



NSS MSIT

The National Service Scheme Cell of
Maharaja Surajmal Institute of Technology

2020-2021



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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NATIONAL NUTRITION WEEK

From September 1-7, 2020



NSS MSIT in collaboration with Prakriti MSIT observed National Nutrition Week between September 1st to 7th, in tandem with declaration of September as Nutrition month by Food and Nutrition Board of Government of India, for upbringing consciousness towards nutritional values and ways to adopt it in our daily lives.



Information regarding various essential nutrients was imparted. And the following vitamins and minerals were covered:

1. Vitamin A
2. Vitamin B12
3. Iodine
4. Vitamin D
5. Iron

Information regarding them was mentioned under following heads:

- What - the effects and symptoms of deficiency
- Why- the causes of deficiency
- What to eat



The Students were urged to reach out to their friends and family, domestic helps, security guards, etc. under the theme of "If you can't feed a hundred people, then just feed one." thereby spreading awareness about benefits of a healthy diet and nutrition. Unlike past years, owing to the COVID 19 pandemic, physical distribution of fruits etc could not be carried out but the event was organised online and students were advised to adhere to social distancing and other precautionary measures.



Social-media infographics shared during the week:

DEFICIENCY OF IRON

WHAT
Iron deficiency anemia is a common type of anemia - a condition in which blood lacks adequate healthy red blood cells. Red blood cells carry oxygen to the body's tissues.

WHY
Occurs when your body doesn't have enough iron to produce hemoglobin. Causes include: Blood loss, lack of iron in your diet, inability to absorb iron

WHAT TO EAT

- LEAFY GREENS
- CITRUS FRUITS
- CHEESE
- NUTS AND DRY FRUITS
- APPLE
- DARK CHOCOLATE

DEFICIENCY OF VITAMIN A

WHAT
Deficiency of vitamin A is a major preventable cause of blindness, an early symptom being night blindness. Other symptoms are a weakened immune system and a skin condition known as phrynoderma.

WHY
Vitamin A deficiency can result from inadequate intake, fat malabsorption, or liver disorders. Deficiency impairs immunity and hematopoiesis and causes rashes and typical ocular effects.

WHAT TO EAT

- CARROTS
- FRUITS
- SPINACH
- BUTTER
- BROCCOLI
- EGGS

DEFICIENCY OF IODINE

WHAT
Iodine deficiency can lead to an abnormal enlargement of the thyroid gland, known as goiter and other thyroid problems. In children, it can also cause mental disabilities.

WHY
Iodine deficiency is a lack of the trace element iodine, an essential nutrient in the diet.

WHAT TO EAT

- IODISED SALT
- ALMONDS
- YOGURT
- STRAWBERRY
- FISH
- EGGS

DEFICIENCY OF VITAMIN D

WHAT
Vitamin D deficiency can lead to a loss of bone density, which can contribute to muscle weakness, pain, fatigue and fractures.

WHY
A deficiency in vitamin D can result from inadequate exposure to sunlight, inefficient production in the skin, not enough vitamin D in your diet, and health conditions that can affect it

WHAT TO EAT

- EGGS
- TUNA
- ORANGE JUICE
- MILK
- YOGURT

DEFICIENCY OF VITAMIN B12

WHAT
Vitamin B12 deficiency also known as cobalamin deficiency causes fatigue, breathlessness and numbness. The nervous system may also be affected along with memory troubles.

WHY
Vitamin B12 deficiency is the inadequate intake of Proteins, Fibres and Animal Products such as Milk, Eggs, Cheese etc.

WHAT TO EAT

- FORTIFIED CEAREAL (CORNFLAKES)
- EGGS
- MILK
- CHICKEN
- CHEESE

WEBINAR ON PUBLIC SPEAKING & PRESENTATION

With Nikhil Juneja and
Aditya Gupta
on September 8, 2020



On this International Literacy Day, September 8, 2020, Prakriti MSIT and NSS MSIT conducted a Masterclass on Public Speaking and Presentation under the guidance of Mr. Nikhil Juneja, an Executive Coach and Leadership Facilitator, with over a 17 years of experience and Mr. Aditya Gupta, Communication coach and Co-Founder of “Here And Now”, an organization contributing to various industries including consulting, performing arts and E-commerce.



Nikhil Juneja
Executive Coach, Leadership Facilitator.
Strong Credentials from **Dale Carnegie,**
ICF, and **OSI, USA.**



Aditya Gupta
Communication Coach, Keynote Speaker.
Co-Founder - Here and Now
Personal Growth Enthusiast.

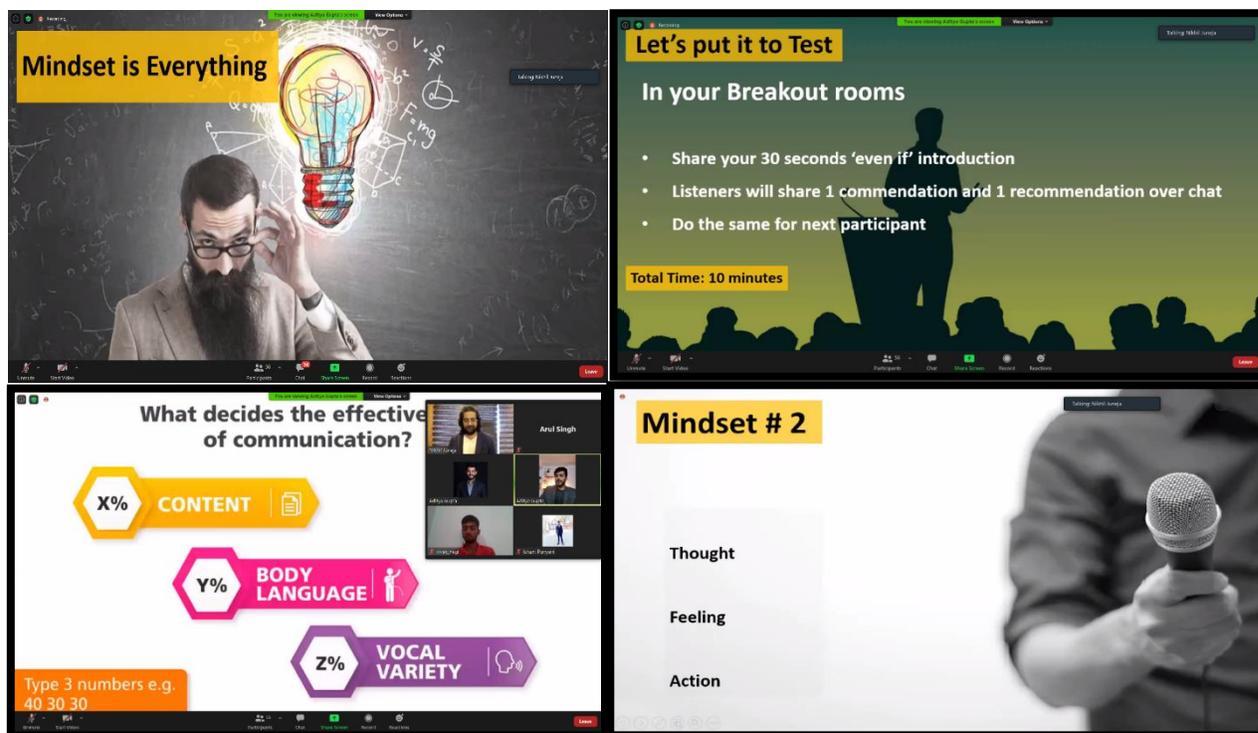


Introduction Format

1. Name
2. My uniqueness
3. Even if

The webinar was organized on Zoom, an online meeting platform, from 5:00 PM and attended by over 60 students. It focused on how to deal with ‘Glossophobia’ or speech anxiety, the fear of public speaking.

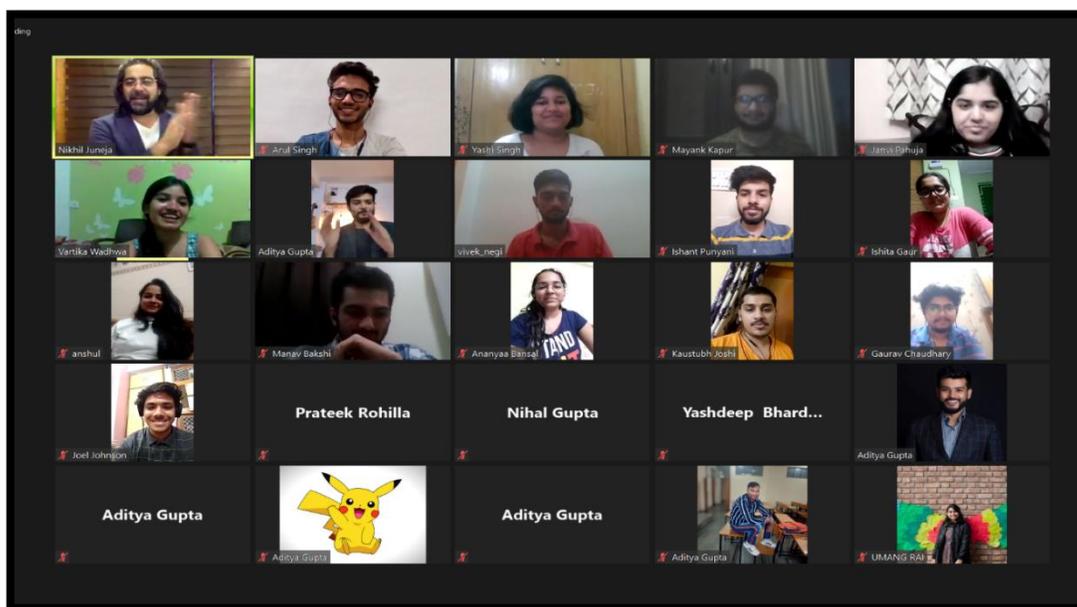
Some glimpses from the session:



Beginning with the importance of mindset, thoughts, feelings and actions, the speakers demonstrated multiple tips and tricks to be followed for becoming a persuasive orator. Highlighting the importance of being eloquent and jovial while presenting, the speakers shared numerous ways on how to make our body language, content, and vocal variety more impressive and indulging. Multiple poles, group activities, and fun games were also brought up by the host which ensured maximum interaction with the attendees.

The webinar concluded with the idea of “empowering beliefs”, which brought up a wave of motivation that everyone can be a presenter; it is just how we tackle limiting thoughts. The ideas shared in the webinar will definitely be a lifelong help to the students and they will believe in themselves and confidently face the audience. The learning is yet to go a long way.

The list of attendees who participated in the Masterclass:



Close		Participants (58)	
		PM	Pooja Mohta
		AR	Amaan Raza
		GC	Gaurav Chaudhary (me)
			Ishita Gaur
		PR	Prateek Rohilla
			Janvi Pahuja
			kartik
			Nikhil Juneja (Host)
			Kaustubh Joshi
			Vartika Wadhwa
			Kishu
			NJ (Co-host)
			Kunal dagar
			Aditya Gupta (Co-host)
			Manokamna Sharma
			Aditya Gupta
			UMANG RAI
			Aditya Gupta
			Mayank Kapur
			Aditya Gupta
			Negi Ashu
			Aditya Gupta
			Nihal Gupta
			Aditya Gupta
			pankaj lohani
			Aditya Gupta
			Parth Dhingra
			Aditya Gupta
			piyush garg
			Subham Choudhary
			Kunal dagar
			Aditya Gupta

WEBINAR ON SEX EDUCATION AND HEALTH

with Ms Pallavi Barnwal
on September 13, 2020

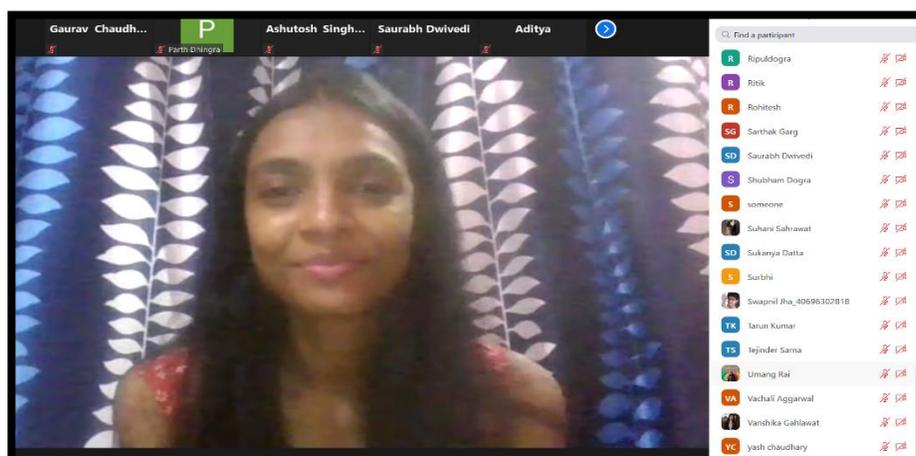


"Sex education- a topic people are uncomfortable talking about, and no one wants to touch with a 10-foot pole".

NSS MSIT, in collaboration with Prakriti MSIT, took the initiative to conduct one such session. On 13 September 2020, at 1700 hrs (IST), an online seminar regarding Sex Education and Health was delivered by Ms. Pallavi Barnwal, a TEDx speaker, the honourable founder of Redwomb, and an intimacy coach at GOQil. It was conducted on the Zoom platform.



Ms Pallavi Barnwal
Sex Educator | TEDx Speaker | Intimacy Coach at GOQii |
Founder RedWomb



About more than 100 students became part of this informative session that aimed at making students aware and comfortable about a necessary topic in the walk of life.

The event started with the introduction by the speaker, Ms. Pallavi, followed by a detailed discussion concerning intimacy, passion, porn, media, and values. We discussed Value- "the set of rules a person abides by," formed by a person based on their experiences or tools and information available. Further, the three main pillars of a relationship were highlighted that are intimacy, commitment, passion (ICP).

Porn & Media




Neil Nitin Mukesh in Addiction Ad

Ranveer Singh, Jack & Jones Billboard Ad

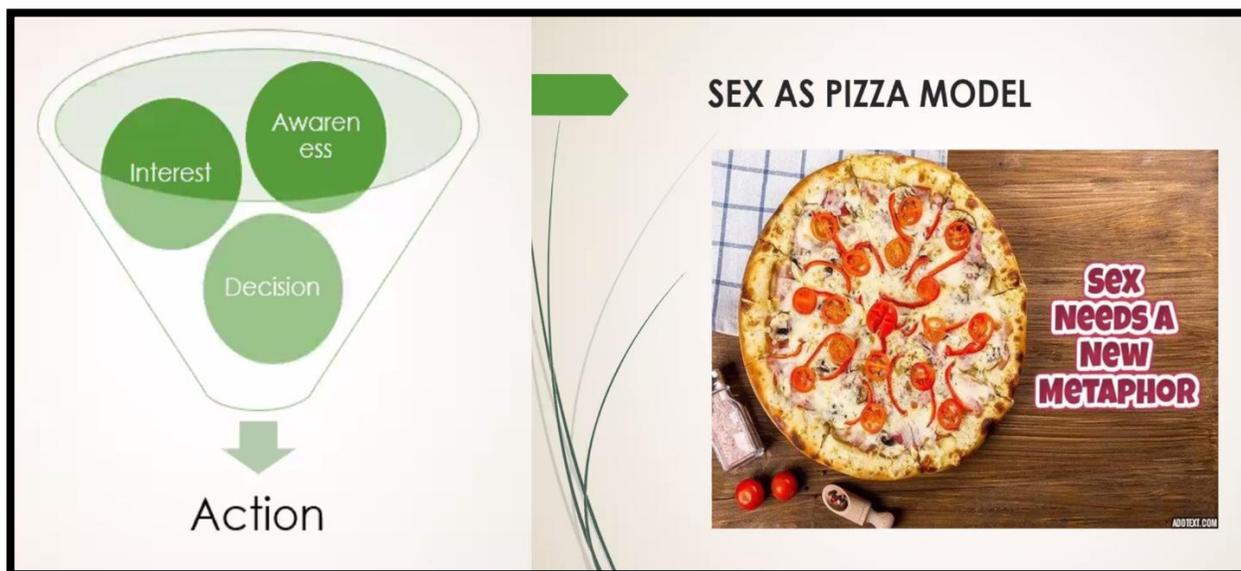
What's a definition of sexual consent?
 How do you know if you're hurting somebody during sex?
 What are healthy boundaries to have when you're flirting?

Online Dating

PROS	CONS
Broadens pool of potential dates beyond existing circles	Chemistry
	Sense of humour
	Sense of tidiness
	Anger Issues
	Political/ Religious Compatibility
	Cooking skills
	Credit Score
Whether they are a monster before?	
Whether they are married?	
Whether they are real?	

Intimacy is life to life connection at emotional and psychological levels. It is also about authenticity. Commitment is being there for one another in times of need. Passion is the component that differentiates between a relationship and a friendship.

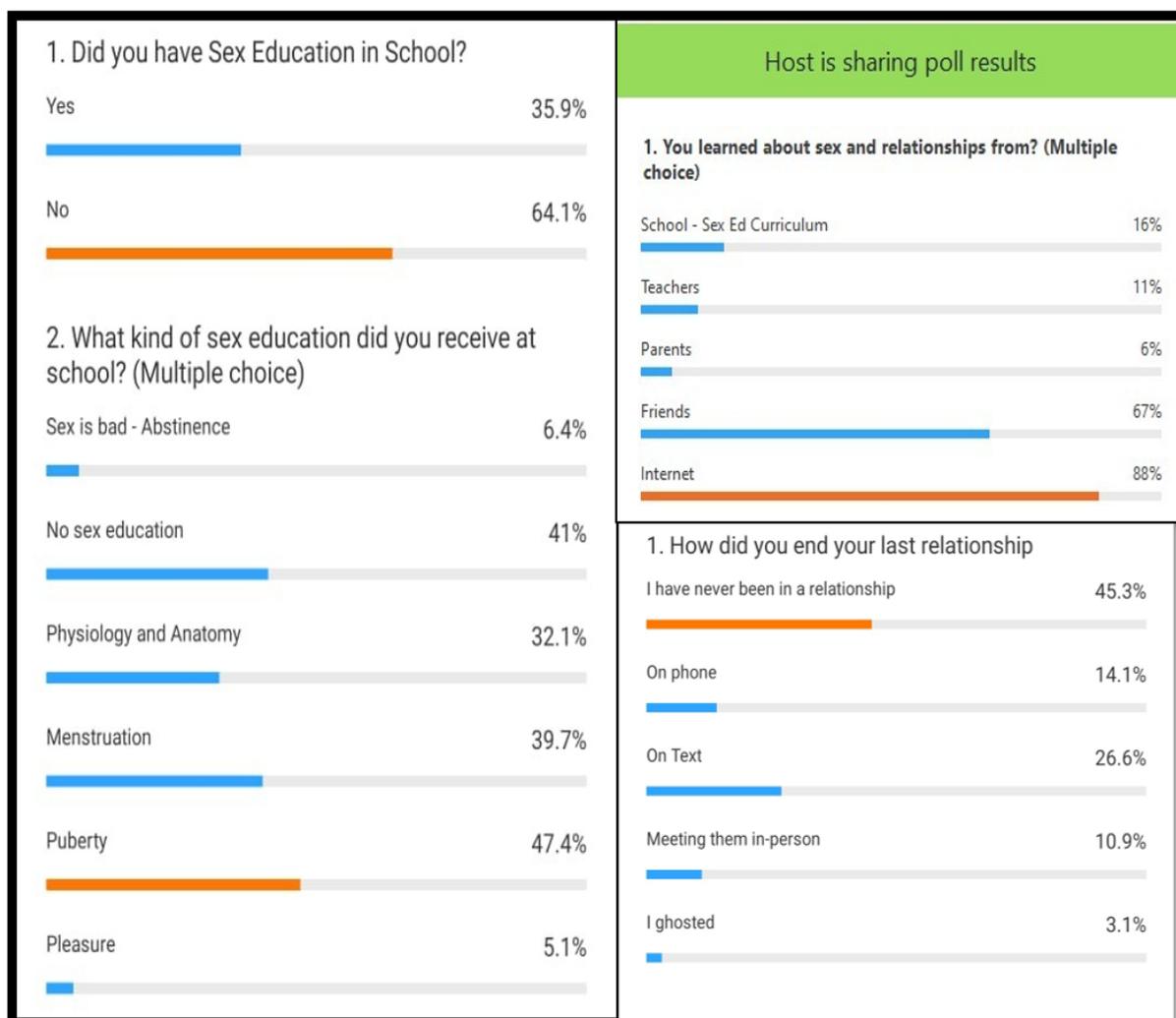
Also, some questions were brought into the light like, what is consent? When is one ready for sex? How do you know if someone likes you? Then the concept of boundaries was explained in quite an effortless manner. Towards the end of the session pros and cons of online dating were compared. The session ended with Pizza as the new model for sex.



Finally, Ms. Pallavi responded to the queries of the audience and left students with a better perspective on sex education.

Even in the age of the internet, social media, and unlimited access to information, the positive knowledge on this topic remains clouded. Thus, an informative and beneficial seminar was required to cover some of the vital aspects of sex education and health. All in all, the event was a great success.

Throughout the session, numerous polls got conducted to make the session interactive and to get hold of the populations' opinions and ideas. It turned out that most schools more or less impart no proper sex education. The polls saw great participation from all the attendees.



List of participants who attended the webinar:

Close	Participants (100)	Close	Participants (100)	Close	Participants (100)
	bhumika	<input type="text" value="Search"/>	Ananyaa Bansal (me)	Pratyush Chamola	
	Deepti Gupta		Ashmita Chadha (co-host)	PRAVEEN KUMAR	
	Ekjot Kaur	Mayank Kapur (co-host)		Rahul Kumar	
	Gaurav Chaudhary	39_VARUN SHARMA	Aakarsh Nair	Ripuldogra	
	Hardik	Aayush Kapoor	Abhishek Shukla	Ritik	
		Aditi Singh	Aditya	rohit	
	Harshit	Aditya Gupta	Aditya Malhotra	Rohitesh	
		Akshansh 04914901819	Akshit Aggarwal	Sarthak Garg	
	Janvi Pahuja	Aman Kumar Giri	Anil Sharma	Satyarth Jha	
		Anshika Gupta	Anshul	Saurabh Bhardwaj	
	Kapil	Anubhuti Sinha	Anupam Goel		
	Karan	Apoorv jain	Aradhya_Sharma_9_IT E	Shubham Dogra	
	Kartikey Goel	Arvind Agrawal	Ashutosh Singh Negi	someone	
		Ayushi Kapoor	Bhavya bhargava	Soumya Chaudhary	
	Mahek Khan				
	Manokamna				
	Manoranjan				
	Mohima Ghosal_10P22ND1011			Sukanya Datta	
	Mohit kumar			Tanishq Tuteja	
	Muskaan			Tarun Kumar	
	Naman Gupta			Tejinder Sarna	
	nikhil gautam				
	Nipun K			Vachali Aggarwal	
	Palak verma			Vanshika Singh	
	Parmeet Singh			Vartika Wadhwa	
	Parth Dhingra			Vartika Wadhwa	
	Piyush Singh Tanwar			Vidhi Angrish	
	Pooja Mohta			yash chaudhary	
	Prashant Jain			Yash kumar	
	Prateek Rohilla			Yashi Shukla	
	<input type="button" value="Invite"/>			<input type="button" value="Invite"/>	

HOPPING SPARROWS FILM FESTIVAL

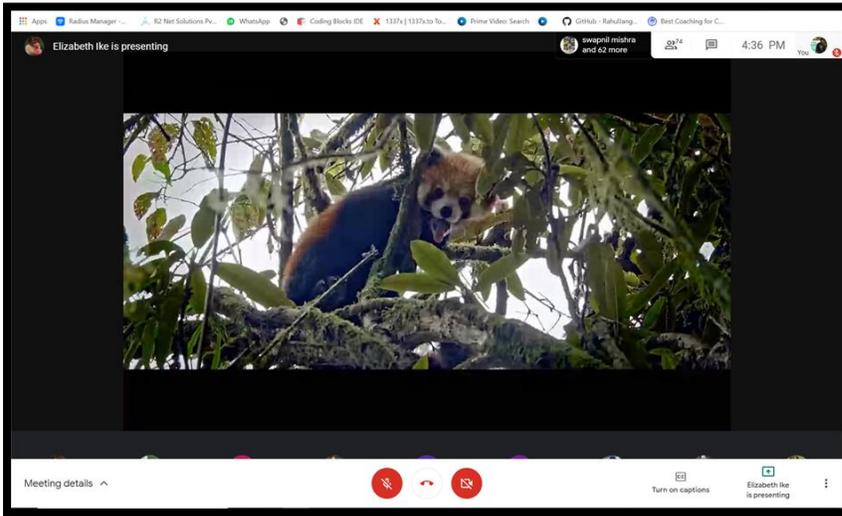
On September 19, 2020



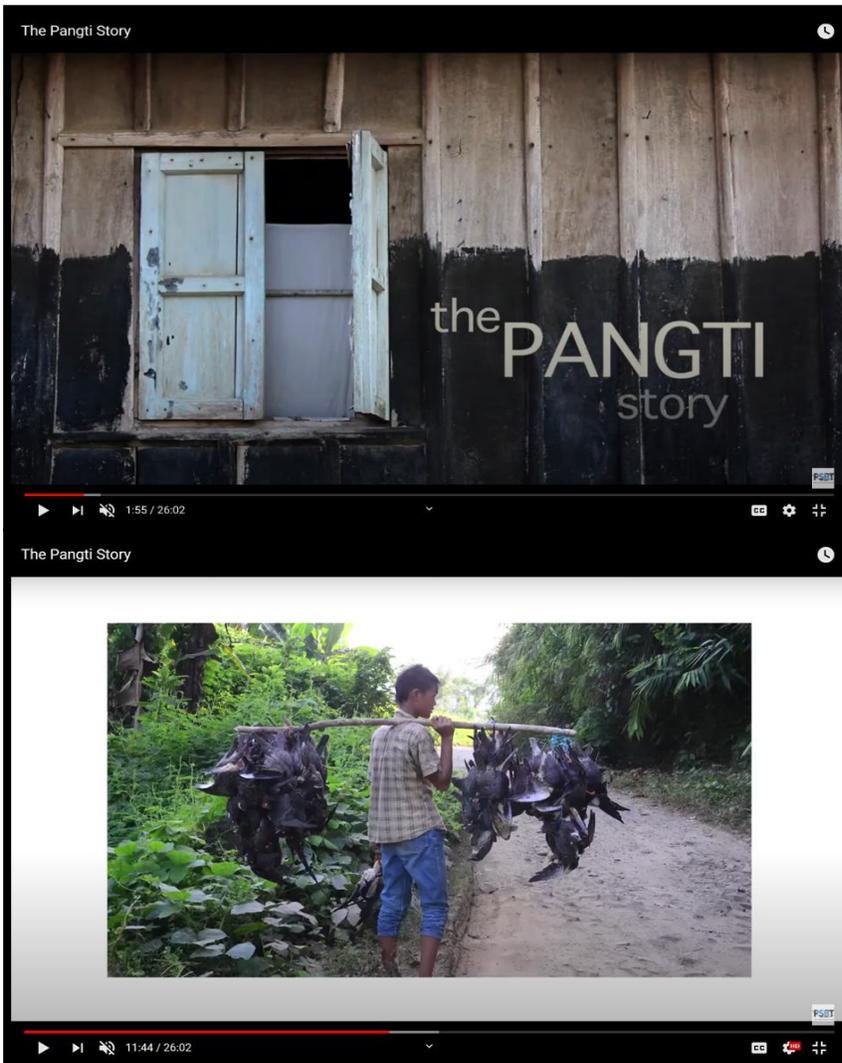
NSS MSIT, in collaboration with Prakriti MSIT and Hopping Sparrows Film Festival organised screening of a virtual film festival on 19th September, 2020. The theme of the event was 'Environment conservation' and it included screening of three insightful short-films.

**Prakriti, the Environmental and Humanitarian Society of
Maharaja Surajmal Institute of Technology, New Delhi**
HOSTS
**Hopping Sparrows
Film Festival**
THEME : Environmental Conservation
Date : 19 September 2020
Time: 4pm onwards

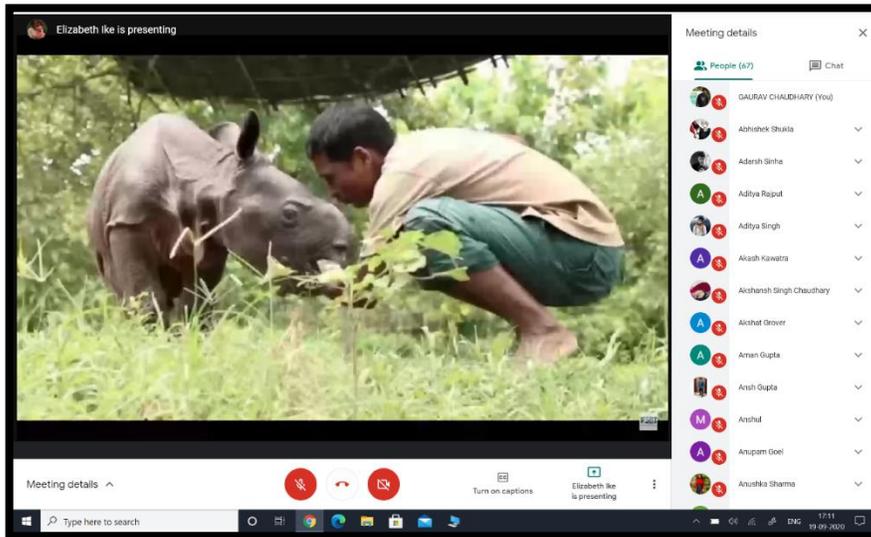
The first film of the festival - 'The Firefox Guardian' by Gunjan Menon was based in dense bamboo jungles of Nepal and accentuated the need of conservation of the endangered species of Red pandas.



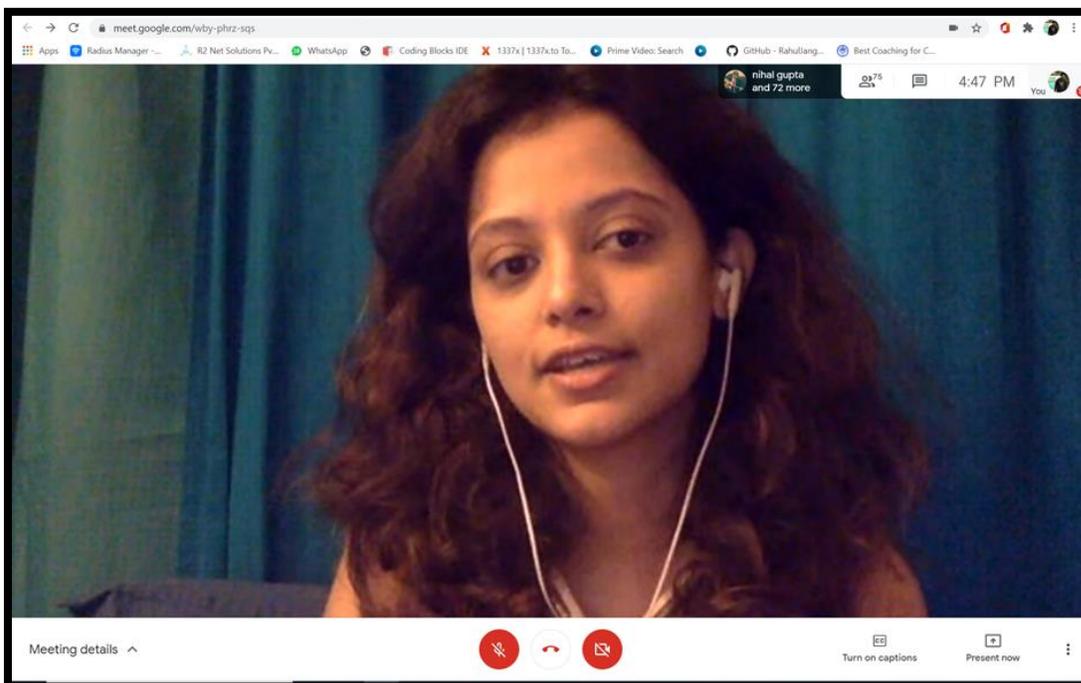
Next, Sesino Yhoshu, the presenter of the next film- ‘The Pangti Story’ discussed how Pangti, a small village in Nagaland hosted the largest congregation of Amur Falcons only to massacre the majestic creatures.



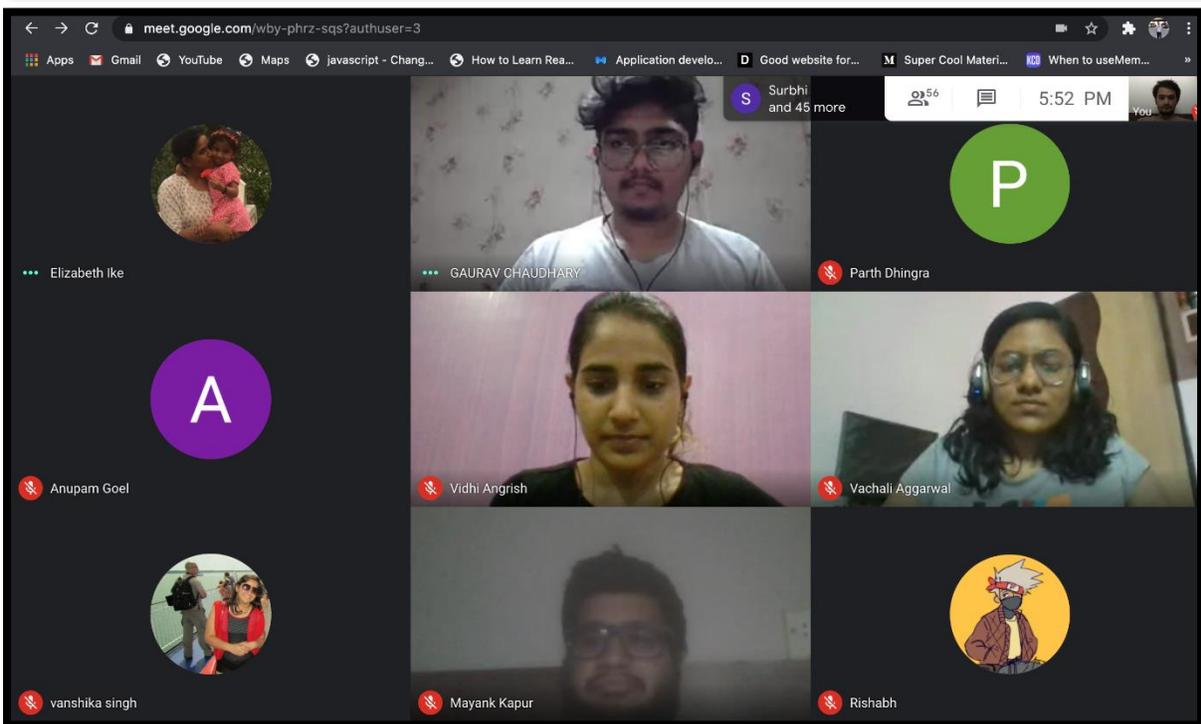
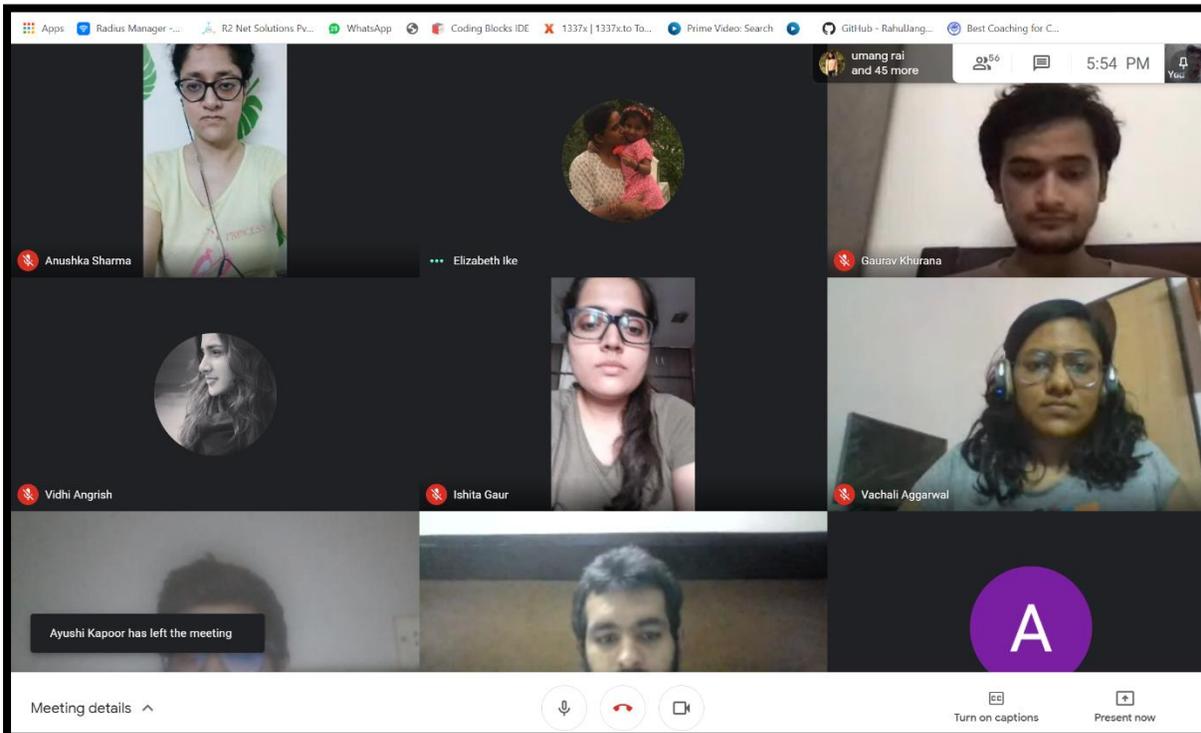
Subsequently, Green Oscars award winner filmmaker Rita Banerji emphasized on protecting the wildlife and their habitats through her film- 'Saving The Wild'.



The screening of each short-film was followed by a question and answer session with the presenter where they shared their experiences and challenges and enriched the students with their explicit views.



The event aimed to converge attention towards the alarming levels of environmental degradation and persuade all to take steps on individual level to maintain ecological balance.



PCOS AWARENESS MONTH

October 26- October 1, 2020



Prakriti MSIT took the responsibility of spreading awareness about PCOS in the month of September because the most important aspect of PCOS awareness month is advocacy and help women struggling with PCOS or any other type of infertility.

PCOS, Polycystic Ovary Syndrome, is one of the most common hormonal disorders in spite of which the topic remains misunderstood. Therefore, it became necessary to bring to light the effects because of its adverse impact on females diagnosed with it.

People tend to use PCOS and PCOD interchangeably when they are both very different conditions. A detailed post highlighted the divergence between the two terms. To summarize, PCOD is a condition in which the ovaries contain many immature or partially mature eggs.

Common symptoms of PCOD are irregular periods, abdominal weight gain, infertility and male pattern hair loss. PCOS is a metabolic disorder that is more severe than PCOD. This stops the release of egg leading to anovulation. Women who suffer from PCOS are at risk of developing diabetes, high blood pressure cardiac-vascular issues, obesity, and even endometrial cancer. PCOS is visible early in life.



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PCOS Awareness Month



September is PCOS (Polycystic Ovary Syndrome) Awareness Month. A hormonal disorder causing enlarged ovaries with small cysts on the outer edges. The cause of polycystic ovary syndrome isn't well understood but may involve a combination of genetic and environmental factors.



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PCOD vs PCOS

PCOS (Polycystic Ovary Syndrome) is a metabolic disorder and has serious complications. The cause of PCOS is unknown, but it involves a combination of genetic and environmental factors. On the other hand, PCOD (Polycystic Ovary Disease) is a condition developed by the imbalance of hormones. With lifestyle changes like frequent exercise and diet changes, PCOD improves.



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DEBUNKING PERIOD MYTHS



Myth: Menstruating people cannot enter temples and kitchens because they're impure.

Fact: Menstruation is a natural thing and people who menstruate are not impure. There's nothing dirty about people who menstruate.



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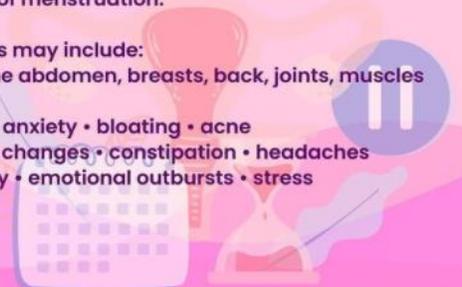
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PMS

Premenstrual Syndrome or PMS is a combination of emotional, physical and psychological disturbances experienced by many people between ovulation and the onset of menstruation.

Symptoms may include:

- pain in the abdomen, breasts, back, joints, muscles or pelvis
- fatigue • anxiety • bloating • acne
- appetite changes • constipation • headaches
- irritability • emotional outbursts • stress



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ACCESSIBILITY & ALTERNATIVES



The most common sanitary products – Pads and Tampons take over 500 years to dispose. These options are both expensive and unsustainable.

Consider these sustainable options:

1. Menstrual cup: Lasts upto 30 years. It's the most effective option to reduce non-biodegradable menstrual waste.
2. Bamboo Fibre Pads: Same price as plastic pads, much easier to dispose.
3. Reusable Cloth Pads: Lasts upto 6 months to a year.



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NSS MSIT

The 'Period Leaves'



Biological differences are real and it is high time to break the myths and normalise the conversation around menstruation. The flawed assumption of more working hours equals better contributions has already been debunked – In today's working scenario, employers prefer efficiency over working hours.

We, at Prakriti, welcome the much-needed change and believe that period leaves are a step forward towards creating a more inclusive work culture and a considerate and accepting society. Period.

Later on, PMS, premenstrual syndrome, was briefly discussed to spread awareness about PMS and not to belittle its severity. Not to forget, Menstruation is a tricky subject. Even today, it is seen as a taboo topic – it is icky, messy and banned from discussions in polite company, even among women. And because of its ‘taboo’ status, young women and girls are often given wrong advice.

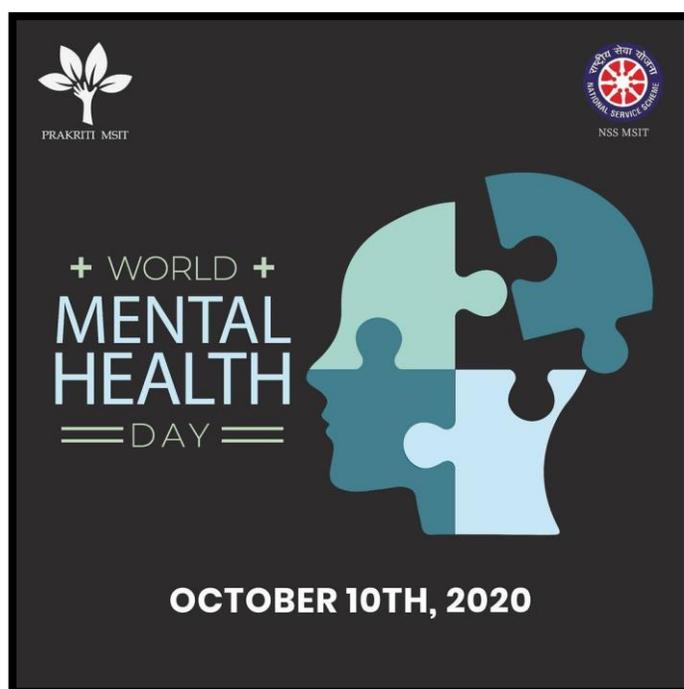
Prakriti MSIT encouraged everyone to talk & spread awareness about these myths & superstitions by detailing major myths and stating the facts behind it in a descriptive post.

MENTAL HEALTH AWARENESS WEEK

October 03- October 10, 2020



NSS MSIT and Prakriti MSIT organized a Mental Health Awareness Week, a completely virtual event, through the medium of social media posts, online webinars, an Open Mic and a letter-exchange event. It was aimed at reinstating the importance of mental health in the current adverse scenario, addressing issues that go unheard and trying to find solutions to them.



Ms Anindita Anand, Ms Aishwarya Ajmani and Dr Jyothirmayi were among the esteemed speakers for the webinars. Apart from the informative webinars, along the course of the program society organized a couple of fun events as well. Events like Open Mic and Letter Exchange gained the remarkable interest of the student community.

Stress Management – Day1



The poster is dark-themed with white and pink text. At the top left is the PRAKRITI MSIT logo (a white leaf). At the top right is the NSS MSIT logo (a circular orange and white emblem). The main title 'Stress Management' is in large white font. Below it is a pink brain icon. A photo of Ms. Aishwarya Ajmani is on the left. Text on the right describes the webinar's purpose and provides the date, time, and Google Meet link.

Join us for the webinar on

Stress Management

Stress accounts for most of our illnesses, directly or indirectly, and hence, through this webinar, we aim to help you find ways to cope with it and lead a healthy lifestyle.

October 4th
2020 | **6:00 PM**
Google Meets

meet.google.com/ivd-hvwg-soi

Ms. Aishwarya Ajmani
Founder, HappeeMindz
Counselling Psychologist holds
Masters in Clinical Psychology
Internally certified NLP practitioner

For more info, contact :
Anubhav 9205054020
Parth 9999554630

Students discovered the path to stress reduction by joining in the webinar on Stress Management, with **Aishwarya Ajmani** (Counselling Psychologist), an Internationally certified NLP practitioner and the founder of 'HappeeMindz', an initiative with a vision to provide counselling services and mental wellness workshops.

Stress accounts for most of our illnesses, directly or indirectly, and hence, this webinar aims to help find ways to cope with it and lead a healthy lifestyle.

Minorities` Mental Health – Day2

On day 2, through social media posts and stories, Minorities' and their Mental Health was addressed. And the various factors of causes, consequences and the solutions were discussed.

MINORITIES' MENTAL HEALTH

Sometimes the minority status of an individual is a risk factor for mental health. It is believed to be true that it is the experience at the local, rather than national level that is critical.

Many a times, these mental health issues stem from some historical trauma that is forced upon the population. Usually it's the

- Unfairness
- Inequality
- Discrimination
- Hate Crimes
- Fear, etc.

that are the roots.

Ethnic, racial, tribal, sexual, all minorities often suffer from poor mental health due to multiple factors including:

- Inaccessibility of high quality mental health care services
- Cultural stigma surrounding mental health care
- Discrimination
- Overall lack of awareness about mental health

And how do we deal with this?

- Cultivating a space where everyone is comfortable speaking up, without fear of retaliation or being ostracized.
- Listening to them, without imposing your own opinion and without ridiculing them for saying something that may not be so popular.
- Creating an atmosphere where everyone feels included, respected, and free from bias.
- Half the battle is won only by realizing how everyone has their own struggle and we cannot judge or dictate how one should act unless they are in their shoes.

#LoginLogout – Day3



The poster features a dark background with three logos at the top: a white leaf logo for PRAKRITI MSIT, a yellow circular logo for MIND SIMPLIFIED, and a circular logo for NSS MSIT. The central text reads 'Join us for the webinar #LoginLogout Discovering and Understanding the impact of Social Media on Mental Health'. On the left is a photo of Ms. Anindita Anand. On the right is an illustration of a person emerging from a smartphone. At the bottom, it provides the date and time: 'October 6th 2020 6:00 PM Google Meets' and the meeting link 'meet.google.com/mtw-xnrq-xfd'. Contact information is listed at the very bottom.

Join us for the webinar

#LoginLogout

Discovering and Understanding the impact of Social Media on Mental Health

Social media has become a space in which we form and build relationships, shape self-identity, express ourselves, and learn about the world around us; and thus, it is intrinsically linked to our mental health.

Ms. Anindita Anand
Consultant Psychologist
Personal growth coach
NLP practitioner

October 6th 2020 6:00 PM
Google Meets

meet.google.com/mtw-xnrq-xfd

For more info, contact :
Anubhav 9205054020 Parth 9999554630

Discovering and understanding the impact of Social Media on Mental Health NSS MSIT & Prakriti MSIT organised a webinar titled #LoginLogout: Discovering and Understanding the impact of Social Media on Mental Health with speaker **Anindita Anand**, Founder @mind_simplified, personal growth coach and NLP practitioner. She had worked as a consultant Psychologist in Sir Ganga Ram Hospital for 5 years. Apart from training Delhi Police personnel in emotional and professional management, she works with a number of organisations including Youthformentalhealth, Our Voix and Teach for India.

Men's Mental Health – Day4

“Why are you crying over such a small thing? Be a man.”

Statements like these often go unnoticed but have a huge impact on men, especially young boys. It is pertinent to spread awareness and normalize the fact that it can be difficult to manage stress and everyday demands, even for men.

MEN'S MENTAL HEALTH

Men's mental health is a topic that has long been ignored and side-lined.

For men who've been told all their lives to "man up" and "be strong" accessing mental health, resources can seem to go against cultural expectations of masculinity. Men are taught from an early age, either by cultural referencing around them or by direct parenting, to be tough, not to cry and be brave.

In recent years, there has been a steady increase in the numbers of men who elect to end their own lives prematurely through suicide. In high-income countries, three times as many men as women die by suicide, according to a World Health Organization (WHO) report from 2018.

Causes

Traditional male gender roles discourage emotional expression. Men are told they need to be tough and that they should not need to ask for help. Such rigid gender norms may make it difficult for men to reach out and ask for support when they need it.

Researchers suggest that depression is diagnosed less frequently in men because of the tendency to deny illness, self-monitor symptoms, and self-treat.

How To Be Better?

- Do not confine men to traditional gender norms. Crying does not make someone less manly. Emotions aren't a judge of someone's gender.
- Watch for signs of depression. Symptoms of depression in men include irritability, social withdrawal, anxiety, loss of interest or pleasure, physical pains and complaints, engaging in risky behaviours, misusing drugs and alcohol, and being unable to keep up with normal daily tasks.
- Offer support. If you notice signs of depression, ask what you can do to help, and let them know that you are there to listen and help.

QnA Session – Day5

Prakriti MSIT, in collaboration with NSS MSIT, realises this and presents a Talk Session on Mental Health by **Dr Jyothirmayi**, a Neuro Psychiatrist, Therapist & ex-Civil Assistant Surgeon. She is a TEDx speaker with her articles on mental healthcare published in newspapers like The Hindu, AndhraJyothy, etc.




PRAKRITI MSIT


NSS MSIT

Join us for the webinar

Let's Talk

An interactive QnA session to help you destress
and talk about your hidden emotions



Dr Jyothirmayi
MD, Psychiatrist & Therapist
ex-Civil Assistant Surgeon
TEDx Speaker

For people with mental health problems, not being able to talk about it can be one of the worst parts of the illness.

This webinar is dedicated to breaking down the stigma attached to mental health issues and talking about it is integral in helping to normalise the conversation.

October 8th | 6:00 PM
2020 | Google Meets

 meet.google.com/wen-twci-cus

For more info, contact :
Anubhav 9205054020 Parth 9999554630

How to Face Rejection – Day6



HOW TO FACE REJECTION

Did you know that the brain uses a similar reaction to ease the pain of social rejection as it does to deal with pain caused by physical injury?

We've all been rejected at some or the other point in our lives.



Rejection- An obstacle that prevents us from improving our social skills and going after the life they want.

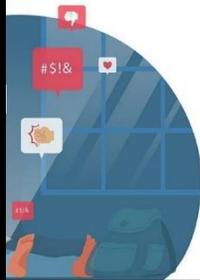
They fear being humiliated as they're turned down. They fear getting the message that they're not good enough. They fear having to feel worse about themselves.



Why should rejection be dealt with acutely?

It can result in adverse psychological consequences such as loneliness, low self-esteem, aggression, and depression.

It can also lead to feelings of insecurity and a heightened sensitivity to future rejection.



Here's how to reframe rejections constructively:

- Give yourself credit for trying, and having the guts to take the risk
- Focus on what you still have in life
- Say no to your inner critic
- Expect rejection and prepare for it ahead of time
- Give yourself time to feel about it
- Learn from it
- Try to get outside help

Remember this is temporary, not permanent. Ergo keep going and smiling.



Open Mic – Day7

As a wrap up to our Mental Health Week, NSS MSIT, in collaboration with @12sindia and Prakriti MSIT, invited students to an Open Mic, where they showcased their talent, and gave mental health a boost.



Prakriti MSIT in collaboration with Letters To Strangers + India presents

Open Mic

Saturday, October, 10 at 4:00 pm

Registrations Open till Oct 8th, 11:59 PM

E-Certificates to all participants

Register at - <http://prakriti.cf/openmicreg>

Contacts:
Aditya: 7042029033
Abhat: 7042071606



Join us for an enthralling

Open Mic Event

Come join us to chuck your worries, be in the spotlight and just shine

meet.google.com/hcd-niui-nei

Event Schedule

4:05-4:15	Sunayana Ray	Poetry/Spoken-word
4:15-4:25	Karabdeep Singh	Poetry/Spoken-word
4:25-4:35	Janeshar Alam	Poetry/Spoken-word
4:35-4:45	Kanak Music	Beatboxing
4:45-4:55	Lalit Ahuja	Poetry/Spoken-word
4:55-5:05	Deepanshi Rao	Poetry/Spoken-word
5:05-5:15	Jordan M. Thomas	Cover Song(s)
5:15-5:25	Ritesh Kumar	Poetry/Spoken-word
5:25-5:35	Shikha Sharma	Poetry/Spoken-word
5:35-5:45	Priyanka	Dramedy Interpretation
5:45-5:55	Arundhati	Poetry/Spoken-word
5:55-6:05	Octave Music Society	Musical Performance

NSS MSIT, in collaboration with Letters2Strangers + India and Prakriti MSIT presented an Online Letter Exchange, where after you sign up, you will be assigned a partner, to whom you can write emails just like a pen pal.

Prakriti MSIT in collaboration with
Letters To Strangers + India
presents

Letter Exchange

Sign up and help someone feel heard!

Contact:
Akshat: 70420 71606 Parth: 99995 54630

CYBER SECURITY WEEK

From November 22-26, 2020



“With technology in every phase of life, surrounded by gadgets and internet 24*7, cybercrimes have also made their way through.”

NSS MSIT, with the combined efforts of Prakriti MSIT, observed a Cyber Security Week to create awareness about cybercrimes and set forth the needs and ways to become safe in the cyber space. The event took place from Nov 22, 2020, to Nov 24, 2020. This three-day event aimed at making people familiar with five major types of cybercrimes, namely:

1. Revenge porn
2. Cyberstalking, Bullying, Online harassment
3. Hate Speech
4. Invasion of privacy
5. All kinds of Scam

The final day included a webinar on the Role of Youth in National Cyber Security. The event began with a series of insightful social media posts regarding the various cybercrimes answering the questions of what, how, and why of those cybercrimes. These were a series of multiple slides that began with an introduction to the topic, laws against it, and the ways to report.

Social Media Infographics shared during the week:

  <h3>CYBER CRIMES</h3> <p>Internet is not a safe place. Cybercrime is growing at the same rapid rate as new people are getting connected to the digital world. Some tech-savvy individuals engage in various types of criminal activities online or by abusing computer networks. These troublemakers are known to commit fraud, violate privacy and even steal your identity.</p> 	  <h3>HATE SPEECH</h3> <p>Hate speech constitutes any kind of communication in speech, writing or behaviour, that attacks or uses disparaging or discriminatory language with reference to a person or a group abusive or threatening speech or writing that expresses prejudice against a particular group, especially on the basis of race, religion, or sexual orientation.</p> 
  <h3>CYBER BULLYING</h3> <p>Under the IT Act, 2000, 'Online harassment or Bullying' is used as an umbrella term to describe the use of electronic means to harass, threaten or maliciously embarrass a person, a group of persons, or even an organization. It can include doxing, posting derogatory comments, rumours, threats, sexual remarks, defamatory labels or misusing photographs.</p> 	  <h3>REVENGE PORN</h3> <p>Revenge porn is "an act of revealing or distribution of sexually explicit images or videos of a partner without consent; usually by a former partner to cause them distress or embarrassment."</p> 
  <h3>PRIVACY</h3> <p>India presently does not have any express legalisation governing data protection or privacy. Our regulatory mechanism of data protection and privacy is the Information Technology Act, 2000 and the corresponding Information Technology (Reasonable Security Practices and Procedures and Sensitive Personal Data or Information) Rules, 2011.</p> 	  <h3>Helplines</h3> <p>National Cyber Cell : 155260 Cyber Cell (Delhi) : cybercelldelhi.in/Report.html Cyber Crime Portal : cybercrime.gov.in National Commission For Women : ncw.nic.in (011-23237166)</p>

People were informed and encouraged to follow some cybersecurity guidelines. Also, the helpline numbers were provided for one to reach out for help in times of need.

On the final day, Prakriti MSIT, in collaboration with NSS MSIT, organized a webinar on “Role of Youth in National Security” that began at 1600 hrs on Nov 24, 2020. The esteemed guest, and the speaker of the day, Dr. Chintan Pathak, Advocate, Attorney, and Cybersecurity consultant, provided valuable information regarding cybersecurity and how the youth could play a role in it.



Dr. Chintan Pathak
Advocate | Attorney | Cybersecurity consultant

With an informed and curious audience, the event turned out to be quite interactive. Multiple questions were put forward and satisfactorily answered. Finally, Dr. Chintan ended with the apt message “Digital Freedom, Needs Digital Wisdom.”

TREASURE HUNT

From November 5-7, 2020



NSS MSIT, in collaboration with Prakriti MSIT organized an online Treasure Hunt from 5th December to 7th December 2020. The contest was officially sponsored by The Hidden Hour, India's top-rated Escape room company that offers both plays at the centre and play at home/office games and Forrest Tribe, a company that provides 100% raw, ethically sourced, certified organic honey which is collected from wild hives of deep Indian forests.

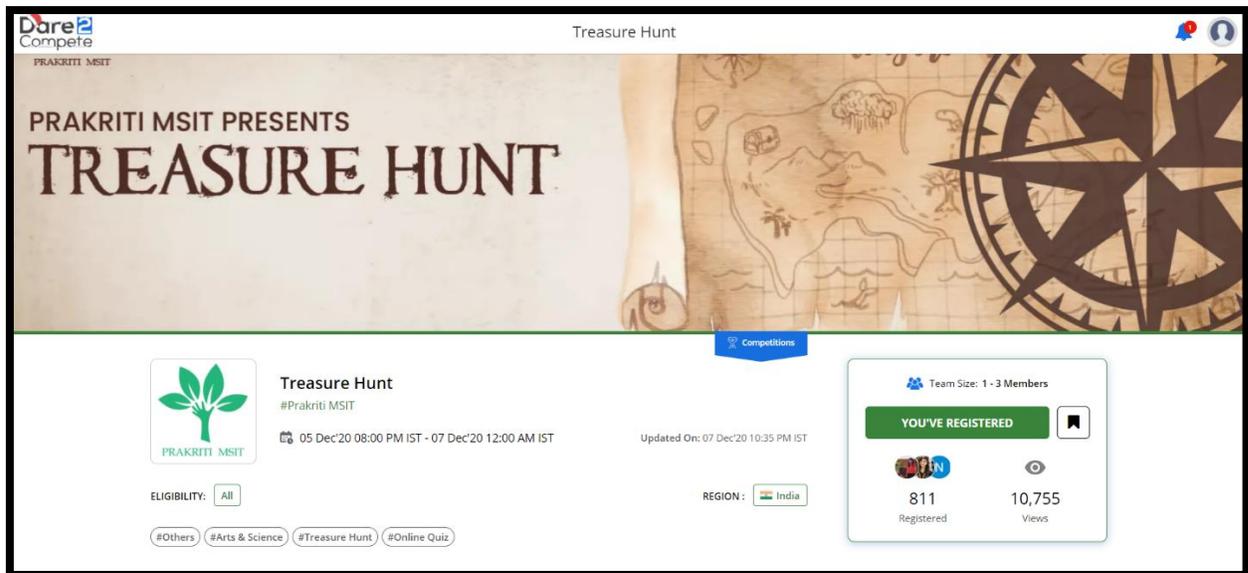


The objective of the game was to draw the exhilaration and zeal of the participants and indulge them in the contentment of the brainstorming with their teams and impart knowledge of Climate Change to the partakers.

The 2-day hunt was played on popular online event conducting site Dare 2 Complete and saw a remarkable 800+ registrations.

BRIEF

This event consisted of 2 rounds. The top ten teams from round 1 moved on to the final round where they competed for victory. Team size varied from 1 to 3 members.



TREASURE HUNT: STAGES & TIMELINES

Round 1: 05 Dec'20 08:00 PM - 08:15 PM

A 10-minute online rapid Quiz on climate change. Teams with highest scores and least time took won and qualified for the next round.

Round 2: 06 Dec'20 06:00 PM - 11:59 PM

A treasure hunt where qualified teams from round 1 were given clues which they have to decode and traverse various part of the internet and submit the final answer. The first team or individual to submit the correct answer crowned as the winner.

The results of Treasure Hunt were announced on Prakriti MSIT Instagram page on 07 Dec'20 06:00 PM.

NSS SELF DEVELOPMENT VIRTUAL CAMP

From December 7-11, 2020 and January 18-22, 2021



National Service Scheme – Program on “*MANAGING SELF: MANTRA FOR HOLISTIC LIVING*”

The program’s tenure was divided into two terms, the first one being from 7th - 11th December 2020 and the second term from 18th - 22nd January 2021.

One week development programme on —

MANAGING SELF: MANTRA FOR HOLISTIC LIVING

Date: 7th-11th December, 2020

Time: 4 PM - 6 PM

STEERING COMMITTEE:-
Chief Patron
Sh. Kaptan Singh Ji
President, SMES
Patron
Sh. Ajit Singh, Secretary, SMES
Sh. Rajpal Solanki, Treasurer, SMES

KEY SPEAKERS:-

DR. B.V. RAMANA REDDY
Professor, LISICT
Program Coordinator
GGSIPU NSS Cell

DR. DHANANJAY JOSHI
Dean, University School
of Education, GGSIPU

DR. RAKESH TOMAR
Physical Education Department,
King Fahd University of
Petroleum & Minerals,
Saudi Arabia

MS. SARVESH TOMAR
Assistant Commandant, CRPF,
International shooter and
Commonwealth medalist.

DR. DHEERAJ HURIA
Doctor of Naturopathy and
Yoga expert: Spreading the
mission of creating love, peace
and harmony world family

LINK TO REGISTER:-
Google Form Link:
nss.msit.in/register

JOIN OUR GROUPS:
Whatsapp:
nss.msit.in/whatsapp
Telegram:
nss.msit.in/telegram

LIVE STREAMING ON:
Youtube:
nss.msit.in/youtube
Facebook:
nss.msit.in/facebook

DIRECTOR:-
Prof. (Dr.) Rachita Rana
Director, MSI
Prof. (Dr.) K. P. Chaudhary
Director, MSIT

ORGANISING COMMITTEE:-
1) Dr. Rajeshwari Malik 2) Dr. Vivek Solanki 3) Dr. Savita Ahlawat

THEME OF THE EVENT

The NSS Cells of Maharaja Surajmal Institute and Maharaja Surajmal Institute of Technology, in collaboration with NSS Cell GGSIPU, organised a 10 days program on Self Development, emphasising upon “**Managing Self: Mantra for Holistic Living**”.

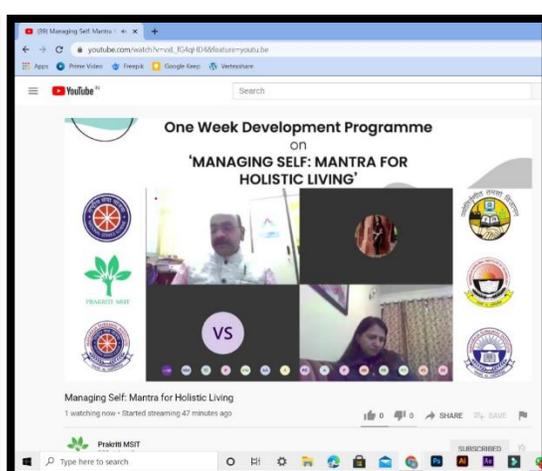
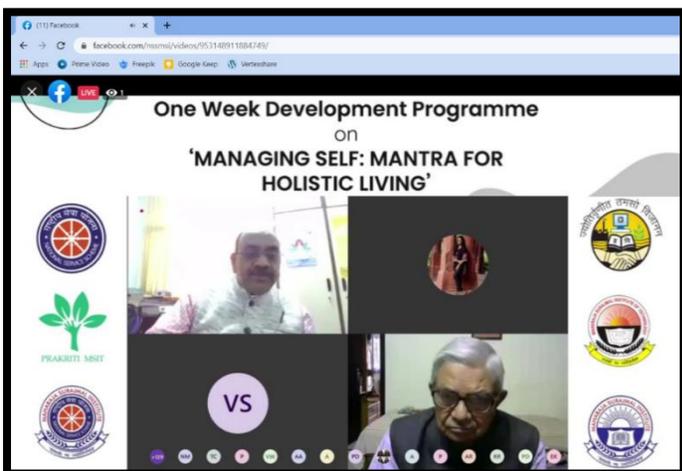
AIM OF THE EVENT

The motive of this programme is to help the students discover their true-self, know self-healing, grow holistically, have the essence of democratic living and upholds the need for self-less service, understanding the true motto of NSS and life - Not me but you.

Interactive events also took place on the topic of the day to make the program even more engaging.

The event took place on MS Teams, where the participants had the chance to interact with the esteemed speaker. It was also live streamed on Facebook and YouTube.

Engaging activities took place over WhatsApp and Telegram groups.



DAY 1- KNOW THE SELF

The day 1 program started with welcome of **Sh.Kaptan Singh ji, Chairman SMES**, Chief Guests for the day **Prof.B.V Ramana Reddy**, program coordinator NSS GGSIPU and **Dr. Dhananjay Joshi**, Dean University School of Education GGSIPU, **Prof (Dr.) Rachita Rana (Director MSI); Prof (Dr.) K.P.Chaudhary (Director MSIT)**, the Faculty Members and the Students by Dr Promila Dabas.

Dr.Rajeshwari Malik (PO NSS MSI), explained theme of the event, which was to discover oneself, grow as a person, have self-love and self-acceptance.

Dr. Rachita Rana, Director, MSI addressed the gathering and quoted that education is more than just academic knowledge, it is an element in, life and character building.

Subsequently **Sh.Kaptan Singh Sir**, President SMES spoke about the need to be a good human being before being a professional. He said that Self Development, Social Service and knowing ones culture, are three very important aspects of life.

Dr.B.V. Ramana Reddy then addressed all, saying, we are holistically developed when we respect our surroundings and all the people around, see the tough situations as opportunity, have high moral values and have emotionally mature and understanding. He highly appreciated the step taken by MSI and MSIT to have come up with this program and congratulated them.

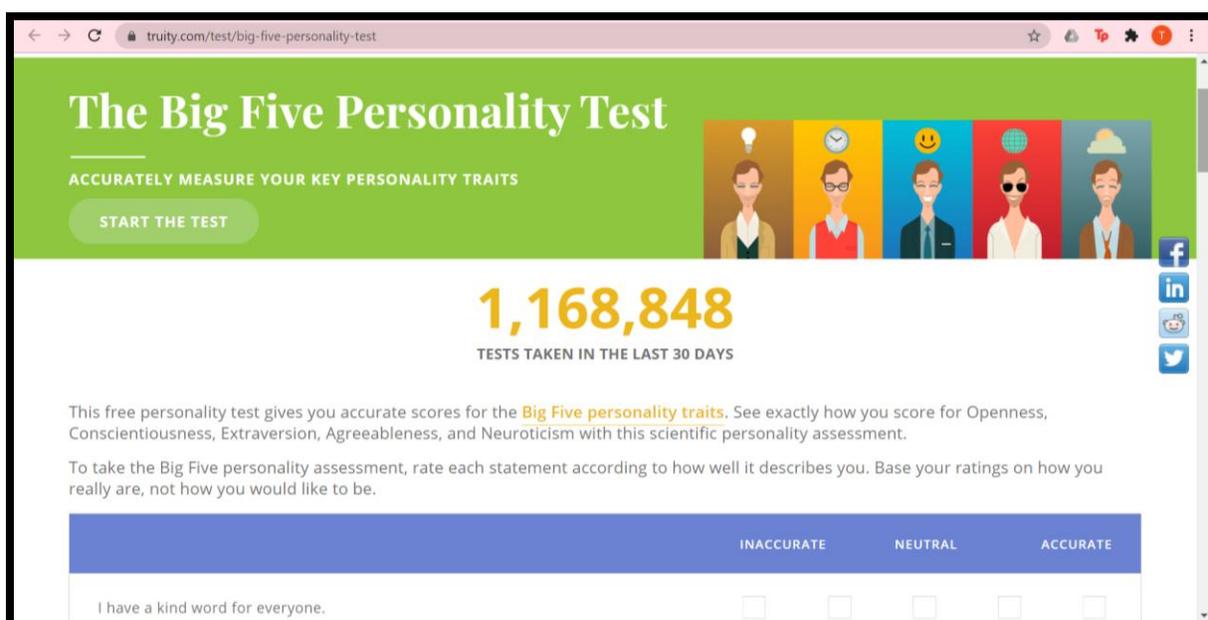
Then Dr. Dhananjay Joshi shared his words of wisdom. He said that one must always remain attached to its roots and quoted that character is more important than degrees. He appreciated the Indian Education system in pre-colonial era and encouraged blending of that in the current system. He quoted inspirational instances from the lives of Dr.A.P.J.Abdul Kalam and Abraham Lincoln.

This was followed by a question – answer session. Post this Sh.Kaptan Singh gave a Guru mantra - “Have faith in yourself and have faith in God”

Dr. Savita Ahlawat (Program officer, NSS MSIT) gave vote of thanks and the day’s proceedings ended with National Anthem.



The interactive event of the day was **A Big 5 Personality Test** to get to know oneself better.



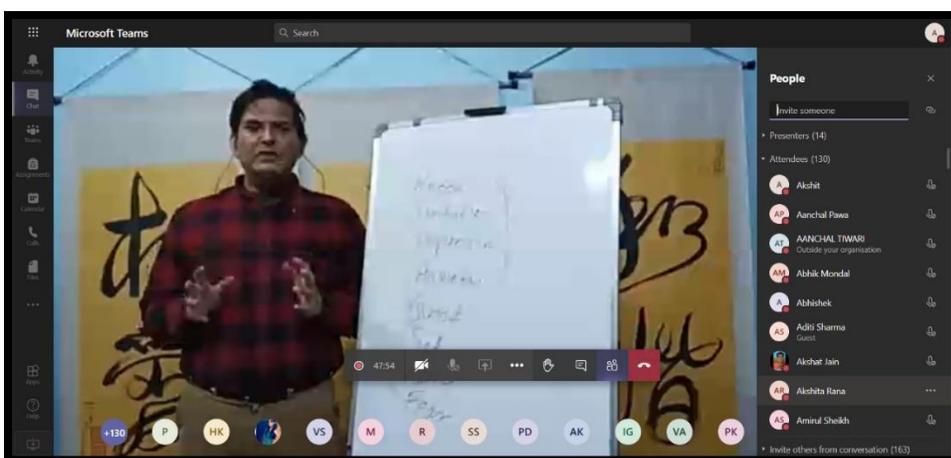
DAY 2 - MEDITATION AND YOGA - AS A WAY OF LIFE

The event began with an NSS theme song followed by the introduction of the speaker **Dr.Dheeraj Huria**, a renowned Doctor of Naturopathy and Yoga Expert who's spreading Love, Peace and Harmony around the globe.

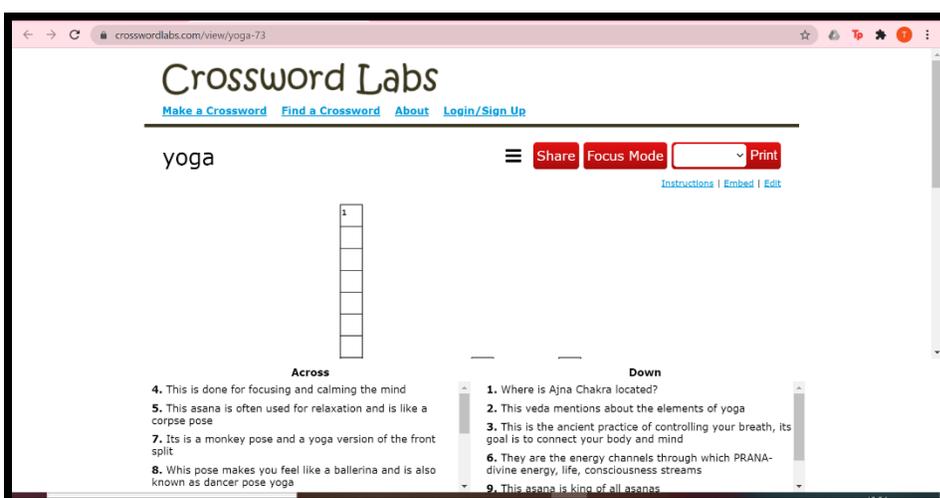
Dr. Dheeraj discussed how we can work on our physical and emotional issues. He beautifully explained how to transform our soul first and let mind, body follow.

He gave a new mudra and mantra to chant which focussed on the stress and discomfort on physical level, especially headache, cervical, body ache etc.

The day's proceedings were ended by closing words by Dr Dheeraj - "work on yourself", he encouraged which was followed by the National Anthem.



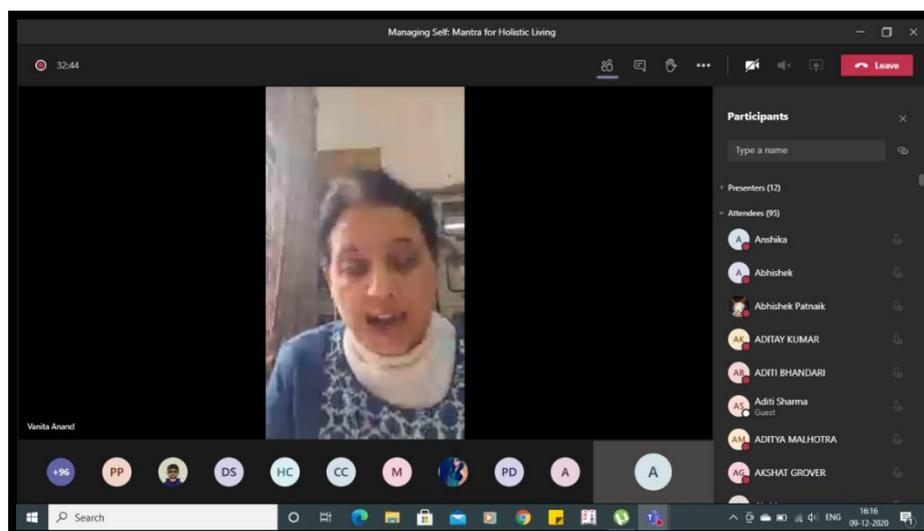
The engaging event of the day was a **Crossword on Yoga Postures!**



DAY 3- SELF HEALING

Ms Vanita Anand, assistant professor, MSI, the first speaker of the event started up with the subject of psychological well-being, integrating the factors, needs and consequences of the same. She elucidated with real-life examples of what role does the psychological resilience plays in one's life, and how individuals of varying age groups can attain that. Instances include self-acceptance, environmental mastery, positive relationships and avoiding underlying personality. She ensured a comprehensive overview of each mentioned terms for the precise knowledge of students. She concluded her part from the session by educating students with different types of Psychological illnesses, their traits, severity and treatment.

In the latter half of the session, **Mr Sidharth Bhan** from ISHA Foundation, discussed the various aspects of Yoga with the attendees. Then speaker presented Yogic Diet routine as he quoted "State of the body is nothing but what we eat". In his presentation, he included the best time and form of food to eat and healthiest of food habits. Mr Sidharth had a small Hatha yoga session of 8-10 minutes with the attendees. Then he concluded the day`s sessions by sharing a video by ISHA foundation featuring Sadhguru and Day 3 wrapped off with the National Anthem.



The interactive event of the day was a **self-care bingo** to make the participants aware of their self-care habits!

NSS MSI **Prakriti MSIT** **NSS MSIT**

Self Care Bingo

Cried for hours	Asked for help	Took a break & care of my mental health	Ate my favorite food
Planned my week out	Helped a friend	Let myself feel all the feels	Celebrated small achievements
Learned to say NO	Stopped weighing myself	Hugged a loved one	Read books
Tried something new	Called an old friend	Binge watch a show	Listened to soothing music
Forgave and forget	Complimented myself	Went for run/ Exercised	Documented a memory
Remembered why am I so awesome	Took a break from social media	Took a long drive	Watched my favourite show for 10th time

I Nominate: _____

NSS_MSI **PRAKRITI_MSIT**

DAY 4 – ETHICAL LIVING

The first speaker of the event was **Dr. Rakesh Tomar**, Research Scientist at North West University, South Africa with 22 years of teaching and research experience. He discussing ‘Physical fitness Strategies and Immunity’ and the importance of exercise in our day-to-day life. The physical fitness is a state of mind and is governed by our thought process, perceptions and conventions.

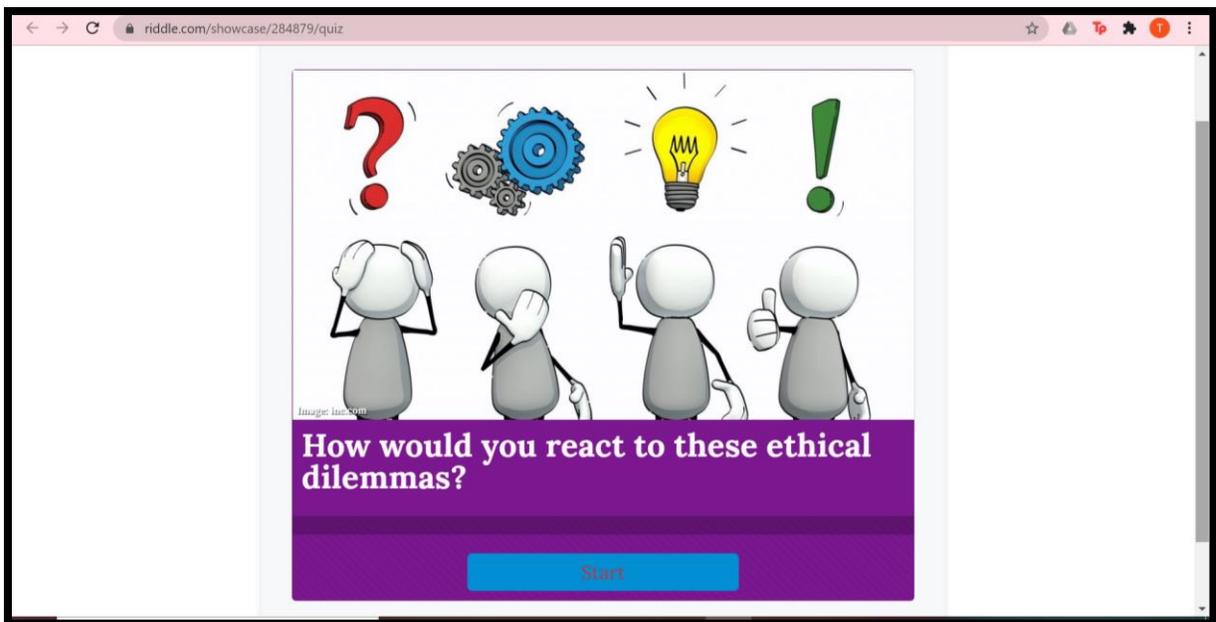
If we are not determined enough, we cannot continue any practice for long term. With reference to the ongoing Covid-19 pandemic, he said that regular exercise has been proven to be effective in increasing our coping abilities against the virus and infections and suggested different ways to engage ourselves in physical activities at home when we have restricted access to resources. He concluded by telling the students the mantra for a healthy living i.e. “Staying Active”.

The next speaker of the event was **Mr. Om Prakash**, a renowned Pistol Shooter, with 18 medals for India at International level and 62 medals at National level. He shared his ideologies on different aspects of life and ethical living. He advised the students to work hard and be focused in life to achieve their goals and eradicate all obstacles like irresponsible attitude, lethargy etc., that may hinder their progress. He recommended the concept of studying for knowledge rather than marks and grades. He quoted inspirational thoughts of Vivekananda and emphasized on the importance of moral values in the life of an individual.

Post this, he answered the doubts of the students. The day’s proceedings ended with the National Anthem.



The activity of the day was an **Ethical Dilemma Quiz**.



DAY 5- HOLISTIC LIVING

The first speaker of the event was **Lt. Gen Raj Kadyan**. He has served in the army for over 40 years and even took part in 1965, 1971 and 1999 wars. He has been honored with several medals and awards, along with the Army Chief's Commendation Card. He was awarded with Param Vishist Seva medal on 26th January 2001 by the president of India. For his operational success against the insurgents in Nagaland he awarded twice by the president of India with a Vishist seva medal in 1980 and Ati Vishist Seva medal in 1998. After retiring from the Indian Army in 2002, he has written a book and has been frequently writing in media.

He started off with the significance of holistic living and how it has a tremendous impact on our lives. With reference to his life in the army he explained how important it is for an officer to induce a lifestyle of holistic living and advised us to live by the same.

Prof. Harish Singh, at MSI, was the next speaker. Along with the significance he talked about how holistic living can be beneficial for all especially students. To achieve balance, students need to be taught to care for their mind, body and spirit. If any of these areas is forgotten, the optimal level of health will not be achieved.

Mr. KP Chaudhary, director pf MSIT was the last speaker. He discussed how one can inculcate holistic living and the means to achieve it like meditation, spiritual healing, green living, yoga, veganism, and organic medication and food.

He also emphasized on the benefits of holistic living such as balanced emotional and physical well-being, better interpersonal relationships, reduced stress, improved productivity, enhanced environment understanding, personal growth and spiritual development.

Following this, a question-and-answer session was conducted where the students' doubts were addressed and resolved. The event was then wrapped off with the National Anthem.

A **Riddle Quiz** was conducted as the engaging activity of the day!



A total of **350+** participants attended the event over 5 days.

The event was well received by all the participants as the enthusiasm was constant over the 5 days. The post-seminar interactive activities were also a big success as they saw huge participation by all the attendees.

We thank all the esteemed speakers and teachers at MSI and MSIT for making this event a big success!

WEBINAR ON PHYSICAL FITNESS

on January 26, 2021



On this Republic Day, September 26, 2021, NSS MSIT and Prakriti MSIT conducted a Masterclass on Physical Fitness of Mr. Ronak Vora, a Fitness Educator, Problem Solver and Entrepreneur, with over 7 years of experience. Being the Head Fitness Coach, the speaker doesn't only focus on Physical Fitness but on Mental Fitness, Emotional Well-being, and Self-improvement as well.



Join us for the webinar on

Physical Fitness



Ronak Vora
Fitness Educator
Problem Solver
Entrepreneur

Fitness is not about being better than someone else. It's about being better than you used to be

January 26 | 4:00 PM
2021 | Google Meet

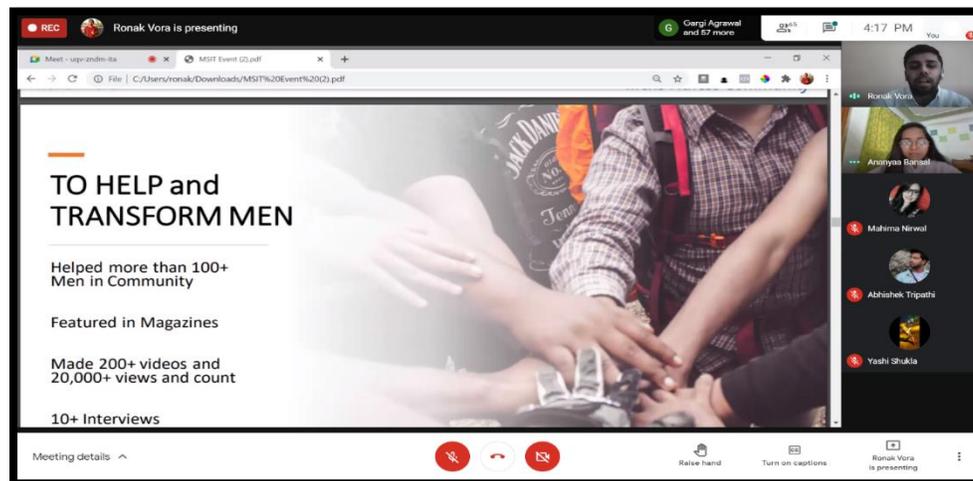
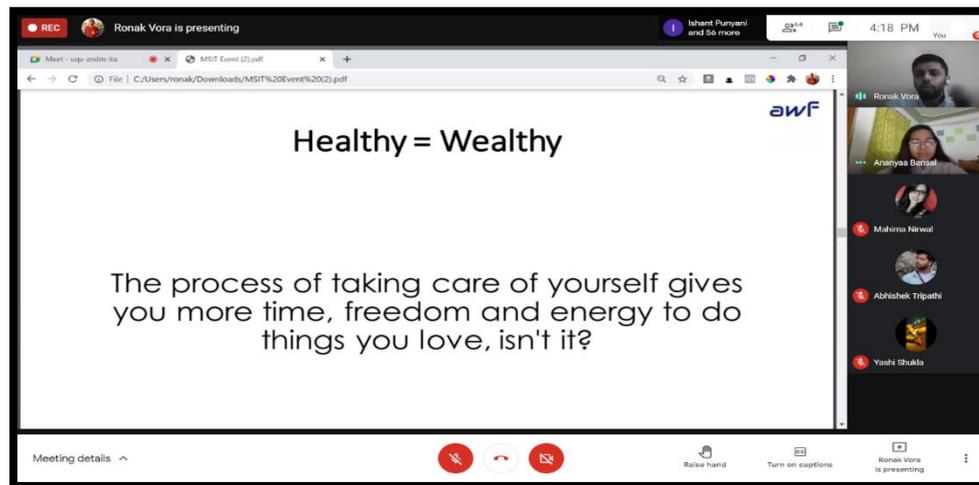
<http://prakriti.msit.in/fitness>

Contact:
Aditya: 70420 29033
Tarun: 88008 41768

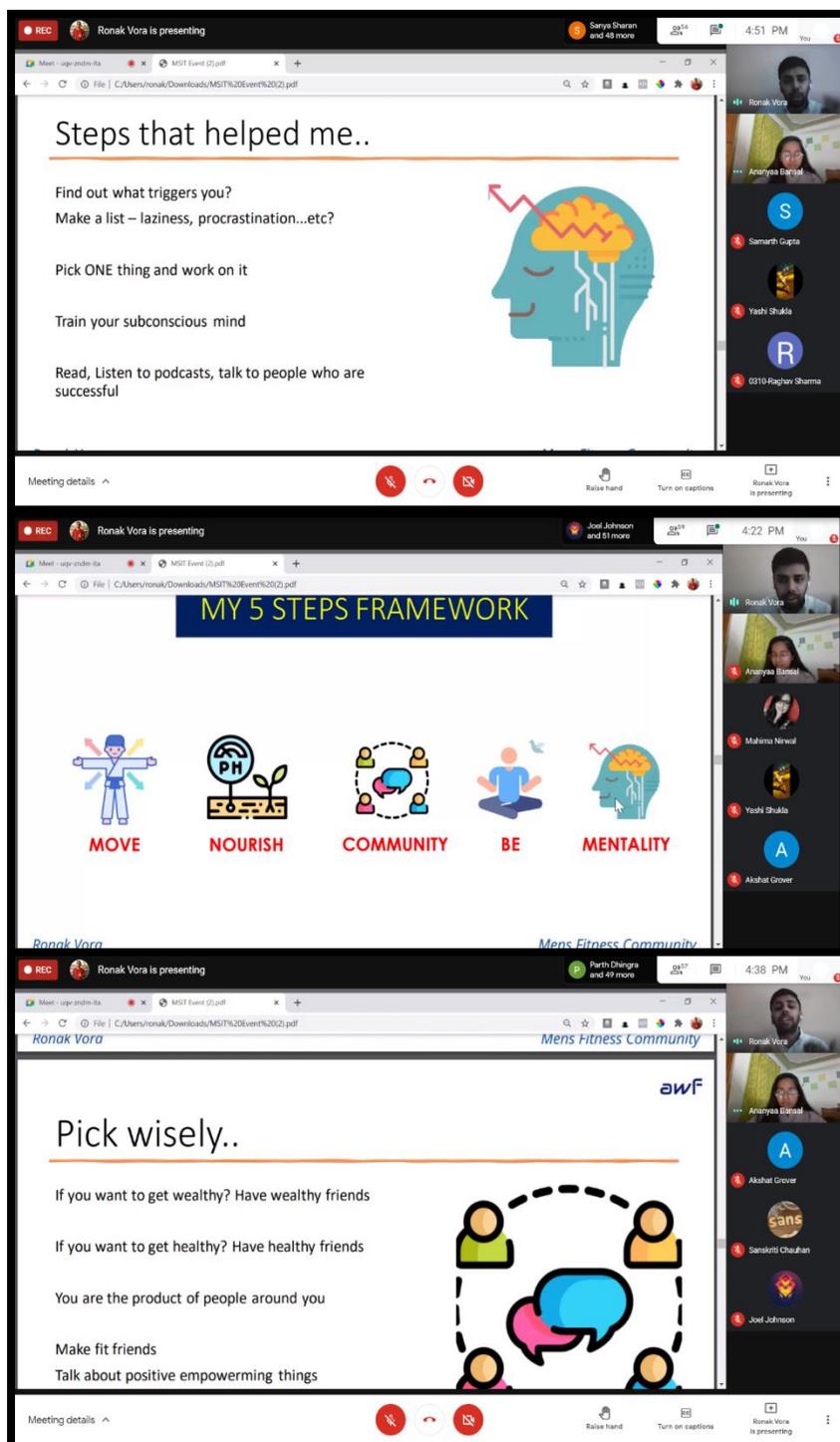


The webinar was organized on Google Meet, an online meeting platform, from 4:00 PM and attended by over 60 students. It focused on the process of taking care of yourself and how self-love gives you encouragement, freedom and energy to do the things you love.

Beginning with Health equals Wealth and followed by “My 5 steps frame work” including move, nourish, community, be and mentality. Starting with a strong note the speaker said “You are the product of people around you”, highlighting the importance of being surrounded by the people we want to become, the speakers shared numerous ways on how to make our body language, content more impressive and indulging.



The webinar concluded with the idea of “Self-empowerment”, which brought up a wave of motivation that everyone can learn to self-love and be confident within themselves. The ideas shared in the webinar will definitely be a lifelong help to the students and they will believe in themselves and confidently face the audience. The learning is yet to go a long way.



DEVELOPING LEADERSHIP QUALITIES

March 15 – March 19, 2021



NSS MSIT

The NSS Cells of Maharaja Surajmal Institute and Maharaja Surajmal Institute of Technology and Prakriti MSIT in collaboration with NSS Cell GGSIPU, organised a 7 days program from 15th-19th March 2021 on Self Development, emphasising upon “Managing Self: Developing leadership qualities.

The motive of this programme is to help the students develop leadership qualities, explore themselves as leaders, reconstruct themselves to become a better person who can bring an affirmative change and uphold the need for self-less service, understanding the true motto of NSS and life - Not me but you.

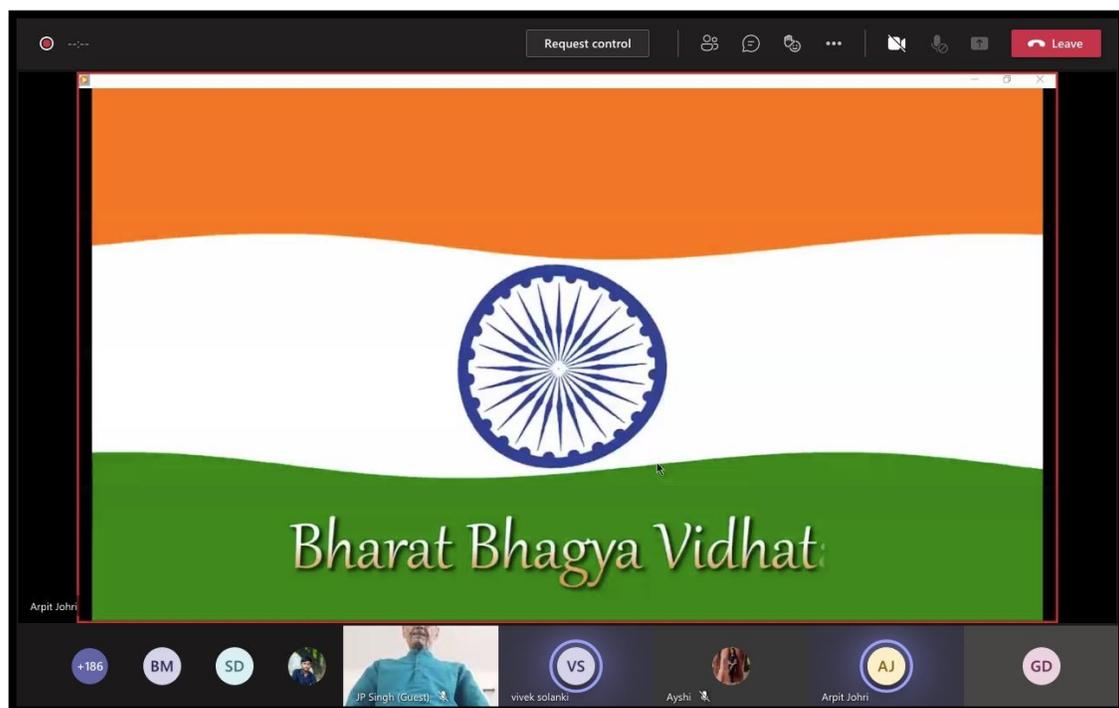
Day 1

The day was started off with the NSS anthem.

The first speaker of the day was Dr Dinesh Chahal, assistant professor in department of education, CUH along with Prof J P Singh, former director of MSI. Dr Chahal talked about interesting abbreviation such as SMART (samvedansheel, motivated, alert, responsible and technosive) and BEST (behaviour, environment, service and thoughts). He then explained the requirements to be a good leader and how one can inculcate leadership qualities.

Prof J P Singh stressed about the need for leadership in the society and how leadership qualities can be used to tackle present day problems. He stated that a leader must stick to his words and deliver what he promised. He must be a good team player and lead the team by example and good leader's actions always speak louder than words.

The session was followed by a question-and-answer round.



Day 2

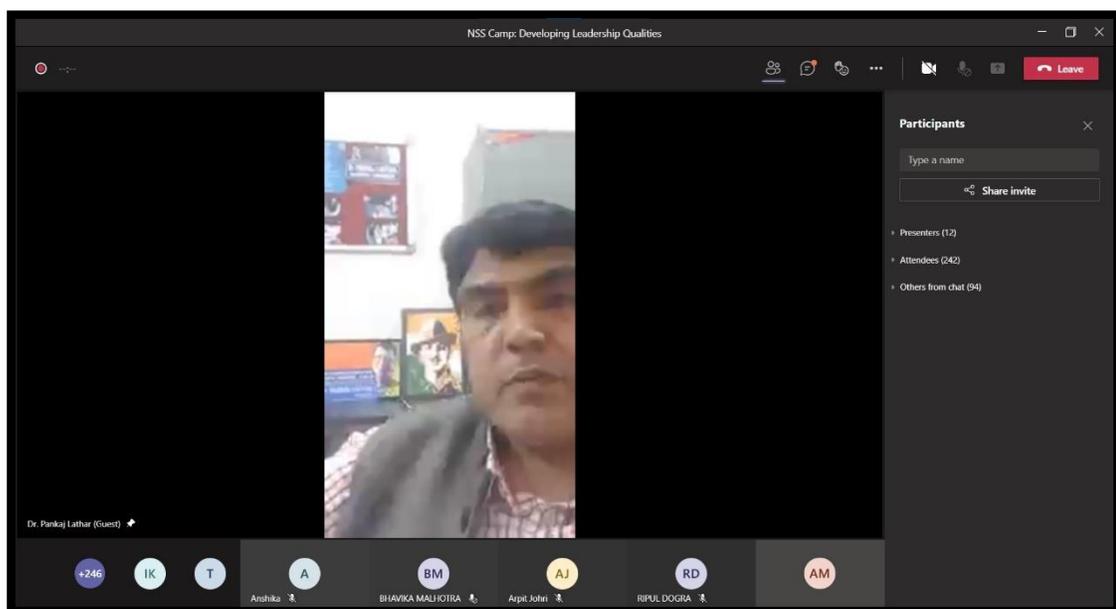
The topic for the day was- Exploring self as a leader which was beautifully addressed by the keynote speakers.

The event began with an NSS theme song and was followed by the introduction of the speaker Honourable Dr. Pankaj Lathar, P.G. Dept. Of Computer Sc. Bhai Parmanand Institute of Business Studies (Govt. Of NCT Delhi).

He explained the categories of transformational leadership namely: charismatic leadership, supportive leadership, democratic leadership and paternalistic leadership.

Dr. Rachita Rana (Director, MSI) explained leadership with the help of the statement "Leaders will be those who empower others". She emphasised on self-introspection and further elaborated on how leadership is related to the accumulation of small things you do on a daily basis.

After this a small session of question and answer took place. The day's proceedings were ended up by a small fun activity in the form of disc personality test.



Day 3

The topic of the seminar was- 'Youth as a change agent'

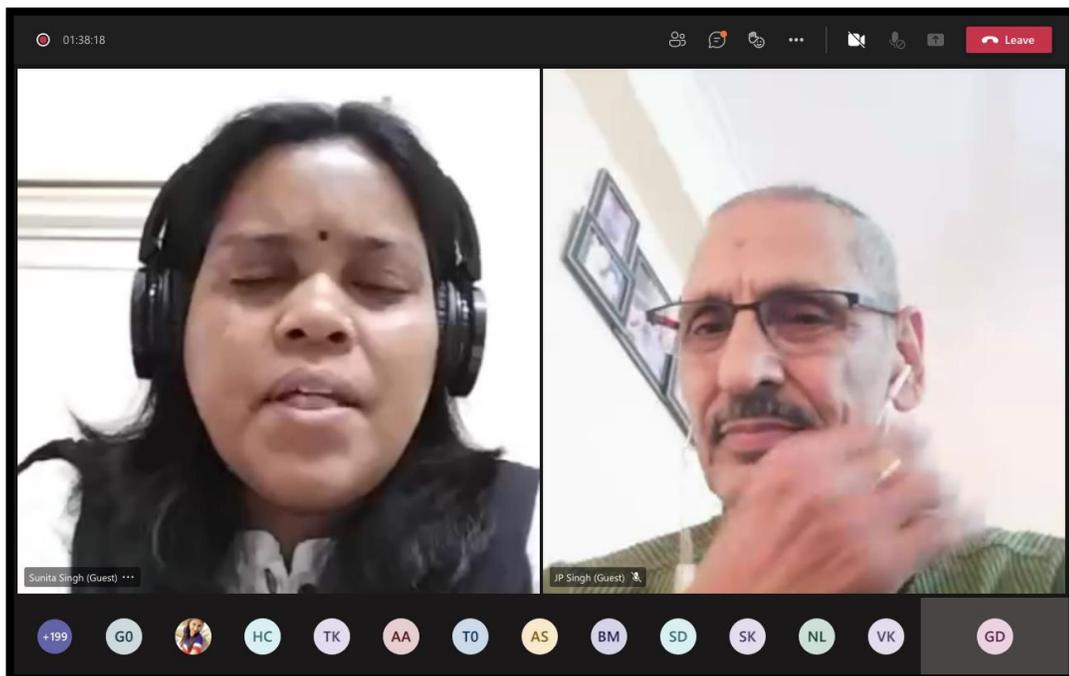
The program was started off with the introduction of Dr R.P.Dahiya, professor in Deenbandhu Chhotu Ram University of Science and Technology, Murthal.

He explained the motto of NSS (not me but you). He threw some light on topic of Vasudhaiva Kutumbakam, a Sanskrit phrase which means “the world is one family”.

He educated the attendees about the positive way of looking at things and how to respect ourselves and society.

The next speaker was Dr.Sunita Singh, assistant professor in Department of Education University of Delhi. She explained Karma Theory by mentioning some slokas of 'Bhagavad Geeta', and how one should learn to handle success and failures. She shared her ideologies about self-development, and placed emphasis on time management and process orientation.

The day was wrapped up by a question-and-answer session and a small quiz.

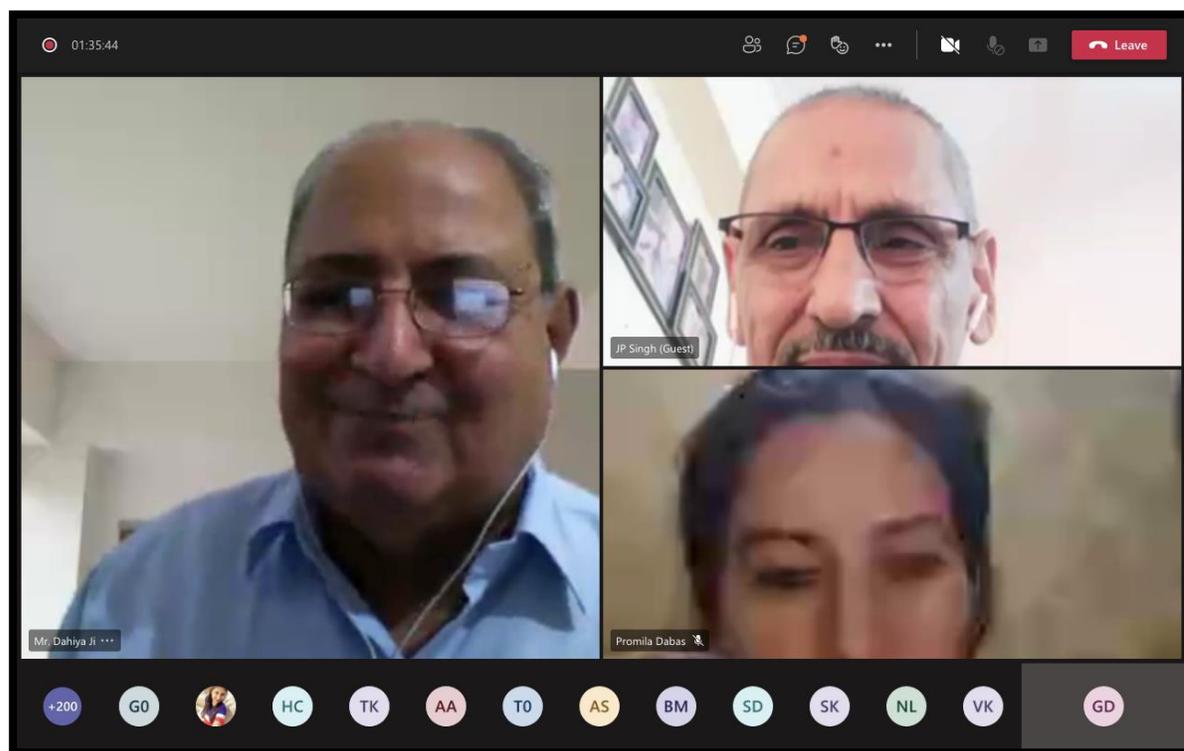


Day 4

The topic of the seminar was 'Self-regulation through Yoga'

It was started off by Shri Ashok yogi, who is a renowned international guru in Edminto, Alberta Canada. He enlightened the attendees with his knowledge about yoga and also spoke about the connection between psychological and physical state of a human.

The next speaker for the day was Dr. Harish Kumar, professor of Mathematics and Deputy Director at MSI. He emphasized the importance of time management and self motivation in a leadership and talked about how life is full of mathematics He said that, “We should Add our friends, Subtract our enemies, Multiply our joys but don't divide our heart.”

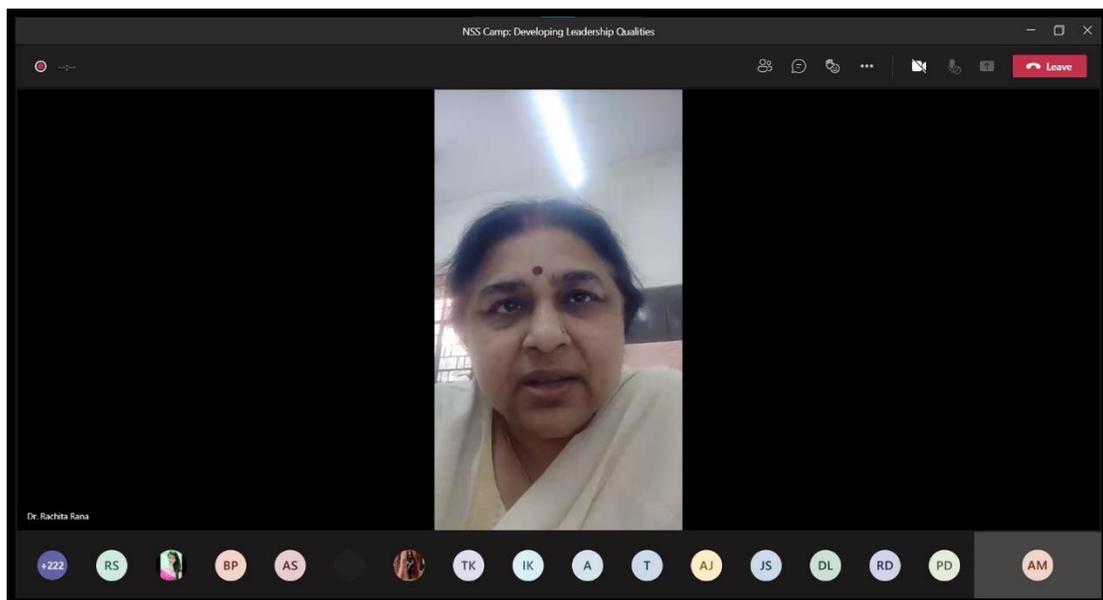


Day 5

The topic for the seminar was NSS: Self and Society

The first speaker of the day was Dr Anjali Shokeen, Assistant Professor at University School of Education, GGSIP University. She said that one should not prioritise their individual goals over societal goals. They must strike a balance between the two but in case of conflict, the societal goals should prevail as the individual must inherit the quality of looking at things at large.

The next speaker for the day was Dr Pushpendra Kadiyan, associate prof. Directorate of higher education, Government of Haryana. He stated that in a society individuals are unique and different from each other but their “self” is thoroughly socially constructed. The social self is based on how the society perceives the individual, and the ideal social self is how the individual would prefer the society to perceive him/her.



The seminars combined with fun and interactive activities worked as a perfect mix to enable the participants to understand the topic and get a deep insight on the same. It was not only informative but also enlightening. Through this experience we were all able to inculcate several leadership qualities which stimulated us to bring an affirmative change in the society as well. With the positive feedback from all the participants, the camp turned out to be quite successful.



List of Attendees

4:32 Tap to return to meeting 02:59		4:32 Tap to return to meeting 03:05		4:32 Tap to return to meeting 03:12	
In meeting (252)		In meeting (252)		In meeting (251)	
AB Aakriti Bhardwaj (Guest) Attendee		AD Ananya Dhall (Guest) Attendee		AA Arunima Agnihotri (External) Attendee	
AC Aakriti Chauhan (Guest) Attendee		AG Anchal Goel (Guest) Attendee		AS Arunima Singh Attendee	
AG Aanchal Gulia (Guest) Attendee		AR anjali raj (Guest) Attendee		AS Aryamann Saluja (Guest) Attendee	
AT Aanchal Takkar (Guest) Attendee		ANKIT JEE Attendee		AS Aryamann Saluja (Guest) (Guest) Attendee	
AK Aarushi Kohli (Guest) Attendee		AS ANKUR SOLANKI Attendee		ASGAR REZA Attendee On hold	
AM Abhik Mondal Attendee		AS Annu Singh Attendee		A ASHMITA	
AG Abhishek Gupta Attendee		A Anshika		Ashna Susan Varkey Attendee	
AS aditi singh (Guest) Attendee		AD Anshul Dwivedi (Guest) Attendee		AS ATHARV SHARMA (External) Attendee	
AS Akarsha S (Guest) Attendee		AP anubhav pathania (Guest) Attendee		AS AVINEET KAUR SETHI (External) Attendee	
Akshat Jain Attendee		A Anushka Attendee		AJ AVISHA JAIN Attendee	
A Akshit Attendee		AA ARJUN ALAGH Attendee		Ayshi	
Alin Augustina Toppo Attendee		AJ Arpit Johri		BP Bhaskar Paliwal Attendee	
AS Aman Singh (Guest) Attendee		AK Arshdeep Kaur (External) Attendee		BM BHAVIKA MALHOTRA Attendee	
AT AMAN TIWARI (Guest) (Guest) Attendee		AR arshiya khandelwal (Guest)		B Bhumika Attendee	
BC BHUMIKA CHHABRA (Guest) (Guest) Attendee		D DIVYA Attendee		HR Harsh Rawat (Guest) Attendee	
BM Bhumika Munjal Attendee		DC Dr. Amit Choudhary Attendee		HV Harsh Vats (Guest) Attendee	
B Bhuvesh (Guest) Attendee		DL Dr. Pankaj Lathar (Guest)		HC Harsha Chikkara Attendee	
BK bonjool kakoty (Guest) (Guest) Attendee		DN Drishti Negi (Guest) Attendee		HK Harshit Kalra (Guest) Attendee	
BM BRITI MEHTA (Guest) Attendee		G Garima Attendee		HS Harshita Solanki (Guest) Attendee	
CS chehak saluja (Guest) Attendee		GS Garima Singh Attendee		HK Harshul Kumar Attendee	
CS Chhavi Sharma (Guest) Attendee		GC Gaurav Chaudhary Attendee		HK HARSIMRAN KAUR (External) Attendee	
CY chhayank yadav (Guest) Attendee		G0 GUNEET KAUR 03012902120 (External) Attendee		HK HASHMEEN KAUR (External) Attendee	
DJ darsh jain (Guest) (Guest) Attendee		GB GURLEEN KAUR BANGA (External) Attendee		HG Himani Gulia Attendee	
D DEEPIKA (External) Attendee		GK GURPREET KAUR (External) Attendee		IC IPSITA CHAKRABORTY Attendee	
DJ Devansh Jain (Guest) Attendee		G Gursimran (Guest) Attendee		I Ishita Attendee	
DB Devanshu Bhalla (Guest) (Guest) Attendee		H Hardik Attendee		IK Ishita katyal Attendee	
DM Diksha Mishra (Guest) Attendee		H0 HARLEEN KAUR 03412902120 (External) Attendee		I Itika Attendee	
DB disha basera (Guest) Attendee		HR Harsh Rawat (Guest)		JM Jahanvi Mehrotra	

WEBINAR ON MENTAL HEALTH



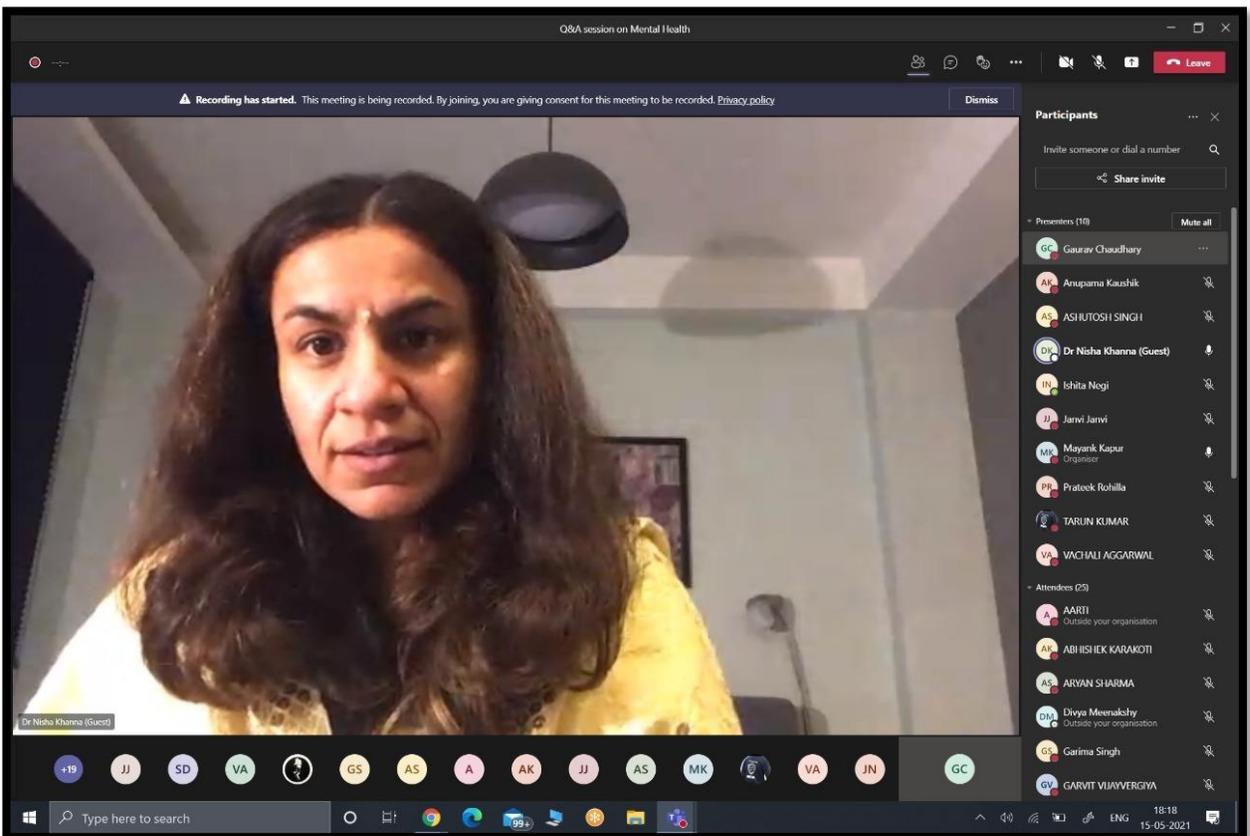
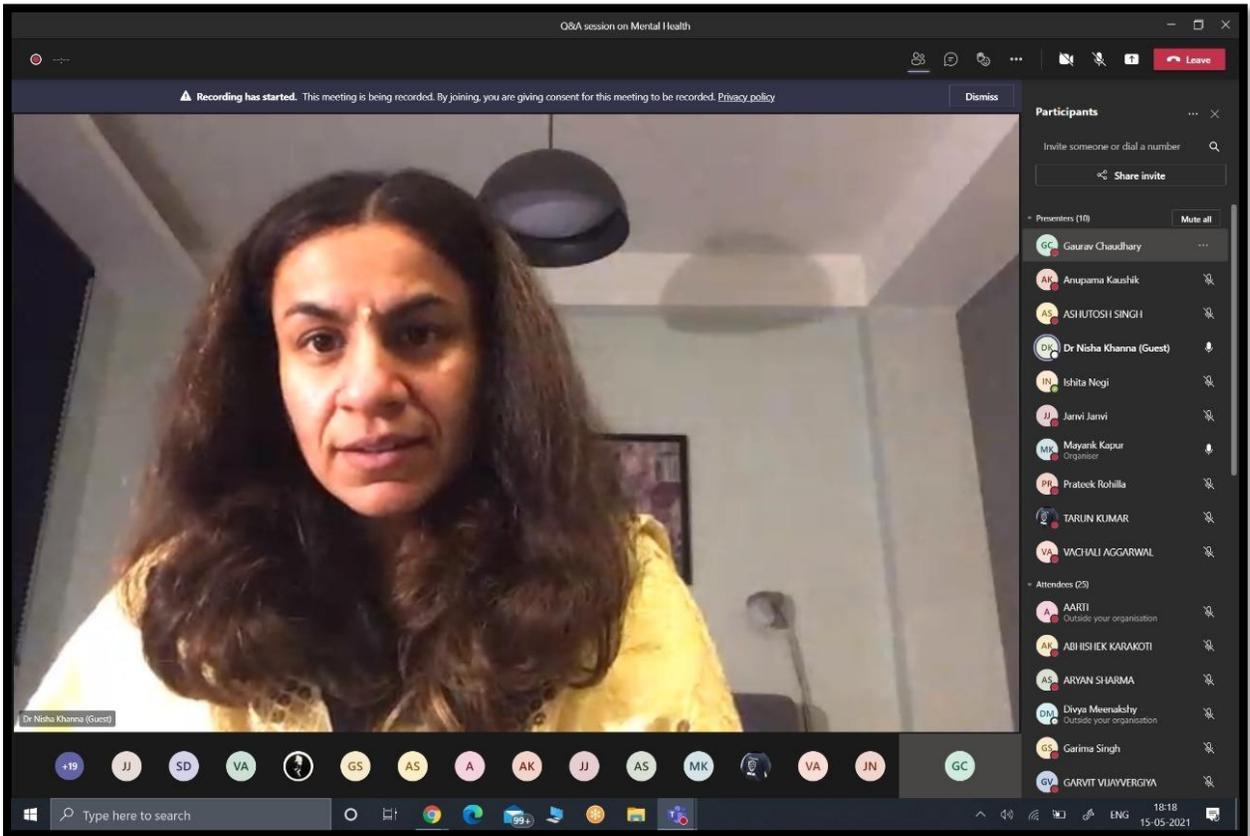
on May 15, 2021

NSS MSIT, in collaboration with Prakriti MSIT, conducted a webinar and invited a celebrity Psychologist, Dr Nisha Khanna. The primary aim of this webinar was to reach out to those people who were struggling with the ongoing pandemic because the recent spike in Covid-19 cases had taken a heavy toll on many people's mental health.

JOIN US FOR A QNA SESSION ON
Mental Health
in Collaboration with
Department of Information Technology, MSIT
"The problem with the stigma around mental health is really about the stories that we tell ourselves as a society."
- Matthew Quick
May 15th 6pm
Microsoft Teams
Join: prakriti.msit.in/mentalhealth
For more info, contact:
Mayank 9560585673 Parth 9999554630

The webinar took place on May 15th, 2021 at 6 P.M. on the Microsoft Teams platform, it was an open-for-all event, meaning anyone who knew about the event was welcome to be a part of it and the discussion saw the participation of over 200 people and lead to a very fruitful conversation between Dr Khanna and others.

Some snippets from the webinar are:



List of Attendees

- GS Garima Singh
- GV GARVIT VIJAYVERGIYA
- HM HARSH MAMGAIN
- IV ISHAAN VERMANI
- JN J ASHWIN NAIR
- JR JATIN RAUTHAN
- JJ JOEL JOHNSON
- KD KUNAL DEV
- KG KUNJAL GUPTA
- LC LAKSHAY CHANDNA
- Mohit
- PJ PARAS JAIN
- PS Parmeet Singh
- P PARUL
- PA PRERNA ANEJA
- PS PRERNA SEHRAWAT
- RS Rishabh Shrivastava

- AARTI
Outside your organisation
- AK ABHISHEK KARAKOTI
- AS ARYAN SHARMA
- AP AYUSH PATTANAYAK
- AS AYUSH SHANKAR
- A Ayushi (Guest)
- A Ayushi (Guest)
- D devanshitaneja65@gmail.com...
- GS Garima Singh
- HM HARSH MAMGAIN
- IV ISHAAN VERMANI
- JN J ASHWIN NAIR
- JR JATIN RAJTHAN
- JS JATIN SHARMA
- JJ JOEL JOHNSON
- KS KANISHQ SONI
- KD KUNAL DEV

-  PRERNA SEIRAWAT 
-  Rishabh Shrivastava 
-  SAHIL KUMAR 
-  SAMRIDDI 
-  SHUBHAM AGGARWAL 
-  Srishti Dharwani 
-  TUSHAR SABHANI 
-  UTKARSH PORWAL 
-  VANSI SATYARTHI 
-  VIDHI ANGRISH 
- Others from chat (7)
-  ADITYA KUMAR
-  DIXA
-  KANISHQ SONI
-  VINEET SEHRAWAT
-  ABHEET ARORA
-  NAMAN GUPTA
-  PRAYUSH KUMAR SINGH

-  Gaurav Chaudhary 
-  Anupama Kaushik 
-  ASHUTOSH SINGH 
-  Dr Nisha Khanna (Guest) 
-  Ishita Negi 
-  Jarvi Jarvi 
-  Mayanik Kapur
Organiser 
-  Prateek Rohilla 
-  TARUN KUMAR 
-  VACHALI AGGARWAL 
- Attendees (25)
-  AARTI
Outside your organisation 
-  ABI HISHIK KARAKOTI 
-  ARYAN SHARMA 
-  Divya Meenakshy
Outside your organisation 
-  Garima Singh 
-  GARVIT VIJAYVERGIYA 