



NSS MSIT

The National Service Scheme Cell of
Maharaja Surajmal Institute of Technology

2021-2022



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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VAN MAHOTSAV WEEK

July 01 - July 07, 2021



NSS MSIT in collaboration with Prakriti MSIT organized a week-long Plantation Drive, celebrating The Tree Festival, popularly known as Van Mahotsav from 1st to 7th July 2021. The celebration was an ideal opportunity to instill the value of social responsibility towards safeguarding trees, forests and various other activities for the green environment.



Optimal Conditions for House plant growth

Temperature:

Most houseplants are tropical and prefer temperatures between 65-75°F during the day and about 10 degrees cooler at night.

Humidity:

Homes may offer only 5-10% relative humidity. Houseplants like 40-50%. Signs of low humidity stress on plants include brown leaf tips and appearance of pests like Spider Mites.



Optimal Conditions for House plant growth

Water:

The most common problem houseplants suffer from is overwatering. About 95% of houseplants need soil to dry out almost completely before watering.

Fertilizer:

In mild climates, continue to fertilize plants through winter. In coldest climates where natural light levels are low, do not fertilize houseplants in winter. Resume fertilizing when outdoor plants wake up in spring.



Types of Indoor plants

If you are a plant lover or just want to add some greenery to your dull home walls, the best way is to invest into good indoor plants. They will provide you with fresh oxygen and will be your tiny companions.

Some ideal plants are:

- Money plant (for that extra luck and positivity)
- Fiddle Leaf Fig (for some quirkiness)
- Madagascar dragon tree (for low maintenance)
- Aloe Vera (for that glowing skin)



Advantages of Indoor Plants

With the pandemic hitting hard, it has been difficult to go out in the garden and absorb that fresh breath of air. Indoor plants are perfect for staying connected to the nature while being at your home's comfort.

Some of their major advantages are:

- Relieves stress.
- Improves air quality of the surroundings.
- Boosts healing.
- Helps in the cure of respiratory ailments.

Also, it is one of the best ways to contribute towards the ailing environment.



An awareness campaign was held on Prakriti's Instagram handle to promote and make people aware of different plant species, their uses, optimal conditions for growth and how to look after them. A fun activity for revamping indoor plants and giving them a modern look was also held by posting a Reel- a short video format on popular social media platform, Instagram. Student community shared stories supporting the notion on different social media platforms.



The society incentivized a home plantation drive in which many students participated. A number of indoor plants like Money Plant- for prosperity and good luck, Fiddle Leaf Fig- for better concentration, Madagascar Dragon Tree, Snake Plant- a great oxygen producer and Aloe Vera- for everything healthy, were planted acknowledging the benefits of each.

The event's objectives were to do the best with the minimal number of resources while staying indoors, encourage others to plant and realize how important this is for the antecedent and the posterity alike and to support small businesses & local nurseries by purchasing pots or saplings from them.



House Plants

House Plants can be a great addition to your home and here are some reasons why:

- They have aesthetic qualities that can make your home look more lively.
- They enhance the sense of well being.
- Taking care of these plants is a satisfying hobby.
- Having plants around you means more fresh air.
- They bring the beauty of the outdoors to the indoors.



Check out the list of Nurseries offering free plants in and around Delhi:

- Kamla Nehru nursery (near DU North Campus)
- ITO Nursery(Bhairon Marg, Near Pragati maidan ring road)
- Anand Vihar nursery (Behind I.S.B.T.)
- Kondli Nursery (near Hindon cut)
- Rewla Khan Nursery (Panwala Village road, Rewla village)
- Kharkhari Jatmal (near Kharkhari village)
- Birla Mandir Nursery (Office of DCF West)



- Brar Square Nursery (near war cemetery, opposite Delhi Cantt ring road)
- Mamurpur Nursery (near Sindhu Border)
- Hauz Rani City Forest, (M.B. Road, Saket)
- Alipur Nursery, (Old government Seed Farm, Alipur)
- Pooth Kalan (Near Sultanpur Bus terminal)
- Tughlaqabad Nursery (DCF Office South Delhi)

With a motive to help nature to heal in such a way that one can contribute by taking the lead themselves and encouraging others to join hands on occasions like these. It was a start to a never-ending cycle of nature-caring.



Not sold on the idea of House Plants yet? We can change your mind!

They provide a focal point to your hidden beautiful corners. Moreover, you can grow your own Parsley, Basil and other herbs that act as a great addition to your food all from your own house.

Additionally, having something to take care of can make you feel less lonely - Plants can be great friends in times of isolation.



Having Indoor plants is also a great way of contributing to protecting the environment. However, buying fake plants/ buying plants from corporations such as Amazon isn't a sustainable option. Contrary to the popular belief, artificial plants do not last forever and deteriorate over time.

Hence, it's best to support small businesses and nurseries around your house.



PLANTATION DRIVE

August 11, 2021



The NSS cells of Maharaja Surajmal Institute of Technology and Maharaja Surajmal Institute in collaboration with Prakriti MSIT, Environmental and Humanitarian Society of Maharaja Surajmal Institute of Technology organized a Plantation Drive in the observance of the 13th World Humanitarian Day. This year's theme for United Nations 2009 initiative is climate change and its subsequent outcomes. Thus, to vanquish and subdue the detrimental effects, the faculty and students collectively decided to plant saplings on college premises and promoted the planting in general.



With the permission of the directors of MSIT & MSI, around 20 students attended and joined in the drive on 11th August 2021. The Chairperson, the Directors, teachers, and students planted over 20 saplings across the gardens of the college while following the Covid Guidelines. To augment & emphasise the objective of the event, students carried hand-made banners and boards depicting the significance of plants & trees, and the name of the event.



The event successfully concluded under the guidance of:

Sh. Kaptan Singh, President SMES

Sh. Ajit Chaudhary, Secretary, SMES

Prof. H.S. Rawat, Director training and placement

Prof. A. K Singh, Director MSIT

Prof. Rachita Rana, Director MSI

Prof. Harish Singh, Deputy Director, MSI

Dr. Savita Ahlawat, NSS program officer, NSS MSIT

Dr. Vivek Solanki, NSS MSI

The faculty congratulated the students for this noble cause and wished them the best of luck for the future. With this drive, students cum NSS volunteers instilled the value of climate protection for the sustainable development of this and the coming generations. And pledged to pass on the legacy to their respective juniors.



CLEANLINESS DRIVE

On August 11, 2021



NSS MSIT in collaboration with Prakriti MSIT, conducted a Cleanliness Drive under Swachhta Pakhwada Mission which was celebrated from 1st August 2021 to 15th August 2021, inside as well as outside the college premises on 11th August. The main objective of this program was to create awareness among the students regarding Cleanliness and its benefits. And to take leap forward in the direction of environmental hygiene.



Under this program, around fifteen students from Prakriti MSIT and National Service Scheme (NSS) were part of the event. The volunteers brought disposable bags and broomsticks to not only pick the garbage, but to clean the place. The drive started with cleaning the college grounds and was followed by cleaning the streets nearby. After collecting the waste in bags, it was thrown in the respective dustbins.





All the COVID 19 norms were followed, and respective safety measures were taken care of by all the volunteers during the event. It was a unique experience for everyone involved in the event. Volunteers instilled the sense of cleanliness with the help of slogans written boards and banners.

CYBER SAFETY AWARENESS

on August 17, 2021



NSS MSIT

TribeVibe, a BookMyShow enterprise, a one-stop solution for College Events - Live Shows, Campus Ambassador Program in collaboration with Prakriti MSIT and Shivaji College, Delhi University, organized a live session on Cyber Safety Awareness on 17th August 2021 from 6: 00p.m to 7: 30p.m. It was The Purple Heart Collective, presented by Cadbury Dairy Milk India and the session was taken by Ms. Nirali Bhatia, a cyber psychologist, TEDx speaker and Founder at Cyberbaap.

TribeVibe
A BookMyShow Enterprise

Cadbury Dairy Milk.
#HeartTheHate

**THE PURPLE HEART
COLLECTIVE**

A Session On Cyber Safety Awareness

17TH AUGUST 2021, 6PM ONWARDS

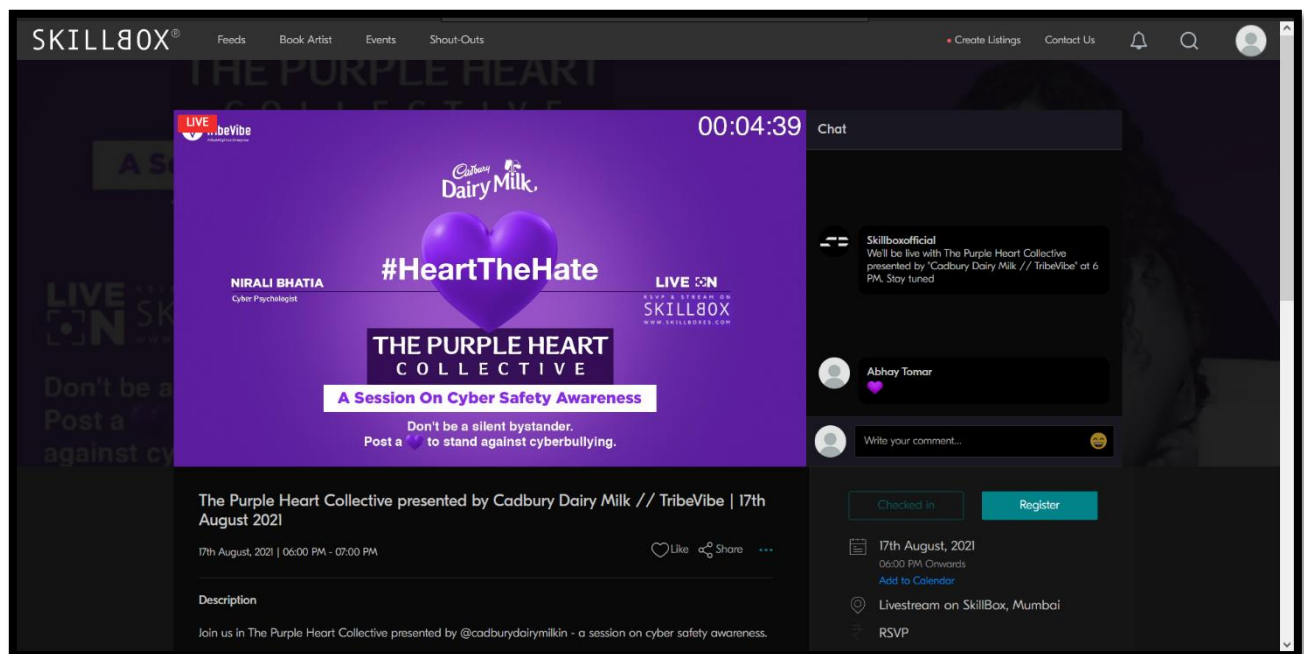
LIVE ON SKILLBOX
RSVP & STREAM ON
WWW.SKILLBOXES.COM

Don't be a silent bystander.
Post a ❤️ to stand
against cyberbullying.

NIRALI BHATIA
Cyber Psychologist

PRAKRITI MSIT

The session began with a video showcasing struggles of cybercrime victims and suggestions about how society can support them through giving a purple heart, symbolizing that they have our back. Ms.Nirali explained why cyber security is important and talked about currently trending Cybercrimes. She then elaborated the meaning of cyberbullying wonderfully through a video. She quoted that the major suffering population is aged between 16yrs to 25yrs, and 85% of the cases happen through social media platforms, dating sites and gaming platforms. She then touched the topic of Social Media Effect like FOMO, Reactiveness, Toxicity, Impulsiveness and how it causes emotional distress. Followed by it the background of Blue Whale was explained and she cautioned about things that make us vulnerable on the internet space.



Safari File Edit View Window Go Help Tue Aug 17 18:09

THE PURPLE HEART COLLECTIVE
A Session On Cyber Safety Awareness

#HeartTheHate

Trending Cybercrimes

- Sextortion
- Revenge Pornography
- Morphing


Sexual Abuse & Harassment

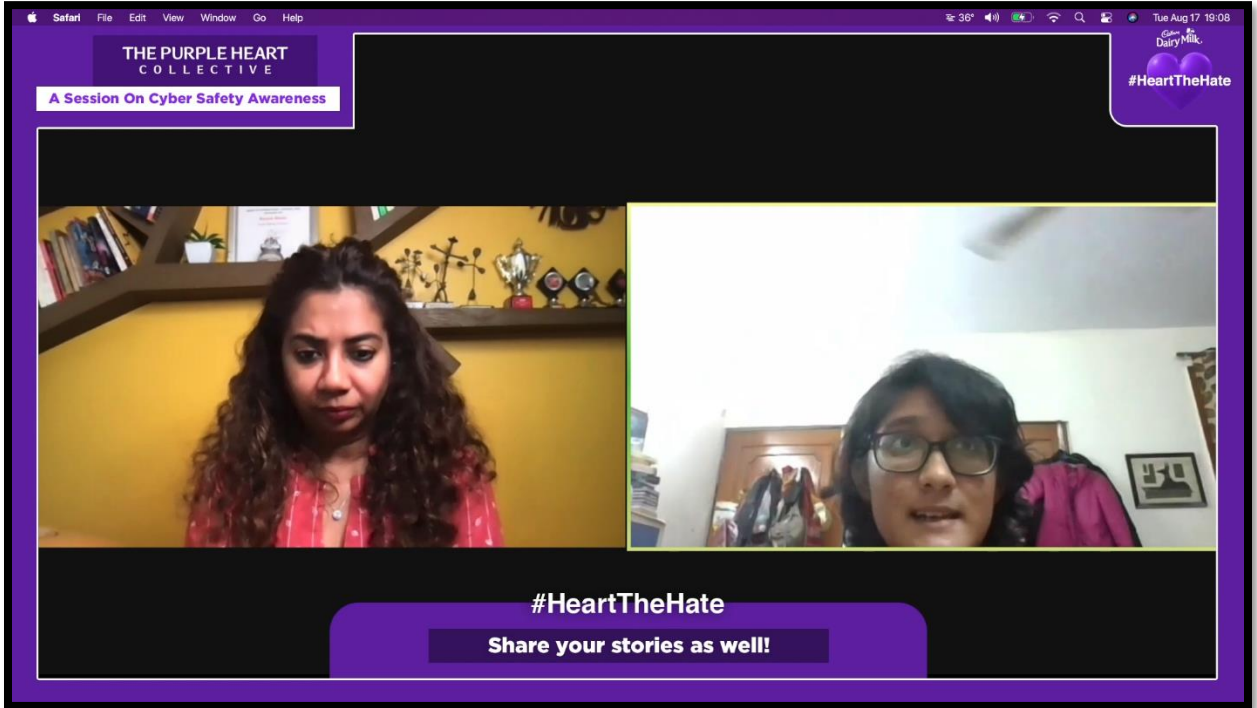
Job Scam

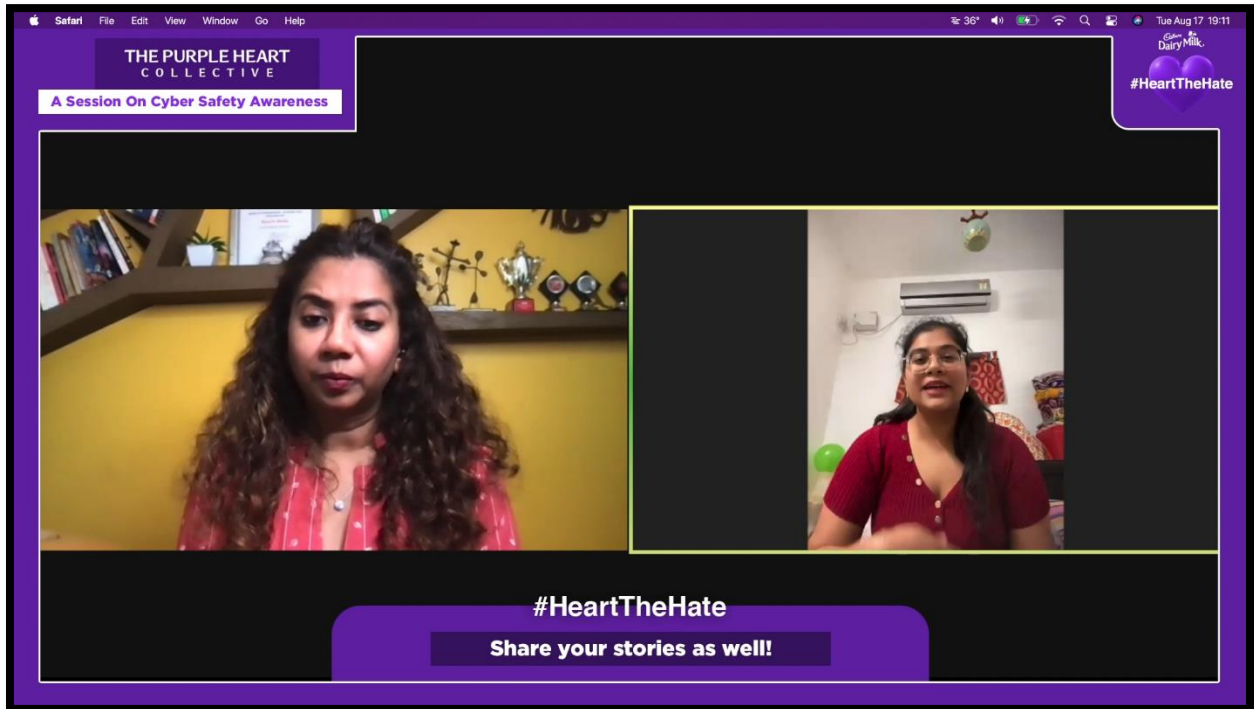
Romance Scam

Online Shopping Frauds

Cyberbullying







Basis of Cyber Hygiene, Social Media Hygiene, Netiquettes to follow and how to respond and report if facing cybercrime, were also explained by Ms. Nirali. She then gave a thanking note and took queries and questions. Followed by it, a few students narrated about how they experienced cybercrime and overcame them. In the end Ms. Nirali concluded by saying that one should take prompt actions against cybercrimes, should never be just a bystander, rather support the oppressed and make a conducive, non-judgmental society where people empathize with those carrying emotional burdens.

Yoga: Living Fit

on August 28, 2021



NSS MSIT, the National Service Scheme Cell of MSIT in collaboration Prakriti MSIT organized a webinar on Yoga: Living Fit under Fit India initiative of Ministry of Youth Affairs & Sports on August 28, 2021 from 5:00pm to 6:00pm. The session was conducted by Ms. Greesha Dhingra, a well-known yoga practitioner and fitness enthusiast.

Join us for the webinar on

YOGA: LIVING FIT

The key to all knowledge.
It's within you, waiting to be unlocked.

- Wear comfortable clothing.
- Be ready with a yoga mat or blanket.
- Try to keep a bottle of luke warm water with you.

📅 DATE : 28TH AUGUST 2021.
🕒 TIME : 5-6 P.M.
🌐 <https://bit.ly/PrakritiYoga>

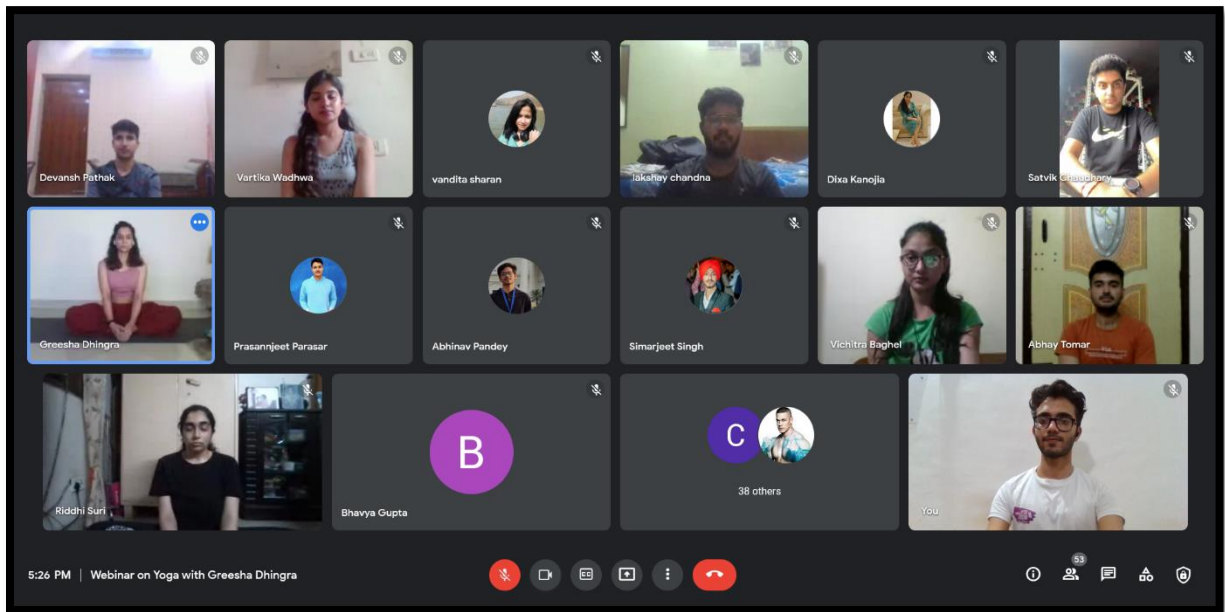
Greesha Dhingra
📷 gree_yogini

It was an immersive and informative session in which over 50 students participated through Google Meet and performed yoga as instructed by the instructor.

The session began with enlightening the students about the origin and importance of Yoga. The speaker also discussed how yoga helps us become more conscious and aware.



To start with, the instructor asked the students to sit in Sukhasana and take deep breath while she recited a mantra. It helped them relax their minds. Further, various other asanas like forward bending pose (Uttasana), cat and cow pose (bidalāsana) and downward dog pose (Adho Mukha Shvānasana) were also performed. Alongside, she explained the beneficial impact of each asana on our body. For an instance, Cat and cow pose to relieve lower back pain, ease menstrual cramps and reduce spine stiffness, Bhujangāsana to reduce belly fat and Balāsana to stretch inner thighs and hamstrings.



Towards the end of the session, Ms. Dhingra suggested various relaxation poses that one can practice regularly to reduce stress, relax our body to release stiffness caused by sitting in a position for prolonged duration. She also listed out various benefits of performing yoga and encouraged students to inculcate yoga in their day-to-day life. And finally, webinar ended with a question-answer session, where attendees asked few questions regarding other health enhancing tips and shared

their yoga experience with the practitioner.

List of attendees

- Bhavya Gupta (You)
- Arul Singh
Meeting host
- Abhay Tomar
- Abhinav Balaji
- Abhinav Pandey
- Abhishek Rawat
- Akshit Aggarwal
- AMAN KAUSHIK
- Amit Jain
- Amit Mehta
- Anshu
- Arvind Agrawal

- Ayush Garg
- Badal Singh
- Bhavya S
- Chahat Bhatia
- Devansh Pathak
- Dhananjay Sehrawat
- Dixa Kanojia
- Ekjot Kaur
- Garima Singh
- Greesha Dhingra
- Harshi Jain
- Himanshu Dahiya
- Ishan Kumar
- kavita sarda

- Riddhi Suri
- Rishabh
- Rudraksh Darbari
- samridhi Uppal
- Satvik Chaudhary
- shivani panchal
- Simarjeet Singh
- Sukriti Sehgal
- Surbhi
- swati malik
- tarni Balgoher
- vandita sharan

- Kshitij Saxena
- lakshay chandna
- Maanik Kapoor
- Mukesh dani
- Naina
- Naina
- Parthiv Upreti
- pooja Kumari
- Prakanshu Pathak
- Riddhi Suri
- Rishabh
- Rudraksh Darbari
- samridhi Uppal
- Satvik Chaudhary

FOOD DONATION DRIVE

on September 03, 2021



NSS MSIT in collaboration with Prakriti MSIT organized a food donation drive on 3rd September 2021, Friday. It is conducted annually on the occasion of world nutrition week. In India, the National Nutrition Week is observed every year from September 1 to September 7. It is observed to raise public awareness about nutrition and healthy eating habits so that people can maintain a healthy lifestyle. 'Feeding smart right from the start is the focus of National Nutrition Week in 2021.

Prakriti MSIT

NSS MSIT

Prakriti MSIT & NSS MSIT
Present

Food Donation Drive

"Giving is not just about donations. It is about making a difference."

Let's come forward and donate!

DATE: Sep 03, 2021
TIME: 1 PM
MEETING POINT: College

Contact
Vartika: 8755552280
Naman: 8527746425

The food drive by the college began at 1 p.m. intending to donate wholesome food to the underprivileged. Around 20 people volunteered to provide food that they had brought from their homes. It was given out to rickshaw drivers, workers, rag pickers, and many more. Bananas, apples, and biscuits were among the donations. The participants met at the college campus at 1 p.m. and headed to Tilak Nagar Metro Station to begin the donation campaign. The 20 volunteers split up into four groups of five volunteers each and distributed. The students provided meals to over 100 individuals while also instilling in them an understanding of the importance of nutrition week. They contributed to a greater understanding of nutrition and good eating habits among the general population. They educated individuals on the need for nutrition and develop a healthy attitude toward food.





All the Covid-19 norms and restrictions were followed during the event, the students wore masks and gloves and maintained appropriate distancing during the event. The volunteers also made sure that the people to whom they are donating are also following the norms. The fruits and other foodstuffs were clean and fresh. The food drive was a great success, with an outpouring of support from students and the general public.

The event was a success with the volunteers getting blessings from the people and bringing about awareness and motivating people to understand the importance of nutrition. NSS MSIT is proud to have hosted such a successful event and wanted to thank the college administration for their timely guidance and participation.

SPORTIFY'21

on September 24, 2021



NSS MSIT

PRAKRITI MSIT & NSS MSIT
PRESENT

SPORTIFY '21

#humfittohindiafit

Date: 24 September
Venue: MSIT ground

EVENTS

- 100m Sprint
- Long Jump
- Relay Race
- 3-legged Race
- Tug of War

Naman: 8527746425 Arul: 9013615787 Vartika: 8755552280

To celebrate the FIT INDIA initiative of Ministry of Youth Affairs and Sports, NSS MSIT and Prakriti MSIT organized SPORTIFY'21, a sports event on 24 September 2021.

The event's registrations started at 9:30 A.M., MSIT ground got occupied with cheerful and enthusiastic students. The event officially began with the arrival of our chief guest, Shri Kaptan Singh, President SMES and Col. (Dr.) Ranjeet Singh, Director MSIT along with Dr. Savita Ahlawat, NSS Officer MSIT and Dr. Kavita Sheoran, event in-charge and other faculty. Shri Kaptan Singh ji motivated the students with his empowering words and commenced the day with the national anthem.



The day witnessed its first event of Boys' 100 M sprint race. 7 batches consisting of 6 athletes each ran for qualifying and making a place in the final race, where one emerged victorious.





The sprint was followed by Boys' Relay Race where a team of 4 had to pass the baton and run to cross the finish line first. The display of team work and vigor by the all the teams were commendable but at last, one team out did all and won the race.

The next event was Boys' Long Jump where explosive power of participants was put to test. Each participant got three tries to show their skills.

After a successful completion of long jump, Girls' 100 M sprint began where each one of them showcased amazing athletic skills. It was followed by Girls' Long jump and then the Relay race.







The event concluded with the prize distribution ceremony where the winners from each sport were awarded with trophies, medals, certificates and gift hampers from our sponsors for displaying determination and grit.



Living a Healthy Lifestyle

on October 14, 2021



PRAKRITI- the Environmental and Humanitarian Society of MSIT and NSS-MSIT in association with UBA-MSIT organized a webinar on ‘Living a healthy Lifestyle’ on the occasion of Mental Health Week under the Unnat Bharat Abhiyan, on October 14, 2021 from 5:00pm to 6:00pm. The session was conducted by mental health professor and researcher, Ms. Neha Jain.

Prakriti MSIT and NSS MSIT in association with UBA CELL MSIT present a webinar on

Living a Healthy Lifestyle

on the occasion of Mental Health Week under Unnat Bharat Abhiyan.

🕒 **Date:** 14 October, 2021
📅 **Time:** 5 PM
📺 **Platform:** Google Meet
(<https://meet.google.com/zch-ezyp-qwp>)

SPEAKER

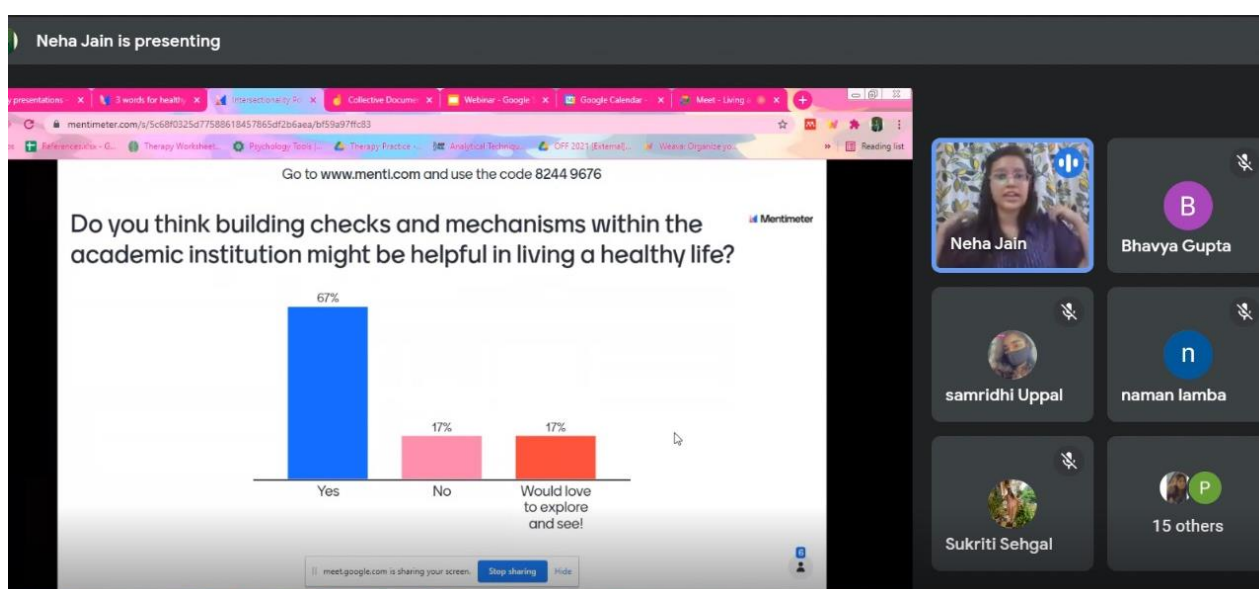
Neha Jain
a mental health professional & researcher.

Contact:
Arul: 90136 15787 Sukriti: 83779 93090

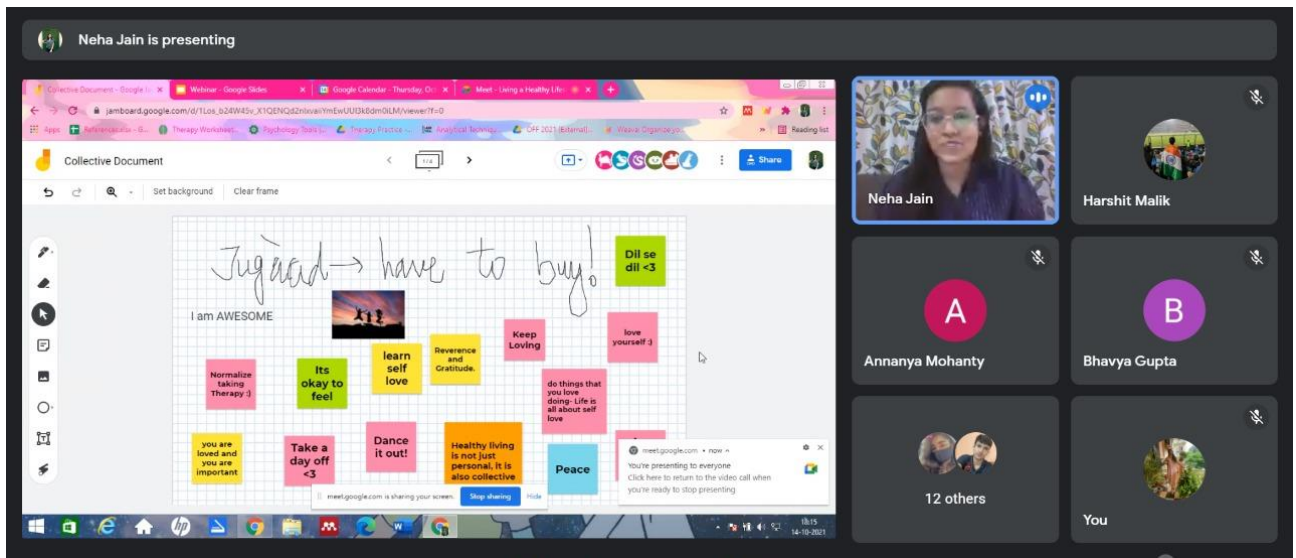
The speaker started the session by defining the term ‘Healthy lifestyle’ and explained that a healthy lifestyle is not only about physical fitness but also includes mental, emotional, social and digital wellness.

Next, she discussed about Intersectionality, how different sections of a society are at privileges and intersecting identities like race, gender, age, ethnicity etc affect the road to healthy living.

Throughout the session, she launched several polls to know about the participants’ insights on the topic.



It was an interactive event where multiple activities were conducted, one of them called ‘the gratitude heart’ in which she asked the students to list out the names of the people, personalities, food or activities, anything that helped them during the covid pandemic and that they are grateful for. Following this, students shared their personal experiences during the lockdown and the practices they adopted to help them.



Toward the end, she launched a jamboard where students shared what they absorbed from the session. Ms. Neha also suggested various organisations that the students can reach out to talk about their mental health.

CLOTHES DONATION DRIVE

from November 14 to December 3, 2021



Prakriti MSIT and NSS MSIT
present

CLOTHES DONATION DRIVE

Do donate as joy of giving is the biggest.

You can drop the clothes in the box near the Canteen Area of the college till **25 November 2021**. If not, then the details of who you can give the clothes to are mentioned in the bio.

For more info, contact:
Yashi: 9911440534 Abhay: 8588016266

NSS MSIT in collaboration with Prakriti MSIT organized the Clothes Donation Drive under the Unnat Bharat Abhiyan. The drive was conducted from November 14 to December 3 and facilitated in collection of a large number of clothes.



In the campaign students were urged to donate their old clothes for the impoverished and needy. An overwhelming response from students was seen. All clothes were donated via drop boxes put across the college premises. A list of volunteers who helped in collection of clothes was made for the students who were unable to visit college for donation purposes.



After sorting and cleaning of collected clothes, the distribution of clothes was carried out successfully. Members of Prakriti MSIT visited near AIIMS early on 3rd of December and started with the cloth distribution. More than 650 clothes were donated to ensure all individuals who do not have access to home, stay warm and comfortable throughout the season.



Everyone showed great enthusiasm in donating for the needy and the poor. Homeless people received the warm clothes donated, after the drive ended. A great spirit of donation was shown by students.

ADIÓS '21

From December 27 to December 28, 2021



ADIÓS, a two-day event organized by NSS MSIT in collaboration with Prakriti MSIT, took place on the college grounds and seminar halls on the 27th and 28th of December 2021, starting at 9 a.m. on the 27th and 10 a.m. on the 28th. which was sponsored by The Pride Group of Hotels- our travel partner, our nutrition partner was Mindful Eating, Daryaganj Restaurants was our gifting partner and eyewear partner was MacV.

DAY 1 - 27 DECEMBER 2021

Prakriti MSIT and NSS MSIT present

ADIÓS '21

Converse, Socialize, Play and Relish - bid adieu to 2021 with us.

Events

- Raaye-'aama: English & Hindi debates
- Quizohilic: Technical & Trivial quiz
- Treasure Hunt - The Time Turner
- Minute To Win It

Dates: 27th - 28th December 2021
Time: 9 AM onwards
Venue: College campus
Registration link: <https://linktr.ee/prakritimsit>

Arul: 9013615787
Vartika: 8755552280

RAAYE- 'AAMA

In the event ADIOS, in collaboration with Tark MSI organized a debate competition “Raaye-‘aama” in the Auditorium. The objective of the event was to provide participants with a platform where they can dictate their thoughts through debate.

In this, two debate competitions were announced one was English Debate and the other was Hindi Debate. The Hindi debates began at 9:00 a.m., while the English debates began at 11:30 a.m.

Topic for the Hindi Debate was: इस सदन की मान्यता है कि त्योहारों को जल-वायु परिवर्तन के लिए आवश्यकता से अधिक ज़िम्मेदार ठहराया जाता है।

Topic for the English Debate was: This house believes that beauty pageants are inherently sexist and not empowering.

For the English Debate competitions 3 winners were announced, Best Speaker, First runner-up, second runner-up.

For the Hindi Debate competition 3 positions were there: Best Speaker, First runner-up, second runner-up.

All the winners were awarded with the gift coupons.





MINUTE TO WIN IT

Took place on the college grounds beginning at 10 a.m.

Qualifying round

The first game in the MTWI was Pictionary, in this time two teams competed against each other. Each team has two players, and the person who correctly guesses the picture drawn by one of their team members advances to the next round.

Semi finals

There were several games in these rounds, beginning with the sack race, in which a person from a team has to run with the sack tied on his/her legs after completing that path. The next game was to take a stick and put his/her head down and revolve around the stick 10 times after revolving the person has to kick the football and pass through the hoopla ring and after kicking the football.



TREASURE HUNT

Took place on the college grounds beginning at 10 a.m. The game organized was just as exciting as the name sounds.

Qualifying round

Proper treasure hunt took place. The teams were playing the detective. The team of four participants fought to find the clues before everyone else and did the tasks given to them like Pushups, Ping pong game, Bottle flip. Eight slots were held in total with six teams each.



UNITY STREETS CREW DANCE PERFORMANCE

In collaboration with the unity streets crew, the dance society of MSIT performed on grooving beats for 30 minutes. The audience gathered to witness the show's performance and enjoyed it thoroughly.



DAY 2 - 28 DECEMBER 2021

MINUTE TO WIN IT

Finals

Only 12 teams were chosen for the final round.

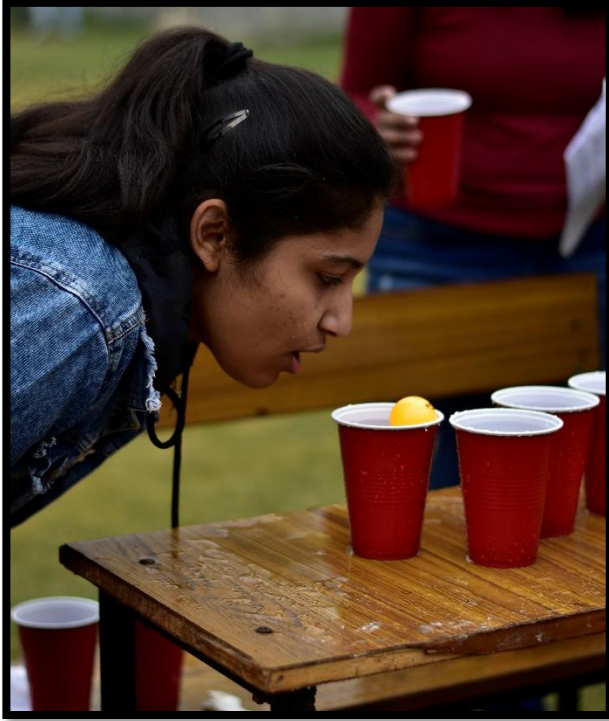
- The first game involved blindfolding a member of the team and having the other member of the team guide him through the path.
- In the next game, both team members' legs were tied and a balloon was placed between them; they had to take a lap while preventing the balloon from falling.
- The next game involved blowing air from one's lips and passing the ball to the next cup. Each cup was filled with water, and both team members had to pass the ping pong ball from one cup to the next. There were three cups in all. The last game was a dare game

Each team's time was recorded, and the team who finished the game in the shortest time was declared winner.

The teams that performed the best were crowned as winners and won the following prizes:

First prize – rupees 2000 food voucher'

Second prize – nutrition hamper worth rupees 2000.



TREASURE HUNT

Finals

Twenty teams got selected to compete in round 2. They played five different games namely-table tennis, water and bucket, drinking water, frog race, bursting six balloons and balloons and cup.

For the final round there were three games planned – three leg race, sac race and the lemon race. The teams that performed the best were crowned as winners and won the following prizes:

First prize – rupees 2000 food voucher'

Second prize – nutrition hamper worth rupees 2000.



QUIZOHILIC

In collaboration with TechSoc, the technical society of MSIT, the quiz program 'QUIZOHILIC; a technical and trivial quiz' was held in seminar hall 406 with the tagline 'With knowledge comes power but with response comes opportunity'

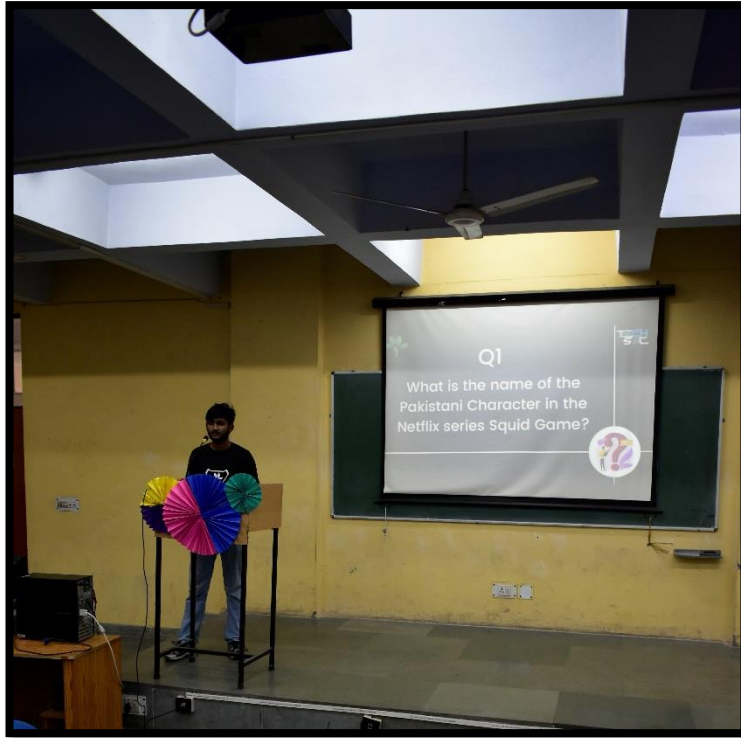
The preliminary round began at 10:00 a.m., followed by the final round at 11:00 a.m.

Preliminary round

Consisted of all teams racing against the clock for 30 mins. to answer 15 mind boggling questions that were displayed on a projector for all. The questions covered topics ranging from the Cryptocurrency to the Marvel cinematic universe. The participants were enthralled by the questions on the quiz and were eager to know the answers for the questions. After the round ended the participants were mesmerized by a musical performance from Octave, the musical society of MSIT.

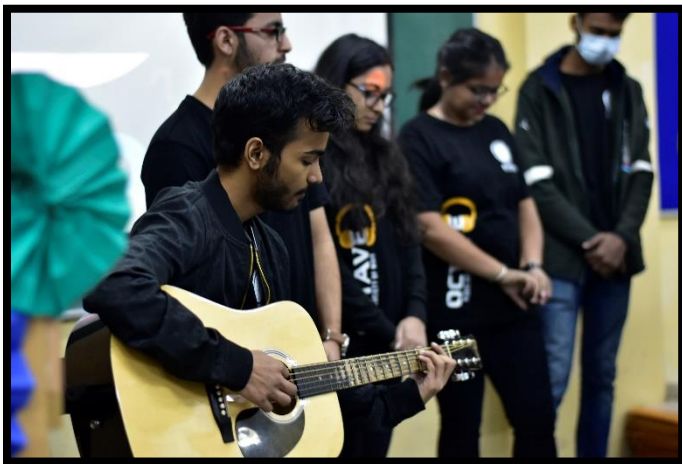
Finals

After the much-needed break the results of the quiz were announced and 4 best teams were chosen to compete against each other in the next round. The questions in the next round were technical and trivia based, and required teams to use all their cerebral processes to answer the questions. It was after a close competition; the winners were decided and awarded gift vouchers in the presence of Director of the Institute Col (Dr.) Ranjit Singh. The quiz was appreciated and the participants and winners were lauded by the Director in his speaker's note.



OCTAVE MUSIC PERFORMANCE

ADIOS, in collaboration with the octave the music society of the MSIT, the band presented a 30-minute performance of ear-pleasing jukebox of excellent songs.



AARAMBH PERFORMANCE

A brief glimpse of Mahabharat was presented by the dramatics society of MSIT, Aarambh in the Seminar Hall 406.

Mahabharat is one of the Sanskrit epics of ancient India which teaches us “How to live?”. The characters in Mahabharata are closer to today’s life and can be related easily. Mahabharata contains every human feeling from love, courage, truth, honesty, wisdom, like to hatred, cowardice, lies, deceit, foolishness, and dislikes. And the same was depicted by the dramatics society.

The performance consisted of majorly consisted of three scenes which was started by 2:00 p.m. and was performed till 3:00 p.m.

SCENE 1



The performance began with the scene where the kuru elders decided to hold a skill exhibition of the princes. It was then, when prince Arjuna showcased his excellence in archery but suddenly he was challenged by Karna, an uninvited person as he was

not a kuru prince but he himself was insulted in front of all by Dronacharya as he was not a Kshatriya. The ending was marked when Karna was crowned king of the Vassal state on the spot by Duryodhan.

SCENE 2

The next scene portrayed the marriage ceremony of the princess of Panchal. The conditions of the swayamvar were difficult: A person had to look down into this water-mirror, use the bow and five arrows that were provided, and pierce the fish spinning on top. The Kaurvas, Karna and Arjuna were also present in the ceremony. Karna picked up the bow and strung it in a moment, but was prevented from taking aim when Arjun killed karn's son by mistake and Draupadi declared that she would not marry anyone from the Suta clan. In the end, Draupadi got married to Arjuna.



SCENE 3

In this scene, it was seen that emissaries had been sent to Hastinapur to demand

Indraprastha back but the missions had failed. Lord Krishna himself went on a peace mission and failed. Lord Krishna summons Duryodhan to settle the fight but Duryodhan refuses to back down and continues the fight, insulting Lord Krishna in front of the Sabha. Duryodhan refused to give away as much land as was covered by the point of a needle, let alone the five villages proposed by the peace missions. Lord Krishna then reveals his true identity and demonstrates that he is the one, he cannot be destroyed, and he is the almighty power in the universe, and then tells him the consequences of the great battle and announces the great battle of Mahabharata.



CLOSING CEREMONY

The two days game ended on a positive note by imbuing a motivational and encouraging spirit to participate in further events with a hint to competitiveness to perform the best from the other participants. The two-day extravaganza came to a close with the cutting of the cake.



PARTICIPATION LIST

[Link for participation list of all students](#)

GROUP PHOTOGRAPHS





BODY POSITIVITY

On January 15, 2022



Prakriti MSIT and NSS MSIT present,
A webinar on
Body Positivity
under the initiative, *Every Mind Matters.*

"Don't find a Happy Life, Make it!"

Anushka Channa
Counselling Psychologist
and Life Coach

Date: 15th January, 2022
Time: 5 PM
Platform: Google Meet

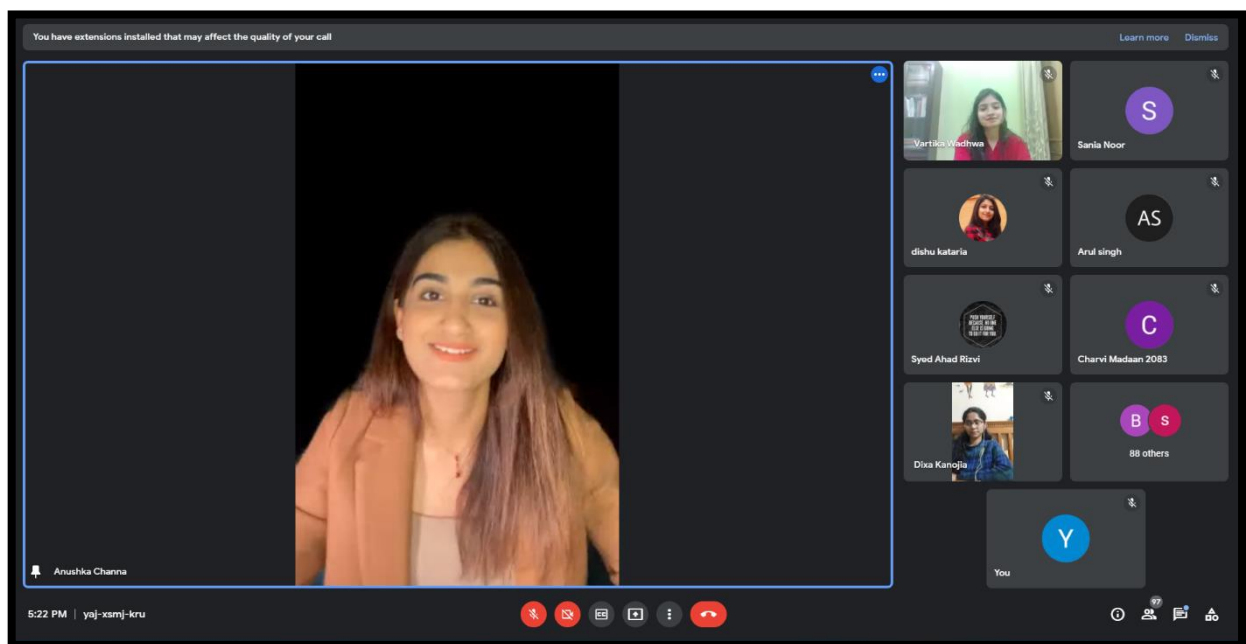
<https://meet.google.com/yaj-xsmj-kru>

For more info, contact :
Vartika: 87555 52280 **Naman:** 85277 46425

NSS MSIT in collaboration with Prakriti MSIT hosted a webinar on Google meet on January 15, 2022, on body positivity. This webinar was conducted under the initiative Every Mind Matters, which aims to encourage individuals to take easy measures to protect their mental health, enhance their mental wellness, and help others.

The event was effectively organized and implemented under the guidance of Ms. Anushka Channa, Counselling Psychologist, Certified Life Coach, and Self-Love Advocate. She is a Counselling Psychologist at Mind Body Resolve. Pursuing Cognitive Hypnotic coaching and Psychotherapy, she is a Certified Hypnotherapist.

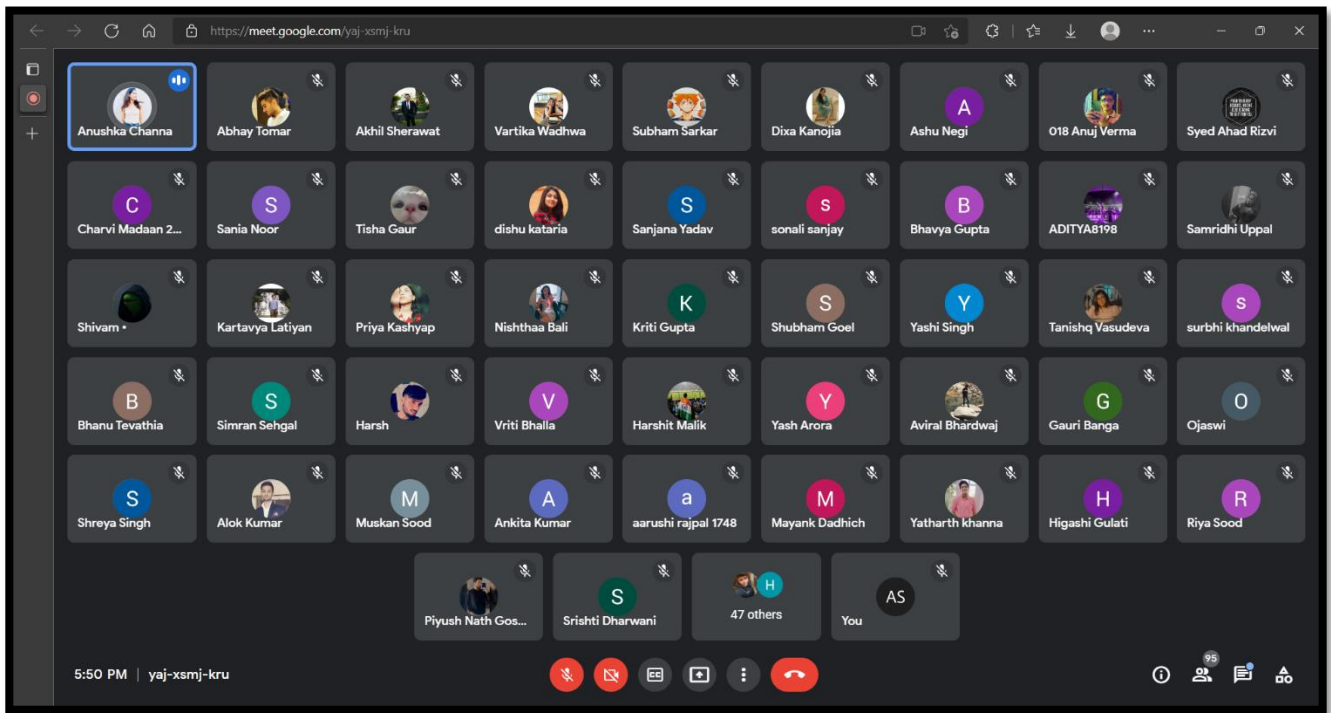
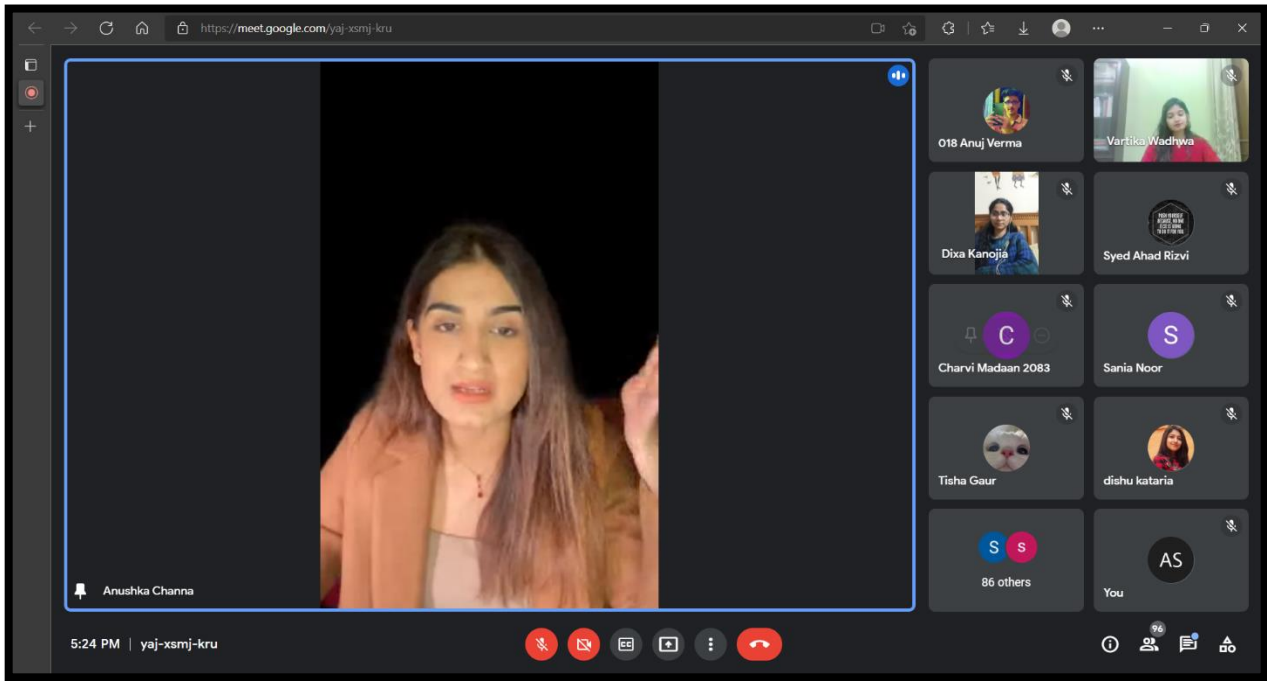
It was a very lively and enlightening session on how one should follow the practice of self-love. Self-love is an act where one should accept, embrace and celebrate themselves. She explained the need for body positivity and self-love in the world who is constantly fighting against a deadly disease. She spoke about how one should not let the negative opinions of society get to us. She spoke about how one person should reconnect with oneself and accept all their flaws and start celebrating themselves. Body positivity is all about how one should do and follow the things one loves rather than swaying our thoughts and allowing society to define us. She told us not the outer beauty is what matters but the inner beauty of how we treat others and ourselves matters. Rather than being worried about being pretty, one should start to work to be pretty kind, pretty funny, pretty smart, and pretty strong. She also showed us several ways in which one can appreciate the things which are bestowed upon us but are neglected by us in search of beauty explained by society.



A very beautiful and simple way of starting our day was shared with the audience known as the 'self-love mirror'. We should look at the mirror with an eye of gratitude rather than judgment. One should list all the things they are grateful for

on a piece of paper and stick it to the mirror and turn to it any time they feel down and start self-doubt. This way one can keep a track of the times they feel low in a day and can overcome it. Not only these small everyday tricks, but she also showed us some ways to follow onto the path of our self-love journey. Changing the way one thinks will solve most of the problems arising. Complementing not only others but yourself freely. Focusing on the things you like about yourself involving any aspect of you. Not to compare yourself with others and fall into the pit of self-doubt. Speaking well for yourself daily. Absorbing body-positive messages are also known as affirmations. Pampering yourself and awarding for all the hard work done in small ways. Focusing on the person as a whole rather than just physical characteristics. One should always carry their mind, persona, and mindset whenever we step outside in the world who is ready to through their negative opinions on us.

The program was effectively completed with a doubt session during which students posed a range of questions. Understanding the curiosity and doubts of the students the speaker answered all the questions calmly. The students learned why body positivity is important and several ways in which one can accept and feel comfortable among themselves when society is posing their negative thoughts towards us. More than 100 students attended the webinar and learned about the importance of self-love. Prakriti MSIT is grateful to the college administration (including the speaker, Ms. Chetna Sabharwal) for their immediate advice and assistance in putting together such a spectacular event.



SELF DEFENSE WORKSHOP

March 8, 2022



NSS MSIT, Prakriti MSIT and UBA cell organized a Self-Defense Workshop on the occasion of International Women's Day to arm people with the essential skills required to defend themselves. The workshop took place in MSIT ground at 11 A.M.

The event kicked off with a cordial welcome of the trainers from State Head Taekwondo organisation headed by Mr. Vinod Kumar, who appeared all set to teach the students. The event was attended by several faculty members and director sir was also present, who even commenced the workshop by sharing a few words of motivation with everyone present.



Many students gathered on the ground, thrilled to learn something new and come out from the experience prepared for various unforeseen situations. The workshop was prepared not only for girls and thinking alike, an equal number of boys appeared to take part in it. Boys and girls were separately entertained by the trainers,



as both needed to be taught different methods to protect themselves from varied situations.



The workshop went on for an hour. The experts did their job flawlessly and left everyone impressed. There were approximately 70 students taking part in the



workshop and by the end of it all of them were found exhilarated and refreshed. Specially the girls were brimming with confidence, now prepared to protect themselves.





OPEN MIC EVENT

March 16, 2022



On 16th march, 2022 Prakriti MSIT in collaboration with NSS MSIT and UBA cell organized an open mic to give the students a chance to exhibit their talent and express themselves. The event took place in the college seminar hall (06) at 11 A.M. The host of the event started the event by interacting with the audience and creating a fun atmosphere for the performances that commenced soon after. The event kicked off with a warm welcome of the audience. Various faculty members were also invited to witness the event.

The event witnessed amazing poems, heartfelt shayaris, melodious songs and various stand-up comedies which made the crowd roaring with laughter. Participants showcased their talents and amazing skill set with the guitars,

flute, drums etc. The audience also got to witness some mind-blowing rap and a few mesmerizing duets by the participants.



The participants were successful to keep the audience greatly engaged throughout the event. The audience heartily laughed and related themselves to the participant's jokes, enjoyed a lot and even sang along with the singers. An overwhelming response was seen from the students. The audience was left mesmerized by an amazing musical performance from Octave, the musical society of MSIT.

The event went on for around two hours. By the end of the event the students were refreshed and brimming with energy. The event imbibed an encouraging spirit amongst the students to participate in further events and express themselves. The event was wrapped up on a positive note that a good event never ends in the world. They take only a pause and keep us waiting for the next.





WATER CONSERVATION

March 29, 2022



Prakriti MSIT, NSS MSIT and UBA cell in association with NSS MSI
invite you to the seminar and documentary screening on

WATER CONSERVATION AND IT'S REVOLUTIONARY POSSIBILITIES

By **Prof. Tejbir Singh Rana**
*Faculty at Department of Geography, Delhi University
Supervisor on ICSSR PDF & Teaching Innovation
Meritorious Teacher Awardee*

Date: 29 March, 2022
Time: 10:15 AM - 12:15 PM
Venue: Auditorium

Contact
Nandini: 6395289815
Arul: 9013615787

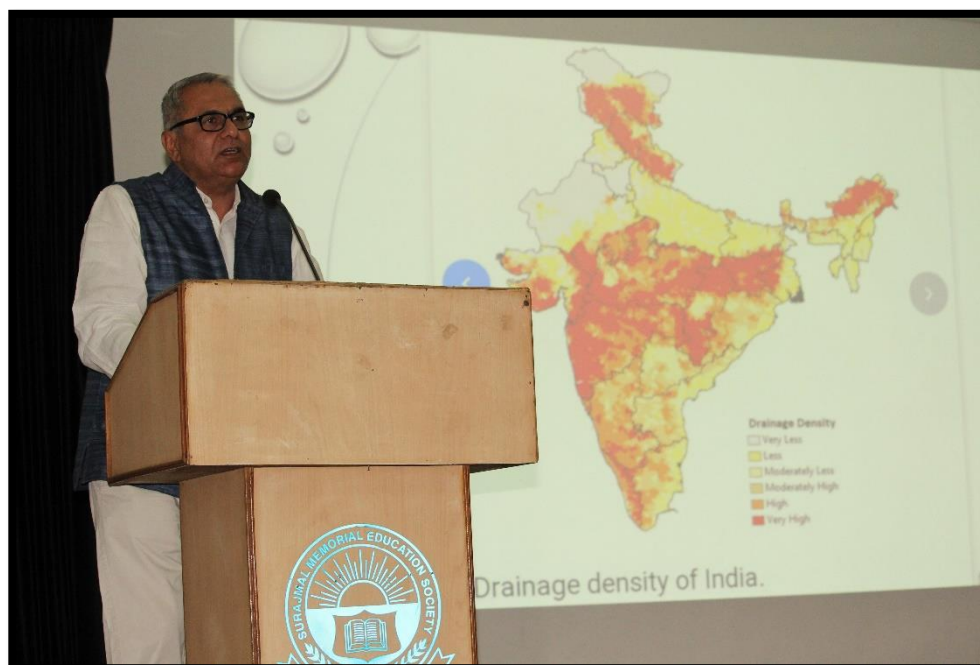
On 29th march, 2022 Prakriti MSIT, NSS MSIT, NSS MSI and UBA cell organized a seminar and documentary screening on the issue of Water Conservation & Its revolutionary Possibilities to create awareness about Water Scarcity & The importance of water conservation. The Seminar was conducted in the college Auditorium at 10.15 Am.

The seminar started with hearty welcome to the honourable chief guest Prof. Tejbir Singh Rana ji and an insightful introduction on Water Scarcity and Conservation from the head of 'Surajmal Memorial Education Society' Shri. Kaptan Singh ji. The

auditorium was packed with around 200 people, faculty members, teachers and students, who were eager and attentive.



Prof. Tejbir Singh Rana ji started off with appreciation and shared his life worth knowledge about Water Scarcity and the amazing documentary made by him, which was awarded by The United Nations and talked about the "Four pillar approach to water sustainability". The documentary was beautiful and disheartening at the same time. The seminar was an admonition, a foresight to our future and truly insightful.



Our Chief guest Prof. Tejbir Singh ji was honoured with a potted plant as a Token of Thanks, spirituality & appreciation by Director of MSIT Mr. (Col.) Ranjit Singh. And he addressed the audience with his wisdom as well. The seminar concluded after honourable Chairman Sir shared some historical facts about the invention of irrigation in India during ancient times. The seminar was a total success and very insightful.





BLOOD DONATION CAMP

April 28, 2022



Prakriti MSIT, NSS MSI and NSS MSIT, in collaboration with the Rotary Club of Delhi Janak, Pitampura blood bank have organized a "Blood Donation Camp" in the auditorium on 28th march from 9 a.m. to 3 p.m.

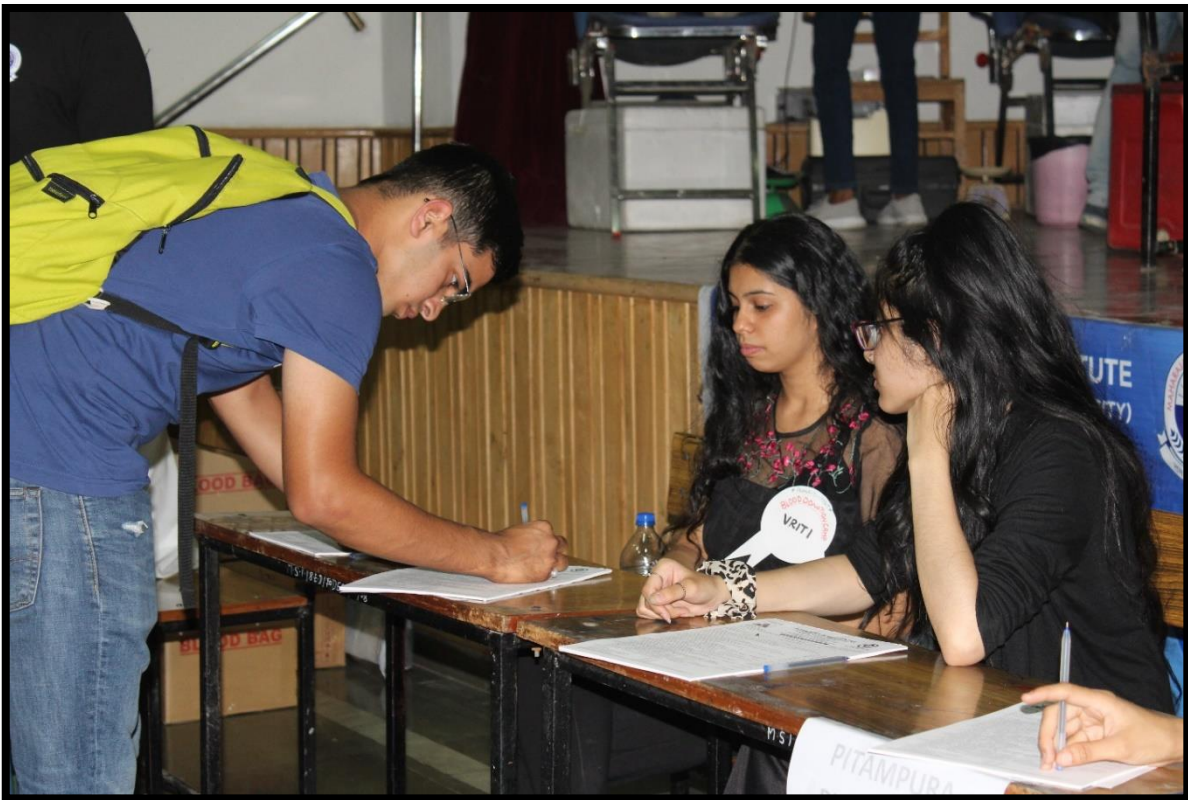
There were two blood banks that came, one was the Rotary Club of Delhi Janak and the other was the Pitampura blood bank. All of the registrations were done in the auditorium itself, and two locations were allotted to them, the rotary club of Delhi was given the auditorium stage, and the Pitampura blood bank was given the space outside of the auditorium for their van.

The campus was decorated with blood donation camp banners and posters, and there were several photo booths for taking photographs. The creativity team did a wonderful job decorating the campus.

More than 200 volunteers, students, and teachers donated blood, and to handle such a large crowd, we have put together a team of 100 people (50 from Prakriti and 50 from NSS MSI), who worked in two shifts (9-12 and 12-3). We ensured that everyone was wearing masks and following covid guidelines, and we made certain that no volunteer stayed longer than 15 minutes for the sake of crowd safety.



The crowd comprised not just students from our campus, but also many others from outside of our campus who came to donate blood. Everyone was quite enthusiastic about donating blood for the greater benefit. As a thank you for their generosity, the donors were offered refreshments. In addition, many people gave positive interviews about how they were treated during the process. And many people clicked some photos after donating.





Participants list:

[BDC registration - Google Sheets](#)