



NSS MSIT

The National Service Scheme Cell of
Maharaja Surajmal Institute of Technology

2019-2020



The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. The sole aim of NSS is to provide hands-on experience to young students in delivering community service. Since the inception of the NSS in the year 1969, they have gone from a student base of 40,000 to over 3.8 million up till March 2018.

Since its inception in 2019, **NSS cell of Maharaja Surajmal Institute of Technology** has held various engaging events. It also support and strengthen NGOs, rural or urban communities and organises various events in collaboration with Prakriti MSIT (environmental society of MSIT) as well. Clothes, food and books donation, donation for flood victims, blood donation Camp are some notable events organised by NSS Cell of MSIT.

NSS MSIT can be reached via nssclub@msit.in

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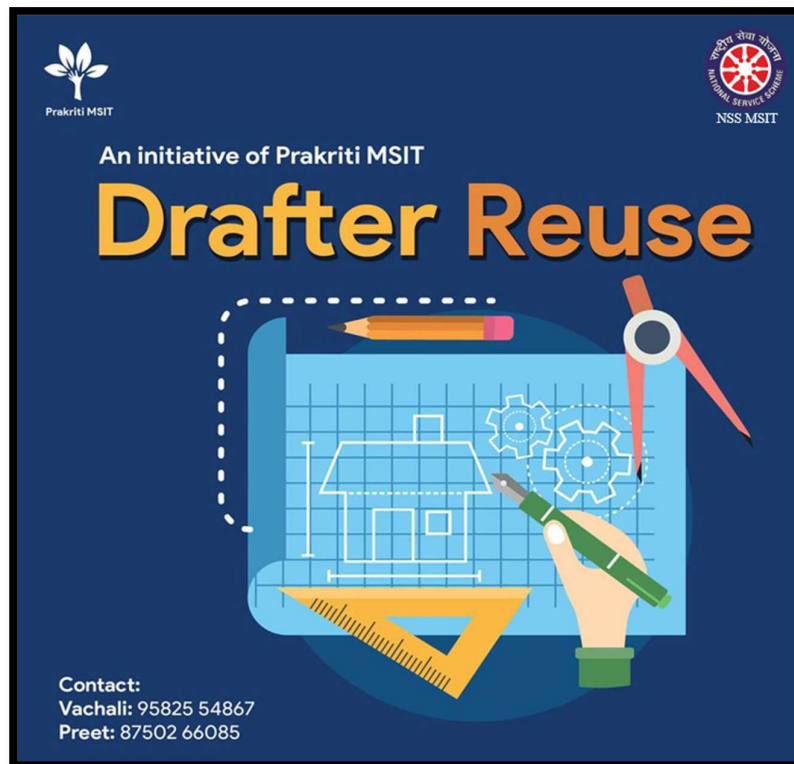
DRAFTER REUSE INITIATIVE

From August 15-30, 2019



NSS MSIT

NSS Cell of Maharaja Surajmal Institute of Technology launched Drafter Reuse Initiative on 15th August, 2019.

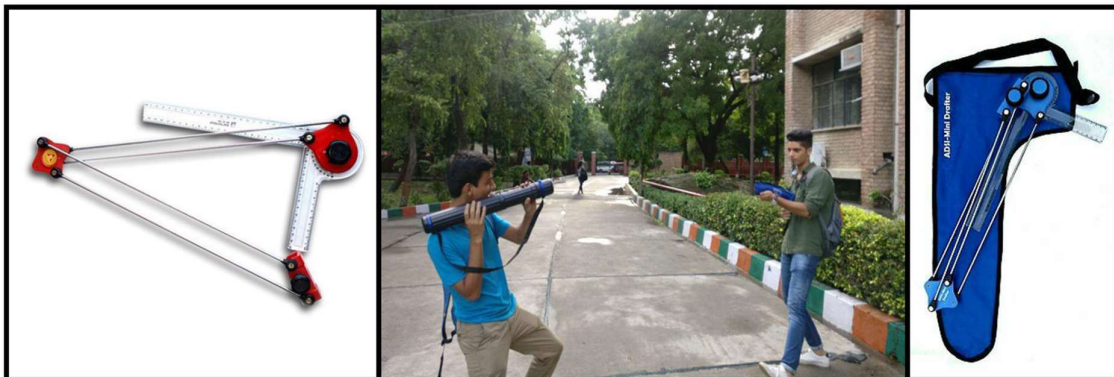


A drafter is an engineering tool used in the first semester by all Btech students while studying the subject, Engineering Drawing. The main motive behind organising the campaign was to create awareness amongst the students about the concept of 'reusing things'. It also helped the freshers avail the drafters free or at a very reasonable cost.

A drafter is used only during the first semester and is then disposed of. Not only is it a wastage of money but also leads to an increase in the amount of waste generated. We, therefore, started this initiative, so that the students are able to reuse this drafter and reduce wastage that follows.



During the campaign, more than 20 drafters were donated. The second and third-year students who were ready to donate their drafters were made a part of this initiative. Approximately, 250 buyers were connected with their sellers over an online platform, which made the process quite easy. Students were able to buy the drafter at a price, lower than its market value. The event continued for over two weeks, giving the freshers enough time to register on the online platform and make the best use of it. As a result of this, over 300 drafters were reused, which would otherwise have been left unused.



It also provided the students with a platform to interact with their seniors directly. They got a chance to learn more about their seniors and the college, as a whole. It helped them build their network even before the college actually started. Overall, the Drafter Reuse Campaign proved to be extremely beneficial to the freshers and the seniors who sold them.

FILE REUSE CAMPAIGN

from August 15,2019 to August 31, 2019



Despite the fact that how drastically plastic affects us, we can't put a full stop at its usage but there's always a way to reuse it. The file reuse initiative started off with the collection of files from college labs with the help of college teachers and staff, by NSS MSIT. In total, the NSS team was able to collect more than 200 used files.



After collection, these files were distributed amongst the students free of cost in order to help them reduce their plastic consumption, the distribution took place on 29th to 30th August during which the NSS team hand-delivered the files to the students, mostly from the first year. We got a lot of positive response from everyone including the teachers and also members of other societies.



The NSS feels satisfied with the completion of this particular initiative as we were able to deliver the simple yet strong message of the importance of **reusing things** around us which may go unnoticed. We are also thankful for the teachers and lab assistants who helped the team throughout this process from letting them collect the old files to let them distribute them in classes, their utmost support is what made this event a success.



Every year, every day, countless pieces of plastic are being tossed around, discarded without being realized that it's a substance that can be reused for countless years. Among such items are the plastic files which we use to keep ourselves organized, to keep our work intact.

Many such files are used by students across the world and also in our college to submit their hard work at the end of each semester.

If gone unnoticed, these files would be discarded and thrown away like any other piece of plastic, but members of NSS MSIT made sure they reacquired the files from the labs and distributed them amongst students of the college to help them reduce their redundant course of buying new files every new semester and, to make a small impact, which is all this group is about.



PLANTATION DRIVE

on August 30, 2019



NSS MSIT organised a tree plantation drive in the college, along the lines of ‘**One Student, One Tree**’ campaign started by Union Human Resource and Development (HRD) Minister, Ramesh Pokhriyal Nishank.



The event took place during the lunch break of 1st shift students on **30th August 2019, Friday**. The event witnessed the participation of more than **50 students** from all years of both **MSIT & MSI** including NSS MSIT’s members. Sh. Kaptan Singh(Chairman MSIT), Dr. KP Chaudhary(Director MSIT), Mr. Dinesh Sheoran and some other members of the college management were officially invited by the society to be a part of the above-mentioned event.



25 saplings (10 Ashoka and 5 each of Jamun, Neem & Harsingar respectively) were provided by the **Office of the Deputy Conservator of Forest, West Forest Division, Mandir Marg, Delhi-60** (Ph. – 011-23361879).

The saplings were planted on fertile areas of land around the college campus, the first of which was planted and watered by **Director Sir** himself.





ORIENTATION CEREMONY FOR THE TENURE 2019-20

on September 3, 2019



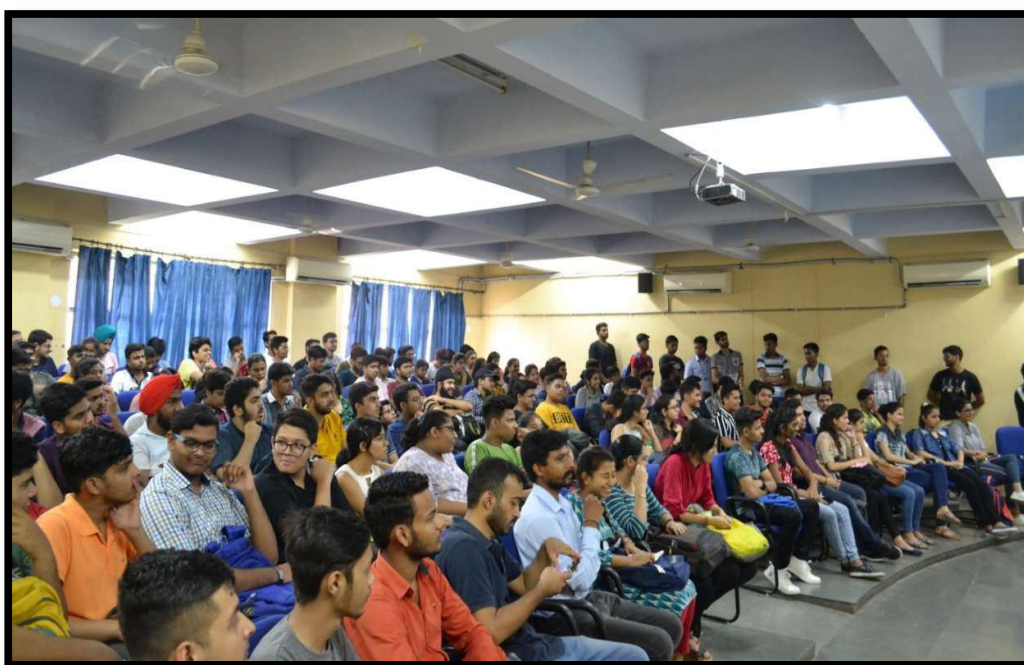
NSS MSIT conducted an orientation for the upcoming batch enrolled in the academic year 2019-2020, which also included a talk on the environment by our guest of honour **Mrs Ranju Minhas**.



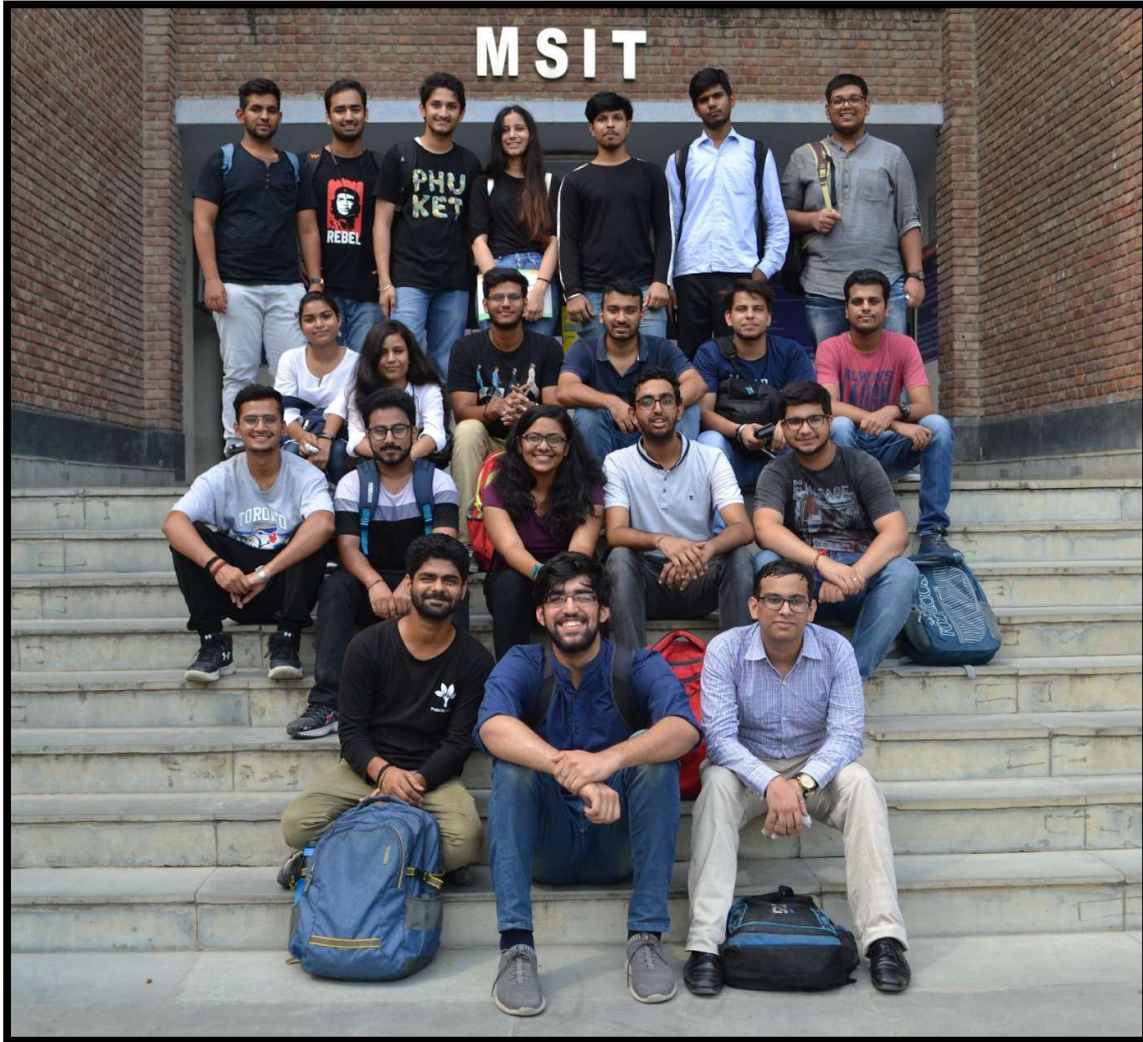
On 3rd September, The orientation took place in two slots (Slot 1): 10 AM - 11:30 AM and (Slot 2): 12 PM - 1:30 PM and both the slots were addressed by our speaker, and later on fun activities were carried on for the students. Around 200 students in each slot attended the event.



The speaker, Mrs. Ranju Minhas is an Educationist and Environmentalist working towards the conservation of natural resources since 2005. She addressed students on the topic of the importance of waste degradation. She quoted “Micro solutions for macro problems” She also suggested many ways in which we can cut down to zero waste.



The difference begins at self, this message was pushed by the speaker and the NSS MSIT Team. The NSS MSIT team conveyed the message with everyone present that every step, no matter how small matters.



At the ground level, some good amount of implementation needs to be done so as to see some results. Our speaker has taken many such steps throughout her journey of becoming an environmentalist, like designing a **compost bin**, **Harit Kachra Kranti**, **plantation drives** and many more things. The NSS MSIT team gave a brief introduction about the society like how it functions and what is the vision, events that are being planned for the upcoming year, and many more things.

The team guided the students how they can be a part of NSS MSIT and how being part of this society will be beneficial for them.



The event was also joined by our seniors who made time to be there despite being in the middle of the ongoing placement season, they interacted with the freshers and cleared some of their doubts about their life ahead in college and engineering in general. The students were able to comfortably approach the seniors with their queries.



After the end of the briefing the students of all different branches interacted with each other, it was a good opportunity for them to get introduced to their peers followed by a fun quiz and a few friendly competitions of push-ups. The event was concluded successfully at 1:30 P.M. on the same day.

TEAM INTERVIEWS FOR THE SESSION 2019-2020

on September 6, 2019



After organising an orientation session to spread knowledge about what the society does, NSS MSIT conducted its team interviews on 6 September 2019. The interviews were taken by the core team of NSS Cell of MSIT, a process which is followed every year to bring together enthusiastic students who want to contribute to the betterment of nature and humanity.



We were overwhelmed by such a great response from the students. More than 300 students signed up to appear for the interview process for different departments in NSS.

The departments they could sign up for were: -

1. Content and Editorial
2. Event Management
3. Technical
4. Public Relations
5. Publicity
6. Creativity
7. Design
8. Photography



The students were allowed to give the interviews for maximum 3 departments out of the 8 listed above. The metrics on which the students were judged included their determination to work for social causes, their engagement skills as well as their talent in the particular field.

Around 700 interviews were taken by the core team on the above-mentioned day and we were so thrilled to see such brilliant minds interested in working for causes which many people neglect these days.



After brainstorming for hours, the team arrived on the final judgement. The results were put up on our social media handles on 9 September 2019. Along with the old and new recruits, the team of NSS MSIT was formed for the session of 2019-2020. The department wise breakup of the 2019-2020 NSS team is as follows:

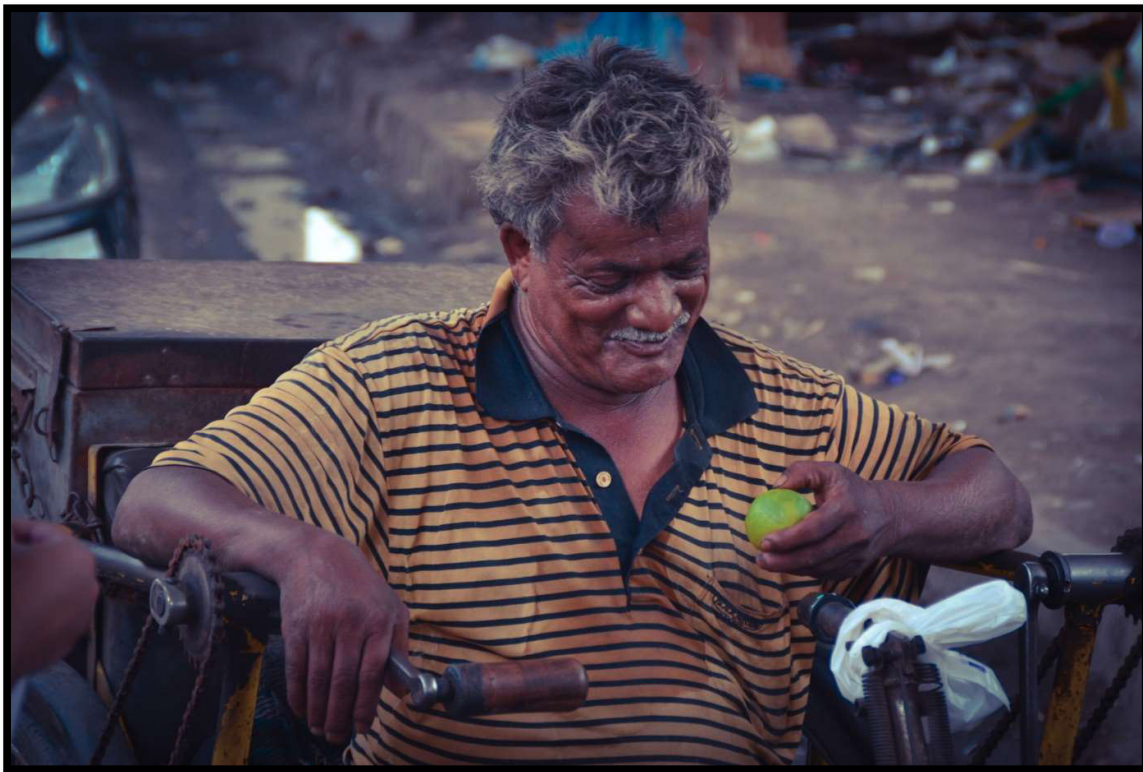
<p>DESIGNING</p> <p>Pallav Malhotra Akshat Kumar Sahil Mukamian Anubhav Jedia Sumit Gupta Ashutosh Singh Saurabh Jha Ashwin J Prateek Rohilla Nakshatra Aman Naman Sahney Tejaswa Sharma G S Ashish Ritik Shubham Jindal</p>	<p>PHOTOGRAPHY</p> <p>Abhishek Mishra Shantanu Bhardwaj Vachali Aggarwal Karan Balodi Abhik Harshit Shubham Mishra Aditya Malhotra Lakshay Kapoor Hardik Tejinder Anant</p>	<p>EVENT MANAGEMENT</p> <p>Shantanu Bhardwaj Mayank Porwal Yankita Garid Shubham Sharma Umang Rai Pulkit Mittal Sarthak Garg Gaurav Singh Vanshika Shivi Gupta Devansh Mohata Parmeet Singh Sarovach Gupta Rushil Kekar Ayshi Suraj Ishita Negi Arjun Malhotra Sonya Maheshwari Sumit Patil Pranav Thakrann</p>
<p>CONTENT</p> <p>Tanya Jain Varun Malik Akshit Aggarwal Menya Jain Prateek Sharma Rishabh Shrivastava Prerna Aneja Anshul Bhandari Meha Sacheti Mihika Dobhal Ananyaa Bansal Azul Shreya Bansal Ayushi Bajpai Harshdeep Kaur Arjun Grover Divyaspandan Manan Anand Bhavya</p>	<p>NSS MSIT</p>	<p>PUBLIC RELATIONS</p> <p>Shantanu Bhardwaj Ayush Aggarwal Piyush Singh Preet Rana Praveen Kumar Parth Dhangra Varun Singh Shubham Dogra Vibhor Prerna Vishal Sharma Sejal Dabas Akshay Roin Menak Manocha Mukul Saurabh Anjali Bisht Rohan</p>
<p>CREATIVITY</p> <p>Priyanka Sehgal Aaryan Vachali Aggarwal Riya Nikhil Panwar Gourav Naman Sahney Bhumika Bachani Anushka Riddhi Suri Raj Anubhuti Sahil Sanket Sinha Aman Prakash Parth Sharma Monalika Chirag</p>	<p>TECHNICAL</p> <p>Shubham Chauhan Shikhar Saxena Aditya Rajput Mayank Kapur Deekshant Wadhwa Nikhil Gautam Ashwani Ankur Gupta Priyanka Gupta Anant Mathur Ayush Das Tushar Ojha Namrata Valecha Nitesh Kumar Singh</p>	<p>PUBLICITY</p> <p>Keshav Ahuja Mridul Tuteja Swati Srivastava Sarthak Sharma J Ashwin Nair Kishu Rai Aditya Gupta Gaurav Singh Vanshika Dahiya Bhoomika Garg Tamanna Jain Tarun Kumar Sakshi Kumar Prerna Thakur Adarsh Mishra Jay Seth Rohin Chauhan Digant Singh Priyank Kumar Khushi Balyan Pankaj Lohani</p>

FRUIT DONATION DRIVE

on September 13-18, 2019



NSS MSIT conducted a Fruit Donation Drive in the month of September, which is considered as the National Nutrition Month. This year, the theme was 'Complementary Feeding'.



Our motive was to promote the **importance of nutrition** in our daily lives and create awareness that it is not something that can be neglected. The people who can not afford nutritious food are mainly those who we see every day, helping us throughout the day, be it a rickshaw puller who drops us to our college and back or the Guard who takes care of our security. All these people deserve to know some facts about nutrition, its importance and the ways in which they can get this basic necessity for themselves and their families.

To promote this cause, the team of NSS MSIT, went down the streets to talk to these people and offered them fruits free of cost.

They also explained to them that nutrition is just as important as breathing and told them about its benefits along with the problems that may arise if they don't provide their body with a good balanced diet and healthy fruits.



The team asked whether they are engaged in any of the activities which might cause harm to their bodies and minds such as smoking, drinking, chewing tobacco etc. They tried to the best of their ability to explain to them why they should try and avoid these things and how they can instead switch to a nutritious fruit every day.



Over the span of one-week different locations around Janak Puri, New Delhi were covered, to interact with different people, give them advice and offer them fruits. Some people were initially reluctant to listen, but the collective effort of the team made them realize the importance of this whole initiative.



The drive continued for one week from 13th September 2019 to 18th September 2019. Each day of the said week, the team went to the following places to distribute fruits and give knowledge about nutrition.

13th September 2019: Inside and outside College premises.

16th September 2019: Janakpuri West Metro station and District Center.

17th September 2019: Tilak Nagar Metro station and nearby market places.

18th September 2019: Janakpuri East Metro station.



By the end of the said week, more than a thousand fruits, which the team members of NSS MSIT brought themselves, were distributed.

The response, in conclusion, was positive as many people agreed with what the team had to tell them and also pledged to have at least one fruit a day for themselves and their families. This kind of response is what encourages the team to go out each year and carry out the drive.

VISIT TO ANIMAL CARE CENTER

on October 15, 2019



In order to rejuvenate that lost love and care, NSS MSIT organised a visit to *Sanjay Gandhi Animal Care Center* on the occasion of *World Animal Day*. This day recognizes that each animal is a unique sentient and is eligible to receive social justice.



This visit took place on **October 15, 2019**, i.e. Tuesday in which approximately **40 team members** visited the centre where nutritious food items like milk and fruits were provided to the animals present there.

There were different and organised shelters for all the species of animals present there. Proper vaccination and OPD's were allocated and every staff member managed the animals efficiently. Many team members took the dogs out for a walk too.

Just the way every human being is in the need of constant love and affection, similarly animals deserve that tincture of love and affection in human's touch. Due to the modern man's selfish thinking, we have completely forgotten that we share these beautiful natural surroundings with other living creatures too.



Altogether, it was a privileged visit where the team was actually able to feel the pain of the animals and understand that they just need our love, care and support. We need to understand that it just takes small steps and efforts from our side to make this planet beautiful for animals too.

Until one has loved an animal, a part of one's soul remains unawakened.

A total of 40 team members of NSS took part in the said visit, details of which can be found in the lists attached below.



The experience acts as a learning experience for the team as it reminds them of the conditions of animals which are around us every day but go unnoticed. The team looks forward to conducting more such visits in the future.

List of students who visited:



1. Arul Singh	Content		28) Lakshay	Photography	
2. Bhoomika	Publicity		29) Vaasu Pant	Photography	
3. Kishu	"		30) Yankita	EM	
4) Rohan	Publicity		31) Suraj	EM	
5) Sarthak	EM		32) Piyush Singh Tomar	PR	
6) Gaurav	Publicity		33) Shobham Sharma	EM	
7) Adarsh	Publicity		34) Umang Kati	EM	
8) Pankaj	Publicity		35) Mayank	Team	
9) Tarun	Publicity		36) Parth	PR Team	
10) Anubhav	Designing		37) Aditya Gupta	Publicity	
11) Praleek	Designing		38) Mansi Kausheik	Publicity	
12) Saumish	PR		39) Harshdeep Kaur	Content	
13) Path	Creativity		40) Namata Valche	Technical	
14) Karan	Photography				
15) Manan	Content				
16) Rohan	P.R.				
17) Sanket	Creativity				
18) Parmeet	EM				
19) Anubhav	Creativity				
20) Tejinder	Photography				
21) Vibhor	PR				
22) Varun	PR				
23) Manvi	PR				
24) Virel	PR				
25) Abhik	Photography				
26) Bhavya	Content				
27) Priganka	Tech				

SEMINAR ON BREAST CANCER AWARENESS

With Dr. Indu Aggarwal

On October 17, 2019



<p>SPEAKER</p>  <p>DR. INDU AGGARWAL MBBS, DGO, PGDHHM Senior Medical Rajiv Gandhi Cancer Institute, Sector - 5, Rohini, Delhi - 110085</p>	 <p>BREAST CANCER AWARENESS SEMINAR</p> <p>DATE: 17 OCT 2019 TIME: 11 AM ONWARDS VENUE : 06 SEMINAR HALL</p>
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The month of October is observed as **Breast Cancer Awareness Month** worldwide. The campaign is aimed at educating people about the importance of early screening, detection and treatment of breast cancer.



According to WHO, breast cancer is by far the most common cancer in women worldwide, both in developed and developing countries and a primary cause of death of women in metropolitan cities.

To support the cause, NSS MSIT organised a seminar on Breast Cancer Awareness on **17th October 2019**. This interactive event was attended by Dr. KP Chaudhary (Director MSIT), many faculty members and nearly 150 students.

The speaker for the same was **Dr. Indu Aggarwal** who works in the Department of Preventive Oncology at the Rajiv Gandhi Cancer Institute and Research Center and has over 21 years of experience in the field of obstetrics and gynaecology



Beginning with a general outlook on all types of cancers, Dr. Aggarwal moved on to talk about the lifestyle changes that are resulting in an increase in breast cancer cases.

She highlighted the importance of regular self-inspection and clinical self-examination for the early detection of breast cancer as 80% cases are detected at the advanced stage.

Noting that any woman can get breast cancer irrespective of their family history, the speaker said that breast cancer can be cured if treatment is provided at the right time. She also threw light upon the symptoms of breast cancer and the preventive measures to be taken in order to reduce the risk of this disease.



In the end, questions from the audience were taken up and informative pamphlets encasing detailed information about Breast Self-Examination (BSE) were distributed among the students and faculty members.

The seminar proved to be awareness imparting and thought-provoking for everyone. NSS MSIT looks forward on conducting more such seminars in the future. The event proved out to be a huge success as the entire seminar hall was packed with students. Details for which can be found attached below.

List of attendees of the Seminar.

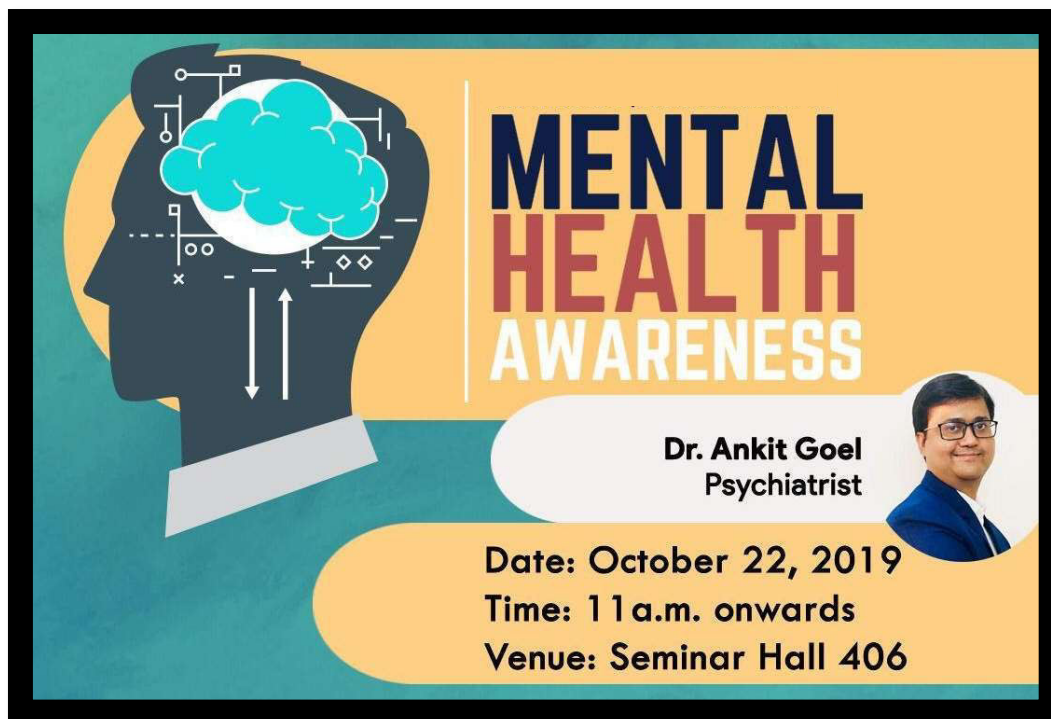
Name	Year	Branch	Shift / Sign
ANKUR GUPTA	2nd	CSE-1(M)	Morning
ANANT MATHUR	2nd	CSE	Morning
Jagdeep Singh	2nd	CSE 1 (M)	M
Pranav Bar	2nd	CSE-1(M)	Morning
Pragya	2nd	EE E	Morning
Diksha	2nd	EE E	Morning
ANMOL	2nd	CSE 1 (M)	Morning
Summa Mahajan	2nd	CSE-I (M)	Morning 5:15
Prachi Jha	2nd	CSE-1 (M)	Morning
Anushka Jadhav	2nd	CSE-1 (M)	Morning
Anubhuti Saha	1st	ECE 1 (M)	Morning
Monalika	1st	IT 2 (M)	Morning
Aarvik Gupta	2nd	CSE-1 (M)	Morning
Abhinandan Mittal	2nd	CSE-1 (M)	Morning
Taral	2nd	CSE-1 (M)	Morning
Devansh Nautiyal	2nd	CSE-1 (M)	Morning
Abhishek Thakur	2nd	CSE-1 (M)	Morning
Arunshu. kr. Singh	2nd	CSE-1 (M)	Morning
Tushar Ojha	1st	CSE-2 (M)	Morning
Nikhil Patil	1st	CSE-2 (M)	Morning
Devansh Kumar	2nd	CSE-1 (M)	Morning
Hitesh Prajapati	2nd	CSE-1 (M)	Morning
Harsh Kumar	2nd	CSE-1 (M)	Morning
Vishal Sharma	2nd	IT-2 (M)	Morning
Akash Kawatra	2nd	CSE-1	Morning
Aashish Singh	2nd	CSE-1	Morning
Anil Singh Rana	2nd	CSE-1 (M)	Morning
Kolvi Sateen	2nd	CSE-1 (M)	Morning
Sejal Daboo	2nd	CSE-1 (M)	Morning
Harika Swaroop	2nd	CSE-1 (M)	Morning
Aman Prasad	2nd	CSE-1 (M)	Morning

Name	Year	Branch	Shift
Gaurav	2nd year	BBA (G)	Morning
Akshit	2nd year	BBA (G)	Morning
Tanya	2nd year	BBA (G)	Morning
Bhuvika	2nd year	BBA (G)	Morning
Anjali Rawat	2nd year	BBA (G)	Morning
Anushka	2nd Year	BBA (G)	Morning
Harish	2 4	"	"
Jagan	"	"	"
Digvijay	"	"	"
Anjali Mishra	"	"	"
ANUSHA AGRAWAL	2nd yr	B.Tech	"
Deepak Chandra Jishi	2nd year	B.Tech	Morning
Jyoti Agrawal	2nd year	B.Tech	Morning
Isabel Jais	2nd year	B.Tech	Morning
Kartik goel	2nd year	B.Tech	Morning
Jayashree Doshiwal	2nd year	B.Tech	Morning
Karan Bansal	2nd Year	B.Tech	Morning
HARSHIT	I Year	B.Tech (CSE-I)	Morning
Divyanshu	II Year	B.Tech (CSE-I)	Morning
Ayush	II Year	B.Tech (CSE-I)	Morning
Prabhat	II	II (ECE-I)	II
Gaurav Bharti	II	II (ECE-I)	II
Rohit Chavhan	II year	B.Tech ECE-I	"
Devansh Mohata	II year	B.Tech IT(E)	Evening
The Panav Thakur	II year	B.Tech IT(E)	Evening
Anubhav	II year	B.Tech CSE(M)	Morning
Anman	"	"	"
Chirag	"	"	"
Abhinav	"	"	"
Bagawat Rawat	"	B.Tech CSE (M)	M
Abhishek Sankar	II year	"	M
Monalika	Ist year	B.Tech IT-2 (M)	Morning

Page No.	Date:	Year	
Anmol	II nd year	B.Tech (CSE-3) Morning	
Chirag Wadhwa	II nd year	B.Tech (CSE-3) Morning	
Kshiti Kumar	"	"	
Khushi Malwaniya	"	"	
Hardik Joshi	"	"	
Rohit Shokeen	"	"	
Amit Rana	"	"	
Aman Gupta	"	"	
Sejal Nehra	"	"	
Kanika Srivastava	"	"	
Manu Agnihotri	I st year	BBA Gen-secA Morning	
Nischal	I st year	BBA Gen-secB Morning	
Nikhil Rohat	I st year	BBA Gen-secC Morning	
Bhumi Anand	I st year	BBA Gen-secA Morning	
Ashmita	I st year	B.Tech (ECE-2) Morning	
Bhavya Bhargava	I st year	BBA (G) (S-A) Morning	
Ayushi Das	I st year	BBA (G) (S-A) Morning	
Anushi	2 nd year	B.Tech IT (G) Evening	
Bhavya	2 nd year	B.Tech EEE Morning	
Diksha	2 nd year	B.Tech EEE Morning	
Summa Mahajan	2 nd year	B.Tech (CSE-III) Morning	
Prachi Jha	2 nd year	B.Tech (CSE-IV) Morning	
Anushka Jadhav	2 nd year	B.Tech (CSE-IV) Morning	
Anubhuti Sinha	1 st year	B.Tech (ECE-III) Morning	
Meha Sacheti	2 nd year	BBA (BBA) Evening	
Anushka Jain	2 nd year	B.Tech (CSE) Evening	
Pooja Singh	"	"	
Shivani Dogra	"	"	
Shivani Thakur	"	"	
Shivani Purohit	"	"	
Nishant Chaudhary	I st year	B.Tech (ECE) Morning	
Sarvach Gupta	I st year	B.Tech (ECE) Morning	
Rishabh Gupta	I st year	B.Tech (ECE) II Morning	
Rishabh Gupta	I st year	B.Tech (ECE) II Morning	
Hardik Joshi	2 nd	CSE-1 (M)	
Khushi Malwaniya	2 nd	CSE-1 (M)	
Kshiti Kumar	2 nd	CSE-1 (M)	
Chirag Wadhwa	2	CSE-1 (M)	
Akhilesh Sathii	2	CSE-1 (M)	
Bhavya Raut	2	CSE-1 (M)	
Aman Kumar Sagar	2	CSE-1 (M)	
Chirag	2	CSE-1 (M)	
Anushka	2	CSE-1 (M)	
Ashmita Chaudhary	2	CSE-1 (M)	
Akash Kumar Mohit	2 nd	(CSE-1 (M))	
Kabir Chhabra	2 nd	CSE-1 (M)	
Parth Anand	2 nd	CSE-1 (M)	
Eshaan Gupta	2 nd	CSE-1 (M)	
Chirag Kumar Sharma	2 nd	CSE-1 (M)	
Harsh Kumar	2 nd	CSE-1 (M)	
Anas Anand	2 nd	CSE-1 (M)	
Divanshu Koushik	2 nd	CSE-1 (M)	
Shivani Thakur	2 nd	CSE-E	
Shivani Purohit	2 nd	CSE-E	
Vanshika Singh	I st	CSE-3 (M)	
Riya Gautam	I st	CSE-2 (M)	
Tejinder Sarma	I st	CSE-1 (M)	

SEMINAR ON MENTAL HEALTH AWARENESS

with Dr Ankit Goel
on October 22, 2019



NSS MSIT conducted a seminar on Mental Health Awareness, on 22nd October 2019. The World Federation for Mental Health has been celebrating World Mental Health Day on the 10th of October for the past 27 years.

And in the series of above, **Dr Ankit Goel**, a Consultant Psychiatrist was invited as the speaker for the same. He has vast experience in Psychotherapy in addition to Pharmacotherapy. He is currently working with the Healthy Mind Clinic and associated with various Hospitals in west Delhi. Elucidating the topic of Mental health and awareness he addressed the students and the staff.

Beginning with the basic prospect of health and the factors it is based on, he covered concerning and important topics like anxiety, depression and some commonly spread myths in detail. With the assistance of statistical data and graphical representations, he illustrated the inciting causes of mental illness and how it is being spread among the different age groups.



Expressing the main concern towards the youth with the age group varying from 5- 25 years of age, he discussed the symptoms, causes, consequences and prevention of Mental disorders. According to the NMHS survey, mental disorders are the second leading cause of deaths in the Indian population.

He, then elaborated **Suicide prevention**, *the theme for Mental Health Day, 2019*. As this year's campaign has already been launched with the motto of "40 seconds of action", considering that one suicide is witnessed every 40 seconds globally. Taking a note of it, Dr. Goel interacted with the students and discussed the elements leading to suicides in every age group. Academic pressure, financial issues, body image concerns, sexual identity are a few comprising the list.



Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of self-harm, talk therapies and enhancing coping strategies of people having suicidal tendencies.

Dr Ankit Goel concluded the program by emphasizing that people should be more attentive towards mental health fitness in comparison to their physical health fitness. In the end, he answered the queries in detail raised by the audience.



The information imparted during the seminar served to be an eye-opener for the young students. The learning from the event would go a long way in tackling mental and emotional issues. In future, NSS will continue to take up such socially relevant issues for raising the standard of lives.

Details of students who attended the Seminar:

S.No	Name	Batch	Enrollment No	Signature
1.	Yugal	IT-E (2 nd yr)	03996303118	<i>Yugal</i>
2.	Peenav	IT-E (2 nd yr)	35496303118	<i>Peenav</i>
3.	MAYANK GAUTAM	CSE-E (2 nd yr)	00396307219	<i>Mayanx</i>
4.	Nimral	CSE-E (2 nd yr)	00196307219	<i>Nimral</i>
5.	Ishant Panyani	CSE-E (2 nd yr)	01796302718	<i>Ishant</i>
6.	Aditya Chandra	CSE-E (2 nd yr)	00296302718	<i>Aditya</i>
7.	NIKHIL GAUTAM	CSE-E (2 nd yr)	02296302718	<i>Nikhil</i>
8.	PARMEET SINGH	CSE-E (2 nd yr)	02496302718	<i>Parmeet</i>
9.	Ayush Gupta	CSE-E (2 nd year)	00996302718	<i>Ayush</i>
10.	SANJAY SINHA	CSE-E (2 nd yr)	03096302718	<i>Sanjay</i>
11.	GAURAV SHEKHAR	CSE-E (2 nd yr)	40196302718	<i>Gaurav</i>
12.	Deepesh Kumar	CSE-E (2 nd yr)	40396302718	<i>Deepesh</i>
13.	Devish Sheoran	CSE-E (2 nd yr)	40496302718	<i>Devish</i>
14.	Jai Prakash	CSE-E (2 nd yr)	40796302718	<i>Jai</i>
15.	Shubham Sethi	CSE-E (2 nd yr)	41096302718	<i>Shubham</i>
16.	Aditya Kumar	CSE-E (2 nd yr)	00396302718	<i>Aditya</i>
17.	Ayush Nipathi	CSE-E (2 nd yr)	01096302718	<i>Ayush</i>
18.	Aditi Srivastava	CSE-3 2 nd year	43115002718	<i>Aditi</i>
19.	Jhanvi Batra	CSE-3 2 nd year	42215002718	<i>Jhanvi</i>
20.	Jasakaran Singh	CSE-3 2 nd year	40715002718	<i>Jas</i>
21.	Paras Lahl	CSE-3 2 nd year	42615002718	<i>Par</i>
22.	Swamy	CSE-3 2 nd year	11615	
23.	Ajvin	CSE-E (2 nd year)	00796302718	<i>Ajvin</i>
(Prabali)	Shreya Bansal	BRA(BTI) [2 nd year]	40114701818	<i>Shreya</i>
	Gaurav Singh	CSE-E (2 nd year)	01296302718	<i>Gaurav</i>
	Manvi Bansal	IT-2 - (2 nd yr)	42915003118	<i>Manvi</i>
	Varun	"	"	07115003118
	Vibhor	"	"	07215003118
	Mamrata	"	"	00215007719
	Monalika	IT-2 - 1 st year	07015003119	<i>Monalika</i>
	Pranav Kohari	ESE-1 st yr	190310440168	<i>Pranav</i>

Name	Branch	Enrollment No.	Signature
Shivi Gupta	CSE (E)	03496302710	Shivi
Vishant Bhanot	CSE (E)	4096302725	Vishant
Shubham Sharma	CSE (E)	03696302718	Shubham
Shivam Thakur	CSE (E)	03326302718	Shivam
Yogesh Singh	CSE (E)	04296302718	Yogesh
Khyati	IT	09196302718	Khyati
Mad Afraz Alam	CSE (E)	00496307219	Afraz
Nishant Narania	BCA (II)	04915902018	Nishant
Shrestha Arsal	BCA (II)	41214902018	Arsal
Pranav Kardam	BCA (II)	06614902018	Pranav
Vishesh Khanna	BCA (II)	09414902018	Vishesh
Bhavya Bhargava	BBA (I)	04014901719	Bhavya
Ayushi Das	BBA (II)	01014901719	Ayushi
Amit Singh	CSE (D)	13215002711	Amit
Samrath Srivastava	CSE - III	41415002718	Samrath
SUKANYA DATTA	CSE - III	Lateral Entry	Sukanya
Ankit Kumar	CSE - III	40215002718	Ankit
Anushka Sharma	BBA (II)	01714901718	Anushka
Aaryan Thakur	ECE - I	00315002818	Aaryan
Aakansha Nair	ECE - I	00115002818	Aakansha
Rohit Rajput	CSE - (E)	02996302718	Rohit
Rijit Singh	CSE - E	02796302718	Rijit
Rajat Pundir	CSE - E	02696302718	Rajat
Anubhav Jain	CSE - E	35396302718	Anubhav
Apurav	CSE - 3	41715002718	Apurav
Gourav	BBA (II)	02714901718	Gourav
Bhumika	BBA (II)	40814901718	Bhumika
Sachet	CSE - 3	42515002718	Sachet
Shubham Sethi	CSE - 3	41615002718	Shubham
Yogesh Chhabra	CSE - 3	40815002718	Yogesh
Kishu Rai	IT - E	01146302818	Kishu
Bhoomika Gang	IT - E	00696302818	Bhoomika

Name	Branch	Enrollment No.	Sign
Surbhakt Gang	ECE-E	02496302818	<u>Surbhakt</u>
Prapti	ECE-E		
Gaurav	CSE-E	01296302718	<u>Gaurav</u>
Tarun	ECE-E	03296302817	<u>Tarun</u>
Jay Seth	CSE-III (M)	035615002718	<u>Jay</u>
Shivi Gupta	CSE-C	03996302717	<u>Shivi</u>
Hardik Dahiya	IT-E	25396303117	<u>Hardik</u>
Shreyans	CSE-2 (M)	8586028168	<u>Shreyans</u>

RALLY FOR A CRACKER FREE DIWALI

on October 25, 2019



The team of NSS MSIT along with many other volunteers conducted a campus-wide rally on the occasion of Diwali to educate the students and everyone around about the harms of bursting crackers while celebrating Diwali. The students chanted slogans encouraging others to celebrate a Crackers free Diwali.

The Rally took place on Friday, 25th October 2019. Many students who are not a part of NSS MSIT also joined in support of the rally and took the opportunity to inspire others to celebrate Diwali even without the deadly smoke of the crackers.



All the students were dressed in Ethnic-wear to celebrate and enjoy with their peers on the special occasion of Diwali. They enthusiastically marched around campus and spread awareness on how they will be celebrating a crackers free Diwali and how everyone else should too.

NSS MSIT and its team take the pollution and environmental changes happening around the globe very seriously, especially the depleting Air Quality Index which is observed right after Diwali.



In the end, the team believes they had a positive impact on those who participated in the Rally and those who witnessed it. The team of NSS MSIT looks forward to organizing many such inspiring rallies in the future.



CLOTHES DONATION DRIVE

From November 27 to December 6, 2019



Giving is not just about the donation, it is about making a difference. In the chilling winters when you sleep in a blanket, think of people who are freezing on the roads and shelters.



NSS MSIT organised a cloth donation drive from 27 November to 6 December, 2019. A **donation box** was placed near the gate to ensure that it caught everybody's eyes.



There was an active participation and donation from the students, hostellers and even teachers because when someone is in need, people are happy to help.



No act of kindness, however small, is never wasted. At the end of the drive, there were four completely filled boxes which could make many people sleep in comfort. There was a collection of **151 tops and 56 bottoms** including both men and women. The team then went to distribute the clothes in **shelters** near AIIMS where there were hundreds of people shivering in cold.

Even **animals were helped**. They were cheerful and thanked everyone. Their smiles were enough to prove the event as a success.

SPORTS DAY

on January 25, 2020



The commencement of the year witnessed a major event in the college on 25th January. In collaboration with Prakriti MSIT, NSS MSIT organised the Annual Sports Day.



The event turned out to be a huge success and showed an active participation with full zest and enthusiasm. It witnessed a footfall of over 2000 students from all different courses and departments of the entire college. There were a wide variety of activities and games that aimed at the overall exercise of the human body.

The sports day began with the hoisting of flag in the presence of our respected chairperson sir, director sir, director ma'am and other faculty members. The day then saw a March past where students from every department marched in unison showcasing the importance of teamwork and sportsmanship. The March Past was followed by a moving speech and the torch lighting ceremony that marked the beginning of the Annual Sports Day.



After the completion of the above-mentioned events, a number of sports activities took place. The students participated enthusiastically.

The lineup of the sports activities is as follows :

- 800m sprint(Men and Women)
- 200m sprint(Men and Women)
- 100m sprint(Men and Women)
- 4X200m Relay (Men and Women)
- Tug-of-War (Men and Women)
- Discus Throw (Men and Women)
- Shot-put (Men and Women)



The day concluded with the prize distribution ceremony where the winners of the day were honoured and presented with medals and certificates.

MEDITATION & MOTIVATIONAL SPEECH SESSION

on January 25, 2020



On the occasion of Sports day and in order to promote the spirit of a healthy mind, body and soul, a seminar on Meditation with Sahaj Yoga was conducted in the Auditorium of MSIT.



The soulful session included unfurling the inner energy to get peace and choosing the right path. The fifteen minutes meditation session saw the teachers and students enjoying the bliss of peace.



This was followed by a session with Mr Navin Gulia - an epitome of courage and resilience. The ex-army officer and a world record holder in adventure sports, told the students about morals, the right to question and many other important things.



Then Mr. Nirmal Solanki who talked about mental peace. Their words had a huge impact on everyone present, who were moved by their insights on a healthy lifestyle. They made the students carry the spirit of the day forward with the help of their integral guidance in the field of sports and athletics and spread an aura of positivity throughout the auditorium.

OATH CEREMONY FOR SWACCHHTA BHARAT PAKHWADA

on January 30, 2020



NSS MSIT, in collaboration with Prakriti MSIT, in accordance to the guidelines received from GGSIPU and AICTE, organized an oath ceremony for Swacchhta Bharat Pakhwada, on 30th January at 11:30 AM.



The Swacchhta Bharat Pakhwada is to be observed from 23 January 2020 to 06 February 2020. This initiative has been taken to inculcate the need for cleanliness and sanitation among children, parents and teachers; and to encourage and inspire them for taking care of the hygiene and sanitation in schools, colleges as well as in-home. Henceforth, an oath commenced at 11:30 am.

The event began after the siren and the students took an oath in their respective classroom. The oath was taken with full determination and full-fledged support could be seen.



CLEANLINESS DRIVE

on February 5, 2020



NSS Cell of MSIT organised a Cleanliness Drive in the college premises as a part of the campaign for Swachh Bharat - Swachhta Pakhwada. The aim of this drive was to inculcate the need for cleanliness in our surroundings.



The event took place on 5th February 2020 at the MSIT ground and witnessed the participation of teaching and non-teaching staff, NSS student volunteers and other students of MSIT.





Awareness was spread among the students, informing them about the importance of cleanliness. The volunteers organised themselves into small teams and took up the cleaning work. They collected waste from the college ground in recyclable garbage bags. Along with this, the volunteers raised the slogan **‘One step towards cleanliness’**. The students and staff participated with great enthusiasm and zest.



The issues of personal hygiene, public sanitation, waste segregation and disposal were also addressed. Such motivation must be continued to infuse the values of hygiene and cleanliness among the students.

The drive was concluded with the thought **“It is not the responsibility of one person rather it is the duty of every countryman”**.



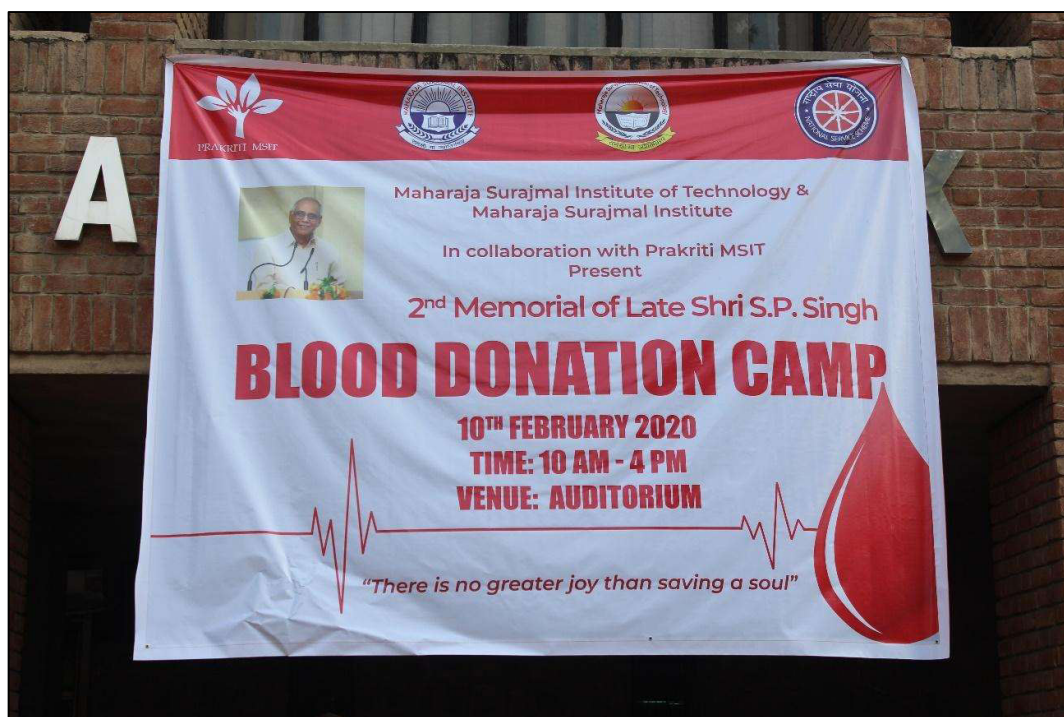
BLOOD DONATION CAMP

with Rotary Blood Bank

on February 10, 2020



The most precious and valuable gift that one might present is the gift of life. Every 2 seconds someone needs blood! 1 donation can potentially save up to 3 lives.



NSS MSIT has been consistently striving to promote social wellbeing and contribute towards various crucial subjects of society through their initiatives. To celebrate the spirit of humanity, NSS MSIT in collaboration with Prakriti MSIT organised a Blood Donation Camp on 10th February 2020.

Starting off the camp at 10 am, the donors registered themselves. They were given a form which asked for their details, medical history and their current state.



It was followed by the process of screening where the donor was examined and asked specific questions related to their BMI to make sure that they were fit for donating blood. Blood of these donors was taken and examined for haemoglobin level by the professionals from the blood bank. Their blood pressure was also noted.

After donating blood, the donors were allowed to rest up and kept under observation for 10-15 minutes so that the reactions shown by their body during or immediately after the donation, can be dealt with effectively. They were provided with light snacks, fruits and juice to boost up the energy levels in their body and avoid weakness if any.



In return for the donated blood, these donors were thankfully waved off with a donor id card, a certificate and a medal. The camp saw around 300 registrations out of which more than 120 donations were made.

Those 120 units collected by this initiative aims to provide blood to the people in need during an emergency because there's no substitute for human blood. There's no greater joy than saving a soul.

SELF-DEFENCE WORKSHOP

on March 12, 2020



With an aim to generate awareness about the importance of self-defence, NSS MSIT and Prakriti MSIT in collaboration with Knock Out Martial arts and Fitness Foundation organised a self-defence workshop on 12th March 2020. The workshop was conducted by Mr Rahul Bhasin and had over 40 participants.



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In this 2 hr workshop, Mr Bhasin appraised the students about the importance of self-defence and demonstrated various techniques that can be used in real-life scenarios.



He informed the students about various pressure points on the human body that may produce significant pain when manipulated in a specific manner.

The instructor also demonstrated how everyday items like pen or mobile phone can be used as a safety tool. Students practised these techniques in pairs.



The workshop was well appreciated as it aided students to be more strong and confident. The enthusiasm and contribution of the organisers and the participants made the event successful and motivated to continue organising such events in future.



SOCIAL MEDIA CAMPAIGN ON A SOCIAL CHANGE – LGBTQ+ COMMUNITY



From March 23 to March 31, 2020

Ever since the decriminalisation of homosexuality in India, conversations about the LGBTQ+ Community has significantly increased. However, there's still a long way to go. Homosexuality is still a taboo in many countries, especially in the South Asian community.



Messing up the terms or making jokes may seem harmless, but it contributes to the problem just as well. In March 2020, NSS MSIT took to their social media handles and started from the basics.

What do the terms in LGBTQ+ Stand for?

L stands for Lesbian, used for women who are attracted to women.

G stands for Gay, used for men who are attracted to men.

B stands for Bisexual, simply defined as having sexual desire for people of the same and opposite gender.

T stands for Transgender, people whose gender identity or expressions don't correspond to the sex assigned to them at the time of their birth are known as transgender.

Q stands for Questioning, used for someone who is exploring their sexuality.

I stands for Intersex, used for people born with sex characteristics which include chromosomes, genitalia, reproductive organs or hormones that are different from the definitions of male or female.

A stands for Asexuality, used for people who experience little or no sexual attraction.

N stands for Non-binary, used to describe individuals who may experience a gender identity that is neither exclusively male or female or is in between or beyond both genders.

P stands for Pansexuality, used to describe a person who is attracted to all types of people, regardless of sex or gender.

The plus (+) stands for Love, Acceptance and the embracing of all. It is promoted to ensure that no one is outcasted.

Pronouns, part of a person's identity, are messed up as well. Regardless of a person's sex assigned at birth, a person may choose to identify differently from their biological sex, thus gendered pronouns like he/she can feel limiting. There are Gender-neutral pronouns like ***they/them/theirs***. It's time to do away with non-conventional English and identify the power of pronouns and how these pronouns, when used, may help create a more gender-neutral world.

PRIDE

LGBT SUPPORT GROUPS IN INDIA:-
• UDAAN TRUST.
• ORINAM.
• QUEERALA.
• GOOD AS YOU.



THE PLUS STANDS FOR
LOVE, ACCEPTANCE, AND THE
EMBRACING OF ALL.
IT'S INFINITE.



PANSEXUAL

PEOPLE DON'T BECOME GAY,
BISEXUAL, PANSEXUAL.
PEOPLE JUST FALL IN LOVE
WITH ANOTHER PERSON.



NON-BINARY

GENTALS DO NOT DETERMINE GENDER.
THERE IS SO MUCH MORE TO THE
WORLD THAN O'S AND I'S.



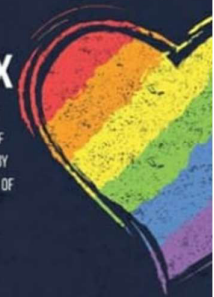
ASEXUAL

YOU ARE NOT WRONG.
YOU ARE NOT BROKEN.
YOU ARE NOT STRANGE.
YOU DO NOT NEED TO BE FIXED.



INTERSEX

"WE ARE A GROUP OF PEOPLE
WHOSE MISUNDERSTANDING OF
EACH OTHER IS ONLY TOPPED BY
PEOPLE'S MISUNDERSTANDING OF
US."
- THEA HILLMAN



PRONOUNS THEY/THEM



QUEER

QUEER PEOPLE EXIST.
CHOOSING NOT TO ACCEPT THEM
IS NOT AN OPTION.
THE FUTURE IS CLEAR.
IT'S PRETTY QUEER.



TRANSGENDER

TRANS RIGHTS ARE HUMAN RIGHTS



BISEXUAL

THE ONLY THING THAT'S A PHASE IS
THIS HOMOPHOBIA.



GAY

ONE DAY WE WON'T HAVE TO 'COME
OUT' WE'LL JUST SAY WE ARE IN LOVE
AND THAT WILL BE ALL THAT MATTERS.



LESBIAN

FRANKLY, I WISH I WERE DEAD
WHEN SHE LEFT. SHE WENT
A GREAT DEAL. SHE SAID TO ME,
THIS PARTING MUST BE ENOURED.
SAPPHO, I GO UNWILLINGLY.
- SAPHO
AN ANCHALIC GREEK POET FROM THE
ISLAND OF LESBOS.



A study shows that the LGBTQ+ kids are 3x more likely than straight kids to attempt suicide at some point in their lives. 41% of trans adults said they had attempted suicide. The same study found that 61% of trans people who were victims of physical assault had attempted suicide. Coming out can even lead to harassment from people who are in helping professions such as law enforcement and medical professionals. Due to the fears of judgment and violence from others, LGBTQ+ people often do not report their experiences of sexual violence.

Acceptance is the key to change this. People with different identities can co-exist and thrive in the same place. NSS MSIT aims to create such a place.

This June, NSS MSIT celebrated Pride Month with art. Many students expressed what pride means to them through poems, paintings, stories and quotes. Even when people cannot come together, Art made the celebration of love successful.

NSS Cell of MSIT proudly shines light on pride. Because it's simple, Love is Love, and we're here to celebrate it.

SOCIAL MEDIA CAMPAIGN: TIPS FOR QUARANTINE



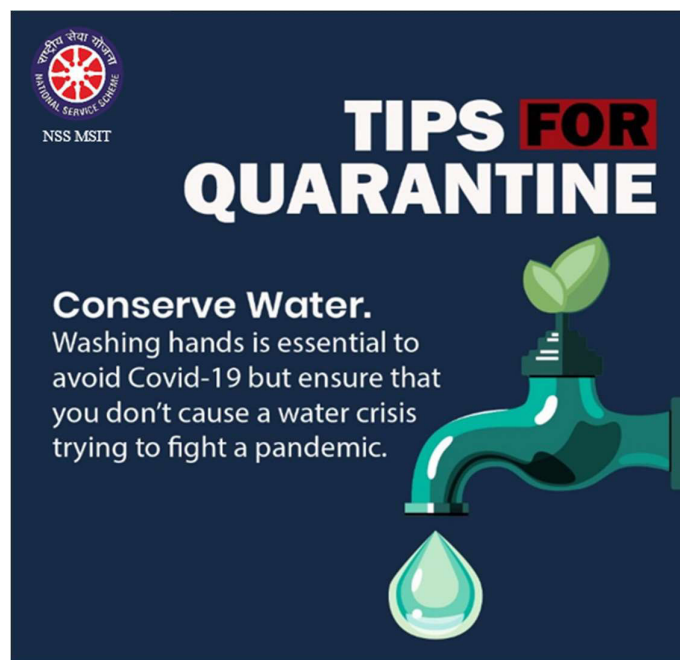
Through April 4 – June 13, 2020

Amidst this novel coronavirus outbreak and an urgent need to take precautions NSS MSIT started an awareness campaign which helped people to be aware about the new norms of functioning. The campaign informed about important facts like:-

Importance of water management:

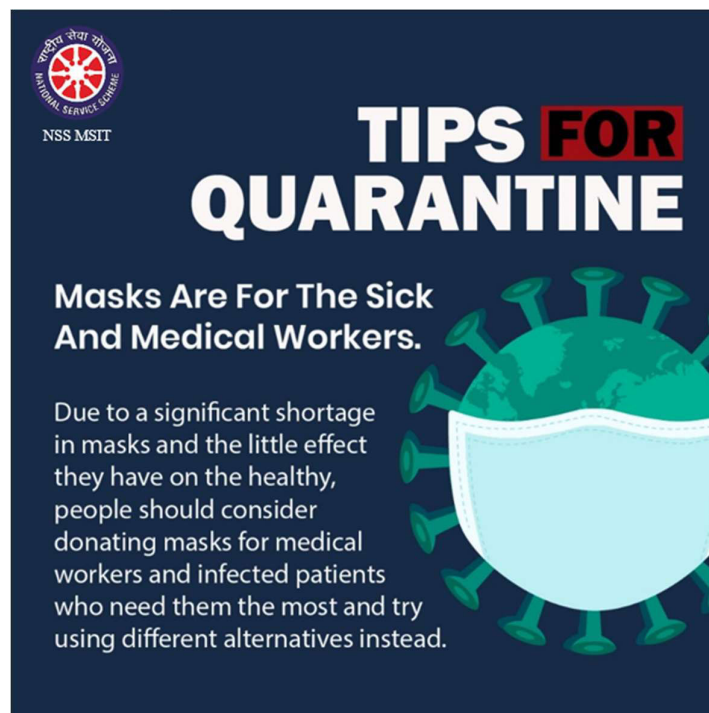
Since water utilization for cleaning and disinfecting has greatly increased therefore increasing average water consumption by nearly 1.5 times. With limited resources and a huge population, India cannot afford to waste any resource. Some of the following points were suggested to curb the water wastage.

- Reducing our dependency on packaged water
- Not leave the tap running while washing hands.
- Alter between washing hands and sanitizing them.
- Reusing water from RO purifier reject for washing and cleaning.



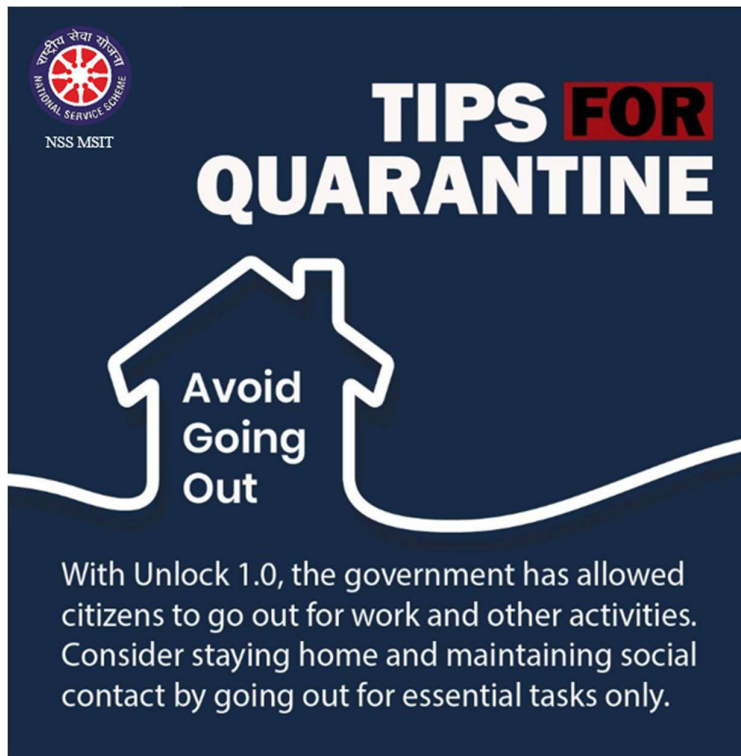
Mask shortage and staying safe:

As the number of the novel coronavirus cases rose in our country, many states had made wearing masks compulsory while going out in order to stop the spread of the infection in India. NSS MSIT called to donate masks to essential workers and frontline medical staff to keep them safe. A homemade alternative was suggested in its place.



Staying Inside:

To re-start the economy, the government has started easing the lockdown restrictions. However, the virus is still at large and is predicted to affect more than half a million people in Delhi by the end of July. With this in mind NSS MSIT encouraged everyone to stay at home and only step out of the house when it's absolutely necessary.



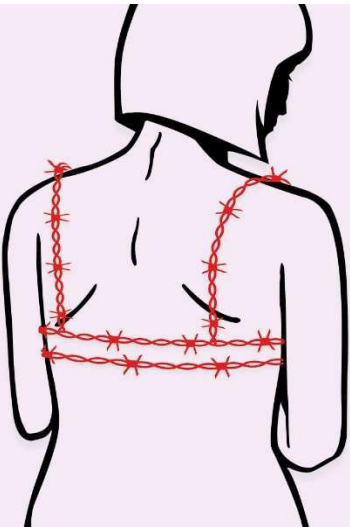
All of the tips were widely received and followed by the students with positive feedback from the faculty in taking action during these tough times. NSS MSIT aims to spread knowledge and facts for the safety of everyone.

SOCIAL MEDIA CAMPAIGN ON SEXUAL ASSAULT AWARENESS

From April 14 to April 22, 2020



NSS MSIT




**SEXUAL
ASSAULT
AWARENESS**

It is an annual campaign to raise public awareness about sexual assault and educate communities and individuals on how to prevent sexual violence. It is observed in April.

This year's theme is #IAsk because asking for consent is a very healthy, normal, and natural part of every sexual encounter.

When someone discloses that they have experienced sexual violence, 'TALK' method can help you learn how to respond with empathy.



NSS MSIT

The month of April is observed as Sexual Assault Awareness Month. The main purpose of the campaign is to educate and engage the public in addressing this widespread issue. This year's theme, #IAsk, was chosen to exhibit how consent is a natural, normal and healthy part of every sexual encounter.

To educate and engage the public in addressing this widespread issue, NSS MSIT took to their social media handles to have a much-needed conversation about everything one needs to know about Sexual Assault.

MYTH
She Was Asking For It

FACT
Drinking, Flirting or Dressing in a revealing way is not an invitation for sex.



Minors and people under the influence of alcohol or drugs cannot consent. Likewise, people with Alzheimer's disease or similar disabilities may be unable to give legal consent to sexual relations.

Consent is specific, contextual, and revokable.

Before engaging in any kind of sexual activity, it is important to ask and give permission. Remember the three pillars included in consent:

- Knowing exactly what and how much you are agreeing to.
- Expressing your intent to participate.
- Deciding freely and voluntarily, if you want to participate.

BELIEVE HER.

Just because abusers can justify it, it doesn't mean it's actually justified. Abusers can justify anything, abuse cannot be justified.

SHE MAY BE YOUR sister friend co-worker girlfriend daughter mother

And she may not have told a single soul. And she might never. But in case that she does, it's your job to listen, to support her, and believe that her story is true, because she might be too afraid to speak up.

BECAUSE she was drinking when it happened. no one would believe her. she has no evidence. it was a friend.

The reported statistics of Sexual assaults against women are heartbreaking. People who have been sexually assaulted often experience a range of emotions and reactions and no two survivors of assault will feel the same way about their experience.

SURVIVORS and VICTIMS

"I know that it's hard to imagine right now, but you survived the abuse. You're gonna survive the recovery."
- Olivia Benson

It's important to remember that feelings of helplessness, shame, defectiveness, and self-blame are a normal reaction to trauma, not reality.

As a society, we need to move past the "don't worry boys are supposed to like this" mentality involving male victims.

"I'm not going to let you turn me into a victim. I'll be a survivor."
- Ragnheiður Ragnarsdóttir

Due to the lockdown restrictions, Domestic Abuse is at an all-time high. It can come in many forms, including but not limited to mental and physical abuse,

honour killing and dowry-related assaults. Unfortunately, Domestic Abuse is considered as a petty feud. However, this is not true.

Here's how you can help someone who's a victim:

- ***Listen to their story***-- don't assume anything and be empathetic.
- ***Educate yourself*** on the impacts of sexual abuse.
- ***Honour their recovery***-- be there for them.

Conversations about sexual abuse tend to leave out men. However, understand that abuse can happen to anyone. Men can be abused by other men, men can be abused by women. Men and boys are raped, assaulted, taken advantage of, molested, and manipulated. Society deems rape, spousal abuse as comedic topics, so long as the victims are males. It is important to let men know what happened to them was not okay nor will it ever be. ***Don't invalidate male victims.***

To conclude the series, another overlooked topic was taken into account-- Sexual Assault against the members of the LGBTQ+ Community. LGBTQ+ people face higher rates of poverty, stigma, and marginalization, which puts them at greater risk for sexual assault. They also face higher rates of hate-motivated violence, which can often take the form of sexual assault.



NSS MSIT believes that a real change comes when we talk about these issues. These posts serve as a medium for spreading awareness and educating people. It is up to us to learn and educate ourselves.

SUPPORT FOR VICTIMS OF SEXUAL ASSAULT

Time and time again, it seems, survivors do not receive the justice they deserve. But many people know the severe impact it can have on them, and some resources for sexual assault survivors can help survivors and their loved ones learn how to navigate the confusing world that is life after an assault.



Provide Support.

Honor their account of the events, validate their feelings, withhold judgment, and do not share their story with anyone unless they ask you to.

Do your research.

Be aware that any individual regardless of gender or sexual orientation, can be a victim of sexual assault. Read about the pervasive nature of rape culture and the options available to the survivor.

Direct them towards resources.

Offer to accompany them or otherwise support them in speaking to the police, seeking counselling, or getting a sexual assault kit.



YOU ARE NOT ALONE.

RESOURCES FOR HELP

- ▶ RAHI-Recovering and Healing from Incest-A support centre for women survivors of child sexual abuse: (011) 26238466/ 26224042, 26227647
- ▶ National Human Rights Commission: (011) 23385368/9810298900
- ▶ Women's Cell, Delhi Police: (011) 24673366 / 4156 / 7699
- ▶ Nari Raksha Samiti: (011) 23973949
- ▶ Child Help Line: 1098
- ▶ Central Social Welfare Board -Police Helpline: 1091/ 1291, (011) 23317004
- ▶ All India Women's Conference: 10921/ (011) 23389680
- ▶ Counselling Services on Women in Distress: 3317004
- ▶ Delhi Commission for Women: (011) 23379181/ 23370597
- ▶ Shakti Shalini: 10920

“There remains what seems like an impenetrable wall of silence around violence and we must play a role in breaking this silence.” - Reese Witherspoon

MISSION 30 MILLION: FIGHT AGAINST HUNGER

from July 1,2020 to August 15, 2020



NSS MSIT

This Independence Day 2020, the Robin Hood Army undertook a unique project - #Mission30M which is the largest food relief effort by civic society - bringing together everyone to serve staple food to 30 million of the most affected people across rural and urban areas from COVID-19.

Citizens First → Mission Next → NSS MSITians Last

PRAKRITI MSIT NSS MSIT

MISSION 30M
30 COUNTRIES | SERVING 30 MILLION CITIZENS

Prakriti MSIT join hands
with Robin hood army to
**HELP THOSE WHO ARE
AFFECTED BY THE
PANDEMIC**

SERVE 30 MILLION CITIZENS
robinhoodarmy.com/mission30m

For Citizens. By Citizens

 Robin Hood Army

**FIGHT
AGAINST
HUNGER**

NSS MSIT joined hands with Robin Hood Army for their unique project in fight against hunger and urged everyone to come forward and donate raw foods like rice, flour, lentils, sugar, oil etc.

Donation of about 4000 kgs were made through online grocery shopping apps like bigbasket, grofers, Amazon pantry.



Large amount of donations were made in the month of July, which helped Robin Hood Army to serve 30M people in India. Following were the details of the mission:-

Last Date of sending over of Bag of Smiles: 10th August

Delivery Address: Pramod Kansal - House No BE - 356 A, Gali No. 1, Hari Nagar, New Delhi-110064

Contact : 9818458670

Distribution: 1st July - 15th August.

WEBINAR ON HOW TO RECOVER FROM DIFFICULT TIMES

with Dr Nisha Khanna
on July 9, 2020



NSS MSIT, successfully hosted a webinar with Dr Nisha Khanna, A celebrity Psychologist and TEDx speaker titled 'How to recover from difficult times.' The meeting took place on Google Meets platform on July 20th, at 6 P.M. (1800 IST).

Prakriti MSIT

NSS MSIT

join us for the webinar on
**how to recover
from difficult
times**

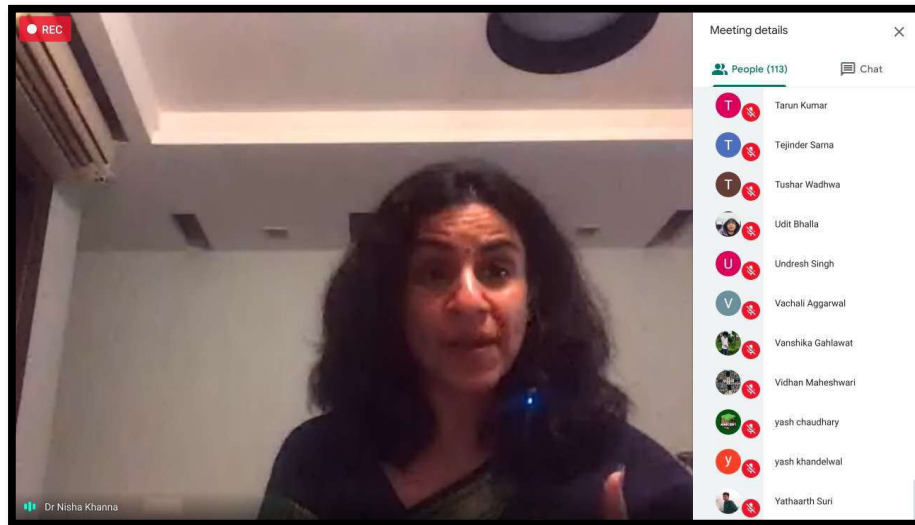
"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."
- Fred Rogers

Dr. Nisha Khanna
Celebrity psychologist
TEDx speaker
Certified EQ Coach
Expert TV and Radio Panelist
Motivational speaker

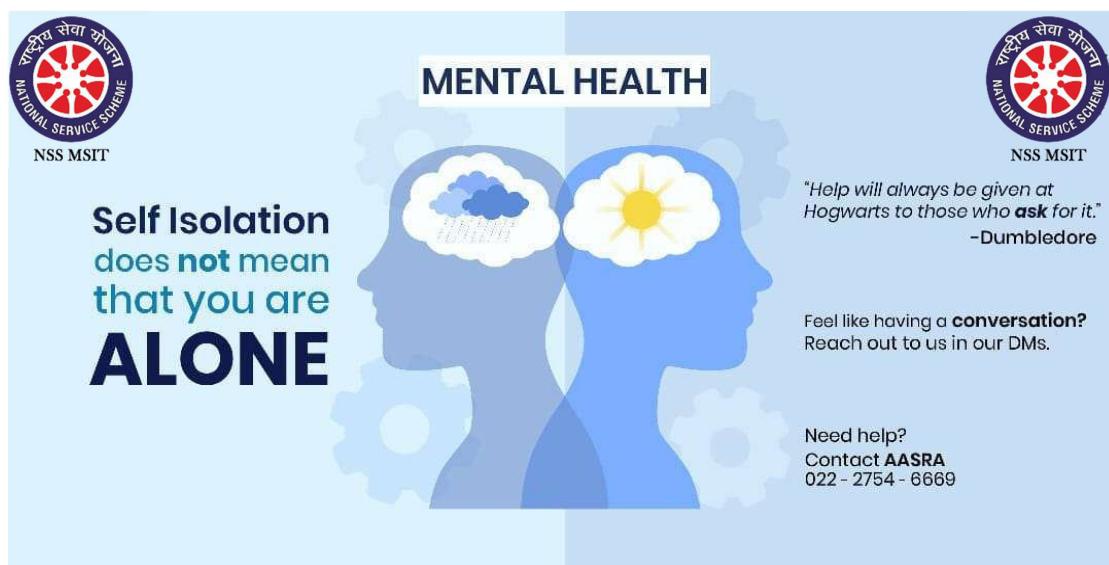
July 9th 2020 | **6:00 PM**
on **Google Meets**

for more info, contact :
Mayank 9560585673 Parth 9999554630

A recording of the session was also taken with consent of the speaker and all other participants to be made available for further viewing on video sharing platforms such as Youtube.



During Covid-19 crisis, mental health has been at stake for people of all age groups. The people are suffering from issues like loneliness, anxiety, stress and depression. To cope with the situation in a better way we thought some guidance might come in hand, which was the reason to hold this online session and to approach such a prominent speaker.



Over **150 people** tuned in for the session during the 90 minutes, at first, Dr Nisha Khanna addressed the issue at hand, and gave a small introduction about herself and the session, later on students and others who attended the webinar asked questions regarding dealing with the situation physically and mentally. The speaker talked about acknowledging one's feelings and then dealing with it effectively. She then talked about physical and mental health, both playing an important part in one's life because ultimately, health is wealth.

Further, she talked about loving oneself and spending at least one hour a day with self. That will help one to understand and take necessary actions to keep oneself happy. The society sets expectations to keep others happy and think about others but if one is not happy, making others happy cannot be achieved.



The psychologist calmly answered all the questions and concluded the session with practising gratitude and talked of making it a habit. The webinar showed good participation by the students who took part in the discussion about Depression, Anxiety, Loneliness and Uncertainty. During such times where our mental health is at a stake, this webinar helped a great deal to help cope with the challenges we face.

List of participants who attended the webinar:

 Ritvik kapur	 Nitin Arya	 Shubham Singh	 bijender kumar
 Sakshi Gupta	 Parmeet Singh	 SIDANTH R	 Chirag Gupta
 Samanvay Jatan	 Piyush Singh Tanwar	 Siddhant Pandey	 Devesh Kumar
 Sandeep Arya	 Prapti Singh	 Soumya Chaudhary	 Digant Singh
 sarthak garg	 Prashant Jain	 Subham choudhary	 Dikshant Suraj
 Satyarth Jha	 Prateek Rohilla	 Sudesh Kumar	 Dr Nisha Khanna
 Saurav Kadian	 Prerna Mehta	 Sumbul Nayaz	 EKAMJYOT SINGH NALWA
 Savita Ahlawat	 Prerna Mishra	 Suyash Awasthy	 Ekas singh
 Shaurya Kapoor	 Priyanka	 Tanay Aggarwal	 Esha Kaparwan
 shrey tripathi	 Reeya Mishra	 tanvi sobti	 Gaurav Khurana
 Shreya Singh	 Rewangi Taragi	 Tanya Jain	 Gaurav Khurana
 SHREYA UPADHYAY	 Ria Jaiswal	 Tarun Kumar	 Gaurav Khurana
 Shubham Dogra	 Rishabh	 Tavneet Singh	 Hargun Singh Sahni
 Shubham Singh	 Ritika Sharma	 Tejinder Sarna	 HIMESH MISHRA
 manya jain	 Gaurav Khurana (You)	 Hitesh Goel	 Amisha kumari
 Mihika Dobhal	 Aakarsh Nair	 Hitesh Sevlia	 Amit Kumar
 Mohit Sharma	 Abhishek Ghosh	 hiya wadhawan	 Ananyaa Bansal
 Mridul Namboori	 Abhishek Panwar	 Ishani Kohli	 Ankit Tripathi
 Mumukshu Tyagi	 Abhishek Shukla	 J Ashwin Nair	 anshul garg
 Muskan Sharma	 Aditay Kumar	 Janvi Pahuja	 Anubhav Jedia
 Najeeb Mohammad Khan	 aditya gupta	 jatini rauthan	 Anushka Agrawal
 NAMAN BAJAJ	 Aditya Kumar	 Joel Johnson	 Arnav Sharma
 Naman gupta	 aditya malhotra	 kaushalendra pandey	 Ashwani Pandey
 Naman Sachdeva	 Akash Kawatra	 Kunal Agrawal	 AYUSH JAIN
 Neo X Arya	 Akhil Mohanan	 Lalit Ahuja	 Ayush Routray
 Nikhil Aggarwal	 Akshit Aggarwal	 Lalit Mishra	 bhavya bhargava
 nikhil bhutani	 aman prakash	 Manisha Sharma	
 nikhil panwar	 AMAN SHARMA	 Manokamna	

INFRAME – PHOTOGRAPHY WORKSHOP

with Ms. Aarzoo Khurana
on July 15th-16th , 2020

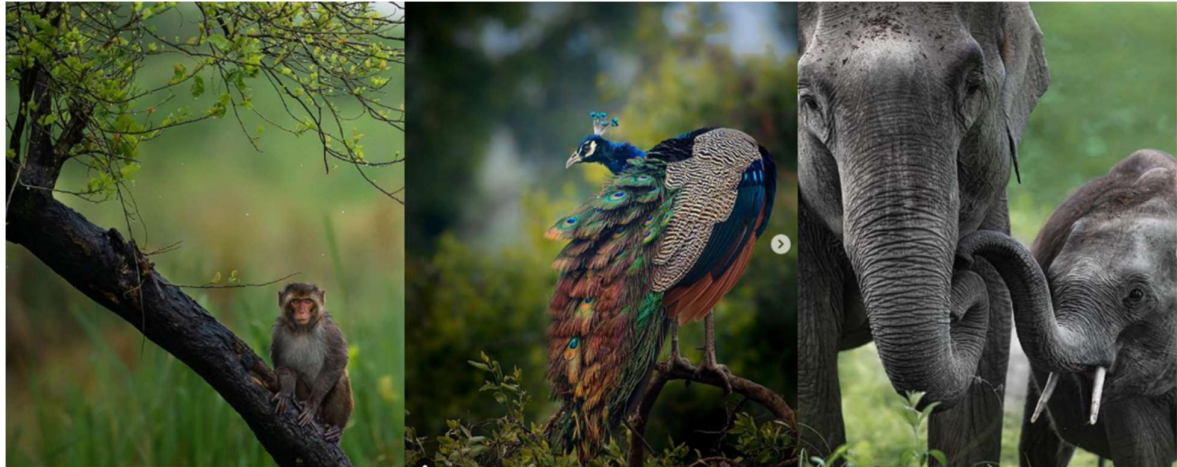


NSS MSIT organised InFrame - Photography Workshop in collaboration with Aarzoo Khurana, a prominent wildlife photographer. The workshop was conducted over Google Meet on July 15th 2020 at 5 P.M.(1700 IST). It was followed by a Photography competition on July 16th 2020, where she was the judge.



The workshop was initiated on World Youth Skills Day. It commenced with Ms Aarzoo explaining how photography can be taken as a profession. She explained the technicalities and fundamentals involved in the same and shared her skills by giving detailed instruction as regards the execution of work.

Her insightful knowledge helped the participants get a fair idea of the profession and motivated them to take photography as a career. Lastly, a very engaging and interactive doubt session took place. The workshop had extensive participation and turned out to be an enriching experience for the attendees.



The workshop ended with the announcement of a Photography competition with the theme “Connection with Nature”. The competition was judged by the presenter of the workshop Aarzoo Khurana. The Photography competition received hundreds of breathtaking entries throughout the submission period. Judgement had become an arduous task, for every picture told a beautiful story.

**THEME:
CONNECTING WITH
NATURE**

Please submit your
photographs by
21ST JULY 2020

Scan the QR code
below to register



For further details feel
free to contact
Anubhav 92050 54020
Parth 99995 54630



**IN FRAME
PHOTOGRAPHY
COMPETITION**

**JUDGE:
AARZOO KHURANA
WILDLIFE PHOTOGRAPHER**

Winners:

Keshav Sharma (IGNOU),



Harshit Verma (Central University of Haryana)



Nikhil Aggarwal (MSIT)



This two days program was indeed a huge success. The workshop was well appreciated as it aided students to be more confident about the subject. The enthusiasm and contribution of the organisers and the participants made the event successful and motivated to continue organising such programs in future.