



Nss Annual Magazine

love
add
serve
add



Ikhtiyar

NSS UNION



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love all serve all

Principal's Desk



I am delighted to know that National Service Scheme (NSS), Gargi College, is ready to release its annual magazine Savera with the theme 'Ikhtiyar': The power of Tirelessly and Selflessly Striving towards the Spectrum of Humanity.

The human civilization across the world is suffering from the pandemic COVID-19 and it's a real challenge to remain calm and composed under these circumstances. One may easily witness the changed social behaviour of people across the world. Everyone is bound to maintain social distance; hence the tradition of greeting each other has been confined to majorly 'Namaste', 'Salaam' etc. in place of hugging and shaking hands. The majority of the population is locked down in their houses and the professional activities are also executed through online modes. To cope up with this unprecedented situation people of all generations are learning and using technology enthusiastically which is commendable.

On one hand, it's a challenging situation to handle but on the other hand, it's helping the whole universe in a big way: air quality has improved drastically; rivers are cleaner beyond imagination; birds are happier and are visibly more in number; dolphins are seen in the sea near Mumbai. Apart from this, a change in human behaviour has also been observed. Initially, there was panic but gradually people have started certain good practices like a healthy lifestyle, yoga, meditation which made them calm and composed. The journey within oneself has started.

My best wishes to the entire editorial team, contributors for their effort in releasing "Savera" in the lock-down period. I look forward enthusiastically to read our students' perspectives on the theme undertaken.

Dr. Promila Kumar
Principal, Gargi College

Programme Officer



It gives me immense pleasure to write this humble note for Savera, the mouthpiece for NSS's humble endeavours throughout the year. The larger goal of the National Service Scheme (NSS) family has been to carry forward the legacy of love and selfless service to humanity and accepting the universality of humanitarian values. This knowledge keeps us motivated throughout the year and helps us stay grounded and yet soar towards the skies in all our efforts to reach out to the community. Our volunteers have stood together beyond the fragmented distinctions of class, creed, religion, region, gender, language and served in their unassuming capacity with all their humility. This year has been challenging for all our volunteers and team members as we had to cancel a number of our flagship events that we always look forward to. This year has been difficult for all of us. However, the enthusiasm, vigour and responsible engagement of our volunteers has been nothing but exemplary.

The challenges haven't undermined our collective agency and sense of service towards humanity despite real time and insurmountable obstacles of various degrees and magnitude given the pandemic situation.

It has been heartwarming to see our volunteers participating in campus cleaning drives regularly, initiating environmental awareness drives and making a difference, educating the underprivileged children, organizing donation drives (blood, newspapers, sanitary napkins, clothes, food, shoes, books etc.), community engagement and outreach, celebrating Independence Day, Republic Day, Voter's Day, International Day of Yoga, diversity inclusion through Pride Parade and organizing Zistatva- our annual NGO Mela, to name a few. Every day the NSS calendar has been adding meaning to our lives. Not only our volunteers have been busy creating a better environment with selfless acts of service, they have also been investing in creating a better version of themselves through their participation in the holistic development workshops that have left a lasting impact on their lives.

The response and engagement of all of our volunteers and team members during the lockdown period has been outstanding and inspirational. Our social media pages and handles have been very active in creating a sensitive and responsible community.

This magazine is all but a humble venture to bring to you all the voices of our volunteers that has inspired us every day to make this world a better place, albeit in small ways!

Sabeen H. Rizvi
Programme Officer,
NSS Gargi College

President's Address



NSS Gargi is not me, but you. It's the collective effort of a vibrant community of 1100 compassionate volunteers, talented and committed union members and supportive, empathetic and motivating teachers who are committed to bring a change in the society. This academic year was full of challenges, but NSS Gargi has succeeded in filling the calendar with a plethora of impactful events. With each event undertaken, we had committed to our social responsibility. Our volunteers worked with 25+ NGOs. We've introduced our bi-monthly newsletter "Aaftab", undertaken 90+ events, organised cleanliness drives regularly, initiated environmental awareness through WWF workshop, De-plast Campaign, organized various donation drives, celebrated Independence Day, Republic Day, Voter's Day, Environment day, Zistatva- Annual NSS cultural festival, to name a few.

A series of 8 workshops was organized throughout the year on several topics to develop holistic life skills, followed by community service. We've been actively involved in activities conducted across other colleges of Delhi University. In addition to the usual work done, Covid-19 has been taken as a challenge and we organised Fundraising for daily wage workers, conducted quizzes on various topics and occasions, undertook iGot Training of Volunteers, Mask Making Activity, Road Safety Awareness Webinar with Honda and Slogan Writing Competition for COVID. The social media team undertook challenges like 'Earth is Healing' IG hashtag, Craft with Nature, #1 week of environment, Yogasana: The Posture Making, went Live with The Happy Company, New Delhi Nature Society and Prashant Jaiswal(Yoga instructor) .

The team also spread awareness about World Day against Child Labour, World Blood Donor Day, World environment day, Pride month, International Yoga day. This year NSS Gargi has grown in different ways, has set standards, and has achieved greater heights. With this year's magazine themed "Ikhtiyaar", the editorial team has put together a collection of best experience and learnings to make the reading enjoyable.

Happy reading!!

(For one last time)
Janhavi Jain
President, NSS Gargi

President's Address



NSS has always stood up to its strong spirit of serving people keeping in mind the policy of “Not Me, But You.”. The belief that we must live for others, is being realized through the selfless service for the upliftment of the underprivileged and NSS Gargi has given us a platform to serve the society and bring happiness and smiles on many faces. It has sown the seeds of social commitment in who are otherwise kept aloof from the real challenges and torments faced by the masses in the society. It has taught the lessons which were never explained in books.

The real success of the learning is to apply gained knowledge. NSS Gargi symbolises the same and has therefore been diverse in its actions. We as a team have consistently played a significant role at every level possible and contributed in bringing the change in various communities through our projects and drives, even in difficult times of the pandemic and have tried to bring maximum change through our service.

I am very much grateful to all our mentors for always being there as a constant guidance and motivation to help us make every event successful. Also, all of this would not have been possible without the consistent support of union members. They have always been there for work and support. The NSS team has been more than a family which has constantly made me learn. Regardless of whether I affirm to be a changemaker or not, the individuals I work for have changed my perspective towards life forever. I am happy to have been able to uplift and would never stop.

Nikunj Agarwal
President, NSS DU

Orientation Day *2019-20*

Seminars



"The best way to find yourself is to lose yourself in the service of others."

To imbibe the motto of social service in the new team of volunteers, the NSS union organised the orientation day program on 21st of August 2019. The event began with the speech from Dr. Preeti Pant, NSS Gargi's teacher mentor. The teachers' union and the students' union was introduced to the new volunteers by her and later she guided and motivated the gathering by sharing her experience with NSS.

The basic rules and guidelines that the team ought to follow were talked about; followed by presenting the information of the NGOs that NSS Gargi has affiliated itself with. The brimful auditorium in itself spoke about the high zeal and ardor of the team, igniting hopes for the upcoming explorations and service.



Young Leaders Plastic Challenge

(WWF-India X UN Environment)



NSS Gargi hosted a WWF India X UN Environment workshop- "Tide Turner- The Young Leaders Plastic Challenge" in Gargi college. The aim of the same was to sensitize the participants on justified usage of plastic and inspire them to be new-age leaders in the fight against plastic.

Speeches were followed up by inspiring documentaries of eminent environmentalists like Afroz Shah and then came a 3-step plastic avoidance challenge for the students which taught them team building and leadership skills apart from other valuable lessons.

The event ended with a group activity where the participants were taught working as a team to proceed in the challenge they were up to.



Honda Motorcorp Webinar

Being old enough to enjoy the thrill of a good drive, we must also not forget to educate ourselves on good road habits for the sake of everyone's safety; most importantly our own. To get a deeper understanding of the road sense and adaption of good riding/driving habits, NSS Gargi in association with Honda Motocorp, organized a webinar on road safety awareness. The mentor for the session was Mr. Jatin Kataria (Honda Team - Japan Chief Instructor Certified).

He discussed the road safety and being responsible on-road and ended the discussion by dispensing the important learning of the *dos* and *don'ts* of road safety. The students were to feel empowered and relatively confident to take on their journey as great responsible drivers and riders.



Power of Positive Thought:

"Be the Magician"



In today's world, where the youth is constantly struggling with personal and professional issues, it's easy for them to fall into the pits of depression or self-dejection. To boost their self-confidence, NSS Gargi had organized a talk on the topic 'Power of Positive Thought: Be the Magician' by Mr. Ramesh Sahu, Media faculty, Counselor and Program Coordinator in Dept. Of Communication of Bhartiya Vidya Bhavan, New Delhi. With his experience and expertise, he helps everyone around to overcome the challenges and to accept themselves the way they are. Till the time we compare ourselves and rate us inferior, we can never step into a positive world. The talk motivated our volunteers and ultimately ended with a general interaction with the mentor.

Holistic Workshops



Working on oneself is one of the most important things to do. To help its volunteers in facing real-life ordeals, NSS Gargi had organised a series of eight holistic workshops. The workshops aimed at familiarising the volunteers with daily life challenges like handling relationships, stress management and various aspects of ameliorating one's own personality.

Workshop on Life Skills

6th September 2019

The first workshop was held on the topic- "Life skills- Play the game". This workshop mainly dealt with personality development. The attendees were told about how life can be dealt as a game and then every aspect of it can be enjoyed. In the end, they were shown videos and experiences were shared.

Workshop on Personality Development

4th October 2019



NSS Gargi held its second workshop on the topic- 'Personality Development.' The workshop was started by emphasizing how personality is the make or break factor in today's world and how having an engaging personality will help a student excel in their life multifacetedly. Participants were enlightened on the multiple factors of a person's personality and some key qualities that could help them enhance their personalities- like that of a genuine smile. The workshop ended with the message that we all are unique with something valuable to offer.

Workshop on Key to Relationships

8th November 2019

“NSS Gargi held its third workshop on 8th November, 2019 on the topic "key to relationships"”



The third in the list of eight holistic workshop was conducted on the topic "Key to Relationships". The workshop was commenced by explaining the attendees the difference among dependence, interdependence and independence. A person shares different types of relationships and each one of them has a different impact. The workshop also discussed our relation with the outer world and how activity, reaction, and result are linked (Event + Response = Outcome). The workshop also focused on how over-expectations can ruin our relationships and how being compassionate should be inculcated in our system.

Workshop on Managing Negativity and Stress

24th January 2020



NSS Gargi recognises that the students of this generation are prone to negativity and stress due to various factors in and around the world. So, to help counter the same, the 4th Workshop was based on effective management of negativity and stress. The knowledgeable speakers told the attendees about how to keep a general positive outlook towards life and do various activities that can help one manage stress and negativity in an effective manner.

Ruchi Prajapati:

These workshops were very interesting and informative. The speakers were inspiring, positive and their way of talking was easy to understand. The videos shown by them were heart touching. They gave us examples of cricket which are relatable to life. I would definitely like to be involved in such workshops in the future. Thank you for such interesting workshops. They help us have a positive outlook towards life.

Workshop on Leadership

31st January 2020



The next session among the series of holistic workshops was based on leadership. A leader is supposed to be meticulous and understanding. The workshop focused on making the attendees understand and learn the etiquettes, manners, and requirements to be a good leader and the importance of proper leadership qualities. Examples of the ones who leave their imprint in the field are one of the most effective ways to make people understand its importance- the inspiring stories of the leadership lives of eminent personalities like Martin Luther King, Nelson Mandela, Mahatma Gandhi, etc. were narrated. The session aimed at inspiring participants to give world better leaders, the ones who can walk with their team and achieve the world better things.

Cleanliness Drives

One of the prime and regular activities performed by NSS Gargi is the Cleanliness Drives that were undertaken throughout the year in and around the college campus. There have been a total of twenty two cleanliness drives conducted this academic year, and an impressive volunteer participation was witnessed.

The main gate and the area around it, the canteen and the nescafe station area, the botanical garden, the quadrangles, the main arch, the auditorium foyer, the department blocks and so many other spaces in the premises were kept clean via these drives. The team kept on making sure the campus and the area around it, stays tidy and healthy, contributing to an overall clean environment.

NSS Gargi has always promoted cleanliness and health and by conducting these drives, the work towards the goal seems to be getting more and more achievable each passing day, and the volunteers get more determined and enthusiastic with every passing event.



“Cleanliness is the hallmark of perfect standards and the best quality inspector is the conscience.”

Swacchta Hi Seva

Seminar

A seminar was organized about “Swacchta hi Seva” where the volunteers learnt about different aspects and lessons on cleanliness and its vital role in the development of people and country.

Best Out of Waste Competition

To promote the idea of minimal use of plastic or Re-use of waste products is what the motive of this competition was. The entries were received in big numbers and the winners were declared according to the best creative and reusing abilities of participants.

Awareness Drive at Shahpur Jat

An awareness drive was held at Shahpur Jat regarding cleanliness. The motive was to spread the importance of keeping the surroundings clean and sanitised. The volunteers tried to create awareness by clearing out the wastes themselves and disposing them into the trash cans.

Plog Run

NSS Gargi organized FIT INDIA Plog Run on the 2nd of October (Gandhi Jayanti) to celebrate 150 years of Gandhi’s Birth, where volunteers cleaned up the litter on roads while jogging; thus, spreading awareness in the locality.



Cloth Bag Distribution Drive

The Cloth Bag Distribution Drive was initiated by NSS Gargi in its adopted village, Shahpur Jat, which spread happiness through awareness against single use plastics (SUPs) amongst households and nearby vegetable vendors.

Social Media Campaigns

Campaigns have been consistently running across the social media platforms in order to promote a minimum paper usage in campus.

Swacchta Pakhwada

Swacchta Pledge

An oath taking ceremony was organized in Gargi College where volunteers took the pledge to keep the surroundings clean. The promises of devoting 2 hours per week voluntarily and spreading awareness were taken in the oath by the volunteers.

Sapling Plantation Drive

Saplings were planted in the gardens, grounds and different areas of Gargi College by volunteers and teachers to spread the message of happiness with every tree that grows.

Sapling Distribution Drive

A camp was organized in college campus and saplings were distributed among the students for a green and clean environment. Saplings were distributed in Kulhads in order to promote the idea of Plastic-free Environment and in order to promote SINGLE USE PLASTIC-FREE Campus.

Poster Making & Slogan Writing Competition

A poster making competition to unleash the creativity of volunteers, on the subject of cleanliness was organized where the volunteers participated in huge numbers. The topic for the same was “An individual’s idea of Swaccha Bharat, Swastha Bharat.”

The voices were heard in the slogan writing competition organized by NSS Gargi on the same theme. The event was a huge success in the diaries of Gargi College.



Swacchta Rally

A Swacchta rally was organized and the volunteers gathered and went to Shahpur Jat Village, making the locals aware of cleanliness around. A cleanliness drive throughout the way was conducted where volunteers picked the waste or garbage and disposed it off. The rally was not only successful but impacted the local lives as well.

Carnivals & Celebrations

50th NSS Day

Not Me, But You

National Service Scheme (NSS) is a Central Sector Scheme of Government of India and Ministry of Youth Affairs and Sports, launched on 24th September, 1969. The sole motive of this scheme is to provide hands on experience to young students in delivering selfless community service.

NSS has been working towards serving the society for 50 years now, and to honor the 50th anniversary of this scheme, NSS Gargi organised two events:

The Oath Taking Ceremony: One of the major concerns NSS Gargi is showing currently is towards creating a plastic free world. An oath taking ceremony to keep the campus plastic free was taken by the volunteers of NSS Gargi; who wore white, which symbolizes purity and peace. Hence, lead us to a notion that their determination lies in keeping the campus pure and peaceful.

"NSS Gargi has been working towards the betterment of society for almost 50 long years now"



Poster Making Competition

The Poster Making Competition: An online Poster Making Competition themed "Plastic Free India" was organised by NSS Gargi. There was a good response received from the students, and there were many entries. Ample amount of posters with good performance were submitted. Out of these, three were chosen to be the winners.

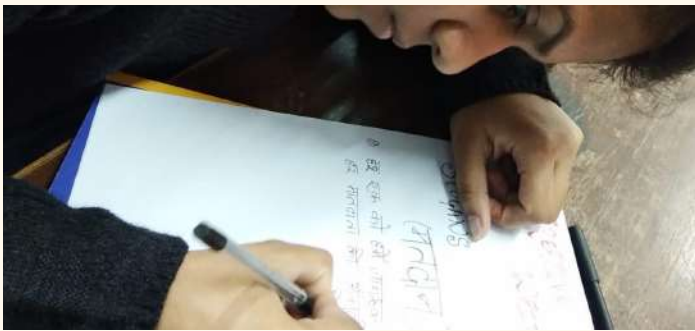
1. Ashima Nanda from B.A.(H) Applied Psychology
2. Stuti Vashisht from B.Sc.(H) Chemistry
3. Sonal from B.El.Ed.

Creative Writing Competition

Voter's Awareness Week (in collaboration with S.V.E.E.P)

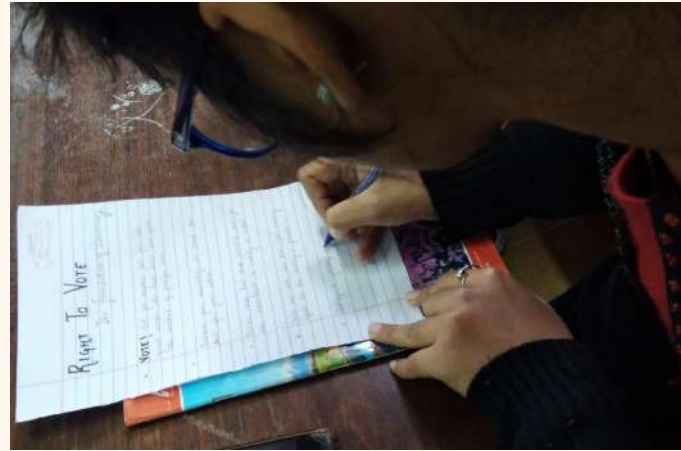
20th January 2020

NSS Gargi, in collaboration with SVEEP (Systematic Voters Education and Electoral Participation) had held a series of events to make people aware about electoral functions and the importance of participation in elections.



Under the campaign conducted by the collaboration of NSS Gargi and SVEEP (Systematic Voters Education and Electoral Participation), the first event held was the creative writing competition themed "Right to Vote: The Foundation of Democracy".

A time period of 25 minutes was provided to let the participants show their skills through prose, poetry, slogans or articles. Many compelling and coherent results came out through their pieces, which were beautifully reflective, original and self-expressive. The competition intended on sending the message that everything one feels or says about a theme is worthwhile, thus favouring self.



Online Speech Writing Competition

20th January 2020

On 20th January, 2020, NSS Gargi in collaboration with SVEEP, had organised an online speech writing competition on the theme "Voting and Vigilance".

The competition saw participation not only from students but from faculty members also. The large numbered participation showed the sincerity the citizens have for voting in today's time.

Voting Rights Seminar

by Dr. Vineeta Bhatt



The speaker of the seminar was Dr. Vineeta Bhatt, a diligent faculty member of Gargi College. The session was an informative one, wherein she talked about the voting rights, importance of voting and our responsibilities as a citizen. The seminar commenced with the introduction of the concept of "None Of The Above" or NOTA. She highlighted the perceptions people hold about voting and the concept of NOTA.



Voter's Day Pledge

Voter's Day, a day tended to be spent cherishing the voting rights of the people and creating awareness regarding the elections and its functions, is celebrated on the 25th of January every year.

On the eve of the day, an oath taking ceremony was organized by NSS Gargi in the Science Quadrangle of the college campus. The gathering took the "Voter's Oath" which promised to be responsible about the electoral functions and the voting commission, to be aware of the issues.



Poster Making Competition on Voting Awareness

22nd January 2020



NSS Gargi, in collaboration with SVEEP (Systematic Voters Education and Electoral Participation), had organized a Poster Making Competition, providing students a platform to blend in their creativity with the thought of voting rights.

The aim of the competition was to spread awareness among the eligible voters about their enrollment in the electoral form and to practice their right to vote wisely.

The theme for the competition was "Awareness for Voting". The competition saw participation in big numbers and let the participants creatively bring out the importance of voting and the consequences it has if not taken seriously. All the posters from this competition were used in a rally on the occasion of voter's day on 25th January, 2020, spreading awareness to more number of voters. The rally not only focused on the importance of voting but also on cleanliness. The students also picked waste from the road side giving passers-by a message of making a cleaner India.

Online Video Making Competition

23rd January 2020

As a part of this collaboration, a video making competition titled "Picture Perfect", themed "My Vote, My Right and My Duty" was organised, wherein a number of students participated, showing their skills from behind the lens. One of the videos was of kids from nursery imitating their elders and spreading awareness about the importance of every vote and its essence for every citizen of the country. Besides helping in bolstering the skills in the field, this competition also seemed to help enshrine the fundamental of the right to vote.



Voting Awareness Rally, Voting Awareness Drive and Signature Campaign

On 25th of January, NSS Gargi organized multiple events in collaboration with S.V.E.E.P.

First of all, a morning rally which was a 'Voters Awareness Drive' took place which was followed by a 'Signature Campaign' to mark the occasion of Voter's Day.

Utmost enthusiasm was showcased by the participants while they marched from the gates of Gargi to Shahpur Jat Village, chanting slogans resonating to the cause. The rally also focused on the issue of cleanliness as the students picked up whatever trash was there on the road, thus, spreading a message to the general public about keeping their surroundings clean and healthy.

In Shahpur Jat, the volunteers went around making people of all age groups aware of the importance of their precious voting rights. The rally ended successfully as the volunteers marched back to the college.

The following event that took place was a Signature campaign. The student volunteers fearlessly expressed their views and signed on the given board. Expressions such as "My right, My vote", "Your vote, Your voice" and "Vote wisely, it matters!" were seen accompanying the signatures.



“It all ended very successfully as everyone could feel a sense of responsibility and a zest to bring a change in whatever way they can.”

Pride Parade -2019



NSS Gargi, in collaboration with The White Rose Club, organised a pride parade in its premises in hopes to give a voice and show its support to the LGBTQ+ community. The event was held on the 6th of September, 2019, to mark the one year anniversary of the decriminalisation of the Section 377 of the Indian Penal Code.

A rally was run, with colors all around, rainbows everywhere- on the flags being swung and hugged, painted on the skin, travelling throughout the college premises starting from the Arts Quadrangle. Songs were sung, poems were recited and slogans were shouted in the hopes of opening the closet for the ones inside to come out and embrace themselves.

Post rally, an open mic was arranged where stories were told: of a character they imagined, of their own, and for the ones they loved.

Quilluminati, the English Creative Writing Society of Gargi College, had put up a "Wall of Love" consisting of messages, letters, love, and support . There was love in the air, allies everywhere and happiness travelled from one face to another. The rally was a success, and the numbers present were a major part of it.



Unity Day

Rashtriya Ekta Diwas

“Rashtriya Ekta Diwas (National Unity Day), The day commemorating the birth anniversary of Sardar Vallabhai Patel, was celebrated in Gargi College by the hosting of three events by NSS Gargi.”

Unity Run and Pledge

'Run for Unity': a symbol of unison that the nation is being united is moving in one direction and collectively aims at one particular goal; "Ek Bharat, Shreshth Bharat", was celebrated as a mark of observation of the day in the campus on 31st October, 2019.

The run was followed by the Unity Pledge to spread the message of unity through the means of promoting fitness as well.



Group Discussion on Unity

In the spirit of vigilance awareness week, NSS Gargi, organised a bilingual group discussion on the annual commemoration of Sardar Vallabhbhai Patel's birth. The topic of the group discussion was, "Who should be more vigilant in a democracy- a citizen or a state?". The platform observed a heated discussion and different perspectives being talked about. The participants were seen to be filled with enthusiasm and ideas and opinions of their own, making this discussion fruitful.



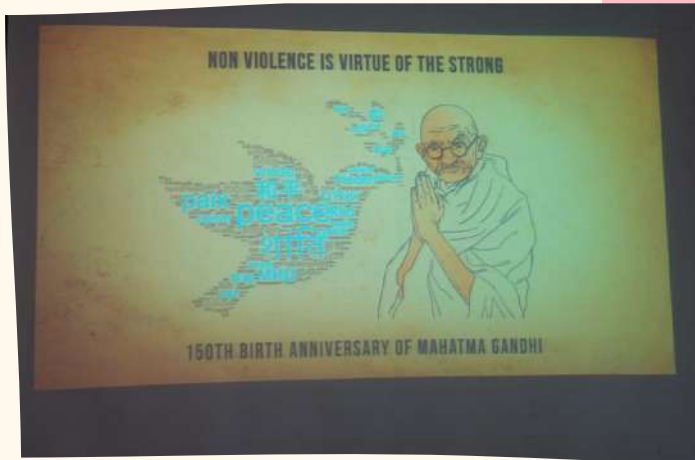
Creative Writing Competition

NSS Gargi organized a Bilingual Creative Writing Competition on 2nd November to celebrate the day and spread the message of unity in the college.

The topics for the competition were given on the spot. The participants were free to choose any one topic. They could write in either Hindi or in English. With no word limit, the participants had to compile their work within 20 minutes.



Gandhi Jayanti



On the 150th birth anniversary of Mahatma Gandhi, NSS Gargi hosted a couple of events to celebrate the day, with an essence of its own.

As a part of 'Fit India Movement' launched earlier in 2019, a Plog Run was hosted, wherein the participants were supposed to pick wastes from the road while jogging. The run began from the college campus itself to the village of Shahpur Jat. The main motive of this event was to spread awareness about hygiene both in rural and urban areas and in the meantime also to motivate people to keep themselves fit and healthy.



The second event hosted in commemoration of the Mahatma's birthday was the movie screening. A short film titled 'Baapu' which revolved around a glimpse of Mahatma Gandhi's life was played on the 1st of October, 2019. The movie aimed at showing a side of patriotism and to motivate people to work for the society.



As a part of 'Fit India Movement' launched earlier in 2019, a Plog Run was hosted



Zistatva 2019

NGO Performances

Zistatva, the annual cultural festival of NSS Gargi, was based on the theme "Parvaaz-E-Khwaish" that translates to "Flight to Your Dreams". It was held on 18th October, 2019, becoming a hub for food, art, and fun. NSS Gargi also had set a stall "Kritagya", proceeds of which were used in various projects. There were two major performances included in the festival, both of which were brought forth by two of the NGOs NSS Gargi has affiliated itself with:

• JAAV

The kids of Janta Adarsh Andh Vidyalaya (JAAV), wearing an all Indian attire, performed an amazing dance and sang a mesmerizing song. Their dance included flaunting a heart, jiggling pom-poms and showing a banner that read "We Are JAAV" and keeping everyone in the audience entertained. They were appreciated well with enthusiastic cheering and clapping.

• AADI

Dressed in white ethnic clothes, the members of Action for Ability Development and Inclusion (AADI) presented a musical performance, putting up their best show. Their performance centered around the message of the importance of a platform, dedication and commitment for dreams to come true and for one to shine before the world. One of them also came forward to give the people insights about the work and the staff there.

After working hard, practicing rigorously, all the members put forward very entertaining performances that made the audience warm and their hearts smile.



Independence Day

On Independence Day, the NCC Cadets started the ceremony by giving the 'Squad Drill'. The National Flag was hoisted by college Principal, NSS Programme Officer and the Students' Union, followed by the National Anthem and Salute to the Flag.

Then to make the environment all the more engaging, some of the NSS volunteers sang Patriotic songs that everyone hummed along with. Every song reminded of the great courage and sacrifice of the soldiers. The volunteers also danced to the tunes of patriotism.



Republic Day

To take a vow to uphold and protect the sanctity of our constitution which binds every section of India with each other and to strive to respect it, protect it and fight for it, NSS Gargi celebrated the 71st Republic Day with a motive to spread the same message.

The ceremony began with hoisting the Flag followed by the singing of National Anthem and concluded with the effervescence of poetry, singing and dance performances by the members and pupils of the NGO AADI.



#1weekofenvironmentchallenge

NSS GARGI X New Delhi Nature Society

NSS Gargi, in association with New Delhi Nature Society, organized a one-week environment challenge that was kicked off with a live session on the topic “Environment and Lockdown”. A task was assigned to the students on all the 7 days of the challenge. The stories are featured on our Instagram page and the tasks were as follows:

DAY 1- keep a bowl of water for strays/birds outside.

DAY 2- to hug a tree

DAY 3- to click a picture of environmental change

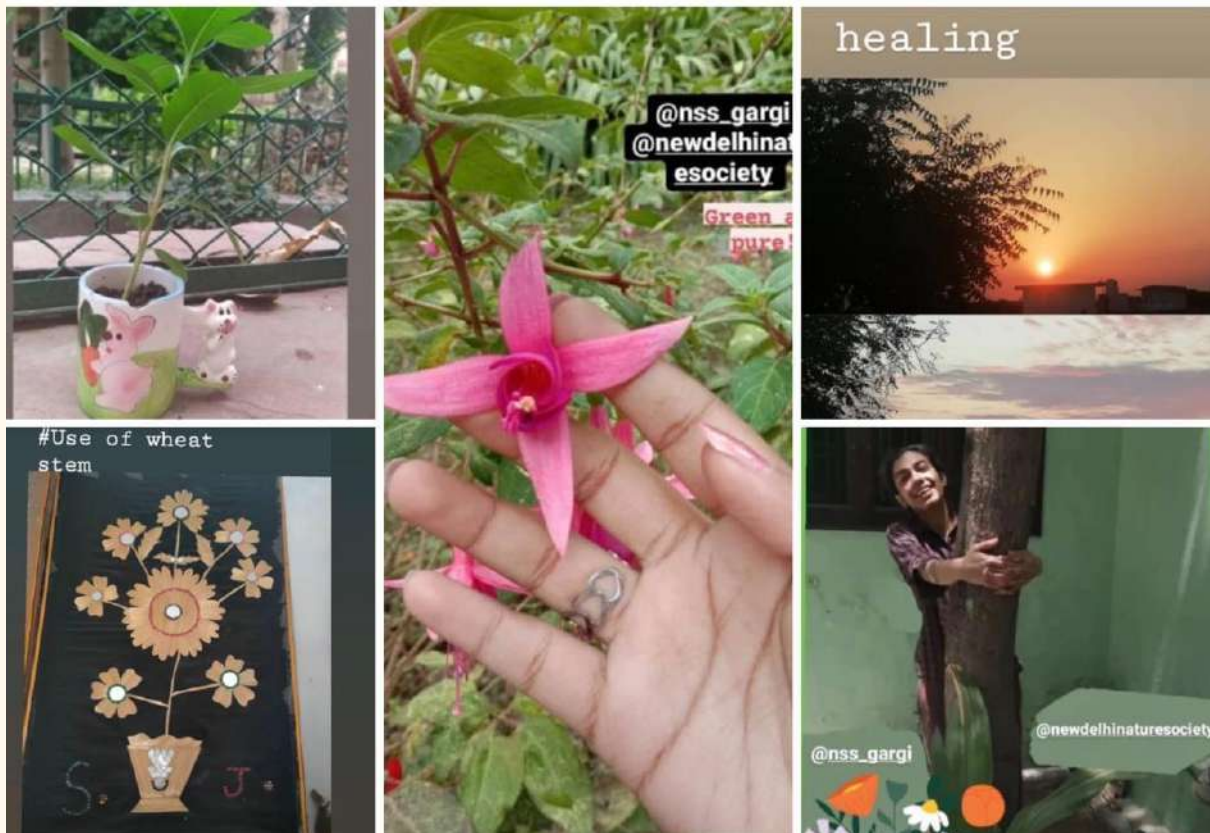
DAY 4- to recycle/upcycle something

DAY 5- to click picture of a flowering plant

DAY 6- to walk barefoot on soil/grass

DAY 7- to make a fruit salad

This challenge instilled positivity in the minds of the participants and encouraged the students to do their bit for the environment while being at home.



Environment Day Quiz



NSS Gargi celebrated Environment Day by organising a Quiz Competition on various environmental issues and topics. It was held on the 5th of June, 2020. The quiz was conducted online and attracted more than 200 participants from all over India. Top 5 winners were awarded with certificates. Students scored well and learned a lot in this competition.

World Day against Child Labour

Child Labour is the work extracted through exploiting underage kids. It is likely to interfere with their right to education, or be harmful to their health or physical, mental, spiritual, moral or social development. All work done by children under the age of 15 and dangerous work done by children under the age of 18 is illegal. Child labour is prohibited under the law.



To spread awareness and stand against child labour, NSS Gargi conducted an activity wherein the volunteers were asked to submit entries in the form of posters, videos, captions. The purpose of the activity was to request people to come forward and fight against child labour.

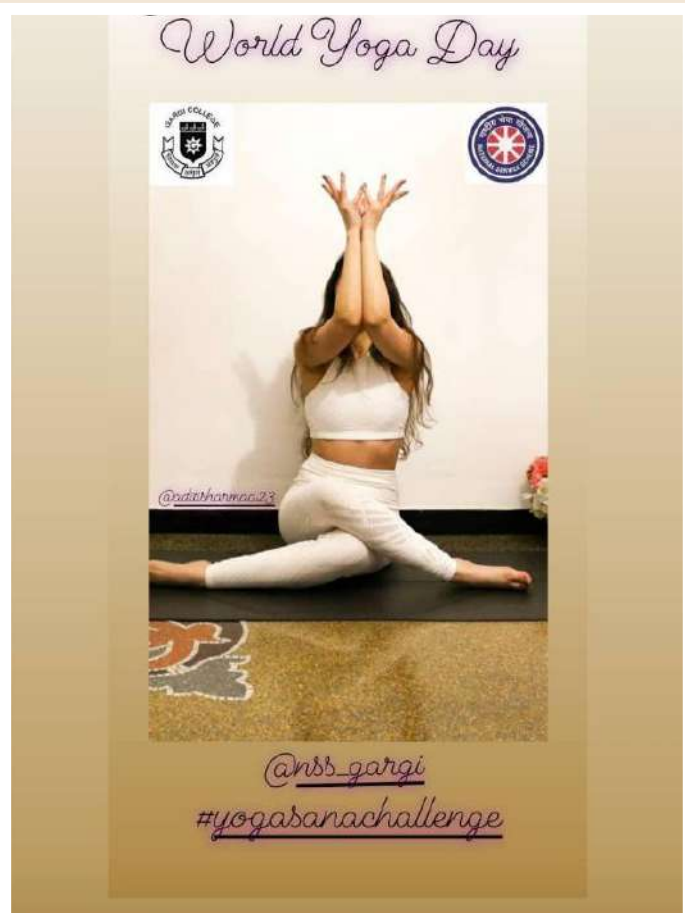
World Blood Donor Day



On the occasion of World Blood Donor Day, NSS Gargi organised an online event where all the volunteers were asked to send in their entries with an aim of spreading awareness for the day.

The volunteers shared with us their blood donation experience, poster, videos, poetry, articles and paintings related to Blood Donation. The activity was a tribute to all the blood donors and also to motivate others to become one even during the most difficult times.

International Yoga Day



"Yoga is the journey of the self, through the self, to the self." It is considered as an important part of life; to keep healthy and fit. People have always promoted exercising and its incorporation in one's life.

Yoga and Pranayama is one such physical activity. It is not only physically helpful, but it helps keeping mental health issues at bay. Thus, to celebrate this activity, "International Day of Yoga" is celebrated on 21st June every year for the past few years.

NSS Gargi, in order to celebrate this day, held some events to promote exercising while at home.

Yogasana: The Posture Making Challenge



As a part of this challenge, the participants were asked to capture or record themselves while doing a Yogasana posture and share it. Many had also made a few drawings for the occasion. Volunteers also shared articles and poetries in order to spread awareness for yoga. A few of them also made videos in order to spread awareness for various yoga postures. All the content shared by volunteers were shared on social media handles of NSS Gargi. These various activities successfully empowered many to participate actively in various activities from home.

Instagram Live with Prashant Jaiswal

On the occasion of celebrating Yoga Day, yoga instructor and poet, Mr. Prashant Jaiswal went live on Instagram with NSS Gargi to give tips to the viewers on Yogasana and its benefits and also to answer some of the questions posed regarding the issue. This was to help the audience know more about the physical activity.

Instagram Live with The Happy Company

NSS Gargi organised its first ever Instagram live with The Happy Company on 4th May, 2020. The Happy Company is an organisation working on reducing mental health issues by providing free mental health assistance. The discussion was on the theme Productivity & Lockdown and some tasks were given after the talk to make quarantine happy. 

Yoga at Home



Ustrasana



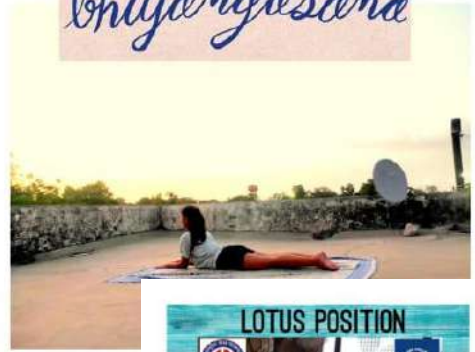
URDHVA MUKHA SVANASANA



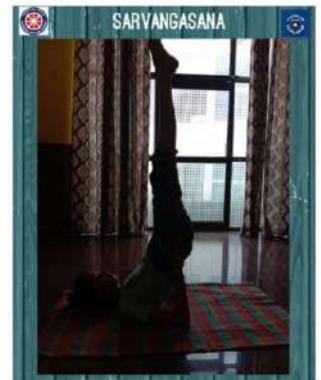
Bhujangasana



Dhanurasana



LOTUS POSITION



SARVANGASANA



SETU BANDHASANA

PURVOTTANASANA

If there wasn't a pandemic going on around in the world, people would have come together to celebrate it with each other and exercise together, which creates a sense of happiness and harmony. NSS Gargi volunteers performed yoga at 7AM on International Yoga Day, following the General Yoga Protocol.

The pandemic can stop us from gathering, but it shouldn't necessarily stop people from continuing to cherish it from home. They worked out at their own places and made the day fruitful.

Webinar by Gargi College

A Webinar under the aegis of IQAC was organised by Gargi College on International Yoga Day. The speaker of the webinar was Yogacharaya Mukesh Ji, who is a qualified master from Ministry of AYUSH, Founder Secretary Yoga Darshan Sewashram. The session attracted a large number of audience from all over the college.

CAMPS



ELECTORS VERIFICATION PROGRAMME

NSS Gargi organized an Electors Verification Programme as per the guidelines of Election Commission of India from 21st to 24th of September, 2019. It was a special camp to verify and authenticate voter details so that better electoral services can be provided in forthcoming elections.

The main aim of the programme was to provide better electoral services and increase the level of communication between voters and the commission.

In this event, all the students of Delhi NCT were invited to get their Voter IDs verified. Through this event, the electors could verify and correct the details of their Voter IDs and also take steps to enroll left out eligible members in the electoral roll. Additionally, they could get the names of their family members who had permanently shifted or expired, deleted from the electoral roll and they could also tag their family for getting the same polling station. All they had to do was to bring the listed documents and voter IDs along.

BLOOD DONATION CAMP



On 25th September, NSS Gargi in collaboration with Blood Connect and Lady Hardinge Medical college had organized its flagship event: BLOOD DONATION CAMP. The faculty, administration, non-teaching staff and the students, voluntarily worked for this good cause. With 640 registration for blood donation, out of which 145 were medically eligible donors, the event served its purpose the best and was a huge success.

All the donors were given certificates and goodies as a token of thanks for their life-saving deed. They were also given steel tumblers, so as to promote the De-Plast campaign (NSS Gargi initiative to make the campus plastic-free).

Flash Mob & Awareness Talk

Prior to the Blood Donation camp, NSS Gargi had organized a flash mob and a Blood Donation Awareness talk with Blood Connect. The talk was organized to spread awareness among the students and staff regarding the health measure and other precautions to be taken before and after blood donation. The flash mob welcomed volunteers to speak before the crowd, anything pertaining to blood donation including their experience or precaution with the main aim of spreading awareness.

DONATION DRIVES

"We make a living by what we get. We make a life by what we give." - Winston Churchill

NSS Gargi organised various Donation Drives in the college and supplies were given to the ones in need in and around college.

Dry Snacks and Sanitary Napkins Donation Drive



NSS Gargi had organized a donation drive at the very beginning of the academic year. Volunteers enthusiastically participated in the same and donated dry snacks and sanitary napkins to the underprivileged.

The dry eatables were donated all around the IIT Flyover and slums near Hauz Khas. The collected sanitary napkins were donated in Janta Adarsh Andh Vidyalaya (JAAV). The volunteers also had some interaction with the kids and the people residing near the traffic signals which made them realise the impact of their social efforts.



Newspaper Donation Drive

Family of Disabled, a registered charitable trust, works for the service of the people with disabilities.

NSS Gargi hosted a newspaper donation drive where the students were encouraged to donate bundles of newspapers. The proceeds were sent to FOD, who uses the newspapers to manufacture pencils and envelopes, the sales of which become a way to create awareness among people about the need for inclusiveness of differently abled people in society.

Food and Cloth Donation Drive

NSS Gargi had organised a food and clothes donation drive where the volunteers, taking the collected supplies, went to the jhuggi under the Safdarjung Flyover, and the teachers and the NSS Union Members, distributed them to the people residing there. Later, the same was distributed among the street hawkers who lived under the IIT Flyover. The volunteers were enthusiastic and devoted to provide people with the necessities.

PROGRAMMES OUTSIDE COLLEGE

Cleanup Drive on Yamuna Bank in collaboration with "There Is No Earth B"

Everytime Delhiites come across the Yamuna, they squirm at the very sight and smell of it. But not very often does one actually take charge and do something to improve the quality of the river.

NSS Gargi regularly organises cleanliness drives in and around the college area to encourage volunteers and to spread the same message to the general public. The volunteers of NSS Gargi therefore participated in the "Clean Up Drive on Yamuna Bank", an initiative by "There Is No Earth B" to work towards the necessary cause and to spread the message.

The drive involved picking up waste from the banks of the River Yamuna, a step in making the river pollution-free. The waste collected was accumulated in a huge pile; which highlighted the need of the hour and the negligence of the citizens around.



Ambassadorial Public Lecture



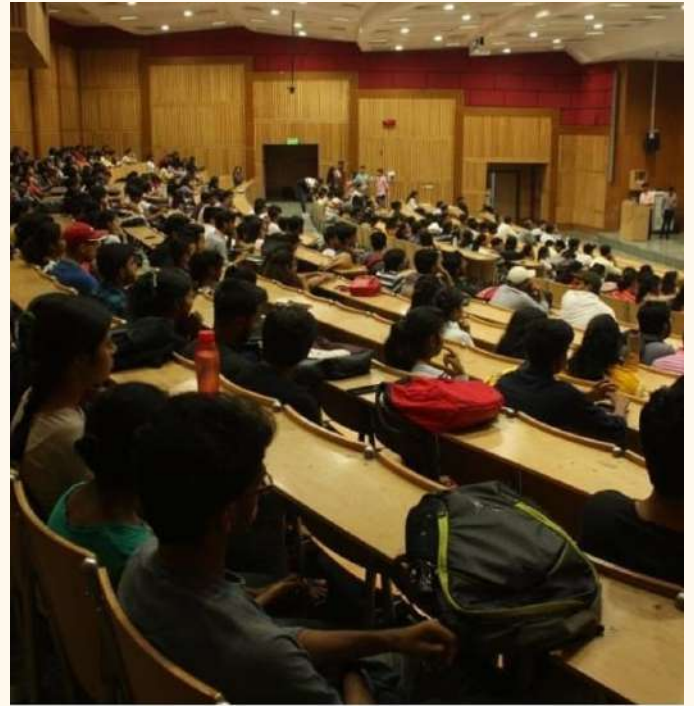
Delhi School of Transnational Affairs, DU organized a public lecture on 25th September, 2019. NSS volunteers of Gargi College attended the event.

H.E. Mr. Walter J. Lindner, the speaker for the event, presented Ambassadorial lecture series. Mr. Yogesh Tyagi was the chief guest for the event. Mr. Lindner gave a lecture on "PUBLIC DIPLOMACY: LEAVING THE CAGE".

The event was closed by the discussion on Environmental issues and concerns. It aimed at spreading awareness among the young generation about this critical concern.

iSAFE Launch

NSS Gargi volunteers attended the launch of iSAFE 2019, which took place at Lecture Hall Complex, IIT Delhi. The event was based on road safety and it witnessed a huge number of students from different pockets of India and many dignitaries as well, which was followed by a panel discussion on how the youth can aid the government in making roads safer.



Arun Jaitley Memorial Lecture

The first ever Arun Jaitley Memorial Lecture was held on the 29th of October, 2019 and was hosted by the Vice President of India, M. Venkaiah Naidu. NSS volunteers attended the lecture in large numbers and witnessed the Vice President's talk about parliamentary reforms to restore the trust of the people in the parliamentary institutions. As the Chairman of Rajya Sabha, the flaws were pointed out with a 16-point agenda for the way forward to the parliamentary reforms.



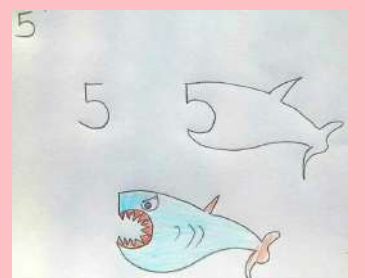
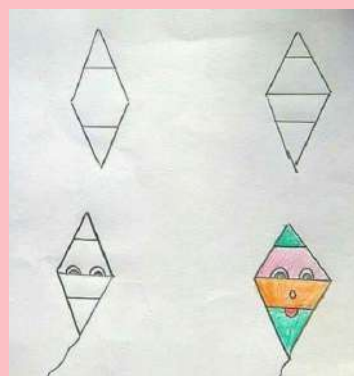
Contribution of NSS GARGI to help combat COVID-19

Our approach is to spread awareness and to focus on positivity & well-being during this pandemic.

Online Kilkari Classes during COVID19 Lockdown

With the lockdown in play, productivity has come to a grinding halt but nothing can stop ideas from taking birth and a talented mind to bring those ideas to life. NSS Kilkari Project Volunteers undertook an initiative to teach kids online through WhatsApp and other online platforms during difficult times of the pandemic. Kilkari Project, the initiative of Connecting Dreams Foundation aims to teach these underprivileged kids for basic literacy and get them admitted to schools by providing them with the required material to make the teaching and learning more effective.

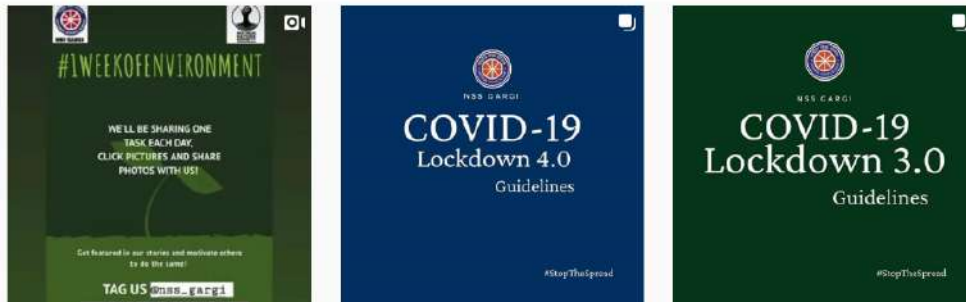
NSS is proud to have kids who have not just fought their personal circumstances but even the lockdown to do what they want to.



Online Awareness Campaigns



ONLINE AWARENESS CAMPAIGNS RUN BY NSS GARGI



- Instagram & Facebook awareness: Do's and Dont's, Preventive measures, Myth busters.
- Encouragement to feed stray animals.
- Homemade mask precautions, etc.
- #earthishealing campaign on Earth Day on Instagram to show positive effects of lockdown
- #1weekofenvironment campaign in collaboration with New Delhi Nature Society where tasks were shared to encourage students to do their bit for the environment.
- Instagram lives on Mental Health and environment with The Happy Company & New Delhi Nature Society.

Engaging Competitions



- Quizzes
- Workout challenges.
- Slogan writing.
- Craft with nature (using nature friendly material to make organic crafts) to hone creativity.

Efforts made by NSS Gargi individuals

Fundraising



Three NSS Members Janhavi, Radika and Aadhyaa started a fundraising campaign for daily wage workers. They successfully collected INR 54,482 in three days. The breakup of the money collected is as below :

Rice 25 kg - (15 x Rs. 1320 = Rs. 19,800)

Atta 50 kg - (10 x Rs. 1370 = Rs. 13,700)

Masoor 30 kg (5 x Rs. 2010 = Rs. 10,050)

Chana Dal 30 kg (3 x Rs. 2400 = 7,200)

Some of the amount was also used in providing cooked meals in slums with no access to cooking requirements.

Volunteering for Underprivileged

- A few NSS Volunteers have been working with Wishes and Blessings NGO and Connecting Dreams Foundation(Co-Win Action Network) to provide food and necessities in various communities.
- One of the faculty members with two other families is providing food to two laborers who were working for Delhi Jal Board outside their society and were stuck there due to lockdown.
- Another faculty member has adopted the construction site near college and help all the families with their basic needs every week.
- Another faculty member is looking after the needs of one of our canteen delivery person during this hour of crisis.
- Yet another has adopted around 10 daily wage workers around her locality and is looking after their needs. She has also been taking care of all the stray animals in her area so that in this period they are fed too.

Mask Making

More than 50 volunteers along with faculty members started making face masks at home for their family members and others. More than 250 masks were made and distributed during lockdown.



Online Training Sessions

- More than 60 Volunteers and all the faculty members have downloaded Arogya Setu Application and understood the content and also referred it to 200+ other people.
- All the NSS Volunteers also downloaded Training Videos given in the links by the regional director, understood Training Modules Videos & learnt the content.



NGO COLLABORATIONS

NSS Gargi is affiliated with a lot of NGOs and has been doing some remarkable work on the same ground. Few such NGOs are:

1. The VIDYA Foundation



It is a charitable organisation that specialises in the education and empowerment of children and youth with minimum privileges.

Believing that education has the power to transform lives now and in the generations to come, they began with a vision to bring quality education to every child in India. Thus, their efforts are to provide education to every child residing in the slums.

NSS Gargi believes in the same and is hence working with this organisation to help them achieve this vision, which will help make this world a better place to live in.

2. Connecting Dreams Foundation

It is a team of inspired individuals who are working towards the empowerment of youth and women in rural India through Connectivity and Entrepreneurship. It is an association that believes that inclusive and sustainable growth needs to be achieved in order to sustain economic growth by reducing poverty and other socio-economic disparities. It aims to empower youth and women through educating them about health, technology, internet and entrepreneurship. CDF also works towards creating employment opportunities for women and connecting villages and women groups with each other via the use of simple and relevant technology.



CDF-Gargi unit is currently working on 2 projects- Alfaaz and Kilkari. Project Alfaaz was initiated for the holistic development of students between the age group of 8-10 years by enhancing their writing, speaking and listening skills through an activity-based curriculum, and Project Kilkari aims to achieve zero illiteracy in urban slums of Delhi.

3. Janta Adarsh Andh Vidyalaya



Janta Adarsh Andh Vidyalaya (JAAV) is a school for visually challenged children, most of whom belong to underprivileged families. Besides education till Class-8, the children are provided with shelter, food, medical facilities, and clothes free of cost, which help these kids build a future for themselves.

JAAV is one among the many NGOs NSS Gargi has affiliated itself with, where the volunteers visit to teach and interact with the kids after their school hours from Monday to Saturday. The volunteers express their utmost joy in helping the kids learn. Through this step, we want to help these children empower themselves and lead a life they deserve.

4. Cheshire Home



The Cheshire Home India- Delhi unit is an organization that works towards changing the mindset of society and providing a sense of equality for people with disabilities by promoting mainstreaming and inclusion. This organisation which was started back in 1957, currently houses 79 residents that include men, women, and children. It provides shelter to physically handicapped, mentally ill & cerebral palsy, and multi-disability patients. A learning center has also been offered by the organization for over 70 residential and non-residential kids.

NSS Gargi has had a long standing relationship with Cheshire Home. The volunteers assist them in making merchandise like candles which are sold at our annual NSS Mela- Zistatva to help them raise funds for their NGO.

5. Asiad Village



Asiad Village runs with the aim of assisting underprivileged students who are currently enrolled in Government schools. Children from nursery to grade 8 attend these sessions. Volunteers work in tandem with the teachers and students to identify individual needs of every student and teach them accordingly, giving more lessons as per their syllabus and helping them in their academics.

This serves as an opportunity for our volunteers to realise that true happiness lies in serving and helping others.

6. Visionaries

A movement aimed at connecting visually blind people with volunteers who can help them. NSS Gargi volunteers take part in all activities of the NGO from recording pages for books online in Hindi and English to writing board exams and accompanying them to events. NSS Gargi affiliated itself with this NGO in a bid to ensure differently-abled people are not held back from reaching their goal.



7. Wishes And Blessings



Based out of Delhi, this NGO's mission is to inspire and empower dreams. They work relentlessly to spread smiles, promote education, nurture good health and create opportunities for all members of society. Their vision is to build a world where the word 'underprivileged' ceases to exist and 'happiness' is no longer a luxury. NSS Gargi volunteers worked closely with the children in activities such as Origami and Kite making workshops to bring out the creative side of these children. During the lockdown, our volunteers joined Wishes and Blessings' 'Squad for Change' and engaged in various social media campaigns ranging from stop the elderly abuse challenge to recycle to use social media for social good.

8. Positive Gifts



Started by Mr. Vikas Bhatt and Ms. Swati Bhatt, #GiftPositive is a movement aimed at fighting negativity, fear and despair with Positivity, Inspiration and Hope through creative products, gifting ideas and by sharing stories of courage, care and compassion. They work with the motto 'Love all, Serve all'. NSS Gargi volunteers joined their team as #GiftPositiveAmbassadors to work on graphic design, content writing and social media management.



9. Family of Disabled

Family of Disabled (FOD) is a registered not-for-profit organisation serving persons with disabilities since 1992. It was founded by Rajinder Johar, himself a quadriplegic who has been bedridden for the last 22 years. Their vision is to see every person with disability leading a dignified, financially secure and productive life.

FOD has a number of firsts to its credit including publishing of India's first magazine on disability as well as projects like Apna Rozgaar, Beyond Limits and Gyan Path.

They strive to enable disabled people with low socio-economic status earn their livelihood, promote quality education amongst children, encourage artists and artisans with disabilities to showcase their talent and create awareness on issues related to disability.

NSS Gargi has associated with Family of Disabled on many occasions. Volunteers have enthusiastically donated newspaper for donation drives and have worked in their stalls at various Diwali Melas. They were also recruited to join their social media, marketing and product design teams.



THE CHANGEMAKERS:

Stories by our volunteers

Creating Change by Educating Slum Children

Change doesn't come quickly; it requires time, energy, and patience. A friend of mine studying in Delhi University holds a simple yet change making story. Sara is a 2nd year student and frequently visits slum area where she teaches Maths, Science, and English to girls of age 5-14. Around 15 girls attended her classes on a daily. They all were keenly interested in studies but she noticed the absence of one bright girl. She didn't ask about her at first but when she didn't attend classes for weeks then Sara inquired a lot and came to know that her parents were not allowing her to go out as she had hit puberty and her periods had started.

The same day when Sara came to know about this, she went to the girl's house and talked to her mother. The mother explained that they use cloth in their menstruating days and it's impossible for a girl to go out and take care of it. Sara explained to the mother that there is a thing called sanitary napkin which is used during periods to avoid staining and it can be used whole day without any worry. This made the mother agree upon re-joining classes and assuring that her daughter gets elementary education.

Sara didn't stop. She talked to her own mother and they both came to a conclusion that they should start a campaign about menstrual cycle and make people aware about it.

Sara and her mother visit slum areas every Sunday and explain to the families about puberty, menstrual cycle, and sanitary napkins. She has created a change in a simple yet powerful way. Sara now teaches more than 40 girls in the same slum area she used to teach before and came to know that many families didn't send their daughters because of the same reason.

Sara brought about a beautiful change and helped remove the taboo behind menstrual cycles and so can you in your own ways!

Neha Soni
BSc (H) zoology
1st year

Last Rites

Changemakers are described as individuals who are committed to advancing the common good, wherever operated; locally and nationally, across non-profit foundations, community groups, social movements, research communities and business.

“A Changemaker is anyone working in the social good space.” A changemaker is someone who is taking creative action to solve a social problem; change making involves empathy, thoughtfulness, creativity, taking action and collaborative leadership.

“Be the changemaker the world aspires for.”

Seven keys to become a Changemaker can be

- Lead the way
- Think big and believe in yourself
- Be resilient
- Work for the community
- Do what moves you
- Change yourself in order to change the world
- Attend start-ups

“Be the change that you wish to see in the world”.

I know of a person with these qualities from my city, named “Mohammed Sharif”, also popularly known as “Sharif Chacha”. He is a bicycle mechanic and social worker. He was conferred with Padma Shri in 2020 for his contribution to the society.

Sharif chacha's eldest son, Mohammed Rais Khan was murdered in 1992 on his way to Sultanpur. His unclaimed body lying on the road, was devoured by stray animals. After this incident, Sharif chacha started performing the last rites of unidentified dead bodies. He visited police station, hospitals, railway stations and mortuary for unclaimed bodies. The bodies are handed over by police only if nobody claims it for 74 hours. Sharif chacha gave last rites to every unclaimed body, of over 25,000 unclaimed bodies in and around Faizabad . He wanted to make a social change of changing the mindset of people towards humanity.

SALUTE TO HIM

“When you make a choice you can change the world”.

Sudiksha Srivastava

B. A. Programme

1st year

WRITER'S SECTION

A TRIP TO PINGALWAR

Pingalwara meaning “home of crippled” is a cozy three-storeyed building that stands on the National Highway no. 1, Amritsar. Appalled by the condition and huge population of the sick, neglected and destitute people on the streets of Amritsar, this institution was set up in various parts of Punjab by Bhagat Puran Singh in 1934. The aim of this institution is to promote the inclusivity of the crippled, abandoned, and mentally challenged children and females by educating and uplifting them in a sympathetic and caring way. I got an opportunity to visit it in 2017. Initially, my desire to visit was nudged by the curiosity about the lives of people living there and intent of having fun with my cousins but the experience led to a paradigm shift in me. As soon as I entered the premises, I was fascinated by the greenery and the wide array of books lined along the hallway. It was then that it came to my knowledge that Bhagat Puran Ji was an environmentalist, philanthropist and self-published author who dedicated his life to the service of humanity. What amazed me was that he didn't even clear high school but his longing to serve humanity compelled him to spend hours in the library learning about issues and problems that plague humanity and the environment. Engrossed in the books and journals, I was ushered back into reality by the officials who then led us to the main complex. As we approached the main complex, I could see people in a disheveled state pulling their hair and oblivious to the world around them. The caretakers around them were calm and composed in their approach and tried their best to help them. We had plans to distribute ice creams to the inmates but the sight of them invoked feelings of sheer fear in me. What if they assumed me to be a threat and attacked me?

What if they suddenly held me or pulled my hair? What if they panicked suddenly and the staff isn't able to control them? The prospect of going inside now terrified me. As I stood there looking frightened out of my wits, the official with us sensed our inhibitions. He asked us if we were nervous to which we affirmed. He then asked us to imagine what we would feel like if people were petrified of us and dare not come near us. He added that these people were guideless and responded only to love and affection. It was an epiphany moment for me. With renewed spirit and zest; we went inside, interacted and served ice creams to them. While spending time around people with all sorts of physical and mental disabilities, it dawned upon me how insignificant our problems were and how easily we get agitated to the slightest inconvenience. Even the thought of spending a day with a disability is tormenting for us while these people spend the whole of their lives grappled by

physical challenges of all sorts. I left that place with a heart filled with gratitude and resolve to serve the society in whatever way possible. It was this incident that led me to enroll in NSS and that decision has filled my life with contentment and happiness. Indeed, true happiness comes from service. In the end, I'd like to conclude with the following quote, "You give but little when you give of your possessions, it is what you give of yourself that you truly give." – Kahlil Gibran

Harjas Kaur

B.com (H)

1st year

हालात-ए-मुल्क

मज़हब और मुल्क के नाम पर
मैंने मैदान-ए-जंग छिड़ते देखा है
मुल्कों में दूरियां तो दूर
मैंने घरों को बटते देखा है।

इस मैदान-ए-जंग का आलम तो देखो
ऐलान सरे आम है प्रतिपक्ष के विध्वंस का
इंसान पर इंसान का ही वार
यह कैसा विरोधाभास है जय-पराजय का?

आज के इस दौर में
मैंने इंसान को इंसान से झपटते
और जानवरों से लिपटते देखा है।
मैंने नेताओं को सियासी फायदे के लिए
कश्मीरियों का बहिष्कार करते
पर कश्मीर के लिए लड़ते देखा है ॥

अरे! इन नेताओं को तो मैंने
चुनाव से पहले जन-हितैषी
और चुनाव के बाद द्वेषपूर्ण होते देखा है।

इस दहशत भरी दुनिया में
मैंने मासूमियत को पनपते भी देखा है
पर वही दूसरी ओर
एक बच्चे को आतंकवादी बनते देखा है।

सिर्फ इस देश का नहीं
पर विश्व-भर में हाल बेहाल है
अब इस धरती पर मानो
शैतानों का वास है।

इंसाफ की बात जो तुम करते हो
हर आतंकी हमले होने पर,
क्यों खामोश रहते हो
प्रकृति के संहार पर?
हां कर रहा है जवान हर पल बलिदान
पर क्या नहीं है प्रकृति का तुम पर कोई भी एहसान

मेरे रक्त में भी वो ज्वाला है
जो भड़क रही है आसमान तक
पुलवामा का किस्सा पहला नहीं
पर हल निकला नहीं आज तक।

लहूलुहान देख अपने जवान को
लहू खौलता है मेरा भी
पर नहीं खौला यदि लहू तुम्हारा अब भी
इंसानियत को मिटते देख कर
तो धितकार है तुम्हारे सोशल मीडिया के प्रचलित साहस पर।

दीपांशी गुप्ता
बी.ए. (ऑनर्स) राजनीति



Halla bol, Sara jag sunega, tu halla bol



The graphic shows the protest for a safe campus in Gargi College. It shows the women, fighting for respect and gender equality, who stood together against sexual harassment that took place in the name of fest celebrations which the society has normalized. They are upholding the idea of "She for She". The women's power fought to de-normalize it to attain gender equality in terms of dignity and respect. The women inspired the whole society to achieve humanity and left an impact all over the world.

The photo is in vintage for a reason. It signifies that it's inspiring today and will be inspiring for future generations too. It is a mass movement that will have an impact on generations. It inspires every person to take a stand for humanity and humanitarian rights; to have the courage to strive towards humanity till the last breath of life.

Deepanshi Gupta

BA (H) Political Science

3rd year

तू कर शोषण इन जीवों का
तू मिट्टी में मिलजाना हैं,

तू कर बर्बाद प्रकृति को
यह कोरोना तो बस एक बहाना हैं,
तू खेल इसके सौंदर्य से
यह सहे तेरे एहसान सभी ,

तू जड़ें उखाड़ फेंक वृक्षों की ,
जो छाँव मे थे साथ सभी ,

तू खेतों को महल बना
जो कभी तेरे खेलने का साधन बनाना था ,

तू ज़हर घोल दे वायु मे,
इस दुनिया में ही तु मिल जाना था।।

तू कर शोषण इस प्रकृति का
तुझे मिट्टी में मिलजाना हैं।।

Tanu Sharma

BA(H) Political Science

2nd year

Experience Diaries

-VOLUNTEER EXPERIENCES

I have been working with the NGO called Vidya Foundation for SEVA for 6 months. When I think about my journey so far, it's been nothing less than a blessing. When I started, everything was pretty new for me. I was talking and working with people from different spheres of life and ages. I taught children of different ages and they all were keenly interested in learning new things. In a way, volunteering has not only taught me about the various challenges in the society but has also helped me in improving myself as a person every single day. I find a lot of happiness in doing my bit for society. I am indeed lucky to have chosen to volunteer.

-Richa Singh

For my second semester, I had joined Gyandeeep NGO in Green Park as a part of CDF Gargi, "Project Kilkari" at the position of a teacher intern. Every Monday, I went there. I was assigned four students to teach there. Going there and interacting and being around the kids has been extremely therapeutic for me. The fact, I love the most about that place is that the kids there are inquisitive to learn new things. The vibe of the NGO is really cozy. The way children smile when they get appreciated for the correct answer, the way their eyes lit up every time they learn a new word is so healing for me to see and feel. The staff there is so beautiful and friendly. They are always so genuinely concerned about the health of their kids and volunteers. I cherish every moment of my being there.

-Ayusshi

I worked with Cheshire home and CDF- Gargi. When I think about the journey so far, it's been nothing less than a blessing. At Cheshire home, I worked with people from different spheres and ages. Each person taught me something valuable. Under CDF-Gargi Chapter, I volunteered for project Kilkari and Gyandeeep NGO. My overall experience has been a real eye opener and an educational one. Looking forward for more opportunities like this.

-Mallika Shankhdhar

I joined the killkari project at the starting of my 3rd year. It's been an amazing experience working with the team. It is very proud in itself that you are getting a chance to spread awareness among the little ones. I went there to teach children general knowledge and sometimes to do extracurricular activities. It was all fun and great to be there. Though people were reluctant to come and study, the team managed it all. We all enjoyed it and would like to thank NSS Gargi who provided us with this opportunity.

-Yogita Bansal

By this write-up, I hope I can share all my feelings. My experience in this society cannot be expressed in mere words. I never disclosed my feelings to anybody about how NSS has created a great impact on my life. There were times when I was not being able to find happiness anywhere, I was very pessimistic and sort of depressed. But NSS has helped in making me a genuine person. To be honest, when I first joined this society the only motive which I had was to complete 120 hours and get my certificate. But the smile, happiness that I got whenever I participated in any work was way different than I thought it would be. The love which I received from JAAV kids, their smiles, volunteering in bookstall for a cause, talking to their owner and listening to their experience, cleaning my college campus, learning so much from holistic workshops, WWF workshop and what not. Apart from that, I've experienced the things which I've never done before- Creativity, volunteering, teaching dance. I may not have completed my NSS hours but the things which NSS has taught me are everything. No one can take that away from me. NSS hours seems nothing as compared to the happiness, satisfaction, calmness it gives me. In my college life, I will definitely remember working with NSS. In fact, NSS will have a small beautiful corner in my heart. Even after completing my graduation, I will continue to do social work because I know only this can make me overcome my social anxiety. I don't need a particular reason to be happy. Now, I can find happiness everywhere. NSS works as a therapy in the life of people like me. NSS worked like Jahangeer (from Dear Zindagi) in my life. I will never ever forget these experiences. Since I'm socially very awkward, I may not be able to tell all these in person but I always wanted to share it. This is my true experience and I thank NSS Gargi for giving me this opportunity.

-Vanshika Rai

I have worked in Cheshire home quite a lot as I have completed 65 hours here itself. I love to work with the people of Cheshire home. All kinds of specially-abled people can be seen here. I am very enthusiastic to work with them and with the passage of time, I've realized that they are my second family. They love, care and cherish with all their heart. I have had many complaints from my life but after analyzing those people's problems, I feel blessed. I have understood that they don't have a family and all of them are somehow physically or mentally challenged but they live their life in a very happy manner and are very grateful. No words can describe my unconditional love for them. I've made lots of memories after joining this NGO. I am very thankful to NSS family for giving me this beautiful opportunity.

-Tanu Sharma

Union Experiences

NSS is the very first thing that pop in my mind whenever I start revisiting my college memories. Being a part of NSS family has always given me an immense pleasure and pride and working with NSS for three long years has been an enriching experience for sure. It has bestowed me with an opportunities to be part of NSS Adventure Camp 2018, which was a never-forgetting experience and has endowed me with friends who are more like a family.

NSS has provided me with numerous opportunities to work on varied projects such as- sapling distribution drive, donation drives and its flagship events like-ZISTATVA, Blood donation camp, Pride Parade etc. It has been a platform through which I have been able to serve the nature and mankind to my best and in return, it has inculcated a deep sense of ethics and integrity in me and has transformed my personality significantly.

I am deeply grateful towards my teachers and my teammates for their constant love and support in this rejoicing journey of change making. It was indeed a proud privilege to Work with a team of diligently dedicated people throughout the year!

Swapnil

Vice President, DU Unit

My experience with NSS has been nothing less than a phenomenon. Being a volunteer for one whole year taught me the greatest lessons of life. It helped me reflect on my capabilities and my potential. I worked with the NGOs and interacted with people so diverse in thought and culture. An exposure of this kind was the driving force for me to continue the journey and I became a part of the NSS Union. Throughout this session, my brilliantly talented colleagues and I have worked tenaciously with a gusto for social service. I'm grateful to each one of my teachers, the union members and all the volunteers. We all need some light hearted involvements to balance out those boring college curriculums. NSS has been that safe haven for me. It has made me into a pragmatic, sensitive and ethically upright individual.

Itibaw Farooq

General Secretary, DU Unit



"तुम्हारी सेवा व्यर्थ न जायगी
कभी न कभी किसी न किसी को
तुम्हारी याद ज़रूर दिलायेगी"

Starting from the first year, NSS have always been my support, satisfaction and escape. The journey of a volunteer to a union member was a journey of changing ways but what remained constant was the satisfaction and happiness of being able to serve and love. NSS also gave me some of the extremely precious people around full of positivity, love and care.

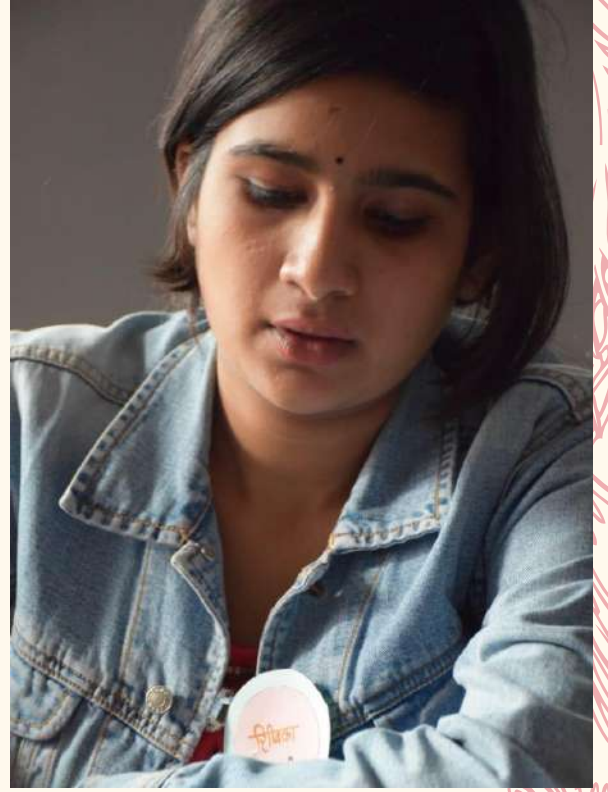
"I wish I could leave you my love but my heart is.... NSS"

Rishika Rastogi
Treasurer, DU Unit

I became a part of NSS first and now it's an integral part of me. The journey from being a volunteer to the Treasurer has been very blissful throughout. NSS has taught me alot; from learning the joy of giving to find joy in giving others. Being the treasurer is one big achievement that I will always cherish. Working with such a vivacious team has curated me as an individual. Apart from providing a sense of accomplishment, it helped me become an efficient and effective person.

“Work with the intent of LOVE ALL, SERVE ALL and you'll discover insurmountable heights.

Anushka Chhabra
Treasurer



My journey with NSS Started in 2017. Each year, I was a little more evolved, a little more selfless person. The NGOs were full of such beautiful souls, volunteering there was just pure bliss. I became part of the union as the Event Coordinator for this academic year with 17 other inspiring and empowering women by my side. We have been a family, where we look out for each other, ever since the beginning. I have learnt a lot from them. This year was full of new experiences and wonderful memories. I am thankful to the volunteers who made sure our efforts never went in vain. Finally, I want to thank the teachers for giving me this chance, believing in me and guiding me when I needed them.

Chhavi
Event Co-ordinator

In this fast paced world, NSS gave me an opportunity to slow down and think about what truly matters in life- compassion and gratitude. The smiles of the children at the NGOs and the volunteer's enthusiasm were happy reminders of this. I would also like to thank the teachers and the union. Working with this diverse set of women, each unique in their own ways, has been a learning experience in itself.

Team, Thank you for being the happiest, most loving and the strongest people I've ever come across. They say surround yourself with people you want to be like and I'm glad I chose you.

Radika Agarwal
NGO Co-ordinator



Being a part of NSS for two years now has given me a deep insight into what is known as social service. From being a volunteer in my second year: volunteering in many flagship events like children's day, blood donation camp and being associated with several NGO's to a Union member in my third year, NSS has made me understand the true essence that it carries, "NOT ME, BUT YOU". My journey in NSS Gargi has made me understand my responsibility towards society and the happiness of giving. I shall therefore strive to always work selflessly towards its motto.

Sakshi Sadana

Home Co-ordinator (Commerce)

My association with NSS Gargi for three years; being a volunteer in the first, a part of creative team in the second and Home Coordinator (Science) in the third year was very sterling. I've always wanted to do something for the society and welfare of others; and NSS has provided me with an appropriate platform for that. It's motto "NOT ME, BUT YOU" has very magnificently touched my heart and I have learnt a lot while working with NSS. Not only did it teach me discipline, punctuality, team work but also empathy, love and care for others.

I stand strong as the mountains and am like a flowing river that is able to LOVE ALL AND SERVE ALL, wholeheartedly.

Kashish

Home Co-ordinator (Science)

Being associated with NSS for a span of two years, I have learnt certain essential values in life, including humility, empathy and the sprit to serve. It helped me hone my communication skills and taught me patience. As an NSS union member, one of the first things one is made to realize was to serve for the purpose, not the post. I understood the need to act for the greater cause, and for my heart's contentment, instead of mere material rewards.

NSS volunteers, our teacher coordinators, the entire team enabled me to make sense of this journey, and do my bit in giving back to the society.

Disha Bhatia

Home Co-Ordinator (Arts)



It's been a really overwhelming experience to be a part of the NSS unit. My tenure as a creative head has been a roller coaster ride; full of fun and life lessons about balance and skills. Taking in the warmth and giving all you can is what union means to me.

I'd like to echo Saint Paul in saying that "I've run with perseverance and have finished the race"

Pooja Yadav
Creative Head



I would like to thank Dr. Preeti Pant and Dr. Sabeen Rizvi for providing me this wonderful opportunity to work as a creative head of NSS Gargi. NSS has helped me grow as an individual and become a responsible citizen. I had a great team to work with which was always there for me whenever I needed any help. NSS has taught me that even a small act of kindness can make a great difference in someone's life. I'll never forget the love NSS has showered me with. NSS has enriched my soul with selfless service.

Rabiya Parveen
Creative Head



Being a part of NSS Gargi for the past two years has proven to be a blessing for me. The journey from being a volunteer to the Creative Head was magnificent. Words would fall short if I epitomize my experience at NSS Gargi. Not only has it given me a sense of pride and identity but has also helped me grow as a human. I have learnt how to work selflessly for the underprivileged and promote a social change and contribute to the development of the society. The memories, I made during all the events, be it Zistatva, Blood Donation Camps or Flagship events are a real treasure for me. The feelings I got after all the events; especially the donation drives were overwhelming and are inexpressible. I can't thank the entire team enough for their abiding support throughout the year.

Akshita Raina
Creative Head

Firstly, I would like to thank NSS for giving me such a great opportunity. I have learnt a lot from the very first day of this NSS journey. I would like to say that everyone should devote at least a little part of their life to social work; as that would bless them with a different kind of happiness. I am blessed that I have a family that cares for their teammates.

All Union members were very supportive and caring for each other. The visit to Cheshire Home was the best part of my life. Being a creative head, I got exposure for my creativity. NSS made me a socially active and responsible person and gave me self-satisfaction. According to me, "The happiest person is the one who engages themselves in social work.", and I found myself to be the happiest one.

Sonali Sharma
Creative Head



TEAM Savera



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RISHIKA RASTOGI (UNION)

CALENDAR

2019-20 THE YEAR THAT WAS.

JULY, AUGUST EVENTS:

1. Orientation Day (21st August)
2. Independence Day (15th August)
3. WWF Tide Turner Workshop (29th August)

SEPTEMBER EVENTS:

4. Newspaper Donation Drive (2nd September)
5. Pride Parade (6th September)
6. The Launch of iSAFE (7th September)
7. Dry Snacks & Sanitary Napkins Donation (15th Sep)
8. Poster Making Competition (21st September)
9. Electors Verification Programme (21 to 24th Sep)
10. 50th NSS Day (24th September)
11. Public Lecture (25th September)
12. Blood Donation Awareness Talk and Flash Mob
13. Blood Donation Camp (25th September)
14. Seminar on Power of Positive Thought: Be the Magician (27th September)

OCTOBER EVENTS:

15. Gandhi Jayanti Movie Screening (1st October)
16. Plog Run (3rd October)
17. Cleanliness Drive Yamuna Bank (2nd October)
18. Best Out of Waste (14th and 15th October)
19. Zistatva 2019 (18th October)
20. Arun Jaitley Memorial Lecture (29th October)
21. Unity Run (31st October)
22. Unity Pledge (31st October)

NOVEMBER EVENTS:

23. Group Discussion on Unity (1st November)
24. Creative Writing Competition Unity (2nd November)
25. Food and Clothes Donation Drive (6th November)
26. Creative Evaluation & Writing Competition (26th Nov)

JANUARY EVENTS:

27. Slogan Writing Competition
28. Creative Writing Competition (16th January)
29. Speech Writing Competition (20th January)
30. Seminar on Voting Rights, Dr. Vineeta Bhatt (21st)
31. Poster Making Competition on Voting Awareness(22nd)
32. IRSC Road Safety Seminar (22nd January)
33. Seminar by IRSC- Vaishnavi Sayal (22nd January)
34. Video Making competition (23rd January)
35. Sapling Plantation Drive (23rd January)
36. Sapling Distribution Drive (23rd January)
37. Voter's Day Pledge (24th January)
38. Swacchta Pledge (24th January)
39. Swacchta & Voting Rally (25th January)
40. Awareness drive at Shahpur Jat (25th January)
41. Republic Day Celebration (26th January)
42. Can Support Stall in College (28th January)

MARCH EVENTS

43. Newspaper Donation Drive (29th Feb-2nd Mar)
44. Women's Day Celebration (8th March)
45. Awareness campaign on COVID-19
46. Writing Competition for Magazine (31st March)

APRIL EVENTS:

47. COVID Fundraising by volunteers (2nd April)
48. NSS Quiz
49. Bollywood Quiz in Quarantine
50. Gargi Quiz in Quarantine
51. iGot Training of Volunteers
52. Mask Making Activity for COVID
53. Slogan Writing Competition on COVID (18th April)
54. Earth is Healing IG hashtag Challenge (22nd April)
55. Craft with Nature (24th April)

MAY EVENTS:

56. IG Live with The Happy Company (4th May)
57. IG Live with New Delhi Nature Society (12th May)

JUNE EVENTS

58. #1 week of environment Challenge
59. Environment Day Quiz (5th June)
60. World Day against Child Labour (12th June)
61. World Blood Donor Day (14th June)
62. Yoga day Content writing and Video Making (20th June)
63. Yogasana: The posture Making Challenge (21st June)
64. Instagram Live with Prashant Jaiswal (21st June)
65. Yoga from home (21st June)

JULY EVENTS

66. Honda Motorcorp Webinar on Road Safety (1st July)

HOLISTIC WORKSHOPS:

67. Workshop 1, Life Skills (6th September)
68. Workshop 2, Personality Development (4th Oct)
69. Workshop 3, Key to Relationships (8th November, 2019)
70. Workshop 4, Managing Negativity & Stress (24th January)
71. Workshop 5, Leadership (31st January)
72. Workshop 6, Ceilings on Desires (6th March)

CLEANLINESS DRIVES:

73. Cleanliness Drive 1 (23rd August)
74. Cleanliness Drive 2 (26th August)
75. Cleanliness Drive 3 (27th August)
76. Cleanliness Drive 4 (28th August)
77. Cleanliness Drive 5 (2nd September)
78. Cleanliness Drive 6 (4th September)
79. Cleanliness Drive 7 (5th September)
80. Cleanliness Drive 8 (11th September)
81. Cleanliness Drive 9 (12th September)
82. Cleanliness Drive 10 (13th September)
83. Cleanliness Drive 12 (16th September)
84. Cleanliness Drive 13 (20th September)
85. Cleanliness Drive 14 (26th September)
86. Cleanliness Drive 15 (21st October)
87. Cleanliness Drive 16 (22nd October)
88. Cleanliness Drive 17 (23rd October)
89. Cleanliness Drive 18 (24th October)
90. Cleanliness Drive 19 (25th October)
91. Cleanliness Drive 20 (28th January)
92. Cleanliness Drive 21 (30th January)
93. Cleanliness Drive 22 (3rd February)

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**Faith in action
is love- and love
in action is
service.**



MOTHER TERESA