



NATIONAL SERVICE SCHEME

REPORT 2020-2021

This report consists of all the events starting from July 2020 till June 2021. It basically contains all the main information about each event including the number of volunteers present in the event, date & time of the event, about the event, and motive of the event.

KARGIL VIJAY DIWAS

To celebrate 21 years of Kargil Vijay Diwas, the NSS Unit of Mata Sundri College for Women organized an Online Quiz Competition on the topic "KARGIL WAR" on 26th July, 2020 at 12 noon. More than 200 students including NSS Volunteers of different colleges participated, enthusiastically in which other college students also took part. The competition was conducted via Google forms, taking 20 minutes as the time limit. E-Certificates were provided to the participants and appreciation E-Certificates to the winners. We deeply salute the warriors who fought in the Kargil War selflessly for the protection of the country.

INDEPENDENCE DAY

On this 74th Independence day (15th August, 2020) with the belief of creating India with our dreams (self-reliant, self-sufficient, self-supporting) the NSS unit organized an Essay Writing Competition on the topic, "How Can We Culminate Aatmanirbhar Bharat?". 32 NSS Volunteers participated. Entries were to be mailed and the top 3 participants were given E-Certificates.

FIT INDIA MOVEMENT

On 25th August, 2020 - 2nd October, 2020 on the occasion of "Fit India Movement", the NSS unit has organized "Fit India Freedom Run". On the 25th day, we organized Indoor [jogging, running (solo), blogging, cycling] and Outdoor [yoga, stretching, skipping, exercise, flying kite, aerobic, dancing] activities. 32 NSS volunteers participated respectively.

WOMEN'S EQUALITY DAY

The NSS unit, on 26th August, 2020 organized an Online Speech Competition on the occasion of Women's Equality Day. The event was judged by Dr. Mamta Chawla, the Programme Officer of NSS, MSCW. 27 NSS Volunteers have participated in the event with all enthusiasm and gave speeches on "Women Centric Changes in Indian Law" in both Hindi and English languages via Google Meet at 5 pm. E-Certificates were provided to the top 3 winners of the competition.

ONLINE PLANTATION DRIVE

"One who plants a Tree, plants a Hope" ~ Lucy Lercon. On 15th August, 2020, the NSS Unit conducted an Online Plantation Drive. 25 NSS volunteers participated wholeheartedly intending to increase the greenery in their area.

WORLD HUMANITARIAN DAY

On the occasion of World Humanitarian Day (19th August, 2020), the NSS unit organized a Poster making competition. Beautiful posters were made by 19 NSS volunteers encouraging humanity with the hope that these posters may inspire us to be more humane so that we can make the world a better place.

NATIONAL SPORTS DAY

"It's hard to beat a person who never gives up" ~ Babe Ruth. On the occasion of Sports Day; 29th August, 2020, the NSS Unit organized the Skipping and Push-Ups Challenge to promote FIT INDIA. 20 NSS Volunteers participated and performed the activities.

WEBINAR ON - FIT TO FITTER:

OVERCOMING WOMEN HEALTH

CHALLENGES

The NSS Unit organized a 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 12th September, 2020 on the occasion of "Fit India Freedom Run" at 4 pm via Google Meet. More than 100 volunteers participated in which other college students took part. E-Certificates were provided for the registered attendees. It was enriching for all the participants and they gave positive feedback.

VICTUAL WEEK ACTIVITIES

- Nourish and Lift

NSS Unit organized a talk video on Nutrition on the occasion of the Fit India Movement on 15th September, 2020. 52 Volunteers made a short video of 15-20 sec. E-Certificates were provided to the participants.

- Sizzle and Sweat

"Exercise not only changes your body, but it also changes your mind, your attitude, and your mood." NSS Unit organized an Exercise Challenge on the occasion of the Fit India Movement on 16th September, 2020. 40 NSS volunteers participated and were told to send their best 4 entries in one video. E-Certificates were provided to the participants.

- Healthy Food, Healthy World

"To eat is necessary but to eat intelligently is an art."

The NSS Unit organized a Poster Making Competition for NSS volunteers under "Fit India Movement" on 17th September, 2020 on the topic "Importance of Healthy Food." 30 NSS volunteers participated. E-Certificates were provided to the participants.

- The Best Posture People

The NSS Unit organized "The Yoga Competition" on 18th September, 2020 on the occasion of Fit India Freedom Run. 30 NSS volunteers participated and were told to send their videos and photos. E-Certificates were provided to them.

- **Nutritie**

"It's okay to not know, but it's not okay to not try." The NSS Unit organized an Online Quiz Competition on the occasion of "Fit India Movement." on 19th September, 2020 on the topic "Nutrition" at 6:00 pm in which 44 NSS volunteers participated and E-Certificates were provided.

- **Break A Bics**

"Dancing burns as many calories as other cardio exercises do! It boosts your mood too!" The NSS Unit organized "An Online Aerobic Dance Challenge" on 20th September, 2020. 23 NSS volunteers participated. Videos were to be sent to the required NSS group. E-Certificates were provided to the participants.

NSS DAY AND ORIENTATION DAY

“The best way to find yourself is to lose yourself in the service of others.” On the occasion of NSS day, the NSS Unit organized Orientation and celebrated NSS day on 24th September, 2020 via Google Meet. New volunteers were invited and 70 NSS volunteers attended the program wholeheartedly. It was an overall successful day.

FIT INDIA FREEDOM RUN

On the occasion of the Fit India Freedom Run, the NSS Unit organized Fit India Movement. Volunteers had to follow some guidelines like •Run a route of your choice, at the time that suits you, following the social distancing norms. •Track your kilometers using any App on your mobile. From 26th September, 2020 to 28th September, 2020. 70 NSS Volunteers participated and performed their best.

POETRY COMPETITION ON GANDHI

JAYANTI

“Without Action, You Aren't Going Anywhere” ~ Gandhiji. On this auspicious grand ceremony of Mahatma Gandhi (2nd October, 2020), the NSS Unit had presented a poetry competition on the topic "गांधी के सपनों का भारत" both Hindi and English languages via Google Meet. E-Certificates were provided to the top 3 winners of the competition. 51 NSS Volunteers participated very enthusiastically.

राष्ट्रीय शिक्षा नीति के विविध पक्ष (NEP)

On 5th October, 2020 at 4:00 pm, the NSS Unit has organized a webinar on "Rashtriya Shiksha Neeti Ke Vividh Paksha" via Google meet. The speaker for the webinar was Mr. Sanjay Kumar Swami (M.A Political Science, M.A English, M.ED). 70 NSS Volunteers enthusiastically participated in the webinar and cleared their doubts regarding National Education Policy.

FIGHT AGAINST CORONA WEEK

In the event of pandemic, we have seen a lot of pervasive acts in ourselves and surroundings. At this time of need lets reinforce the power of solidarity. The NSS Unit has organized "Pledge for Fight Against Covid-19" on 08th October, 2020 at 1:00pm via Google meet. 70 NSS Volunteers took pledge to take all the necessary precautions that prevents the spread of this deadly virus.

VIGILANCE AWARENESS WEEK

• **PLEDGE**

On the occasion of Vigilance Awareness Week, the NSS Unit had organized "Integrity Pledge for Citizens and Organization" on 27th October, 2020 at 6:00 pm via Google Meet. 44 Volunteers took a pledge to promote ethical business practices, discourage bribes, commit good corporate governance and adhere to relevant laws.

• **POSTER MAKING COMPETITION**

The NSS Unit has organized a Poster Making Competition on "Anti-Corruption" under Vigilance Awareness Week on 28th October, 2020 at 8:00 pm. 18 NSS Volunteers made posters to encourage Anti- Corruption.

• **ARTICLE WRITING COMPETITION**

NSS Unit has organized an Article Writing Competition on "Corruption - A Blame Game" under Vigilance Awareness Week on 29th October, 2020 at 5:00 pm via Google Meet. 20 NSS Volunteers participated enthusiastically to spread awareness regarding corruption. E-Certificates were provided.

• **SLOGAN WRITING COMPETITION**

"Reject every form of corruption which diverts resources from the poor." ~ Pope Francis.

A Slogan Writing Competition was organized under Vigilance Awareness Week by the NSS Unit on 30th October, 2020. 30 NSS Volunteers participated and wrote slogans on "Anti-Corruption" and spread awareness regarding the same. E-Certificates were provided.

- **POWER POINT PRESENTATION COMPETITION**

The NSS Unit has organized a PowerPoint Presentation Competition on the topic "Anti-Corruption" under the Vigilance Awareness Week on 31st October, 2020. 70 NSS volunteers participated with all efforts and dedication presented PowerPoint explaining various factors related to corruption and anti-corruption.

- **QUIZ COMPETITION**

NSS Unit had organized an Online Quiz Competition under Vigilance Awareness Week on 1st November, 2020. 70 NSS volunteers participated and attended the quiz.

NAZAARE'20

The NSS Unit has organized a Diwali Mela "Nazaare'20" from 10th -12th November, 2020. This event included many activities in which volunteers participated enthusiastically. The activities were "Best out of waste", "Diya Painting and Decoration Competition", "Guess me if you can", "Ethnic Wears" and "Tambola". 70 NSS volunteers participated.

Exciting gifts were given to the price holders and E-Certificates were provided to all the participants.

CONSTITUTION DAY

The NSS Unit has organized a Lecture on the occasion of "Constitution Day" on 26th November, 2020 via Google Meet at 5:30 pm. The topic was "Emerging Concerns: Navigating the space for a Vibrant Democracy". The speaker of the event was Dr. Madhuri Sukhija. 70 NSS volunteers participated. E-Certificates were provided to all the attendees.

ORIENTATION PROGRAMME

The NSS Unit has organized an orientation program on National Service Scheme. It was only for freshers, to welcome them to this whole new world filled with excitement on 1st December, 2020 via Google Meet at 1:00 pm. 102 NSS volunteers participated.

WORLD AIDS DAY

"National AIDS Control Organization, Ministry of Health and Family Affairs" organized a Webinar on the occasion of World AIDS Day. 102 NSS volunteers participated in this live webinar on 1st December, 2020 at 10:15am.

SPEECH COMPETITION

A Speech Competition was organized on the topic "Was India ready for the Pandemic?" by the NSS Unit on the occasion of "International Day of Epidemic Preparedness." via Google Meet on 27th December, 2020 at 6:00 pm. 50 NSS volunteers participated.

TALK VIDEO

The NSS Unit has organized a video talk on the occasion of "World Day of War Orphans", on 6th January, 2020. The day aims to raise awareness about children who have been orphaned due to wars. 102 NSS volunteers talked briefly on this topic and participated enthusiastically to make people aware of this sensitive and neglected issue. It was an enriching experience for all the volunteers to gain and spread knowledge on this .

WORKSHOP ON

PSYCHOLOGICAL WELLNESS

The NSS Unit in collaboration with ASTITVA (Department of Philosophy) organized a "Youth Health Awareness Week". It was a 3-day event from 13-15 January, 2020 via Google Meet. The NSS unit in collaboration with ASTITVA (Department of Philosophy) organized a "Youth Health Awareness Week". It was a 3 -

day event from 13-15 January, 2020 via Google Meet. "A workshop on Psychological wellness, The Happiness Quotient", and an Interactive Talk on "Comprehensive Young Adult Health Education". 102 NSS volunteers participated. E-Certificates were provided to all.

DOCUMENTARY ON ARMY DAY

The NSS Unit organized Documentary on the occasion of "ARMY DAY" on 15th January, 2020 at 4:45 pm via Google Meet. 62 NSS volunteers of Mata Sundri College for Women were a part of this event.

POSTER MAKING COMPETITION

The NSS Unit organized Poster Making Competition on "The Ideals of Swami Vivekananda" on 16th January, 2020 at 8 pm. The event was only for NSS volunteers and 51 volunteers made beautiful posters.

YOUTH HEALTH WEEK

The NSS Unit organized an "Online Quiz Competition" on "Youth Health Week" on 23rd January, 2020 at 6:00 pm. It was an exciting way to find out the knowledge students uphold about youth health. 56 NSS volunteers participated.

PARAKRAM DIWAS

The NSS Unit organized an "Essay Writing Competition" and "Movie Screening" on the 125th Birth Anniversary of Netaji Subhash Chandra Bose on 23rd January 2020 at 3:30 pm via Google Meet. 48 NSS volunteers participated.

ADHIRAA: NATIONAL GIRL CHILD

DAY

On 24th January, 2020, the NSS Unit organized a "Donation Drive". All the volunteers donated necessary items to underprivileged girls and women as it was part of International Daughters Day. 40 NSS volunteers participated.

REPUBLIC DAY

A Singing and Poetry Competition was organized by the NSS Unit on the topic, "Patriotism: Unity in Diversity" in both Hindi and English languages on 28th January, 2020 at 6:30 pm via Google Meet. This event was open to all the students of the college. 58 NSS volunteers participated. E-Certificates were provided to all the participants.

ROAD SAFETY WEEK

Theme: Sadak Suraksha Jeevan Raksha. Events from 10th February, 2021- 16th February, 2021.

PLEDGE EVENT

A Pledge event was organized by the NSS Unit with the theme "Sadak Suraksha Jeevan Raksha" on 10th February, 2021, at 5:30 pm via Google Meet. 78 NSS Volunteers participated.

COUNSELLING SESSION

A Counselling session was organized for the NSS Volunteers on 11th February, 2021 at 4:30 pm via Google Meet. 101 NSS Volunteers participated.

SHORT FILM MAKING

A Short film making was organized by NSS Volunteers on 12th February, 2021 on the topic: "THERE IS NO RESET BUTTON IN LIFE". The entries were supposed to be mailed. 60 NSS Volunteers participated.

AWARENESS COLLAGE

An Awareness Collage was made by the NSS Volunteers on 13th February, 2021. 78 NSS Volunteers participated in this event.

SLOGAN WRITING

A Slogan writing was organized by NSS Volunteers on 14th February, 2021 at 6:00 pm. 55 NSS Volunteers participated in the event. Entries were supposed to be mailed.

CROSSWORD PUZZLE

Crossword Puzzle was organized by NSS Volunteers on 15th February, 2021 at 6:00 pm. 53 NSS Volunteers participated in the event.

ARTICLE WRITING

Article Writing was organized for NSS Volunteers on 16th February, 2021, entries were to be mailed. 49 NSS Volunteers participated in this event.

WEBINAR ON CANCER

PREVENTIONS

A Webinar was organized by NSS Unit of Mata Sundri College for Women on "CANCER PREVENTIONS: HOW MUCH EFFECTIVE" in collaboration with Rajiv Gandhi Cancer Institute and Research Center. Speaker for the event was "DR. Seema Singh, consultant surgical oncology". This event took place on 20th February, 2021 at 12 noon via Zoom Meeting. E- Certificates were provided to all attendees. 80 NSS Volunteers participated.

WOMEN'S DAY WEEK

*EVENTS FROM 6TH MARCH, 2021
to 12TH MARCH, 2021*

GREETING CARD MAKING

The NSS Unit organized a Greeting Card Making on the occasion of International Women's Day. The NSS volunteers organized a Greeting Card Making on the occasion of INTERNATIONAL WOMEN'S DAY on 6th March, 2021. The entries were to be mailed. 61 NSS Volunteers participated in the event.

WEBINAR ON HEALTHY LIFESTYLE FOR EVERYONE

NSS Unit of Mata Sundri College for Women organized a webinar on 8th March, 2021 at 5:30 pm via Zoom Meeting. DR. LAVLEEN KAUR is a Dietitian, Clinical Nutritionist, and Lifestyle Coach. 88 NSS Volunteers participated in the event.

TED TALKS

NSS Unit organized "TED TALKS" on 9th March, 2021 at 6:30 pm via Google Meet. 60 NSS Volunteers participated in this event.

AUSDRUCK: AN EXPRESSION

The NSS Unit organized Ausdruck- An Expression to enrich the creativity of volunteers through face, marble, pebble, or hand painting on the topic: Women Solidarity on 10th March, 2021. Entries were to be mailed. 46 NSS Volunteers participated in the event.

COUNSELLING SESSION

NSS Unit organized a counseling session on "CYBER CRIME AND SELF PROTECTION" on 11th March, 2021 at 4:30 pm via Zoom Meeting. The speaker for the event was KIRAN SETHI, Sub- Inspector of Delhi Police. 88 NSS Volunteers participated in the event.

DEBATE COMPETITION

NSS Unit organized a debate competition on the topic: "Is Marriage Institution a License to Patriarchy or true act of companionship?"

The event was organized on 12th March, 2021 at 6:30 pm via Google Meet, time limit was 2 minutes. 30 NSS Volunteers participated in the event.

VERTEX: SERIES OF COMPETITION

On the occasion of Shaheed Diwas, we participated in the Inter-College competition which was organized by the University of Delhi on 13th March, 2021. We organized four competitions which include – Essay writing, Slogan writing, Poetry, and Songwriting competition. The medium for the competitions was English/Hindi and the word limit for the Essay writing competition was 500 words. The topic for this competition was yielded to the volunteers to have an open approach regarding Shaheed Diwas. 68 volunteers have enthusiastically participated in it and the winners for the competition were Poetry -Tanya Singh, Song Writing -Unnati, Slogan writing-Renu Bala, and Essay writing -Preeti Sahu.

MONOLOGUE

On 21st March, 2021 we organized Monologue on the occasion of "No discrimination Day". The topic for the monologue was "The Importance to voice Racial Discrimination with the current situation". It was organized at 5:30 pm and volunteers enthusiastically participated and highlighted the racial discrimination which is highly rooted internationally and in India as well. The monologue was organized in Google Meet and 48 volunteers have enthusiastically participated.

SKIT VIDEO ON SHAHEED DIWAS

Every year 23rd March, Shaheed Divas is celebrated to tribute the three Indian freedom fighters who have sacrificed their life against British rule- Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar.

We organized a skit video in which all the volunteers had participated. The video was about narrating the life of the freedom fighters with the rising sense of Nationalism. Total 78 Volunteer have participated in it.

WORLD WATER DAY

On the occasion of World Water Day, we had organized Doodling or Comic Strip Writings on the theme – *Water a resource only for Elite*. The event highlighted the inclusion of water as a basic resource for all. It also delivers a strong message against the class and caste-based discrimination that happens for water. 53 Volunteers participated in it on 23rd March, 2021.

VIDEOGRAPHY: AN INTRODUCTION ON LGBTQ COMMUNITY

On 29th March we organized Videography – an introduction to LGBTQ Community at 5:00 pm via Google Meet. The event was fully based on the educational purpose by showing various videos. It helped the volunteers to grab the basic idea of the queer community by completely sanitizing them from the stereotypes, stigma, and discrimination. The event highlighted the need to maintain and believe in inequality. Around 50 volunteers participated in this event, enthusiastically.

VIDEOGRAPHY: THE MENTAL HEALTH AND LEGAL ADVISORY FOR LGBTQI+ COMMUNITY

On 30th March we organized Videography - The Mental Health and Legal Advisory for LGBTQI+ Community. This event was the sequel of the event which was organized on 29th March. 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. The event was organized at 6:00 pm and 57 volunteers participated in it.

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. The questions were simple and grounded and mainly focused on education and spreading awareness among the volunteers. Volunteers participated in this challenge enthusiastically. A total of 30 Volunteer had participated in it.

WORLD AUTISM DAY

We Celebrated World Autism Day. The NSS Unit of Mata Sundri College for Women organized a PowerPoint presentation on the 2nd of April, 2021 at 6:30 PM. 40 Volunteers attended the event actively. The event was conducted at Google meet. The motto of this event was fulfilled. The volunteers were made aware of the problems and how to help people suffering from Autism.

MINE AWARENESS DAY

NSS Unit of Mata Sundri College for Women celebrated Mine Awareness Day on 4th April, 2021 at 6:30 PM through the event of videography. The event was conducted through google meet and 50 Volunteers participated in it. International Day for Mine Awareness and Assistance in Mine Action, we reflect 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.

TIKA UTSAV

The NSS Unit of Mata Sundri College for Women organized 'Tika Utsav' from 11th of April to 14th of April, 2021. The main purpose of this event was to raise awareness about COVID and vaccines through posters and videos. Awareness was spread with the help of social media and posters.

B.R. AMBEDKAR JAYANTI

Online Quiz Competition

On 14th of April 2021, The NSS Unit of Mata Sundri College for Women organized an Online quiz competition on the occasion of B.R. Ambedkar Jayanti at 5 in the evening. The event was conducted on google meet using the Kahoot app. 40 volunteers actively participated in the quiz. Volunteers were made aware of the facts through the quiz.

On The Spot Calligraphy

On the Occasion of B.R. Ambedkar Jayanti, The NSS Unit of Mata Sundri College for Women organized 'On the spot Calligraphy' for volunteers. The event was conducted on the 14th of April, 2021 in google meet at 5 in the evening. 40 volunteers participated in which they were given a quote on spot and they had to write it in a calligraphic manner.

EARTH DAY

Best out of waste

The NSS Unit of Mata Sundri College for Women organized 'Best Out Of Waste' on Earth day. The event was conducted on 22nd April, 2021. The Volunteers were said to make something out of waste which will enhance their creative skills and also promote recycling. 50 Volunteers participated enthusiastically in it.

Poetry Recitation and Earth Model Making

On the 22nd Of April, we celebrated Earth Day. The NSS Unit of Mata Sundri College for Women organized poetry Recitation and Earth Model making at 5 PM. The event was organized on google meet. 50 Volunteers actively participated. They did a poem Recitation on topics related to earth and environment. Some volunteers participated in earth model making in which they made earth's model using clay/mud.

MUSKURAHAT

The NSS Unit of Mata Sundri College for Women organized 'Muskurahat' in collaboration with an NGO- Childrenwise. It was 10 days long event from the 26th of April to the 5th of May. In this volunteers were said to help and teach underprivileged children of that NGO. Volunteers were selected by the core team members of the NGO itself through interviews. Many subjects were taught including Math, Science, English, Social Studies, Art Class, etc. A total of 32 Volunteers have participated in it.

WORLD AIDS VACCINE DAY

The NSS Unit of Mata Sundri College for Women organized 'Documentary' on the occasion of World Aids Vaccine Day. The event was conducted on the 18th of May, 2021 in google meet at 5 in the evening. The event is totally based on the need for a vaccine to prevent HIV infection and AIDS. Total 43 Volunteers participated in this event.

NATIONAL ENDANGERED SPECIES

DAY

Quiz competition was organized by the NSS Unit of Mata Sundri College of Women on 21st May 2021 at 4:30 pm via Google Meet through Kahoot.it . A total of 30 volunteers actively participated in the quiz. Volunteers were made aware of the facts through the quiz.

MINDFULNESS

MINDFULNESS was organized by the NSS Unit on 26th May, 2021 at 4:00 pm via Google Meet. The Instructor of the day was Ms. Deepanjali. This event was organized on the occasion of International Yoga Day. 50 NSS Volunteers participated in the event. Volunteers were made aware of Surya Namaskar. The event lasted once a week for one month.

COVID-19 AWARENESS AND

DEBUNKING MYTHS

On 29th May, 2021, The NSS Unit of Mata Sundri College for Women organized a PowerPoint Presentation on the topic Covid-19 Awareness and Debunking Myths at 5 in the evening. The event was conducted on google meet. A total of 40 volunteers attended the event. Volunteers were made aware of the facts through the PPT.

NO TOBACCO DAY- LUCKY 7 AND PLEDGE

On 31st May, 2021, The NSS Unit of Mata Sundri College for Women organized 'Lucky 7' on the topic No Tobacco Day at 5 in the evening. The event was conducted on google meet. A total of 36 volunteers attended the event. Volunteers were made aware of the facts through the Game.

TASTE THE RAINBOW

Occasion: Pride Month

Theme: Lockdown and Queer community

Events from 4th June, 2021

- PLEDGE EVENT

A pledging event was organized by the NSS Unit on the occasion of 'Pride Month' on 4th June, 2021 at 5:00 PM via google meet. 37 NSS volunteers participated enthusiastically by dressing up in multicolored clothes and painting their hands and faces to support the Queer Community.

- 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.

- **TALK AND DISCUSSION**

On 6th June, 2021, the NSS Unit organized a talk 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.

- **POWERPOINT PRESENTATION**

The NSS Unit of Mata Sundri College for Women organized a PowerPoint presentation about how the Covid-19 and lockdown have affected the mental health of the Queer Community. 40 NSS volunteers participated in this event held on 7th June, 2021 at 5:00 pm via google meet.

- **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.

- **SHADES OF LOVE**

On 9th June, 2021, the NSS Unit of Mata Sundri College for Women organized shades of love in which 26 NSS volunteers wrote slogans on their arms and hands with paints regarding the impacts of HIV and the Queer community.

- **CROSSWORD PUZZLE**

A Crossword Puzzle game was organized by the NSS Unit on 9th June, 2021 at 5:00 pm via google meet. The game helped volunteers gain knowledge about the impacts of HIV-AIDS on the Queer community. 31 NSS volunteers participated in the event.

- **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". The event took place on 10 June 2021 at 5:00 pm via google meet. 14 NSS volunteers took part in it.

- **VOCAL : *Speech Challenge***

The NSS Unit, on 13th June, 2021 organized a "Speech Challenge" on the topic - "Marital Rape-A Real Issue". The event was conducted on Google Meet. A total of 16 Volunteers participated in this event and they all gave their speeches with enthusiasm.

YOUR CALL-DISCUSSING SDGs

- **ESSAY WRITING**

On 15th June, 2021, the NSS unit organized "Essay Writing". The Volunteers were requested to write an essay on the Topic- "Sustainable Development Goal 13". 15 NSS Volunteers mailed their entries.

- **DISCUSSION**

The NSS Unit organized "Your Call - Discussing SDGs". Volunteers were requested to have a self-brief on Sustainable Development Goals 13 and 14. A total of 23 Volunteers participated in this event.

WORLD REFUGEE DAY

- **FLASHCARD MAKING**

The NSS unit, on 19th June, 2021 organized the event "Flashcard Making" wherein the volunteers were required to make a card with a hidden message to pay a tribute to the refugees. 14 volunteers participated in the event.

- **DOCUMENTARY AND PPT PRESENTATION**

On 20th June, 2021 the NSS Volunteers organized the event "Documentary and PowerPoint Presentation" on the occasion of World Refugee Day wherein 35 Volunteers participated together to pay tribute to all the struggles of the refugees.

INTERNATIONAL YOGA DAY

Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.”

The Volunteers of the NSS Unit organized the event "ASANAS" on the Occasion of International Yoga Day on 21st June, 2021 to celebrate the beauty of yoga. The pictures of asana were supposed to be mailed. 22 Volunteers had participated.