



# National Service Scheme

Ram Lal Anand College, University of Delhi





**Dr. Rita Jain**  
Program officer



**Praveen Kumar**  
President

# JUNE, 2021

## LIST OF THE EVENTS ORGANIZED:

1. **1<sup>st</sup> June, 2021**- Parent's Day; Card Making
2. **3<sup>rd</sup> June, 2021**- World no tobacco day; Pledge taking ceremony
3. **4<sup>th</sup> June, 2021**- The effect of war on children; Article writing
4. **5<sup>th</sup> June, 2021**- World environment day; Making best out of waste  
• Women issues and legal rights; Zoom meeting
5. **7<sup>th</sup> June, 2021**- Food safety day quiz; Kahoot
6. **7<sup>th</sup>-21<sup>st</sup> June, 2021**- International yoga day celebrations; Zoom meeting
7. **12<sup>th</sup> June, 2021**- World day against child labour; Poster making
8. **13<sup>th</sup> June, 2021**- Meaning behind mindfulness- Yoga; Zoom meeting
9. **14<sup>th</sup> June, 2021**- World blood donor day; Register yourself as donor
10. **19<sup>th</sup> June, 2021**- Book review; Video making
11. **26<sup>th</sup>-27<sup>th</sup> June, 2021**- Tarang: Monthly Intra Unit Competition

# GLOBAL DAY OF PARENTS

1<sup>st</sup> June, 2021

Parental love is the only love that is truly selfless, unconditional and forgiving. Nothing compares to the sacrifices the parents have made for their kids. That is why on the occasion of “World Parent’s Day”, NSS unit of RLAC gave the opportunity to all its volunteers to express their love and affection towards their parents by making a card. The volunteers however showed their much interest in the activity by sending their beautiful entries.



# Glimpse





# WORLD NO TOBACCO DAY

3<sup>rd</sup> June, 2021

**World No Tobacco Day (WNTD)** is observed around the world every year on 31<sup>st</sup> May. Especially during this pandemic when the coronavirus is a respiratory disease that affects the lungs, it becomes utmost important for the generation today to understand the worst impacts of tobacco on their and loved ones' lives.

Hence on this occasion, NSS unit of RLAC organized a pledge taking ceremony on Google meet platform to spread awareness to the masses about the social, mental and physical harmful effects of smoking. The unit however was delighted to see the maximum participation of the volunteers and their concern towards the noble cause.

The poster features a black background with white smoke rising from the bottom. At the top left is the NSS logo, and at the top right is the RLAC logo. In the center, a yellow 'no smoking' symbol is displayed. Below it, the text 'DON'T WAIT SAY NO TO TOBACCO TODAY' is written in white. The main title 'WORLD NO TOBACCO DAY' is in large, bold, yellow letters. At the bottom, a yellow banner contains the text 'PLEDGE TAKING CEREMONY | 5 PM'. Below this banner, three names and titles are listed in white: DR. RAKESH KUMAR GUPTA (PRINCIPAL), DR. RITA JAIN (PROGRAM OFFICER), and PARVEEN KUMAR (PRESIDENT).

NATIONAL SERVICE SCHEME  
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WORLD NO TOBACCO DAY

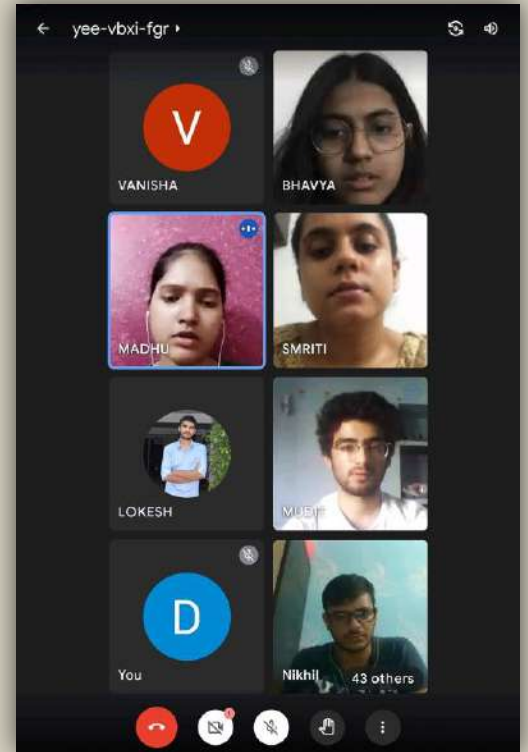
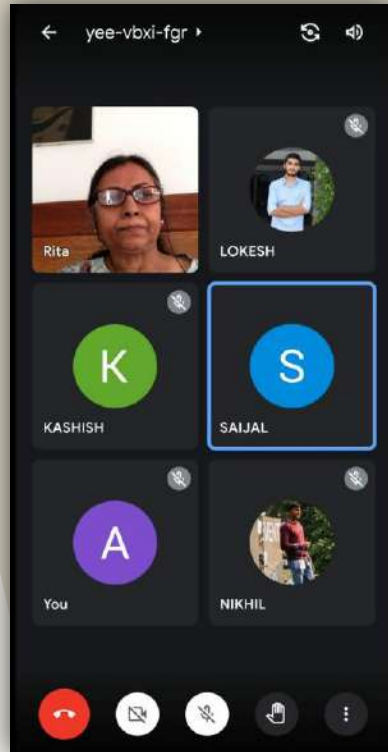
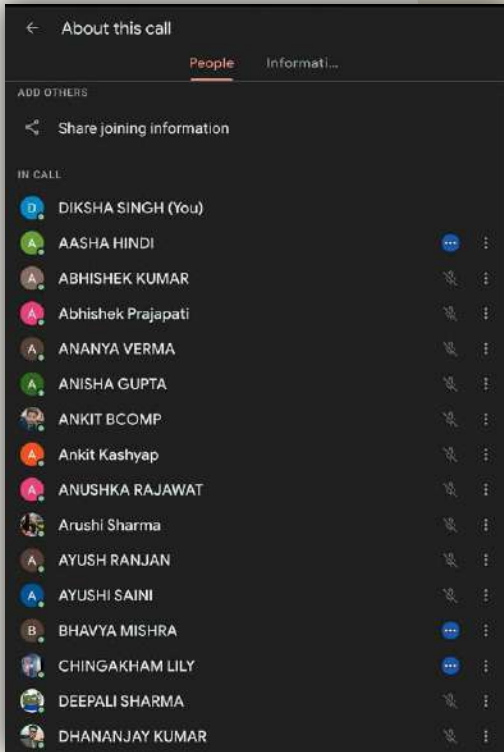
PLEDGE TAKING CEREMONY | 5 PM

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT

# Glimpse

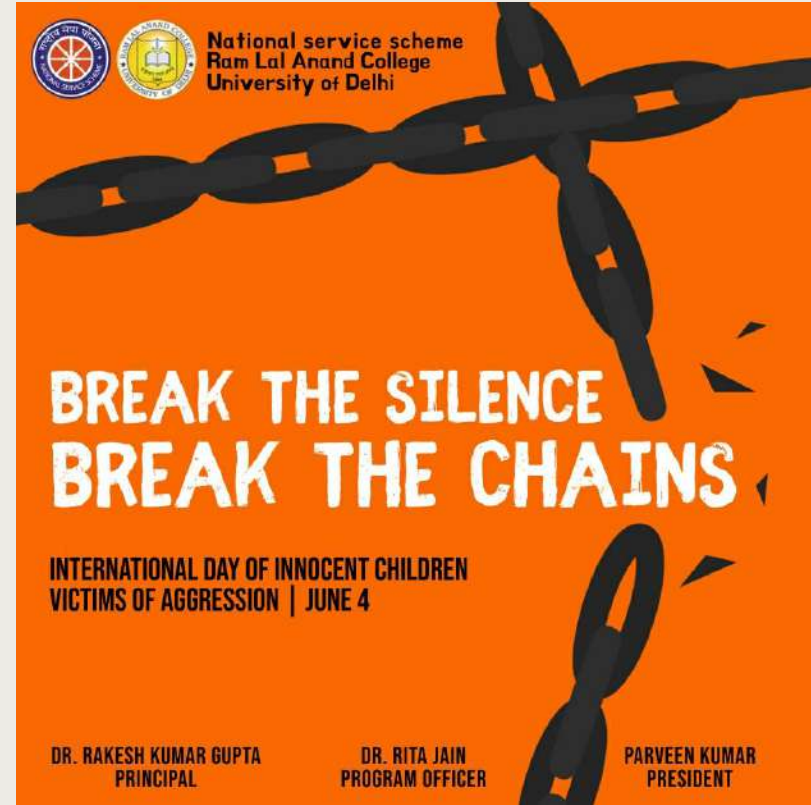


# INTERNATIONAL DAY OF INNOCENT CHILDREN VICTIMS OF AGGRESSION

4<sup>th</sup> June, 2021

**“Every war is a war against children.”**

On “International day of innocent children victims of aggression”, NSS unit of RLAC organized an article writing event to drive home the need to protect and promote the rights of children and to make people aware in the whole world about the impact of cruelty or abuse done with children in all its forms.





# Glimpse

## THE EFFECT OF WAR ON CHILDREN

-BY RUCHIKA



War, is basically a conflict between political groups involving hostilities of considerable duration and magnitude. Sociologists usually apply the term to such conflicts only if they are initiated and conducted in accordance with socially recognized forms. War destroys communities and families and often disrupts the development of the social and economic fabric of nations. They are a major loss of life and property and moreover a bigger loss of emotions too.

The effects of war include long-term physical and psychological harm to children and adults, as well as reduction in material and human capital. People lose their loved ones and become homeless at the same time. This leaves such a big trauma on children. Not only their childhood gets spoiled but also they get such an emotional breakdown and also some of them get into wrong paths in life. According to a report released in June by the London-based International Coalition, an estimated 300,000 children in more than 80 countries are participating in armed conflict-carrying guns, fighting, serving as spies, porters and cooks, and being used as soldier "wives".

According to relief agencies, in today's era of combat, 85 to 95 percent of those harmed or killed by modern armed conflict are civilians. Also, of those, about 50 percent are children. Wars destroys the basic necessities of life: schools, health care, adequate shelter, water and food which are the basic requirement of a children to raise them. Wars makes it difficult for communities to give children an environment that fosters healthy cognitive and social development. War affects children in many of the same ways that it affects adults. There are, nonetheless, specific effects on children. Many of the

Ruchika Whitting  
The Effect of War on Children

Children who grew up during war, armed conflict and terrorism experience dangerous events that threaten their mental health and normative age-related transitions. Growing up in these unstable and hazardous environments is associated with psychological difficulties both among children and adolescents.

War affects children in all the ways. It affects adults, but also in different ways. First, children are dependent on the care, empathy, and attention of adults who love them. Their attachments are frequently disrupted in times of war, due to the loss of parents, extreme preoccupation of parents in protecting and finding subsistence for the family, and emotional unavailability of depressed or distracted parent. The child may be in substitute care with someone who cares for him or her only slightly, relatives or an orphanage. Second, impacts in childhood may adversely affect the life trajectory of children far more than adults consider. Children who lose the opportunity for education during war, children who are forced to move into refugee camps

## THE EFFECTS OF WAR ON CHILDREN

(Diksha Singh)

War is an intense armed conflict either between states, governments, societies, or paramilitary groups such as mercenaries, insurgents, and militias generally characterized by extreme violence, aggression, destruction, and mortality, using regular or irregular military forces.

Many children cannot understand the cause of the conflict or why it is happening. However, children's exposure to war varies dramatically, as does the ability of parents, communities and nations to protect children from warlike.

The bombs and bullets of war often kill, maim, and disable children. Some are recruited to become soldiers and are placed directly in the firing line. It is estimated that there are tens of thousands of young people under 18 serving in militias in about 85 countries.

The effects of war can be both direct and indirect. The direct effects of conflict include death, physical and psychological trauma, and displacement. Indirect effects are related to inadequate and unsafe living conditions, environmental hazards, infrastructure, etc...

Many more children die or become fatally ill from the indirect physical effects of war. War destroys hospitals and health centres, and medical personnel are killed or forced to flee. Children often experience disrupted or no schooling. One of the most damaging effects of war is the way it disrupts and destroys children's education.

On the other hand, the psychological effects of war and war-related trauma may be severe. Post-Traumatic Stress Disorder (PTSD) may result as the effects on vulnerable and impressionable children can be worse than on adults. Severe losses and disruptions in their lives lead to high rates of depression and anxiety in war-affected children. Some cope by turning to alcohol or drugs.



Some parents or communities have been able to shelter their children from war. Most families, however, drained of their resources after many years of warfare, feel helpless about protecting their children from events beyond their control. Until we know how to prevent wars, the international community will want to do all it can to empower parents, communities and nations to protect their children from the most serious physical and psychosocial effects of war.

We have however seen how war traumatizes significantly and persistently hinders children's development.

Therefore, urgent action is needed to protect a generation of vulnerable children who have already lost their sense of safety.



# WORLD ENVIRONMENT DAY

5<sup>th</sup> June, 2021

NSS unit of RLAC celebrated “World Environment Day” on 5<sup>th</sup> June by reusing waste material(s) under the theme ‘Best Out of Waste’. Objective of this activity was to drive attention towards the **3Rs- Reuse, Reduce & Recycle**.

The volunteers however seemed interested in the activity as a good number of students participated in the event and submitted pictures of their creation.



# Glimpse

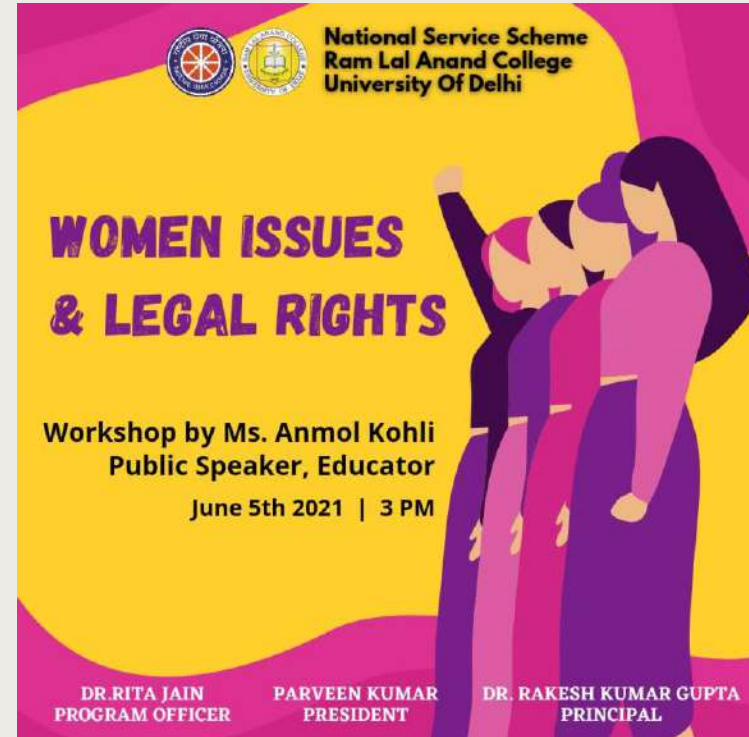


# WOMEN ISSUES AND LEGAL RIGHTS

5<sup>th</sup> June, 2021

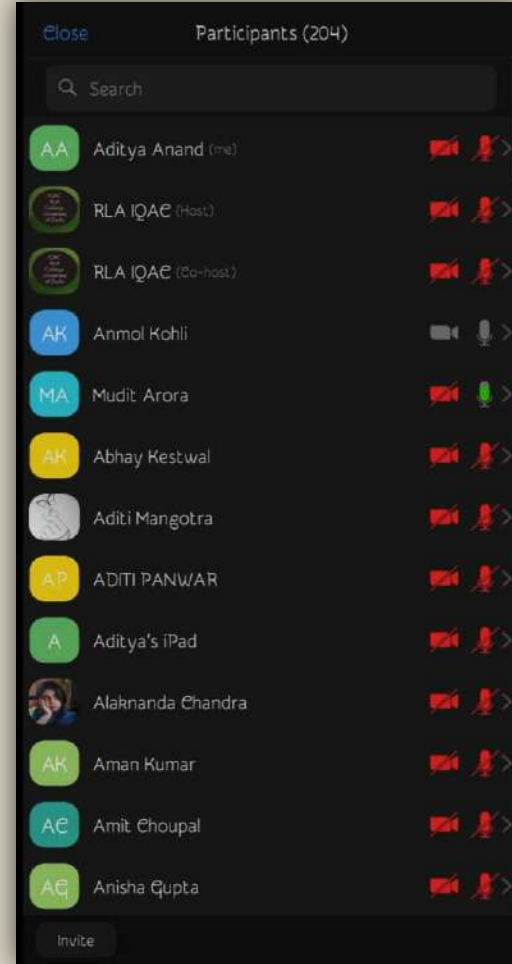
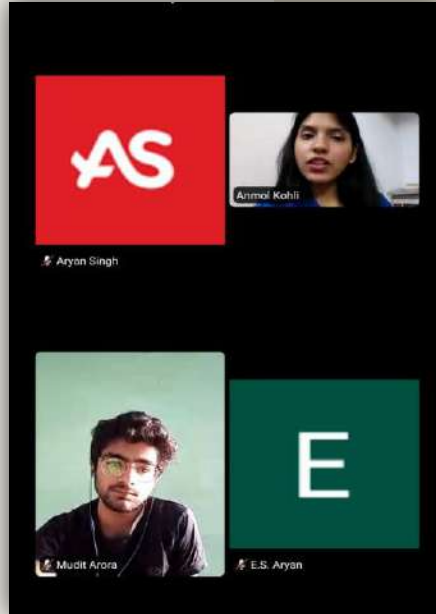
NSS unit of RLAC organized a webinar on 5<sup>th</sup> June at 3:00 p.m on the topic, “Women Issues and Legal Rights” by a well-known speaker and educator **Ms. Anmol Kohli**.

Aim and objective of the session was to make the students understand the issues that women faces in day to day life and what are the rights given by our constitution to them. However, the NSS unit was amazed with the sheer number of participants engaged in the event for willing to create a better society where women will be treated no less than men.





# Glimpse

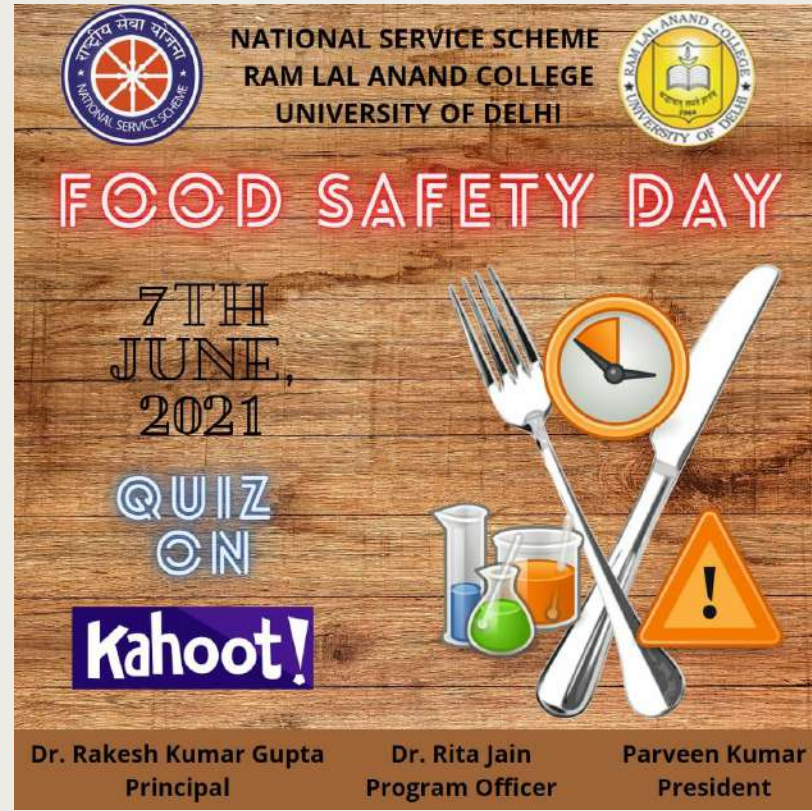




# FOOD SAFETY DAY

7<sup>th</sup> June, 2021

Access to sufficient amounts of safe food is key to sustaining life and promoting good health. With an estimated 600 million cases of foodborne illnesses annually, unsafe food is a threat to human health and economies, disproportionately affecting vulnerable and marginalized people, especially women and children, populations affected by conflict, and migrants. Thus, consuming safe food becomes utmost important. On the occasion of “Food safety Day” which is celebrated on 7<sup>th</sup> June every year, NSS unit of RLAC organized a quiz for all the volunteers. Through this, the volunteers were able to explore and know more about the preservation and safe consumption of food .



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FOOD SAFETY DAY

7TH  
JUNE,  
2021

QUIZ  
ON

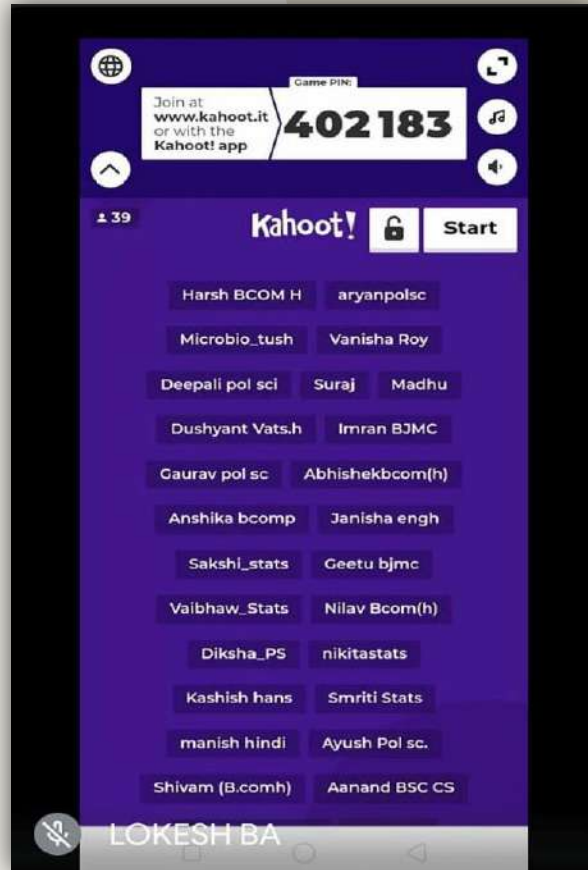
**Kahoot!**

Dr. Rakesh Kumar Gupta  
Principal

Dr. Rita Jain  
Program Officer

Parveen Kumar  
President

# Glimpse

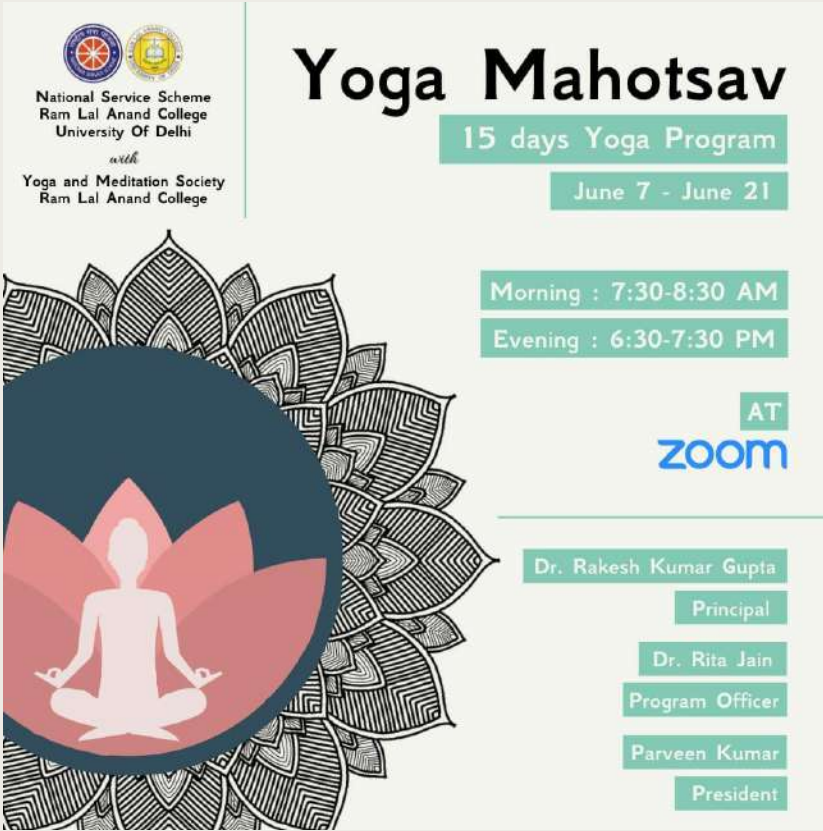


# INTERNATIONAL YOGA DAY

## CELEBRATIONS

7<sup>th</sup> – 21<sup>st</sup> June, 2021

Yoga emerges as a school of philosophy in ancient times. Research studies have shown that traditional yoga systems that include breathing exercises and asanas or postures, chants, and meditation can reduce stress and improve immunity and lung functions. To let the volunteers seek the benefits of yoga, NSS unit of RLAC along with the **Yoga and Meditation Society** organized 15 days long “Yoga Mahotsav” which was from 7<sup>th</sup> June to 21<sup>st</sup> June via Zoom both in the morning and evening. The organized sessions not only taught volunteers the benefits of yoga but also the beauty of yoga that they don’t have to be a ‘yogi’ or ‘yogini’ to reap the benefits. On an average, 28 students actively participated in this event each day. It marks the 7th International Day of Yoga.



**Yoga Mahotsav**  
15 days Yoga Program  
June 7 - June 21

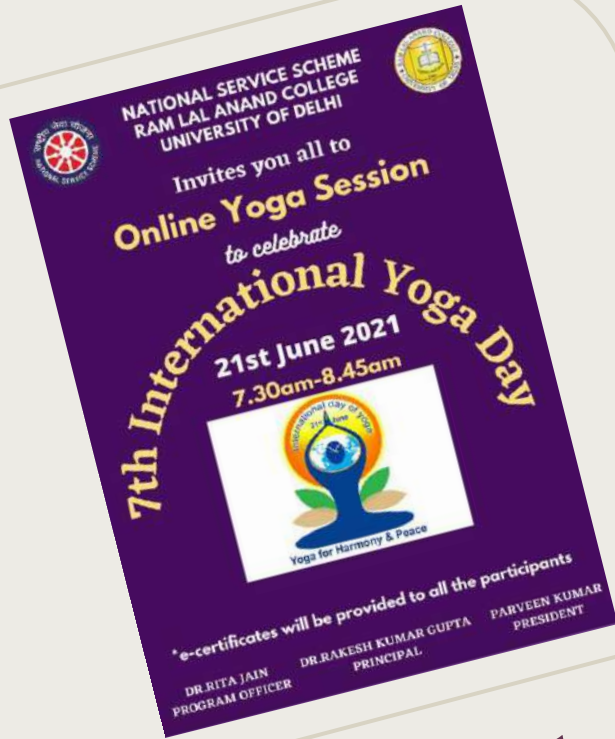
Morning : 7:30-8:30 AM  
Evening : 6:30-7:30 PM

AT  
**zoom**

Dr. Rakesh Kumar Gupta  
Principal

Dr. Rita Jain  
Program Officer

Parveen Kumar  
President



21<sup>st</sup> June, 2021

## 7<sup>th</sup> INTERNATIONAL YOGA DAY

- On the occasion of 7<sup>th</sup> International day of yoga, NSS unit of RLAC organized an hour yoga session on 21<sup>st</sup> June 2021 from 07:30 AM to 08:30 AM.
- Objective of this event was to aware the youth towards fitness, as yoga is the supreme exercise in Indian society which helps in attaining peace of mind.
- The unit was however pleased with active involvement of approximately 50 students in the event.



# Glimpse

Close Participants (25)

Search

- Diksha Singh (me)
- Shishir Pokhriyal (Host)
- AMBIKA
- Anshika Agrawal
- Ayushi Verma
- DEVANSHI SHARMA
- Dr. Laxmi Devi
- Geetu Katyal, Bjmc
- Kartikey Parashar
- kashish hans
- Lily Chingakhm
- Madhu Raut
- Mallika
- MUKTA & A D MAZOOMDER
- Nupur Saboo
- pinki
- PRASHANT KUMAR
- Rahul Bhadotiya (Yog Positi...
- Rakesh Gupta
- Sarbari Nag
- Seema Gupta
- Sunila Hooda
- Yamini Gupta
- Nilav BCOM(h)
- realme C3

Invite

Sarbari Nag

Aditya's iPad

Deepali Sharma

Bhavya Mishra



# WORLD DAY AGAINST CHILD LABOUR

12<sup>th</sup> June, 2021

Each year on 12<sup>th</sup> June, the World Day brings together governments, employers and workers organizations, civil society as well as millions of people from around the world to highlight the plight of child labourers and what can be done to help them.

Thus on the occasion of “World Day against child labour”, NSS unit of RLAC organized a poster making event where volunteers showed the active participation through their impactful and an eye opening posters.



# Glimpse



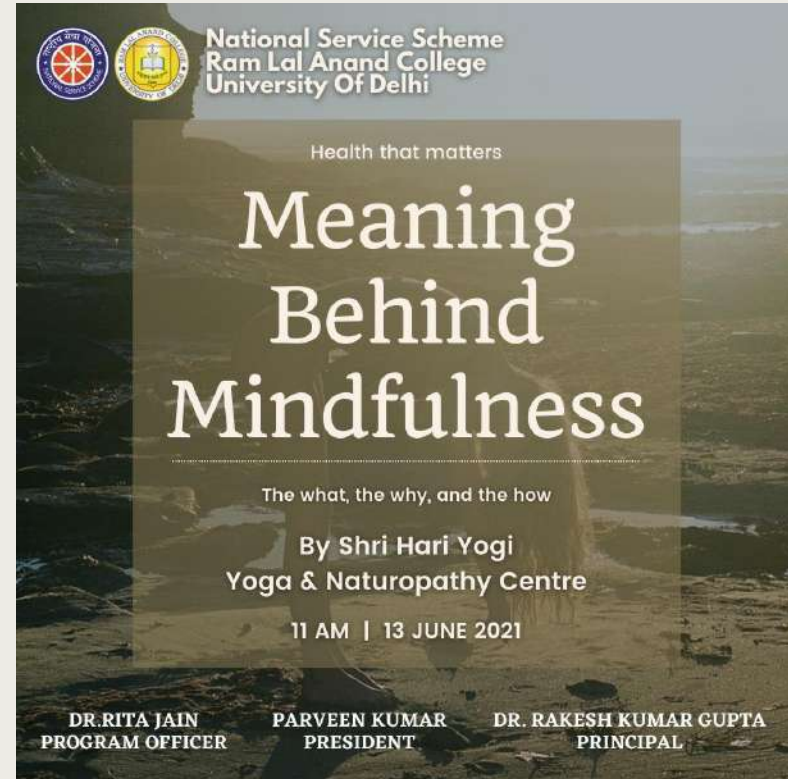
# MEANING BEHIND MINDFULNESS

13<sup>th</sup> June, 2021

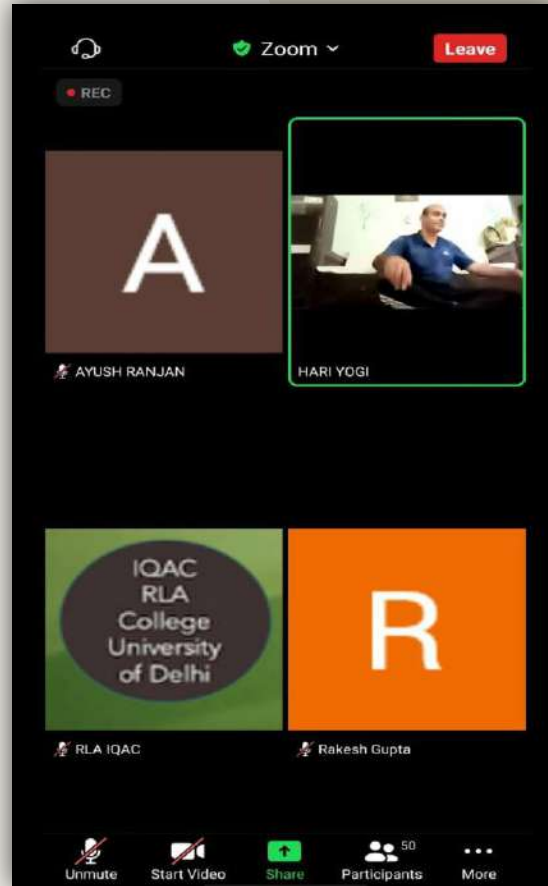
The breathing exercise in Yoga is known as pranayama. Practicing pranayama helps to attain peace of mind. It is the form of mindfulness activity which helps to eliminate stress and tackle anxiety of corporate life. Mindfulness activity prove as the milestone for the students as it helps them to stay focused on their topic(s).

NSS unit of RLAC along with **Shri Hari Yogi Ji** from Yoga and Naturopathy Centre organized a 'mindfulness' event. "Meaning Behind Mindfulness" was the name of the event with objective to tackle the misery of daily stress and to focus on mind for peace. The event was organised on 11<sup>th</sup> June 2021 via Zoom at 11 AM.

However, 38 volunteers actively participated in this event.



# Glimpse

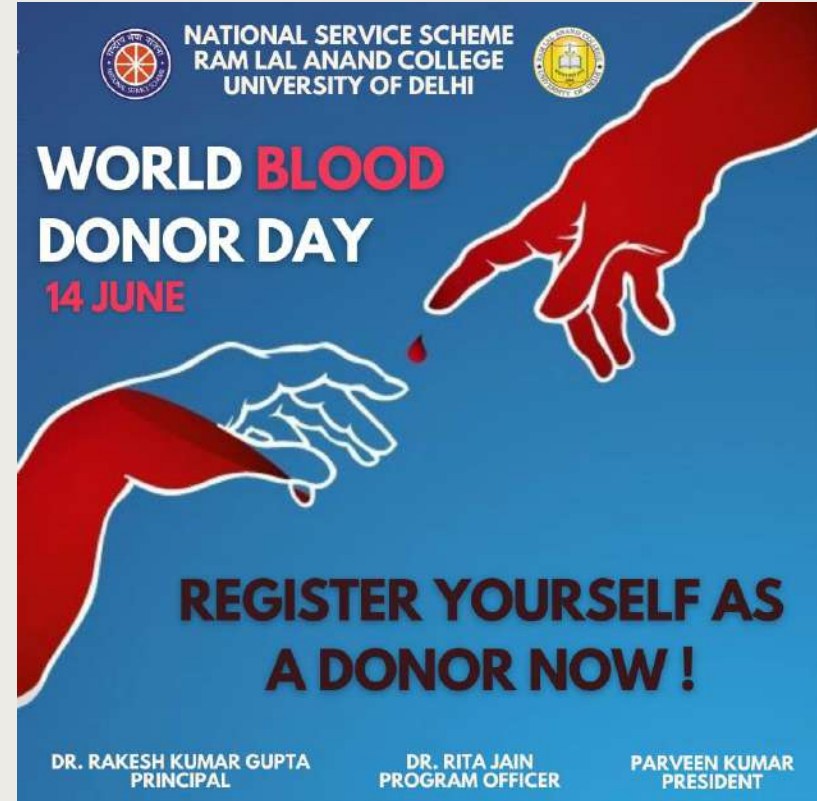




# WORLD BLOOD DONOR DAY

14<sup>th</sup> June, 2021

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They save millions of lives and improve the health and quality of life of many patients every day. Keeping the importance of this day in mind, NSS unit of RLAC celebrated “World Blood Donor Day” on 14<sup>th</sup> June 2021 by asking the volunteers to register themselves as a donor under the hashtag **#Anybodycansavelives**. Aim and objective of the event was to donate blood for helping the needy people and families.





# Glimpse

## Khoon - Blood Donor Registration Form

Khoon, a wing of Jaanavi Social Welfare Foundation, a youth-run NGO that aims to solve the blood crisis in India and ensure that continuity is maintained throughout. We are mediators between patients in dire need of blood units and blood donors ready to help the ones in need.

Khoon is requesting the citizens of India to pledge to donate Blood. When there is an emergency requirement, our Helpline Team will get in touch with you.

For more details, get in touch with us at our toll-free number: 1800 890 6465

\* Required

Please make sure to read the guidelines below to find out if you are eligible to donate blood.



### GUIDELINES FOR BLOOD DONATION

#### WHO CAN DONATE?

- SHOULD BE ABOVE 18 YEARS OF AGE
- MUST BE HEALTHY AND WEIGH AT LEAST 50 KGS
- HEMOGLOBIN LEVEL AT LEAST 12.5 G/DL
- NOT DONATED IN PAST 3 MONTHS
- NORMAL BLOOD PRESSURE (BETWEEN 100/60 - 140/90)
- FREE FROM HIV, HBV, HCV, AND S.I.

#### WHO CANNOT DONATE?

- TREATED FOR MALARIA OR HAD MALARICE IN PAST 1 YEAR
- HAD A TATTOO OR PIERCING, RECEIVED BLOOD, HAD A MAJOR SURGERY OR ILLNESS IN PAST 6 MONTHS
- HAD AN HIV ANTIBODY TEST IN PAST ONE MONTH OR IS ON STEROIDS OR HORMONAL SUPPLEMENTS (LIKE THYROID MEDICATIONS)
- HAD DENTAL WORK OR TAKE ASPIRIN IN THE PAST 72 HOURS
- PREGNANT OR ADDICTED TO DRUGS OR HAVING ANY INFECTION OR BLOOD DISEASE
- IS SUFFERING FROM ACUTE DISEASES SUCH AS COUGH OR FLU.



HELPLINE NO. 1800 890 6465

f t in v | #khoonindia

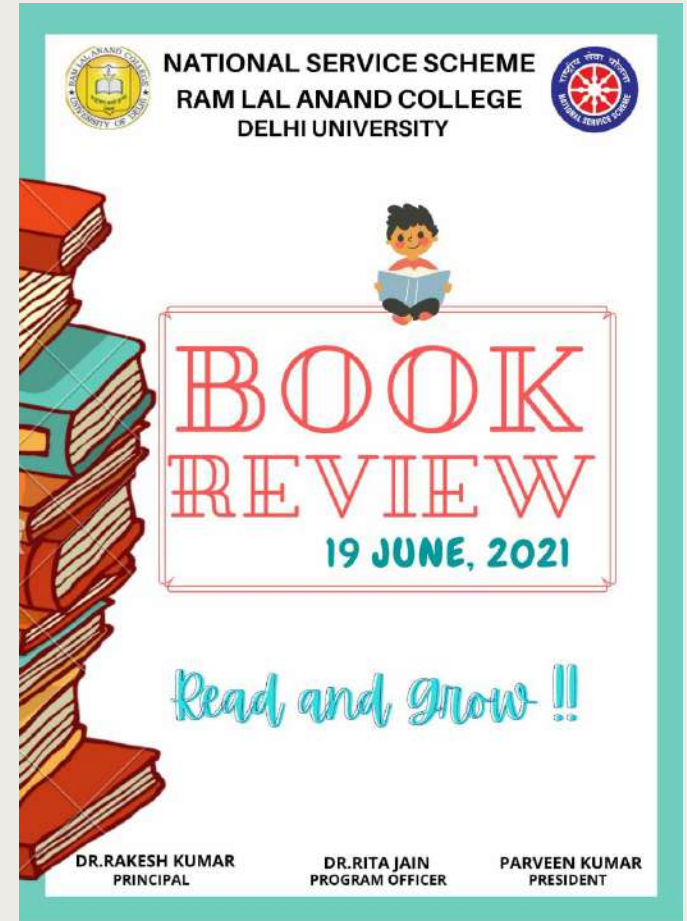
Are you eligible to donate? \*

Yes, I'm eligible to donate.

# BOOK REVIEW

19<sup>th</sup> June, 2021

NSS unit of RLAC celebrated “National Reading Day” on 19<sup>th</sup> June 2021 by asking all the volunteers to review a book of their choice. The only objective behind organising this activity was to make students understand the value of reading books. Nonetheless, a fine percentage of students participated in the event by sending a video of themselves and their write-ups reviewing a book.



# Glimpse

Books title : God's talk with Arjuna  
Writer: Swami paramhansa yogananada (founder of yss society)

My review:-

It is the best book that I have come across in life. Written as commentary over bhagvad Gita, this book offers solutions to all the problems that one might face in real life. Yogananada ji with his profound shower of knowledge has put arduous efforts in making the battle of kurukshetra to resonate with one's own life battle.

We every day encounter problems of anxiety, fear of public affirmations, procrastination, action & inaction, pain & pleasure etc. Our life hangs between two opposite poles. Not knowing about the truth behind all these, we waste our lives by being engaged in all these without touching the true human potential. On the same line, this book has been written with the intent to let one take charge of one's life and use mind, body, senses, emotions all these faculties for one's own upliftment rather than creating misery which is happening all around the world.

It reiterates the millennium old teaching of this land such as:-

- \* Niskam karma - work without attachment
- \* Sattvic jeevan- leading a life of virtues on all fronts
- \* Dhyana- practising deep focus and meditation
- \* Jeevan mukti- god realisation or reaching humans peek in this life to come out of cycle of life and death

Book review of baagi balia by satyavyas

This book is all about student politics which starts with students election in the city college of balia, satyavyas has written some great stories like banaras talkies, baagi balia, chaurraasi, Delhi darbaar, and so many coming up in the line. The book starts at a slow momentum which is kind of monotonous but as the story goes on it becomes more interesting. Balia is the last district of UP where politics is in the blood of the people here either you will see politicians or the people with no work, our ex PM Chandra Shekhar was from balia. As I am also a student of political science so I was fascinated by this type of genre. Satyavyas is a great writer and the way in which he writes is very localised, simple and engaging. The phrases that were used in local languages were looking like while reading like I was watching a movie, it's a great script for an upcoming web series.

It involves money, crime and all the vulgar things that happens during the elections. Both the sides in the elections were very strong and they invested all their time and money and after so much of struggle they won the election. And the story ends here.

I recently finished reading this book- IKAGAI (The Japanese secret to a Long and Happy life), and I'm not exaggerating when I say it is literally life changing. This book is so well written, and it explains problems I'm pretty sure all of us face today. In today's materialistic and stressful world, it can be very difficult to find your 'ikagai'- your reason to get out of bed every morning, something that makes you happy. But there are people in this world, who are over a hundred years, who are active, and happy, doing what they love! If they can be so passionate at their age, why not us? The simplest things are often the most beautiful, and this book is the perfect example of this statement.

It is written in an easy language and is very precise ( absolutely no nonsense). I have become a more positive and happy person, thanks to this wonderful book.

# TARANG:

## MONTHLY INTRA UNIT COMPETITION

26<sup>th</sup>-27<sup>th</sup> June, 2021

NSS unit of RLAC came up with an idea of organising **Tarang-Monthly Intra Unit Competition** where various events were conducted to nurture volunteer's skills and talent and to give winner the title of "**Tarang champion June'21**". The event was organised for two days- 26<sup>th</sup> and 27<sup>th</sup> in following three rounds-  
ROUND 1: Quiz (The Prelims) via Google form on 26<sup>th</sup> June at 12 PM. Where, the unit received participation of approximately 20-25 students.

ROUND 2: Manthan-The Debate Round the same day, on 26<sup>th</sup> June at 3 PM. On the performance basis, 8 students qualified to the final round.

ROUND 3: Kahoot Quiz (Bharat: Ek khoz) on 27<sup>th</sup> June at 3 PM.





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मंथन  
The Debate Round

# 7 TOPICS TO CHOOSE FROM


- ANY LANGUAGE
- 2 MINUTES
- 2 QUESTIONS
- 4 PANELISTS

3 PM | 26 JUNE 2021  
TARAMG - JUNE'21 EDITION  
ROUND 2

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT



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भारत : एक खोज  
The Tarang Finale

## INDIA: ARMED CONFLICTS AND OUR SWIFT RESPONSE


27th JUNE 2021  
QUIZ ON  
Kahoot!

AT  
3:00 PM

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT



I.



**ROUND 1**  
The Prelims

II.



**मंथन**  
The Debate Round

III.




**भारत : एक खोज**  
The तरंग Finale

O  
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# Glimpse





Volunteerism is the voice of  
the people put into action.  
These actions shape and mold  
the present into a future of  
which we can all be proud of.

—**NSS unit of RLAC**