



SAHYOG



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PRINCIPAL'S NOTE



Winston Churchill once said, "We make a living by what we get, but we make a life by what we give."

At MCGS, service to society is deeply embedded in the ethos of our students' development. It nurtures empathy, compassion, and thoughtful engagement with the world—qualities essential to building character. By integrating service into our curriculum, we not only heighten social awareness but also cultivate patience and understanding. I firmly believe that the true reward of serving society lies in the personal transformation it inspires. It deepens our appreciation for even the simplest things and fosters gratitude and fulfillment.

In today's world, where dissatisfaction and discontentment often prevail, and the relentless race to compete and acquire what others have dominates, time spent in service can be a powerful antidote. It slows the fast-paced pursuit of material gain and brings stability to our thoughts, allowing us to reflect on what truly matters.

CO-ORDINATOR'S NOTE



Once again, it is that time of the year when we pause and reflect on the year gone by. As always, I am filled with a deep sense of pride and humility as I recall each event we conducted and participated in. Each activity unfolded with purpose, and the experiences they provided were precious, reinforcing my belief in our students' ability to make meaningful contributions to the imperfect world around us.

The various programmes conducted under Sahyog and its domains created invaluable experiences by exposing our students to different sections of society. These interactions instilled in them a profound sense of empathy and understanding.

From fostering environmental consciousness to addressing mental and physical health, skill development, and more, these programmes have broadened the perspectives of our young minds. Initiatives like 'Project Sur' helped students recognize their strengths and focused on imparting soft skills that introduced the less privileged to a world of sensory pleasure. 'Shramjivi Diwas', in line with Gandhian principles, emphasized gratitude and the dignity of labor.

Each of these events left a lasting impression on our students and deepened their understanding of life's complexities. As I reflect, I ask myself: Have we made a positive change in the lives of those around us? Have we, as an institution, succeeded in our aim to "nurture ethical leaders of tomorrow" ?

It fills me with immense pride to see how these small yet powerful experiences have shaped our students' vision, equipping them with strong values that empower them to give back to society.

This year, I am particularly proud of our alumna, Ms. Nandini Sultania. She runs an NGO called Kamakhya in Gujarat, focusing on providing affordable and safe menstrual health solutions to women at the bottom of the economic pyramid. Her organization manufactures reusable sanitary napkins and educates users on their benefits and effective use. Recently, she was invited to speak at the UN's "Summit for the Future 2024" at their headquarters in New York. Her story is a testament to the legacy of service that MCGS continues to nurture and promote.

I am certain that there are many more remarkable Mayoites who have retained the spirit of Mayo and continue to work with humility, empathy, and dedication. I always look forward to hearing more such inspiring stories. These individuals serve as role models for our current students, and I take great pride in their achievements, while also holding hope for the future they will help shape.

STUDENT COORDINATOR'S NOTE



In a time, where individual pursuits can often overshadow collective well-being, community service reminds us of the immense power we hold when we act together. Each smile shared, each meal served, each lesson taught demonstrates actions that go beyond the present moment.

Throughout the year I have witnessed the amalgamation of will and dedication. Each domain always trudging an extra mile to 'visit those who we serve'. It has been heartwarming to see those around me form bonds with numerous lesser privileged that both ends shall cherish forever.

Ever since I was a young girl, I have looked up to my grandfather for helping the underprivileged. I aspired to follow in his footsteps. For me, community is synonymous of power: the hustle-bustle, the chattering, the laughs and the strength of the bonds. An experience does backup this claim. During one of the extremely tedious days in school, I had been advised to visit the Mission Girls' by the teachers. It was a day of scorching heat and it was as draining as it could be. Nevertheless, I gathered the courage to hop on the bus with the clarity that, "We'll be back in no more than an hour and a half."

This was followed by a delay of another hour, which almost coincided with another tedious activity in school; However, as soon as I stepped into the center, the sight of the girls — their bright smiles, the sense of warmth that filled the room — seemed to lift the weight of the day from my shoulders. Despite the heat and exhaustion, their enthusiasm was contagious. That experience made me realise the true power of community. It was not just the support it provided but the mutual exchange of energy and spreading of smiles.

-Jahnavi Mahana
S/2263

EDITOR'S NOTE

I share my birthday with a man who once said that the best way to find yourself is to lose yourself in the service of others. Whilst a child, I could not understand the joy of the countless people who celebrated 'Bapu's birthday' and not mine, now is a different feeling entirely.

Community service, as I have slowly come to realise over years of weekly visits to orphanages and over all the Mondays I put in to work with Asha, is a two way street. Why did these acts, which seemed so small in the grand scheme of things, fill me with so much gratitude? Why did I feel more at ease in my skin, more aware of life's imperfections, and yet, more content in embracing them? Over my time here in Sahyog, I realised that it was not the work itself that was transformative, but the relationships it nurtured. Each handshake, smile, and moment of shared vulnerability became a reminder of what it means to be human, to be a part of a community. Through service, I could break down barriers and cultivate an understanding, allowing me to step outside the confines of my own life, opening my eyes to the lives different to my own. In these moments, I discovered the beauty of vulnerability and the strength of togetherness. I hope the same for every future child that steps not just into this school- but into this world.

Community service is a chance to create a positive ripple effect in the world and Sahyog enables every student here to do the same. Now, when October Second rolls around, I no longer feel overshadowed by the legacy of a man who carried the weight of a nation. As I join in serving our bhaiya ji's and baijis, I find comfort in the shared celebration, in knowing that both our lives, though worlds apart, are linked by a common understanding: that in serving others, we find our truest, most authentic selves.

-Vaanya Shekhar
S/2556



SAHYOG



‘SAHYOG’ is the community service society at Mayo College Girls’ School, focusing on giving back to community around us what we can. Our students choose one of the five domains here to work with for the next four years:

ASHA

PRAYAS

SPARSH

JAGRITI

KHUSHI

Through this, we ensure commitment to compassion and develop empathy in our students to create nurturing empathetic leaders of tomorrow.



Standing (left to right):

Mrs. Rashmi Thakur
Ms. Delma MG
Yesha Ahuja (Jagriti)
Navkirat Kaur (Prayas)
Soumya Goel (Khushi)
Jahnavi Mahana
(Student Co-Ordinator)
Lavanya Sardana (Asha)
Ameera Sachdeva
(Prayas)
Narayani Singh Rathore
(Sparsh)
Shubhi Gattani (Jagriti)
Mahi Bishnoi (Asha)
Kashvi Arya (Sparsh)
Mrs Poonam Khandelwal
Mr Rajil K

Sitting (left to right):

Mrs. Taurna Kabra
Mrs. Priyanka Mahajan
Mrs. Raina Sharma
Mrs. Rekha Kohli
Mrs. Neeti Bhalla-Saini
Mrs. Rakhee Mishra
Mrs. Meenu Parashar
Mrs. Deepti Rae
Mrs. Nisha
Mrs. Mugdha Mukhopadhyay

PRAYAS

This past year has been a transformative journey for the Prayas Community Service. The year offered us invaluable lessons and deepened our commitment for building stronger communities and fostered empathy. As we look ahead, we remain dedicated to pursue innovative approach for community service. The word 'Prayas' translates to 'to make an attempt' reflecting our mission to nurture civic responsibility and inspire active participation in addressing the needs of our local community.

One of our key initiatives this year was empowering the women of our village by teaching them the traditional craft of gota patti. This skill not only honors cultural heritage but also equips them with valuable tools for future self-employment. Additionally, we conducted a vermicompost workshop, where we provided a large compost pit and the necessary resources for the community to engage in sustainable waste management practices. Mentors also generously offered their time to lead workshops on candle making, soap crafting, and bracelet designing.

In our environmental efforts, we organized a plantation drive, planting fifty mango trees to help create a cleaner, greener future. On campus, we led a replanting initiative, giving neglected plants a second chance to thrive. These projects helped raise awareness about environmental conservation. In support of the government's "Ek Ped Maa Ke Naam" initiative, our students planted trees as a symbolic effort to protect the environment for future generations. In a broader effort to extend our reach, Prayas students visited the Government School in Jhatiya village, where they taught vermicomposting techniques and promoted sustainable living practices.

Through these initiatives, we not only cultivated practical skills but also fostered a deep sense of social empathy. Looking forward, Prayas remains dedicated to its mission of empowering communities through meaningful, hands-on involvement. The year has been a testament to the strength of collaboration, and we are excited to continue this path of growth and service.



प्रयास

PRAYAS



JAGRITI

Serving others entails more than simply being present for them; it also entails providing them with the resources they need to grow into competent, self-sufficient individuals. The Jagriti Community Service Society continues to prioritise the Baijis, the school's support workers, as part of their purpose. In 2024, we conducted influential workshops on literacy, vocational skills, health, hygiene, and financial literacy, empowering the Baijis to make knowledgeable choices for themselves and their families.

This year, Jagriti strengthened the connection between education and empowerment through student-led workshops on hygiene, nutrition, and financial management, promoting accountability and consciousness among both the Baijis and the students. One of the key moments was a workshop conducted by Ms. Shivani Chopra, creator of the organisation Mogra, focusing on menstrual health. She advocated for menstrual cups, emphasising cleanliness, environmental friendliness, and affordability. This event helped to eliminate the stigma around menstrual health and gave strength to the women in our community.

Jagriti joined forces with The Art of Living Foundation for a three-day wellness workshop focusing on mental and physical well-being. The workshop provided Baijis with useful solutions for typical health problems, giving them lasting methods for handling stress and staying healthy.

These efforts not only enhanced the well-being of the Baijis but also solidified the relationship between students and support staff, promoting mutual respect. In 2024, Jagriti made significant strides towards complete empowerment, and we look forward to furthering this path, holding firm to the idea that service is a key tool for change.



JAGRITI

जागृति



KHUSHI

“Everybody can be great because everybody can serve .”

-Martin Luther King Jr.

Khushi, our community service initiative, is dedicated to spreading happiness to underprivileged children. We work with two schools—Badhir Vidyalaya, which supports specially-abled students with speech and hearing impairments, and Mission Girls' School, which cares for girls rescued from challenging circumstances. Through regular seminars and visits, we establish strong, empathic relationships that promote inclusion and growth.

Last year, students from both institutions participated in our Prize Giving ceremony, executing stunning dance performances that created an impression. In April, our children learnt how to perform the national anthem and introduce themselves in sign language, fostering inclusivity. In July, Khushi expanded important counseling services and skill development programs to these schools, empowering kids and equipping them for life beyond.

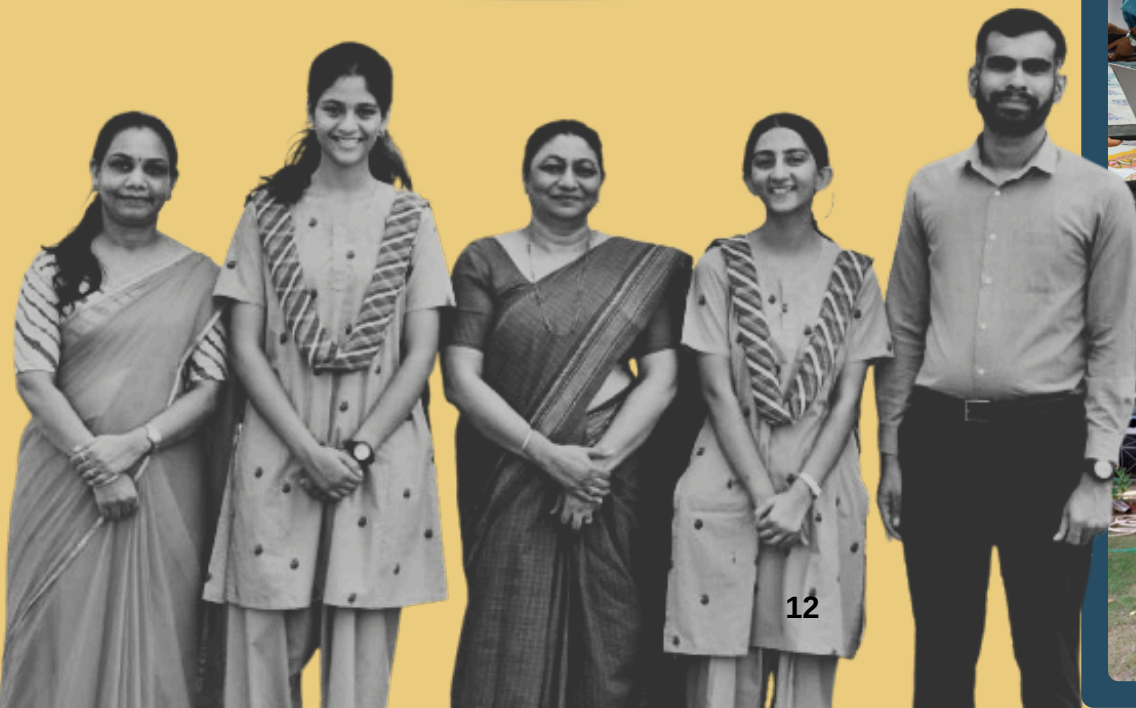
One-on-one mentorship between Khushi students and their school peers is an important part of our program, as it fosters strong personal ties that promote mutual growth and understanding. We remain committed to instilling confidence, inclusivity, and empowerment in every child we work with.



KHUSHI



खुशी



SPARSH

Sparsh seeks to foster friendship and collaboration with non-governmental groups that help people with special needs. Sparsh aims to increase students' sensitivity and understanding through activities such as plantation and sanitation campaigns, as well as regular visits and interactions with children from these groups. Mayo College Girls' School is proud to be associated with two NGOs, Shubhda and Meenu Mano Vikas, both located in Ajmer, which tirelessly work for the welfare of children with special needs.

Meenu Mano Vikas, a voluntary organisation inspired by Mahatma Gandhi's community development strategies, is dedicated to improving the lives of underprivileged rural and urban communities, as well as individuals with disabilities. With a focus on women, children, people with disabilities, and high-risk groups, the organisation advocates for sustainability and independence as stepping stones toward a more equitable society. By collaborating with Meenu Mano Vikas, Mayo College Girls' School is expanding its focus beyond academic achievement to encompass social responsibility and community development.

Shubhda is a non-governmental organisation established in Ajmer that works to improve the lives of children and women, notably those with autism, cerebral palsy, mental health troubles, and other limitations. It works relentlessly towards promoting their rights, increasing awareness, and generating ongoing support through capacity building, networking, advocacy, and campaigns. MCGS is associated with Shubhda to support their honourable and important work.



SPARSH



ASHA

The students of Mayo College Girls' School wholeheartedly believe that hope shines brightest when we unite in service, through small acts creating enduring change. This belief perfectly encapsulates the spirit of our community service domain, 'ASHA'.

Often, many wait for someone with the opportunity and the will to make a difference and at Asha, we strive to make a difference regardless of what we have- from resources to time. Our mission extends beyond words: it is rooted in action to create a tangible impact. This commitment is exemplified through our ongoing partnership with Bal Prakash School in Ajmer.

Bal Prakash, a nonprofit organisation, nurtures children by fostering essential life skills, social awareness and practical knowledge while promoting joy and hope. In April, our students led a "Mathology" workshop, designed to make mathematics fun and engaging. Through interactive games, nutritious snacks, and essential supplies like stationery and notebooks, we sought to make a positive difference in their lives. One of our most heartwarming moments was the photo frame-making activity with children who visited our school. Their laughter and joy reminded us of the profound purpose behind our work.

Last year, at the Prize Giving Ceremony, the children from Bal Prakash Ashram performed 'Hum Honge Kamyab' with great confidence, leaving a lasting impression on everyone present. At Asha, we remain committed to offering friendship, support, and above all, hope and to keep believing that even small actions can spark enduring change in the lives of those we serve.





ASHA



PROJECT SUR

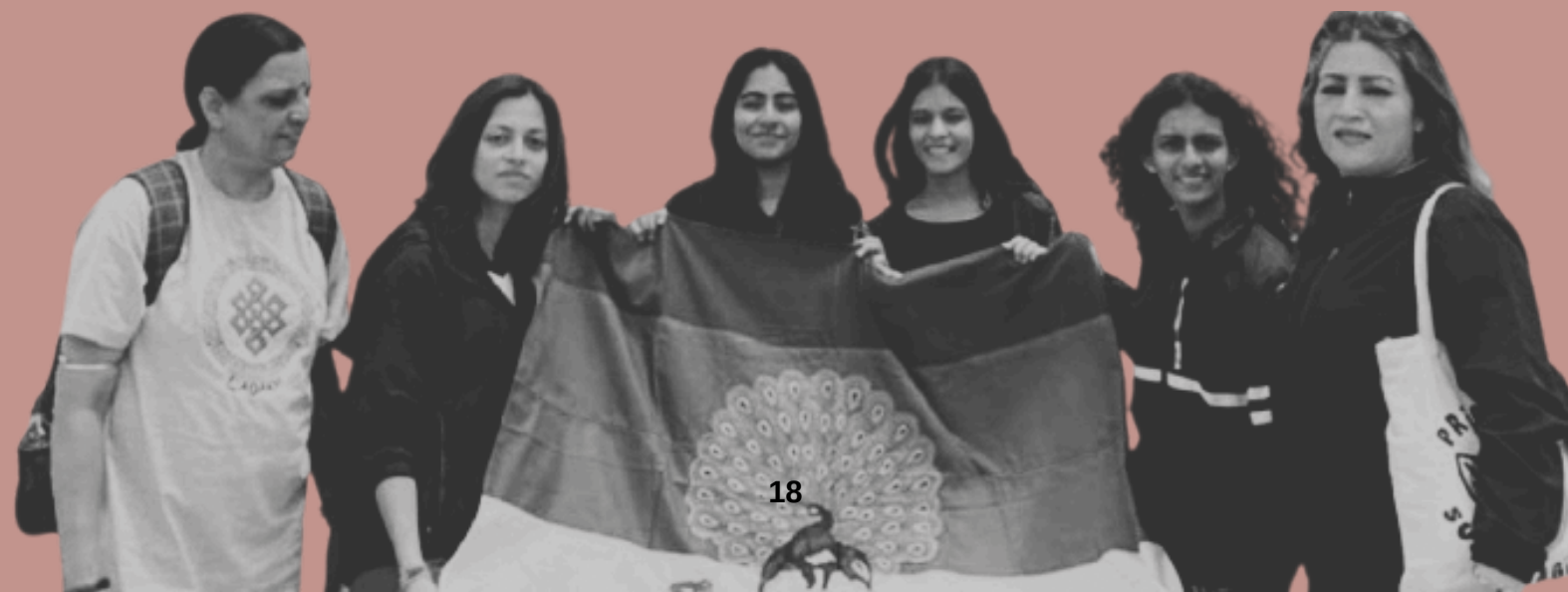
1st February 2024- 10th February 2024

Mayo College and Mayo College Girl's School embarked on a heartwarming collaboration, bringing music to the lives of the children at 'Apana Ghar' NGO in Ajmer. Ten boys from Mayo College joined by three girls from MCGS along with their dedicated music teachers, participated in Project Sur. Over these ten days, students engaged in a unique exchange, teaching and learning alongside visually impaired children with the flute as their shared instrument. The experience fostered empathy, connection in all involved as well as leaving them with lasting memories and a profound appreciation for music.



LADAKH SERVICE PROJECT

Four of our students; Abhisri Singh, Manya Mod, Amaira Paruthi and Yuthika Devan with the company of Mrs Kundan Singh and Mrs Alka Saini, embarked on a transformative journey to Ladakh. Their service involved educational and infrastructure projects along with trekking and camping expeditions. This left an indelible mark on the community and also provided our students with invaluable experience as they helped build the walls of the school whilst interacting with the children and nature around them.



WASTE MANAGEMENT AWARENESS SESSION

BY DR. MANJARI GARG

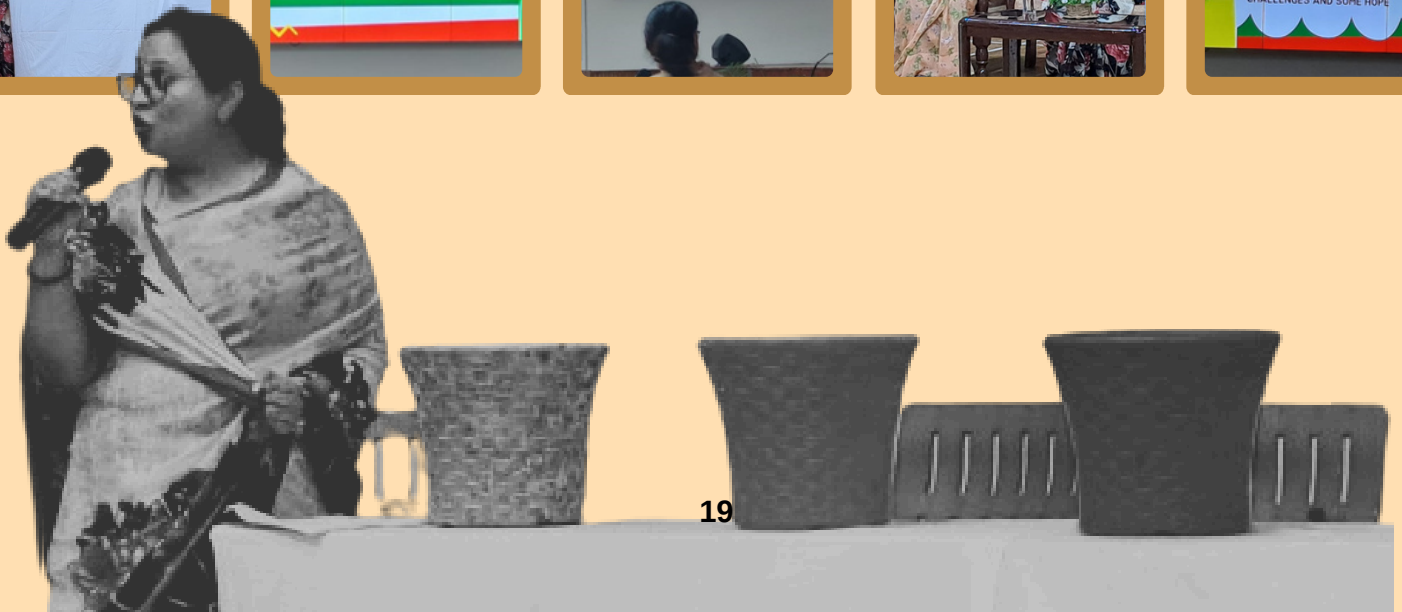
29th JULY, 2024

On 29th July 2024, the Community Service 'Sahyog' at Mayo College Girl's School hosted Dr. Manjari Garg for an enlightening session on waste management, aimed at raising awareness about responsible waste disposal and environmental sustainability.

Dr. Garg introduced the 6 Rs—Refuse, Reduce, Reuse, Repurpose, Recycle, and Rot—highlighting their importance in minimising waste generation. She emphasised proper waste segregation and explained the use of coloured dustbins for different waste types. Additionally, she showcased the school's initiative to recycle waste paper, reflecting its commitment to sustainability.

To reinforce the lessons, Dr. Garg engaged students in a hands-on activity to identify the appropriate dustbins for various wastes, solidifying their understanding of waste Segregation.

Overall, the session was informative and motivational, fostering greater awareness of waste management among students from classes 9 to 12, who actively participated and showed enthusiasm for the cause. This event marked a significant step toward promoting environmental responsibility within the school community.



एक पेड़ माँ के नाम

11th July, 2024

In a heart-warming display of environmental consciousness and filial love, Mayo College Girl's School wholeheartedly embraced Prime Minister Shri Narendra Modi ji's 'Ek Ped Maa Ke Naam' initiative. During a moving morning assembly, students and staff pledged to plant trees in honour of their mothers, signifying a commitment to fostering environmental stewardship. Taking action beyond words, seventy-five students from classes four and five, accompanied by twenty-five staff members planted one hundred and fifty saplings in Berlia village, Ajmer. This hands-on experience, made possible with the support of the Forest Department, provided valuable lessons in nature conservation and collective responsibility. MCGS is proud to be a part of this initiative, reaffirming its dedication to sustainability and community service. The saplings planted in honour of mothers stand as a testament to the school's commitment to a greener future.



IPSC COMMUNITY SERVICE PROJECT

‘MOHINI MAITRE’ COMMUNITY OUTREACH PROGRAM

28th September, 2024- 1st October, 2024

The IPSC Community Service Outreach Project hosted by Welham Boys School, Dehradun, was an enriching experience for 10 of our students who were accompanied by Mrs Ritu Beri and Mrs Rashmi Thakur. They visited Abhinav Dairy Farm, where they learned about organic farming practices and the importance of sustainable agriculture. The students actively participated in sapling plantations and participating in a related quiz in which two of our students achieved winning positions. Workshops on social issues had them crafting reusable pads and solar torches for villages without electricity, fostering a sense of social responsibility and innovation. The event also included a thought-provoking session on mental well-being by a TEDx speaker and concluded with an inspiring interaction with a Padma Vibhushan awardee, who emphasised the need to reconnect with nature.

This project instilled valuable lessons in sustainability, community service, and the power of collective action.



SHRAM JIVI DIWAS

2nd October, 2024



On the occasion of Gandhi Jayanti, the Sahyog Society organised the second edition of Shram Jivi Diwas to honour the Gandhian principle of 'Dignity of Human Labour.' Both students and staff expressed their gratitude to the support staff through various activities. An entertainment program was organised, where the support staff enthusiastically participated, showcasing their talents. This was followed by enjoyable games such as lemon-and-spoon race, musical race, and tug of war, offering them a chance to relax and have fun. Under the leadership of Mrs. Supreet Bakshi, teachers and students served a special lunch to the support staff in the school which was a heart-warming moment that the children will carry forever.



EXTENDING SUPPORT, SHARING RESOURCES

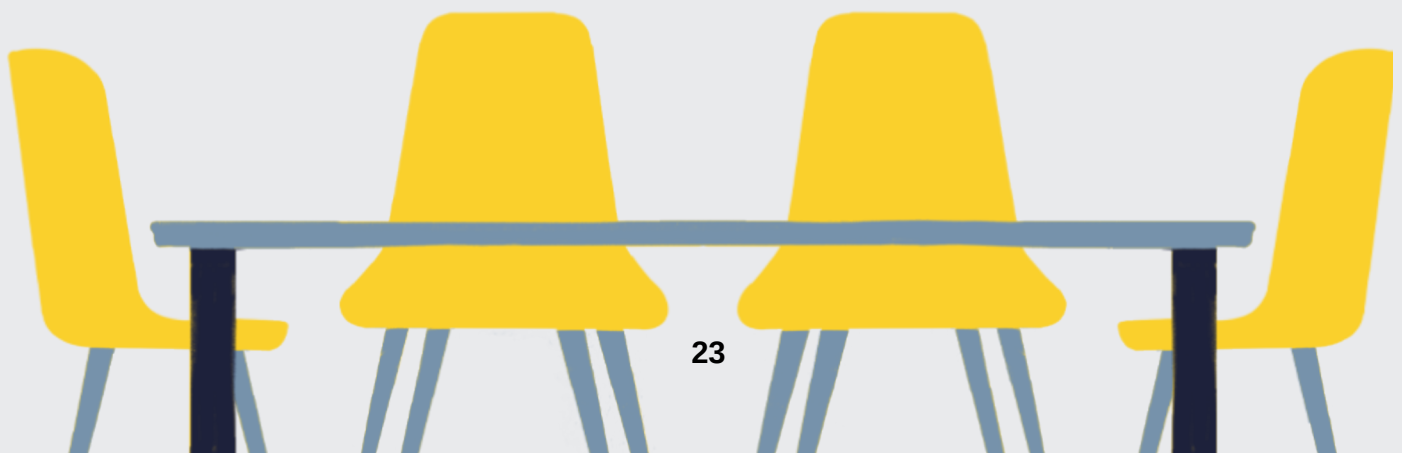


After upgrading the furniture on campus, instead of discarding the old pieces, we chose to refurbish and donate them to local organisations that could benefit from them, emphasising sustainability and community service.

With great care, the furniture was repaired and sent to the following institutions:

1. Bal Prakash Ashram
2. Shubdha
3. Meenu Mano Vikas Kendra, Chachiawas
4. Government School, Jatia
5. Mission Girls School

By repurposing our old furniture, we were able to support the needs of these organisations and promote sustainability, demonstrating that small acts of kindness can make a big difference.





MAYO COLLEGE GIRLS' SCHOOL, AJMER



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