

**RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME**



MONTHLY REPORT

OCTOBER 2023-24





1 TAREEKH 1 GHANTA

THE FIRST EVENT OF THE MONTH WAS “EK TAREEKH EK GHANTA”, IN WHICH 60 NSS VOLUNTEERS ENGAGED THEMSELVES IN AN ONE-HOUR SHRAMDAAN ON OCTOBER 1, 2023 AS A PART OF THE “SWACHHATA HI SEWA CAMPAIGN” TO CLEAN THE NEIGHBORING AREAS SUCH AS JJ COLONY. THE VOLUNTEERS HAD PUT IN A LOT OF EFFORTS AND WERE ABLE TO SIGNIFICANTLY SERVE FOR THE HYGIENE OF THE SOCIETY. THE COLLEGE WAS ALSO AWARDED A CERTIFICATE OF PARTICIPATION FOR ITS INVOLVEMENT IN THE INDIAN GOVERNMENT’S SHRAMDAAN FOR SWACCH BHARAT INITIATIVE.





POSTER MAKING

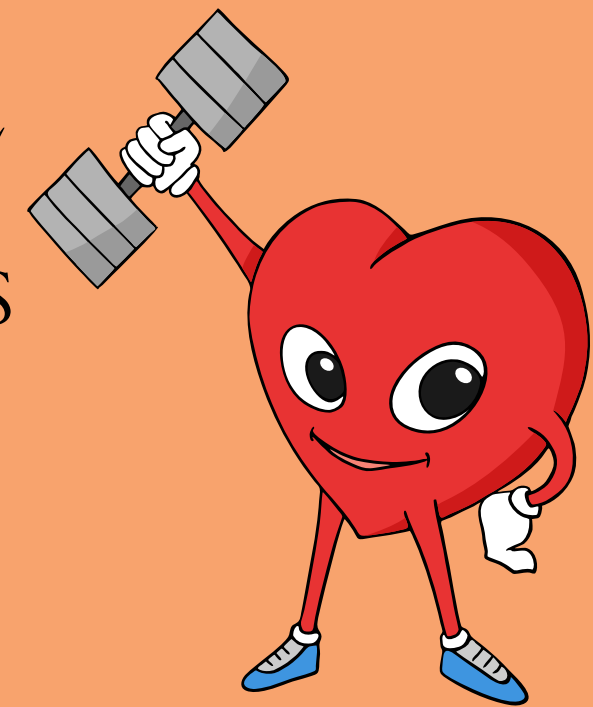
ON THE OCCASION OF GANDHI JAYANTI, THE NSS UNIT ORGANIZED AN ONLINE POSTER MAKING COMPETITION ON THE THEME “GANDHI’S IDEA OF SWACHH BHARAT.” AROUND 80 VOLUNTEERS PARTICIPATED, WITH 45 BEING FEMALE, AND PORTRAYED THEIR CREATIVE ABILITIES.



FITNESS RUN



ON OCTOBER 3, 2023, A PLOG RUN WAS ORGANIZED TO EMPHASIZE ON FITNESS AND HELP THE CITIZENS IN ACHIEVING FREEDOM FROM OBESITY, LAZINESS, STRESS, ANXIETY, DISEASES ETC. A 3 KMS LONG RUN FROM COLLEGE CAMPUS TO MOTI BAGH WAS ORGANIZED. IT WAS A 4 HOUR LONG RUN WHERE THE VOLUNTEERS TRIED TO ADDRESS ABOUT THE HEALTH ISSUES CAUSED DUE TO SEDENTARY LIFESTYLE. IT CONVEYED A MESSAGE THAT INACTIVITY BREEDS DISEASES SUCH AS, DIABETES, HYPERTENSION, CARDIO-VASCULAR COMPLICATIONS, OBESITY ETC. .THERE WERE TOTAL 88 VOLUNTEERS OUT OF WHICH 34 BEING FEMALE. THE ENTHUSIASM AND PASSION OF THE VOLUNTEERS WAS TRULY APPRECIABLE



Meri Maati Mera Desh

ON OCTOBER 9, 2023, A THREE DAY KALASH YATRA WAS ORGANIZED TO PROMOTE NATIONAL UNITY AND INTEGRITY. ON THE FIRST DAY OF THE EVENT VOLUNTEERS WERE REQUESTED TO SUBMIT A FISTFUL OF RICE WHICH WERE LATER ON ADDED TO THE KALASH IN THE NSS ROOM. ON OCTOBER 10, 2023, A RALLY WAS CONDUCTED FROM THE COLLEGE CAMPUS TO THE SOUTH CAMPUS PINK POLICE BOOTH. ON OCTOBER 13, 2023, ANOTHER RALLY WAS CONDUCTED FROM THE COLLEGE CAMPUS TO THE RESIDENCE OF SHRI ANIL SHARMA JI, THE EX-MLA OF RK PURAM. THIS YATRA WAS CARRIED OUT WITH TWO KALASH, ONE WITH MAATI AND THE OTHER ONE WITH RICE. THE KALASH WAS LATER ON HANDED OVER TO SHRI ANIL SHARMA JI. THERE WERE 75 VOLUNTEERS 40 BEING FEMALES WHO ACTIVELY PARTICIPATED IN THE EVENT AS A TEAM WITH UTMOST ENTHUSIASM AND MADE IT A HUGE SUCCESS.





MENTAL HEALTH



A SPECIAL DAY IS DEVOTED TO MENTAL HEALTH WHICH IS CELEBRATED ALL AROUND THE WORLD ON OCTOBER 10, 2023. A SESSION ON THE THEME OF MENTAL HEALTH AWARENESS WAS ORGANIZED ON OCTOBER 10, 2023, FROM 10:00 A.M. TO 12:00 P.M. MR. JAYANT SUNDERSHAN WAS THE GUEST SPEAKER AT THIS SESSION. A TOTAL OF 120 VOLUNTEERS PARTICIPATED IN THE SEMINAR, WITH 55 OF THEM BEING FEMALE.

STRESS MANAGEMENT, FINANCIAL STABILITY, EFFECTIVE COMMUNICATION, LOVE, RELATIONSHIPS, AND HEARTACHE RECOVERY WERE AMONG THE IMPORTANT TOPICS COVERED AT THE SEMINAR. ONE OF THE KEY HIGHLIGHTS OF THE EVENT WAS THE OPEN FORUM WHERE STUDENTS COULD ASK THEIR QUESTIONS, WHICH PROMOTED AN OPEN DIALOGUE ABOUT MENTAL HEALTH. THE PROGRAM WAS A HUGE SUCCESS SINCE IT NOT ONLY INCREASED UNDERSTANDING OF THE VALUE OF MENTAL HEALTH BUT ALSO OFFERED INSIGHTFUL ADVICE AND PRACTICAL METHODS FOR PRESERVING EMOTIONAL STABILITY



VEDANTA DELHI HALF MARATHON



TO CONTRIBUTE TOWARDS ELIMINATING HUNGER, A VEDANTA RUN WAS ORGANIZED ON OCTOBER 14, 2023 BY VEDANTA UNDER THEIR INITIATIVE NANDA GHAR. THE AIM OF THIS MARATHON WAS TO ELIMINATE HUNGER BY A CONTRASTING IDEA OF '1 KM = 1 MEAL'. PUTTING IN EFFORTS AND CONTRIBUTION TO THE NOBLE CAUSE THE NSS UNIT SENT THEIR 18 STUDENTS TO VOLUNTEER FOR THE EVENT.

THE DEDICATION OF VOLUNTEERS MADE THE EVENT OUTSTANDING. IT GAVE OUT THE MESSAGE OF FIGHTING FROM HUNGER BY MEANS OF HARDWORK AND MINDFULNESS.

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E D U C A T I O N



C A M P

NSS UNIT ALSO ORGANIZED AN EDUCATION CAMP FOR THOSE IN NEED FROM 16-20 OCTOBER, 2023 TO PROMOTE ECONOMIC GROWTH, SOCIAL COHESION, CULTURAL UNDERSTANDING, AND A RANGE OF OTHER POSITIVE OUTCOMES . IT WAS A FIVE DAY CAMP WHERE VOLUNTEERS FROM THE UNIT WENT TO JJ COLONY AND TAUGHT DIFFERENT TOPICS TO THE CHILDREN THERE EVERYDAY. NOT ONLY EDUCATION BUT THE VOLUNTEERS ALSO TRIED TO CONNECT WITH CHILDREN, TRIED TO KNOW ABOUT THEIR PROBLEMS AND ALSO ENGAGED THEM IN SOME FUN ACTIVITIES LIKE SINGING, DANCING ETC. THIS EDUCATION CAMP WAS A HUGE SUCCESS IN WHICH THE VOLUNTEERS NOT ONLY CONTRIBUTED TOWARDS THE SOCIETY BUT ALSO GOT TO LEARN ABOUT KINDNESS AND EMPATHY THEMSELVES.



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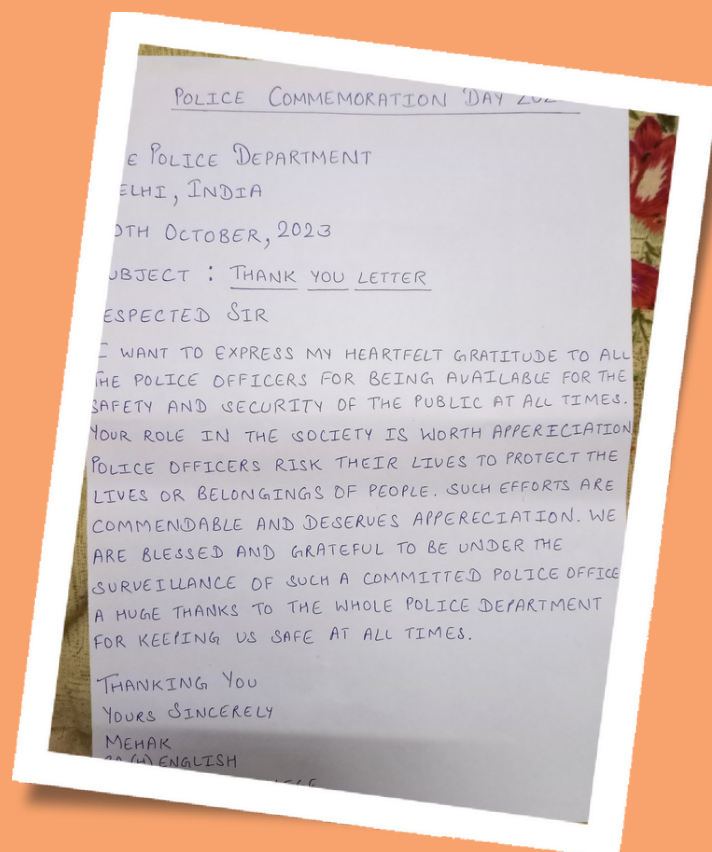
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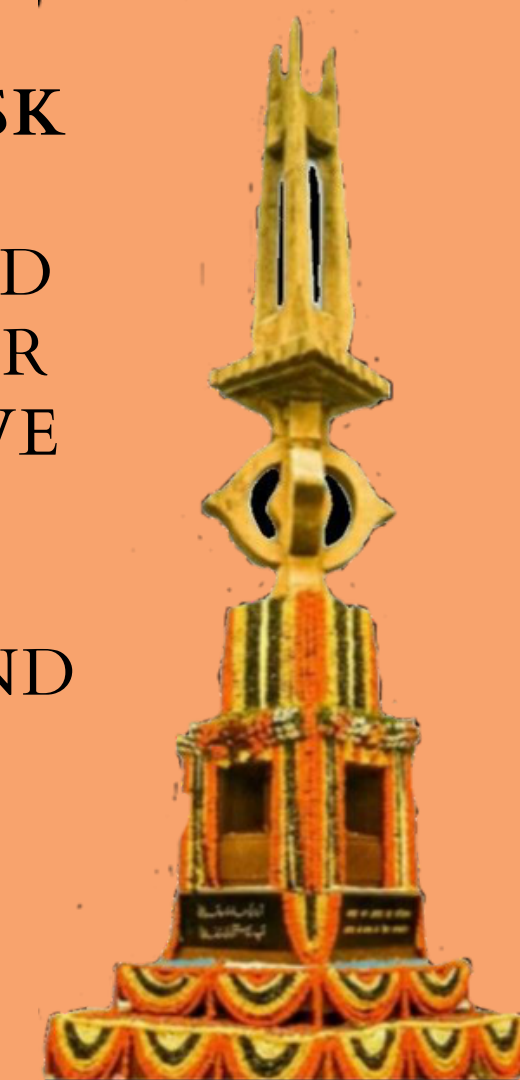




POLICE DAY



ON OCTOBER 21, 2023, “POLICE COMMEMORATION DAY” WAS CELEBRATED TO PAY OUR RESPECTS AND COMMEMORATE THESE BRAVE SOULS OF 10 CRPF MEN WHO MADE THE ULTIMATE SACRIFICE IN 1959 DURING A CHINESE ATTACK. THE NSS UNIT OF RLAC ORGANIZED A HEARTWARMING EVENT WHERE A COLLECTION DESK AT THE MAIN STAGE OF THE COLLEGE CAMPUS WITH THE TITLE “HANDWRITTEN LETTERS TO OUR HEROES”. THIS INITIATIVE AIMED TO PAY TRIBUTE TO THE POLICE MARTYRS WHO LAID DOWN THEIR LIVES IN SERVICE TO THE NATION. WE WERE HEARTENED TO RECEIVE RESPONSES FROM 31 VOLUNTEERS, WITH 20 BEING FEMALES. THE SINCERITY AND APPRECIATION EXPRESSED IN THESE LETTERS SHOWCASED THE HIGH REGARD IN WHICH OUR POLICE SERVICES AND THE CENTRAL RESERVE POLICE FORCE ARE HELD.



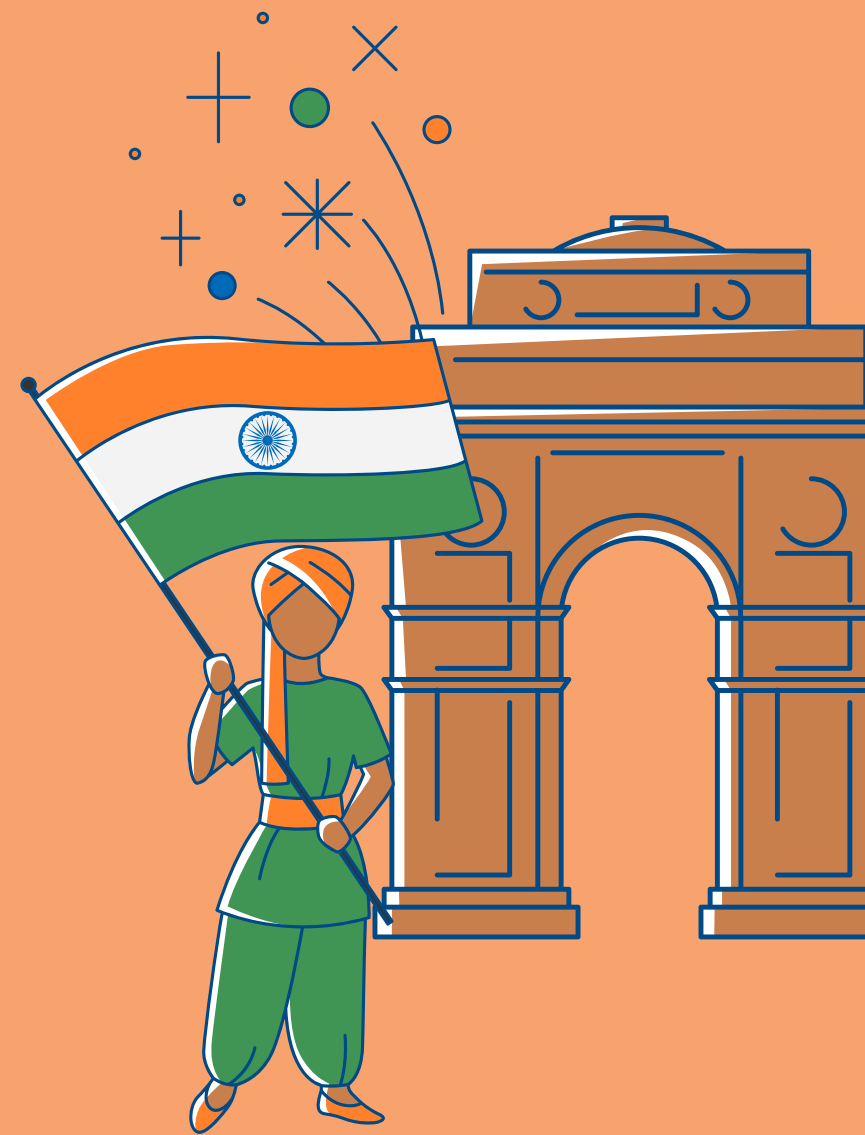
KHADI MAHOTSAV

ON OCTOBER 27, 2023 THE NSS UNIT CELEBRATED “KHADI MAHOTSAV” .IT WAS A NATIONAL-LEVEL CAMPAIGN INITIATED BY THE GOVERNMENT OF INDIA. IT WAS A ONE DAY MAHOTSAV CONSISTING OF 3 IMPORTANT EVENTS, EACH OF THESE EVENTS PLAYED A CRUCIAL ROLE IN RAISING AWARENESS AND PROMOTING KHADI. THE EVENTS WERE : OATH TAKING CEREMONY :- THIS CEREMONY FOSTERED A SENSE OF RESPONSIBILITY AND COLLECTIVE ACTION, EMPHASIZING THE ROLE EACH INDIVIDUAL PLAYS IN PRESERVING THE LEGACY OF KHADI AND SUPPORTING THE ARTISANS BEHIND THIS CRAFT. AROUND 40 VOLUNTEERS PARTICIPATED ACTIVELY IN THIS CEREMONY AND SYMBOLIZED A COLLECTIVE COMMITMENT AND DEDICATION TOWARDS SUPPORTING KHADI. SLOGAN WRITING COMPETITION:- SLOGANS ACT AS SUCCINCT, POWERFUL MESSAGES THAT CAN EFFECTIVELY COMMUNICATE THE ESSENCE AND BENEFITS OF KHADI THAT IS WHY THE NSS UNIT ORGANIZED A SLOGAN WRITING COMPETITION. AROUND 30 VOLUNTEERS IN WHICH 12 BEING FEMALES PARTICIPATED ACTIVELY IN THE COMPETITION. JINGLE WRITING COMPETITION:- JINGLES ARE CATCHY, MEMORABLE, AND HAVE THE POTENTIAL TO CREATE A LASTING IMPACT. AROUND 15 STUDENTS ACTIVELY WROTE AND SANG DIFFERENT JINGLES TO SPREAD THIS MESSAGE OF KHADI’S IMPORTANCE EFFECTIVELY.

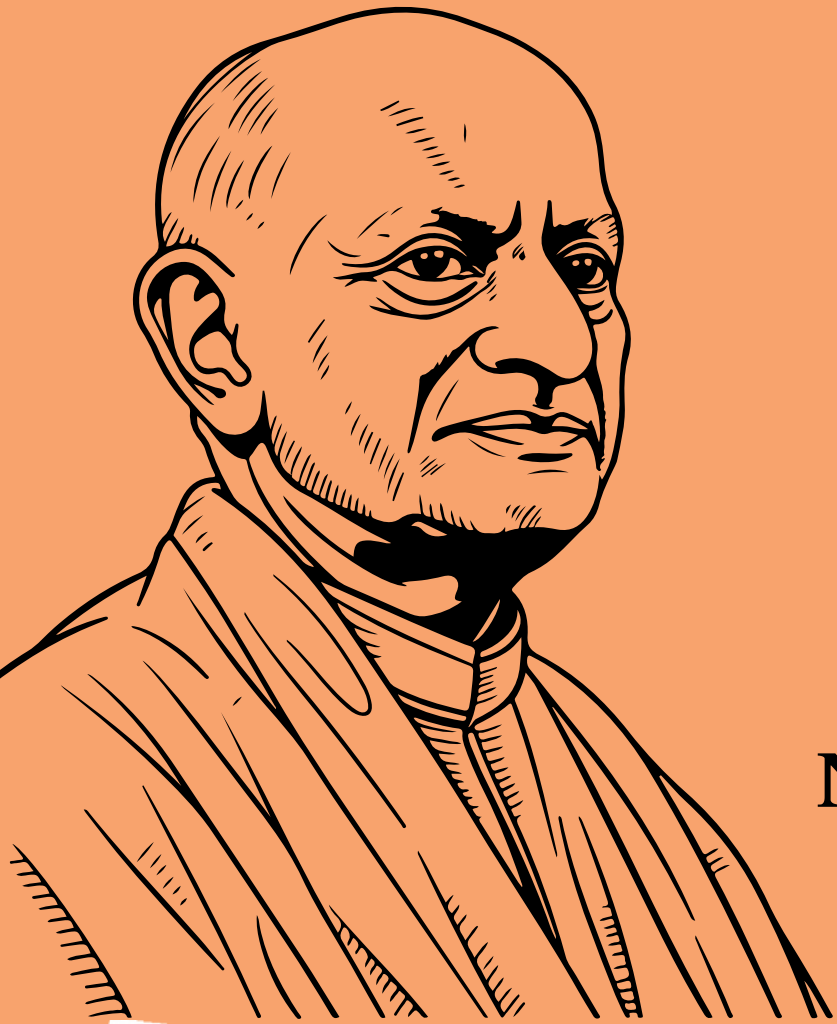


Meri Maati Mera Desh Kartavya Path

ON OCTOBER 31, 2023, THE NSS UNIT JOINED THE “MERI MAATI MERA DESH” EVENT AT KARTAVYA PATH, INDIA GATE WHICH WAS THE CONCLUDING EVENT OF “AMRIT MAHOTSAV” WHICH BEGAN ON MARCH 12, 2021 WITH OVER 2 LAKH CAMPAIGNS ORGANIZED ALL OVER INDIA. ON THE DAY OF THE EVENT VOLUNTEERS WERE PROVIDED FREE METRO TRAVEL FROM THEIR NEAREST METRO STATION TO UDYOG BHAWAN. THE PROGRAM STARTED AROUND 10:30 AM WITH THE PERFORMANCE OF CENTRAL FORCES BANDS. REFRESHMENTS WERE ALSO PROVIDED FOR THE VOLUNTEERS ALONG WITH A SMALL BAG FILLED WITH MAATI. FOLLOWING THIS THE PRESENT PERSONALITIES ENLIGHTENED THE AUDIENCE WITH THEIR KIND WORDS, ENDING WITH THE SPEECH OF OUR HONORABLE PRIME MINISTER WHO ADDRESSED THE AUDIENCE AND EXPLAINED ABOUT “MERA YUVA BHARAT CAMPAIGN.” THE DAY CAME TO AN END AFTER WE WATCHED THE LIGHT SHOW AT KARTAVYA PATH. THE EVENT WAS SUCCESSFUL IN EVERY ASPECT. THE DEDICATION AND PATIENCE OF VOLUNTEERS WAS APPRECIATED.



POSTER MAKING NATIONAL UNITY DAY



ON OCTOBER 31, 2023, ON THE OCCASION OF NATIONAL UNITY DAY, TO COMMEMORATE THE BIRTH ANNIVERSARY OF THE GREAT LEADER, SARDAR VALLABHBHAI PATEL, THE IRON MAN OF INDIA, THE NSS UNIT ORGANIZED A “DIGITAL POSTER MAKING COMPETITION” WITH THEME BEING NATIONAL UNITY DAY OR SARDAR VALLABHBHAI PATEL. AROUND 38 VOLUNTEERS PARTICIPATED, 15 BEING WOMEN. THE ENTHUSIASM FROM VOLUNTEERS MADE IT EVIDENT ON HOW MUCH CONTRIBUTION SARDAR PATEL HAS MADE IN OUR COUNTRY

