



NOT ME, BUT YOU

OCTOBER 2024

THE MONTHLY REPORT



EDUCATION CAMP

National Service Scheme (NSS) Unit of Ram Lal Anand College, University of Delhi, conducted a transformative five-day education camp from October 07, 2024 to October 11, 2024.



During this impactful period, NSS volunteers dedicated their time and energy to engage with the local community in JJ Colony, a region that often faces educational challenges. The primary objective of the camp was to enhance academic knowledge among the children while simultaneously cultivating essential soft skills such as teamwork, communication, and leadership among both the young learners and the volunteers

**The camp was structured to run daily for two hours, from 3 p.m. to 5 p.m.,
Approximately 20 to 25 volunteers participated in this drive and on an
average 30 to 35 children were taught everyday.**





BLS TRAINING SESSION



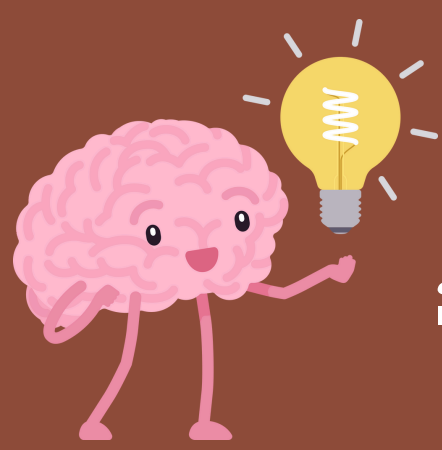
On October 10, the NSS unit at Ram Lal Anand College, in collaboration with the Indian Spinal Surgeries Centre, conducted a lifesaving Basic Life Support (BLS) Training Session. This event empowered volunteers with critical emergency skills. The training covered essential CPR techniques for adults, children, and infants.



Proper use of Automated External Defibrillators (AED), and methods to address choking incidents in all age groups were also taught. A total of 74 volunteers actively participated, practicing on dummies to gain hands-on experience and boost their readiness for emergencies.

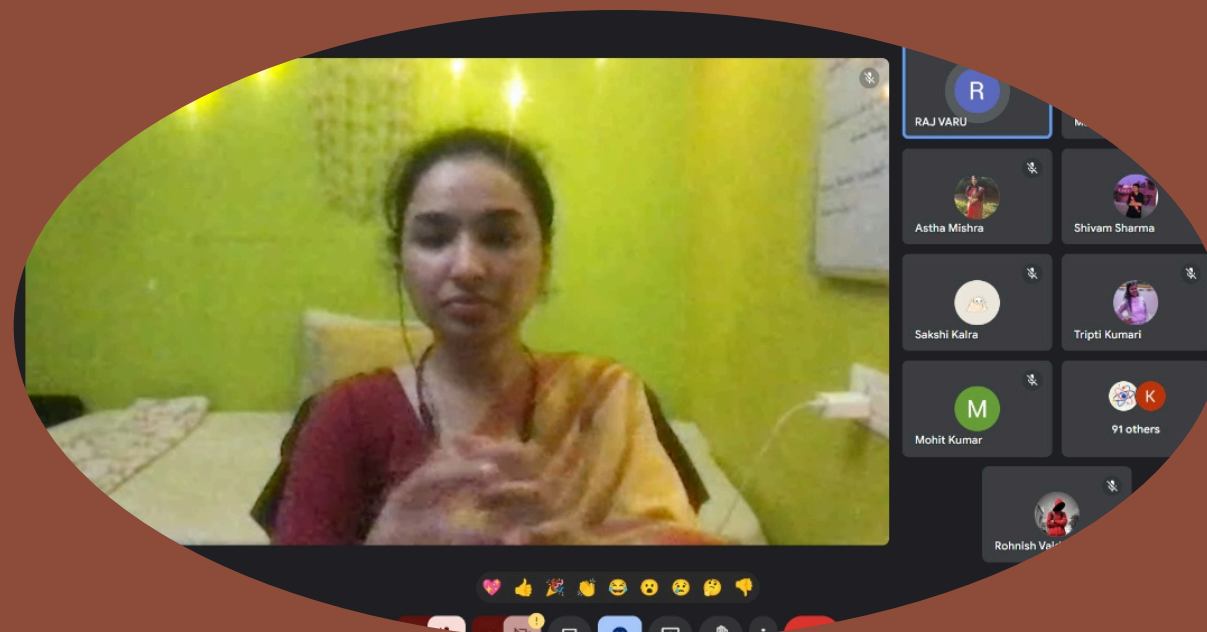
GPS Map Camera

New Delhi, Delhi, India
H5F5+JCM, Basant Gaon, Vasant Vihar, New Delhi, Delhi 110057, India
Lat 28.574179°
Long 77.158402°



MENTAL HEALTH AWARENESS

On 10th October, 2024, the NSS Unit of Ram Lal Anand College organized a webinar on Mental Health Awareness, led by guest speaker Ritu Nilofer. The session focused on the importance of mental well-being, offering practical strategies for managing stress and anxiety. Ms. Nilofer emphasized breaking tasks into smaller steps to reduce procrastination and highlighted the role of self-compassion in overcoming depression. She also discussed how both introverts and extroverts can leverage their strengths in social settings while emphasizing self-acceptance and growth.



Over 100 volunteers actively participated, asking insightful questions about balancing productivity with mental health and stepping out of their comfort zones. The high engagement level made the event interactive and impactful.





DECLAMATION COMPETITION

On October 16, 2024, the National Service Scheme (NSS) of Ram Lal Anand College, in collaboration with the National Tobacco Control Programme (NTCP), hosted a Declamation Competition to raise awareness about the harmful effects of tobacco use. Held at 12 PM in the seminar room, the event aimed to foster public speaking skills, critical thinking, and advocacy for a tobacco-free society.



Participants addressed topics like second-hand smoking and tobacco addiction, with 12 students showcasing their views on tobacco's impact on public health. Judged by experts, including Dr. Anurag Sharma, winners included Alok Raj (1st), Shresth Mathpal (2nd), and Ankush (3rd), along with three consolation awards. The event was a success, providing a platform for students to voice concerns and advocate for healthier lifestyles while underscoring the significance of collaborative public health efforts.



POSTER MAKING COMPETITION



On October 16, 2024, the NSS unit of Ram Lal Anand College, in collaboration with the National Tobacco Control Programme (NTCP), organized its second event of the day—a poster-making competition at the college amphitheater. The competition aimed to raise awareness about the harmful effects of tobacco and promote a tobacco-free lifestyle. Fifty-three students participated, showcasing their creativity and views on anti-tobacco themes. Judged by experts in public health, tobacco control, and communication, including NSS Program Officer Dr. Anurag Sharma, participants were evaluated on content, clarity, delivery, and impact. Tripti Kumari won the first prize, followed by Aakarsh Maurya and Nishu Birla in second and third places, respectively. Three additional students received consolation prizes for their efforts. The event successfully empowered students as advocates for a healthier society while advancing NTCP's mission.

VEDANTA DELHI HALF MARATHON 2024



The NSS unit of Ram Lal Anand College actively participated in the Vedanta Delhi Half Marathon 2024, held at Jawaharlal Nehru Stadium, New Delhi, from October 19 to 20, 2024. A total of 47 volunteers, including 15 girls, contributed to the event, which aimed to promote health and fitness. Reporting at 7:30 PM on October 19, volunteers stayed overnight, commencing duties at 3:00 AM the next day.



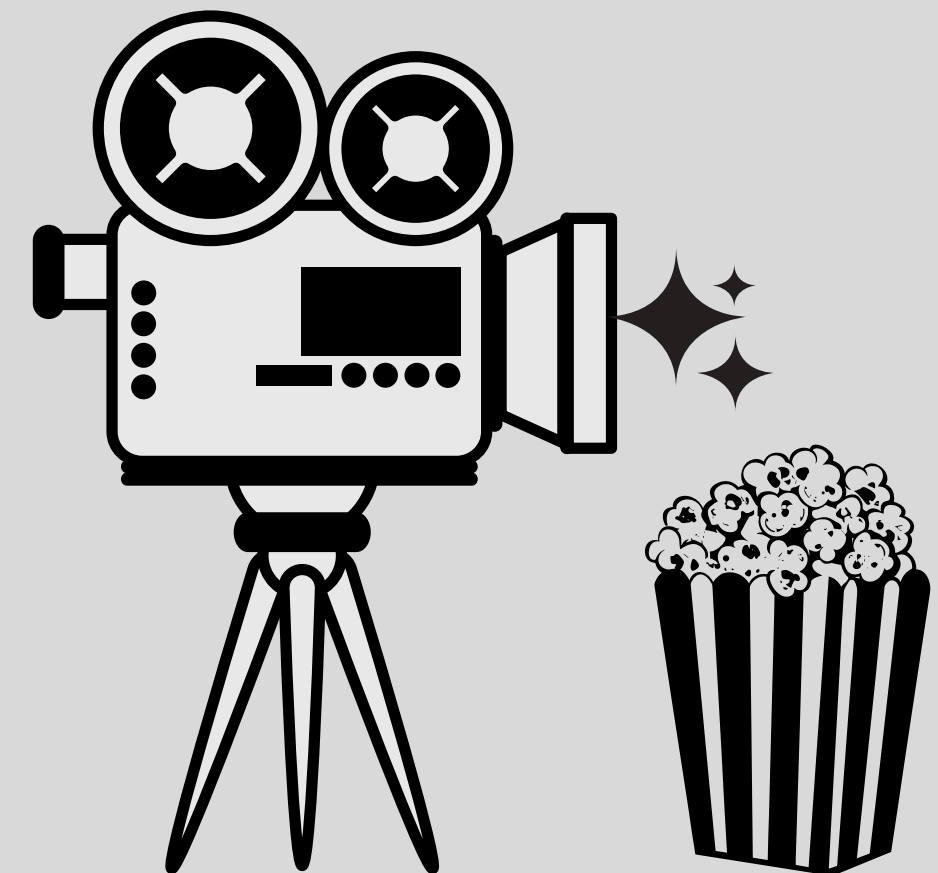
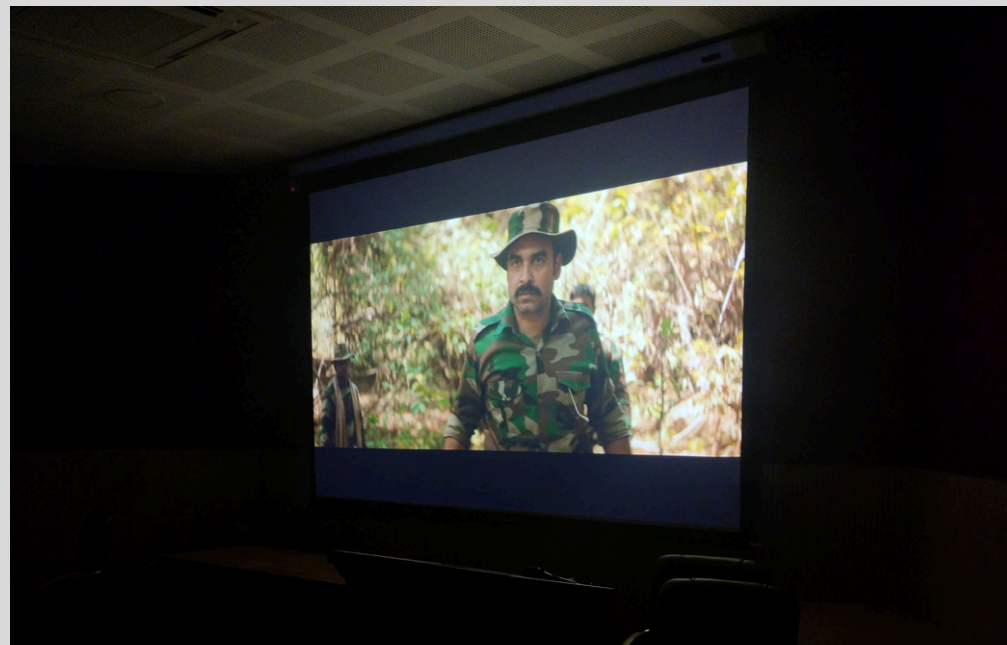


They assisted in participant registration, kit distribution, crowd management and medal distribution. In recognition of their efforts, volunteers received certificates, T-shirts, medals, and special gifts for outstanding performance. The event was a rewarding experience, showcasing their dedication and organizational skills while fostering a sense of community and teamwork.

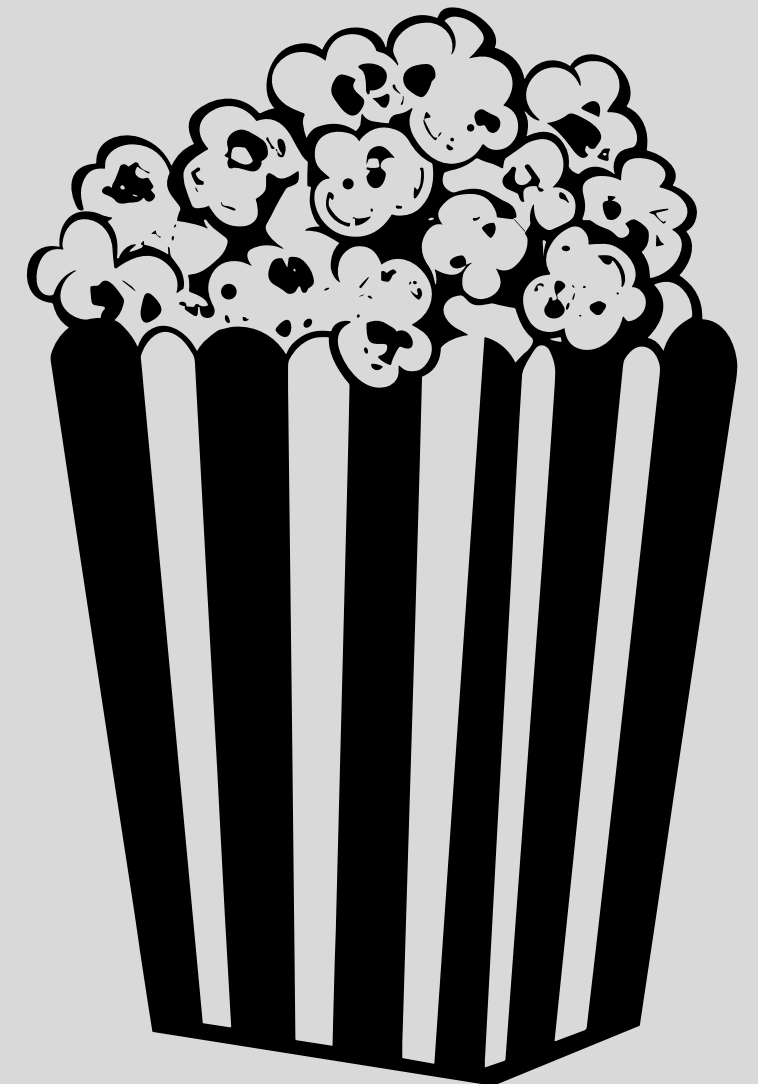


MOVIE SCREENING

On 21st October 2024, the NSS unit of Ram Lal Anand College organized a ‘Movie Screening’ of the critically acclaimed film “NEWTON” in the college premises. The session aimed to educate students on the core principles of democracy, emphasizing their fundamental rights as citizens, their role in society and empowering students to understand their inalienable rights and their active role in shaping society.

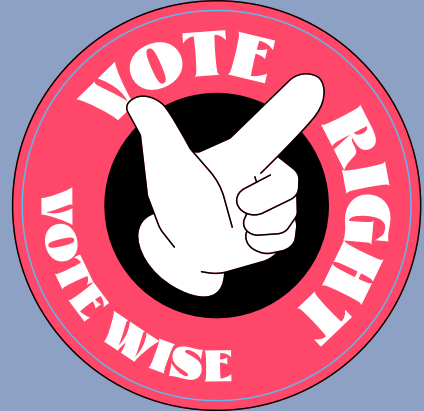


Through the use of engaging cinematography and visual aids, the session highlighted the significance of their fundamental right to vote and its impact on the democratic process. The event lasted from 11 Am to 2 Pm, the event was a huge success, with the active participation of 140+ Volunteers.





VOTER AWARENESS DESK



The NSS UNIT in collaboration with the Electoral Literacy Club of Ram Lal Anand College organized a Voter Awareness Helpdesk on October 22nd and 23rd, 2024. The event was held in the Front Lawn from 10 A.M. to 4:00 P.M. each day. The goal of the Voter Awareness Helpdesk was to provide information and assistance to students regarding the voting process.



This included answering questions about voter registration, polling procedures, and other aspects of exercising one's right to vote. Over the two-day event, the team at the Voter Awareness Helpdesk was able to assist approximately 150 individuals with voter registration.

DONATION DRIVE



In an effort to promote joy and kindness among underprivileged children, the NSS Unit of Ram Lal Anand College organized a material donation drive in celebration of Diwali. This initiative was executed in two phases: the first phase involved a three-day collection of materials from October 21 to 23, conducted at the college's Main Stage from 11:00 AM to 4:00 PM each day. The second phase consisted of distributing the collected items on October 23 at 2:00 PM in JJ Colony. Approximately 63 students contributed items such as clothing, notebooks, and sweets.



On October 23, 2024, 42 NSS volunteers distributed these donations to children living in JJ Colony, Moti Bagh. The distribution event was designed to create a festive atmosphere, allowing children to receive gifts and experience joy in their lives.



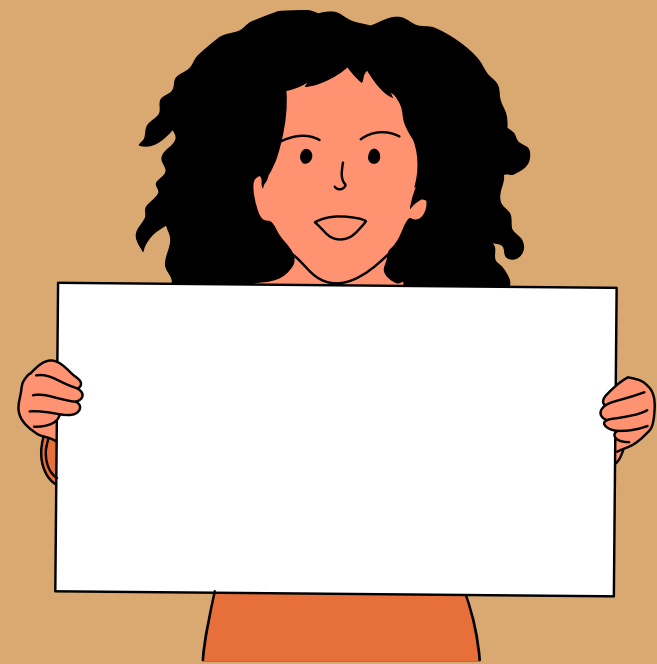
This program not only provided essential items to underprivileged children but also encouraged a spirit of empathy and support among volunteers, motivating everyone to assist those in need.





DANTERAS POSTER

MAKING COMPETITION

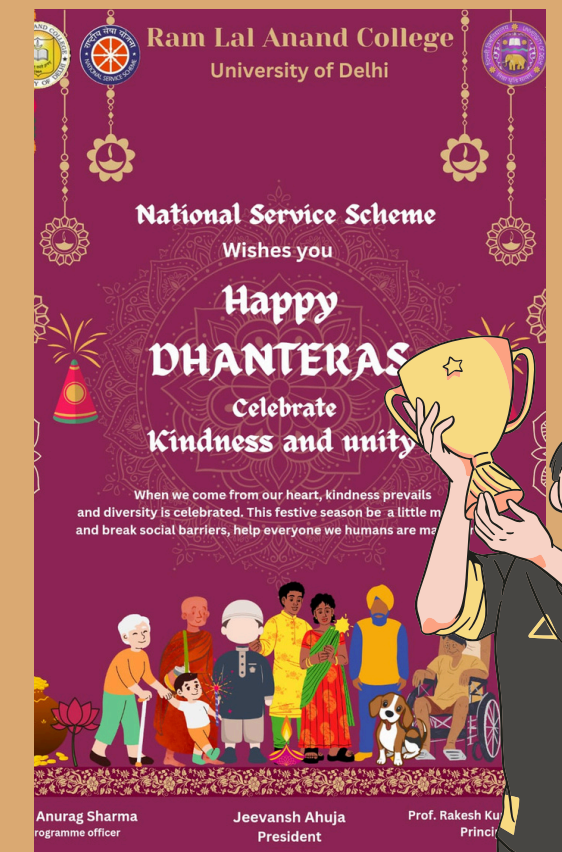
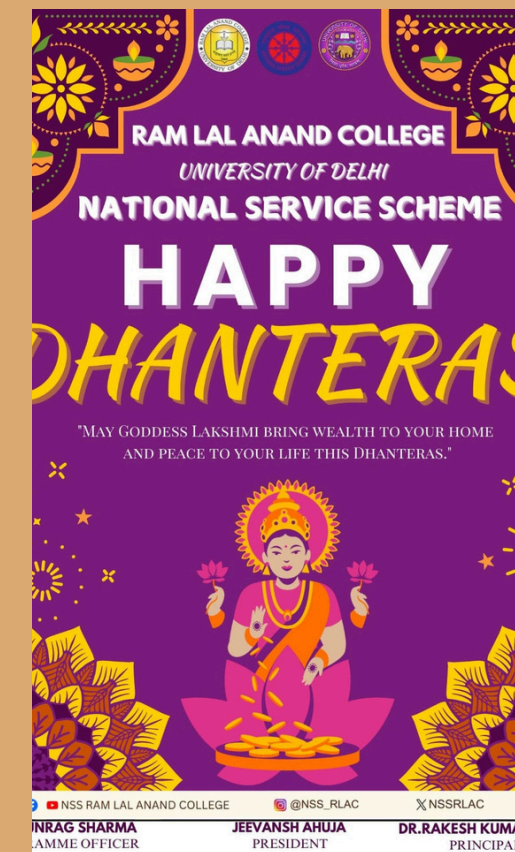
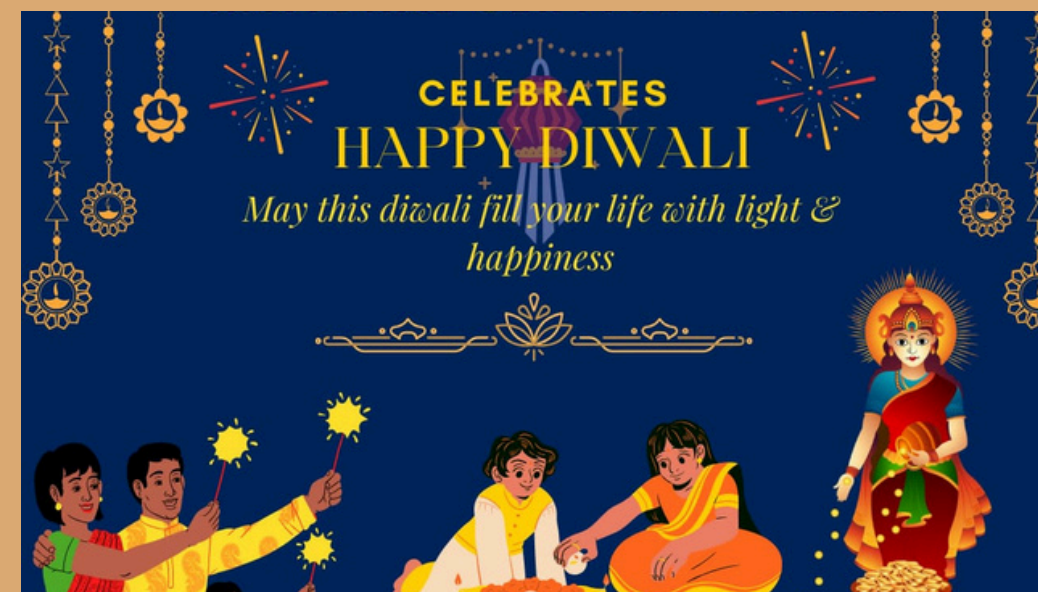
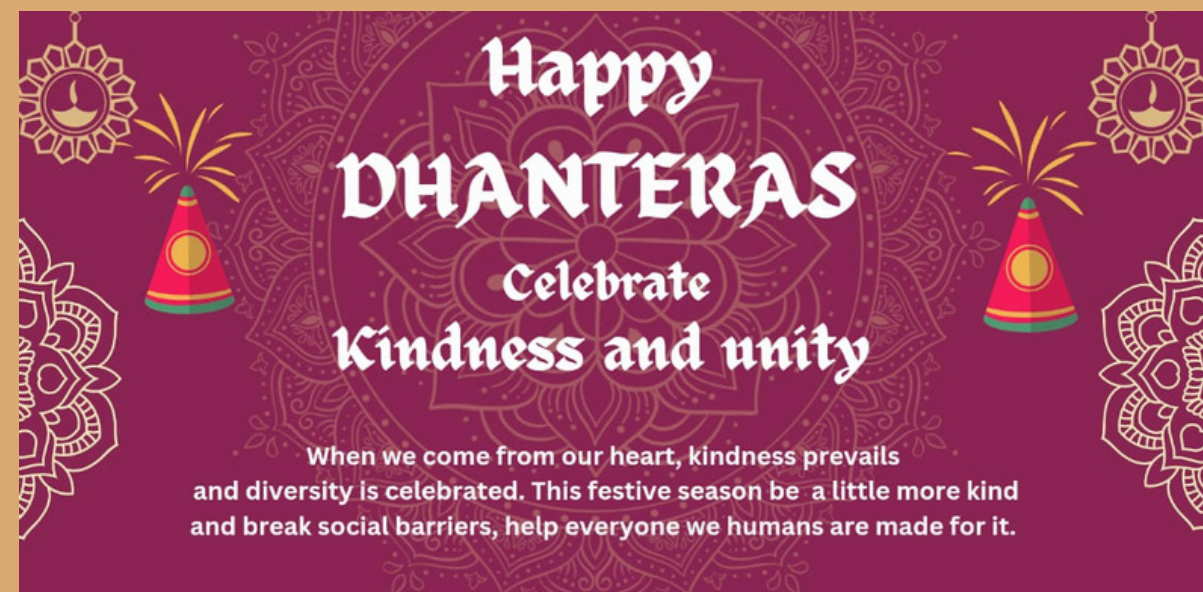
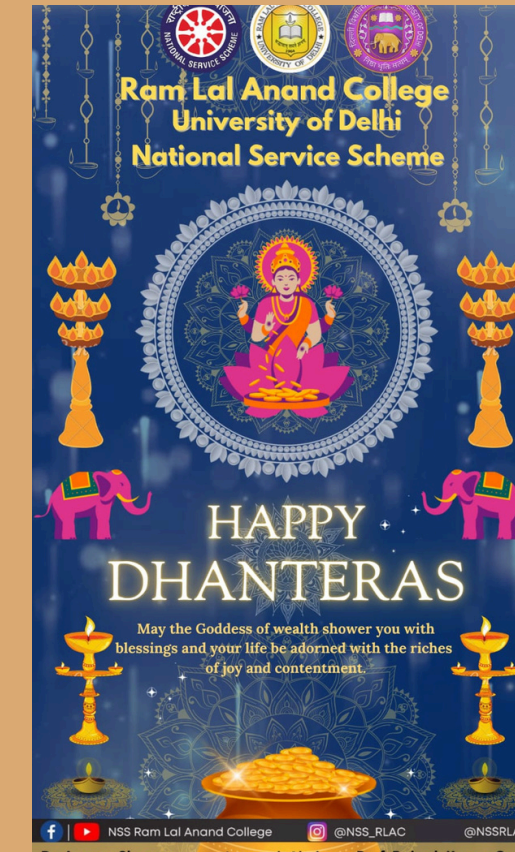


The NSS Unit of Ram Lal Anand College organized a Danteras Poster Making Competition on October 30, 2024, to celebrate the festival of wisdom and prosperity and foster creativity among students. Participants were required to submit their poster designs digitally by sending a geo-tagged photograph to the official NSS email ID: nssrla.du@gmail.com. The event encouraged students to showcase their artistic talents through unique and creative poster designs related to Dhanteras . 29 students from various disciplines enthusiastically participated in the competition out of which 14 were girls.



THE WINNERS OF THE COMPETITION WERE:

- Bhujbal (H) Mathematics, 2nd Year
- Akarsh Maurya, B.A. (P), 2nd Year
- Tushar Maurya, Political Science, 2nd Year
- Siddharth Sharma, Political Science, 2nd Year
- Deepanshu, B.Sc.(H) Mathematics, 2nd Year





DIYA AND RANGOLI

MAKING ACTIVITY



NSS Unit of Ram Lal Anand College conducted an online “Diya and Rangoli Making Activity” on 01 November 2024. The activity aimed to promote traditional Indian art forms and foster a sense of cultural heritage among students. Participants were encouraged to create beautiful and innovative designs using various materials and techniques.



All entries were required to be sent via email to the official email address of the Ram Lal Anand College NSS Unit: nssrla.du@gmail.com and the deadline for submissions was 11:59 PM on November 01, 2024.



It was a great success, as over 25 entries were received, with 15 of them being female volunteers.

Diya and Rangoli Making Activity

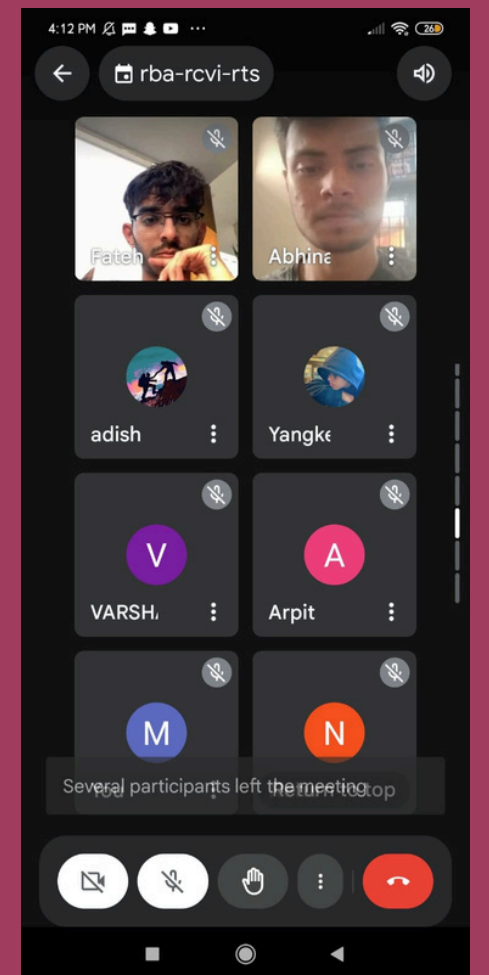
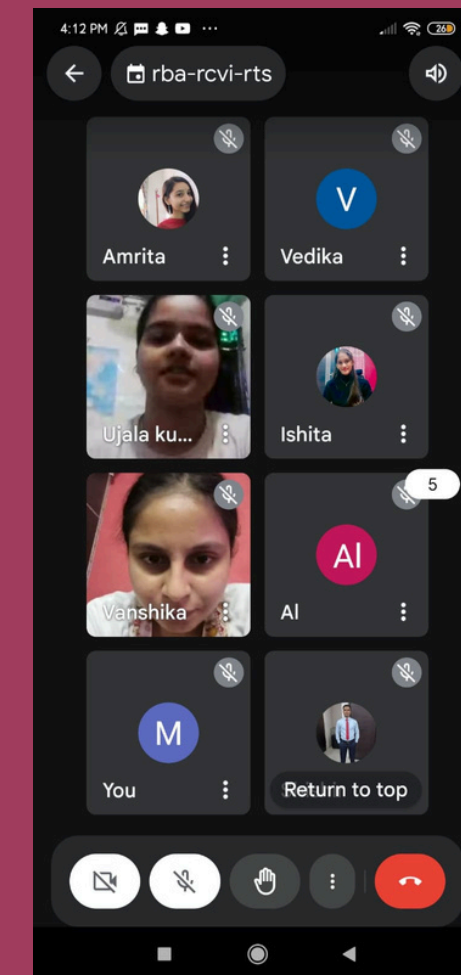
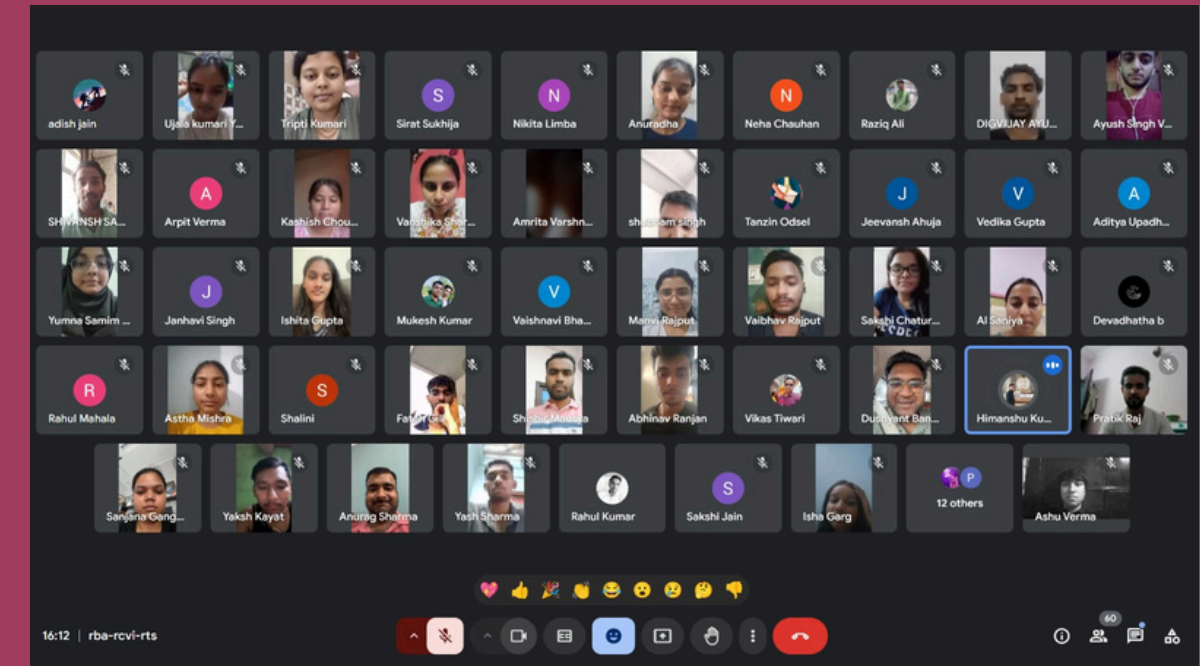


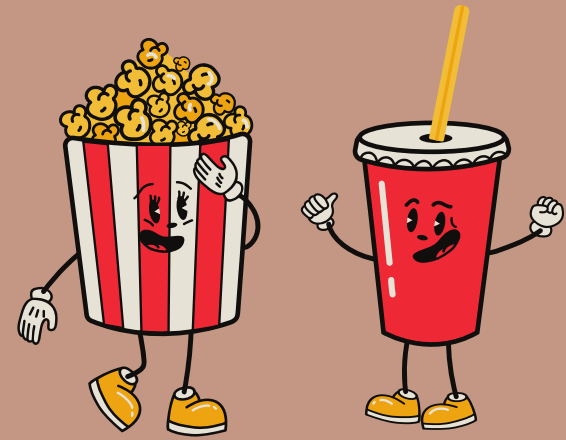


NATIONAL UNITY DAY

On 31st October, 2024, the NSS Unit of Ram Lal Anand College organized a Pledge-Taking Ceremony on National Unity Day to commemorate the birth anniversary of Sardar Vallabhbhai Patel, “The Iron Man of India.” This day serves to honor his contributions towards national integration and reaffirm our commitment to the unity and integrity of the nation.

The ceremony began with a warm welcome to all participants, followed by Dr. Anurag Sharma, the Programme Officer of NSS RLAC, administering the pledge. Over 60 volunteers actively participated in the event, making a solemn promise to reaffirm their commitment to the unity, integrity, and security of our nation.





CONCLUSION



The NSS Unit of Ram Lal Anand College conducted a series of events in October 2024, promoting community awareness, education and cultural heritage. These initiatives fostered social responsibility and leadership skills among students. It made a significant contribution to bringing positive change within the community. Empowering students and serving society remains their commitment.