

3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs during the last five years

(15) &

3.4.4 Average percentage of students participating in extension activities at 3.4.3. above during last five years (15)

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Quiz Competition on the topic 'Kargil	NSS	NSS	2020-21	200
Essay Writing Competition on the topic 'How to Culminate Atmanirbhara Bharat' to celebrate Independence Day	NSS	NSS	2020-21	32
Online Plantation Drive to celebrate Independence Dal	NSS	NSS	2020-21	25
Speech Competition on the topic 'Women Centric Changes in Indian Law' to celebrate Women's Equality Day	NSS	NSS	2020-21	27
Fit India Freedom Run to commemorate Fit India Movement	NSS	NSS	2020-21	32
Poster Making Competition on World Humanitarian day	NSS	NSS	2020-21	19
Skipping and Push-up Challenge on National Sports Day	NSS	NSS	2020-21	20
Webinar on the topic "From Fit to Fitter: Overcoming Women Health Challenge" by Dr. Puja Dewan, Consultant Gynecologist, Infertility Specialist, Musician, DGO, FRSH(UK), Ph.D. on the occasion of Fit India Freedom Run	NSS	NSS	2020-21	40
Video talk on Nutrition on the Occasion of the Fit India Movement (Virtual Week activities)	NSS	NSS	2020-21	52

an Exercise Challenge 'Sizzle and Sweat' (VICTUAL WEEK ACTIVITIES)	NSS	NSS	2020-21	40
Poster Making Competition on 'Importance of Healthy Food '(VICTUAL WEEK ACTIVITIES)	NSS	NSS	2020-21	30
The Yoga Competition- Best Posture People	NSS	NSS	2020-21	30
Online Quiz Competition on the topic "Nutrition" (VICTUAL WEEK ACTIVITIES)	NSS	NSS	2020-21	44
Break A -Online Aerobic Dance Challenge (VICTUAL WEEK ACTIVITIES)	NSS	NSS	2020-21	23
NSS Day and Orientation day	NSS	NSS	2020-21	70
Fit India Freedom Run to commemorate Fit India Movement	NSS	NSS	2020-21	70
Poetry competition on Gandhi Jayanti	NSS	NSS	2020-21	51
Webinar on 'Rashtriya Shiksha Neeti Ke Vividh Paksha'	NSS	NSS	2020-21	70
Pledge for Fight Against Covid-19	NSS	NSS	2020-21	70
Integrity Pledge for Citizens and Organization (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	44
Poster Making Competition on 'Anti-Corruption' (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	18
Slogan Writing Competition on 'Anti-Corruption' (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	30
Power - Point Presentation Competition on the topic "Anti-Corruption (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	70
Article Writing Competition on 'Corruption - A Blame Game' (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	20

Online Quiz Competition (VIGILANCE AWARENESS WEEK)	NSS	NSS	2020-21	70
Diwali Mela 'Nazaare'20' activities were 'Best out of waste', 'Diya Painting and Decoration Competition','Guess me if you caN', 'Ethnic Wears'	NSS	NSS	2020-21	70
A Lecture on 'Emerging Concerns: Navigating the space for a Vibrant Democracy' on Constitution Day	NSS	NSS	2020-21	70
A Speech Competition was organized on the topic 'Was India ready for the Pandemic?' on the occasion of 'International Day of Epidemic Preparedness'	NSS	NSS	2020-21	50
video talk on the occasion of 'World Day of War Orphans'	NSS	NSS	2020-21	102
A workshop on Psychological wellness, The Happiness Quotient", and an Interactive Talk on 'Comprehensive Young Adult Health Education'	NSS Unit in collaboration with ASTITVA (Department of Philosophy)	NSS	2020-21	77
Online Quiz Competition on Youth Health Week	NSS	NSS	2020-21	56
Essay Writing Competition" and "Movie Screening" on the 125th Birth Anniversary of Netaji Subhash Chandra Bose(Parakram Diwas)	NSS	NSS	2020-21	48
"Donation Drive". All the volunteers donated necessary items to underprivileged girls and women on National Girl Child day	NSS	NSS	2020-21	40

Singing and Poetry Competition was organized on the topic, "Patriotism: Unity in Diversity" on Republic Day	NSS	NSS	2020-21	58
Pledge event on the theme "Sadak Suraksha Jeevan Raksha" (Road Safety Week)	NSS	NSS	2020-21	78
Short Film Making A Short film making was organized on the topic: "THERE IS NO RESET BUTTON IN LIFE".	NSS	NSS	2020-21	60
Webinar on "CANCER PREVENTIONS: HOW MUCH EFFECTIVE"	NSS Unit of Mata Sundri Mata Sundri College in collaboration with Rajiv Gandhi Cancer Institute and Research Center. Speaker for the event was "DR. Seema Singh, consultant surgical oncology".	NSS	2020-21	76
WOMEN'S DAY WEEK GREETING CARD MAKING The NSS Unit organized a Greeting Card Making on the occasion of International Women's Day.	NSS	NSS	2020-21	61
WEBINAR ON HEALTHY LIFESTYLE FOR EVERYONE DR. LAVLEEN KAUR is a Dietitian, Clinical Nutritionist, and Lifestyle Coach.	NSS	NSS	2020-21	134

AUSDRUCK: AN EXPRESSION on the topic: Women Solidarity COUNSELLING SESSION NSS Unit organized 88 NSS Volunteers participated in the event.	NSS	NSS	2020-21	46
a counseling session on "CYBER CRIME AND SELF PROTECTION" The speaker for the event was KIRAN SETHI, Sub- Inspector of Delhi Police.	NSS	NSS	2020-21	88
DEBATE COMPETITION on the topic: "Is Marriage Institution a License to Patriarchy or true act of companionship?"	NSS	NSS	2020-21	30
MONOLOGUE on the occasion of "No discrimination Day". on the topic "The Importance to voice Racial Discrimination with the current situation".	NSS	NSS	2020-21	48
SKIT VIDEO ON SHAHEED DIWAS to tribute the three Indian freedom fighters who sacrificed their life against British rule- Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar.	NSS	NSS	2020-21	78
WORLD WATER DAY Doodling or Comic Strip Writings on the theme – Water a resource only for Elite.	NSS	NSS	2020-21	53
VIDEOGRAPHY: AN INTRODUCTION ON LGBTQ COMMUNITY	NSS	NSS	2020-21	50

VIDEOGRAPHY: THE MENTAL HEALTH AND LEGAL ADVISORY FOR LGBTQI+ COMMUNITY It showered knowledge on how the Indian legal system aids the queer community. The event discussed mental health which people in this community hold a large share.	NSS	NSS	2020-21	57
QUIZ CHALLENGE On 31st March, 2021, we organized Quiz Challenge for the volunteers. The questions for the quiz were based on the previous sessions of Videography Education on Queer Community.	NSS	NSS	2020-21	30
WORLD AUTISM DAY The volunteers were made aware of the problems and how to help people suffering from Autism.	NSS	NSS	2020-21	40
MINE AWARENESS DAY International Day for Mine Awareness and Assistance in Mine Action, reflecting on how far we have come in raising awareness of the dangers posed by landmines and recommit to our target of a mine-free world.	NSS	NSS	2020-21	50
TIKA UTSAV to raise awareness about COVID and vaccines through posters and videos. Awareness was spread with the help of social media and posters.	NSS	NSS	2020-21	
B.R. AMBEDKAR JAYANTI Online Quiz Competition	NSS	NSS	2020-21	40
On The Spot Calligraphy On the Occasion of B.R. Ambedkar Jayanti	NSS	NSS	2020-21	40

EARTH DAY Best out of waste	NSS	NSS	2020-21	50
Poetry Recitation and Earth Model Making on topics related to earth and environment. Some volunteers participated in earth model making in which they made earth's model using clay/mud.	NSS	NSS	2020-21	50
MUSKURAHAT The NSS Unit of Mata Sundri College for Women organized 'Muskurahat'. to help and teach underprivileged children of that NGO.	NSS in collaboration with an NGO-Childrenwise	NSS	2020-21	32
WORLD AIDS VACCINE DAY organized 'Documentary' on the occasion of World Aids Vaccine Day based on the need for a vaccine to prevent HIV infection and AIDS.	NSS	NSS	2020-21	43
NATIONAL ENDANGERED SPECIES DAY Quiz competition	NSS	NSS	2020-21	30
MINDFULNESS on the occasion of International Yoga Day. Volunteers were made aware of Surya Namaskar. The event lasted once a week for one month.	NSS	NSS	2020-21	50
COVID-19 AWARENESS AND DEBUNKING MYTHS - PowerPoint Presentation on the topic Covid-19 Awareness and Debunking Myths	NSS	NSS	2020-21	67
NO TOBACCO DAY- LUCKY 7 AND PLEDGE organized 'Lucky 7' on the topic No Tobacco Day. Volunteers were made aware of the facts through the Game.	NSS	NSS	2020-21	36

<p>PLEDGE EVENT on the theme 'LockDown and Queer Community' by dressing up in multicolored clothes and painting their hands and faces to support the Queer Community.</p>	NSS	NSS	2020-21	37
<p>DOCUMENTARY The NSS Unit of Mata Sundri College For Women organized a documentary on the topic "Job and Queer community During Covid-19" On 5th June, 2021 at 5:00 pm. Various videos were shown about how COVID-19 has impacted the employment of the queer community. 45 NSS volunteers participated in the event.</p>	NSS	NSS	2020-21	45
<p>TALK AND DISCUSSION on the topic "Harassment and Queer community" in which knowledge was imparted about the stereotypes, stigmas, and harassment faced by the queer community. 42 NSS volunteers participated in the event.</p>	NSS	NSS	2020-21	42
<p>POWERPOINT PRESENTATION about how the Covid-19 and lockdown have affected the mental health of the Queer Community.</p>	NSS	NSS	2020-21	40
<p>ART FOR EVERYONE To show support to the Queer community, the NSS Unit organized "Art for Everyone" on 8th June, 2021 in which 22 NSS volunteers painted masks and T-shirts. They also did nail art and makeup.</p>	NSS	NSS	2020-21	22

SHADES OF LOVE was organized in which 26 NSS volunteers wrote slogans on their arms and hands with paints regarding the impacts of HIV and the Queer community.	NSS	NSS	2020-21	26
CROSSWORD PUZZLE The game helped volunteers gain knowledge about the impacts of HIV-AIDS on the Queer community.	NSS	NSS	2020-21	31
DEBATE : Kink to Pride The NSS Unit organized a debate competition on the topic "Does Legalisation of Sex Workers help the LGBT community or not"..	NSS	NSS	2020-21	14
VOCAL : Speech Challenge was organized on the topic - "Marital Rape-A Real Issue".	NSS	NSS	2020-21	16
YOUR CALL-DISCUSSING SDGs ESSAY WRITING on the Topic- "Sustainable Development Goal 13".	NSS	NSS	2020-21	15
DISCUSSION The NSS Unit organized "Your Call - Discussing SDGs".	NSS	NSS	2020-21	23
WORLD REFUGEE DAY FLASHCARD MAKING make a card with a hidden message to pay a tribute to the refugees.	NSS	NSS	2020-21	14
DOCUMENTARY AND PPT PRESENTATION on the occasion of World Refugee Day to pay tribute to all the struggles of the refugees.	NSS	NSS	2020-21	35
INTERNATIONAL YOGA Day NSS Unit organized the event "ASANAS"	NSS	NSS	2020-21	22

Jal Shakti Abhiyan: Save Water Resources for a Better Tomorrow	NSS	NSS	2019-20	24
Swacchta Pakwada 1: Cleanliness is Next to Godliness	NSS	NSS	2019-20	44
Safe Launch Event	NSS volunteers attended one day training programme at IIT Delhi on Road Safety	NSS	2019-20	24
Nukkad Natak on Gandhian Ideology	NSS	NSS	2019-20	20
Electoral Verification Camp	NSS	NSS	2019-20	85
NSS Day. Workshop on First Aid Training	NSS in collaboration with IQAC	NSS	2019-20	54
Public Lecture on the topic, Public Diplomacy: Leaving the Cage	NSS volunteers attended a Public Lecture by the German Ambassador at Delhi University	NSS	2019-20	15
Poster Making Competition on Plastic Waste Management	NSS	NSS	2019-20	35
Essay Writing and Slogan Writing Competition. Topic Anti Corruption	NSS	NSS	2019-20	39
Unity Run and Pledge Taking Ceremony on Anti Corruption	NSS	NSS	2019-20	25
Walkathon on Fit India	NSS	NSS	2019-20	34
Oath Taking Ceremony on National Voters Day	NSS	NSS	2019-20	15
Walkathon on Save the Girl Child and Poetry Recitation on Beti Bachao, Beti Padhao	NSS	NSS	2019-20	20
Swacchta Pakhwada	NSS	NSS	2019-20	40
Workshop on Self Defense	NSS in collaboration with IQAC	NSS	2019-20	37

Lockdown Phase I: Awareness Campaign on Social Distancing	NSS volunteers spread awareness about Social Distancing and Hygiene Protocols to be observed during the pandemic.	NSS	2019-20	20
Lockdown Phase II: Salute Our Heroes	NSS volunteers while continuing to spread awareness about Social Distancing and Quarantine gave a grand salute to our Corona Warriors and also showed the way to take care of stray animals in their respective areas.	NSS	2019-20	18
Lockdown Phase III: Lockdown to Productive Lockdown	NSS Volunteers organized Poster Making Competition and also gave sessions on how to make face masks.	NSS	2019-20	24
Lockdown Phase IV: Atma Nirbhar Bharat	NSS Volunteers made e posters highlighting the importance of Hon'ble Prime Minister's address on Atma Nirbhar Bharat.	NSS	2019-20	11
SWACHH BHARAT SUMMER INTERNSHIP PROGRAMME	NSS	NSS	2018-19	25
Door to Door Campaign in an adopted Slum Quarter in Mata Sundri Lane and local market	NSS	NSS	2018-19	18

Intensive Cleaning of selected places like Old Age Homes	NSS	NSS	2018-19	10
Cleanliness Drive on the Railway Station	NSS	NSS	2018-19	11
Nukkad Natak for Awareness about Personal Hygiene	NSS	NSS	2018-19	20
National Youth Festival		NSS	2017-18	1
Yoga Day	NSS Unit of Delhi University	NSS	2017-18	10
Rally for River project	NSS	NSS	2017-18	20
Guided Tour to Lal Bahadur shastri Memorial	NSS	NSS	2017-18	40
Voter Awareness Workshop	NSS	NSS	2017-18	4
Human Value Development Workshop	NSS	NSS	2017-18	1
Rapr Roko Movement	NSS	NSS	2017-18	10
Yoga Day	NSS	NSS	2017-18	50
Swachhta Pakhwara	NSS	NSS	2017-18	50
Cloth Donation Camp	NSS	NSS	2017-18	50
Essay Writing Competition	NSS	NSS	2017-18	30
NSS Day Celebration	NSS	NSS	2017-18	100
Dental Check-up Camp	NSS in collaboration with NCC	NSS	2017-18	200
Slum Visit on Diwali	NSS	NSS	2017-18	30
Poster Making Competition	NSS	NSS	2017-18	30
SOCIAL AWARENESS WEEK	NSS	NSS	2017-18	250
Constitution day Celebration	NSS	NSS	2017-18	60
International Yoga Day	Ministry of youth Affairs	NSS	2016-17	-
Swachhta Pakhwara	NSS	NSS	2016-17	-
Ajadi 70 Yaad Karo Kurbaani	NSS	NSS	2016-17	-
NSS Day	NSS	NSS	2016-17	-
Dry Day for Tobacco	NSS	NSS	2016-17	-
Electoral Verification Camp	NSS	NSS	2016-17	-

Health Camp	NSS	NSS	2016-17	100
Workshop on Disaster Managemnet	NSS	NSS	2016-17	170
Rashtriya Ekta Diwas	NSS	NSS	2016-17	70
Vigilance Awareness Week	NSS	NSS	2016-17	40
Constitution Day	NSS	NSS	2016-17	80
Vittiya Saksharta Abhiyan- Visaka : Visaka Aims	NSS	NSS	2016-17	70
International Yoga Day	NCC	NCC	2020-21	70
Tree plantation day	NCC	NCC	2020-21	70
Fit India Movement	NCC	NCC	2020-21	70
Yamuna Swacchta Drive	NCC	NCC	2020-21	10
Hand Wash day	NCC	NCC	2020-21	30
To conduct a checkup for all the students and professors in the college.	NCC	NCC	2019-20	864
Interactive talk on leadership and personality development for NCC cadets, conducted by CTO.	NCC	NCC	2019-20	50
To pay homage to the bravehearts who laid down their lives for their motherland.	NCC	NCC	2019-20	70
To provide help to the general masses and raise awareness among people about Covid-19.	NCC	NCC	2019-20	23
To make cadets understand the importance of teamwork and how it is an essential life value.	NCC	NCC	2019-20	200
To stress on the importance of emotional well-being and the importance of mental health.	NCC	NCC	2019-20	300
CHIEF MINISTER RALLY	NCC	NCC	2018-19	3
THAL SAINIK CAMP	NCC	NCC	2018-19	1
ASIAN GAMES OPENING	NCC	NCC	2018-19	20
INDEPENDENCE DAY	NCC	NCC	2018-19	98
ADVANCE LEADERSHIP CAMP	NCC	NCC	2018-19	1

AMAR JAWAN JYOTI	NCC	NCC	2018-19	1
SURGICAL STRIKE	NCC	NCC	2018-19	40
AJMER TREKKING CAMP	NCC	NCC	2018-19	2
DARJEELING CAMP	NCC	NCC	2018-19	6
EK BHARAT SHRESHTH BHARAT	NCC	NCC	2018-19	15
COMBINED ANNUAL TRAINING CAMP	NCC	NCC	2018-19	17
SWATCH BHARAT ABHIYAN	NCC	NCC	2018-19	30
REPUBLIC DAY CAMP	NCC	NCC	2018-19	2
PRIME MINISTER RALLY	NCC	NCC	2018-19	15
PARA SLITHERING AND PARA SAILING	NCC	NCC	2018-19	5
NCC COMPETITIONS	NCC	NCC	2018-19	19
ANNUAL FEST SARANG	NCC	NCC	2018-19	80
INTERNATIONAL SEMINAR	NCC	NCC	2018-19	20
WORLD WATER DAY	NCC	NCC	2018-19	20
COMBINED TRAINING ANNUAL CAMP	NCC	NCC	2017-18	65
THAL SAINIK CAMP	NCC	NCC	2017-18	3
SWACHH SANKALP SE SWACHH SIDDHI	NCC	NCC	2017-18	112
A VISIT TO LALA BAHADUR SHASTRI MEMORIAL	NCC	NCC	2017-18	100
FREE DENTAL CHECKUP AND HEALTH EXHIBITION WITH CLEANLINESS DRIVE	NCC	NCC	2017-18	300
CLEANLINESS IS SERVICE RALLY AND POSTER MAKING COMPETITION	NCC	NCC	2017-18	70
NATIONAL INTEGRATION CAMP	NCC	NCC	2017-18	3
Quiz on quit India movement	NCC	NCC	2017-18	200
BETI BACHAO BETI PADHAO	NCC	NCC	2017-18	250
ANTI CORRUPTION	NCC	NCC	2017-18	250
REPUBLIC DAY CAMP	NCC	NCC	2017-18	1
ROAD SAFETY AWARENESS WORKSHOP BY DELHI POLICE	NCC	NCC	2017-18	100
Army Attachment Camp	NCC	NCC	2017-18	4
Para Slithering Camp	NCC	NCC	2017-18	6

Saarang annual fest	NCC	NCC	2017-18	20
Mountaineering Camp	NCC	NCC	2016-17	1
Combined annual training camp	NCC	NCC	2016-17	55
Mahavilankar camp	NCC	NCC	2016-17	1
Yoga day	NCC	NCC	2016-17	30
Swachh Bharat abhiyaan	NCC	NCC	2016-17	70
Independence Day	NCC	NCC	2016-17	95
Cards were painted by the Cadets and were posted to the Jawans on the Borders	NCC	NCC	2016-17	36
All India Thal Sainik Camp	NCC	NCC	2016-17	1
Mass PT. Camp	NCC	NCC	2016-17	30
KHO-KHO CAMP	NCC	NCC	2016-17	3
Pre-RDC Camp	NCC	NCC	2016-17	4
AJMER TREK	NCC	NCC	2016-17	2
YOUTH EXCHANGE PROGRAM	NCC	NCC	2016-17	1
NATIONAL INTEGRATION CAMP	NCC	NCC	2016-17	9
Para-slithering camp	NCC	NCC	2016-17	1
Para-sailing camp	NCC	NCC	2016-17	1
ALL INDIA DRILL CAMP	NCC	NCC	2016-17	1
SSB OTA Gwalior	NCC	NCC	2016-17	1
Various NCC fests of different colleges of Delhi University	NCC	NCC	2016-17	60
AMMBASSADOR LECTURE SERIES ,INDIA – NEPAL RELATIONSHIP	NCC	NCC	2016-17	20
To upcycle Rumala Sahibs, sarees and old clothes into envelopes and other items, while generating employment for people financially affected by the Covid-19 pandemic.	Enactus Unit of MSC	Enactus/ Project Sil-sila	2020-21	Ongoing Project
Spreading awareness about single use plastic, monitoring and invoking Alternatives	Enactus Unit of MSC	Enactus/ Project Tide-Turner	2020-21	Three Level Ongoing Project

online peer-tutoring initiative to tutor students within the college who find themselves struggling with written and spoken English.	Enactus Unit of MSC	Enactus/Project-Jamboard	2020-21	Ongoing Project
“We Reap What We Throw” – An Interactive Session on Solid Waste Management by The domain experts for the event were Mr. Omendra Srivastava, Technical Head of Swachh Bharat Mission and Mr. Ajay Arora Founder of Waste Management Corporation	Enactus Unit of MSC	Enactus	2020-21	104
• E-waste Collection Drive	in collaboration with the NGO Chintan (Environmental Research and Action Group)	Enactus	2019-20	Ongoing Project
• Anaemia Camp	Enactus Unit of MSC In collaboration with the NGO 'Space for All'	Enactus	2019-20	862
A day of playful learning activities for underprivileged kids under Project Aashna and cards making, decorating Diyas under 'Twinkle'	Enactus Unit of MSC In collaboration with the NGO 'Space for All'	Enactus	2019-20	-
Republic Day Celebration through apprising under-privileged children with History of India	In collaboration with the NGO 'Space for All'	Enactus	2019-20	-
Growing Organic vegetables	Enactus Unit of MSC	Enactus/ Project VeggieVille	2019-20	Ongoing Project
• Sustainability -Enactus has begun composting organic waste in earthen pots to make manure	Enactus Unit of MSC	Enactus/ Sustainability	2019-20	Ongoing Project

Fuel and Energy Conservation towards Green Environment	EVS Dept.&Petroleum Conservation Research Association	Earthacon Society	2020-21	157
“Biodiversity Conservation for Environmental Sustainability” in association with Petroleum Conservation Research Association (PCRA)	EVS Dept.&Petroleum Conservation Research Association	Earthacon Society	2020-21	98
Hopping Sparrows Film Festival	EVS Dept.	Earthacon Society	2020-21	51
BIRD NEST MAKING WORKSHOP (Virtual)	EVS Dept.&Eco-Roots Foundation, New Delhi	Earthacon Society	2020-21	119
Conservation Storytelling-A Modern Approach To Conservation	EVS Dept.	Earthacon Society	2020-21	63
E - Workshop on "Feed the Bin" (An E-Waste Recycling and Management)	EVS Dept.	Earthacon Society	2020-21	235
Webinar on Water Conservation & Sustainability Dr. Rajendra Singh Waterman of India	EVS Dept.	Earthacon Society	2020-21	108
Inter College online quiz on the occasion of World Wetlands Day.	EVS Dept.	Earthacon Society	2020-21	153
an Inter College online competition on the occasion of World Wildlife Week.The theme of the competition was 'Conservation and Protection of Wildlife'.	EVS Dept.	Earthacon Society	2020-21	49
Quiz cum talk and “Nukkad Natak” on the title “Oil and Energy Conservation”	Petroleum Conservation Research Association	Earthacon Society	2019-20	185
Fuel and Energy Conservation towards Green Environment	EVS Dept.&Petroleum Conservation Research Association	Earthacon Society	2019-20	157

“Biodiversity Conservation for Environmental Sustainability” in association with Petroleum Conservation Research Association (PCRA)	EVS Dept.&Petroleum Conservation Research Association	Earthacon Society	2019-20	98
International Skill Based Counselling Sessions (Extension Activity)- Online Teaching- Learning Technologies	IQAC for Al Zahra (Muscat)	IQAC	2020-21	169
International Skill Based Counselling Sessions (Extension Activity)- How to handle the Pressure of Online Examination	IQAC for Al Zahra (Muscat)	IQAC	2020-21	147
International Skill Based Counselling Sessions (Extension Activity)- Mechanisms for implementing Students Practical Session	IQAC for Al Zahra (Muscat)	IQAC	2020-21	65
International Skill Based Counselling Sessions (Extension Activity)- How to Maintain academic Integrity in Distance Learning: Exploring Best Assessment Methods	IQAC for Al Zahra (Muscat)	IQAC	2020-21	88
Skill Based Counselling Session: Hindi Matribhasha Main rozgar ke Awsar	Hindi Dept.	IQAC	2020-21	153
A Skilled Based Counselling Session: Skills and Competencies agenda and enhancing Employability and Work Participation of Women	BA (Prog.) Society	IQAC	2020-21	457
Short Term Course - Gender Sensitization	Internal Complaints Committee in association withWhite Swan Consulting Group	ICC	2020-21	170

Multi-disciplinary online workshop titled "Women Achievers: Creating History, Nourishing Present and Building Future"	Departments of Philosophy, Psychology, Physical Education & Sports Sciences And IQAC	Inter Departmental Collabration	2020-21	250
A talk on Sexual Harassment of women at workplace	Internal Complaints Committee	ICC	2017-18	130
Gender Sensitization and Menstrual Hygiene	Internal Complaints Committee in association with LADLI FOUNDATION	ICC	2019-20	100
Manushi: A Chronicle from Her Story	Dept of Pol Sc	Departmental Activity	2019-20	200
The Department of political science along with Josh Talks in association with Vivel, organised a workshop on 'Know your rights'.	Dept of Pol Sc	Departmental Activity	2018-19	250
Young India Women Entrepreneurship Mission	Department of Commerce Mata sundri College	Departmental Activity	2016-17	250
Career counseling on "political science: research and analytical skill"	Political science Dept	Departmental Activity	2020-21	100
An Interactive Counselling Session for UG and PG students on the Practice of Psychology	Psychology Dept	Departmental Activity	2020-21	88
Psychology as a life Skill	Psychology Dept	Departmental Activity	2020-21	539
CAREER COUNSELLING SESSION	SANSKRIT Dept	Departmental Activity	2020-21	45
Connectque	Commerce Dept	Departmental Activity	2020-21	200
Career Opportunities in the field of Music	Dept of Music	Departmental Activity	2020-21	34
Lecture Demonstration	Music	Departmental Activity	2018-19	25
हिन्दी अनुप्रयोग और हिन्दी में रोज़गार विषय पर एक दिवसीय कार्यशाला	Hindi	Departmental Activity	2017-18	130
Career Counselling Session	Sanskrit	Departmental Activity	2017-18	40

Inter College Workshop on Career Counselling " World within Reach "	Mathematics	Departmental Activity	2016-17	152
Stock Mind	commerce	Departmental Activity	2016-17	300
How to Earn Money from Your Idea	Commerce	Departmental Activity	2016-17	150
Vyapar	Commerce	Departmental Activity	2016-17	80
Lecture Demonstration	Music	Departmental Activity	2016-17	NA
Mental Health: Challenges and Opportunities	Dept of Psychology	Departmental Activity	2020-21	100
Online Lecture session on Pursuing Wellness and Health: Issues and Challenges	Dept of Psychology	Departmental Activity	2020-21	100
International Webinar on "Experiences of Engaging with Diverse Communities: Challenges and Key Learnings	Dept of Psychology	Departmental Activity	2019-20	170
Body Image Concerns in Young Adults	Dept of Psychology with IQAC MSC	Departmental Activity	2018-19	70
National Conference on "Perspectives of Successful Ageing	Dept of Psychology in collaboration with Indian association of Positive psychology	UGC Funded	2016-17	450

