the advent of summer, the most brutal of all seasons we usually gear up to brace the glaring sun and tuck ourselves inside our shadowy homes to get respite but this summer for the NSS Gargi volunteers was a little different as they geared up for the Swachha Bharat Summer Internship. Two villages were adopted for the same. The internship started with a visit by our nodal officer Dr. Preeti Pant to the village. The internship set over a tenure of 105 gruelling hours was meticulously planned by the NSS volunteers with various activities. The first village adopted by the volunteers was the Maidan Garhi village near Saket, Delhi. The below link gives a detailed account of all the activities carried out by the volunteers.



Chilla Gaon, Mayur Vihar Phase 1

Swachha Bharat Summer Internship Two of our volunteers went to the Chilla Saroda Bangar village located in Mayur Vihar Phase 1 for 'Swachha Bharat Summer Internship'. They had awareness campaigns and door to door expeditions to understand the challenges of living in that area. They visited 50-60 households and conducted a swacchta survey and had awareness sessions at two schools. They organised meetings in localities and with the village councilor to make them understand their purpose and garner support for it.



ACTIVITIES UNDERTAKEN

Nukkad Natak: Two Nukkad natak were performed in the village; one in Purvanchal Public School and other in the street after the swachta rally.

Wall Paintings: Seven paintings were drawn on public walls of village Chilla. The drawings depicted usage of dustbins, initiatives for cleaning, hand wash, usage of toilets for defecation, sustainable development goals on cleanliness along with slogans on cleaning.

Movie Screenings: One of the screenings was a large scale event with 70 people in audience. The movie screened was from WASH institute. It was an animated movie with simplest characters and language.

Waste Segregation: There was a session on dustbin distribution which could be organized with the help of local leader, Mr. Sunil Chaudhary. The dustbins distributed were issued by EDMC.

Transportation of Waste: A cleaning cum waste segregation and collection drive was performed with the help of EDMC team. The waste collected from households, streets and drains were segregated and put into the compartments.



Encouragement for Toilet Reconstruction: The village already had a toilet which was in a very poor condition. Our volunteers convinced the village councillor to look after this problem well.

Street Drain Cleaning: Street cleaning and drain cleaning session were conducted with the help of MCD workers across many spots in the village.



School Level Rally: School children were very enthusiastic for the rally and 200 children participated in it. A distance of 2.5 Km was covered which comprised the narrow lanes and by lanes of the village. Slogans that were raised were of 'Ek Do Teen Use karo Dustbin' and 'Bharat ka irada swachhta ka vada'.



Swachhta Mela :Two Swachhta melas were organized, one in the EDMC Primary School and the other in the Purvanchal Public School. Every stall in these melas served a purpose in our aim.



- Other activities were
1. Plantation Drives
 2. Say no to Plastic Campaign
 3. Drawing Competition
 4. Draw up Biogas Plant
 5. Compost Pit

SHAHPUR JAT PROJECT

NSS Gargi adopted a nearby Village “Shahpur Jat” in order to spread awareness regarding various issues in the area. “Shahpur Jat” village is an underdeveloped village which lacks awareness and facilities regarding various social, educational and hygiene issues. This year NSS Gargi took an initiative to adopt this village as a part of it’s “Shahpur Jat Project” to spread awareness, social literacy and education regarding various issues.

Shahpur Jat project involved various initiatives and awareness campaigns. The campaigns and activities carried under this project are listed below:

1. DOOR TO DOOR CAMPAIGN

One of the very first initiatives carried out by NSS Gargi volunteers under this project was the door to door campaign. This campaign involved NSS Gargi volunteers going door to door of each house to educate the families living there regarding cleanliness, basic sanitation, toilet hygiene etc.

Volunteers interacted with the women and children of these households while educating them about sanitation and cleanliness.

2. AWARENESS DRIVES

Another flagship campaign under this project, these awareness drives were carried across the entire village educating the residents about various cleanliness, sanitation issues and asking the shopkeepers in the area regarding government provisions for waste disposal. These awareness campaigns were a huge success as the residents were cooperative and intent listeners to the issues raised by the volunteers.

3. STREET PLAY

One of the most interesting and interactive initiative under this project was a street play conducted by the NSS Gargi volunteers. The Nukkad Natak was performed to spread awareness amongst the villagers regarding cleanliness, health, hygiene and sanitation. Volunteers spread the universal message of “Swacchta Hi Seva” through this songs, sloganeering and nukkad natak.

4. CLEANLINESS DRIVES

Last but not the least were the cleanliness drives organised by the volunteers in which they along with the residents cleaned the garbage while spreading the message of “Cleanliness is next to Godliness”. As they treaded through the narrow lanes singing “Swachh Bharat ka irada ,irada karliya humne...” while cleaning the villages. All these were the campaigns under NSS Gargi’s “Shahpur Jat Project” that each and every volunteer if NSS strove to make a huge success.



H O L I S T I C W O R K S H O P S

"Attending the first workshop was totally a fresh experience for me. Our first topic was Playing the game of life it was an eye opener on a different level altogether. Who knew life has so much more to it? It made us realize that life is meant to be enjoyed and to love to it's fullest! Thanks to NSS, Bharti ma'am and Sandeep sir for spending their precious time with us. The knowledge I acquired will remain with me forever." -Sanjana

WORKSHOP 1: LIFE IS A GAME, PLAY IT

NSS Gargi volunteers experienced a life changing workshop on Life, it's meaning and the various skills required to lead a fulfilling life. The workshop which had jam packed audience, was conducted by two eminent guests Mrs. Bharti ma'am and Sandeep Chandani. The workshop was an eye opener for all the youngsters who thought running after dreams and aspirations was the ultimate motto of life. Somewhere while running for our dreams people forget to 'Live the life'. The session was about the various life skills that a person requires to lead a great and happy life. The interaction was not just confined to lecturing, the various life anecdotes shared by the mentors were enriching too. Volunteers learnt that success is a measure decided by others but satisfaction is a measure decided by you. This marked the conclusion of the first holistic workshop.



WORKSHOP 2: NEGATIVITY AND STRESS MANAGEMENT

"What consumes your mind, controls your mind. Optimism is key."

Stress and negative thoughts are something which all of us have dealt on all levels. It is a real task to keep these negative thoughts at bay and focus on a positive and fruitful life. To make us realize that stress is not something to normalize and that negativity can be kept at bay. NSS Gargi saw its second holistic workshop on Negativity and Stress management. The insights shared by the mentors Mrs. Bharati and Mr. Chandani were motivating.



The workshop was extremely enriching with various real-life anecdotes which made it more relatable for the girls. Various experiments and findings were also a part of the workshop from Dr. Emoto's findings to BK Shivani's speech. The workshop was not just about philosophy surrounding stress and negativity but also logic and science behind it. It was another huge success. We are grateful to our mentors for providing us a perspective on such thoughts that consume us on a regular basis. This marked the conclusion of the second Holistic Workshop. The learnings gained from the workshop enriched the minds and hearts of the volunteers.



WORKSHOP 3: PERSONALITY DEVELOPMENT

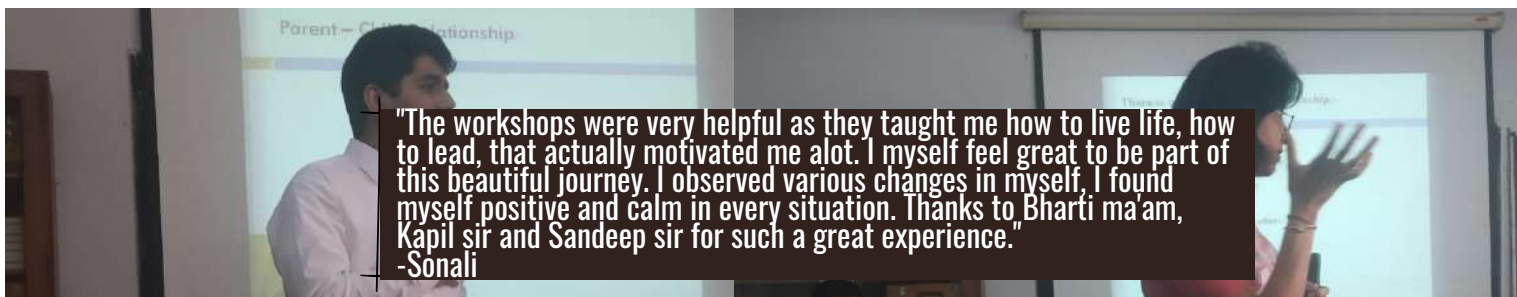
NSS conducted its third Holistic Workshop on "Personality Development". The workshop began with the ritualistic prayer. The workshop focused on various aspects of a person's personality. The workshop emphasized on several factors like how the behavior of a person is a part of one's personality and how it can positively and negatively influence us. It dealt with how a person should address another person and What all forms our personality? From the clothes we wear to the way we speak every tiny gesture whether verbal or non-verbal forms our personality in sum total. The mentors made the session really motivating and empowering. The examples of various personalities gave the volunteers a different perspective. Starting from Mahatma Gandhi to Mother Teresa to all other personalities and how they managed to create an aura around themselves was something that created profound impact in the minds of the volunteers. The mentors made the session really interactive where examples and real-life's situations were shared and exchanged. The specific reiteration on soft skills like body language, choice of words and posture were aspects which will apart from developing one's personality will help them to be professionally ready and courteous. The session was visually enticing with various audios and videos which made it all the more interesting. The workshop ended with the volunteers of NSS Gargi learning and garnering various aspects of personality development.

WORKSHOP 4. KEY TO RELATIONSHIP

NSS Gargi conducted its next Holistic Workshop "Key to Relationship". The workshop was stimulating and touched upon various aspects of various relationships and how they create an impact on our decisions. The mentor Mrs. Bharati ma'am and Mr. Kapil Sir who beautifully emphasized on understanding relationships and maintaining composure even when the situation is tense. Also, the video clips and charts used to portray this made the workshop more visually enticing. The real-life anecdotes and situations shared by the mentors made it more relatable. The workshop helped all the volunteers evolve and instill a deep sense of understanding within them. NSS Gargi conducted its next Holistic Workshop "Key to Relationship". The workshop was stimulating and touched upon various aspects of various relationships and how they create an impact on our decisions. The workshop taught us that expectations can ruin a relationship and how compassion to people, to parents and the children are something should be inherently ingrained in our value systems. The basic idea of the workshop was really well put. The main idea was to convey two things. Statistically put:

- a) 10 % of life is what happens.
- b) 90 % of life is how we react to it.

These are basic truths of life which this workshop presented to us. Also, the video clips and charts used to portray this made the workshop more visually enticing. The real-life anecdotes and situations shared by the mentors made it more relatable. The workshop helped all the volunteers evolve and instill a deep sense of understanding within them.



"The workshops were very helpful as they taught me how to live life, how to lead, that actually motivated me alot. I myself feel great to be part of this beautiful journey. I observed various changes in myself, I found myself positive and calm in every situation. Thanks to Bharti ma'am, Kapil sir and Sandeep sir for such a great experience."
-Sonali



WORKSHOP 5: LEADERSHIP

The fifth holistic workshop of Gargi was organized on 25th January. The workshop was organized with an emphasis on “Leadership” and what it takes to be a leader. This session was spearheaded by Mr. Kapil Sir and Ms. Bharati ma’am along with few of the guests. This Holistic workshop laid special emphasis on specific aspects of leadership. Few pointers that was worth carrying back home were:

1. Courage, power and vision is one of the few basic qualities that a leader must inculcate.
2. A leader doesn't necessarily have to have a designation. A person who takes a step towards change, towards creating a revolution is a leader.
3. A leader is an aspirational figure for all his subordinates. So, honesty and team spirit are something as leader must possess.
4. Last but not the least, do not underestimate thyself and take a backseat. If you have a vision and the ability to make it come true you are a leader too.

All the videos that were included and personal anecdotes made the workshop extremely enriching and informative. NSS Gargi girls got to take an experience back home.

WORKSHOP 6: COMMUNITY SERVICE VISIT TO CHESHIRE HOME

When it comes to spreading smiles NSS Gargi never falls short of occasions. Carrying it forward, NSS Gargi under its Community service workshop visited Cheshire Home - Delhi unit.

Cheshire Home India - Delhi unit is one such organization that works towards changing the mindset of society and providing a sense of equality amongst people with disabilities by promoting inclusivity and bringing them to the mainstream society.

NSS Gargi volunteers along with the mentors Mr. Kapil and Ms. Bharati reached Cheshire home in the morning. The day went by in a jiffy as the volunteers helped in the kitchen chopping vegetables, helping them in meal preparation and from there on a tiny but beautiful program organized by our volunteers followed gregarious talks and giggles as the volunteers interacted with the residents of the Home and last but not the least, a sumptuous and filling lunch sprinkled with a lot of love.

With this NSS Gargi team bid adieu to them with a promise to come back more often and spread smiles.





WORKSHOP 7: CEILING FOR DESIRES

The workshop was mentored by Ms. Bharati and Mr. Sandeep Chandnani. The workshop was an interactive discussion on the "heart's desire for more". How we believe that we deserve everything, as they say the sky being the limit. The workshop focuses on grounding people and putting a restrain to their desires. It discusses how important it is to actually look around ourselves, acknowledge those who do not have what we have and be grateful for the things, opportunities and resources we have had. It teaches that a person should always give back what he has got, that is the circle. The workshop was made more interesting by several videos by which it was made easier for the NSS Gargi volunteers to understand the theme of the workshop more minutely. Real life anecdotes and heart melting stories by the mentors made the session more impactful and hard-hitting. It taught all the volunteers gratitude, compassion and the joy of giving back even when the "heart's desires go on...". With this the workshop was concluded. It provided the volunteers with a wider view of the world where otherwise everyone blindly runs after what one desires. The workshop was an enriching experience for all the NSS Gargi volunteers.

WORKSHOPS: CONVOCAATION

NSS Gargi volunteers and teachers attended the convocation ceremony of holistic workshops at the Sathya Sai international centre located in Lodhi Road. The convocation started with the customary prayer and was followed by speeches by the facilitators of the workshop and other eminent people who had been associated with the organization. The convocation was a culmination of divinity, life skills, spirituality and education. The programme saw many colleges all across Delhi - NCR come to attend the convocation. The eminent educationist Padma Shri Gowri Eshwaran was the chief guest who shared her words of wisdom with the volunteers. The ceremony ended with touching speeches and a beautiful rendition of the National Anthem along with distribution of certificates and food. The experience was something worth carrying back home. It was a spiritually enriching experience as we learnt the importance of "Giving back to our society"



INDEPENDENCE DAY

“Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty.”

Gargi College celebrated the Independence Day on 15 th August 2018 which always reminds the magnificent and sublime past of the country. NCC Cadets started the ceremony by giving the 'Guard of Honour'. Later the National Flag was hoisted by the College Principal Ms Promila Kumar, followed by the National Anthem and a salute to the flag. Then to make the environment all the more awe- inspiring, some of the NSS volunteers started singing patriotic songs. The songs reminded the great courage and sacrifice of the freedom fighters.



REPUBLIC DAY

चलो फिर से आज वो नाजारा याद करले,
शहीदों के दिलों में थी जो वो ज्वाला याद करले,
जिसमे बहकर आज़ादी पहुची थी किनारे पे,
देशभक्ति के खून की वो धारा याद करले।।



With India celebrating its 70th Republic Day, the enthusiasm and zest flourished in Gargi as the celebration of Republic day unfolded. The hoisting of the tricolor by the college principal and other staff along with union members and NSS volunteers was followed by the enthusiastic dance performances, singing and poetry full of high spirits. This exuberant day witnessed the smiles and patriotism in every eye proving that these brave heroes of country will never let the flag fall.



SURGICAL STRIKE DAY

"To the soldier luck is another word for skill" 28th and 29th of September marks an important day for Indians and more so for the Indian Army. These day commemorates the "Surgical strike" which our brave men carried out against terrorism. NSS Gargi celebrated 2nd anniversary of surgical strike with Letter to a soldier and Card making competitions. The event was organized within campus and the competition didn't experience a dearth in creative souls channelizing all their creativity into the Cards and posters.



VOTER'S DAY PLEDGE

"Voting is not only our right - it is our power" - Loung Ung NSS Gargi wishes everybody Happy National Voter's Day. NSS Gargi celebrated National Voters' Day on 25th January 2019. A pledge taking ceremony was organised. The oath taken by the volunteers and faculty of NSS Gargi represented the true spirit of democracy and how the young voters hold the power to build a nation. The words of the pledge are as follows : "We the citizens of India, having abiding faith in democracy, hereby pledge to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement As the pledge goes the volunteers and faculty of NSS Gargi pledge to uphold each and every word of the above written pledge in all honesty and dignity."



NSS DAY

NSS Gargi celebrated its 49th year with great zeal and fervor, and the volunteers shared their experiences about how they feel working for social causes and the special bond that they share with social organizations. NSS continues to aim the best for the society, towards making a better living and to make all people aware of the social causes they can work for.



What does peace mean to us? As our diversity, our notions of peace also vary amongst the populations i.e. we all have different notions determined by the situations that we deal with in our daily lives. For some of us peace is sitting in meditation, for some it can be following one's passions, for some it is just sleep, but for some it can be more serious problems like the end of wars or crimes, terrorism, for some it may mean to be in a more soulful relationship with our mother nature, for some it may be their devotion toward religion, some are on their paths to spirituality, sharing time with your loved ones, walking around with your pets. There are 'n' number of ways on which the people rely upon to be calm. Each of us has our own unique way in which we can describe peace for us. It's important to have a disconnection with the materialistic world to have a connection with the peace that is within us only and which we desperately try to find in other things. Peace is within the desolate areas of us and can be searched for and can be eventually found like the rays beaming from within us so as to make an aura so strong that even in the darkest of the times one does not lose himself to its nemesis which invades his home. Like what the then little girl Anne Frank found in the most unbearable conditions was her own self and all her mindfulness. She built her own life in her mind when the bombs took over her physical being, she found her mental strength. Just like her, most of us are fighting our own battles. When peace does come to us? Is it only in our deaths? The developing world has obviously kept us at a loss for most of the things of the small pleasure like sitting beside a brook, looking at a starry sky, spending time with the family, living with the animals, listening to the bird songs. Just like we can't generalize the way people act the way they do; the way they stay in touch with their element of peace should be customized according to their demands. It's time that we humans get in touch with our humane selves and build up a healthy world to live in not just for the generations to come but for the welfare of the earth and strike a balancing relationship with the organisms that we share it with. Just like the Lady Justice's balance, a similar balance in our life will help us take the decisions which have a massive impact on us. A white flag or a dove symbolizes the serenity, just like the shroud of death which blows away when disturbed by the wind but the person wrapped up inside remains unaware of the fact, so should be the control of the person over the power of peace that even the deepest of the trauma does not pave the way to their self-destruction. The animal kingdom gives us beautiful insights into the fight for the resolutions of our indifferences and our traumatic memories. These animals have to fight for their survival and for extending their generations they must be fit for the nature and selected by it. This happens only if they are resilient to the pressure's nature keeps them in and the greatest selective force in the nature is predation. One could not evade the competition in their lives completely but it can certainly be reduced. Animals live in complete harmony and peace by setting up certain strategy to evade the competition. By taking the hint from the animals there is a significant need in humans to strategize and then proceed so as to lower the risks of the frustrations and enmity. Peace can be kidnapped by enormous figures of the factors on a global level such as the great depressions, wars over the territories and over power, some just have personal grudges against each other over different ideals and opinions. This is where the third party comes in, the peace-making umpires which resolve the dispute and looks for solution that is unbiased and which considers the point of views of both the teams. Being in one's comfort zone can be quite peaceful for a person but once that individual steps out of it the real fight for peace just escalates. Just like the poem by Robert Frost "The Road Not Taken", although one hesitates to take a step forward in the direction of their dreams but once a person does their passion gives them the stability in life and a person does not regret the step that they took when they were immature. Without peace our mind and soul are just like a gum, a mass whose individual components just fail to untangle. But besides the internal factors which help us build up the peace we have a greater number of external factors which try to disturb our valuable and hard-earned tranquility. Peace is just another word but it speaks volume on the internal state of the person. A person may seem calm on the surface but the struggles slowly are eating away and makes him hollow. The way to cope up with this is the mental stability and decorum of the person's endogenous plight.

-MANSI ARORA (B.Sc. Zoology, 3rd Year)

It is rightly said by the Father of our nation, 'Peace is its own reward.'

In accordance with the Oxford Dictionary peace within or inner peace is formally defined as: a deliberate state of psychological or spiritual calm despite the potential presence of stressors. Being at peace is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious, and is considered to be a state where our mind performs at an optimal level with a positive outcome. Peace from within or inner peace is thus generally associated with bliss, happiness and contentment. Inner peace, serenity, and calmness are descriptions of a disposition free from the effects of stress. In some cultures, inner peace is considered a state of consciousness or enlightenment that may be cultivated by various forms of training, such as prayer, meditation, tai chi or yoga, for example. Many spiritual practices refer to this peace as an experience of knowing oneself. Finding inner peace (Shanti) means peace, rest, calmness, tranquility, or bliss is often associated with traditions such as Hinduism, Buddhism, Sikhism and Jainism.

People have difficulties embracing their inner spirituality because everyday stressors get the best of them; finding peace and happiness in the little joys of life can seem like a lot of work, and results do not seem all that gratifying. Every day, the modern world can make your mind feel like it's in Times Square or downtown Tokyo. Not that long ago, the radio provided some distraction. Then, it was the television. Now, it's the stereo, computer, smartphone, tablet and video games constantly bombarding people with messages. It's important for everyone – not just caregivers – to create a peaceful space where they can cultivate relaxation and take refuge from all the noise and information of the modern era. . They also result in the next area, beauty. Beauty is underrated. Just look at some of the images from the urban areas of the nation and one will see that beauty has too often not been the priority. However, both experience and science tell us that beauty plays a significant role in enjoying life.

Mindfulness

This might be the most difficult part of cultivating peace or "peace of mind." That's because it required by one to take the time to get to truly know oneself Dr. John Forsyth, writing in Psychology Today, provides a detailed list of ways to stop the world and take the time to really feel your own emotions and listen to your thoughts. It's difficult to do because so few people actually do it. Dr. Forsyth suggests it's worth a try, writing that peace of mind is not a thing you get and then hold on to, but rather a state that must be worked at to be achieved. Certainly, whether one follows his advice or others, it's a good idea to give oneself time to truly know oneself. Rather than fighting against how you feel in certain situations, allow your feelings to guide you. This also can lead to two important achievements that will help you achieve peace of mind: letting go of things you cannot control and not worrying about what others think of you. These are truly important ways to feel less anxiety and more peace. Cultivating Peace within is like growing a garden, takes dedication and patience. But the work that you put into it will pay off. You'll feel calmer, more relaxed and less anxious. And that's a feeling more valuable than anything else in the world

-Sajal Dhillon, BA. Program 1st Year)

Peace Day Article (1st Runner up)

ZISTATVA'18 (NSS NGO MELA)

PRESENTERS



CHESHIRE HOME

Volunteers divided work amongst themselves to assist Cheshire residents in Diwali sale preparations: decorating & packing diyas & candles. After finishing their work, volunteers indulged in buying products made by the residents: diaries, bookmarks, cards. They had lively conversations with the much excited residents who wanted nothing more than just their presence. In the last leg of the visit, they went to a school where they interacted & played with the children. Neither the children nor the volunteers wanted the visit to end. The volunteers left Cheshire Home with lots of love & the promise of coming back again & again.



JAMGHAT

AASTHA is a home for orphans and provide safe and secure environment for the development and growth of these young flower buds. The team introduced itself in a creative way to increase the vocab of the kids with words like Ferocious Faizal etc. The kids enjoyed themselves while playing games along with singing and dancing together. They talked to the team about their favorite subjects, their preparations for boards and many more. They also showed their creativity by painting their room walls, cupboards etc. The whole staff and counselling service personnel of Aanchal talked to the team about the dreams of the kids and how they work hard in every aspect of life. At last, the visit was concluded with the pen distribution and a photo and video session. It was really hard for the team to leave the orphanage as they felt so connected to those kids within an hour of interaction.



ADARSH BLIND SCHOOL

The students of Gargi interacted with the girls of Adarsh blind school. We interacted with the girls about the way they celebrate Diwali and what Diwali means to them. We asked them about the things that they like and their hobbies. It was a lively session altogether. Volunteers engaged kids in some fun activities like passing the parcel and they sang songs together. Followed by an exultant session of dance, grooving to music tone. Kids showed a great extent of curiosity and a well response to all the activities and questions. We then distributed sanitary napkins to the girls and then submitted them to the medical department. It is always a cherishing activity to make someone happy.



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 NGOs. This year the NSS Diwali mela was organised on 31st October 2018 and various items were put up. 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 representative who come to 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
- AAD: Action for ability development and inclusion
- HCRA: Handicapped Children's Rehabilitation Association
- CHESHIRE HOME, DELHI UNIT
- JAMGHAT
- YOUTH FOR SEVA
- Feeding India
- Sheows
- Sisters of people Society
- Wishing and Blessing Family
- Pathshala
- Chetna NGO
- Meals of happiness, Etc.

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 premises for some entertainment and dancing. All in all, the mela was a grand success, where everyone enjoyed themselves thoroughly.





S.V.E.E.P. VOTER ID

(SYSTEMATIC VOTERS' EDUCATION AND ELECTORAL PARTICIPATION)

S.V.E.E.P. (Systematic Voters Education and Electoral Participation) in collaboration with NSS Gargi set up a desk at Main arch on 28th September 2018 for the distribution of the forms to the newly eligible youth regarding their voter id registration for the upcoming elections. To the surprise there was not just the youth who was interested in taking the forms but also few non-teaching staff, caretaker too. This initiative was taken by the Election Commission of India and students of Gargi College were benefited by this drive. It provided Students an easy platform where they can get enrolled. The drive was headed by the S.V.E.E.P. Ambassador of Gargi college Priya Singh with the help of NSS volunteers.

BLOOD DONATION TALK

NSS Gargi conducted a Blood Donation talk before its blood donation camp to spread awareness and bust myths about donating blood. The talk focused on pre-donation care and certain rules that need to be followed when one is donating blood for the first time. The talk was to make the volunteers aware regarding the practices followed while donating blood and also spread a word about the various benefits associated with donating blood. For instance, donating blood improves your cardiovascular health and reduces chances of a heart stroke are few benefits which aren't known to many first time donors. The talk also shed light on how blood donation is the need of the hour in a country like ours. All in all the talk summed up every information regarding blood donations from its benefits to requirements for the volunteers of NSS Gargi



BLOOD DONATION CAMP

NSS Gargi organised Blood Donation camp on 5th October 2018 in collaboration with Blood Connect and Hindu Rao Hospital. With 430 registrations and 126 units of blood collected, the event was a huge success as students, staff and non-teaching staff participated with unmatched rigor. Such enthusiasm and zeal has never been witnessed.



In India, where someone requires blood every 2 seconds, such contribution becomes even more noteworthy and relevant. With 350 ml blood donated by each individual, an integral role has been played in saving more than 378 lives. NSS Gargi is thankful to each and every person who has been a part of it. We appreciate every hero who has taken this initiative.



BREAST CANCER CAMP

NSS Gargi in collaboration with Rotary Delhi conducted a breast cancer check-up camp for its volunteers. The breast cancer camp used the tactile touch technology where they have trained blind girls to use a duct tape. By using pressure points check every part of the breasts inch by inch to check for other irregularities and lumps on the breasts. The camp saw 20 - 25 girls for the session who got their check up done for around 30 min to 40 minutes each. The camp was to spread awareness regarding breast cancer, a pressing issue for modern women. The camp was a great experience for NSS Gargi volunteers



Donation Drives

SUMMER CLOTH AND NEWSPAPER DRIVE

NSS Gargi believes in providing development rather than growth and for this NSS Gargi had organized Cloth and Newspaper donation drive throughout the year inside the college campus. This drive was specifically for the collection of old newspaper and clothes which is provided to FOD and Goonj NGO. These NGOs use the old newspapers and clothes for preparing envelopes, paper bag, cloth bags etc which they use for fundraising of the NGO. All the volunteers actively participated in the drive and went about their responsibility with a smile on their face, irrespective of any tiredness. All the volunteers brought the things in whatever quantity they could and with their efforts NSS Gargi collected a huge amount of newspaper and clothes which was sent to the respective NGO for the further usage.



SANITARY NAPKIN DONATION DRIVE

NSS Gargi in collaboration with Umeed NGO organised Sanitary Napkin donation and Menstrual Hygiene Awareness Drive in Kirti Nagar slum area. The volunteers participated enthusiastically informing about personal and menstrual hygiene. The women interacted freely and were open to learn.

WINTER DONATION DRIVE

Delhi winters are freezing and while we are comfortable in our homes there are people on the streets and people sitting beside bonfire's who need our help, our support. on the spirit of spreading love and warmth. NSS Gargi organised a visit to the slum areas under Safdarjung bridge on 22nd February 2019. We conducted winter cloth donation drive for two weeks for 60 families of the area. The visit was successful and the smiles after receiving clothes were infectious.

Programmes Outside College

MEGA PLANTATION DRIVE

NSS Gargi participated in Mega Plantation Drive organised by AAP Delhi Government on 8th September 2018 where they planted 5,00,000 saplings all over Delhi. Volunteers along with Union members went to Jahapanah City Forest , Greater Kailash for the drive.NSS Actively participated and encouraged everybody to save and plant trees. Students planted saplings ,fenced them and watered the plants. The work of the volunteers was highly appreciated by Mr. Saurabh Bharadwaj, MLA Greater Kailash and they were presented with saplings at the end of the event.It was a successful event. Let's keep the spirits high because "Planting a tree is much better than wearing a mask to be safe from pollution".



NSS SUMMIT 2019

The NSS Summit 2019 was organised by NSS, Shivaji College on 5 th February 2019. The summit was an inter-college, inter-NSS unit panel discussion. Students representatives from different

colleges sat together in a self-realization mode,analysed the actual impact of the varied volunteering activities on the society and discussed the future possibilities of conducting large scale events together.The aim of the deliberation was to chalk out a basic 5-point agenda that each unit will have to implement in their respective colleges with the vision of increasing the scope and scale of volunteering activities that they may undertake in the future.





ARSD FIRST AID WORKSHOP

In order to raise awareness and tell the importance of First Aid among students, NSS of Atma Ram Sanatan Dharma (ARSD) college organised an interactive and enlightened first aid training workshop on 25th January 2019. Volunteers of NSS Gargi college marked their presence with vigilance. The workshop taught some useful information about accidents, first aid and implementation of government rules regarding the same. The main objective of the workshop was to tell volunteers how a little awareness can save many lives because in the end – “every drop contributes in forming an ocean”. NSS Gargi volunteers had an enriching experience as they got first hand information and awareness about First Aid and learnt the nuances of providing basic medical help.



PULWAMA BLOOD DONATION CAMP

NSS Gargi volunteers participated in the Blood Donation Camp and donated blood for the same. The Blood Donation Camp was organised at the Conference Centre, Opposite Botany Department, University of Delhi on 23rd February, 2019. It was organised to pay homage to the Pulwama Martyrs. Other colleges of University of Delhi also participated in the event. The camp received a huge response from the blood donors.



EMPATHY WORKSHOP

On the occasion of World Kindness Day, DAIC organised an empathy training workshop for the NSS/NCC and other university students. It was organised on 13th November 2018 at Samarasata Hall, Dr. Ambedkar International Centre. The session was divided into three segments:

1. An IAS officer gave a presentation on the theme 'Empathy',
2. Practical knowledge of empathy through some fun games and
3. A visit to the Dr Ambedkar library.

Students also received a Certificate of Participation from the Ministry of Social Justice and Empowerment.

SAMVAAD

The annual conclave of NSS Hindu Samvaad is a speaker session which enlightens and motivates one and all by giving people real life role models to emulate. Samvaad 2019 was organised on 11th January 2019 from 10 a.m. onwards inside the Hindu College auditorium. In Samvaad 2019, the Indian Rights Activist and Author Miss Manasi Pradhan, Army man and retired Major General Pramod Saighal, the Bollywood fame Mr. Arvind Gaur and the rising fame in the list of writers, Mr. Nilotpal Mrinal, 2014 UPSC topper and current SDM Alipur Miss Ira Singhal were in the golden guest list. Certificates were provided to all the participants.

WALKATHON

Delhi Traffic Police organised a Walkathon at India Gate on 4th February 2019 Monday (Time:0800 hours) as the inaugural of 30th Road Safety Week which was scheduled from 4th to 10th February 2019. 10 NSS (National Service Scheme) volunteers of Gargi College participated in the Walkathon which started from India Gate "C" Hexagon and ended at Shastri Bhawan. The volunteers of NSS walked from India Gate holding posters with slogans such as, 'Drive to care but not to dare'; and 'Savdhani hati durghatna ghati'.



Our collaborations

A.A.D.I.



Action for Ability Development and Inclusion
Formerly The Spastics Society of Northern India



Cheshire Home

H.C.R.A.



Handicapped Children's Rehabilitation Association



Youth for Seva

Leaders for Tomorrow



LEADERS
TOMORROW



Ashwin Maharaj Foundation

M.E.S.H.



MESH



WOMENITE
The Change Makers

Womanite

Chetna



Chetna



Feeding India

Blood Connect



Jamghat

Family of Disabled



D.F.D.W

Muskaan



Tamanna

Servants of People Society



**Janta Adarsh
Andhavidhyalaya**

Umeed



**Wishes &
Blessings
family**

Experience Diary

This session with NSS was an enriching and a learning experience. Being the President of NSS Gargi, I represented more than 700 members. The journey with NSS has empowered me. In this phase, I learned being altruistic. Working through tight deadlines and across the clock I managed fairly well. I couldn't thank more to all the teachers for their guidance and support and colleagues for their empathy and perceptions. It was as if the time flew just in blink of eye. I wish to relive these moments once more only this time being flawless.

-Srishti, President NSS Gargi



Being a part of NSS has always been an enriching experience. My journey with NSS, right from being its member to its President, has been very precious. It was a journey of knowledge, and self-realization. The immense happiness and pleasure that I experienced is inexpressible. I have learned to face the adversities with confidence and have developed an understanding of the struggles of less fortunate. The eternal happiness of doing my part for the society is beyond all words of expression. I would like to extend my heartiest gratitude to our Principal, for her continuous encouragement, our teachers and all others for their support

and guidance and the members of NSS Union for their unconditional love and cooperation throughout this journey. I would also like to thank each and every person who has contributed their valuable time and effort in creating awareness about the importance of social services. I take pride in the fact that NSS has worked constantly to fulfill its objective- "Love all, Serve all". It has been a great journey indeed and I am going to cherish it forever. I hope that the young team will be more enthusiastic and fearless in their approach. I wish them success for their future endeavours.

-Deepti Kant, NSS DU President

My journey with NSS Gargi has provided me an opportunity to become an altruist and work for the welfare of others. No doubt it taught me that when you do good for others the recipients of your kindness aren't the only one reaping the benefits. There are tonnes of perks in it for you too. Being a part of NSS gives me a sense of fulfillment and responsibility with enough space for my personal growth and development. It has taught me the importance of enriching people's lives and helped me cherish the small things in life. It has taught me not to complain about the setbacks and to face all challenges no matter what. The only way to achieve an ideal society is to make one by working positively towards its development. I am really honored to be a part of this team.

-Falguni Jain, Treasurer



I would like to thank the NSS family for giving me the opportunity to work as the event coordinator. Each day I have learnt something new. NSS has added the best memories to my college life which I will cherish forever. NSS works to spread love and joy, to help the underprivileged and to make the society better. Being a part of NSS, serving the society and working for good has given me real joy. I got the chance to work with an amazing team. Although everyone is different but we worked cooperatively and shared a good time together. I became more responsible and sincere towards my work. The two years journey, from being a member to an Event Coordinator, has taught me some very important lessons of life and the real definition of happiness. At last I would only say I love my NSS family.

-Aditi Singh Adha, Event Coordinator

Thank you NSS for giving us the opportunity to do something for the society. I have been a part of NSS since the first year of my college and I believe it has changed me as an individual. It has made me a better human being. My teachers and friends at NSS and the beautiful people at the NGOs are not just acquaintances but a family to me. NSS has taught us various life lessons. It has showed us the reality of how blessed we are and that we have a family which cares for us. After leaving NSS, I will definitely miss the lunch with Gappu Bhaiya, aunties and uncles at Cheshire Home. I will miss dancing with the rock stars of TAMANNA and MUSKAAN. Those overwhelming words of UMEED and YFS kids, "Didi aap kal bhi aana" are the beautiful memories I will cherish forever. I would like to thank the Gargi Unit of NSS. Without the hard work, enthusiasm and constant support of all the people our events would not have been a success.



ALL THE BEST!

-Ragini Jha, NGO Coordinator



I remember the day I enrolled myself as an NSS volunteer just out of boredom and to make new friends. But the first activity was an eye-opener and I started admiring the effort people put in. From that day my involvement with NSS increased and I realized the amount of work we could do to help others. With each passing day, I developed a better understanding of the meaning and motto of NSS. I realized there is an inexplicable 'joy' in giving one's time and support to others. It is far better than the pleasure of receiving. The NSS motto "NOT ME BUT YOU" helped me develop my own personality through community service. It taught me discipline, team work, punctuality and hard work. I am very thankful to our teachers who

motivated me to join NSS, appreciated me on my every success and inspired me to do new and creative things. I am sure this will help me shape my future.

-Roweena Verma, Photographer

My journey with NSS, from being a member to home coordinator of science, was very enriching. I have enjoyed each and every day working for the betterment of society. NSS has helped me improve my leadership skills. I gathered wonderful experiences from various events such as Blood donation, Children's day, Zistatva, etc. This couldn't have been possible without my NSS union members and our teachers. A big thank you to all for showing great enthusiasm for every event. The holistic workshops conducted by NSS has helped me develop my personality. This journey is about to end soon but I promise myself that I won't ever stop working for the society as it gives me a sense of satisfaction. I cherish the moments when I see people smiling because of me. I am lucky to be a part of the union this year.



-Supriya Sen, Home Coordinator Science



I had a great experience socializing with very talented people. I have learnt a lot from NSS and everyone whom I have interacted with. I am a person who likes doing social work and I've really learnt a lot from the position I held. The union has been very understanding and very keen to work towards the goal. Together we have achieved success in the various events we have organised so far.

"Individually we can achieve limited targets but together we can make a greater impact." -Ragini, Creative Head

My association with NSS Gargi was sterling. It connected me with different people throughout the journey. The volunteering experience with NSS gave me enormous self-assurance to do something for the betterment of the society. I remember the moments when I used to hug the people who donated blood for cheering them up. Those instances were perfect moments of bliss. I learnt a lot about empathy, love and care and saw an invisible bond which connected all the NSS members together very closely. It felt like reaching on top of the mountain, where we are growing plants, growing a little today and a little tomorrow. The constant effort of NSS Gargi gives me a feeling of unity and love for our society. I feel very happy and blessed to be a part of this wonderful society where we all are doing wonders together, spreading happiness among everyone. I personally feel like I am growing each day because NSS is constantly giving me sunshine, so that I can bloom like a flower and become strong as the mountains and loving like a flowing river who is able to LOVE ALL AND SERVE ALL, wholeheartedly.

-Ritika Sharma, Home Coordinator Arts



First and foremost, I would like to extend my warmest gratitude to our Principal, Dr. Promila Kumar and our Programme Officer, Dr. Preeti Pant for providing me this golden opportunity to be a part of NSS Union for the tenure 2018-19. I thank them for their constant support and guidance. Words would probably fall short if I begin expressing how fortunate I feel to be a part of such an amazing team. It was a roller coaster ride full of wonderful experiences. Serving the society, organizing exciting events and working with a cooperative team has helped me improve myself as a person. I have learned a lot while leading a group of so many enthusiastic, dynamic and lovely volunteers who have always been keen to work selflessly. Without their support no event would have been successful. Their enthusiasm has inspired me to

give my best and make my tenure memorable. All the Union members and the amazing volunteers have become a big happy family. NSS has become an inseparable part of me and I will always be indebted to the Almighty for showering his blessings upon all of us!

-Hityshi Suneja, Home Coordinator Commerce

NSS is like the second home I run to whenever I need to get in touch with human-self, which I'm not otherwise, being busy with making notes, assignments, running from one duty to another, finishing projects practicals and struggling between things. NSS has given me the freedom to be me. Things I can do to give back to the society. Throughout the year I saw 700+ people give everything they had to the society. "*Paise, kapde, resources nahi hai sabko देने के लिए, पर वाक़्त जरूर है - सबसे केमती.*" NSS makes me believe that the world is not as cruel as it seems, there are people who are kind, generous and couterous. Everyday we're thinking how to make the world around us a better place to live in. Throughout the year, we've conducted so many events that have left an impact on so many lives. The seeds of empathy that NSS has sown into me will always keep growing. If anything, I'm simply grateful.

-Janhavi Jain, Editor



NGO EXPERIENCES

I had been going to Cheshire home before Diwali and it was really an amazing experience that everyone should have in their lives. I had never visited an NGO before. So, when I went there I felt amazing to meet specially-abled people and shared happiness with them. The experience made me realise that we should always be grateful for what God has blessed us with. I also went to YFS-Saket and had a memorable time with the underprivileged children. I talked to them about their lives, taught them and played with them. Apart from this, I also did some office work.

-Tanya Taneja

I am extremely happy to share my experience with you all. I have worked with Cheshire Home. It is an organization that provides home to the especially abled people, gives them all the basic necessities that a person requires. I am extremely happy to work with this NGO. I helped them with the Diwali decorations, gift packing, etc. The atmosphere there is congenial. Though they are specially-abled, their patience and positivity inspired me a lot. I loved working with this NGO. The administration department is very helpful. The specially-abled people who live there are full of life. They enjoyed our company. I used to sit and work with them for 4-5 hours. I learnt so much from them. I hope I get the opportunity to work with Cheshire Home this year too.

-Akshita Raina

I visited the blind school to teach the children. Since the students were visually challenged we couldn't make them write anything. So we just taught them orally. I taught the students the basic topics of English grammar and a few chapters of literature. We used to play games with the kids. It felt good after teaching them and playing with them. I didn't do it out of obligation, instead it actually gave me immense satisfaction. The kids gave me a lot of respect and were always very happy to see me whenever I went there. They always told me to come again. Overall it was a wonderful experience and I'm grateful to the teachers for letting me work for such a great cause.

-Sonal Garg

I have always wanted to do something for the cancer patients. I wanted to help them in some or the other way and I got an opportunity to help the cancer patients at AIIMS, Delhi through the ASHWIN MAHARAJ FOUNDATION via NSS Gargi. Initially, I enrolled as a volunteer for music therapy for which the sessions were held every Wednesday and Saturday. Though I am not a very good singer, I love to sing and it gives me immense pleasure to realize that my small passion for singing could make my wish of helping the cancer patients come true. I felt so happy while I sang for them at the hospital. My work was appreciated by Manonmani Ma'am, Trustee of AMF and she gave me the responsibility of coordinating my college and later coordinating the entire city of Delhi. It was a beautiful experience. I hope I succeeded in bringing some positive changes in their lives.

-Sara Dua

NGO EXPERIENCES

During this session I worked with two NGOs, Jamghat and Vidya Jyoti Projects. In Jamghat, I taught the children Social Science, Political Science, Hindi and Science. There were 12-13 girls and all of them were very cooperative, and I felt that they were very fond of learning new things. It was an overwhelming experience. In Vidya Jyoti Project, I went to a primary school to teach children. All the students were so excited and really wanted to learn from me. They came to me and asked me to teach them. It was a beautiful experience teaching those beautiful souls.

-Reetu

It was a good experience working with these NGOs. In "Jagriti Sewa" I worked with Jagriti Sewa Trust; for 2 years. I used to teach Maths to 12th standard students and it made me happy to help such underprivileged people. The trustee from Jagriti Sewa is very cooperative as they allowed me to take classes according to my college schedule. In "Umeed NGO", I feel really privileged to join Umeed. They made me realize what social connectivity means. They organise their events regularly and in an excellent manner.

-Himani Jaiswal

It was a nice experience. I did creative work by making diyas, decorative candles and sculptures etc. at Cheshire Home. I got to interact with very humble people. I performed a group dance on Republic Day and Children's day. The team members were very supportive. When I performed during Children's day, people joined us and that was one of the best experiences I had working with NSS.

-Manisha

It was a whole new experience. Seeing those students smiling when we entered the class was overwhelming. Some of them were naughty, some curious about what all new things they'll learn today. Teaching them feels like serving the society as an individual. Hoping to make a positive change in their life. It engulfed me in a feeling of satisfaction.

-Rabiya

I have worked with Blood Connect as Campus Manager and I have organised many blood donation camps, awareness sessions at different colleges such as Gargi College, Sri Venkateswara College and RWAs, Corporates, malls etc. such as Ambience Mall, ONGC, JSW Steel, Patanjali Seva kendra, L&T, Ramprastha greens etc. My experience has been great since last year. It was really informative. I have improved and acquired many skills during my tenure. I have myself donated blood during a camp in a corporate. I have completed more than 120 hours of volunteering in the last 10 months. I have also worked with Umeed NGO and have completed 20 hours there and have improved my teaching skills while working on their project which focuses on education for underprivileged kids in the slums.

-Akshita Gupta

PROJECT EXPERIENCES (VIDHYA JYOTI PROJECT)

It was a whole new experience. Seeing those students smiling when we entered the class was overwhelming. Some of them were naughty some curious about what all new things they'll learn today. Teaching them feels like doing our job as an individual towards our society. Hoping to make a positive change in their life. It gave me a feeling of satisfaction to help them.

-Sonal

I went to school for just one day but I felt a connect which was quite positive, pure and emotional one. I got to see the another side of education deeply. For the first time I wanted to teach students on my own will and decision, and doing that has been my best experience yet.

-Anonymous

Thanks a lot Diya ma'am for your kind words.

This is a real pleasure for me to be consistent and serve the children of God. We really enjoy going there and spend time with children and feel blessed to be able to become a useful resource to the society. Your words means a lot to me and keep inspiring to continue the work with increase in quality in every possible aspect. Also I feel heavenly when people compliments and that gives us the power, inner strength and motivation to do better and hope that a day would come when both of us would be able to give our best to the needy ones. Just wish Sai Ram keep showering his blessings over each one of us.

-Rabiya parveen

PROJECT EXPERIENCES (HOLISTIC WORKSHOPS)

Attending the first workshop was totally a fresh experience for me. Our first topic was Playing the game of life it was an eye opener on a different level altogether. Who knew life has so much more to it? It made us realize that life is meant to be enjoyed and to love to it's fullest! Thanks to NSS, Bharti ma'm and sir for spending their precious time with us. The knowledge I acquired will remain with me forever.

-Sanjana

The workshops were very helpful as they taught me how to live life, how to lead, they actually motivated me alot. I myself feel great to be part of this beautiful journey. I observed various changes in myself, I found myself positive and calm in every situation. Thanks to Bharti ma'am, Kapil sir and Sandeep sir for such a great experience.

-Sonali Sharma

I am very thankful of NSS for giving me this opportunity to attend these life changing workshops ,that really change my view about life and all human beings. The workshop started on 14th September and I really like the manner in which these workshops are scheduled as the first workshop was about life, that what is life all about, which was fabulous. Whatever I have learnt from them I want to tell it by taking every workshop one by one-

"Life is a game, play it" : In this first workshop Bharti ma'am and Sandeep sir explain the real meaning of life which we forget due to our busy lives, we always run to fulfill our dreams and want shortcut to earn more money.They showed us video of Arunima Sinha-,a butterfly and also told how life is related with cup and coffee.

"Negativity and Stress management": They told us how to overcome upon our anger by following a timetable chart .when we think positive, talk in a polite manner everything will change. They showed us video of BK Shivani who said stress is natural and Kiran bedi's innovative idea also.

"Personality Development": Bharti ma'am and Kapil sir told us how we can develop our personality and how our gesture, clothes, way of speaking and optimistic thinking can develop our personality by showing us a video of Steve Jobs.

"Key to Relationship": Bharti ma'am and sir told us what real love is,which we are forgetting. along with the difference between empathy,sympathy and compassion.Mam told us that we have relationship with all human beings,with this whole universe. by showing us a video of 'A letter by Parents' which really touched my heart and made me understand what love and life is.

"Leadership": In this workshop I understand that leader is a person who takes a step towards innovation and work for the betterment of everyone in the right direction.

All these workshops touched my heart and gave me knowledge and strength for achieving my goals and love and serve all the people. Thank you Bharti Ma'am, Sandeep Sir and Kapil Sir. Thanks to whole NSS team

-Shivani

Savera Editorial Team



Faculty Advisor

Dr. Sabeen Rizvi

Student Editorial

Janhavi Jain
Editor Head

Nikunj Agarwal
Editor, Graphic Designer

Rishika rastogi
Editor, Graphic Designer

Aashmani Ghosh
Cover Designer

Sanjana Swain
Editor

Shikha Chaudhary
Editor

