

Report (2019-2020)

N.C.W.E.B., Mata Sundri College

Orientation Day



The N.C.W.E.B. Centre of Mata Sundri College For Women, University of Delhi, organised its Orientation Day on 15th September 2019. The day began with *Shabad Kirtan* in the college *Gurudwara* to start the new Academic Session of 2019-20 on a note of positivity and good energy. A formal Orientation followed this in the college Auditorium wherein, Dr Harpreet Kaur, the Principal Ma'am, accorded a warm welcome to the students and teachers. Dr Sarabjit Kaur Sran, the Teacher In-Charge of N.C.W.E.B., also addressed the new students and lecturers and wished them well. The students received useful information regarding the rules and regulations, attendance requirements, and the particulars of their respective time tables. Afterwards, all the subject teachers introduced themselves on stage so that the students could meet them personally and clear their

remaining doubts before the beginning of their formal classes. The college welcomed all the new and existing students wholeheartedly and encouraged each of them to have a fulfilling semester.

Yoga Training and Talk Event

Under the aegis of Dakshina Foundation, a yoga training and talk event were organised on the topic of “Importance of Yoga in Life” on 29th September 2019 in collaboration with the N.C.W.E.B. centre. The aim was to make the students interested in yoga and overall mind-body fitness. Dr Sarabjit Kaur, the Teacher-In-Charge welcomed the Yoga expert along with the founder of Dakshina Foundation, Ms Upasana Aggarwal. Following that, the students performed various *asanas* and learnt the right techniques to do so from the expert while being seated on the ground.



It was also an occasion for them to practice as well to ask about the various kinds of yoga *asanas* that they could do for various ailments. The most popular questions were about alleviating stress in a student’s life and maintaining correct body postures. The event was a massive success with the students and imparted a valuable life lesson to them.

Extra-Curricular Activities

The N.C.W.E.B. Centre of Mata Sundri College for Women organised a day of Extra-Curricular Activities for its students on 20th October 2019. Several events were lined up throughout the day, and students participated with a lot of enthusiasm. The *Rangoli*-making competition saw students designing beautiful *Rangolis* on a variety of themes in one hour. It was presided over by Deputy Coordinator, Dr Indu Kumari and Senior Assistant, Mr Sandeep Bhati.



Students also showed their creativity and environmental awareness in the Poster-making competition on the theme of “Single-Use Plastics.” The judges, Ms Poulomi Paul and Ms Ruchi assessed the posters and announced the first and second-prize winners. Other students made the “Best out of Waste” and turned scrap materials into artworks. The *Mehendi* Competition also saw students exhibit their talents, and the best *Mehendi* artists were awarded the first and second-prize prizes by judges, Ms Sonia Bansal and Ms Monika.



The more musically-inclined students took part in the *Shabad Kirtan* competition, which was held in the auspicious space of the *Gurudwara*. The Poetry competition provided an excellent opportunity for the students to read out the beautiful poems that they had written. The event was judged by Mr Shiv Hari and Mr Gaurav Bharti. The orators of the college spoke on the topic of “Women’s Representation in the Government” in a debate competition which judged by Mr Subodh, Mr Dileep Kumar and Ms Soni Pandey. Others used their quick-thinking skills to speak on-the-spot for two minutes in the Extempore Competition. The student’s knowledge of current affairs was also tested in the Quiz and Essay-Writing competition. The quizzers were given 30

minutes to answer twenty questions, which were checked by Dr Sumant Kumar and Dr Yatnesh Yadav. All the events saw a significant number of students participation. These Extra-Curricular Activities gave them not just a break from attending lectures in class, but also a brilliant opportunity to showcase their talents.

Talk and Competition: “Views of Medieval Saints on Women Empowerment”

N.C.W.E.B. Centre Mata Sundri College for Women, University of Delhi, in collaboration with Dakshina Foundation, organised a talk and a competition on 12th January 2020. The theme of the event was “Views of Medieval Saints on Women Empowerment.” Mr Manjeet Singh Rai, a member of the Minority Commission, was invited as the Chief Guest; the keynote speaker was Dr Manu Sharma Kataria, National Vice President of A.B.V.P.; and, the panel was presided by Ms Kalpana Sharma, Additional Director of Lok Sabha along with Ms Upasana Aggarwal, the founder of Dakshina Foundation. The programme started with the welcome of eminent guests by Dr Sarabjit Kaur, the Teacher In-charge. Dr Indu Kumari, the Deputy Coordinator, welcomed Ms Kalpana Sharma while Dr Sarabjit Kaur welcomed Ms Upasana Aggarwal. Dr Harpreet Kaur, the Principal Ma’am, also sent her warm wishes and good luck to the student participants.

The event started with a prayer and the lighting of the ceremonial lamp. After a brief introduction of the dignitaries, the competition got underway, in which, students talked about medieval saints and their thoughts on equality. While talking about saints of the medieval period, the students also reflected upon the crucial themes related to women empowerment, untouchability, religion etc. They spoke of Guru Nanak Dev Ji, the founder of Sikh religion; Kabir, a prominent saint of Bhakti movement in Northern India; and Mira Bai, who became a famous divine singer. These medieval saints attacked the societal barriers which prescribed different spiritual paths for men and women. Fifteen students participated in the competition, and three of them were awarded first, second and third prize respectively for their overwhelming performance.



After the competition, Dr Manu Sharma, Ms Kalpana and Mr Manjeet Singh Rai addressed the audience while talking about women empowerment and the importance of the teachings of medieval saints in today's "modern" world. At last, the founder of Dakshina Foundation, Upasana Aggarwal and the Teacher In-charge, Dr Sarabjit Kaur, gave the thanking speeches.

Sports Day

Mata Sundri College, University of Delhi, organised Sports Day Function on 16th February 2020. Registration for 100 Meter Race, Sack Race, Lemon Race, Three-legged race Needle-Thread Race and Relay Race started at 8:30 am. Following races took place:-

1. 100 Meter Race

It is a sprint race in track and field competitions. Priya Das from B.Com (3rd Year) came first, Sonali from B.Com (1st Year) came second, and Gursimran from B.Com (3rd Year) came third.

2. Sack Race

In this race, participants place both of their legs inside a sack and hop-forward towards a finish line. Sneha Panwar from B.Com (2nd Year) came first, Priya Das from B.Com (3rdYear) came second, and Ashi from B.Com (2nd Year) came third.



3. Lemon Race

In this race, participants must balance a lemon upon a spoon and run with it to the finishing line. Sneha Panwar from B.Com (2nd Year) came first, Zeenat Khan from B.A. (2nd Year) came second, and Preeti from B.A (3rd Year) came third.

4. Relay Race

In this race, members of a team take turns completing parts of racecourse. The first position went to Sneha Panwar and Priya Das from B.Com (3rd Year), the second position to Anjali and Shaily from B. Com (2nd and 3rd Years), and the third position to Meena and Nisha from B.A. (3rd Year) and B.Com (2nd Year) respectively.

5. Three-Legged Race

In this race, participants run on three legs, that is, each partner has her leg strapped to another. The first position went to Sneha Panwar and Priya Das from B.Com (2nd and 3rd Years), the second position to Shweta and Nancy from B. Com (1st Year) and B.A. (1st Year) respectively, and the third position to Bhawna Chauhan and Himanshi from B.Com (3rd Year) and B.A. (3rd Year) respectively.

6. Needle-Thread Race

In this race, the participants have to run with a thread in their hands and race till the other end where their partners are waiting with the needles. Whosoever first gets the thread through the eye of the needle and races back to the start becomes the winner. Out of 35 participants, the first position was bagged by Sneha Panwar and Priya Das from B.Com (2nd and 3rd Years), the second position by Ashi and Bhawna from B.Com (2nd and 3rd Years), and the third position by Himanshi and Bhawna Chauhan from B.A. (3rd Year) and B.Com (3rd Year) respectively.



At the end of all races, the Musical Chair event was organised for teachers in which Ms Reema Gupta and Mr Shivhari won. The musical chair marked the culmination of an exciting day that saw participation from both the students and the faculty and energised everybody with positive energy and happiness. The prize-award ceremony will be held in the upcoming cultural programme.

Other Awards and Mentions

Our students, Ishita, Nishina and Shobhini, from B.A (P) 1st Year, won the first position in “Ratan de Pehran” competition during the “Lashkara” event held at S.G.T.B Khalsa College from 27th February 2020 to 29th February 2020.

The Gidda Team too received the Consolation Prize in “Udaan Utsav” (an all DU-Fest) held at Indira Gandhi National Centre for the Arts (I.G.N.C.A.) on 6th March 2020. Ms. Geeta Bhatt, the Director of N.C.W.E.B., also graced the event with her fragrant presence.