



संयुक्त

Together we stand

ANNUAL MAGAZINE
OF NSS KMC



NATIONAL SERVICE SCHEME
KIRORI MAL COLLEGE



Presents

THIRD EDITION OF

संयुक्त

TOGETHER WE STAND

CO-CONVENER
VIJENDRA PANDEY

PRINCIPAL
PROF. DINESH KHATTAR

CONVENER
DR. JEETESH RAI

PREFACE

Welcome to the 3rd edition of संयुक्त, the official magazine of the National Service Scheme, Kirori Mal College. This magazine stands as a reflection of the tireless efforts and unwavering commitment of our volunteers, who have worked together in the spirit of selfless service. Through these pages, we aim to share the stories, experiences, and milestones that define our collective journey as part of NSS.

संयुक्त is not just a compilation of activities; it is a celebration of the values we hold dear - community, empathy, and service. From impactful projects like Sahyog and Sahas to the various events and initiatives undertaken throughout the year, this magazine is a testament to the positive changes we strive to bring to society. It also serves as a platform to showcase the voices of our volunteers, alumni, and contributors who have enriched our work with their passion and creativity.

In this edition, we have captured the essence of what it means to serve, to inspire, and to lead with purpose. Each article, report, and feature represents a story of empowerment, a step towards social welfare, and a reminder of the difference we can make when we come together for a cause greater than ourselves.

We hope that as you turn these pages, you are reminded of the impact of small, consistent acts of kindness, and that you feel inspired to continue being a part of this movement for change.

Happy reading!
Warm regards,
The Editorial Team
संयुक्त

CONTENT

TABLE OF



DIGNITARIES NOTES

ABOUT NSS

ABOUT NSS KMC

EVENTS, DRIVES, CAMPAIGNS,
OBSERVATIONS AND CELEBRATIONS

ARTICLES AND CREATIVE SECTION

NOTES FROM ALUMNI AND VOLUNTEERS

CORE TEAM AND COORDINATORS

EDITORIAL BOARD

PHOTO GALLERY

PRINCIPAL'S NOTE

Prof. Dinesh Khattar
Principal, KMC



I hope this message finds you all in good health and high spirits. As Principal of Kirori Mal College, I am delighted to announce the release of the 3rd Edition of संयुक्त: Together We Stand, by the National Service Scheme (NSS) Unit of our college. I commend the volunteers for their enduring service to society and encourage them to continue with the same dedication.

Since the launch of Project Sahyog (Child Empowerment Cell) in 2013, the unit has upheld the motto “Not Me But You” through the spirit of Each One Teach One. Building on this success, Project Sahas was initiated to empower underprivileged women, resonating with the tagline “Sahas Se Sahyog Karein.”

Beyond these initiatives, the unit has actively organized blood donation camps, awareness drives, cleanliness campaigns, and flagship events such as Aashayein, Umang, Women’s Conclave, Sahyog Day, and NSS Founder’s Day.

My heartfelt gratitude and best wishes to NSS KMC for their efforts in bringing out this edition of संयुक्त.

PROGRAMME OFFICER'S NOTE

Dr. Jeetesh Rai

Programme Officer, KMC



It is with immense pride that I share my thoughts in the 3rd Edition of संयुक्त, the NSS magazine of Kirori Mal College. As Programme Officer, I have had the privilege of working alongside enthusiastic and dedicated volunteers whose passion for social service continues to inspire.

This edition highlights the journey of NSS KMC over the past year, capturing the spirit of our initiatives—from educating children under Project Sahyog to empowering women through Project Sahas. These efforts remind us that service is not merely about words but about action, empathy, and meaningful change.

The true strength of NSS lies in its volunteers, and witnessing their growth and commitment to community welfare has been deeply fulfilling. I also commend the editorial team for their dedication in bringing this magazine to life.

May this edition of संयुक्त inspire all readers to uphold the motto, “Not Me But You.”

CO – CONVENER'S NOTE

Dr. Vijendra Pandey

Co - Convener, NSS KMC



It is with great pride that I share my thoughts in the 3rd Edition of संयुक्त, the NSS magazine of Kirori Mal College. As Co - Convenor, I have had the privilege of witnessing the remarkable dedication of our volunteers who truly embody the spirit

of the National Service Scheme through their actions and initiatives.

This edition reflects the collective resilience and efforts of our NSS family. Through projects like Sahyog and Sahas, our volunteers have worked tirelessly for child empowerment, women's upliftment, and community welfare. Their hard work, compassion, and shared purpose continue to inspire and drive change.

I extend my sincere gratitude to the editorial team, and volunteers for making this publication possible. Your commitment ensures the continued success of NSS at KMC.

May this edition of संयुक्त inspire readers with stories of service and remind us of the impact of working selflessly for society.

PRESIDENT'S NOTE

Ridims Jaiswal

President, NSS KMC

My journey with the National Service Scheme (NSS) has been deeply enriching, allowing me to connect with people and understand their lives more closely. As President, I was fortunate to be part of initiatives where we reached out to communities, worked for their welfare, and created small but meaningful changes.



Among the most memorable experiences was teaching children. Those sessions went beyond academics—while we studied together, we also laughed, played, and built trust. It was about nurturing curiosity and helping them gain the confidence to dream.

Equally rewarding were the many social initiatives—awareness drives, campaigns, and events—that reflected the collective spirit of NSS. Each effort reminded me that real change comes from teamwork, sincerity, and compassion.

This journey was not only about leadership but about belonging to a family dedicated to service. संयुक्त, the annual magazine of NSS KMC beautifully captures these experiences and the joy of service.

VICE PRESIDENT'S NOTE

Nikhil Singla

Vice President, NSS KMC

The National Service Scheme of Kirori Mal College (NSS KMC) stands as a quintessential example of a streamlined unit, thriving through the passion, dedication, and zeal of its volunteers.



This edition of संयुक्त reflects our collective commitment to serve society. Initiated in 2013 at the threshold of a temple, SAHYOG began as a benevolent pedagogical effort with a few children. Today, it has flourished into a vibrant community where learning and recreation bring light to young lives each afternoon. Alongside, SAHAS blossoms with the conviction that empowering women is the first step toward a positive chain reaction uplifting every section of society. Though nascent, it carries immense strength and promise.

My journey has been enthralling—from a perplexed volunteer learning from seniors to a circumspectly self-assured coordinator, and now as Vice-President, bearing the solemn obligation to mentor my ardent juniors.

As Rabindranath Tagore aphorised: "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

EDITOR IN CHIEF'S NOTE

Utkarsh

Secretary, NSS KMC



It has been an honour to serve as the Editor-in-Chief of the third edition of this magazine. Having also contributed to the previous editions, this journey has given me the opportunity not only to learn immensely but also to guide and share my experiences with my juniors.

A great deal of effort has gone into bringing this edition to life, and as a team, we have given our best to make it meaningful and impactful. I sincerely hope that our readers appreciate what we have created. I am confident that the upcoming editions will continue to reach new heights with the same spirit of dedication and creativity.

This magazine is more than just pages of content; it is a reflection of the values, hard work, and vision that unite us. I extend my heartfelt gratitude to everyone who contributed their time, energy, and ideas to make this possible. Together, we have built something to be proud of, and together, we will continue to inspire and create.

ABOUT NSS

The **National Service Scheme** (NSS) is an initiative of the Indian government, launched in 1969 under the Ministry of Youth Affairs and Sports. With the motto "**Not Me, But You**," NSS instils social responsibility in students from schools and colleges. Through community service initiatives like health camps, literacy programs, environmental projects, and disaster relief, volunteers develop essential skills in leadership, teamwork, and empathy. By contributing to rural and urban development, NSS volunteers play a vital role in nation-building and fostering community welfare.



SERVICE BEFORE SELF

"HELP, HEAL, HOPE"

ABOUT NSS KMC

National Service Scheme, Kirori Mal College (NSS KMC) is a student led organization dedicated to empowering the Delhi community. Founded by **Dr. Krishan Kumar Gupta**, it operates on values of empathy, inclusivity, excellence, and compassion. The organization provides holistic development by integrating academics with co-curricular activities such as sports, arts, and cultural events. Through these initiatives, NSS KMC fosters a well-rounded educational experience, empowering individuals and strengthening the community. By cultivating positive change, NSS KMC strives to make a meaningful impact in the lives of those it serves, promoting overall growth and development. Its efforts aim to create a lasting difference in the community.



SAHAS SE SAHYOG KAREIN

"IGNITING YOUNG MINDS"

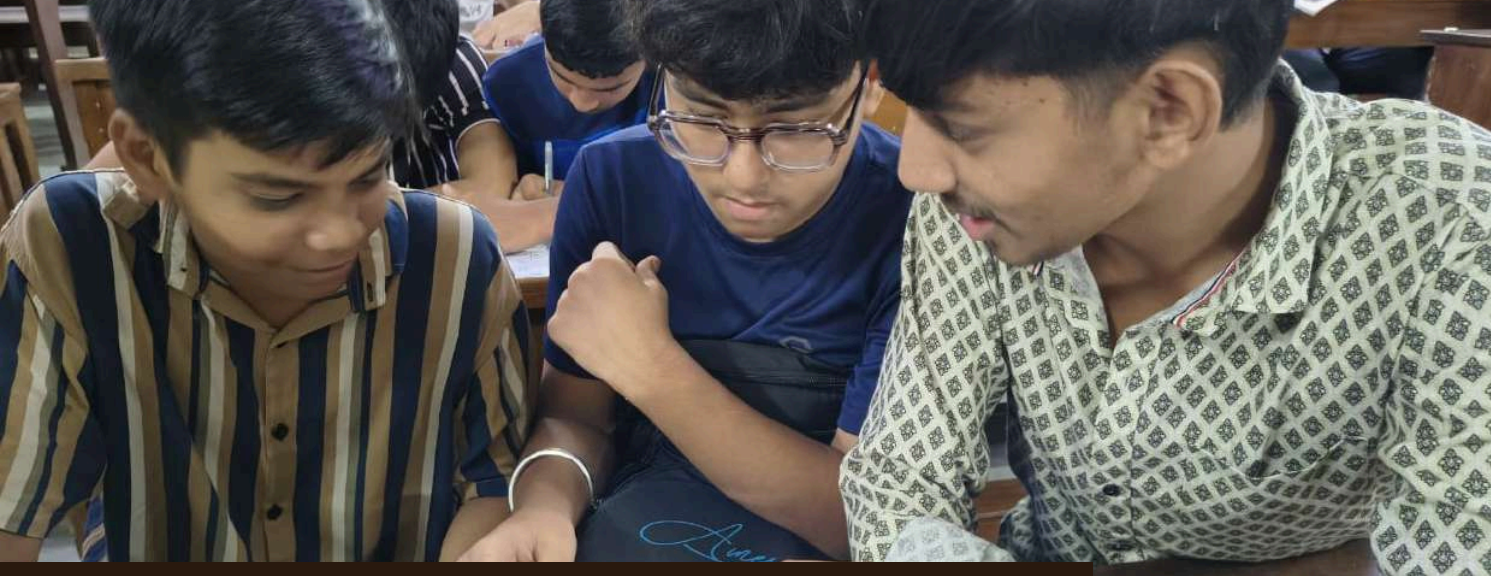


SHARING SMILES

SAHYOG's mission is to empower underprivileged children in Chandrawal village through holistic development. Through 'Each One Teach One' (EOTO) sessions we provide quality education to children from grades 1-12 in college premises. Here's what EOTO entails:

- **Academic Support:** We teach children from grades 1-12 on a regular basis in the college premises from 3 PM - 5 PM.
- **Personality Development:** We foster their overall growth and confidence through various activities and events where they develop their personality and creative minds.
- **Cultural Awareness:** We educate children about the significance of various festivals and occasions, and celebrate these with them with great fervour.
- **Life Skills:** We inform children about their rights, duties, and future responsibilities as a citizen of this country.

SAHYOG



EACH ONE TEACH ONE

Since we have adopted the children of **Chandrawal village**, we consider it our responsibility to ensure their education.

Through the **EOTO (Each One Teach One)** initiative, NSS volunteers are committed to fostering the holistic education and overall development of underprivileged children.

Every day, from 3 PM to 5 PM, we conduct interactive sessions with them. The light of hope in their once-gloomy eyes motivates us to share all the knowledge we can. Their smiles, in turn, brighten our own lives and inspire us daily.

Alongside academic growth, we also focus on their physical well-being by offering them an open green ground where they engage in various sports.

"EDUCATE, EMPOWER, ENLIGHTEN SOCIETY"

E
O
T
O

BOARD RESULTS

Class 10th

GURMAN	92%
SANA	90%
GURNEER	88%
PREETI	73.4%
SHAGUN	69.8%
ABHISHEK	65%

Class 12th

ANSHIKA	85%
SATYAM	78.2%
VIVEK	75.2%
PAYAL	74%
MUNISH	72%
HARSHIT	70%
JAI	67.2%
SUMIT	65.5%
RAHUL	63.2%
PAYAL	62%
MUSKAN	60%

"DREAM, BELIEVE, ACHIEVE"

NAME	COLLEGE	COURSE
MUNISH	KIRORI MAL COLLEGE	HINDI (HONS)
RAHUL	KIRORI MAL COLLEGE	HINDI (HONS)
VIVEK	KIRORI MAL COLLEGE	BCOM (HONS)
HARSHIT	SGTB KHALSA COLLEGE	HINDI (HONS)
SUMIT	SGTB KHALSA COLLEGE	HINDI (HONS)
JAI	SATYAWATI COLLEGE	POL SCIENCE + SANSKRIT
PAYAL	MAITREYI COLLEGE	HISTORY + POL SCIENCE

C
O
L
L
E
G
E

A
L
L
O
C
A
T
I
O
N



SAHAS

The success of Project Sahyog led NSS KMC volunteers to recognize the need for women's empowerment in the Chandrawal village. This realization gave birth to **SAHAS - the Women Empowerment Cell** of NSS KMC. As a project, SAHAS works tirelessly to uplift and empower underprivileged women. Here's what SAHAS aims to achieve:

- **Women Empowerment:** Uplift and empower underprivileged women, promoting their overall development.
- **Inclusive Environment:** Create a more equal and inclusive environment, free from biases and stereotypes.
- **Feminism for All:** Promote the idea that feminism includes all genders, fostering a culture of equality and respect.
- **Working Towards Change:** Work relentlessly to bring about positive change in the lives of women, enabling them to reach their full potential.

“WOMEN RISE, NATION RISES”

VIKSIT BHARAT SEVEN DAYS SPECIAL CAMP

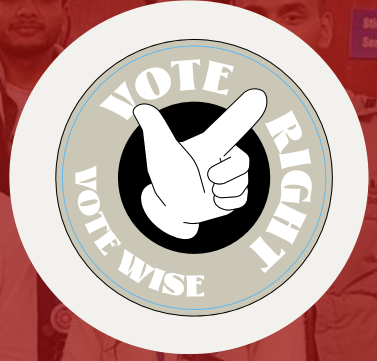
Theme Of Each Day



Environment



**Economic
Empowerment**



**Political
Awareness**



Women Empowerment



Sports



Heritage Walk



Digital literacy

VIKSIT BHARAT SEVEN DAYS SPECIAL CAMP

Theme Of Each Day



Environment



**Economic
Empowerment**



**Political
Awareness**



Women Empowerment



Sports



Heritage Walk

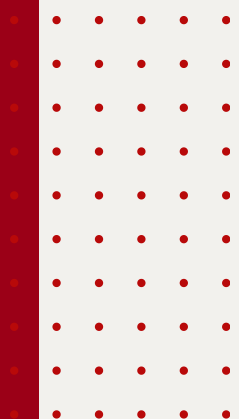


Digital Literacy



From 27 January 2025 to 2 February 2025, the NSS KMC unit organized a 7 Days Special Camp focused on social service, awareness, and skill development under the theme "**Viksit Bharat: A Vision for Tomorrow.**" The camp was inaugurated by Professor Dinesh Khattar and Dr. Jeetesh Rai, emphasizing the significance of NSS initiatives. Each day of the camp began with yoga and running sessions to instill discipline and vitality. Every day was dedicated to a special theme, followed by activities aligning with it, and concluded in the evening with vibrant cultural performances and the National Anthem. Each day revolved around a unique theme, including **Environment, Economic Empowerment, Political Awareness, Women Empowerment, Sports, Heritage & Development, and Digital Literacy**, with activities such as plantation drives, economic surveys, youth parliament discussions, self-defense workshops, sports competitions, heritage walks, and AI workshops. The camp concluded with a felicitation ceremony and cultural performances, celebrating the volunteers' dedication. This transformative experience strengthened teamwork, leadership, and social responsibility, leaving participants inspired to contribute meaningfully to society.

"TEAMWORK MAKES THE DREAM WORK"





"BE THE CHANGE, SERVE"

INITIATIVES

PARAKH

Under Project Sahas, our Women Development Cell, we've launched the 'Parakh' initiative. We visit **schools, girls' shelter homes, old age homes, and orphanages**, engaging with residents through various activities. Our awareness sessions cover crucial themes like menstrual hygiene, good touch vs. bad touch, and more. By doing so, we spread awareness among people of all ages about issues faced by women and empower them with knowledge on how to tackle these challenges. We specifically focus on educating school-going girls and women about sensitive topics often avoided in their communities. Through 'Parakh,' we aim to create a supportive environment where women and girls can openly discuss their concerns and feel empowered to make informed decisions about their lives.



A WOMAN WITH A VOICE IS, BY DEFINITION, A STRONG WOMAN- MELINDA GATES

NO BAG SATURDAYS

At NSS KMC, we've initiated '**No Bag Saturday**' as part of our project Sahyog this year. This initiative involves **organizing fun and creative activities** to facilitate holistic development. In line with the new **National Education Policy (NEP)**, which emphasizes that education extends beyond classrooms and lectures to encompass various fields like art, sports, and creative pursuits, we've dedicated Saturdays to fostering creativity. On this day, students are encouraged to leave their books and copies behind and engage in activities like drawing, dancing, and public speaking. This approach not only nurtures their creative minds but also makes learning an enjoyable experience.

INTER NSS COMPETITIONS

At NSS KMC, we prioritize not only the people who come under our projects but also the **holistic development of our volunteers**. We encourage them to participate in various competitions organized by other NSS units across colleges, showcasing their skills in **PPTs, policy-making, quizzes, and more**. Our unit provides ample opportunities for volunteers to develop essential skills in technology, public speaking, and event planning. As they represent our unit in external events, they not only make us proud but also gain valuable experience and skills. This approach enables our volunteers to grow both personally and professionally, while also promoting our unit's reputation. By fostering a culture of skill-building and leadership, we empower our volunteers to excel and make a meaningful impact.

"SERVE, LEARN, INSPIRE"



YOUTH PARLIAMENT DISTRICT LEVEL

On the **20th and 21st of March 2025**, NSS KMC hosted the **District Level Round of the Youth Parliament**, an initiative under the Ministry of Youth Affairs and Sports, at Kirori Mal College. Centered on the theme “**Viksit Bharat: One Nation, One Election**,” the event provided a platform for students to engage in democratic dialogue and policy discussions.

With over 1000 applications, the selection process was highly competitive, assessing candidates on thematic understanding, articulation, and originality. The event was graced by distinguished guests, including Prof. Bijaylakshmi Nanda Ma'am, Prof. B.W. Pandey Sir, Shri Shrawan Ram Sir, and our Principal Prof. Dinesh Khattar Sir.



More than 100 selected speakers delivered impactful three-minute speeches, offering well-researched arguments, policy suggestions, and critical analyses of electoral reforms. The event fostered networking, collaboration, and youth participation in governance.

Concluding on a high note, the Youth Parliament highlighted the importance of youth in policymaking, promoting awareness, leadership, and a deeper understanding of governance.

STATE LEVEL



On **31st March 2025**, after volunteering at the District Level Youth Parliament, a few NSS KMC volunteers got the remarkable opportunity to volunteer for the **Viksit Bharat Youth Parliament: State Level**, held in the **Delhi Legislative Assembly**.

A total of 30 qualifiers from nodal districts participated in the debates on the themes **“75 Years of Indian Constitution – A Journey of Rights, Duties and Progress”** and **“The 11 Sankalp of Samvidhan Divas – A Pledge to Strengthen India’s Constitutional Values.”**

This was an enriching experience for the volunteers. It gave them exposure to vibrant constitutional debates, helped them collaborate with dynamic youth leaders, and further enhanced their leadership, coordination, and organisational skills.

NATIONAL LEVEL

On **2nd April 2025**, after successfully organising the District Level Youth Parliament and volunteering in the State Level Round, the volunteers of NSS KMC got a remarkable opportunity to be a part of the organising team for the **National Level Youth Parliament 2025**, which was held in the **Parliament of India**.

The top 3 candidates from each State/UT (totaling 108 youth) had been selected to participate at the national level. The participants engaged in high level discussions and activities, including: Question Hour, Masterclass, Parliamentary Experience, PM Sangrahalaya Visit and Award Ceremony.

This was an enriching experience for the volunteers. It allowed them to witness democratic dialogue, collaborate with young leaders from across the country and sharpen their leadership and organisational skills

“KNOWLEDGE IN ACTION”

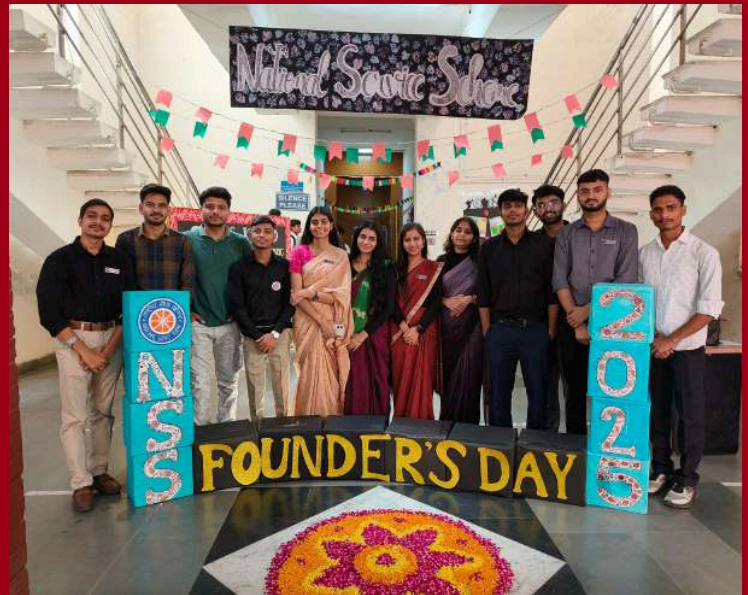


NSS FOUNDER'S DAY

On **24th September**, NSS Kirori Mal College celebrated '**NSS Founder's Day**', marking 56 years of meaningful service. The event began with a lamp lighting ceremony, followed by the felicitation of distinguished guests - **Mr. Shrawan Ram, Mr. Narendra Bishnoi, Dr. Amitabh Ranjan, and Prof. Dinesh Khattar**. On this occasion, the NSS KMC Annual Report 2024-25 was also released.



The celebration honoured Sahyog students who cracked CUET, a proud moment for the NSS family. To encourage creativity and participation, two vibrant competitions Chitrangan (Poster Making) and Rashtrashila (India Quiz) were organised, which received enthusiastic participation from students.



Adding an innovative touch to the day, Sahyog students presented a Science Exhibition, displaying colourful and insightful models that showcased their talent, curiosity, and enthusiasm. The event concluded on an inspiring note, celebrating the values of service, teamwork, and learning that define NSS.

"SERVE PROUDLY, LEAD WISELY"

SAHYOG DAY



On **23rd September**, the National Service Scheme, Kirori Mal College, proudly celebrated '**Sahyog Day**', marking 12 years of Sharing Smiles. This special occasion was dedicated to cherishing the deep bond shared with the Sahyog family and Sahyog students, nurturing learning, spreading joy, and fostering togetherness.

The celebration commenced with the felicitation of Class 10th and 12th achievers, recognising their dedication, hard work, and commitment to excellence.



The atmosphere came alive with vibrant cultural performances, adding colour, rhythm, and energy to the day, beautifully capturing the essence of unity and joy.

To make the event even more memorable, gifts were distributed among the Sahyog students, bringing smiles and happiness to their faces.

Through Sahyog Day, NSS KMC celebrated not just an event, but a spirit a spirit of collaboration, growth, and inspiration, nurturing young learners while strengthening the bond of community service

"LEGACY OF SELFLESS SERVICE"



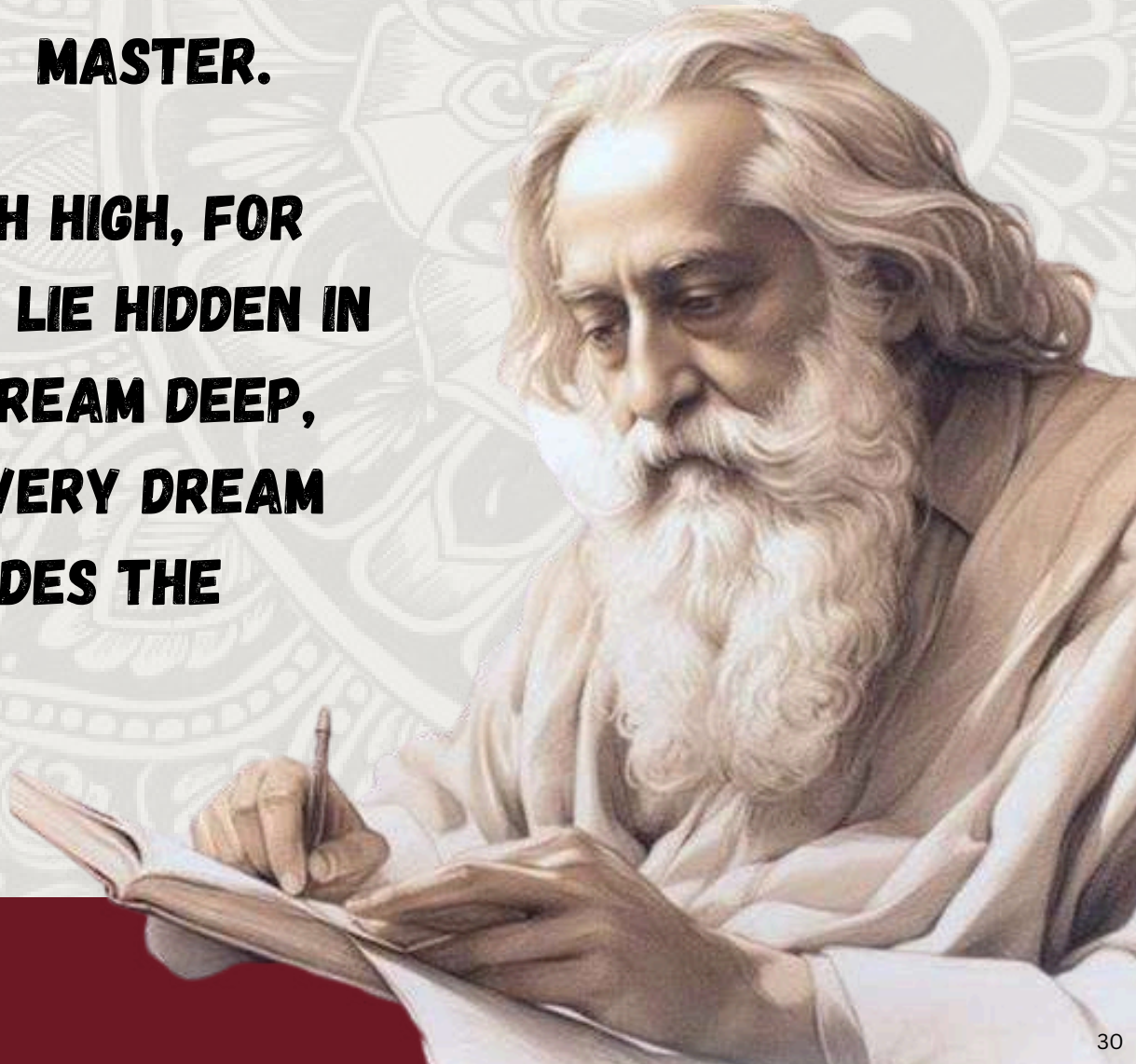
ARTICLES, POEMS AND CREATIVE SECTION



**“A WRITER IS A DREAMER WHO
TRANSLATES SILENCE INTO WORDS.”**

**THE ARTIST IS THE LOVER OF NATURE,
THEREFORE HE IS HER SLAVE AND HER
MASTER.**

**“REACH HIGH, FOR
STARS LIE HIDDEN IN
YOU. DREAM DEEP,
FOR EVERY DREAM
PRECEDES THE
GOAL.”**



YOUTH - An Epitome Of Change

Youth Empowerment "Youth" refers to young people. The United Nations defines youth as persons between the ages of 15 and 24 years. These are considered some of the most important ages because, at a young age a person's body is more energetic, enthusiastic, and filled with a lot of potential. Swami Vivekananda (a prominent Indian philosopher and leader) stated "Give me a hundred young believing men, and I will transform India into the number one nation in the entire world." He also believed that youth are the hope of the future. And to honor his contributions towards youth empowerment in India, his birthday is celebrated as National Youth Day on 12th January. Therefore, we can understand how crucial empowering youth is for a nation. Empowering Youth is a critical process that enables young people to take control of their lives and contribute positively to society. For example: Prasiddi Singh from India, at just 11 years old, started the Prasiddi Forest Foundation after witnessing the tree destruction during the 2016 Vardah Cyclone. Isra Hirsi from the United States co-founded the Youth Climate Strike, which advocates for environmental justice and organizes youth-led climate demonstrations. This is not only beneficial for society but also for young people themselves in all aspects of life, as it involves developing confidence, taking risks, self-determination etc. Many initiatives have been taken by many countries worldwide to empower their youth. In India: The VIKSIT BHARAT YOUNG LEADERS DIALOGUE program is designed to engage and empower youth through multinational and national competitions, 12-language national quizzes and essay competitions on 10 critical themes. In South Africa: The Dream Factory Foundation has been started to empower marginalized youth and provide comprehensive support for societal contributions.* In Kenya: The Kibera Community has started a Young Mothers Young Incubation program and provides a safe space for vulnerable young people. Not only at the national level but also at the international level, many steps have been taken to empower youth.

Youth empowerment is not an easy process because 15 to 25 is the age at which a person's mind seems to be more diverted towards many wrong things, and there are many challenges they need to face, such as:

- * Mental Health: Around 70% of high school students suffer from stress, and many struggle with depression.
- Economic Barriers: High unemployment rates, 17.6% of youth living below the poverty line.
- * Impact of Technology: Most young people spend most of their time doing unnecessary things on mobile phones. Digital communication affects interpersonal skills, and many experience things like cyberbullying.
- Societal Pressures: Academic expectations, peer pressure leading to the consumption of alcohol, abuse, etc.

There are many ways by which they can overcome these challenges, which involve developing a resilient mindset, investing in educational and vocational training, participating in various mentorship programs, practicing emotional intelligence, and practicing stress management techniques, etc. An empowered youth population is directly proportional to national growth when provided with proper skill development and given proper economic opportunities, etc. The more a country invests in its youth, the higher its potential for sustainable economic transformation. According to the Global Youth Index, 90.7% of countries showed youth development improvements, and the top 5 countries with the most developed youth are: Singapore, Denmark Portugal, Iceland, Slovenia. The lowest-performing countries are: Afghanistan, Central African Republic, Somalia. Young people are the backbone of a nation; they bring energy, innovation, and creativity. Empowering youth is not a one-time effort but an ongoing process that demands collaboration and commitment from all sectors of society."The power of the youth is the Commonwealth for the entire world." - Kailash Satyarthi.

Utkarsh
B. Sc. Program



जब छूट जाएगी NSS

जब छूट जाएगी NSS
छूट जाएगा वो EOTO,
छूट जाएँगे वो बच्चे,
छूट जाएगा वो सहयोग,
जिसमें कभी पढ़ाना था,
कभी उन्हें खेलाना था,
कभी बस उनसे बातें करना था।

छूट जाएँगे वो इवेंट्स
कभी Aashayain की रौनक,
कभी Women Conclave की तैयारी,
कभी Mock Parliament की बहसें
और कभी Rally और Nukkad Natak का जुनून।
छूट जाएँगी वो मीटिंग्स,
जहाँ बहसें भी होती थीं, और हँसी भी,
जहाँ हर चर्चा का अंत “चलो, कर लेते हैं” से होता था।
छूट जाएगा रोज़-रोज़ आना,
वो कैटीन के चक्कर,
वो पोस्टर और डेकोर की भाग-दौड़।
पर सबसे ज़्यादा छूट जाएँगे
मेरे साथी और मेरे कॉर्डिनेटर्स,
वो लोग जिनसे दिल से जुड़ाव था,
जिन्होंने सिर्फ़ सिखाया नहीं,
बल्कि हमेशा साथ निभाया।

NSS सिर्फ़ सेवा नहीं थी,
ये एक परिवार था...
और NSS हमेशा नई तरक्की बुनता रहेगा,
नई उम्मीदें जगाता रहेगा।

Ayushmaan
B.Sc. Program



युवा-एक सोच

यूँ हिन्दी में अनेक ऐसे शब्द हैं जो आपके मन मस्तिष्क को सुचारु रूप से जीवंत रखते हैं, लेकिन कुछ शब्द ऐसे भी होते हैं जो किसी परिवार, समाज, और देश की दशा और दिशा तय कर सकने में सक्षम हैं। इन शब्दों की श्रृंखला में युवा शब्द सबसे अग्रणीय है। मेरा यहां युवा से संबंध केवल 15 से 29 वर्ष के लोगों से नहीं, बल्कि एक सोच से है। वो सोच जो एक इंसान को संघर्ष के लिए लगातार ऊर्जावान बनाए रखता है, वो सोच जो हमेशा आपके आंखों में एक उम्मीद की किरण जगाए हुए रहता है, और वह सोच से है जिसमें समुद्र जैसी गहराई होने के साथ-साथ नदी जैसी जीवनदायी गुण है। मैं मानता हूँ कि हर वह व्यक्ति युवा है जिसमें कुछ कर गुज़रने की ललक है, अपने लक्ष्य के प्रति समर्पण है, खुद को तपाने की हिम्मत और नदी के भांति स्वयं से राह बनाकर आगे बढ़ने का हुनर हो।

आंकड़ों के हिसाब से देखे तो आज हमारे देश में 30% से अधिक लोग 15-29 आयु वर्ग के श्रेणी में आते हैं और इन्हीं के कारण आज विश्व हमें एक युवक देश मानता है, लेकिन सिर्फ़ युवा देश कहलाना हमारा लक्ष्य नहीं है, बल्कि अपने लोगों को "युवा-एक सोच" से अवगत कराके अपने इस देश और समाज ही नहीं अपितु पूरे विश्व का जन-कल्याण करना हमारा संकल्प है। स्वामी विवेकानंद जी ने कहा था "आप मुझे 100 विश्वासी युवा दीजिए और मैं आपको देश बदल के देता हूँ"। स्वामी जी "युवा-एक सोच" के ही प्रवर्तक थे जो मानते थे कि यह कभी ना खत्म होने वाली लोह है जो आने वाली पीढ़ियों के लिए मशाल का काम करेगी। अपने इन ओजस्व सोच की वजह से ही विश्व आज भी उन्हें आधुनिक युग का युवा पथप्रदर्शक बुलाता है।

यदि हम युवा शब्द को सही तरीके से देखे तो पाएंगे कि यह वायु शब्द का उल्टा है, लेकिन वायु की सारी खूबियां खुद के अन्दर समेटे हुए है। विश्व के हर कोने में आपको अपने समाज के प्रति "युवा-एक सोच" के शसक्त नुमाइंदे मिल जाएंगे जो वायु की तरह ही भौगोलिक सीमा को नकारते हुए पूरे विश्व को जाग्रत करने का निरंतर प्रयास कर रहे हैं। "वसुधैव कुटुंबकम्" को असल मायने में युवा सोच से प्रेरित युवा ही धरातल पे उतार सकने में सक्षम है।

"युवा-एक सोच" है जो उम्र के हर उस मोड़ पे खड़े व्यक्ति को युवा वर्ग का हिस्सा बनाता है जो खुद में विश्वास रखता है कि उसमें वह काबिलियत व जुनून है जिससे राष्ट्र और समाज की नियति बदली जा सकती है। इस सोच को अपने अंदर जीवंत रखने के लिए एक इंसान को हमेशा Not Me But You (स्वयं से पहले आप) के उद्देश्य से अपने आप को समाज के परिवेश में समावेश करने की आवश्यकता है। इसके लिए मैं NSS का आभार व्यक्त करना चाहूंगा जो कि ना सिर्फ़ मुझ में, बल्कि मेरे जैसे 40 लाख से अधिक स्वयंसेवियों के अंदर पिछले 75 वर्षों से निरंतर यह भावना जागृत कर रही है। वैश्वीकरण के इस दौर में "युवा-एक सोच", असीम संभावनाओं की एक जादुई कुंजी है जो निश्चित तौर पे वैश्विक समस्याओं का निवारण करने में सक्षम है। तो आइए इस युवा उत्सव पर "युवा-एक सोच" से रूबरू हो कर अपने उद्देश्य की ओर अग्रसर होते हैं।

Sujeet Kumar Jha
B.A. Program



Sadness: The Silent Half

Last year, i.e. in the 2nd edition of this magazine, when I wrote about happiness, I tried to explore how joy illuminates our lives, binding us together in moments of celebration and warmth. But as I sit to write this year, I find myself drawn to the other side of that coin i.e. sadness. For if happiness is sunshine, sadness is the quiet rain that softens the soil of our being, preparing it for growth. Both are inseparable, and together they define the essence of what it means to be human. Sadness often arrives uninvited. It does not knock before entering, nor does it wait for a convenient moment. It can come from heartbreak, from disappointment, from the loss of a loved one, or even from the hollowness that sometimes creeps in without reason. In our fast-paced world, where cheerfulness is often demanded and melancholy is often dismissed as weakness, sadness is frequently misunderstood. Yet, if one pauses and listens to it, sadness has lessons to teach that happiness never can. One of the most profound truths about sadness is its ability to connect us with depth, both within ourselves and with others. When we are happy, we float on the surface. But when sadness settles upon us, it compels us to dive inward. It forces reflection. It asks us questions we otherwise avoid: Who are we beyond our smiles? What matters when the applause fades? Who stands beside us in silence when the crowd disappears? In these moments of vulnerability, we encounter the rawest version of ourselves. There is a strange beauty in sadness, though most of us are reluctant to admit it. It strips away pretension. It has a certain elegance, quiet and dignified. Sadness is like that, subtle, profound, often invisible to the eye but unforgettable to the heart. Moreover, sadness is not always an enemy. It can be a sculptor, chiseling away the roughness of our character, shaping empathy, patience, and resilience. People who have never known grief often struggle to understand the pain of others. But one who has wept, who has endured the dark night of the soul, learns to recognize sorrow in another's eyes and offer comfort without judgment. Sadness, then, becomes the root of compassion. It softens us, reminding us that we are all fragile beings journeying through the uncertainties of life. Our culture, however, often insists on brushing sadness aside. We are told to cheer up, to move on, to stay positive. While optimism has its place, forcing happiness can be a form of cruelty to oneself. Genuine healing begins not in denial but in acceptance.

To sit with our sadness, to acknowledge its presence, is the first step towards understanding it. Like a storm that eventually clears the sky, sadness too passes, if only we allow it to flow through rather than suppress it. There is also an odd paradox: sadness often heightens our appreciation of happiness. Just as darkness makes light more radiant, grief makes joy more precious. A simple laugh after days of tears feels like a blessing. A reunion after separation feels like a miracle. The contrast sharpens our senses, reminding us not to take fleeting moments of delight for granted. Without sadness, happiness might lose its meaning, becoming a monotonous backdrop rather than a luminous spark. Philosophers, poets, and artists have long found inspiration in sadness. Human history is filled with creations born from sorrow. Sadness has a way of slowing us down, giving us space to observe, to ponder, to create. It reminds us that beauty is not only in laughter but also in tears, not only in beginnings but also in endings. At a personal level, sadness teaches humility. It reminds us that no matter how strong, successful, or independent we believe ourselves to be, we are still human, vulnerable to change, to loss, to time itself. And yet, there lies our greatest strength, to endure, to rise again, to keep walking even when the path is drenched with tears. Perhaps, then, sadness is not a flaw but a gift, a quiet guide leading us toward wisdom. It teaches us to cherish relationships, to value little joys, to live authentically. It makes us stronger without hardening us, wiser without making us cynical. As I conclude, I return to where I began, with happiness and sadness, those eternal companions of human existence. Happiness blazes us, but sadness deepens us. Happiness brings us together in laughter, but sadness binds us in empathy. Both are necessary; both are beautiful. To deny either is to deny life itself. So, the next time sadness visits you, don't rush to shut the door. Invite it in. Let it sit with you for a while. Listen to its quiet whispers. For behind its melancholy veil, sadness carries the seeds of understanding, growth, and eventually, the rebirth of joy.

Nikhil Singla
B. A. Program



IZZAT: Honour on a Thread

The word 'Izzat' is everywhere. It's a term you hear at every family gathering, every social event, and every serious conversation about a life decision. It refers to honour, respect, or social dignity broadly held by society. It represents the esteem in which a person is held, often tied to their behaviour, family background, or social standing. It is, vitally, the perception of a person's moral, social, or familial worth in the eyes of others. This dependency on public perception, rumour, and collective judgment is what makes the whole concept a farce - It's not a personal quality; it's a public performance. In many societies, particularly in South Asian cultures, this term is intrinsically and often disproportionately associated with women and households. The entire concept of 'Izzat' is inherently fragile, depending less on an individual's intrinsic worth and more on others' perceptions. A person's or family's reputation, or honour, can be easily affected by rumours, minor mistakes, family background, or even social prejudices, making it unstable and easily damaged. It's a property owned by the community, not the individual. This very fragility creates immense pressure to conform to rigid societal norms because people often feel that any alienation, such as personal, desired lifestyle or opinions, can harm their or their family's 'Izzat'. The very concept of Izzat is so delicate that you can lose it simply by choosing to live your own life which is not in line with societal norms. It forces us to sacrifice personal happiness and authenticity for the sake of public reputation. The concept of 'Izzat' is itself fragile, constantly changing and having no fixed definition, often associated with the females of families and society. For instance, a girl wearing jeans in a metro city? Cool, modern, no problem. The same girl wearing the same jeans in her ancestral village? Suddenly, she's "characterless," and her entire family's Izzat is "lost." The clothes didn't change; the judges did. This constant anxiety over perception forces us into a life of rigid conformity. Every choice, from who you date to what career you pick, is filtered through the lens of, "What will people say?" This pressure doesn't just make us anxious; it stifles ambition, crushes individuality, and elevates public opinion to the level of divine law. You have to sacrifice your personal truth just to keep your social score high. Women are tied to this 'Izzat' as a way for the patriarchal society to control them in their ways of life, and

their choices. 'Izzat' has become such a societal norm that every woman is expected to associate her dignity with this volatile, fragile concept. In a patriarchal system, a woman is appointed the chief custodian of family honour. Her body, her choices, and her sexuality become the barometer for the entire family's reputation. This is why society obsesses over the "good woman" archetype. She must be demure, modest, and obedient. The constant focus on a woman's attire - telling her to cover up, to dress "decently" is not about protecting her; it's about controlling her. It sends the dangerous message that her dignity is so unstable that it can be destroyed by a glimpse of skin. They are often told what to wear and what not to wear. Some are told to cover their head and chest with a dupatta, "don't show your body," so their dignity remains intact. They are made conscious about their look, their attire, and their actions, becoming personally bound with the same rigid principles of a 'good woman' who is 'characterless' in the eyes of society if she deviates. If her personal aspirations or dating life deviate from the script, she is branded as someone who "shamed" the family. The inherent hypocrisy and fragility of 'Izzat' are most glaringly exposed in cases of sexual violence, particularly rape. If a woman or girl gets raped, it is overwhelmingly held that her 'Izzat' is lost, and her family's dignity is severely stripped away. The profound injustice lies in the question: Why is it not that the rapist's 'Izzat' is lost? The answer lies in the toxic belief that honour resides in a woman's sexual purity. Once that is forcibly taken, the honour is deemed ruined. The aggressor, whose actions are morally reprehensible, often retains his social standing because his honour is based on power and male dominance, not on his moral conduct, while the victim is often forced to accept a marriage with the rapist as a form of "damage control" to save some semblance of honour. This shocking societal acceptance of the aggressor and condemnation of the victim stems from a deep-seated patriarchal concept that 'Izzat' lies in the woman's body, specifically her sexuality. It's not justice; it's the ultimate form of victim-blaming, proving that society cares more about reputation than about dignity or humanity. If society truly valued human dignity over possessiveness, then the moral failure of the rapist would be the source of shame. If society considered the 'body' of both the male and the female the same, women would not have to carry the burden of societal pressure to 'look' or 'dress' or 'behave' like a 'good woman'. They could, instead, be able to focus more mindfully on their goals, their chosen way of

living, and their own life partner, without the constant fear of losing their family's honour. This system of possessive honour may be traced back to the time when men began to view women as property, essential for lineage and status. Their Izzat became wrapped up in their body, a fragile asset that had to be guarded at all costs. When Homo Sapiens started evolving, they were all naked, yet they got the thought of covering specific body parts, thus conforming to the perceived 'Izzat' of the society they belonged to. Subsequently, men started considering women as their property, where the woman's 'Izzat' and by extension, the family's honour became associated with her 'self'. If it were the other way around, if the concept of 'Izzat' had been associated with the male counterpart of society, the situation would have been drastically different. Rape and violation cases against women would have been much lower, and society would have been considering that 'Izzat' also lies in the male body parts and his actions. The pressure of 'Izzat' extends even beyond marriage. If a girl loses her virginity before marriage, she is immediately called a 'characterless bitch', while the same judgement rarely applies to a boy. She is expected to be devoted to her husband, even if he is cruel and bad, and she is expected to commit 'total' service to him and superiors, and the providers of the family, however "fragile" they are in themselves. Her worth is consistently measured by her compliance with an external, male-centric moral code. This systemic control mechanism, rooted in the fragile, external perception of honour, curtails individual freedom and dignity. It forces women into a narrow, prescribed existence, where their personal worth is constantly held hostage by the judgments of others. If we want a truly just society, we have to flip the script. We need to stop equating honour with a woman's purity and start equating it with a man's integrity and morality. True Izzat is not a fragile piece of glass that shatters with a whisper. It is the unshakeable self-respect and dignity that comes from living ethically and truthfully and held irrespective of gender, social perception, or external circumstance. It cannot be lost through a mistake or taken by a predator. It's the conviction you hold when you know you've done the right thing, stood up for your beliefs, and treated others with respect. It's a shield, not a weapon.

Ankita Jaiswal
B. A. (H) Economics



Ek ladki thi...

Ek ladki thi, is jahan se anjaani,
Na naam bada, na kisi riwayat ki kahani.
Apni hi dhun mein khoyi rehti,
Na kisi se kuch chaha, na kuch khaas kehti.
Akele rehna pasand nahi tha use,
Magar bheed mein jaane se pehle hi uski saans tham si jaati .
Baaton ka dariya tha uske paas,
Lekin kabhi kabhi chup rehna bhi ek raaz.
Uska maan tha geeton ka ghar,
Kitaabein uski dost, aur kalam uska safar.
Zindagi se thodi begani thi,
Par khwab uske — ek alag hi koi kahani thi
Chahti thi sab kuch mehsoos karna,
Baarish ki ek ek boond, raat ke chaand ko chhuna,
Par har bar ghar ke pinjare se takra jaati thi,
Us pinjare ko vo kabhi na lang pati
Shayad likhna chahti thi ek nayi kahani —
Jisme na rukaawat ho, na koi pareshani.
Aur aaj bhi...
Kisi kone mein baithi, khud se baatein karti hai,
Khud hi se ek nayi duniya rachtai hai
Ek ladki thi is jahan se anjaani
Shayad bnana chati thi apni koi nayi kahani...

Disha Goyal
B. A. (H) History



महत्वाकांक्षा

जाने कितने आए
महत्वाकांक्षा को आँखों में बसाए
हम तीनों ने सबको जाते देखा
तेरी तरह ही गाड़ी में बैठे
सपनों को सजाते देखा

कब कहाँ पहुँचना है और क्या करना है
इसकी योजना बनाते देखा
स्पृहा को भीतर पलते देखा
उत्साह में उन्हें उबलते देखा
और फिर जब गाड़ी लौटी उनकी
उनके टूटे सपने देखे
चेहरे से उतरते रंग देखे
उनकी ऊबी आँखें देखी
दुनिया की तरह ही हुए उनके ढंग देखे
और हम तीन पेड़ अब भी यहाँ खड़े हैं
कुछ वक्त ही हुआ जबसे हमारे पत्ते झड़े हैं
आज तू भी जा रहा है आँखों में सपने लिए
बनाना चाहता है एक नई दुनिया अपने लिए
जा चहकता जा—और जब लौटकर आएगा
तेरे सपने सच हुए या नहीं
ये हमें बता न जाएगा
हमारी हड्डियाँ सूख गई, हम तबतक कट चुके होंगे
तू लौट के जबतक आयेगा, हम तबतक मर चुके होंगे

Asheem Goswami
B. Sc. (H) Physics



Men's Mental Health

One of the most ignored topics that exist is men's mental health. There are so many men struggling with their mental health, yet most of them choose to ignore it due to the stigma surrounding the issue. Our Society has always been patriarchal, promoting toxic masculinity & suppressing emotions. There is a belief that men must always be strong, unemotional, risk - taking & resilient. However when some men try to break this stereotype or ask for help, society often label them as failures. So, what happens then? Men choose to stay silent & bottle up their feelings, which can lead to chronic stress, anxiety, depression, & other serious issues. Bottling up emotions is never a solution. Imagine being a parent to a boy who is struggling with his mental health but feels unable to open up because he fears that his parents will abandon him if he shares his thoughts & emotions. Tragically, he may then choose to end his life. Scary right? But what's even scarier is that 75% of men struggling with their mental health actually choose to end their lives. These men are not strangers, they are our friends, fathers, brothers & most importantly, our own loved ones. In our society, there is still a taboo that 'strong men don't cry'. I once watched an advertisement that portrayed the idea that being strong doesn't mean hiding your tears - it was one of the most powerful messages I had seen. Vulnerability is often viewed as a sign of weakness, but in reality, it is a sign of strength. Let's take a pledge to start taking men's mental health seriously. Let's work together to create a society where the feelings and emotions of every men are valued. A society where a man is not judged for sharing his thoughts or emotions, but instead, is respected and praised for it. Together let's build a healthier, kinder and more empathetic world.

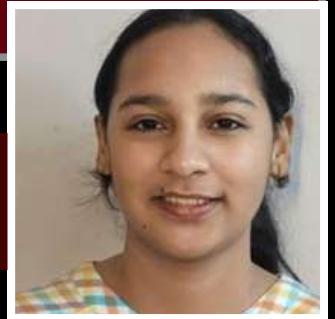
Sana
B. A. (H) English



मंज़िल यक़ीनन मिलेगी

एक दिन भी जी मगर, तू अटल विश्वास बन कर जी।
कल न बन, तू ज़िन्दगी का आज बन कर जी।
मत पुजारी बन, स्वयं भगवान बन कर जी।
एक पल भी जी मगर, तू ताज बन कर जी।
सपनों की डोर जब दिल से बंध जाती है,
हर मुश्किल राह भी आसान बन जाती है।
खामोश लम्हों में भी आहट सुनाई देती है,
जब मेहनत की गूंज दास्तां बन जाती है।
जो रुकते नहीं, वही पहचान बनाते हैं,
खुद अंधेरो में भी उजालों के गीत गाते हैं।
तूफ़ानों से भिड़कर भी जो मुस्कुराते हैं,
वही समय की किताब में अमर हो जाते हैं।
इसलिए तो कहते हैं—
पंछियों को मंज़िल मिलेगी यक़ीनन,
यह उनके फैले हुए पर बोलते हैं।
कुछ लोग हो जाते हैं खामोश मगर,
दुनिया में उनके हुनर बोलते हैं।

Arpita Jain
B.Com Hons.



मैं अभी ज़िंदा हूँ

लोग कहते वीर, योद्धा, नायक, शहीद
पहचान मेरी देश, नाम मेरा राष्ट्रवादी
मैं चला हूँ आज सुनाने कहानी अपनी

मैं लिख दूँ अगर सच तो पन्ने पे आग लगा दूँ,
और कुंजर की भूमि बंजर कर दूँ
मगर धैर्य जल से आग बुझाने में लगा हूँ

मेरे अंदर भड़कते शोले कितने, किसको खबर
अन्याय, उत्पीड़न हवा देते जा रहे शोलों को हैं
और विध्वंस लपटों को संवेदनशील जल से बुझा रहा हूँ।

मैं अंदर से जल रहा हूँ,
और लोगों में चेतना जगा रहा हूँ
देश के लिए मरने मिटने का जज़्बा लिए खिल रहा हूँ

अभी थोड़े जतन प्रयत्न कर रहा हूँ
एक फूटा घड़ा बन दुनिया की आग बुझा रहा हूँ।
ढोल बन के वतन को मधुर संगीत सुनाने चला हूँ

मैं किस तरह लिखूँ कहानी अपनी?
मैं उठाऊँ कलम या थाम लूँ शमशीर
शमशीर में चमकता दिखा अकाल जो
तो चल दिया लहू से अपने देश सींचने

तबाही की ओर जाती दुनिया,
मैं आग बुझा रहा हूँ।
मैं अमन की हरियाली की आस लगाए बैठा हूँ।
मैं अभी ज़िंदा हूँ...

Shazia Fatima
B. A. (H) Urdu



Steps of doubt on the grass of community care,
Hurdles and tiredness making the feet unsure,
Yet love and glow lend strength to the soul,
Making fatigue feel as light as air.

The serene breeze carrying solace
The true meaning of selfless service.
When I sat beside a little girl
Her smile felt like a home far away from home.

Tying their shoelaces, I grew inside
My cupped hands of water for them, I felt alive
A funny moment that filled my heart with warmth,
She felt comfort and called me "mummy" by mistake.

They became my light and hope
When a boy said, "I want to study with didee,"
And when she held my hand,
In my grasp was the nation's future

My happiness in their laughter, i found,
My strength in their trust, i found,
Oh, those tears witnessing their skies of success!
I floated on the seventh cloud.

Learning endlessly from their innocent eyes
Finding courage to stand up for something beyond myself
Truly understanding the reward of service
So beautiful, so pure, beyond material price.

Shazia Fatima
B. A. (H) Urdu



IS SHE JUST FOOD TO YOU ?

The term “Veganism” was coined in 1944 by the Vegan Society, UK. Veganism refers to avoiding use of all products obtained from animals through harm. Edible dairy products—especially milk and milk-based items—mostly involve animal cruelty for their production.

According to the Vegan Society: “Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.” Though the core philosophy is not new, it derives from the ancient concept of Ahimsa, widely preached by many religions, saints, and philosophers in India and across the world. India, which reveres cows as her mother, is also the largest exporter of beef. Most of this beef is exported to countries in the Global North and East, since the Indian population largely avoids beef for cultural reasons. Why, then, does India slaughter so many of these animals? The answer is that these cows and buffaloes—mainly male calves and older animals—are useless by-products of the dairy industry. Slaughterhouses act as dumping grounds for these by-products. It doesn't stop here. The cost of producing milk and dairy products is very high. But profits from beef and leather exports subsidize these costs, making milk much cheaper for consumers. Every rupee we spend on dairy or leather products funds the lifetime suffering for an innocent creature that ends with her slaughter. It is not only about death. Their entire lives are full of suffering. They are artificially impregnated to meet market demand. They endure pain from milking machines, oxytocin injections, separation from their calves, and finally slaughter. This is what we pay for when we buy a pouch of milk or any other dairy product. One of India's timeless saints—Kabir Saheb, observed the nature of human consciousness and sang:

“कहता हूँ कही जात हूँ, कहा जो मान हमार
जाका गला तुम काटिहो, ता फिर काटी तुम्हार”

“I say it, and say it again, if you accept my words: if you cut someone’s throat, then your throat will be cut in return.”

The insight of the saint—though said with different intention—centuries ago finds chilling confirmation in modern statistics. Globally, 80% of agricultural land is used to feed cattle—land whose yield could instead help eradicate hunger, especially in parts of Africa. The area of this land is not static; it continues to expand. It is expanding because the demand of milk related dairy products in Indian market and demand of Beef in global market is rising, in order to meet this demand we artificially produce more cattle, and to meet their food demands we need more land for agriculture. And this need is fulfilled by deforestation, and the expansion of dairy is one of the major contributors in deforestation, and hence in climate change and carbon emissions. Scientists identify climate change as the driver of the sixth mass extinction on Earth, largely due to increased carbon emissions. The dairy–meat industry is the third-largest contributor to global carbon emissions. What is on our plate is not just a personal choice. It is indirectly linked to floods and other climate disasters we face today.

Recent examples include floods in Uttarakhand, Punjab, and Bihar. In spite of all this, not being vegan alone may not soon destroy our planet’s climate. But the ignorance that places personal habits and desires above an innocent life is already harming both, us and the Earth.

It is necessary to ask: “Is she just food to you?”

Asheem Goswami
B. Sc. (H) Physics



The Plight of being a Woman

They say, when a woman is born, her destiny is already written.
They say, when a woman is born, her path is already decided.
They say, when a woman is born, fear becomes her silent shadow.

They say, when a woman is born, legal barriers become her closest companions.

They say, when a woman is born, society hurls expectations at her like stones disguised as gifts.

They say, when a woman is born, even her body is claimed by others.

They say, when a woman is born, marriage is the crown she must wear,
The only jewel she is told to cherish

Yet she is a woman
The living flame of power, love, and grace.

She holds within her the strength to bear life & from that strength, the courage to rewrite her own fate.

She holds the fire to burn injustice,
The voice to shatter silence,
The wings to rise above chains.

For when a woman rises,
she does not rise alone.
She carries generations with her,
and teaches the world that her spirit can never be caged.

Sana
B. A. (H) English



Understanding PCOD and PCOS

Once upon a time, in a small town lived two girls named Gungun and Arya. They both lived happily until they reached in their early twenties where they struggled with their own health challenges. After check ups, Gungun was diagnosed with PCOD while Arya was diagnosed with PCOS.

Gungun's journey was filled with lesser hurdles as she faced with irregular periods, acne and weight gain. She didn't know of how to control her body and bring it back to normal. Her doctor explained that she had PCOD, a condition where her ovaries had many cysts and her hormones were imbalanced. She suggested that with proper lifestyle changes and proper medication, Gungun's condition can improve and her periods can be regulated.

Arya's story differed from her. She not only experienced irregular periods but also faced unnatural weight gain, mood swings and excessive hair growth. She was diagnosed with PCOS, a more complicated condition which was chronic in nature and needed proper treatment. Arya's condition also needed to be addressed in a better way as she had to control hormonal imbalance as well as insulin resistance. As they both navigated through their conditions they realised that they were one in many. Many women around them were facing through similar conditions but were unaware or not in a situation to properly address their conditions.

Polycystic Ovary Disorder and Polycystic Ovary Syndrome or commonly known as PCOD and PCOS are often used interchangeably

as a condition where women face hormonal imbalance and certain difficulties in their reproductive system. But both these conditions have different symptoms and different outcomes which are unknown to the general public due to unawareness.

PCOD is a condition where women experience irregular periods, hormonal imbalance and multiple cysts in the ovaries. Symptoms usually include acne, weight gain, excessive hair growth and fertility issues. These symptoms could be improved with a better lifestyle such as a healthy diet and daily exercise. Proper medication can also help in regulating hormones. On the other hand, PCOS is a more critical condition than PCOD which includes a range of broader symptoms. These symptoms include hormonal imbalance, ovulation disorders, and cysts on ovaries. Women also experience insulin resistance which results in developing diabetes and cardiovascular diseases. It can also lead to mental health issues like depression and anxiety.

Both the above stories reflect the impact that these conditions have on women. These stories highlight the importance of awareness and research on these topics so that every woman with these conditions can feel encouraged to seek medical care if they're experiencing these symptoms. Many resources are available which can help if someone is struggling with PCOD or PCOS to manage or improve the quality of their life. Regular checkups are essential for a human body especially if the body belongs to a woman. At the end these two stories might be different but they convey the same message that awareness, support and proper care can make all the difference.

Preety Mukherjee
B. A. (H) Political Sc.



सेवा की राह

उम्मीदें देखीं एक गली में,
वो संघर्ष कर रहे थे।
अपने जीवन को बनाने,
वो दुनिया से लड़ रहे थे।

एक भैया ने आश जगाई,
पकड़ के उंगली राह दिखलाई।
वो उम्मीदें लेकर चल दिए थे,
सहयोग का बीज बो दिए थे।

अब सबको विश्वास दिलाना था,
सहयोग को चन्द्रावल से कॉलेज लाना था।
हर बाधा को पार किया,
अपने सपने को साकार किया।

एक से दो, दो से चार,
बच्चों का कारवां निकल पड़ा था।
अब सहयोग चल पड़ा था,
उम्मीदें लेकर निकल पड़ा था।

चल पड़े हैं हम उजालों की ओर,
लेकर दिल में विश्वास की डोर।
सहयोग की माटी में सपने खिलें,
ज्ञान के दीप से जीवन मिलें।

नन्हे कदम जब कॉलेज बढ़ते,
आशा के रंग मन में चढ़ते।
उनकी मुस्कान ही इनाम हमारा,
वो ही तो है संसार हमारा।

साहस सिखाए स्त्री का मान,
सशक्त बने हर नारी, हर जान।
आत्मविश्वास की ज्योति जले,
हर बाधा से अब वो न डरे।

हम बढ़ें सेवा की राह लिए,
सपनों की थाली में चाह लिए।
उमंग हो, आशाएं हों या कोई पर्व,
हर कार्य में मानवता का सार।

चलो बढ़ें उस पथ पर जहाँ,
हर खुशी में हो सबका जहाँ।
सेवा से सुंदर हो ये जहान,
यही है जीवन, यही अरमान।

Bablu Dhaker
B.Sc. Programme



दीवाली – सबके लिए रोशनी का त्योहार बने

“दीवाली” – यह शब्द सुनते ही मन में अनगिनत चित्र उभर आते हैं – रंग-बिरंगी रोशनी, झिलमिलाते दीये, नई पोशाकें, पटाखों की आवाज़ और मिठाइयों की मिठास। पर क्या यह दीवाली सबके लिए एक-सी होती है? शायद नहीं।

हममें से कई लोग दीवाली का आनंद पूरी खुशियों के साथ मना पाते हैं, लेकिन समाज में ऐसे भी लोग हैं जिनकी स्थिति उन्हें यह त्योहार मनाने नहीं देती। दीवाली, जो अंधकार से प्रकाश की ओर ले जाने का प्रतीक है, उन्हीं के लिए अधूरी रह जाती है जिनके घरों में सूरज की पहली किरण तक नहीं पहुँच पाती। जिनके जीवन में हर दिन संघर्ष का अंधकार पसरा रहता है, उनके लिए एक दिन का यह दीपक क्या सच में प्रकाश दे पाएगा?

सोचिए, वे लोग जो हमारे घरों को रोशन करने के लिए मिट्टी के दीये बनाते हैं – क्या उनके अपने घरों में उतनी ही रोशनी होती है? जिनके हाथों से ये दीये बनकर निकलते हैं, क्या उनके घर में वह दीया जलाने के साधन भी मौजूद हैं? और अगर उनके बनाये हुए दीये बिके ही नहीं, तो क्या होगा उनका?

दीवाली की सच्ची रोशनी सिर्फ दीपक के जलने में नहीं, बल्कि उस उम्मीद में है जो किसी के जीवन में स्थायी प्रकाश ला सके। हमें उस “प्रकाश” की ज़रूरत है जो केवल एक दिन नहीं, हर दिन उनके जीवन को रोशन कर सके – ऐसा समाज बनाने की ज़रूरत है जहाँ हर व्यक्ति, हर परिवार, हर बच्चा, समान उल्लास के साथ दीवाली मना सके।

वह दीवाली ही सच्ची होगी –

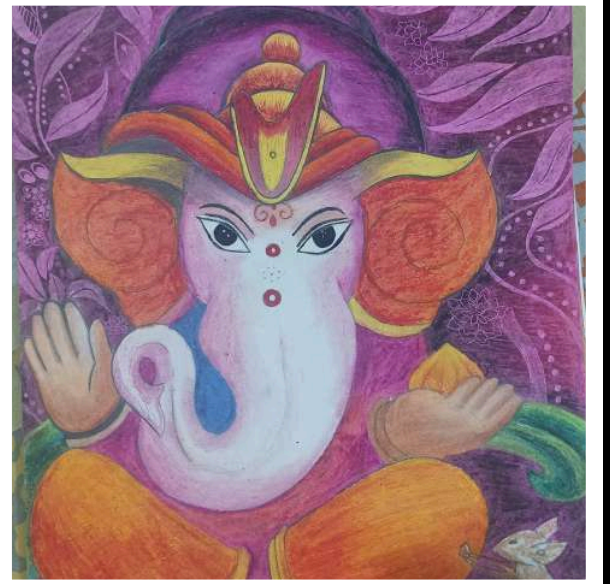
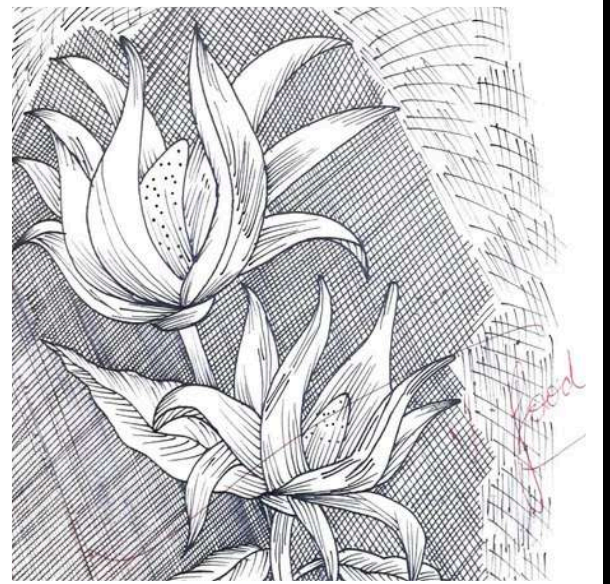
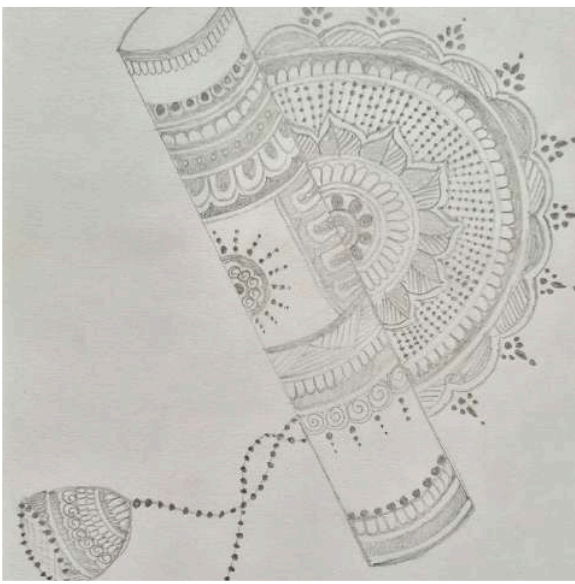
जहाँ हर घर में मिठाइयाँ हों, हर आँख में चमक हो, और हर दिल में सच्ची “रोशनी” जल रही हो।

Lucky Vaishnav
B. A. Program





Like a flower blooms
In the sunlight





NSS MELA

AASHAYEEN



"EVER UNITED, SHINE UNITED"

“PRIDE IN SERVICE, PRIDE IN ACHIEVEMENT”



Aashayein, the flagship fest of NSS Kirori Mal College, was celebrated with great enthusiasm under the Sahyog initiative. The vibrant, day-long event featured a powerful Nukkad Natak, followed by soulful performances from the Sahyog children, who showcased their creativity through songs and dances.

The fest offered a variety of engaging competitions, including treasure hunts, rangoli making, diya and lantern decoration, mehndi, food without fire, reel making, and more. Students from across Delhi University participated with full zeal, making the atmosphere energetic and lively.

Adding further charm were art and craft stalls set up by Sahyog students, interactive game stalls, and the glamorous fashion show Alankaran, which highlighted India's rich cultural heritage through innovative designs.

With creativity, talent, and community spirit flowing in every corner, Aashayein emerged as a grand celebration that truly reflected the values of NSS – unity, service, and togetherness.



Women



Conclave

On 26 March 2025, NSS KMC organized its flagship event, the Women Conclave, under the Project SAHAS, celebrating women's empowerment and achievements.

The event began with an address by Chief Guest Prof. Nupur Tiwary. This was followed by an impactful session led by members of Breakthrough, who shared inspiring stories of overcoming challenges and working towards gender equality.

The conclave also hosted engaging competitions, CHITRAMAY (Doodle Art & Poster-making), DRISHTIKON (Paper Presentation & Policy-making), and SWARANGI (Open Mic), providing platforms for creative expression and dialogue on gender issues. The performances were followed by a thought-provoking Nukkad Natak by the renowned Asmita Theatre Group, powerfully portraying social realities on gender equality. Interactive game zones and food stalls further added to the lively atmosphere.

The event concluded as a meaningful tribute to women's strength and potential, reinforcing the call for continuous dialogue and action toward gender equality.



“CELEBRATE TOGETHER, GROW TOGETHER”

UMANG

Sports Cum Cultural Meet

On 5th April 2025, NSS KMC, under Project Sahyog: Sharing Smiles, organized UMANG: The Sports cum Cultural Meet, a day brimming with energy, joy, and togetherness. The day reflected the spirit of togetherness, filled with cheer, laughter, and boundless enthusiasm.

The event commenced with a ceremonious ribbon-cutting by our Principal, Prof. Dinesh Khattar, marking its official beginning. Soon after, the playgrounds came alive as children participated in sports such as kabaddi, races, tug of war, volleyball, chess, and pitthu.

The cultural segment further enlivened the atmosphere with traditional dances and soulful songs.

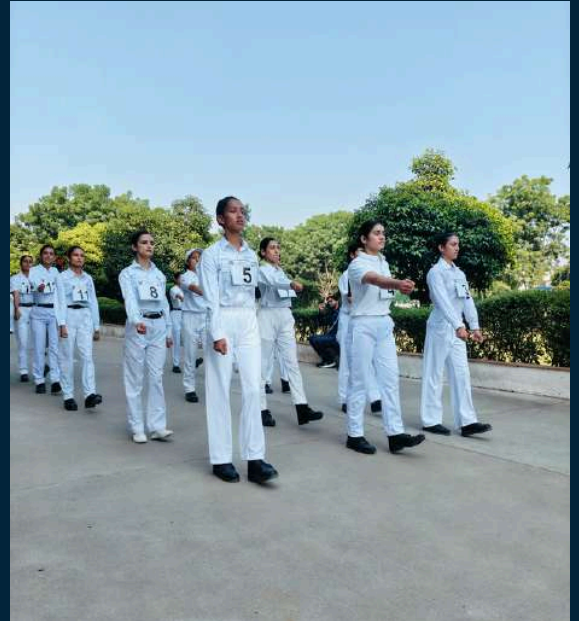
The meet concluded with the felicitation of children for their academic excellence, sports achievements, and cultural talents. UMANG truly embodied the belief that with the right encouragement and opportunities, every child can shine and inspire.



CAMPS

Pre-Republic Day

The National Service Scheme, Kirori Mal College (NSS KMC), showcased its spirit of service, leadership, and patriotism through participation in prestigious national events. Ayush, a dedicated volunteer, represented the Delhi contingent at the Pre-Republic Day Parade Camp 2024 in Jaipur.



Over ten days, participants engaged in daily yoga sessions, sports meets, cultural visits, and team-building activities while interacting with volunteers from across India. The camp emphasized national integration, community engagement, and personal growth, leaving a lasting impact on all attendees.

“GOODNESS BRINGS GREATNESS”

CAMPS

Independence Day



In August 2025, NSS KMC volunteers further embraced patriotic service through the Independence Day Camp, with three students representing the college among 120 volunteers. They assisted under the guidance of Delhi Police and the Ministry of Defence, managing crowds, regulating traffic, and supporting visitors to ensure smooth celebrations.

These experiences instilled a deep sense of patriotism and responsibility among volunteers, highlighting NSS KMC's commitment to national service and unity. Through active participation, students embraced values of freedom, dedication, and civic responsibility, creating memories and experiences that inspire their journey as responsible and engaged citizens.



"SERVE SOCIETY, ACHIEVE DIGNITY"

CELEBRATIONS

The National Service Scheme, Kirori Mal College (NSS KMC) brought joy, creativity, and cultural learning to the children of the SAHYOG project through a series of vibrant celebrations. The students enthusiastically participated in Diwali, crafting handmade cards while learning about the festival's customs and values. Children's Day was filled with games, sports, and sweets, celebrating childhood, teamwork, and creativity. Christmas spread cheer as the children shared wishes, received chocolates, and embraced kindness and generosity. Mahashivratri engaged students with stories about its cultural and mythological significance, fostering awareness of Indian traditions.

The celebrations continued with Holi, where students played with colors, shared sweets, and learned about the triumph of good over evil and the joy of togetherness. Mother's Day featured heartfelt poetry, handmade cards, and reflections on the special bond between children and their mothers. During Rakshabandhan, students crafted and tied rakhis, reinforcing bonds of care, while Janmashtami and Independence Day combined devotion, patriotism, and lively activities such as traditional games and dance performances, creating a day of excitement and unity.

The journey of festivities also included Ganesh Chaturthi, where students molded clay idols of Shri Ganesha and learned about the festival's spiritual significance. They also explored the mythology and traditions of Durga Puja, gaining insight into the diverse ways it is celebrated across the country.

Through these events, NSS KMC volunteers nurtured cultural awareness, creativity, and a sense of community, leaving the students with lasting memories of joy, learning, and togetherness.

"TRUE FESTIVITY IS SHARING JOY"



DRIVES-Food Donation and Old Age Home

The National Service Scheme, Kirori Mal College (NSS KMC), continued to exemplify the spirit of compassion, empathy, and social responsibility through its meaningful community initiatives in 2025.

NSS KMC organized two heartfelt Food Donation Drives to address the immediate needs of the underprivileged and foster a sense of shared humanity. On 27th April, eight volunteers distributed packaged meals around the college campus, connecting meaningfully with those they served. Building on this effort, the second drive on 18th May, in collaboration with the Sahil Sharma Foundation, further strengthened the bond between volunteers and the community.

Following these drives, on 3rd August, NSS KMC, in collaboration with the Sahil Foundation, visited Mata Rambeti Old Age Home. Volunteers spent quality time with the elderly residents, sharing meals, donating essentials, and engaging in heartfelt conversations. The interaction created an atmosphere of warmth and joy, leaving both students and residents enriched.

Through these initiatives, NSS KMC demonstrated that service is not merely an act but a heartfelt expression of care. By embracing the joy of giving, the unit continues to inspire volunteers and the wider community, reinforcing the essence of active citizenship and the enduring impact of kindness.



“SERVICE MAKES EVERY DAY FESTIVE”

VOLUNTEERING



The National Service Scheme, Kirori Mal College (NSS KMC), is actively engaged in a variety of national, academic, and social initiatives, reflecting its spirit of service, awareness, and responsibility. Volunteers proudly participated in the 'Run for Unity' at Major Dhyan Chand National Stadium, organized to honor the 143rd birth anniversary of Sardar Vallabhbhai Patel, celebrating unity and fitness.

They also contributed to the Delhi University Convocation, assisting with logistics and crowd management, where their dedication was appreciated by dignitaries, including the Honourable Education Minister, Mr. Dharmendra Pradhan.

Alongside national events, NSS KMC focused on awareness and empowerment through two key seminars — a Stress Management session for Gen-Z in collaboration with GIMS, and an International Women's Day seminar at IIPA featuring inspiring discussions on empowerment and gender equality.

"UNITED YOUTH, STRONG NATION"

PROGRAMMES



At the National NSS Convention, Kirori Mal College was honored for its innovative initiative “Schools by NSS Units” under the Delhi North Zone, recognizing its leadership and commitment to impactful community service.

On the occasion of Independence Day, students and faculty witnessed the flag hoisting at the Red Fort and the Prime Minister’s address, accompanied by vibrant cultural performances and the waving tricolour.

In continuation of their active engagement, some of our volunteers also attended the Sant Eshwar Samman Seminar on 5th October 2025, at Bharat Mandapam, C. Subramaniam Auditorium, gaining insights and inspiration from the

“TOGETHER, WE CAN, WE WILL”

SPEAKER SESSION AND SEMINAR

The National Service Scheme, Kirori Mal College (NSS KMC), organized several impactful events and awareness initiatives that reflected its commitment to social responsibility and community building. To mark National Voter's Day, a speaker session was held where eminent speakers emphasized voter awareness, informed decision-making, and the responsibility of every citizen in a democracy.

In collaboration with NCC KMC, Dadhichi Deh Dan Samiti, and the Organ Donation Committee, NSS hosted a poster-making competition, Chitrankan, along with a speaker session on organ donation.

Volunteers also attended an event by the Sant Eshwar Foundation at Bharat Mandapam, which celebrated individuals making remarkable contributions in fields like art, education, health, and environment. This experience deeply inspired the volunteers to continue their journey of selfless service.

To promote health awareness, an interactive session on menstrual hygiene was conducted for young girls at a shelter home, using skits, activities, and scientific explanations to debunk myths and empower participants with confidence and knowledge.

Similarly, an online awareness session on drug trafficking was organized, where NSS volunteers presented causes, impacts, and prevention strategies, emphasizing youth sensitization and rehabilitation measures. The session concluded with a pledge against drug use.

Through these diverse initiatives, NSS KMC volunteers reinforced their mission of awareness, education, and community engagement, creating meaningful impact in society.



OBSERVATIONS

The National Service Scheme, Kirori Mal College (NSS KMC) carried forward its mission of service, awareness, and engagement through a variety of impactful initiatives. During Vigilance Awareness Week, volunteers reflected on the theme “Culture of Integrity for Nation’s Prosperity,” took an Integrity Pledge, and participated in creative activities like article and poem writing. The unit actively participated in the National Youth Festival 2025 and National Youth Week, gaining inspiration from leaders including Union Minister Dr. Mansukh Mandaviya and Prime Minister Narendra Modi, and showcasing talent through quizzes, poetry, and poster-making competitions.

Environmental consciousness and wellness were highlighted through activities like planting saplings and feeding street animals on World Environment Day, and practicing yoga on International Yoga Day, promoting both ecological responsibility and personal well-being.

Regular Saturday EOTO sessions complemented these initiatives, where volunteers taught children about road safety, traffic rules, and safe practices, and observed Hindi Diwas by explaining its history and cultural importance.

Through these diverse activities, NSS KMC has consistently nurtured leadership, creativity, civic responsibility, and social awareness among its volunteers, creating meaningful impact and inspiring a culture of service and community engagement.

“LEARNING THROUGH SERVICE”

VRIKSHASANA



Vrikshasana, or Tree Pose, is a standing balance posture that improves focus, stability, and leg strength. It promotes a sense of grounding and enhances body-mind coordination.



EK PED MAA KE NAAM



ANIMAL FEEDING



NATIONAL SERVICE SCHEME KIRORI MAL COLLEGE

Observes

VIGILANCE AWARENESS

28th OCTOBER TO 3rd NOVEMBER 2024

Theme: Cultural Integrity for Nation's Prosperity



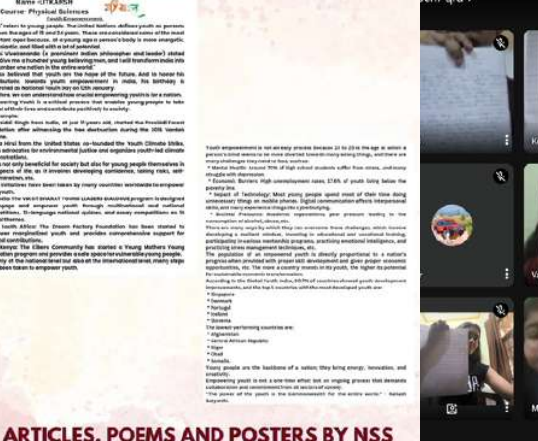

vvwq-xpgj-sbm




NATIONAL YOUTH FESTIVAL




Articles, Poems and Posters by NSS Volunteers



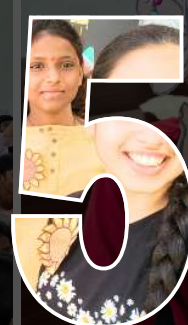

"SECURE CHILDHOOD, BRIGHTER FUTURE"

CHILDREN'S



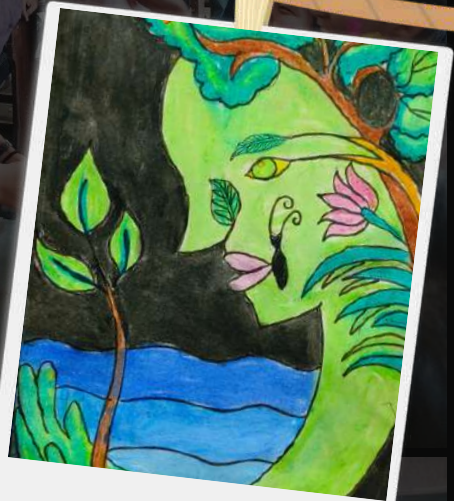
CORNER

Class of





ART



Heartfelt Letters

BY SAHYOG STUDENTS

NSS, KMC

Date :- 10-10-2025

Dear Puneet Bhaiya

I am writing to express my sincere gratitude and appreciation for your exceptional guidance and support.

Your dedication to teaching has made a significant impact on us. Not just teaching, also in other curriculum activities, your involvement provides it different and bright shine. You always try your best to fulfill our demands. ~~aa~~ and never step back for your guidance and knowledge. One of the most important thing is your gesture that everyone should have. Other than this, I have no words to appreciate you and to convey my thanks to you.

Thankyou So Much

Gurpreet Kaur

Dear Miss Ishpriya ..,

I am writing to express my heartfelt gratitude for the incredible impact you've had on my educational journey. Your dedication, expertise, and my kindness have not only enhanced my learning experience but have also inspired me to pursue my passion with zeal and determination.

Your classes are not just lessons in subjects but lessons in real life. The enthusiasm and energy you bring into each session make learning an adventure that I always look forward to. You have a "unique way of making complex concepts understandable and engaging", which has helped me to truly grasp the material and apply it in various contexts.

Beyond Academics, Your guidance and support have been pivotal in shaping my personal growth. Your encouragement has given me the confidence to challenge myself and step out of my comfort zone. You've taught me the value of perseverance, hard work, and the importance of being curious and open-minded.

I am incredibly thankful for the time and effort you invest in your students. You've made a lasting impression in my life, and I will carry the lesson. I've learned from you throughout my future endeavours.

Thank you for being an exceptional teacher and an inspiring model.

Warmest Regards,

Sana ..

Kirori Mal College
Delhi - 110007

October, 10, 2025

Dear Volunteers,

Today, I am writing this letter to thank you for your tireless efforts. I want to thank Puneet Bhaiya and Krish Bhaiya for teaching us with heart. I am grateful to Riya di for telling truth about my behaviour so that I can correct myself. I am obliged to Vanshika di, Priyanka di and Disha di for improving my dance performances. Special thanks to Ashu Bhaiya for teaching me Physics in a funny way.

Thank you all for your guidance.
Your help is greatly appreciated.

Gurman Kaur.

Dear Miss. Manasi ,

I am writing to express my profound gratitude for the amazing impact you have had on my life and learning. You saw potential in me long before I could see it in myself, and your unwavering belief in me was a catalyst for me to latch onto big dreams and aspiration.

I will be forever grateful for your patience and guidance every step of the way. Whether I was struggling to understand a concept or simply needing a little extra encouragement, you were always there with a listening ear, helpful advice and words of support. Your approach to teaching made learning fun and fostered my love of knowledge. Above all else though it is your kindness, support and steadfast commitment to my success that I will remember the most.

Thank you for believing in me and helping me believe in myself. You are truly one of a kind !!!

With deepest appreciation

Sara...

Dear Miss Vauslika,

I hated you when I first met you, I hated the way you made me speak correctly. As far as I can remember that, when your first day was in NSS, I had a science test that day, and when I asked you for the answer, you didn't tell me, I started to think you were a very strict teacher. But I was wrong. You were always patient with me. You always took the time to listen to me, whenever I wanted to be heard.

I look back upon that times as so important in the development of the person than I am today. You taught me discipline. You taught me dignity. Much more than Business studies and Accountancy, which was what you were supposedly teaching me, You taught me that I could achieve more than what I or other people thought that I was capable of. I could be a success, instead of a clown.

For that lesson, I owe you so much and

Thank you, I love you so much.
Shagun..

Dear Aditya Bhaiya

Bhaiya,

Thanks for teaching me Aditya Bhaiya and are you my Good Teacher of Tuition. you teach me very well. Thanks for this bhaiya.

Thanks for guiding me Aditya Bhaiya you teach us many new and interesting things. Thank you for teaching us. you teach me very kindly and honestly. you teach me all subjects, mostly Geography and Political Science because I Love Geography! you are a best teacher in the world.

Thanks.

RAJ



CORE TEAM



RIDIMS JAISWAL
(PRESIDENT)



NIKHIL SINGLA
(VICE PRESIDENT)



RIYA
(GENERAL SECRETARY)



UTKARSH GAUTAM
(JOINT SECRETARY)



ISHPRIYA DESWAL
(JOINT SECRETARY)



BABLU DHAKER
(TREASURER)



PUNEET SANGWAN
(SAHYOG HEAD)



NITISH KUMAR
(SAHYOG HEAD)



ANKITA JAISWAL
(SAHAS HEAD)



AYUSHMAAN
(SAHAS HEAD)



ISHA BALIYAN
(EVENT MANAGEMENT
HEAD)



LUCKY VAISHNAV
(EVENT MANAGEMENT
HEAD)



SUJEET KUMAR
(ADMINISTRATIVE
HEAD)



HARSHIT YADAV
(SOCIAL MEDIA
HEAD)



ANUSHKA PRAKASH
(FINANCE AND PR
HEAD)



VIVEK RANJAN
(CONTENT AND
RESEARCH HEAD)



COORDINATORS



ADITYA



DILSHAN



DISHA



**HARSH
VARDHAN**



JASMIN



**KRRISH
PRASAD SAH**



**MANASI
KHATRI**



**PIYANK
GAUTAM**



**PREETY
MUKHERJEE**



PRIYANKA



**SHAZIA
FATIMA**



**SHRUTI
GAUTAM**



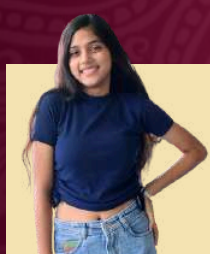
**SHUBHAM
KUMAR**



**SUBHASH
RAJ**



**VANSH SINGH
CHOUHAN**



VANSHIKA



**VISHAL
JAAT**





BHARAT SINGH RAJPUROHIT Alumini, NSS KMC

Whenever I look backwards towards my college life, the purest moments I find are time spent in

sahyog and some of the funniest moments **created in NSS KMC**. It was a place where I loved to

spend my day and got so many opportunities, it filled my gallery with the best captures. Still I enjoy looking at the work of the current batch and efforts they are putting to spread the service

to more. Still seeing the work I used to do gets connected to the past and nostalgia emerges. It's

somewhere true that the volunteer inside you never dies once you were part of this unit, and you always feel like working there again and reliving those happy moments again. I feel amazed

to see the students' results, new activities, initiatives volunteers are taking to reach more and to

uplift some more. I hope that somehow in life I will be able to help sahyog again and will have the same satisfaction again. Praying for a much brighter future for our sahyog kids, a productive year for the unit and best wishes to all volunteers. Love to all sahyogis and kids.

As I summarise it in one line - कुछ सहयोग तरो कुछ सहयोग मेरा



UTKARSH

Secretary, NSS KMC

NSS is not just a word; it's an emotion - a family and a place of comfort for me.

It's been almost two and a half years since I joined this unit in my first year. Teaching students was an incredible experience, the bond I created with them and the joy of teaching will always remain memorable for me.

In my second year, when I got promoted and became a coordinator, I planned events, conducted meetings, and guided my juniors. That too was a wonderful experience. There were times in NSS when things felt hectic, and I thought I couldn't handle it even considered leaving, but I never did. I just went with the flow, and now I can say that the journey has been truly beautiful. My whole college experience feels incomplete without NSS.

Joining NSS has shaped me into a better person, both personally and professionally. The bonds I've built here -with my juniors, seniors, and colleagues are some of the best memories of my college life.

In the end, I will always be grateful to this unit.



NIKHIL SINGLA

Vice President, NSS KMC

My voyage with NSS KMC has been an odyssey of growth, responsibility, and service. From my first year as a volunteer, learning under the patient mentorship of seniors, to my second year as a coordinator immersed in on-ground realities, and now as Vice President, every stage has left an indelible mark on me. NSS has been more than an organization, it has been a family where bonds, memories, and values intertwine seamlessly. This marks my third and final contribution to the magazine team, a bittersweet milestone that reminds me of how far we've come. Projects like SAHYOG and SAHAS continue to inspire me, proving that service is not duty alone, but the truest expression of strength and humanity.



RIYA

General Secretary , NSS KMC

Those sweet memories with the little kids have always held a special place in my heart. Being called “didi” by them is truly heartwarming. Whether it's playing together or teaching them, those moments remind me that I'm contributing something meaningful to the day. Of course, every day comes with its share of ups and downs, but spending time with the kids makes it all worthwhile. From teaching to coordinating with the entire team, every task brings joy, learning, and laughter. I will always be deeply grateful to NSS KMC for giving me such enriching experiences and for helping shape me into a more compassionate and responsible person.



ISHPRIYA DESWAL

Secretary , NSS KMC

My journey with NSS KMC has been one of growth, learning, and heartfelt service. In my first year, I worked under the guidance of seniors, absorbing the values of teamwork, discipline, and compassion. The transition to a coordinator in my second year gave me the opportunity to take responsibility and engage in on-ground work, where service met action. Today, as the Joint Secretary, I feel privileged to contribute to projects like SAHYOG and SAHAS that shape lives and communities. NSS has not only enriched my college experience but has also instilled in me a lifelong commitment to serve society.



PUNEET SANGWAN

Sahyog Head, NSS KMC

Being the Project Head of Sahyog has been one of the most fulfilling experiences of my NSS journey. Sahyog is not just a project—it is a shared space of learning, laughter, and growth where we strive to bring quality education to underprivileged children. Each session spent teaching them is a reminder of the power of compassion and collective effort.

What makes Sahyog truly special is the beautiful bond I share with the children. They greet every volunteer with pure warmth and curiosity, turning our classroom into a place of joy and hope. Over time, they have taught me as much as I have taught them—about resilience, gratitude, and the simple happiness found in small victories. Leading this project has strengthened my belief that education can transform lives, and I am grateful to be a part of their journey.



BABLU DHAKER

Treasurer, NSS KMC

My journey with NSS-KMC has been more than just a role it has been an experience that touched both my heart and mind. As Treasurer, I realized that handling finances was never only about numbers, but about trust, sincerity, and ensuring that every contribution truly made a difference. Managing the responsibilities of this post taught me the value of discipline, planning, and accountability, and showed me how transparency builds the foundation for meaningful work.

But beyond responsibilities, NSS gave me something even more precious—the joy of service. Teaching children, engaging in social work, and working side by side with peers and seniors made me understand the true meaning of “Not Me, But You.” The smiles we received, the bonds we formed, and the lives we touched became the most rewarding part of this journey.

For me, NSS has not just been a unit, but a family where I grew, learned, and found a sense of belonging. The trust placed in me, the support I received, and the memories I created will always remain close to my heart.



AYUSHMAAN

Project Sahas Head, NSS KMC

My journey in NSS first as a Volunteer, then as a Coordinator, and now as the Project Sahas Head has truly been an incredibly rewarding and transformative experience that I will treasure forever. From the very beginning, being entrusted with the planning and execution of every EOTO session, the impactful Aashayein, the Empowering Women Conclave, vibrant festival celebrations, and the iconic 7-day Special Camp has been a privilege filled with growth, learning, and meaningful connections.

Welcoming new batches and having the opportunity to lead and guide them was not just about mentoring others; it allowed me to grow, learn, and evolve alongside them. The experience has helped me become not only a better leader but also a more compassionate, empathetic, and responsible individual.

This journey has been one of the most meaningful chapters of my life. The memories, bonds, and invaluable lessons I've gathered will always remain close to my heart, guiding me with warmth and inspiration as I move forward. I'm forever grateful for the moments we've shared and the growth we've experienced together.



ANKITA JAISWAL

Project Sahas Head, NSS KMC

My association with NSS-KMC has been a truly transformative and rewarding experience. Engaging with the students of Project Sahyog- teaching, mentoring, and learning alongside them, has been one of the most fulfilling aspects of my college life. The time spent with them has not only enhanced my sense of social responsibility but also deepened my understanding of empathy and service.

This year, being entrusted with the responsibility of leading Project Sahas has been both an honour and a privilege. It has provided me with an opportunity to contribute meaningfully towards women's empowerment, an area I have always been passionate about. I strive to uphold the values and objectives of the project with sincerity and dedication, ensuring that every initiative reflects the true spirit of NSS.

NSS has played an instrumental role in shaping my personal and professional outlook. Beyond the numerous opportunities it has offered, it has given me lifelong friendships, invaluable lessons, and memories to cherish. The experiences gained through this journey have strengthened my commitment to public service and community development. It has taught me that even the smallest efforts can create lasting change. NSS KMC will always hold a special place in my heart for the values it has instilled and the platform it has provided for growth and purpose. I will always be grateful to NSS for everything it has given to me.



SUJEET KUMAR JHA

Administrative Head, NSS KMC

The change that I had thought of and the change that I am now a part of, had a special bridge named NSS–KMC. After two years of volunteership, I have gained the experiences that I had once aspired for. This two-year journey has been one of the finest and most enriching experiences, full of valuable and mindful lessons. During every meeting, event, session, and visit, many remarkable chapters unfolded, and I tried to turn almost every page of that NSS diary which we were supposed to maintain.

The first day of my NSS journey is still vivid in my memory it was from that day I learned, "desired results demand time." This lesson illuminated both my academic as well as personal journey.

EOTO sessions were my favourite, I cannot imagine my first year without them. Those sessions proved to be true life lessons - where I took care of my responsibilities, and in turn, those responsibilities took care of me.

My second-year journey as a coordinator was a little challenging but equally rewarding. Accepting and dealing with difficulties were fascinating experiences, especially while learning to balance planning and execution.

“Not Me But You” is not merely a motto but a way of life that every volunteer lives not for oneself, but for society -fulfilling the true objective of NSS. The personality of an NSS volunteer is a beautiful blend of dedication, resilience, selflessness, and, most importantly, micro-activism. So, I'm proud of my decision to be a Volunteer of NSS.



LUCKY VAISHNAV

Event Management Head, NSS KMC

NSS... It's no longer just a word; it has become an inseparable part of my entire college life. The time I spent in NSS KMC has truly been the best time of my college journey. NSS has taught me so much—how to communicate, how to organize and prepare for events, how to manage and work with people—everything has been a lesson. Along with that, I have built such beautiful bonds here and made lifelong friends. Through NSS KMC, I also got the opportunity to be part of meaningful social service during my college life.

Through Project Sahyog, the lessons I learned from the children are unforgettable. They showed me how to face struggles and challenges in life with courage. Teaching those children always gave me a deep sense of peace—it felt like at least something truly good was achieved in the day. That part of the day always turned out to be the most fulfilling.

I only wish that in the future too, NSS KMC continues to carry out such impactful work, touching more lives and making a difference. May Project Sahyog keep reaching out to underprivileged children, guiding them in their education, and helping them fulfill their dreams.

Once a Sahyogi, always a Sahyogi.



ADITYA KHANDELWAL

Coordinator, NSS KMC

Whenever I pause to contemplate my journey with NSS KMC, an ineffable warmth and gratitude arise within me — emotions too intricate to be contained by mere words. I vividly recall that tranquil night when, around 9:30 PM, the interview results were unveiled. The moment my eyes met my name on that list, an indescribable surge of joy coursed through me — as though the universe had quietly whispered that something extraordinary was about to begin.

What followed was not simply an experience, but an awakening. The Each One Teach One sessions became the very heartbeat of my NSS tenure — a space where I witnessed the quiet power of education and empathy converge. Standing before those radiant Children, sharing knowledge and witnessing the spark of curiosity flicker in their eyes, I came to understand the true sanctity of service.

Amidst challenges, sleepless nights, and shared laughter, I found far more than skills or achievements — I found purpose, kinship, and the rare joy of being part of something larger than oneself. For me, NSS is not merely a society; it is a living philosophy — a testament to the beauty of selfless service, a journey that refines the soul, and an indelible chapter of my life's story.



DILSHAN

Coordinator, NSS KMC

I never thought my college life would be this wonderful, and it's all because of NSS. Whatever dreams I had for my college life, I was able to fulfill them through NSS.

Everything I wanted to do, I did in NSS.

The friends I made here and the memories I am still creating with them are the best part of my life.

When it comes to EOTO (Each One Teach One), the best feeling is when I teach the children. Whenever I go to class, every child knows me, wants to learn from me, and in a way, I have developed a special bond with them



DISHA GOYAL

Coordinator , NSS KMC

Being an NSS volunteer at Kirori Mal College has been one of the most memorable parts of my college life. From organizing events like Aashayein, Women's Conclave, Umang, Sahyog Day, and Founder's Day to taking part in various cleanliness drives, awareness rallies, and community outings, every experience taught me something new. Each event brought a sense of teamwork, purpose, and joy that made volunteering truly special.

The highlight of my journey was definitely the 7-day special camp, filled with learning, laughter, and unforgettable memories. It gave me a deeper understanding of service and togetherness. NSS not only helped me grow as an individual but also made me realize the power of small actions done with big hearts. It's been a beautiful chapter that I'll always carry with me.



MANASI KHATRI

Coordinator, NSS KMC

The time I have given in NSS till now has been fulfilling. It was fulfilling in knowing that I did something good for someone; it was fulfilling when a kid I taught thanked me for helping them; it was fulfilling to have people around me who were just as exhausted as I was, yet still shared laughs instead of whining.

I don't think I've ever been this happily tired. Even on days when I was feeling low, coming to EOTO and spending time with those kids healed a part of my heart. Through this journey, I discovered my potential and the limits I can push. Managing multiple things at once was sometimes a little too much, but the appreciation and happiness that followed made it all worth it.



KRRISH PRASAD SAH

Coordinator, NSS KMC

This year as a volunteer with NSS KMC has been nothing short of remarkable. From stepping into this space as a newcomer, unsure of what to do, to finding opportunities that helped me learn, grow, and gain invaluable exposure, the journey has been truly enriching. Teaching children has given me immense joy and a deep sense of fulfillment. Whether it was organizing and hosting events such as Aashayein, Women Conclave, Umang, and the Viksit Bharat Youth Parliament, or taking part in PPT competitions, Special Camp, and the Independence Day Camp, I never imagined that so many experiences could come my way in just one year. Each moment spent here feels meaningful, as the learning and memories I take back far exceed my expectations. Most importantly, NSS has given me a circle of people who feel like family—making it a true home away from home.



JASMIN

Coordinator, NSS KMC

Being a part of NSS has been one of the most heartwarming and fulfilling chapters of my journey. From the very first day, it never felt like just volunteering — it felt like being part of a big, beautiful family. Teaching my students Rahul, Munish, and Sumit from class 12th was such a special experience. Each of them brought their own spark, laughter, and curiosity into the classroom, turning every session into a moment to remember.

Through teaching, I realized that learning flows both ways — while I tried to guide them, they taught me patience, kindness, and the true joy of simple moments. Whether it was helping them understand a topic, sharing stories, or laughing together after class, every memory holds a special place in my heart.

My time in NSS was not just about service, but about connection, compassion, and growth. I'm deeply grateful for all the memories, the friendships, and the love that made this journey so unforgettable. It reminded me that even the smallest act of giving can create the brightest smiles — and those smiles will always stay with me.



PREETY MUKHERJEE

Coordinator, NSS KMC

This year has been a journey in itself. From coming to Delhi, not knowing anything about living alone, to finally finding a family like atmosphere in NSS, where every festival and happiness is shared like home. My introverted self found its safe and comfortable place with these people whom I can proudly call my NSS 'family'.

From forming bonds with Sahyog children to preparing for events together, I definitely made memories that will last a lifetime. I've seen myself growing as an individual in a place where growth is encouraged with positivity. I know I'll cherish these moments forever.



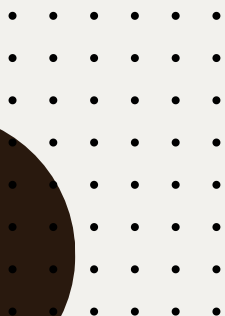
PIYANK GAUTAM

Coordinator, NSS KMC

Being a part of NSS has been an inspiring journey of growth, learning, and service. From contributing to impactful initiatives like the National Youth Parliament to being actively involved in the Each One Teach One sessions with Sahyog students, every experience has been deeply meaningful.

Along the way, I met some amazing people, friends who felt like family and mentors who were always there to guide me. The bond with the Sahyog students made it all even more special and kept me going.

This journey is filled with countless moments I'll always cherish laughter shared, lessons learned, and memories that will stay close to my heart.





PRIYANKA

Coordinator, NSS KMC

I am truly happy to have joined NSS, and it has been one of the best journeys of my college life. I believe everything happens for a reason, and joining NSS is surely one of them. This experience has given me countless memories, friendships, and relationships to cherish.

The best part is that I have found friends who feel like family here in NSS. I know that whenever a problem arises, they will always stand by me.

Talking about NSS's work, I can say that I genuinely love spending time with the kids. Teaching them and learning from them is something that brings me joy.

NSS has also taught me something very important: time management. Balancing responsibilities and learning to give time where it matters most is something I will always value.



SHAZIA FATIMA

Coordinator, NSS KMC

As part of NSS KMC, I attained the true meaning of selfless service, giving without expecting and receiving in return satisfaction, love, and inner peace. In serving others, I uncovered patience, empathy, resilience, and the courage to stand for something beyond myself.

From tying the shoelaces of children to understanding the hardships they face, each small act became a step in my own growth. The children of Sahyog especially taught me lessons no book ever could, proving that love is the greatest reward for service.

Along this journey, I found supportive friends and seniors who felt like sunlight, and I realized the power of collective effort. NSS KMC gifted me memories I will cherish forever.



SHUBHAM KUMAR SINGH

Coordinator, NSS KMC

My journey with NSS KMC has been full of learning, laughter, and beautiful memories. From playing Kho-Kho in the playground to taking part in the Independence Day Camp, every experience taught me something new. The 7-Day Camp was one of the best times — early mornings, cleanliness drives, teaching sessions, and lots of fun with everyone.

Being part of Each One Teach One under the Sahyog was truly special. Spending time with the children, helping them learn, and learning from them in return gave me a deep sense of happiness. The slogan “Sahas Se Sahyog Karen” perfectly describes what NSS means to me — serving with courage and compassion.

NSS KMC has given me a family, memories, and lessons I'll always carry with me.



SUBHASH RAJ

Coordinator, NSS KMC

Being a member of the National Service Scheme (NSS) during my freshman year in college was one of the highlight moments of my life. Coming to college, so far away from home, I was nervous and apprehensive. But through NSS, I discovered a family atmosphere that comforted me and made me happy.

During EOTO being with the children, teaching them lessons, playing with them was pure joy. Their laughter showed me the true values of kindness and sharing. Participating in other social activities taught me teamwork, confidence, and empathy.

Through NSS, I learned that small acts can bring great happiness. It made me a better person and filled my first year with learning, friendships, and beautiful memories.



VANSH SINGH CHOUHAN

Coordinator, NSS KMC

A Year of Growth and Gratitude

It has been one incredible year as a volunteer of NSS KMC, and writing this note fills me with deep nostalgia and gratitude. Looking back, I realize how much I've learned and grown during this beautiful journey. Being a part of this unit has shaped me into a more responsible and compassionate individual, giving me memories and lessons I'll cherish for a lifetime.

Each One Teach One (EOTO) — the heart of NSS KMC — will always hold a special place in my heart. It was more than just a teaching initiative; it was a bridge of connection, care, and understanding. Among the countless experiences, one that remains closest to my heart is teaching Payal during online classes. Watching her grow, and later seeing her felicitation for her CUET college allotment, filled me with indescribable joy and fulfillment — moments that truly define the spirit of NSS.

This journey has been more than just volunteering — it's been an unforgettable part of my college life. The laughter, teamwork, sleepless event nights, and bonds built through service have made my days at KMC truly meaningful. NSS KMC has been not just a unit, but a family that shaped my heart, mind, and spirit forever.



VANSHIKA

Coordinator, NSS KMC

When I entered college, I was a quiet, introverted girl — unsure of myself and nervous about what lay ahead. Joining the National Service Scheme (NSS) was a turning point I never saw coming. What started as a small step turned into one of the most meaningful parts of my college life.

The NSS unit became more than just a group — it became a family. I can proudly Surrounded by supportive and inspiring people, I slowly found my voice and confidence. I can say with all my heart that NSS journey has been the most enriching and cherished chapter of my college life so far. I learned how to manage time, work in teams, take responsibility, and most importantly, how powerful it is to give back to society.

The Each One Teach One (EOTO) sessions hold a special place in my heart. Spending time with the kids, teaching them, and learning from their innocence and curiosity brought me immense joy and purpose.

Today, I am proud of the person I've become — more confident, compassionate, and ready to lead. NSS has been the best part of my college journey, and I will always carry its lessons and memories with me.

EDITORIAL BOARD



STANDING-
(LEFT TO RIGHT)

ADITYA, SHUBHAM, JASMIN, PREETY,
UTKARSH (Editor in Chief), DISHA,
VANSI, PIYANK, KRRISH

SITTING-
(LEFT TO RIGHT)

SHAURYA, SHAMBHAVI, SANA,
SARIKA, ASHEEM, MANSVI

NOTES

EDITORIAL



Serving as the Editor-in-Chief for this year's magazine has been a wonderful experience. I have tried my best to contribute everything I could, and everyone else also gave their best to make this possible. I hope this magazine will be loved by all our readers, and I wish that in the coming years, the NSS KMC annual magazine संयुक्त will continue to reach new heights.

UTKARSH GAUTAM



Serving as a member of the संयुक्त editorial board has been a deeply gratifying and intellectually stimulating experience. This journey has been about weaving together diverse voices and stories that reflect the spirit of NSS KMC. Working alongside such a visionary and diligent team reaffirmed my belief in the transformative power of collaboration and creativity. Each stage of this process, from conceptualization to execution, has been a lesson in precision, patience, and purpose. The endeavour has allowed me to translate abstract ideas into meaningful expression, while simultaneously refining my own sense of thought, articulation, and aesthetics.

More than a creative pursuit, this magazine stands as a testament to shared effort and collective passion. I remain profoundly thankful to the unit and my peers for their trust and unwavering support — this experience has truly deepened my admiration for the written word and the beauty of collective passion.

ADITYA KHANDELWAL



Working on the Sanyukt Editorial Board has been one of the most memorable and enriching experiences for me. Being part of the NSS KMC magazine gave me a chance to relive our journey — the events, initiatives, and the collective efforts of our team throughout the year. From planning layouts to watching each page come to life, every step of the process was filled with learning and joy. It was truly inspiring to work with such a dedicated and creative team that shares the same passion for service and expression. I'm deeply grateful for this opportunity and proud to have contributed to something that beautifully captures the essence and spirit of NSS.

SHUBHAM KUMAR SINGH

NOTES

EDITORIAL



Being a part of the संयुक्त Editorial Board of the NSS KMC Magazine has been a truly enriching and memorable experience. I'm deeply grateful to have received this wonderful opportunity this year, which allowed me to work with such a passionate and creative team. The journey taught me the true essence of teamwork, communication, and thoughtful expression. Collaborating, sharing ideas, and creating something meaningful together made this experience even more special. I'm thankful for the constant guidance and encouragement I received throughout, which inspired me to learn and grow. This opportunity has not only enhanced my skills but also given me lessons and memories that will stay with me for life.

VANSH SINGH CHOUHAN



I feel deeply grateful to be the part of NSS KMC annual magazine संयुक्त. It was honor for me to being able to contribute in the making of this magazine. While doing my part of work I felt like I was relieving my last tenure. Watching it getting complete day by day and page by page it felt like I didn't just helped in the making of it but I am part of the magazine as i have lived through all those events ,EOTO and programmes. I feel greatly proud that NSS-KMC continues to shine out with its work and I was able to be a tiny part of it. Hoping NSS-KMC spread its shine to a greater horizon.

MANASI KHATRI



It has been a true pleasure to serve as a member of the संयुक्त editorial board. I feel grateful to have such a talented and supportive team that constantly inspires me. Through संयुक्त, we aim to showcase not only the impactful work done by NSS-KMC but also the remarkable talents and stories of our unit members. I extend my heartfelt thanks to the NSS KMC unit for giving me the opportunity to contribute to this magazine and be a part of this wonderful journey.

DISHA GOYAL

NOTES

EDITORIAL



I feel truly delighted to be part of the संयुक्त editorial board once again. Having the chance to work with some of the brightest minds of our unit has been both inspiring and rewarding. I'm deeply grateful for the talented and supportive team that stood by me throughout this journey. The shared drive to create something truly meaningful for our readers kept us motivated to work with dedication and enthusiasm. Through this magazine, you'll not only glimpse the impactful work of NSS KMC but also discover the remarkable creativity and talent within our unit. I sincerely thank the unit for trusting me once again with this wonderful opportunity to contribute to संयुक्त.

KRRISH PRASAD SAH



Being a part of the Editorial Board of the magazine of such a great unit like NSS KMC once again fills me with immense gratitude. It has been one of the most enriching learning experiences, helping me understand society and its many facets more deeply. Throughout this experience, I gained valuable insights, learned a lot, and received numerous opportunities to grow. This magazine beautifully reflects the story of the entire past year, which I truly admire. It holds a special place in my heart, as it allows me to revisit my first-year memories whenever I look at it. Moreover, working on this magazine has shaped my perspective, it taught me how to think differently and translate those thoughts creatively into meaningful work. Lastly, I feel proud and thankful to have been a part of this wonderful experience that will always stay close to my heart.

PIYANK GAUTAM



Being a part of the editorial board has been a truly wonderful learning experience for me. I have learned so much throughout this short journey, from teamwork to time management. Working closely with my seniors and batchmates strengthened my bond with them and their constant guidance helped me grow in many ways. I also regained my editing and designing skills, which I had lost during my high school years. This experience not only helped me rediscover my strengths but also taught me valuable lessons that will surely benefit me in the future. All of this was possible only because of NSS KMC and I'm truly grateful for the opportunities and support it provided. Overall, it has been a memorable and enriching journey.

MANSVI

NOTES

EDITORIAL



Being a part of the editorial board of our NSS KMC unit has truly felt like being part of a small, creative family. Each discussion, draft, and late-night edit carried not just effort, but laughter, curiosity, and care. Working with such a dedicated and warm team has been an experience I'll always hold close. As I flip through the pages of this magazine, I can't help but smile; it's a reflection of countless stories, emotions, and dreams woven together by our volunteers and the children we work with. Their words and art breathe life into every page, reminding me how powerful small acts and shared passions can be. From reading magazines to helping create one (like building my own home), the journey has been both grounding and heartening. I hope this magazine continues to feel like a warm space that celebrates voices, togetherness, and the essence of our NSS family.

SHAMBHAVI GUPTA



Being part of the संयुक्त editorial board once again has been a truly special experience. Working with such creative and dedicated minds reminded me how teamwork turns ideas into something meaningful. Every step—from discussions to final edits—was filled with learning and inspiration. I'm deeply thankful to NSS KMC for trusting me again with this opportunity and to my wonderful team for their constant support. संयुक्त reflects not just our work, but the spirit and togetherness that define our unit. This journey has been a blend of creativity, commitment, and countless memories that I'll always cherish. Each page of this magazine carries a piece of our shared effort and enthusiasm. I hope our readers enjoy this edition as much as we enjoyed bringing it to life.

JASMIN



Being a part of the NSS Editorial Board has been a wonderful experience. I got the chance work with a team that truly believes in spreading awareness and positivity. It gave me a space to express myself and also to learn from others. Through this role, I understood how much effort and teamwork go into creating something that reaches people and makes them think. It feels nice to know that our words and creativity can be used for a good cause and to highlight the moments we live every day. I also learned how even a small idea or piece of writing can have meaning when it connects with people. Working with the team helped me grow more confident, thoughtful, and open to new perspectives. Being part of this journey has made me realize how beautiful it feels to contribute to something that spreads kindness and inspires others in small but meaningful ways.

SARIKA

NOTES

EDITORIAL



Being a part of the NSS Editorial Board at Kirori Mal College has been an amazing experience for me. It feels like being part of a team that lights up stories of kindness and service. I feel very lucky to work with like-minded friends and seniors who have given their best and motivated us along the way. Volunteering here gave me a chance to share my ideas, learn teamwork, and improve myself. Even the late-night edits and long hours felt special, like little lights guiding us, making all our hard work feel meaningful and rewarding.

SANA



Being a part of the संयुक्त editorial board has been an inspiring and memorable experience. Working with such creative and dedicated individuals reminded me how teamwork and shared passion can turn ideas into something truly meaningful. This journey helped me grow—both creatively and personally—as I learned the value of collaboration, consistency, and attention to detail. I'm truly grateful to NSS KMC for giving me this opportunity to contribute and express myself through this magazine. संयुक्त is more than just pages and words—it's a reflection of our hard work, creativity, and the spirit that binds our unit together.

SHAURYA



It was my absolute pleasure to be a part of this edition of संयुक्त - The Annual Magazine of NSS KMC. This magazine holds within its pages, all the wonderful moments we shared together and the memories which will be cherished for a lifetime. All the pages of this magazine have been created with thoughtful care and consideration, covering all the events and activities we did together, while keeping in mind that everyone feels included. The creative section of the magazine adds another layer to our unit, proving that we excel not only in social service but in our personal talent as well. I hope the colours and the pictures chosen for this magazine portray everything we couldn't include in words. I hope every viewer finds this magazine as joyful as I found myself while being a part of the editorial board for this magazine.

PREETY

NOTES

EDITORIAL



Being a part of the NSS-KMC editorial board for this year's 'Sanyukt' has been a truly rewarding experience. It's been a privilege to contribute to a magazine that showcases the talent and dedication of our unit members. The collaborative spirit and hard work of the entire team have made this journey meaningful. I'm grateful for the opportunity to be a part of it. I hope 'Sanyukt' continues to inspire and connect us all.

ASHEEM

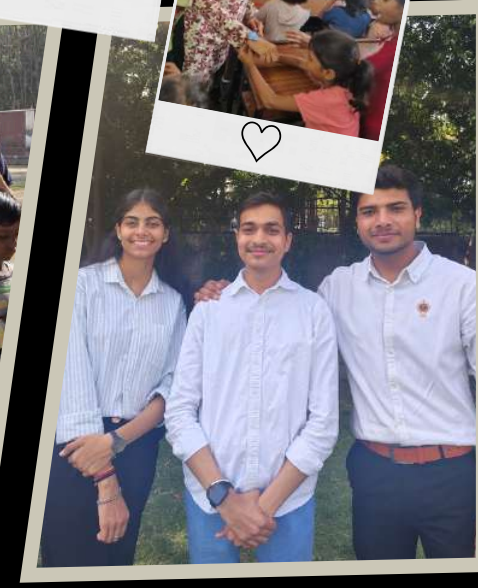


memories



moments







**NATIONAL SERVICE SCHEME
KIRORI MAL COLLEGE**

**EDUCATION
THROUGH
SERVICE**



**NOT ME
BUT YOU**

**LIVE A LIFE
WORTHWHILE TELLING**

"EMPATHY IN ACTION"