



RAM LAL ANAND COLLEGE
NATIONAL SERVICE SCHEME
2022-23

Ram Lal Anand College
University of Delhi
National Service Scheme

in Collaboration with "SAKSHI" (NGO)
Organises Webinar on

Pocso Act - Sexual Abuse Towards Children
(How can we protect them)

Time - 5PM Onwards
Date - 12th November 2022
Venue - Zoom

By Dr. Sumbul Dawood

Dr. Sumbul Dawood is an educationist & researcher. She holds a Ph.D. from Jamia Millia Islamia, New Delhi.

Ram Lal Anand College
University of Delhi
National Service Scheme

Declamation Round
on
NATIONAL PRESS DAY

THEME
**JOURNALISM UNDER
DIGITAL SEIGE**

16 NOVEMBER, 2022

Scan the QR Code to Register Now!

OPEN TO ALL RLAC STUDENTS
EXCITING GIFTS FOR WINNERS!!!

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD AIDS DAY
DECEMBER 1, 2022

ONLINE QUIZ | THEME: **EQUALIZE**

TIME QUIZ IS OPEN TILL 11:59 PM
VENUE: GOOGLE FORM

Participate actively and share the form with your friends and family

Ram Lal Anand College
University of Delhi
National Service Scheme

DECEMBER JAY Diwas

Poster Making Competition

E - Certificates for all!

Ram Lal Anand College
University of Delhi
National Service Scheme

GLOBAL FAMILY DAY
JANUARY 1, 2023

E-POSTER MAKING | THEME: **VASUDEHA KUTUMBAKAM**

Shout out to Top-3 Winners on Instagram
Send Your Entries at nssrla.du@gmail.com

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD BRAILLE DAY
4 January, 2023

Time : 11am onwards
Venue : Front Lawn

Event : Write a message/quote for the blind in Braille language using Daal/ beads.

Ram Lal Anand College
University of Delhi
National Service Scheme

AMR

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

National Pollution Control Day
DECEMBER 2, 2022
Plant a Sapling

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

WORLD TOILET DAY
19th

Theme:
Tackling the Global Sanitation Crisis

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD DAY OF WAR ORPHANS
JANUARY 6, 2023

Article Writing Competition

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD DAY OF WAR ORPHANS
JANUARY 6, 2023

Article Writing Competition

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University of Delhi
National Service Scheme

WORLD DAY OF WAR ORPHANS
JANUARY 6, 2023

Article Writing Competition

TEAM NSS

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

Submit your posts screenshots to nssrla.du@gmail.com

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CHANAKYA

- THE PLAY DIRECTED BY MANOJ JOSHI AND THE TEAM OF DHARMAJAN

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

CONSTITUTION DAY
26th November, 2022

EVENT
Pledge Taking

TIME: 6:00 PM
VENUE: GOOGLE MEET
DATE: 26TH NOVEMBER, 2022

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

Feeding Stray Animal And Birds
26th November 2022

Send your entries at nssrla.du@gmail.com

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

ENVIRONMENTAL ENERGY AWARENESS DAY
DECEMBER 14, 2022

Story, making people aware of the environment through social media platforms

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

Christmas
THE JOY OF GIVING
DECEMBER 25, 2022

Ram Lal Anand College
University of Delhi
National Service Scheme

Raktveer Conference
11 January, 2023

Time: 12 PM
Venue: Rajdhani College - Seminar Room

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

CONSTITUTION DAY
26th November

NOT ME, BUT YOU

Ram Lal Anand College
University of Delhi
National Service Scheme

Wishes You

Merry Christmas

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

KISAN DIWAS
DECEMBER 23, 2022

ONLINE QUIZ

THEME: PROVIDING NUTRITIONAL SECURITY

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

INDIAN NAVY DAY
4 DECEMBER

Write a note of thanks to the Navy Personnel for safeguarding the national waters and share it

Ram Lal Anand College
University of Delhi
National Service Scheme

INDIAN ARMY DAY
14 JANUARY 2023-

Indian Army thanking them

Hardcopy of Letters to be submitted on 16th Jan

DBT STAR COLLEGE
UNIVERSITY OF DELHI
NCC & NSS UNIT

CELEBRATING PARAKRAM DIWAS
JANUARY 23, 2023

"It is our duty to pay for our liberty with..."

Ram Lal Anand College
University of Delhi
National Service Scheme

Is organising
OATH TAKING CEREMONY
On the occasion of
NATIONAL VOTER'S DAY

Date :- 25/01/2023
Timing :- 12:45Pm
Venue:- Front Lawn

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

Feeding Stray
26th November

PROGRAM OFFICER'S NOTE



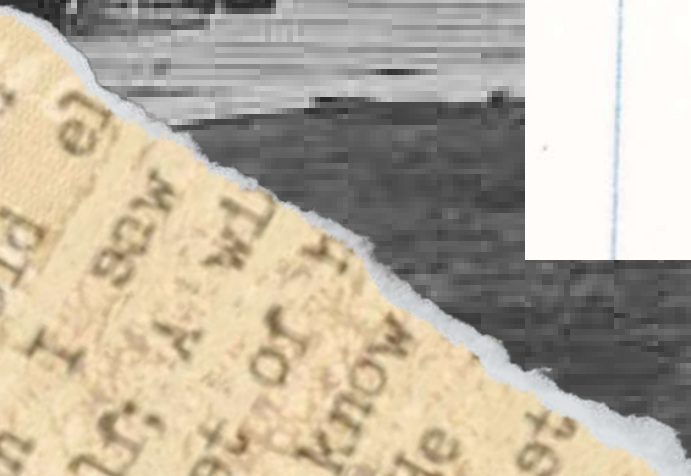
DR. RITA JAIN
NSS PROGRAM OFFICER

The vision of National Service Scheme (NSS) is to encourage in the youth, a mind and spirit to benefit the society and work for the social upliftment of the underprivileged individuals of our nation.

As a mentor, I would like to appreciate the entire team for a job well done and for their whole hearted involvement to take NSS to such great heights. Quoting the words of Dalai Lama, "the goal is not to be better than the other man, but your previous self". The team has proved its mettle in shouldering every responsibility with utmost care and diligence. They worked tirelessly even during adverse circumstances due to the COVID-19 pandemic. I emphatically thank our Principal, Prof. Rakesh Kumar Gupta for his constant support and encouragement.

- BEST WISHES

— NSS —
Monthly
ACTIVITIES



Ram Lal Anand College
University of Delhi
National Service Scheme

in Collaboration with "SAKSHI" (NGO)
Organises Webinar on

**Posco Act – Sexual Abuse Towards Children
(How can we protect them)**

Time - 5PM Onwards
Date - 12th November 2022
Venue - Zoom

By Dr. Sumbul Dawood

Dr. Sumbul Dawood is an educationist & researcher. She holds a Ph.D. from Jamia Millia Islamia, New Delhi.

NSS RAM LAL ANAND COLLEGE
Dr. Rita Jain Jaya Pandey Prof. Rakesh Kumar Gupta



Glimpses

Issues on sex abuse the cases of CSA because of Shame and Stigma

An abuser is someone who is very close to the child and whom the child trusts.

We must teach the child about their personal boundaries.

Some children have long term memories associated to CSA since they grow up!

Please answer this question:

The person may have memories associated with CSA.

An small movement may act as a trigger for them and it can lead to flashbacks.

Anyone who is in close relation to a child can help them come out of these negative thoughts.

Log in @ @sakshiproject.org

CONSENT
IT'S SIMPLE AS TEA

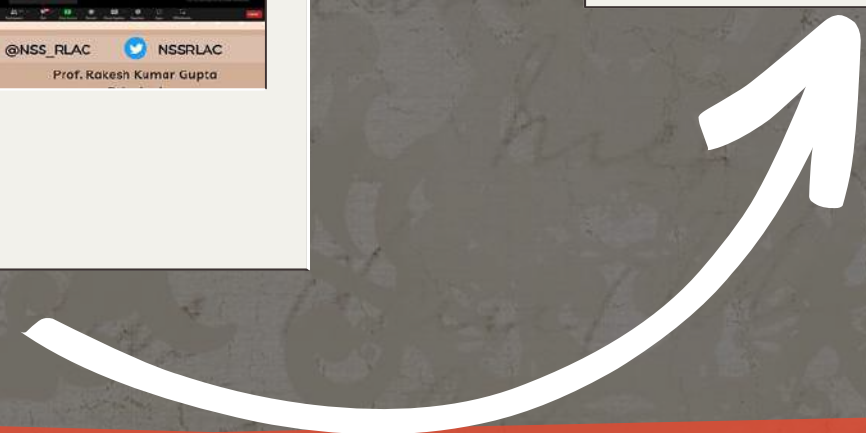
NSS RAM LAL ANAND COLLEGE
Dr. Rita Jain Jaya Pandey Prof. Rakesh Kumar Gupta

ISSUED IN PUBLIC INTEREST

Sakshi
SBOX

Participants (104)

NSS RAM LAL ANAND COLLEGE
Dr. Rita Jain Jaya Pandey Prof. Rakesh Kumar Gupta



WEBINAR ON POSCO ACT



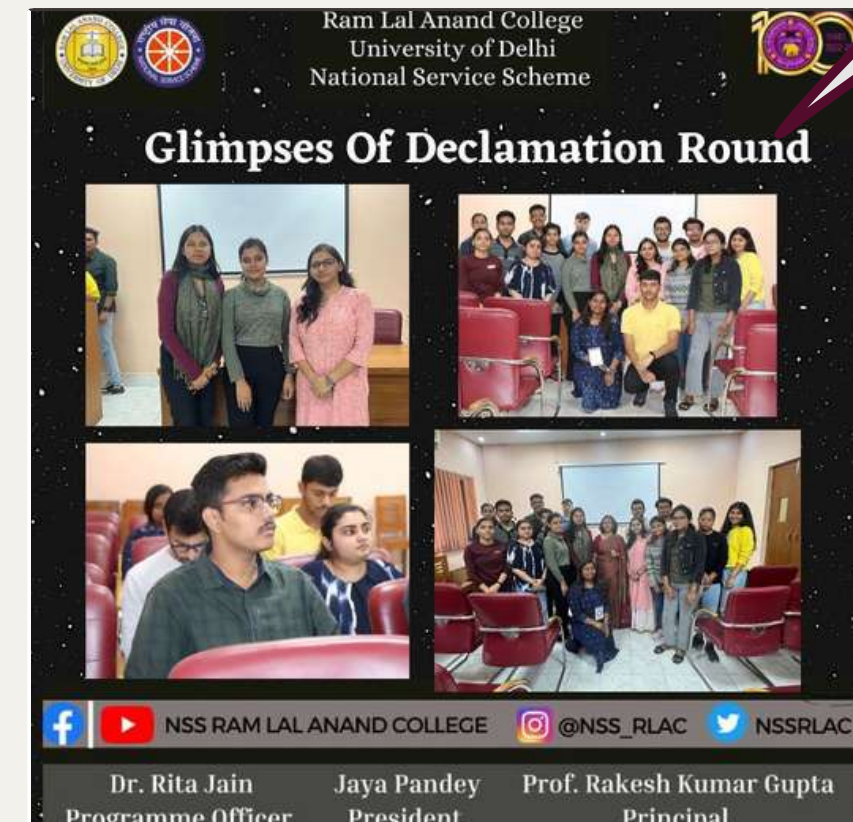
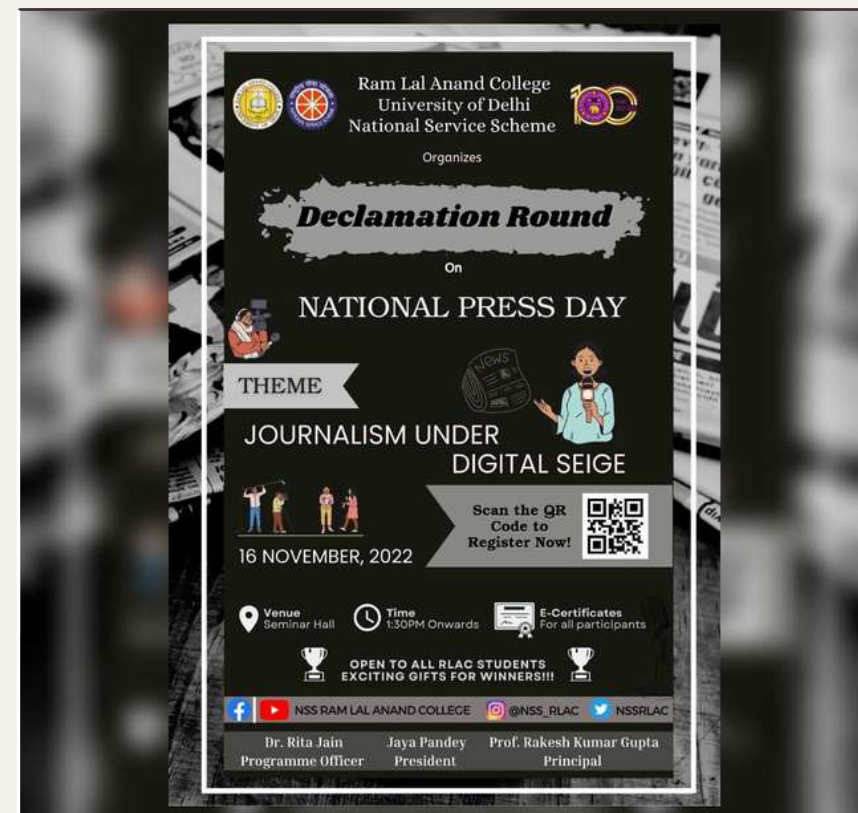
On November 12, a webinar was organised to mark the significance of the POSCO act, in collaboration with Sakshi NGO under the theme "POSCO ACT - Sexual Abuse towards Children (How can we protect them)". It was attended by 110 students, 52 being girls.

NUKKAD NATAK



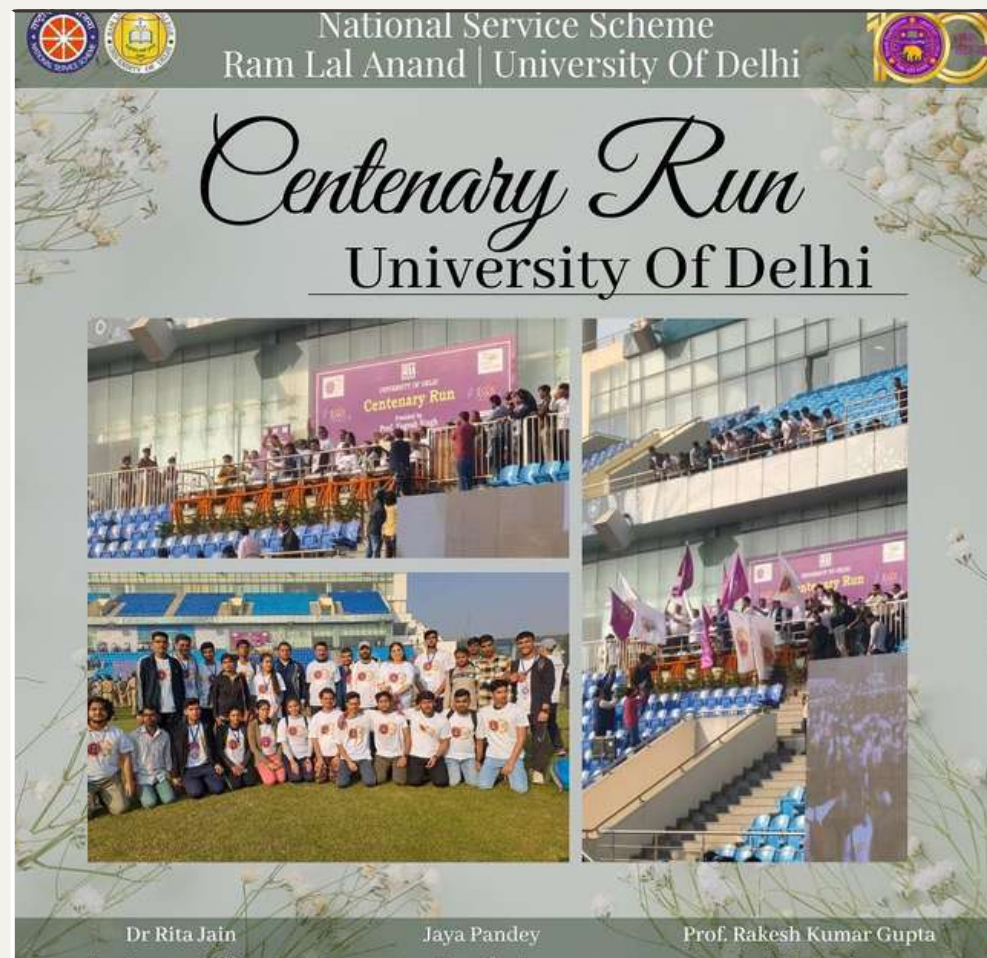
Around 22 volunteers, with 10 females, participated in the campaign "Nasha Mukti Bharat Abhiyaan" against drug abuse and performed a nukkad natak on the occasion of Children's day, 14th November 2022. Nukkad natak, being an artistic act, communicated the message of 'nasha mukti' in an appealing way. Meanwhile, 70 volunteers (32 being girls) distributed stationery kits at JJ colony, South Moti Bagh.

DECLAMATION ON NATIONAL PRESS DAY



To honor the foundation day of the Press Council of India, on the National Press Day - 16th November 2022, the NSS Unit of RLAC organized an intra-college declamation/speech competition on the subject of 'Journalism under digital siege'.

CENTENARY RUN



In commemoration of its centenary, the University of Delhi held its inaugural Centenary Run on 7th November 2022. The event's was chaired by Mr. Yogesh Singh, the Vice Chancellor of UoD. Mr. Neeraj Chopra, the Olympic gold medalist in Men's Javelin throw and Mr. Arjun Munda (Minister of Tribal Affairs) graced the occasion. 15 volunteers, 5 being female, from NSS RLAC were handed green flags. They ran a distance of 4.5 kms while assisting the PwD students, and came back to the sports complex for the post-run food distribution.



WORLD TOILET DAY

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

WORLD TOILET DAY
19th November, 2022

Theme:
Tackling the Global Sanitation Crisis

Prepare a slogan post/story, making people aware of the sanitation crisis through social media platforms

Submit your posts screenshots to nssrla.du@gmail.com

Tag NSS RLAC social media handles

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC

Dr. Rita Jain, Programme Officer | Jaya Pandey, President | Prof. Rakesh Kumar Gupta, Principal

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

Entries

WORLD TOILET DAY
19th November 2022

खतरों के खिलाड़ी ना बने, सांचालय बनाओ!

SUSTAINABLE SANITATION:
SANITATION VALUE CHAIN

Sustainable sanitation is a sanitation system designed to meet certain criteria and to work well over the long-term.

TACKLING THE GLOBAL SANITATION CRISIS

Muck sucks!
PURITY BEGINS MORALITY...

Let's make a pledge again to make the world clean to live again. World Toilet Day. November 19th.

WORLD TOILET DAY
19 NOVEMBER

Let's make a pledge again to make the world clean to live again. World Toilet Day. November 19th.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

Sustainable Sanitation: The next step of growing India.

Ishita Goel
B.Com Honors
2nd year

WORLD TOILET DAY
19th November

Latest Tweets: India Disaster Relief, Vaibhav Joshi @Vaibhav_UK2_11s World Toilet day

WORLD TOILET DAY
19 NOVEMBER

HAVING A TOILET IS NOT A LUXURY, IT IS A NECESSITY.

The biggest mistake that we do is to take the importance of India very lightly. The occasion of World Toilet Day wakes up towards the importance of sanitation.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

WORLD TOILET DAY
19th NOVEMBER

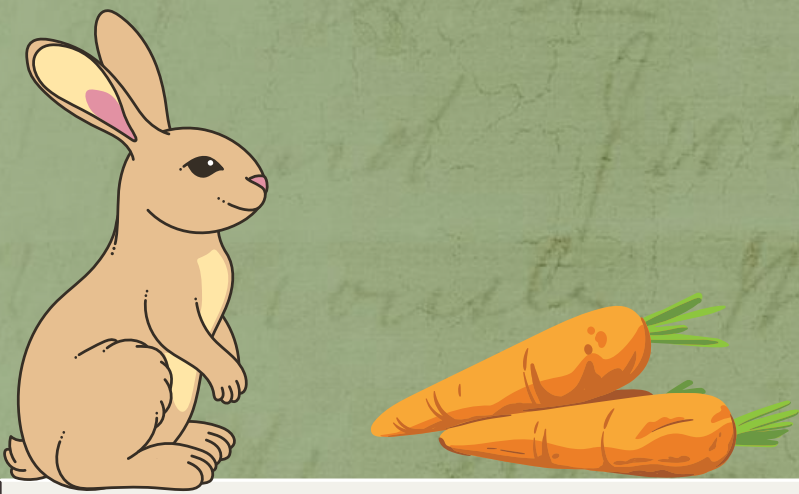
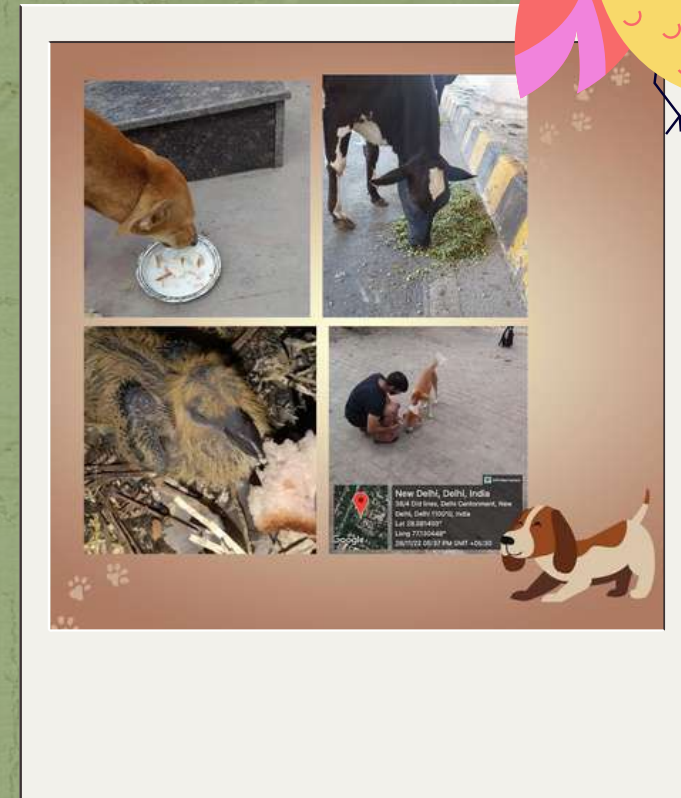
The journey to sanitization begins with constructing a toilet!
You are your own safeguard!!

NIKITA PATWANA
SOCIAL COMPUTER SCIENCE
2ND YEAR

Sanitation and clean environment brings peace of mind and a disease free environment. On 19th November 2022, on account of **World Toilet Day**, 75 beautifully articulated slogan entries were shared and/or posted by our volunteers with an opinion of 'Tackling the Global Sanitation Crisis'. They called for the need to keep our surroundings clean for a green and better future.



FEEDING STRAY ANIMALS AND BIRDS



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

Feeding Stray Animal And Birds

26th November 2022

Send your entries at
nssrla.du@gmail.com

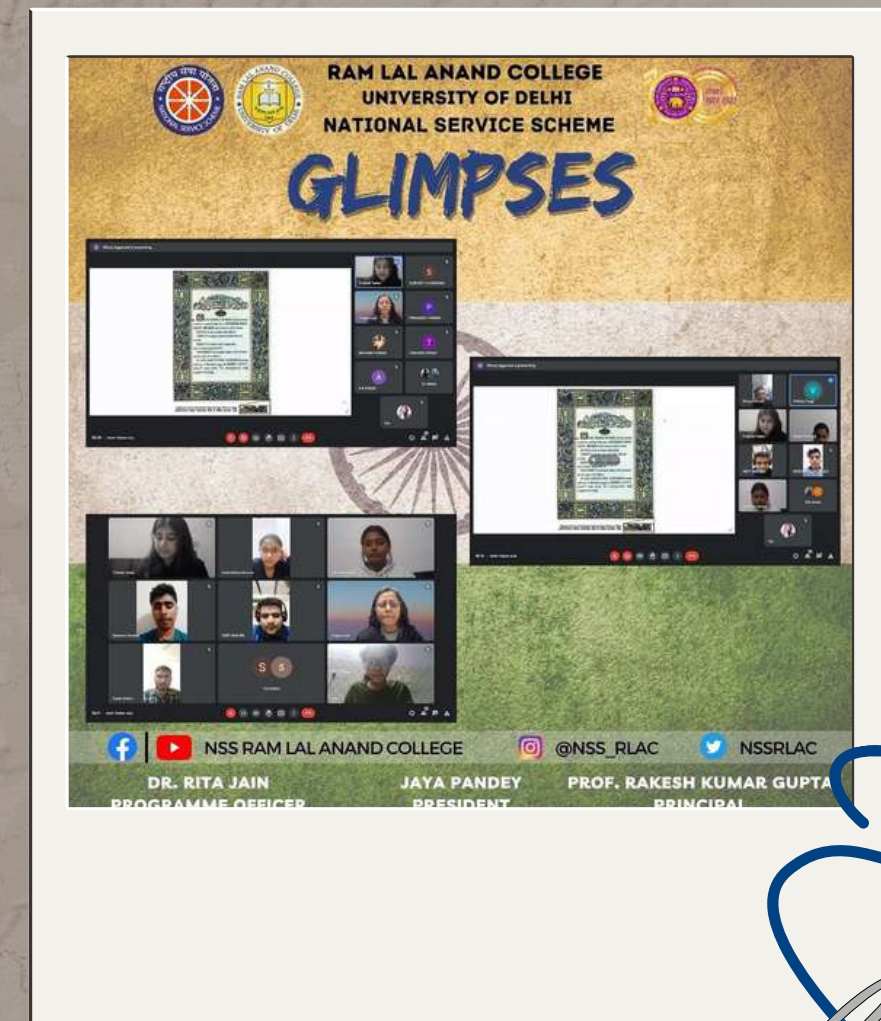
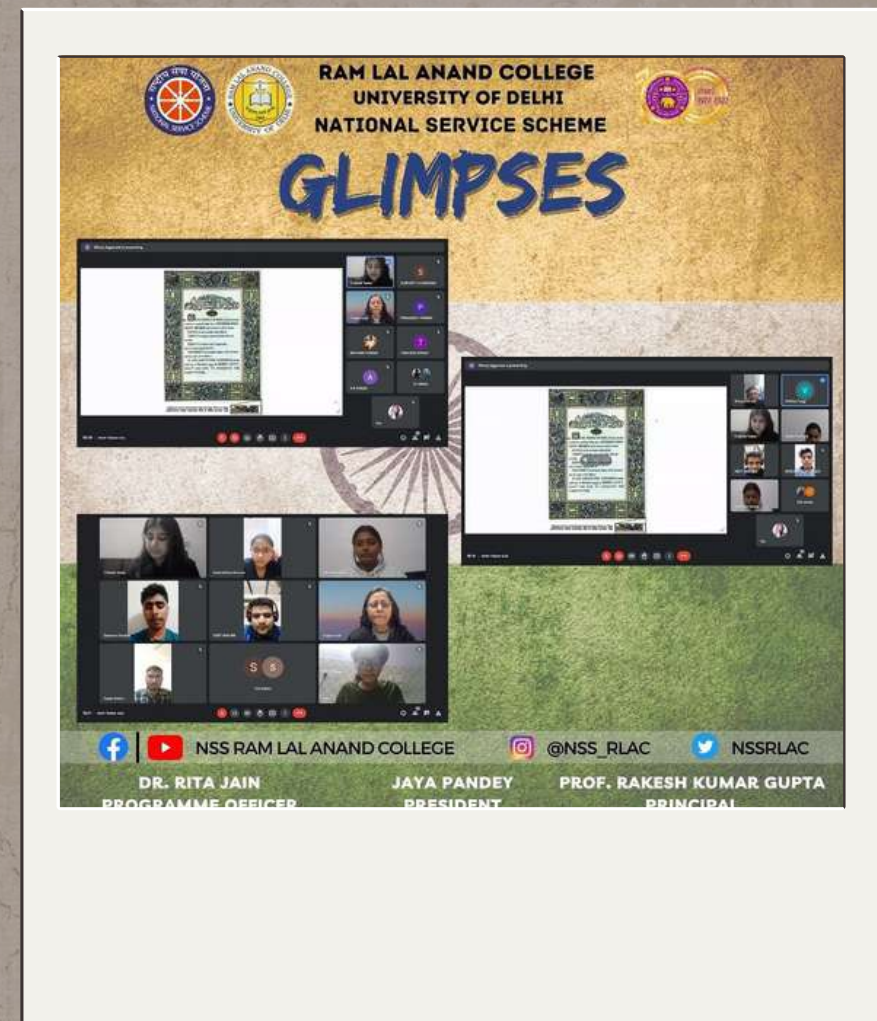
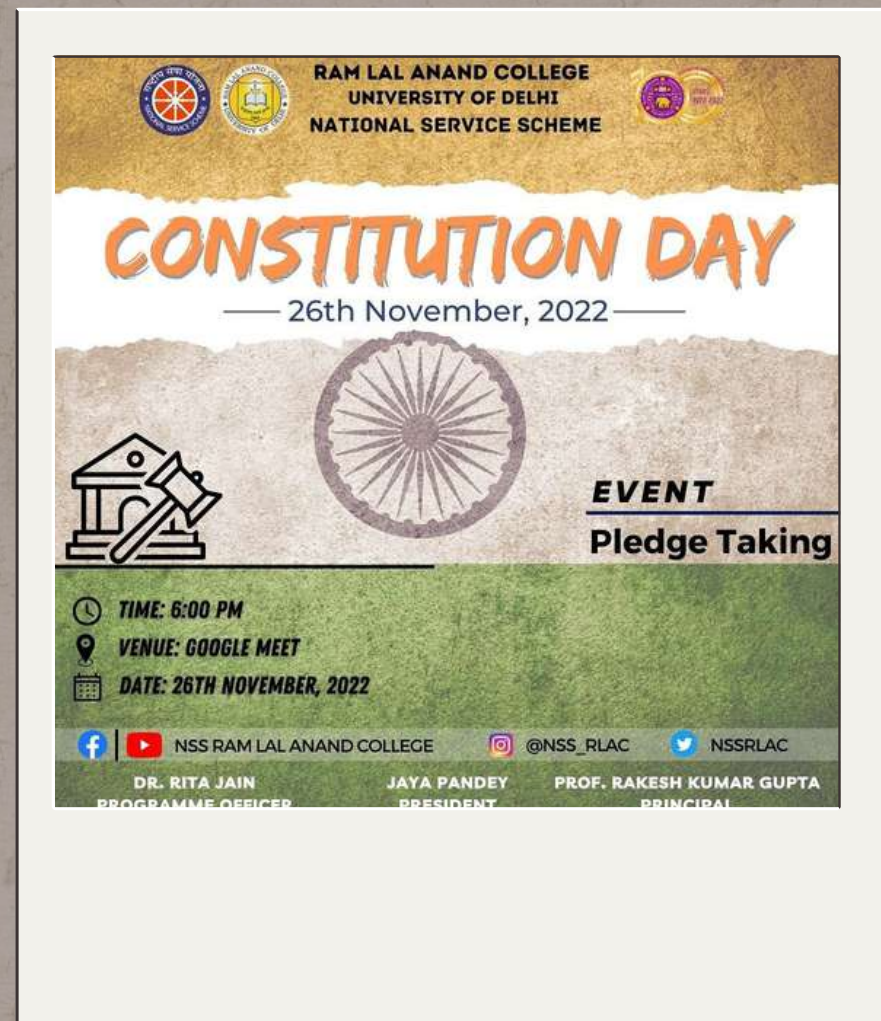
NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita jain Programme Officer
Jaya Pandey President
Prof. Rakesh Kumar Gupta Principal



On 26th November 2022, the Unit organised an activity to feed stray animals and birds. Volunteers were asked to send geo-tagged pictures of them feeding at least three stray animals or birds. Among them, 45 volunteers (27 being female) made a difference and contributed towards animal welfare.





On 26th November, a Preamble Recitation ceremony was held in the form of pledge taking on account of **Constitution Day**. 122 heads were counted with 63 being females. 60 newly recruited volunteers of **NSS** also became a part of the ceremony and were motivated by our Hon'ble Program Officer, **Dr. Rita Jain**.

WORLD AIDS DAY



Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD AIDS DAY
DECEMBER 1, 2022

ONLINE QUIZ | THEME: EQUALIZE

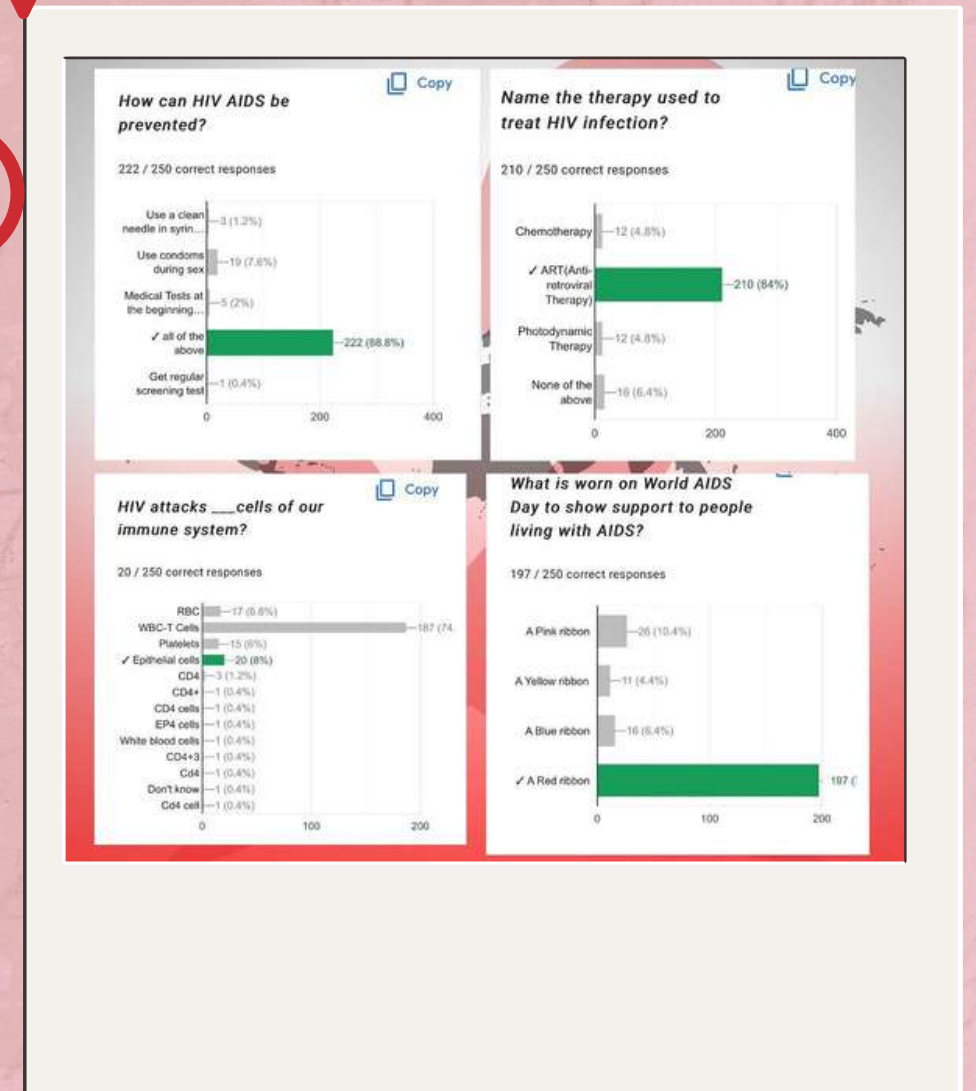
TIME QUIZ IS OPEN TILL 11.59 PM

VENUE GOOGLE FORM

Participate actively and share the form with your friends and family

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain Program Officer
Jaya Pandey President
Prof. Rakesh Kumar Gupta Principal



The NSS Unit Of RLAC entered the month of December with a quiz on **World AIDS Day**. Each volunteer had to get at least 5 people to fill the awareness quiz forms and we received an overwhelming number of over 200 responses out of which 120 were females. The enormous response made this quiz a successful event.

INDIAN NAVY DAY



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

INDIAN NAVY DAY
4 DECEMBER

Write a note of thanks to the Navy Personnel for safeguarding the national waters and share it on social media handles tagging NSS RLAC and Indian Navy...

Submit your Post screenshot to nssrla.du@gmail.com before 11.59 pm

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain Programme Officer
Jaya Pandey President
Prof. Rakesh Kumar Gupta Principal

INDIAN NAVY DAY

Thank you

On the occasion of Navy Day, we extend our warm wishes to our navy who is always there to protect us and our country from enemies. Happy Indian Navy Day.

Glimpses

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

INDIAN NAVY DAY
4 DECEMBER 2020

On the occasion of Indian Navy Day, let us thank all of them who are guarding our country with all their efforts and sacrifice.

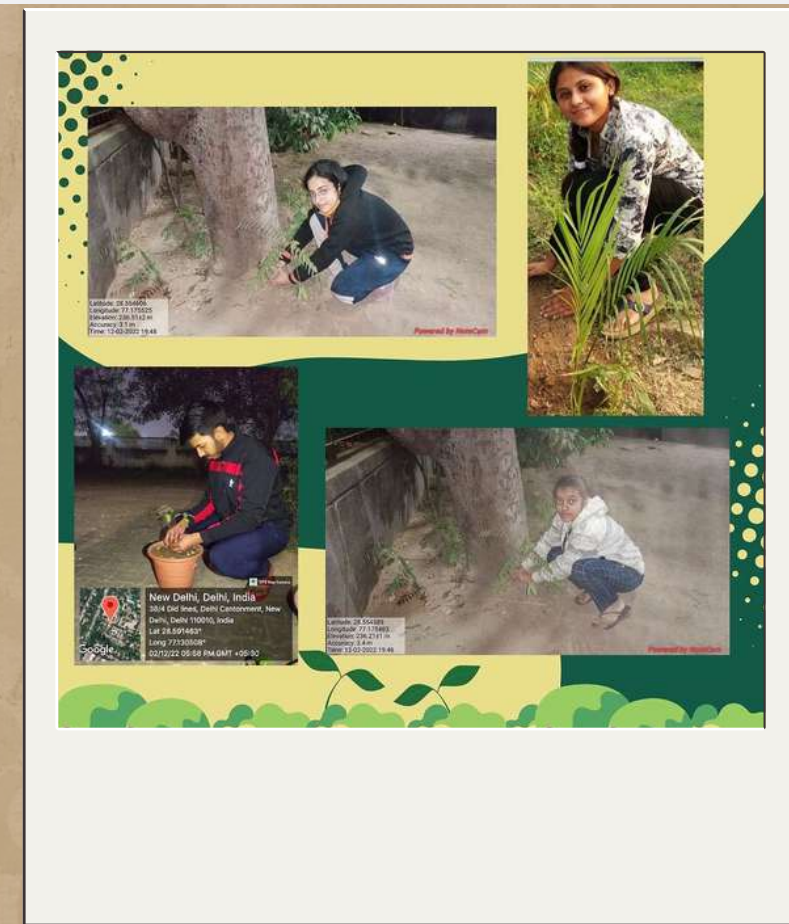
Happy INDIAN NAVY DAY

We are pleased to light of the fact that we have our navy keeping us ensured every which minute. Salute to our Navy. Give us a chance to observe Indian Navy Day by saluting all the navy men for their valiance, commitment, and energy. Cheerful Indian Navy Day.

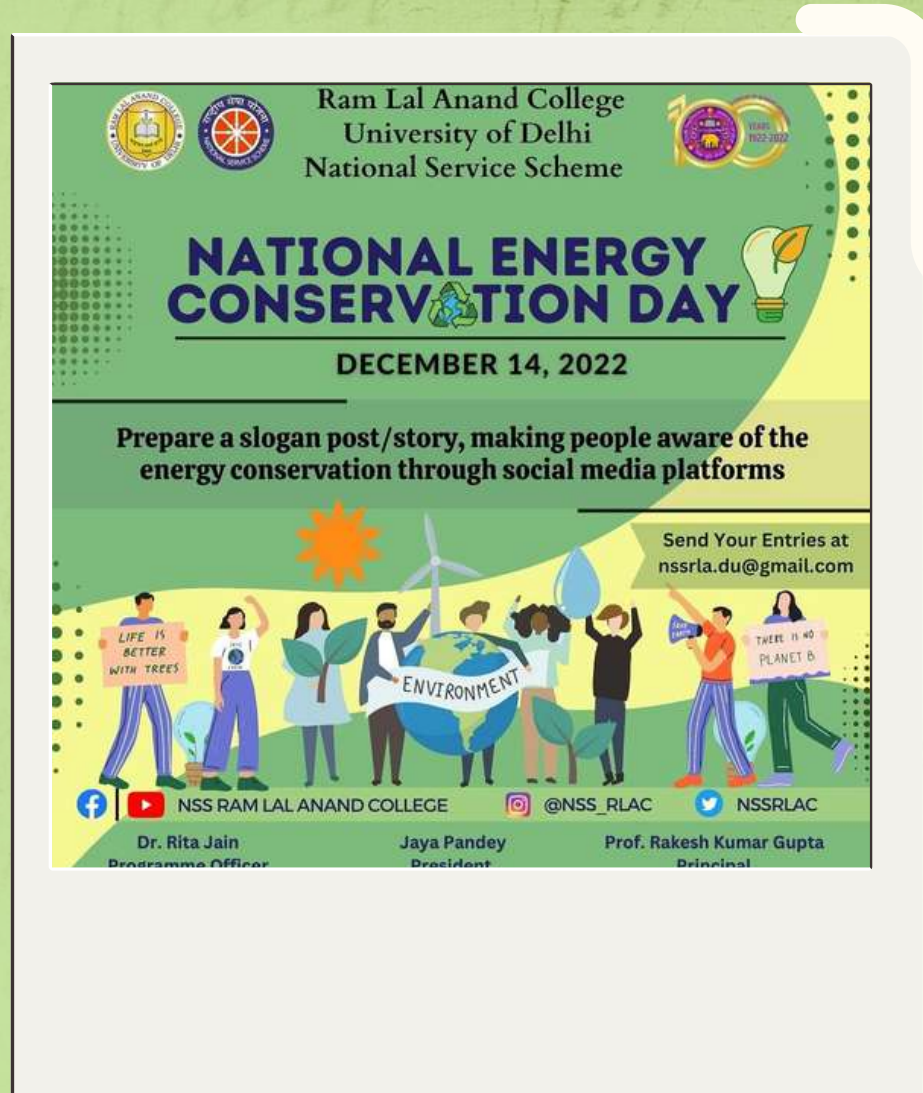
Ishika Goel
Bcom Hons
2 Year

On the Indian Navy Day - 4th December, 135 volunteers (59 being females) paid gratitude to the navy personnel through handwritten/digital notes of thanks. This was to bring in consideration their hardwork and dedication towards the country and to bring into acknowledgement, their service and love for nation.

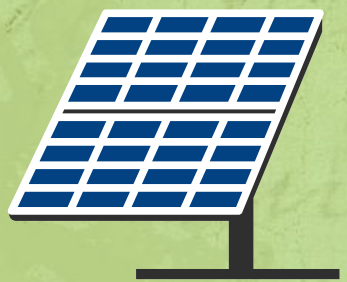
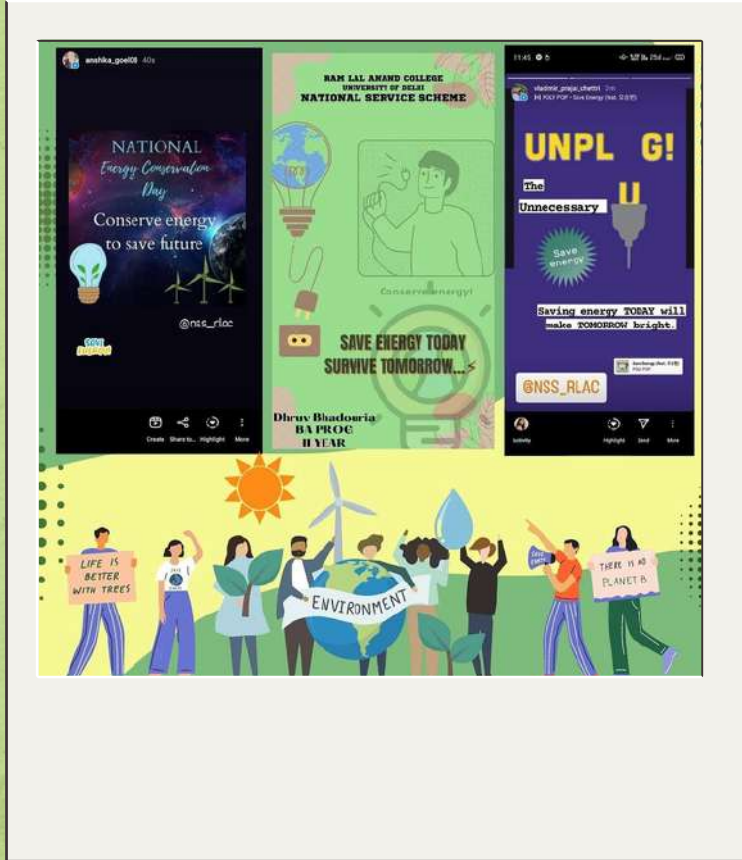
NATIONAL POLLUTION CONTROL DAY



A sapling plantation event on 2nd December 2022 observed as National Pollution Control Day in which 130 volunteers 65 being females planted saplings. This was a initiative regarding a small step regarding the same -to plant saplings for pollution control .these saplings were planted in different regions of delhi.



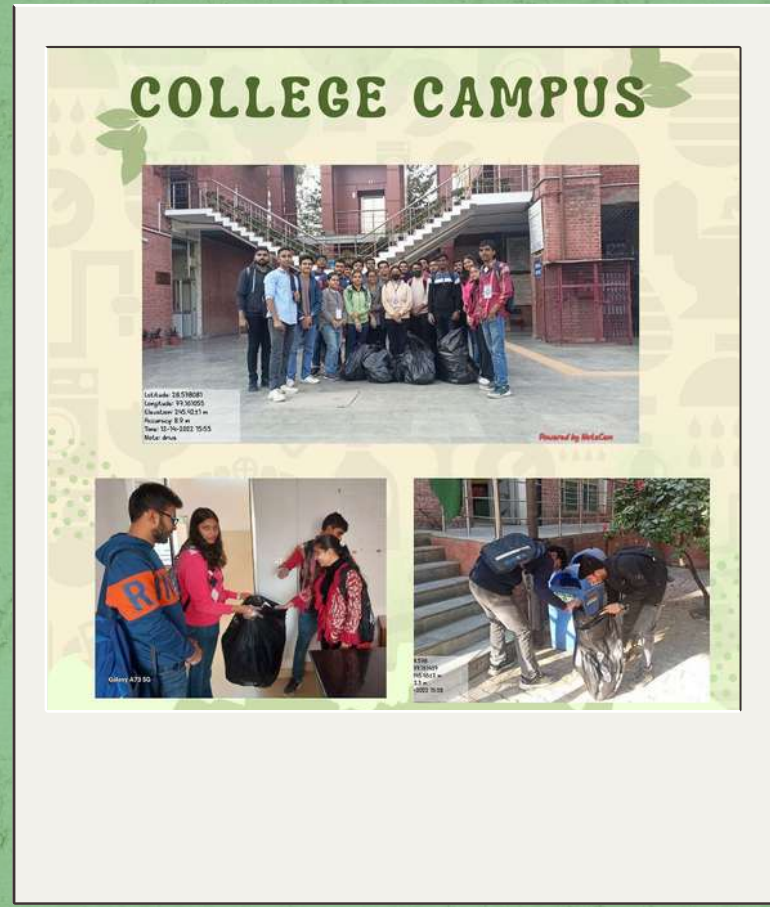
NATIONAL ENERGY CONSERVATION DAY



Don't act foolish , Save fossil fuels.keeping in mind the need to save energy.**On 14 DECEMBER** the **National Energy Conservation Day**, the unit held a digital slogan writing event in which **160+** volunteers **65** being females participated.



SWACHHATA 3.0



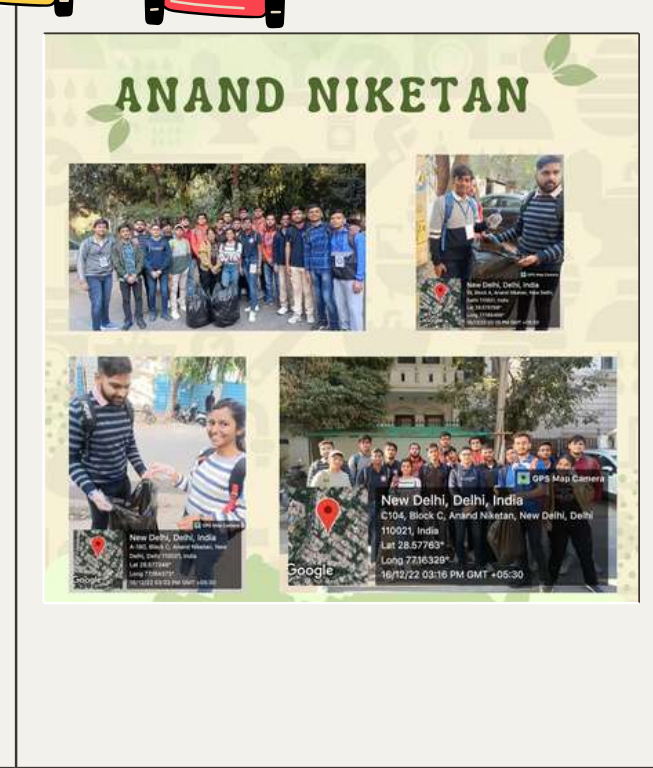
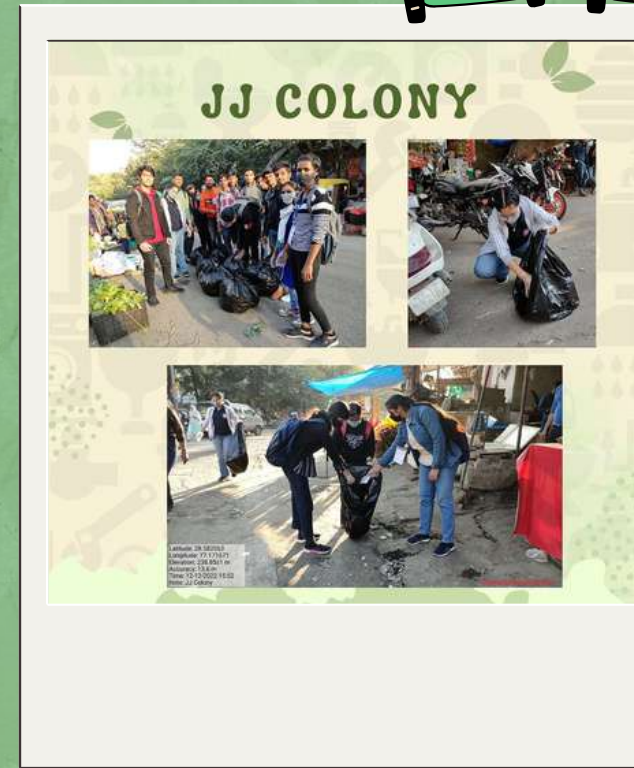
Ram Lal Anand College
University of Delhi
National Service Scheme

SWACHHATA 3.0
12th-16th December, 2022

Locations : South Campus , Anand Niketan,
Basant Gaon, College Campus, JJ Colony

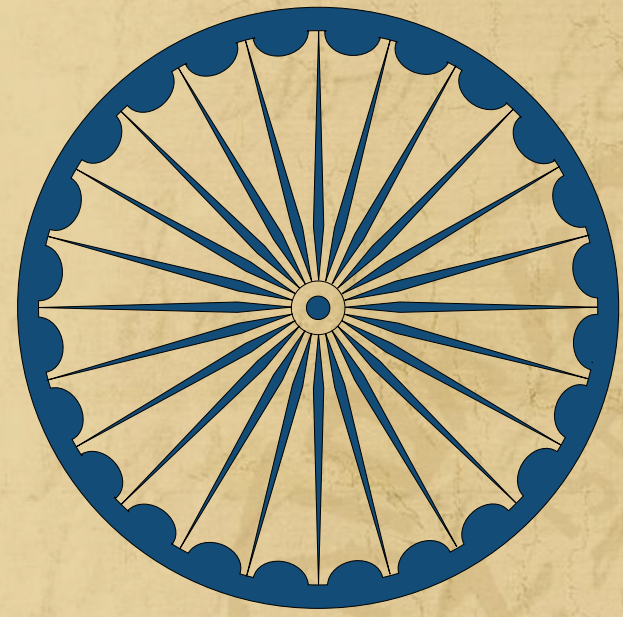
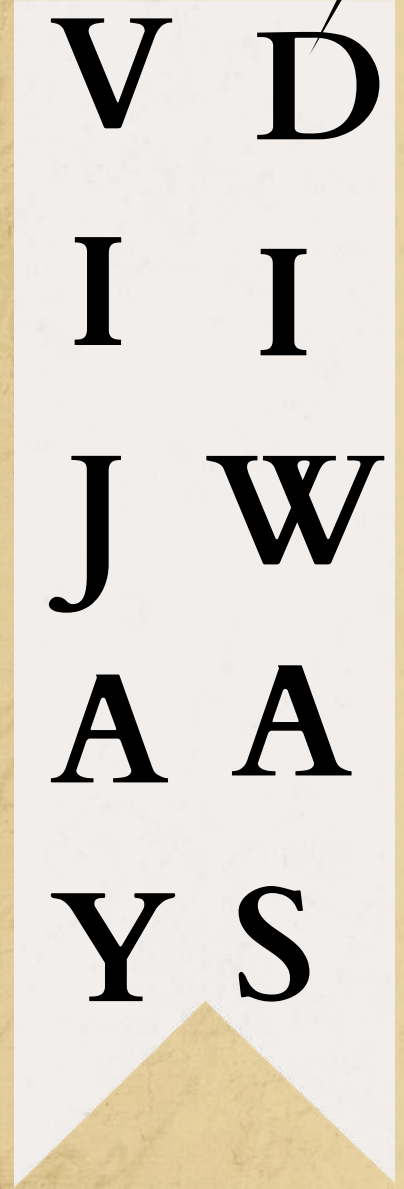
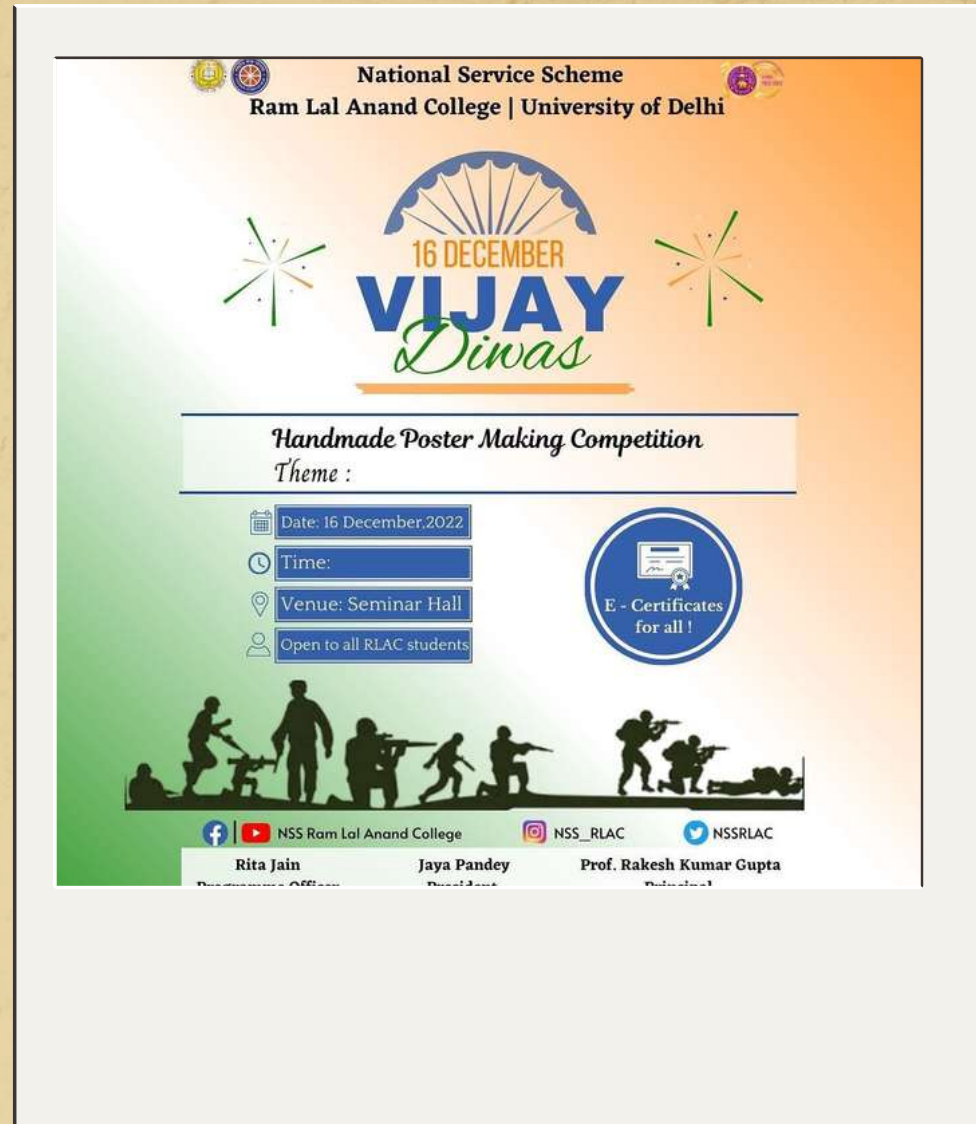
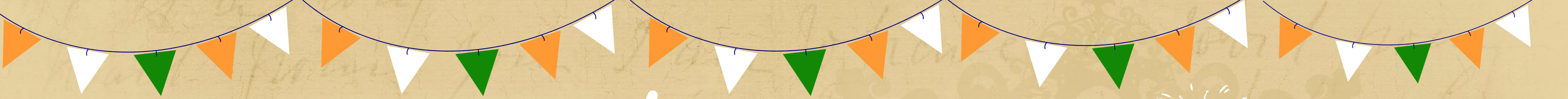
NSS RAM LAL ANAND COLLEGE | @NSS_RLAC | NSSRLAC

Dr. Rita Jain | Jaya Pandey | Prof. Rakesh Kumar Gupta



Cleanliness is next to Godliness. A clean environment brings peace of mind and keeps us healthy. Keeping this in mind Under **SWACHHATA 3.0** from 12-16 DECEMBER 2022, over 150 VOLUNTEERS 75 being females safely collected and disposed of garbage of all kinds from the nearby areas.





To commemorate **Vijay Diwas**, a handmade poster making event was organized on **16 DECEMBER 2022**. The event saw a participation of 55 student volunteers 23 being females. This was done to celebrate the life of the martyrs, veterans of war and victory itself



KISAN DIWAS



University of Delhi
NATIONAL SERVICE SCHEME

KISAN DIWAS

DECEMBER 23, 2022

ONLINE QUIZ

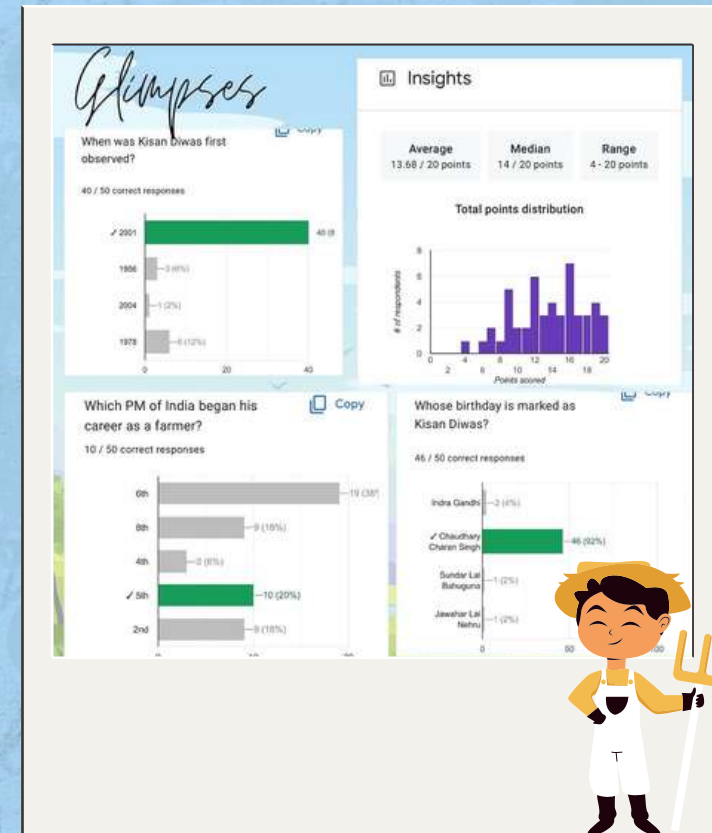
THEME: PROVIDING NUTRITIONAL SECURITY

TIME QUIZ IS OPEN TILL 11:59 PM

VENUE GOOGLE FORM

NSS RAM LALANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain
Jaya Pandey
Prof. Rakesh Kumar Gupta



The Kisan (farmer) is the soul of a nation the one who feeds us , produce for us thus **Kisan Diwas** was marked by another online quiz on **23 DECEMBER 2022** consisting of 15 questions. A total of 51 volunteers 32 being females submitted their responses.



CHRISTMAS - THE JOY OF GIVING



*To mark the end of the year 2022, the unit organized a **Donation Drive, The Joy of Giving**, on Christmas. 130 volunteers 54 being females went to various places and donated freshly cooked food and warm clothes to the ones in need, thus truly ending the year with the core spirit and motto of **National Service Scheme**.

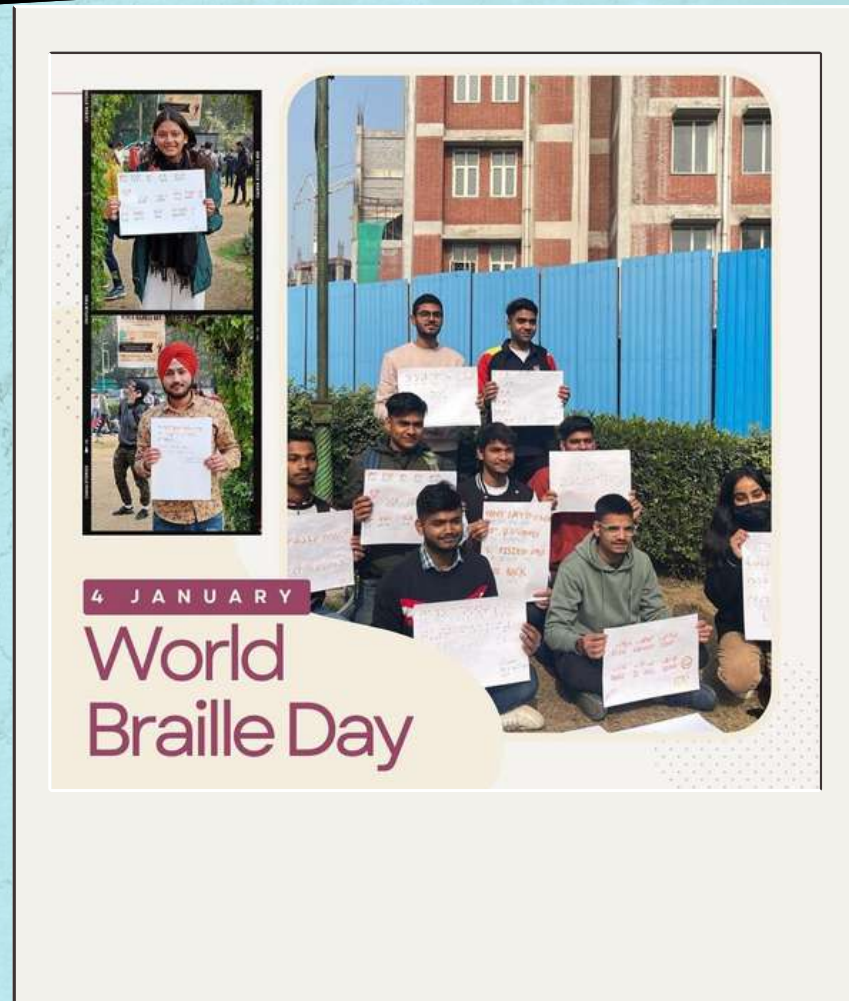
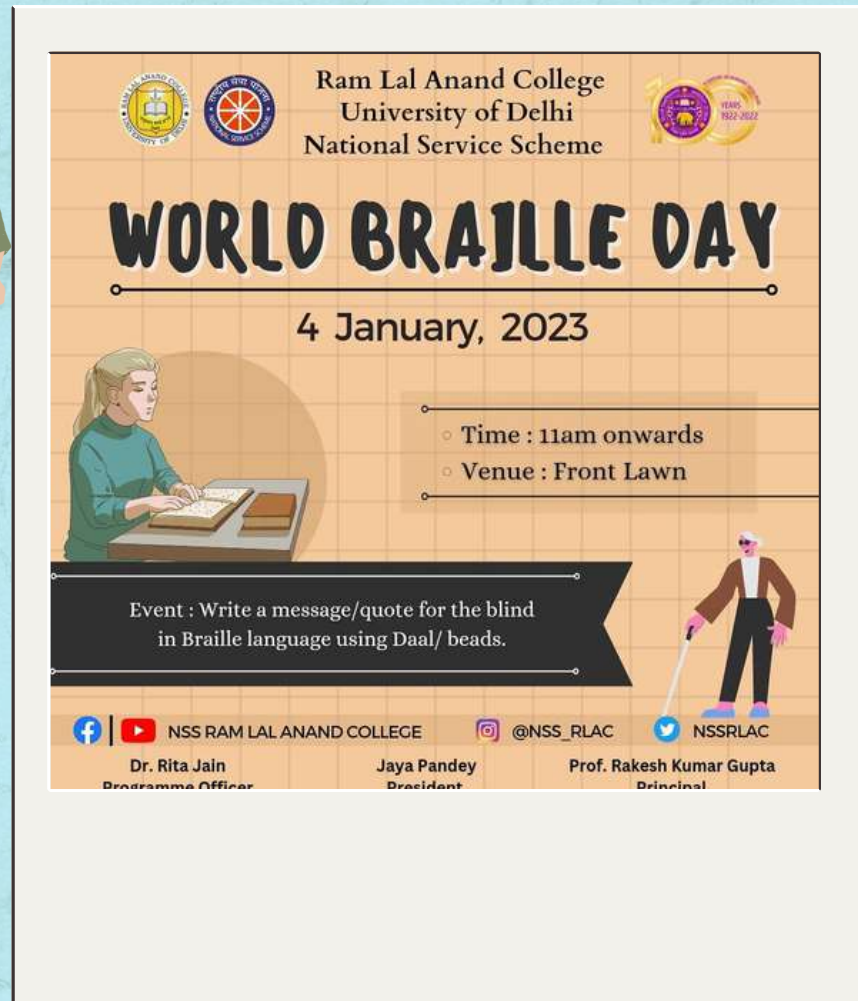
GLOBAL FAMILY DAY



The Spirit of the volunteers was not reduced in the month of **January 2023** as 110 entries 60 being females were received in an E – poster making competition for **Global Family Day** on 1st **JANUARY**, starting off the year with the volunteers reflecting the true essence of **NSS**.



WORLD BRAILLE DAY



Braille is script used by the visually impaired to interact with the rest of the world. On 4th JANUARY a message/quote using beads in Braille language was encouraged by NSS UNIT OF RLAC on World Braille Day where 42 volunteers 21 being females participated.






Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD DAY OF WAR ORPHANS
JANUARY 6, 2023

Article Writing Competition

**THEME: THE ARRAY OF CHALLENGES
THE WAR ORPANS ARE EXPOSED TO**

Send Your Entries at nssrla.du@gmail.com
by 11:59pm

 NSS RAM LAL ANAND COLLEGE
  @NSS_RLAC
  NSSRLAC

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal

WORLD DAY FOR WAR ORPHANS



Entries..

The array of challenges the war orphans are exposed to

By: Mohit Rawat

World Day of War Orphans is commemorated on January 6 every year with the aim to draw the spotlight on the wide array of physical, mental, emotional and social challenges faced by minors who have been orphaned due to conflicts. The day also aims to raise awareness of the need to protect the human rights of such children and to mobilize will and efforts to secure a better tomorrow for them.

History and significance

World Day for War Orphans is an annual observance established by SOS Enfants en Detresse, a French organization working for improving the lives of children affected by wars. Kids are among the most vulnerable groups in societies where conflicts erupt. Such events have a profound, long-lasting negative impact on the well-being of all nations. However, the ones who have their parents due to conflicts face increased protection risks. Some common violations include recruitment of minors for fight, abduction, killing, attacks on schools, sexual abuse, denial of access to humanitarian aid, among other egregious child rights violations. Abductions, forcible marriages and rapes also occur. Therefore, it is crucial to generate greater awareness and efforts to prevent reasons affected by war.

The number of countries experiencing violent conflict is the highest it has been in the last 50 years. The trend is that more than 10 million children have been displaced by conflict. Many of them are being educated, malnourished, abused and exploited. Many more are living in limbo, without official recognition status or access to education and health care. From Afghanistan to Mali, to South Sudan, Yemen and beyond, war-torn parties are flouting one of the most basic rules of war: the protection of children." - UNICEF

World Day of War Orphans is held on January 6 in order to raise awareness of the issue of war orphans and the trauma they endure. The objective of the day is to raise awareness about the need to defend the human rights of children who have lost both parents to war and to inspire action to provide a better future for them. The significance of the day increases during pandemics, when orphan children are the most affected. The holiday serves as a reminder that it is our responsibility to look after kids in difficult situations, particularly in the wake of the coronavirus outbreak. The French organization, SOS Enfants en Detresse, started World Day of War Orphans. According to UNICEF data, over half of the casualties in conflicts fought in the 18th, 19th, and early 20th centuries were civilians, and this ratio gradually rose until 2001. Since that time, the number has decreased at a 0.7% annual pace.

Divyanshi Jain @Jain

There are many in this world who becomes orphans due to war. On the World Day of War Orphans the NSS UNIT of Ram Lal Anand College on 6th January commemorated an article writing competition, 98 volunteers 39 being females keenly participated who wrote an article on the issues faced by war orphans.



RAKTVEER CONFERENCE



Ram Lal Anand College
University of Delhi
National Service Scheme

Raktveer Conference

11 January, 2023

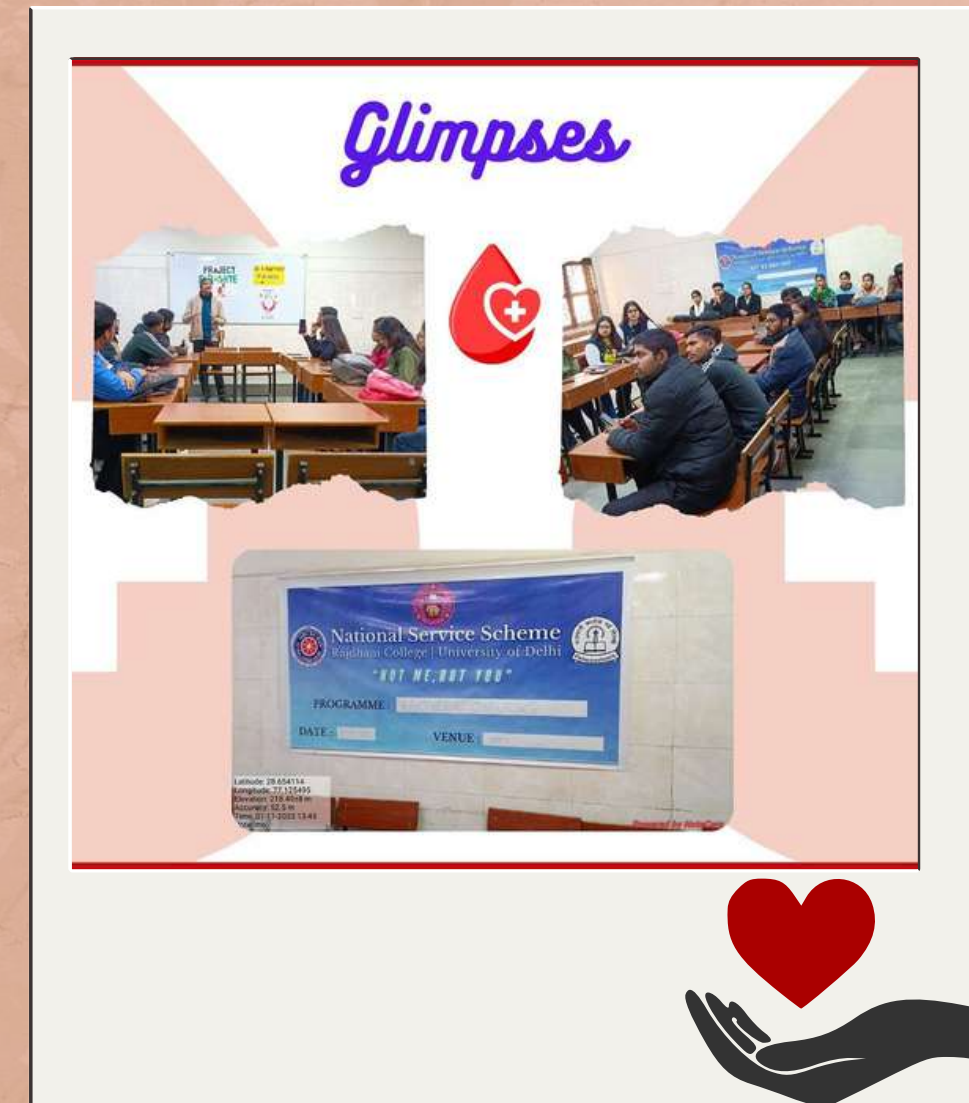
Time: 12 PM
Venue: Rajdhani College
- Seminar Room

Event: NSS Rajdhani's
conference on Project Raktveer

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC
Dr. Rita Jain | Jaya K Pandey | Prof. Rakesh Kumar Gupta



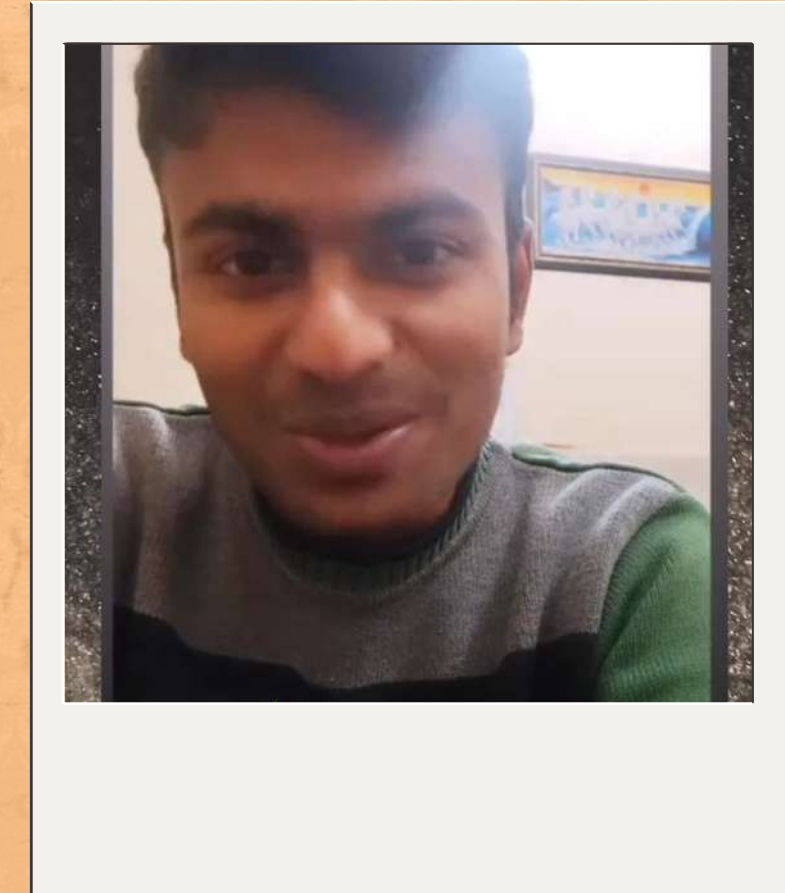
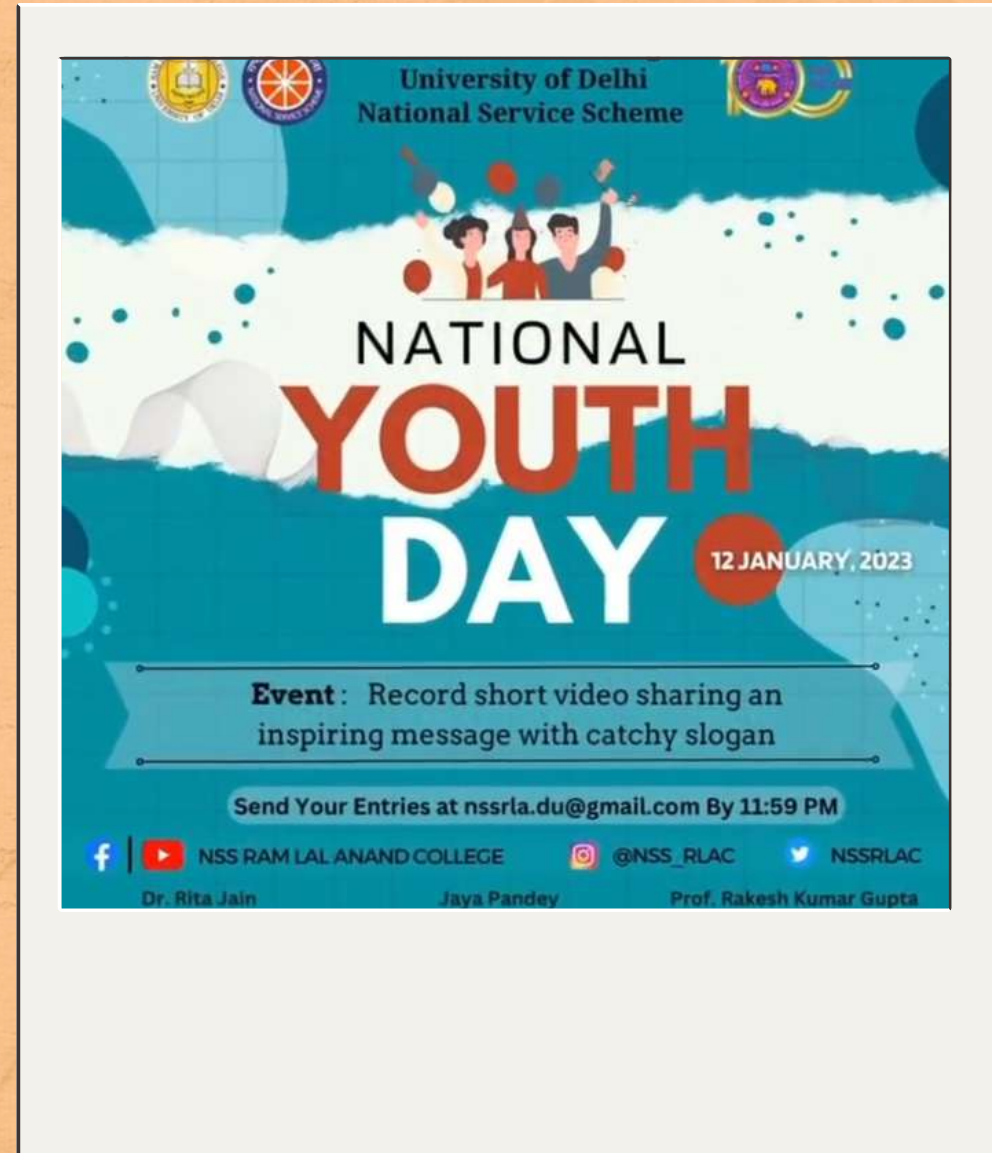
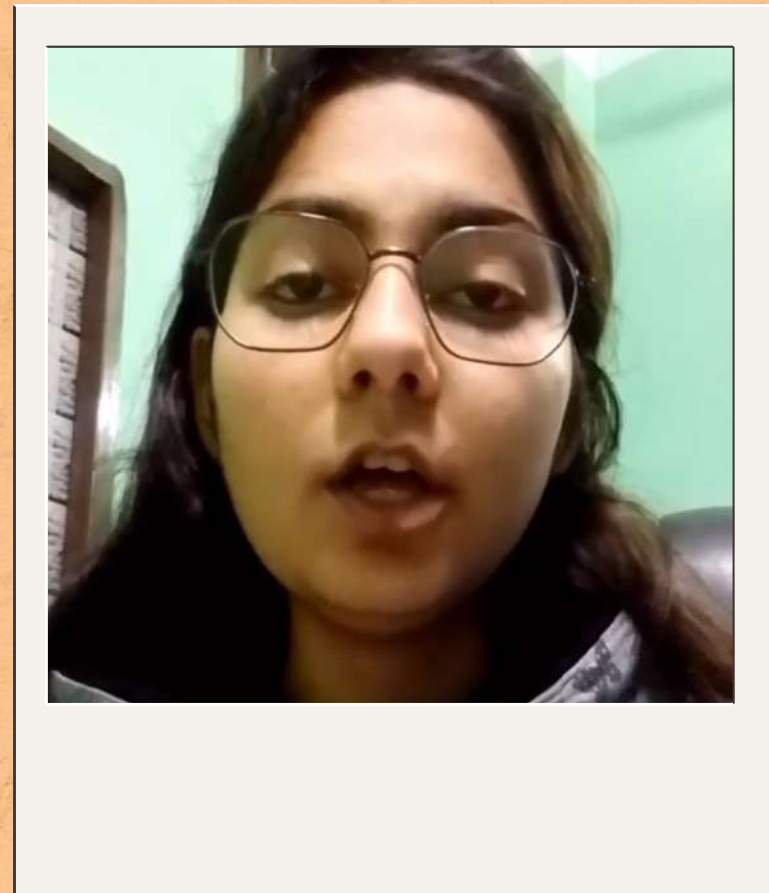
[11th January, 2023]
**Raktveer
Conference**



Glimpses

National Service Scheme
Rajdhani College | University of Delhi
"NOT ME, NOT YOU"
PROGRAMME
DATE: _____ VENUE: _____

On 11 JANUARY 2023 NSS UNIT Of Rajdhani College held Raktveer Conference for which 2 volunteers 1 being female were selected from NSS UNIT Of RLAC for the Raktveer Conference which emphasized on "Project Raktveer".

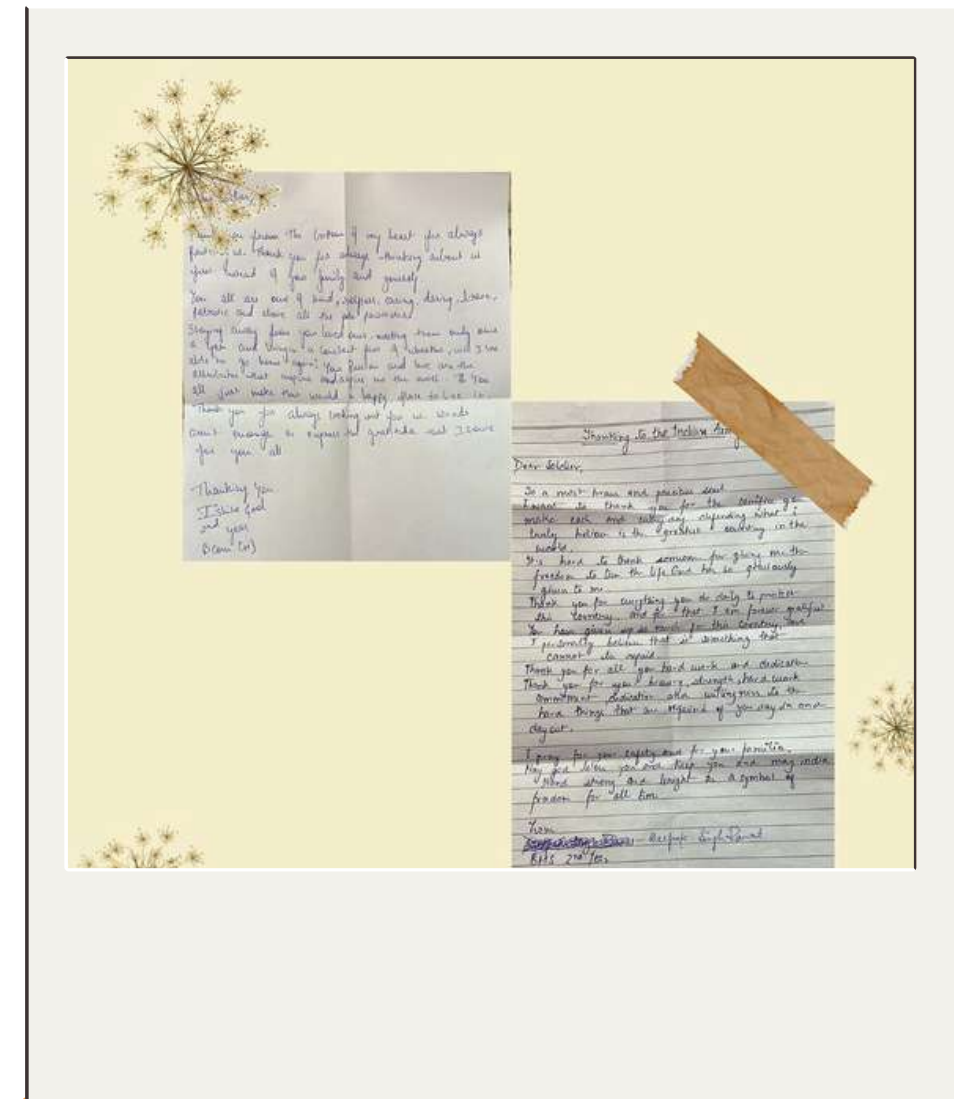
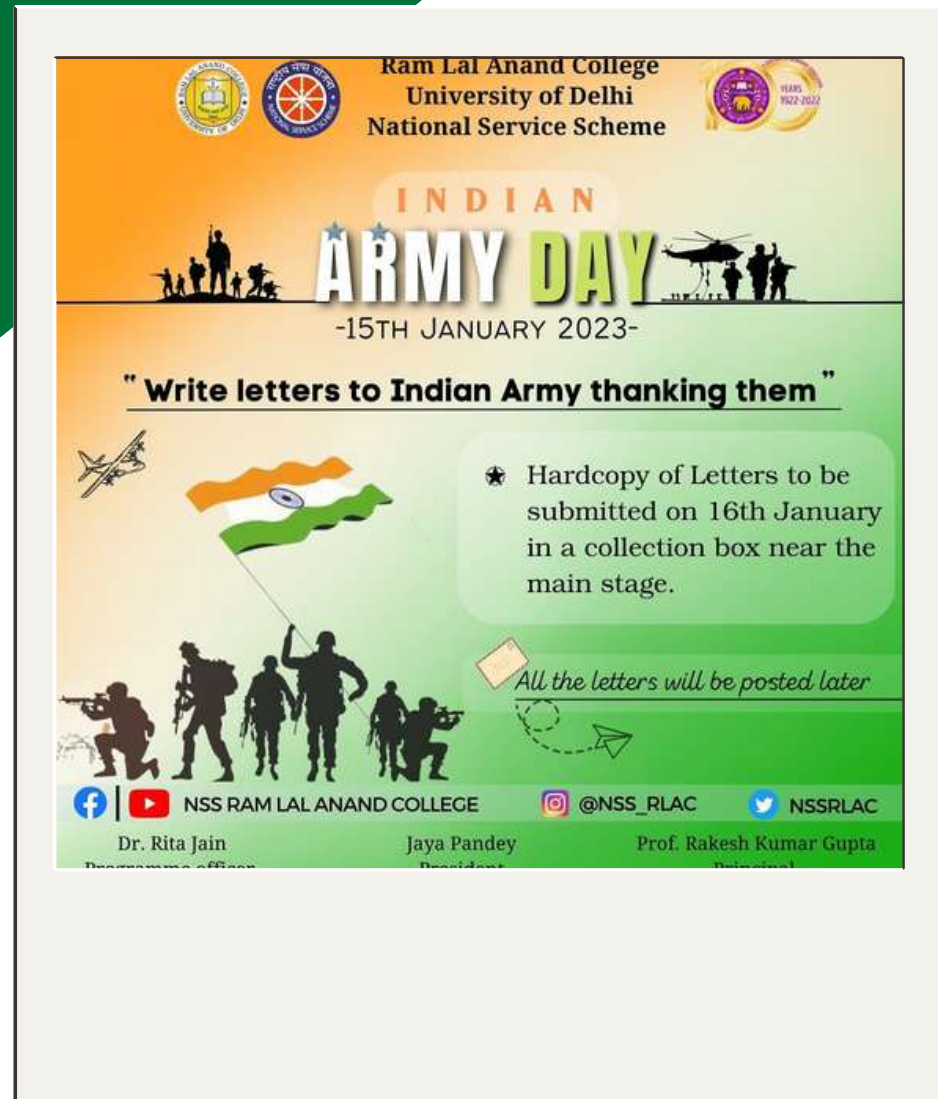
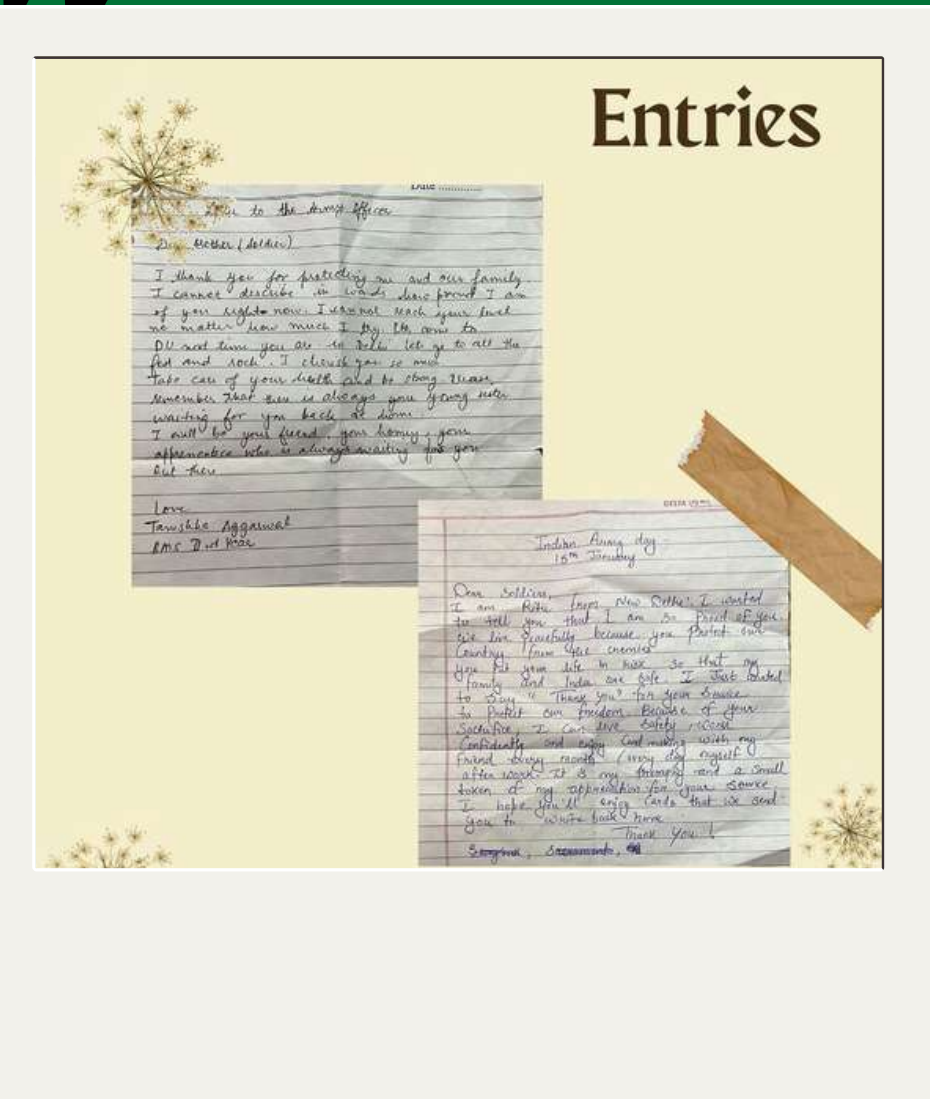


NATIONAL YOUTH DAY



Youth is the future of a nation. The better the youth the better the future of a nation becomes. Keeping this in mind on 12th **JANUARY 2023**, The **National Youth Day** was celebrated through 48 volunteers 17 being females giving an inspiring video message to the youth.

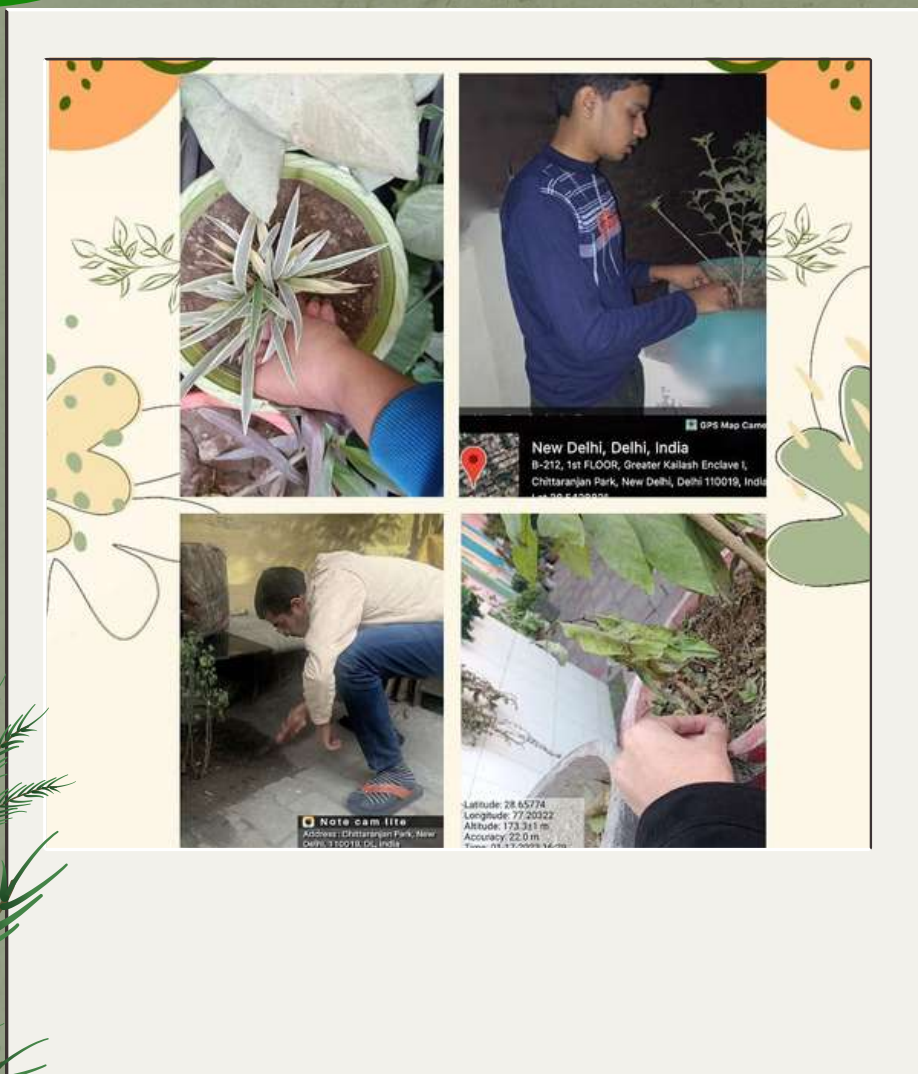




In the next half of the month, a letter writing event was conducted on 15th January 2023 on occasion of Indian Army Day. 98 volunteers 54 being females expressed their gratitude for the Army Personnel with their warm words.



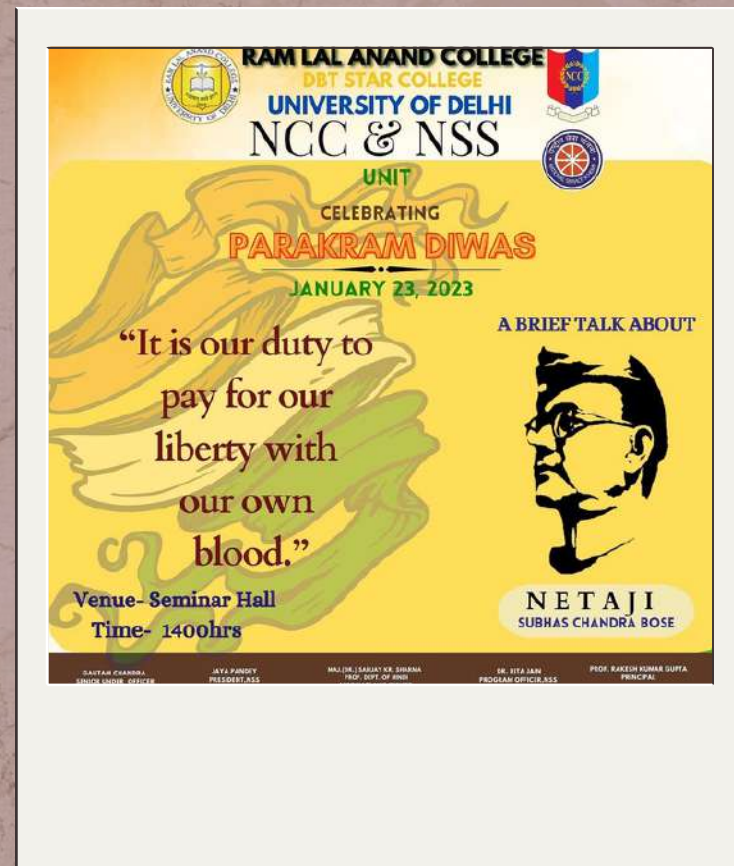
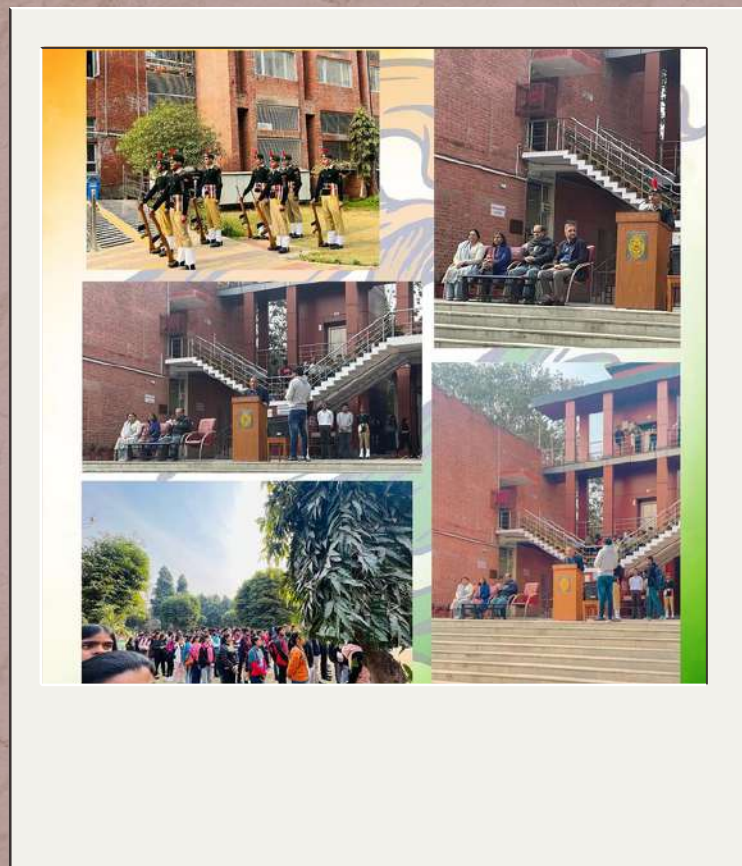
PLANT A SAPLING



Under **MISSION LIFE** a Sapling plantation drive was organized on 17th January with 122 volunteer 67 being female participated in this initiative and gave a message of importance of plants in our life.

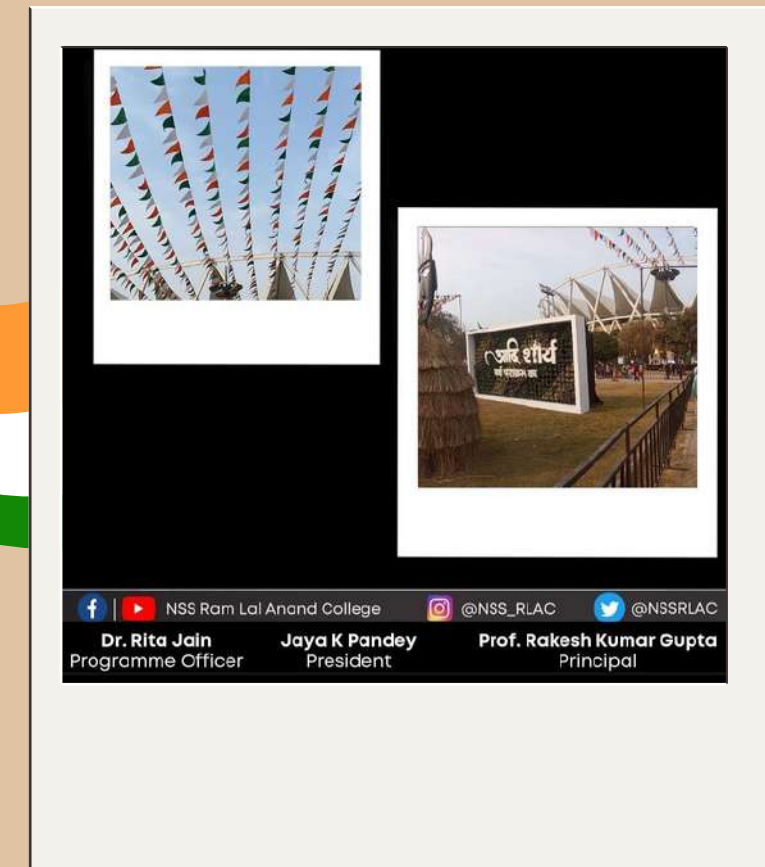
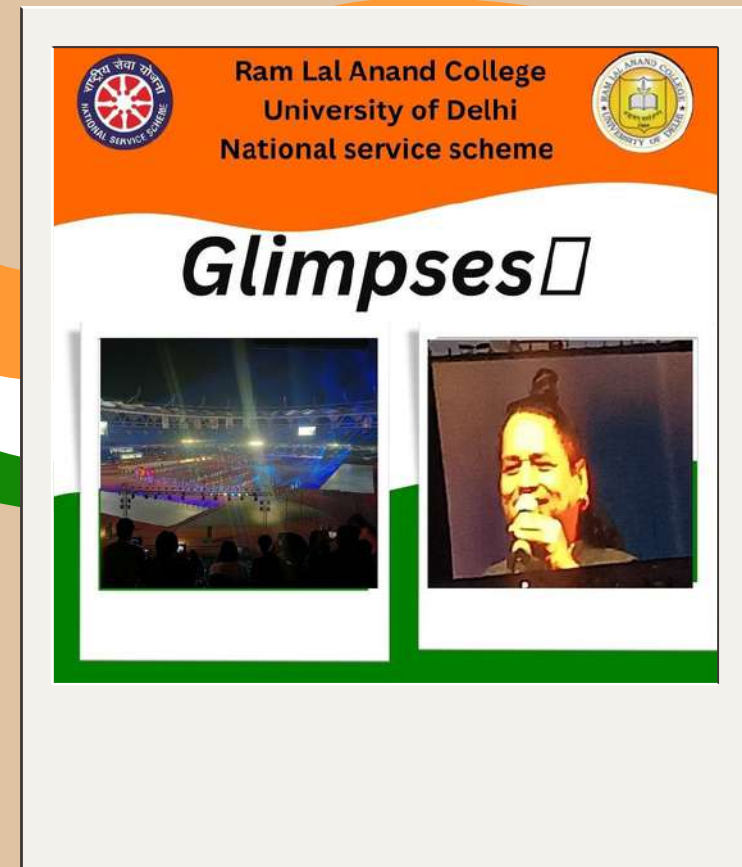
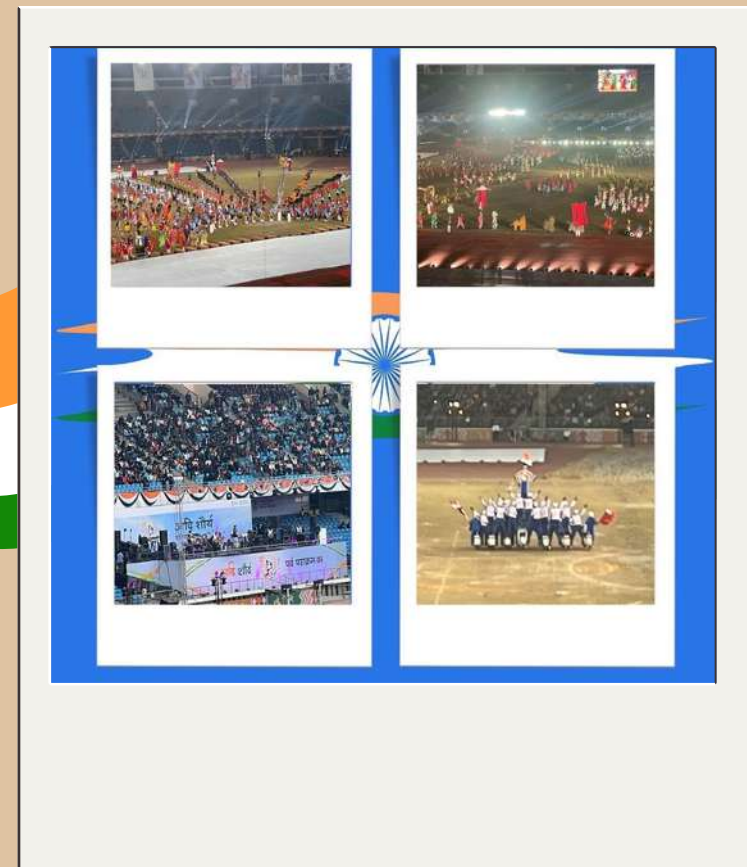
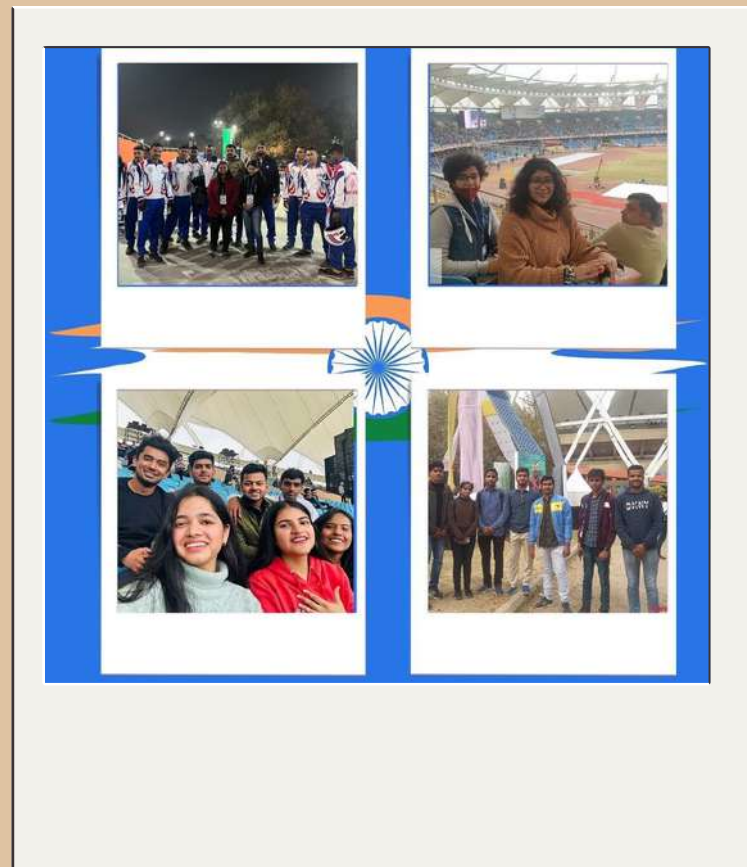


PARAKRAM DIWAS

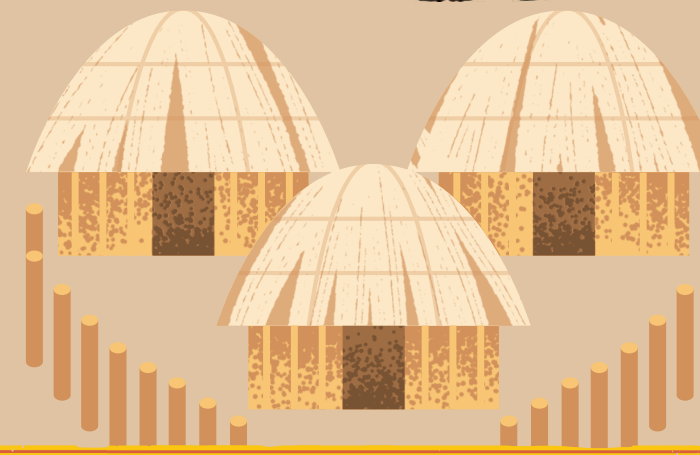


On Parakram Divas a brief talk on Netaji Subhash Chandra Bose in the college premises was held on 23rd January in which **NSS UNIT OF RLAC** collaborated with **NCC UNIT** .45 volunteers took part 21 being females.

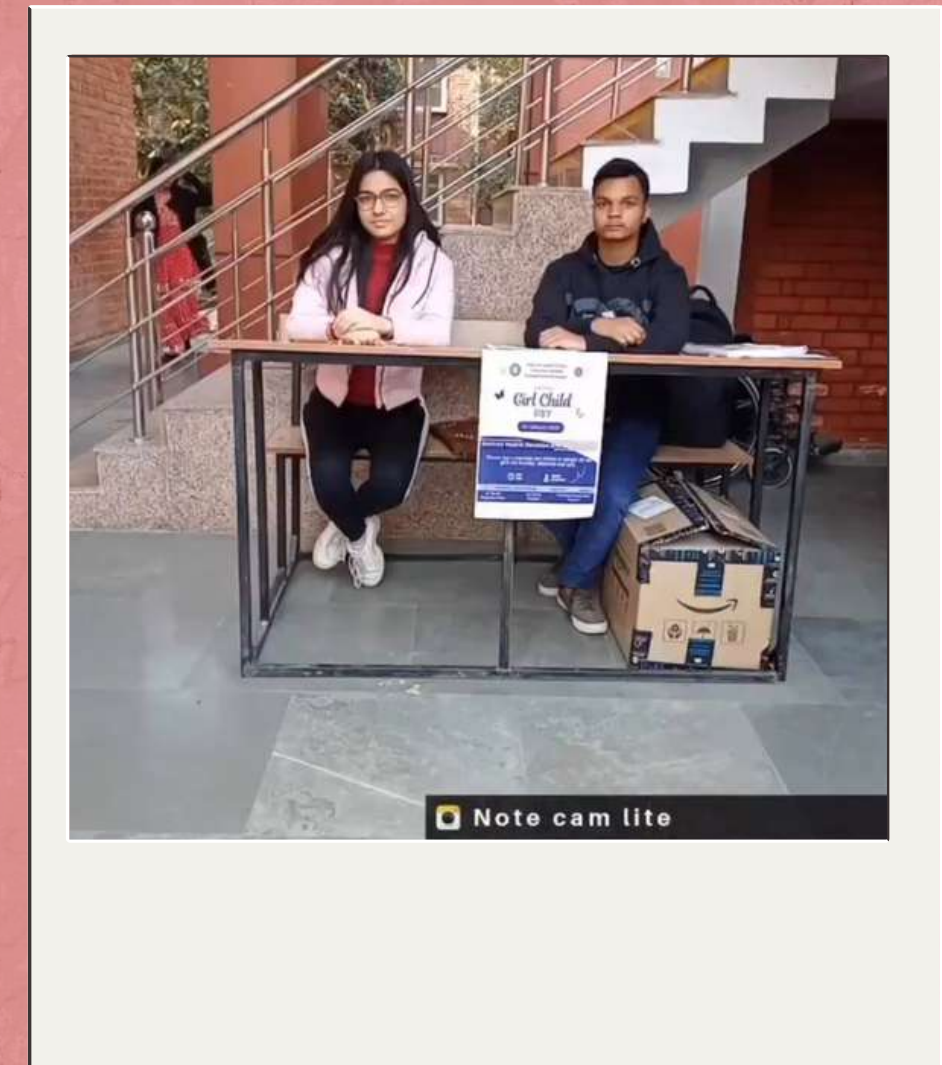




The Ministry of Tribal Affairs, in conjunction with the Ministry of Defence, with the Indian Coast Guard as the coordinating agency, organised a Military Tattoo and Tribal Dance Festival 'Aadi Shaurya – Parv Parakram Ka,' to mark the 126th birth anniversary of Netaji Subhash Chandra Bose on 23rd and 24th January 2023 at the JLN Stadium in New Delhi. The festival was set to exhibit the prowess of the Armed Forces in a Military Tattoo and feature various power-packed dance performances by tribal communities showcasing the beauty of India's diverse tribal culture from across India. The venue was decorated with tribal art inside the premises to attract the visitors. Around 100 volunteers participated from NSS RLAC.



NATIONAL GIRL CHILD DAY



On the occasion of **National Girl Child Day** on 24th January a **Sanitary Napkin Distribution Drive** was conducted at JJ Colony. With over 100 sanitary napkins collected from college campus 72 volunteers 32 being females participated in the donation drive.

NATIONAL VOTER'S DAY

Ram Lal Anand College
University of Delhi
National Service Scheme

Is organising
OATH TAKING CEREMONY
On the occasion of
NATIONAL VOTER'S DAY

Date :- 25/01/2023
Timing :- 12:45Pm
Venue:- Front Lawn

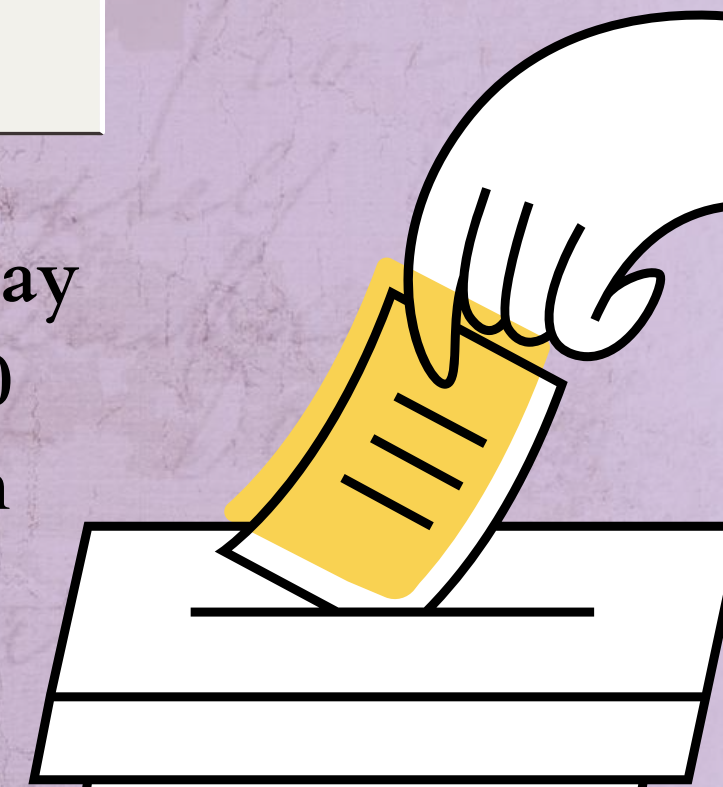
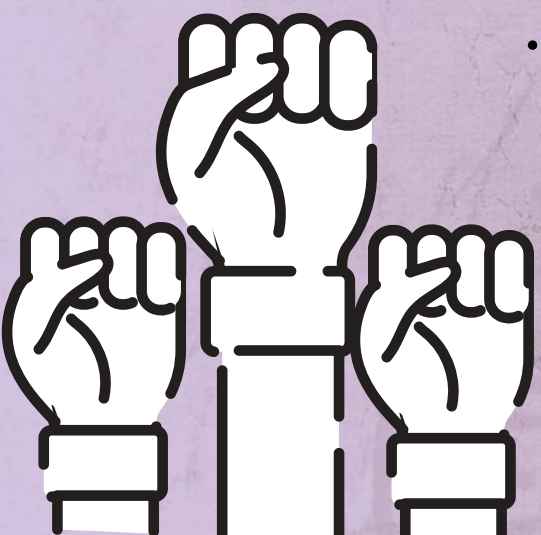
NSS Ram Lal Anand College @NSS_RLAC @NSSRLAC

Dr. Rita Jain Programme Officer
Jaya K Pandey President
Prof. Rakesh Kumar Gupta Principal

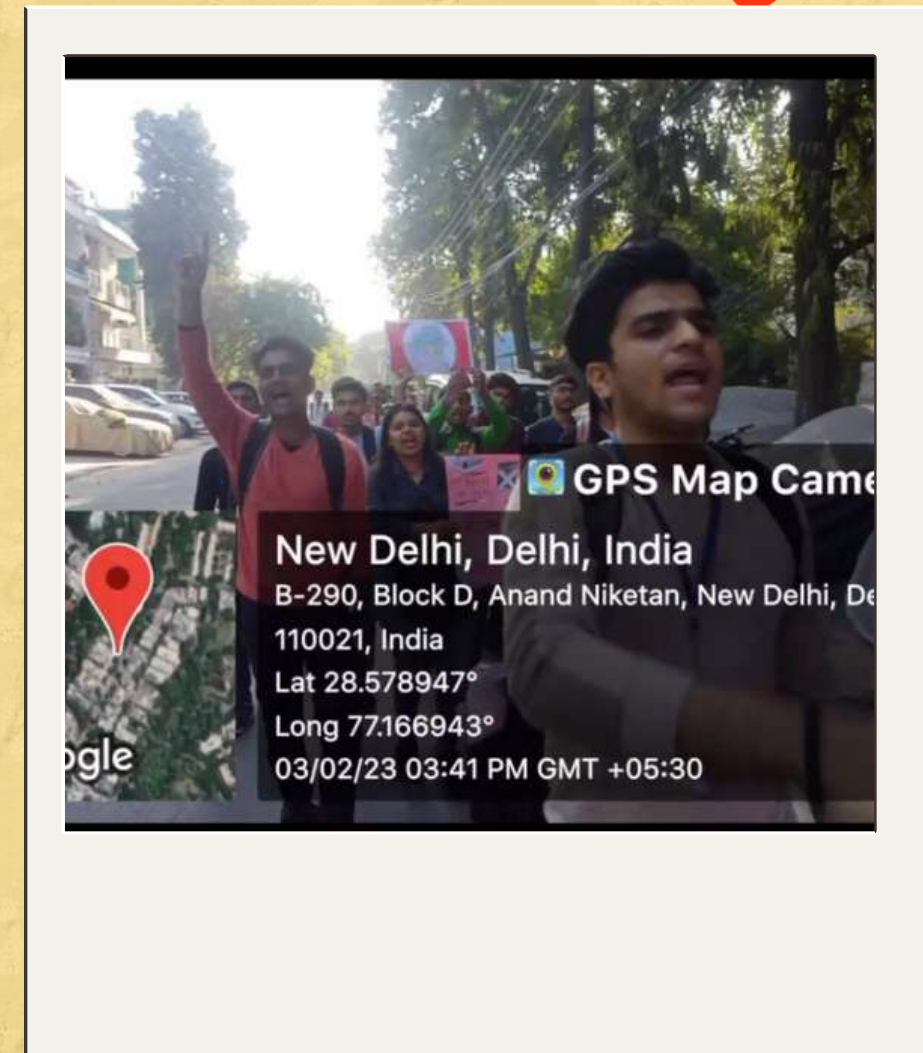
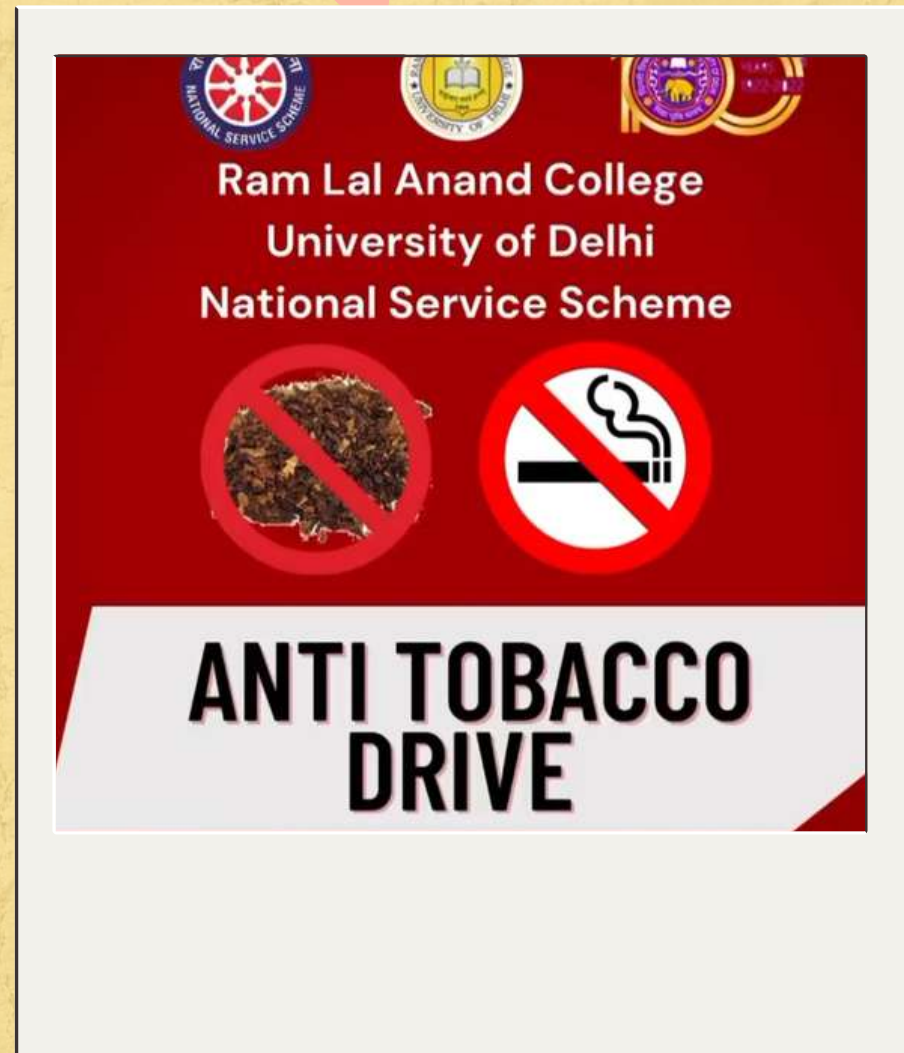
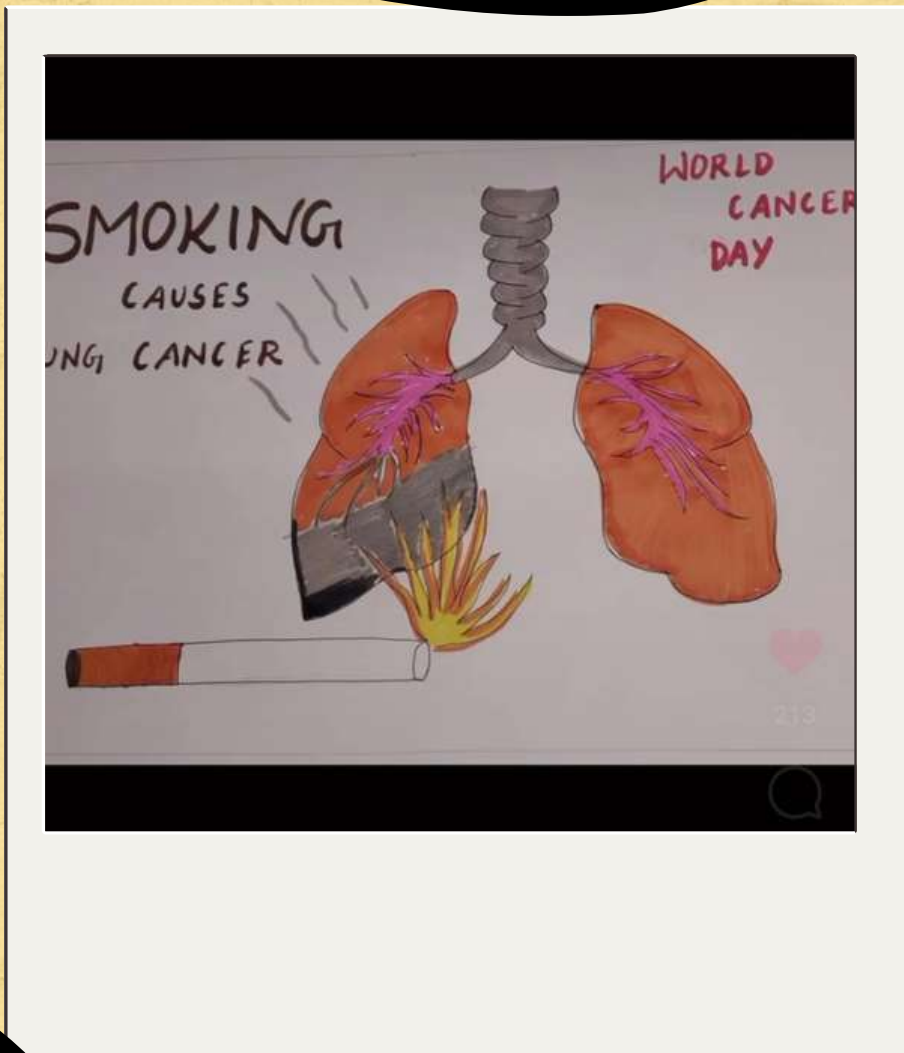
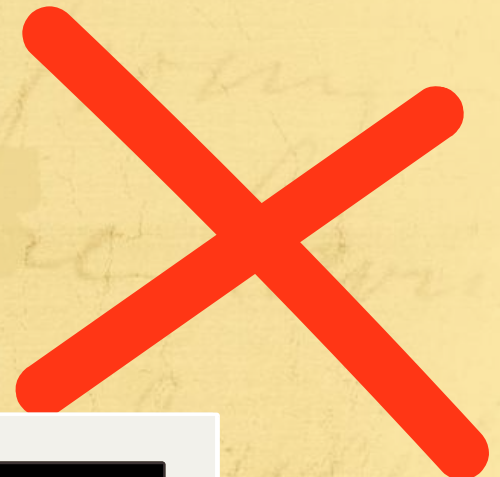
GLIMPSES



On 25th JANUARY the NSS UNIT OF RLAC celebrated National Voter's Day through the recitation of a pledge where as an enormous amount of response 180 volunteers 97 being females participated in this awareness spreading oath. Which encouraged more young minds to become a part of political process



ANTI-TOBACCO DRIVE



The whole month of February was more inclined towards environment and healthcare to aware people about the prevalent hazards. Under **Anti-Tobacco Campaign - 'Uniting Our Voices and Taking Actions'** and on the occasion of **National Cancer Awareness Day**, an offline anti-tobacco awareness drive was conducted on 3 february 2023 in college campus and nearby locations in which over 139 volunteers 71 being females participated.



KHELATHON
Embrace the challenges

MARCH 20TH & 21ST, 2023
VENUE: COLLEGE FRONT LAWN

For any Queries contact:
Tanjveed Athar 85275 14269 | Ishita Goel 84476 99746

Follow for future updates
NSS RAM LAL ANAND COLLEGE @NSS_RLAC @NSSRLAC



CLAY LAND
SEIZE THE CLAY

POT MAKING / PAINTING

DATE
21ST MAR 2023

TIMINGS
10 AM ONWARDS

For any Queries contact:
Tanjveed Athar 85275 14269 | Ishita Goel 84476 99746

Follow for future updates
NSS RAM LAL ANAND COLLEGE @NSS_RLAC @NSSRLAC



QUIZARDRY
know it ? show it !

THEME:
SUSTAINABLE DEVELOPMENT

OPEN TO ALL
SCAN TO
REGISTER

21ST
MAR
2023

12 PM
ONWARDS

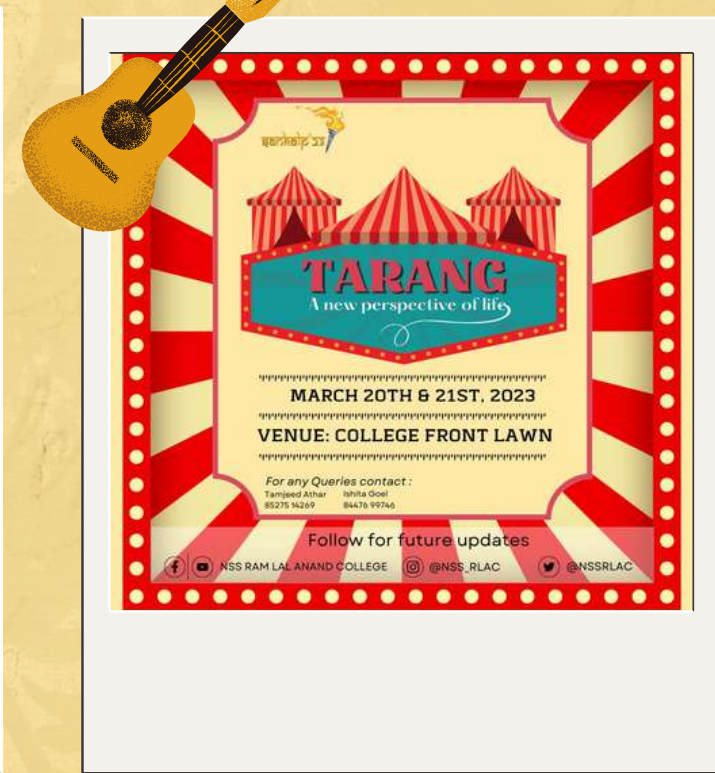
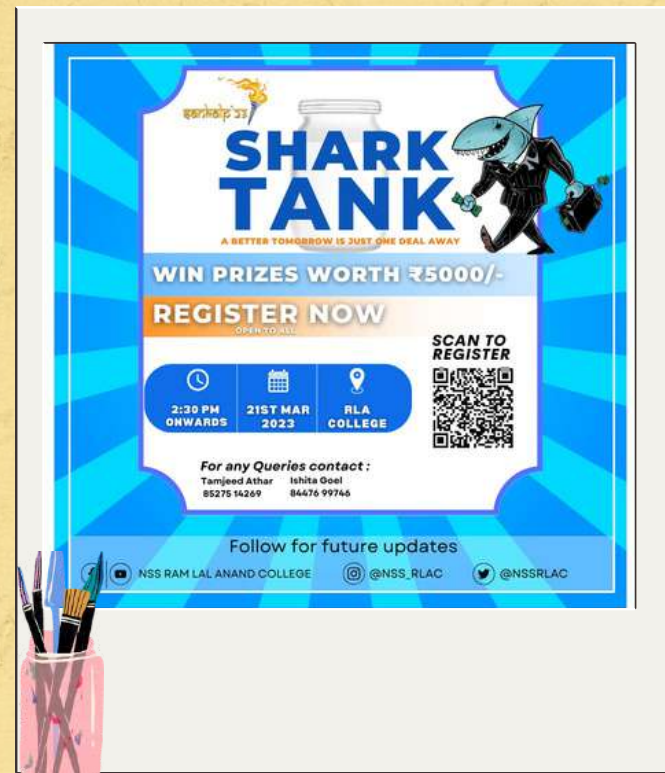
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CERTIFICATES • EXCITING COUPONS

Follow for future updates
NSS RAM LAL ANAND COLLEGE @NSS_RLAC @NSSRLAC

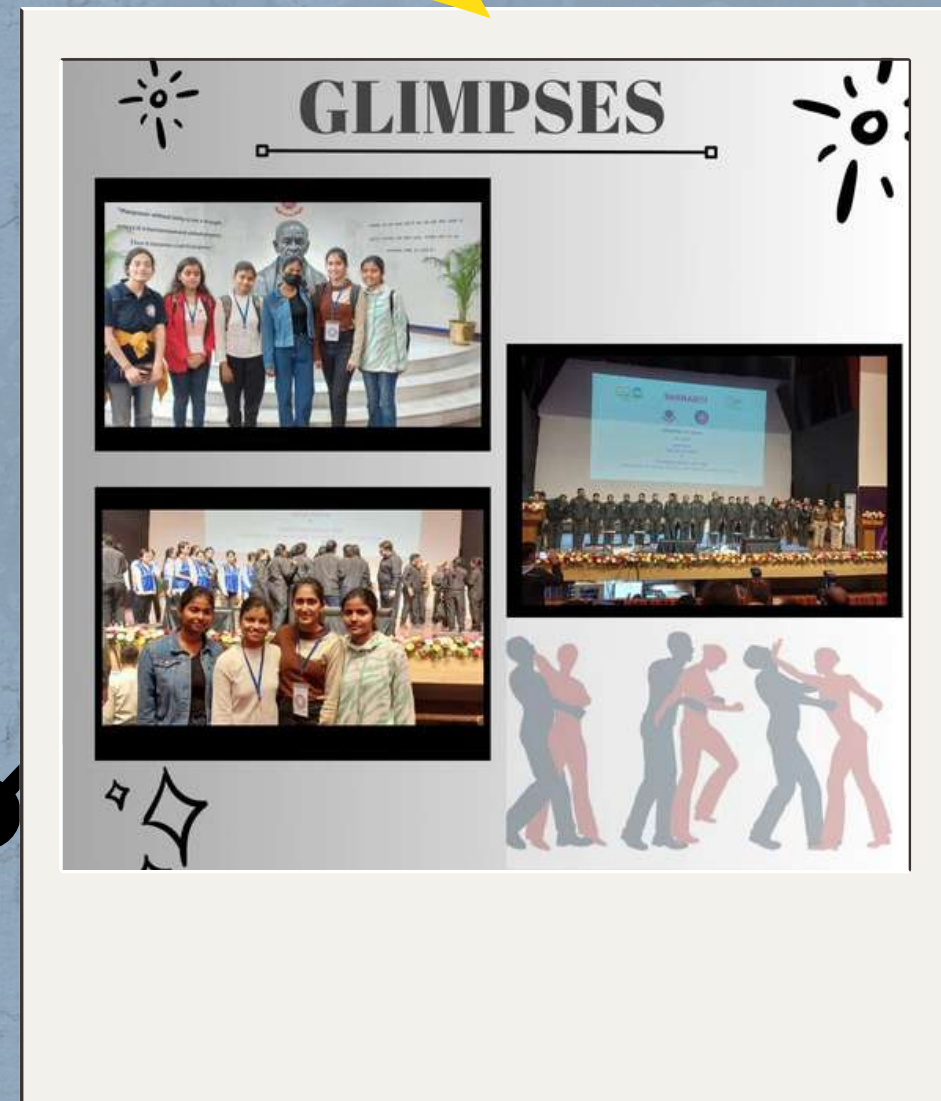
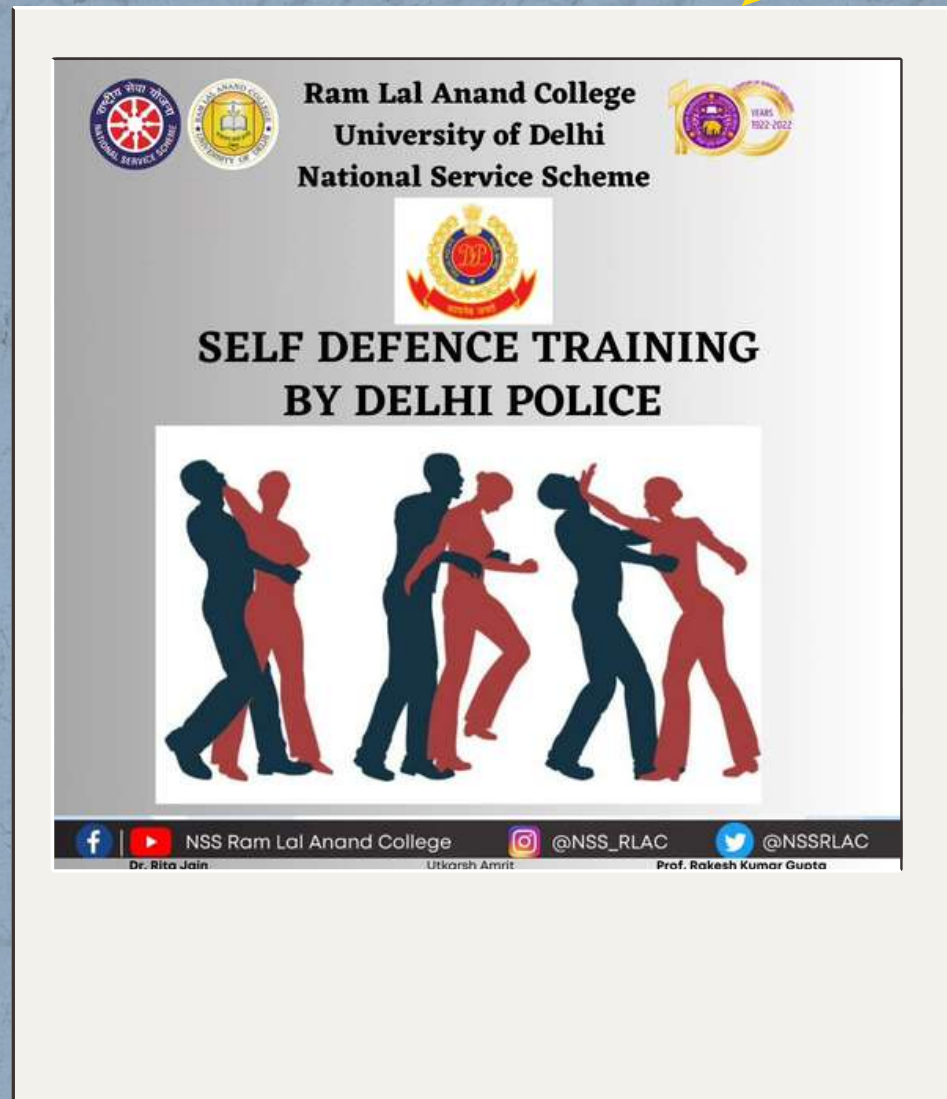
SANKALP' 23





Sankalp'23 the annual fest for NSS unit of RLAC, is originally a word coming from Sanskrit. It breaks down into 'san' and 'kalp'. 'San' means 'to become one with' and 'kalp' stands for 'subconscious mind'. Altogether, it signifies resolution, will and determination to work upon something. Events organised under the banner of Sankalp'23 we organised the Dance Competition 'Feel The Beat', Amazing Event of Treasure Hunt - Ready Set Hunt, The Pottery Event 'CLAYLAND : Seize the Clay', *Quizardary* an Inter-NSS unit competition along with some school-going students.

SELF DEFENCE TRAINING



Self- defence refers to the training and techniques necessary to defend oneself when targeted by crime and violence. To show their support for self defence and stand in solidarity with **Delhi Police**, **NSS RLAC** became an integral part of **Delhi Police self-defence workshop**. 6 female volunteers marked their presence at the police headquarters, Sansad Marg, New Delhi on 18th February from 4:00 PM to 6:00 PM

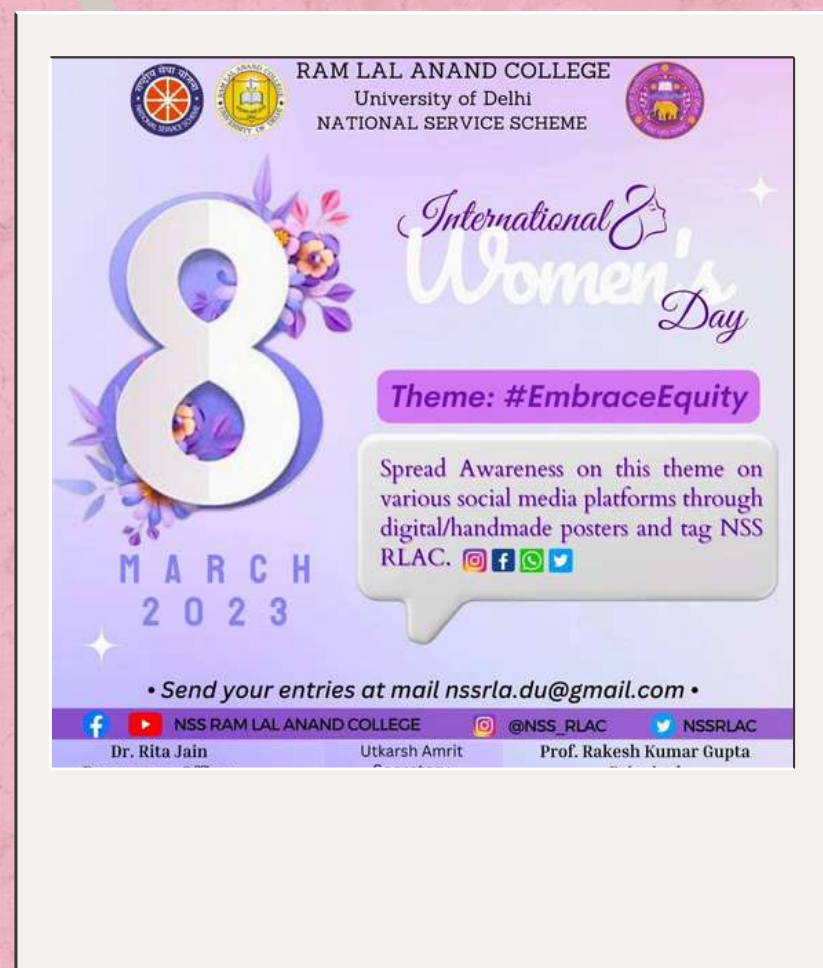
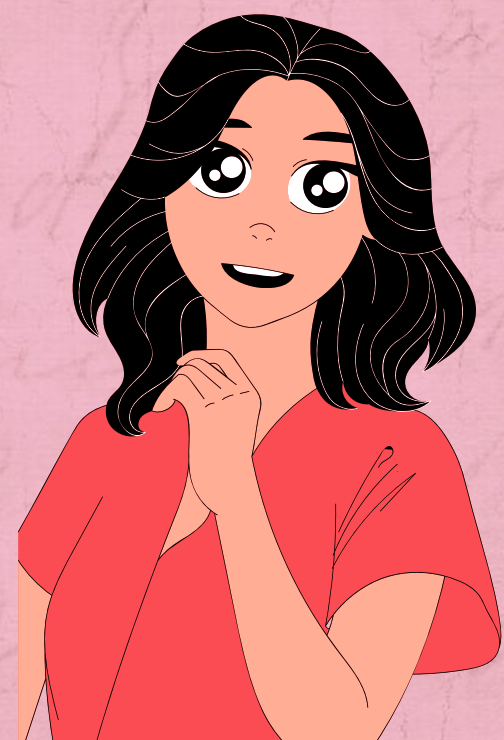


INTERNATIONAL

WOMEN'S

DAY

HER STORY
MATTERS

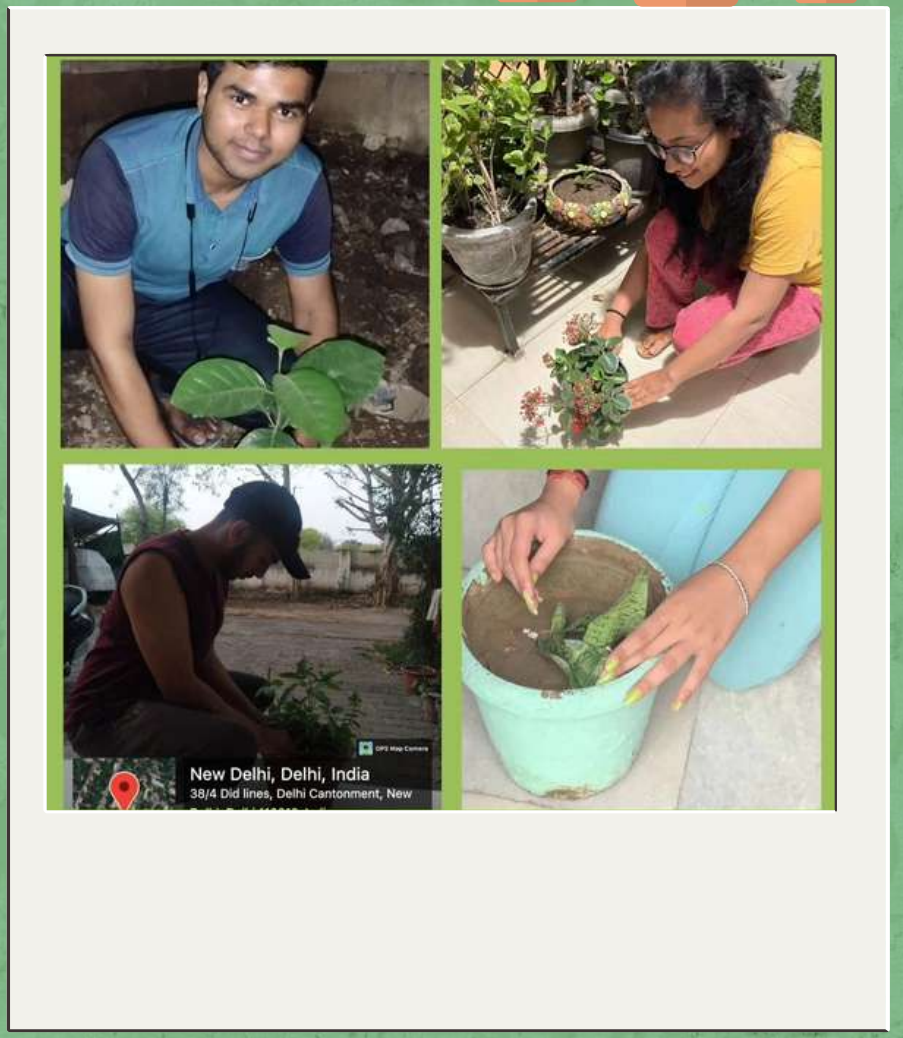
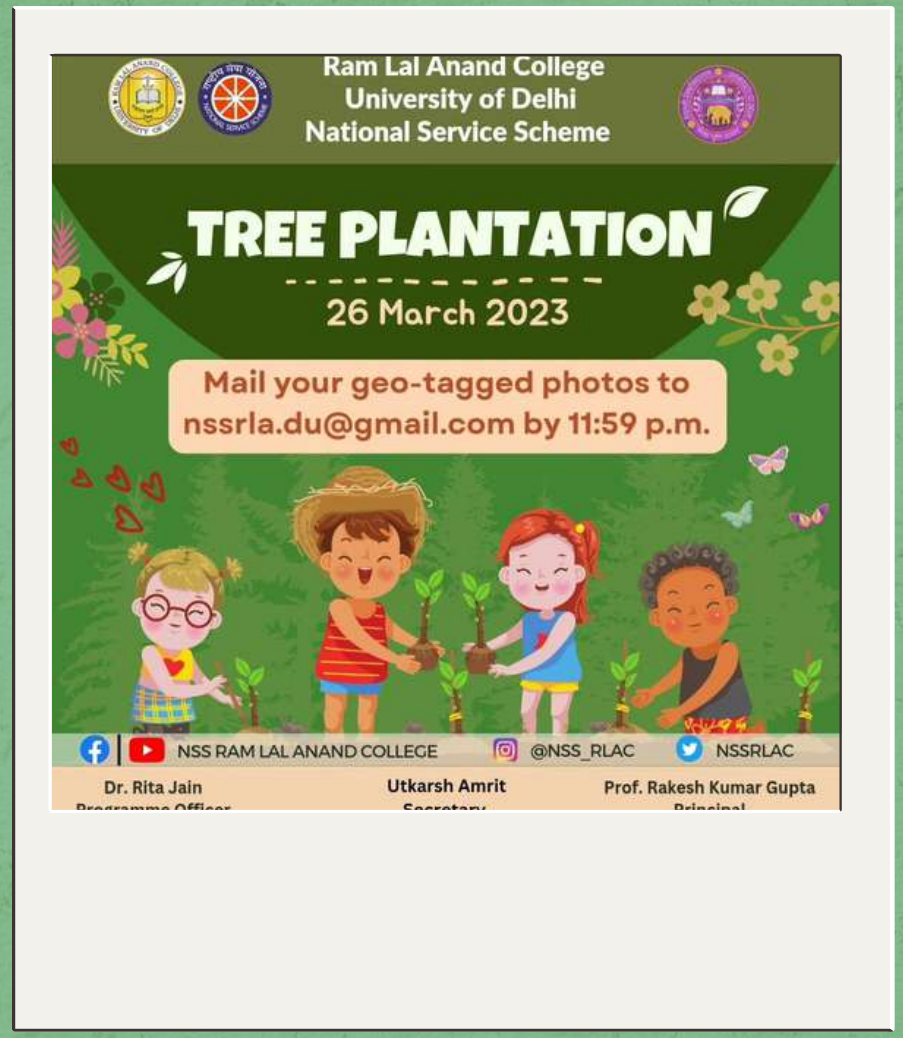


To commemorate the **International Women's Day** on **8th MARCH 2023** the **NSS UNIT OF RLAC** launched a digital dissemination, a poster making event where **165** volunteers **100** being females actively participated in the online event..





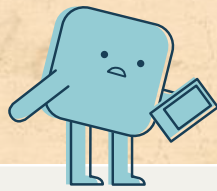
TREE PLANTATION



On 26th MARCH 2023 volunteers of NSS UNIT OF RLAC came together to bring a flourishingly green end to march. With 75 volunteers 50 being females participating in the Tree Plantation Drive.



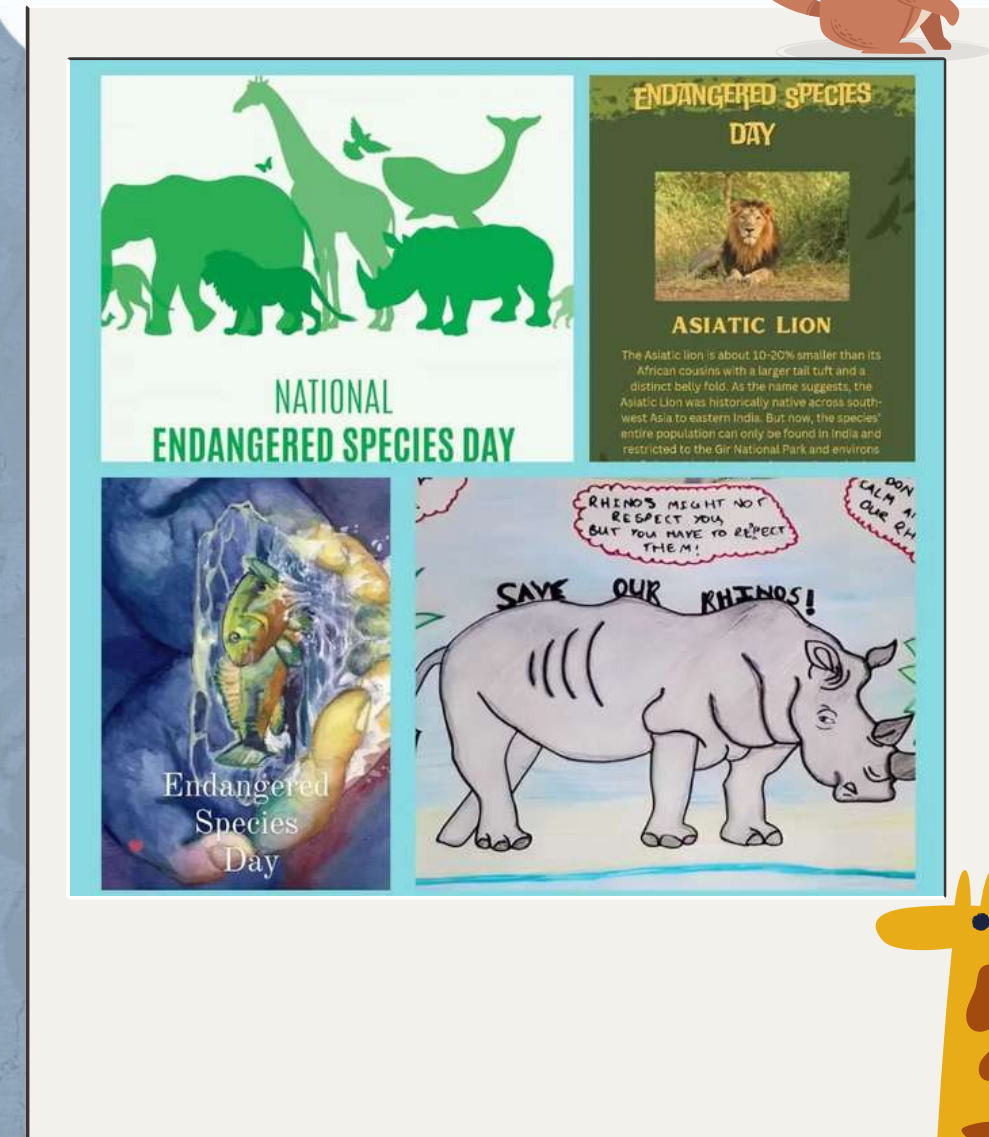
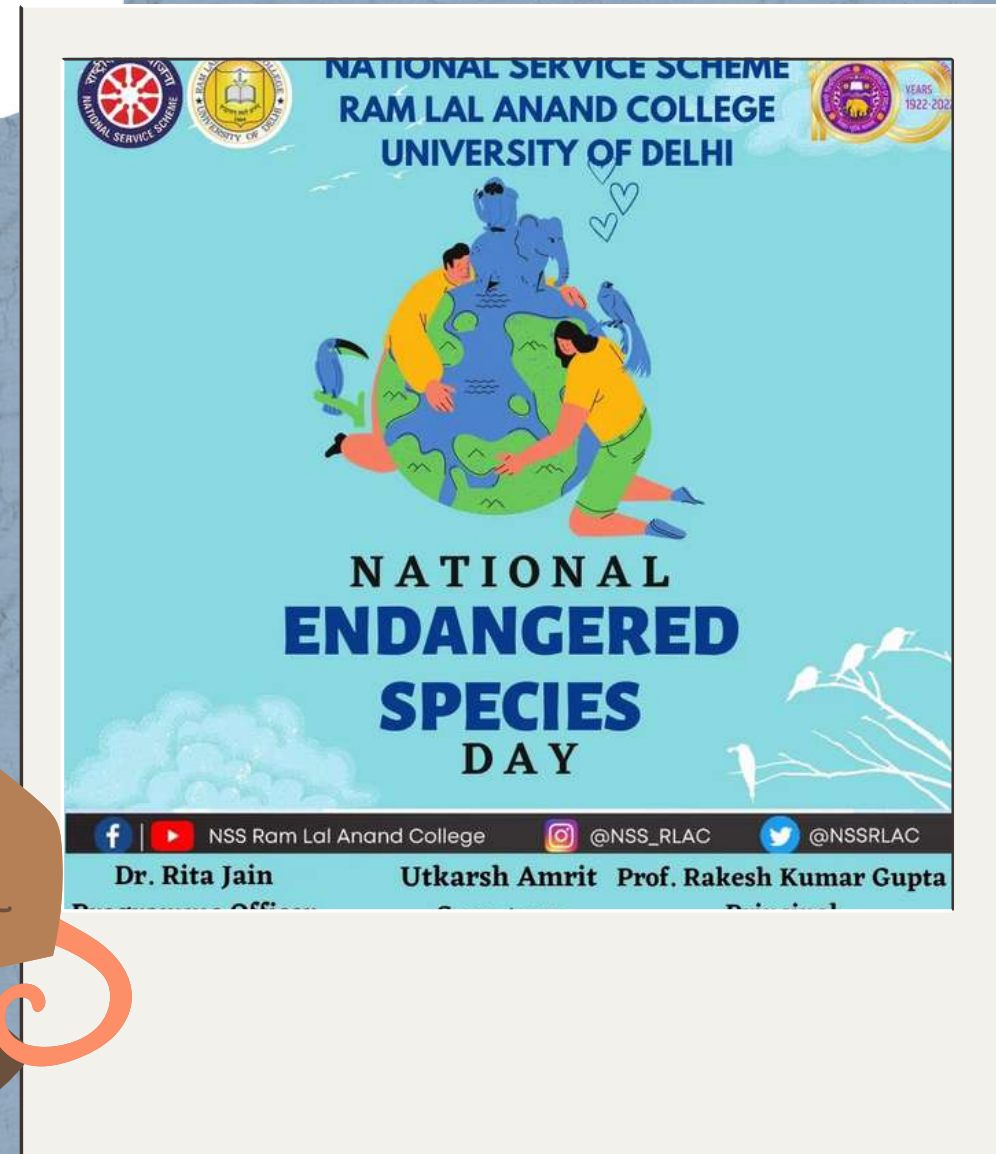
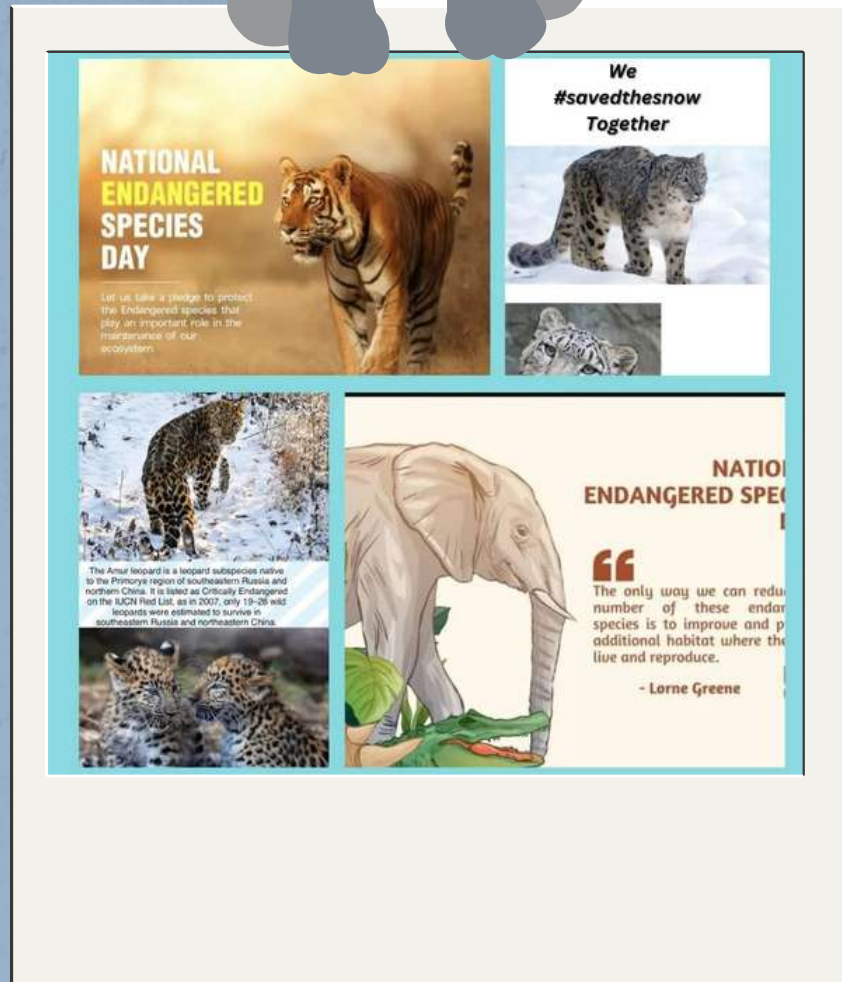
HEALTH TALK



The relatively calmer month came to a very relevant, realistic finale . **NSS UNIT OF RLAC** hosted a Health Talk on Stress Management by **Ms. Samridhi Pahaiwan**, a senior consultant psychologist with Amaha, on **19 April 2023**. It was attended by **82** volunteers **44** being females.



NATIONAL ENDANGERED SPECIES DAY

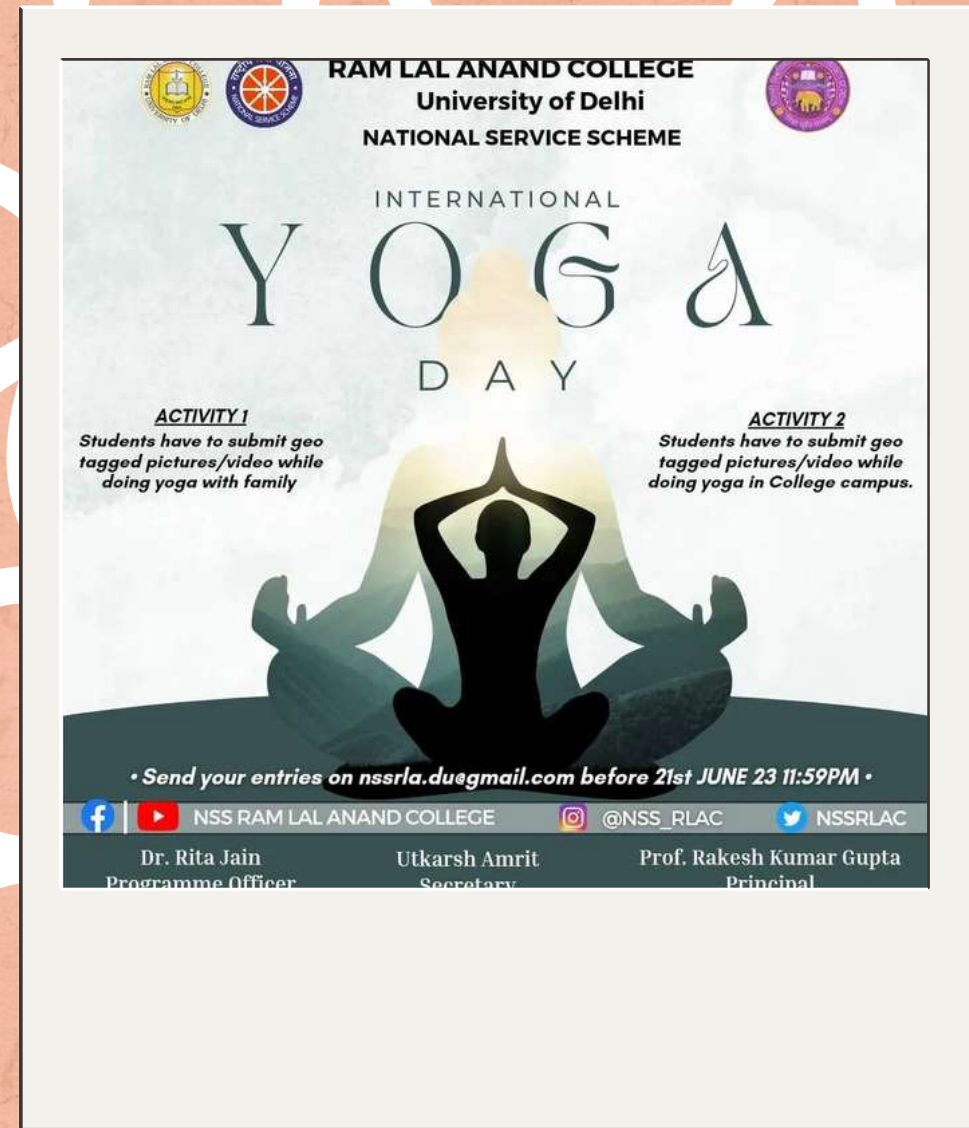
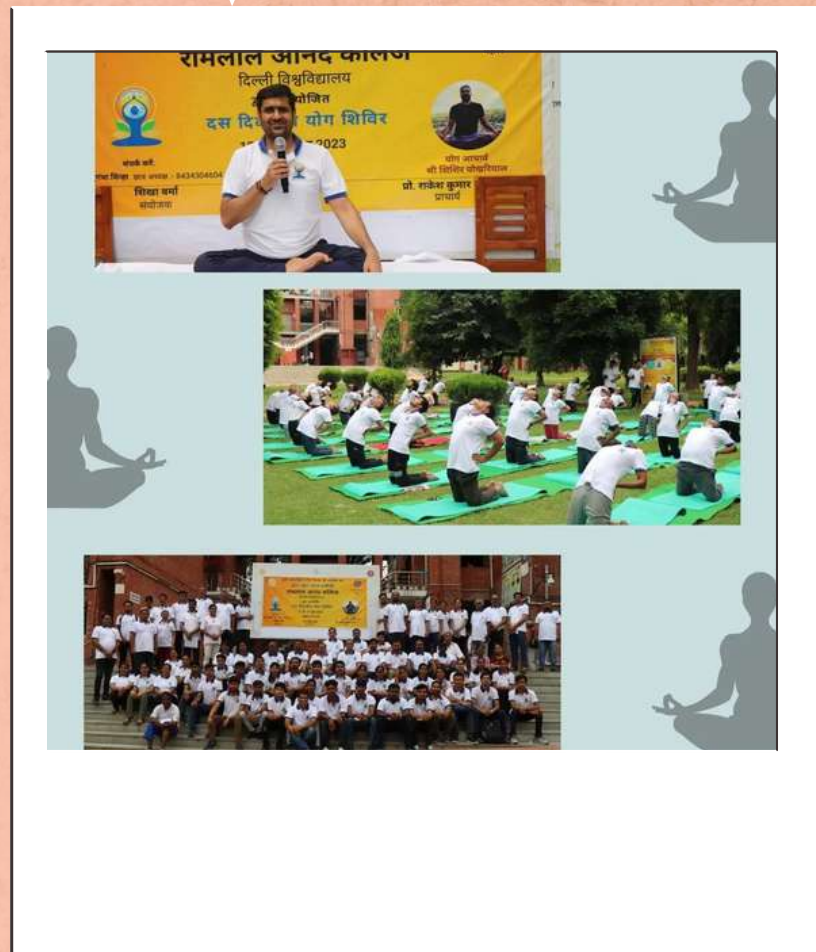


May and June were two months that went by in a flash, owing to the exam season. Not letting their exams deter them from what they believe in, 135 volunteers 65 being females participated in a post-making event held on 19 May 2023 in light of National Endangered Species Day.





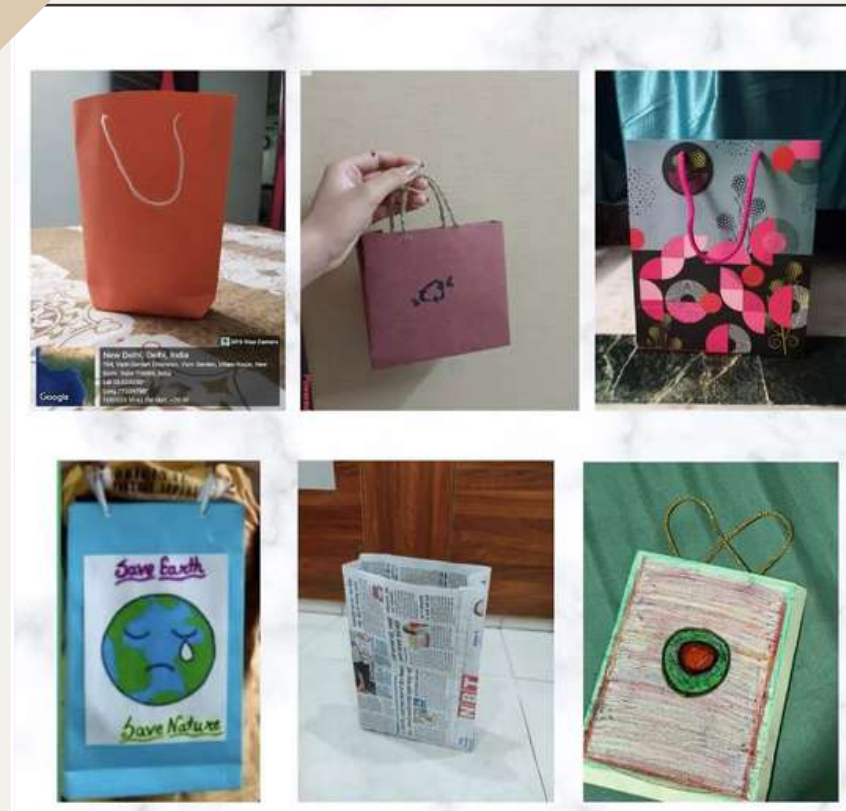
INTERNATIONAL YOGA DAY



Volunteers of **NSS UNIT OF RLAC** got in touch with their inner peace in 10-day yoga camp held at the college, from 12 June onwards. The month of June came to a successful end, almost healing close with 87 volunteers 33 being females enjoying the craft of Yoga with their family on 21 June 2023, in light of the **International Yoga Day.**



PAPER BAG MAKING



To counter single use plastic, on world paper bag day **NSS RLAC** organised a fun activity of paper bag making on **12th JULY 2023** where volunteers enthusiastically participated in making paper bags and spreading awareness about benefits of it almost **39** volunteers **14** being females.

WOW



CLOTH DONATION DRIVE



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

CLOTH DONATION DRIVE

Donate now and provide them with decent clothing.

Thursday, 13 July 2023
1 PM - 3 PM
JJ COLONY

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain Programme Officer Utkarsh Amrit Secretary Prof. Rakesh Kumar Gupta Principal

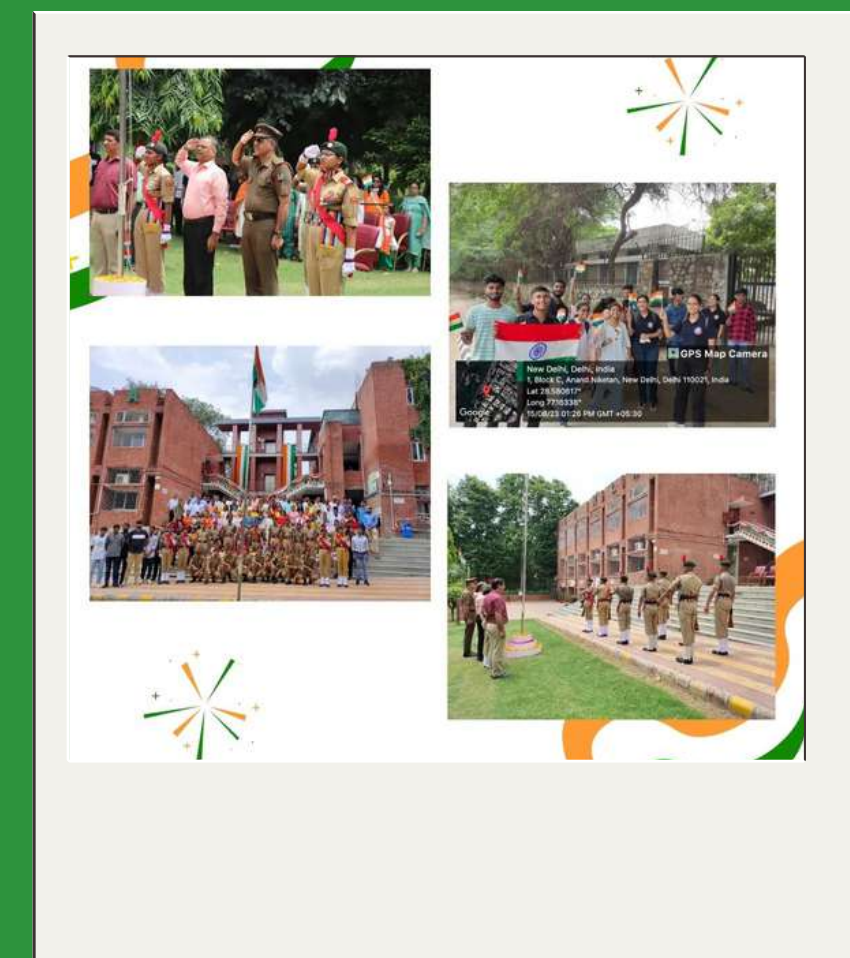


The **NSS UNIT** of **RLAC** to make awareness on the article published by Indian Textile Journal that more than **1 million tonnes textile** are thrown away every year in india as most of it comes from household sources organised a '**Cloth Donation Drive**' on **13 July 2023**, Thursday from **1:00 PM to 3:00 PM** held at JJ colony. Over **24** volunteers participated with **14** female volunteers



NSS UNIT OF RLAC

ORGANISED 2
EVENTS ON THE
OCCASION OF
INDEPENDENCE
DAY flag
hoisting+ pledge
ceremony and har
Ghar tiranga



FLAG DISTRIBUTION

Today
I CHOOSE
joy



VOLUNTEERS OF THE NSS UNIT OF RAM LAL ANAND COLLEGE ON THE OCCASION OF INDEPENDENCE DAY ORGANISED A FLAG DISTRIBUTION DRIVE UNDER WHICH VOLUNTEERS DONATED NATIONAL FLAGS TO PEOPLE IN COLLEGE, NEARBY COLLEGE CAMPUS AND IN THE LOCALITIES OF JJ COLONY, MOTI BAGH, SATYA NIKETAN



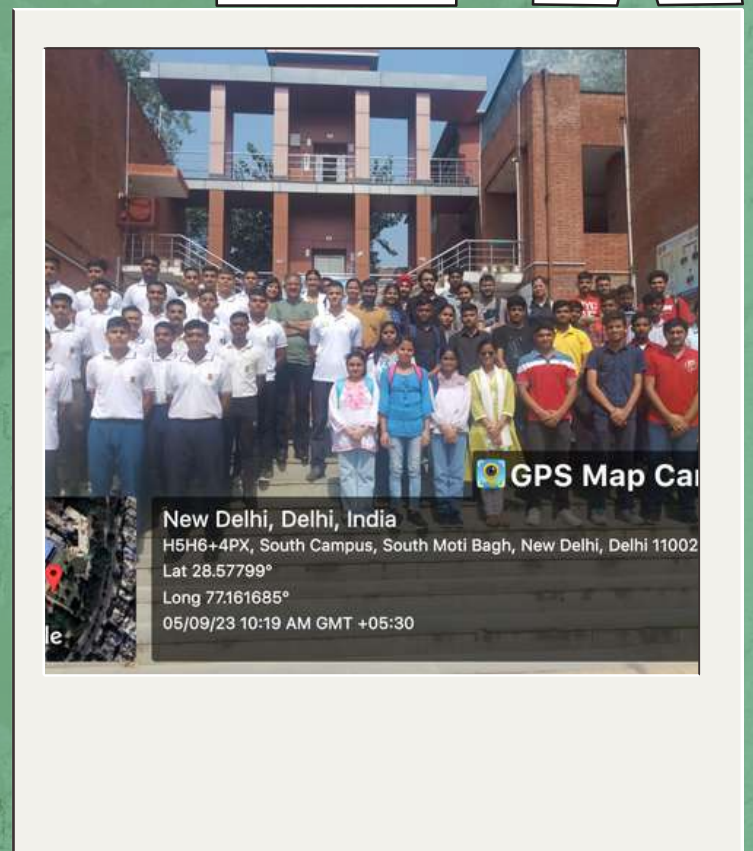
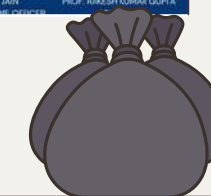
FLAG MARCH



NSS UNIT of RLAC on the occasion of independence day 15 AUGUST organized flag March in which 44 volunteers 21 being girls with “Tiranga Our Flag” in their hand moved around campus and localities nearby showing the pride our tricolour brings to everyone .



CLEANLINESS DRIVE



In an **Effort** towards a cleaner surrounding, in line with the recently concluded **G20 Summit** held in New Delhi, **AND NSS Unit of Ram Lal Anand College** came together on 5th of September 2023 and cleaned the college campus. 40 male and 26 female volunteers of **NSS** picked up litter from the college building and the area around the college gate and wall. The enthusiasm of the participants to work towards the cause had a great impact on college students. These small acts of positive impacts motivate the Unit to work hard.



NSS CORE TEAM 22-2023



"Coming together is a beginning,
staying together is progress,
and working together is success."

-HENRY FORD