



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



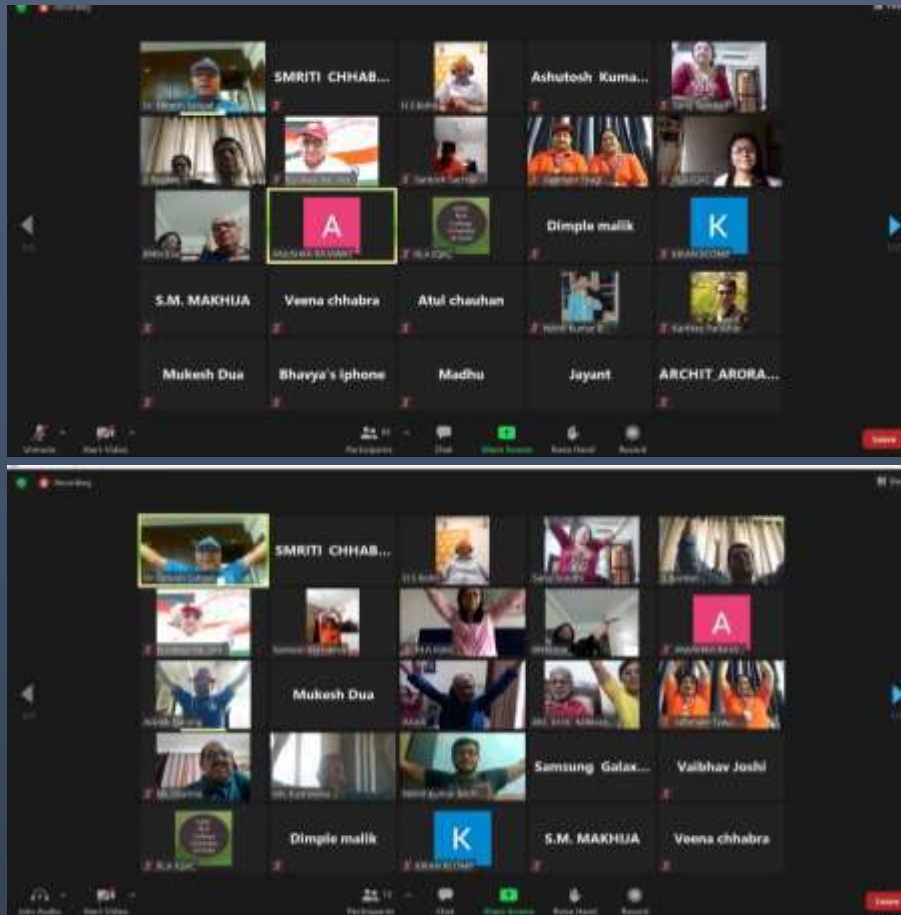
***DR. RITA JAIN***  
PROGRAM OFFICER





***PARVEEN KUMAR***  
PRESIDENT

# INTERNATIONAL LAUGHTER DAY

- NSS RLAC conducted a session on Laughter therapy on the occasion of 'International Laughter Day' on 2<sup>nd</sup> May 2021.
- This session was taken by Dr. Umesh Sahgal.
- It was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



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**RAM LAL ANAND COLLEGE**  
**UNIVERSITY OF DELHI** 

Presents

**LAUGHTER THERAPY**

ON

**INTERNATIONAL LAUGHTER DAY**

BY *DR. UMESH SAHGAL*  
(PRESIDENT, GURGAON LAUGHTER CLUB)

VENUE: ZOOM APP

ON  
2nd May  
2021  
@  
4pm

*live  
laugh  
love*

*A good laugh is a mighty good thing,  
a rather too scarce a good thing.*

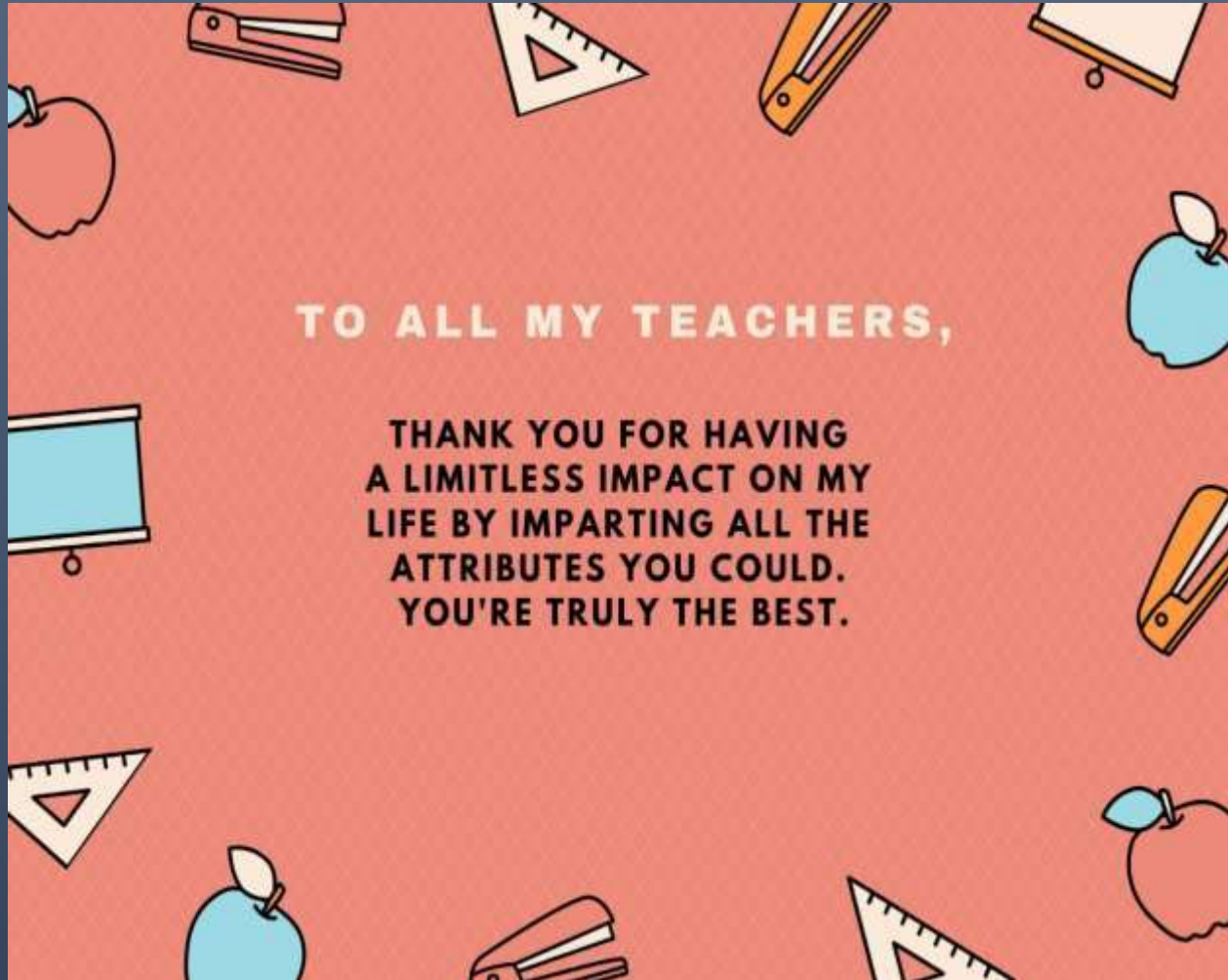
**PROGRAM OFFICER :**  
**DR. RITA JAIN**

**PRESIDENT**  
**PARVEEN KUMAR**

**PRINCIPAL :**  
**DR. RAKESH KUMAR GUPTA**

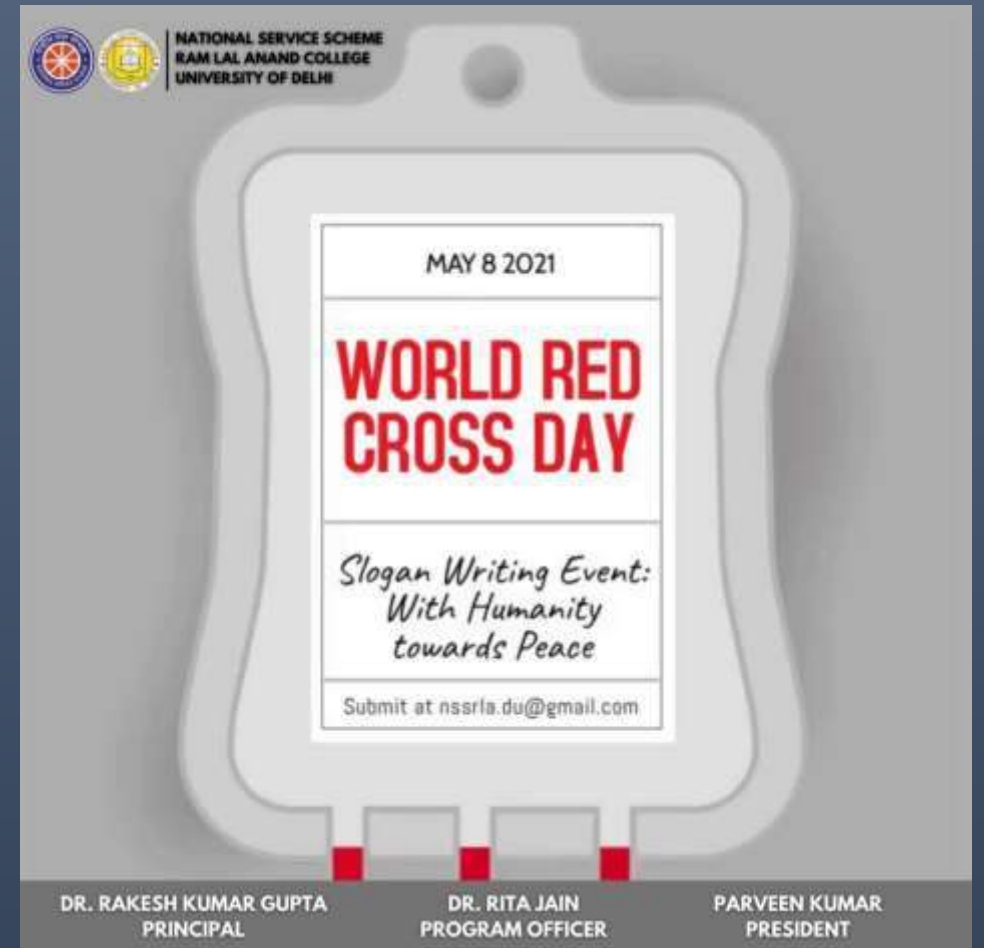
# TEACHER'S APPRECIATION DAY

- NSS UNIT celebrated "Teacher's Appreciation Day" on 4<sup>th</sup> May 2021 through a letter writing event.
- In this, the volunteers expressed their gratitude to teachers for their contribution in our lives.




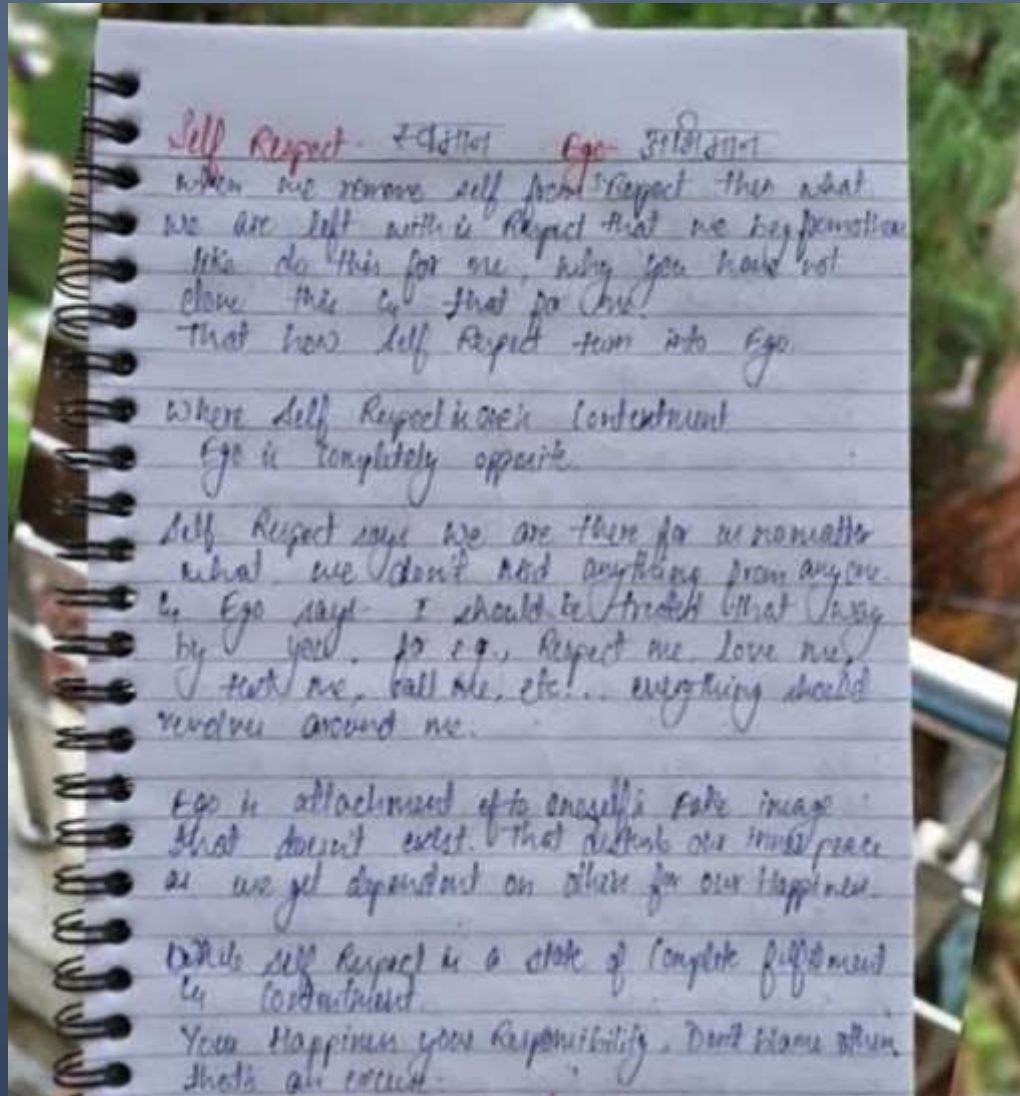
# WORLD RED CROSS DAY

- The volunteers of NSS RLAC participated in the national level quiz and the national webinar organized by Youth Red Cross on “World Red Cross Day” on 8<sup>th</sup> May 2021.
- NSS UNIT RLAC also organized a slogan writing event for volunteers on the same day.




# PRESENTING VIEWS ON EGOTISM

- NSS RLAC invited its volunteers to express their views on "Egotism" on 11<sup>th</sup> May 2021 in the form of videos or in writing.




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## TAKE A MOMENT TO PAUSE, THINK AND REFLECT

Make a video or entries will be taken on Google forms on:-

- How can you banish egotism?
- Causes of egotism
- Repercussions of egotism



DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT

# INTERNATIONAL NURSE DAY

- On the occasion of “International Nurse Day”, on 12<sup>th</sup> May 2021, NSS UNIT of RLAC gave a chance to all its volunteers to express their gratitude to all the nurses by making a short video of vote of thanks and appreciation.



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# International Nurse's Day

12th May

To all the Nurses  
Thank you for taking care of everyone

DR. RITA JAIN  
PROGRAM OFFICER      PARVEEN KUMAR  
PRESIDENT      DR. RAKESH KUMAR GUPTA  
PRINCIPAL

# #100 DAY YOGA SESSION

- *NSS UNIT of RLAC is observing YOGA for UNITY and WELL BEING under the initiative be Gol from 14<sup>th</sup> March 2021 to 21<sup>st</sup> June 2021, this month too NSS RLAC continued the initiative and volunteers took part with dedication and enthusiasm.*

**#Yoga4Unity**

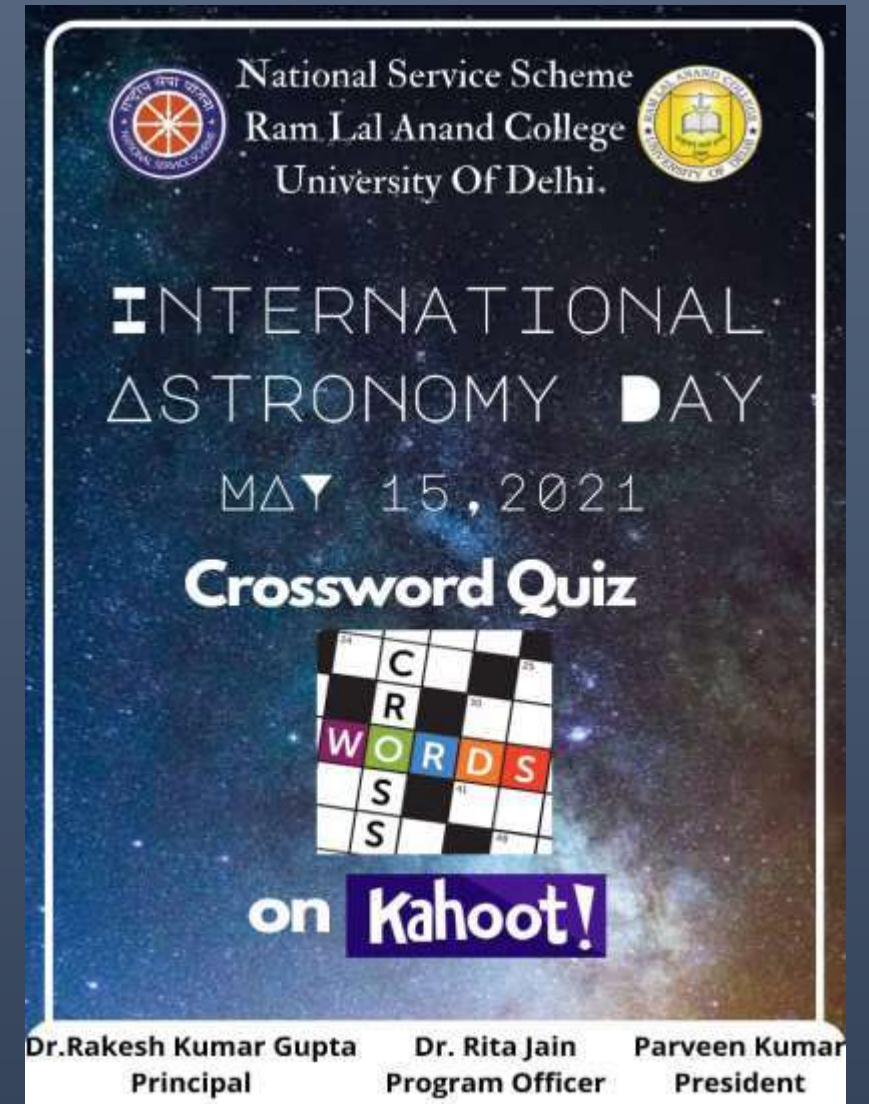
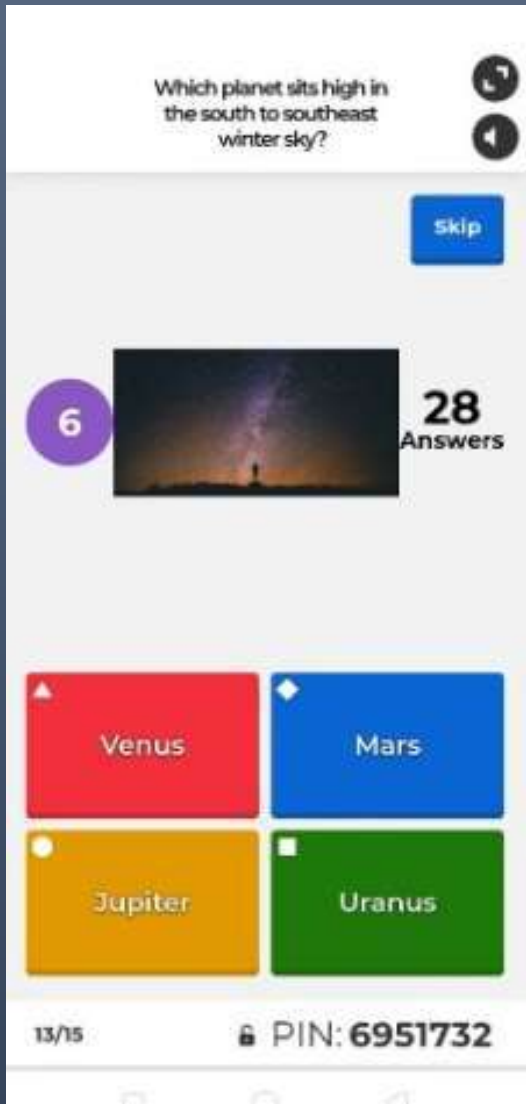
heartfulness  
purity weaves destiny

PADANJALI S-VYASA



# INTERNATIONAL ASTRONOMY DAY

- On the occasion of “International Astronomy Day”, on 15<sup>th</sup> May 2021, NSS UNIT of RLAC organized a quiz for all the volunteers.
- Through this, the volunteers were able to explore and know more about the astronomical world!



# “Corona Se Daro Na”

1. NSS RLAC along with AIIMS NYAFI and Ladli Foundation organized a session, “Corona se Daro Na” from 21<sup>st</sup> May to 27<sup>th</sup> May 2021 where the volunteers could ask any covid related query to have correct and authentic information about COVID.
2. This session was taken by Dr. Santosh Kumar, an Associate Professor in AIIMS Rishikesh.
3. It was supervised by Ms. Kamini Vaid, coordinator of Ladli Foundation.

राष्ट्रीय सेवा योजना  
राम लाल आनंद महाविद्यालय  
दिल्ली विश्विद्यालय

Ladli Foundation Trust  
**RESTORING**  
The DIGNITY OF UNDERPRIVILEGED

AIIMS ऋषिकेश व लाडली फाउंडेशन की पहल

## कोरोना से डरो ना!

कोरोना के बारे में पूछिए अपने सभी सवाल  
एम्स के डॉक्टर देंगे आप को सही जबाब

# 5PM

रोज़ाना

ZOOM पर

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT

# WORLD MENSTRUAL HYGIENE DAY

- On 28<sup>th</sup> May 2021, that is, “World Menstrual Hygiene Day”, NSS RLAC gave its volunteers the opportunity to explore and know more about the Menstrual Hygiene by playing a quiz.

How long does a typical period last? \* 1 point

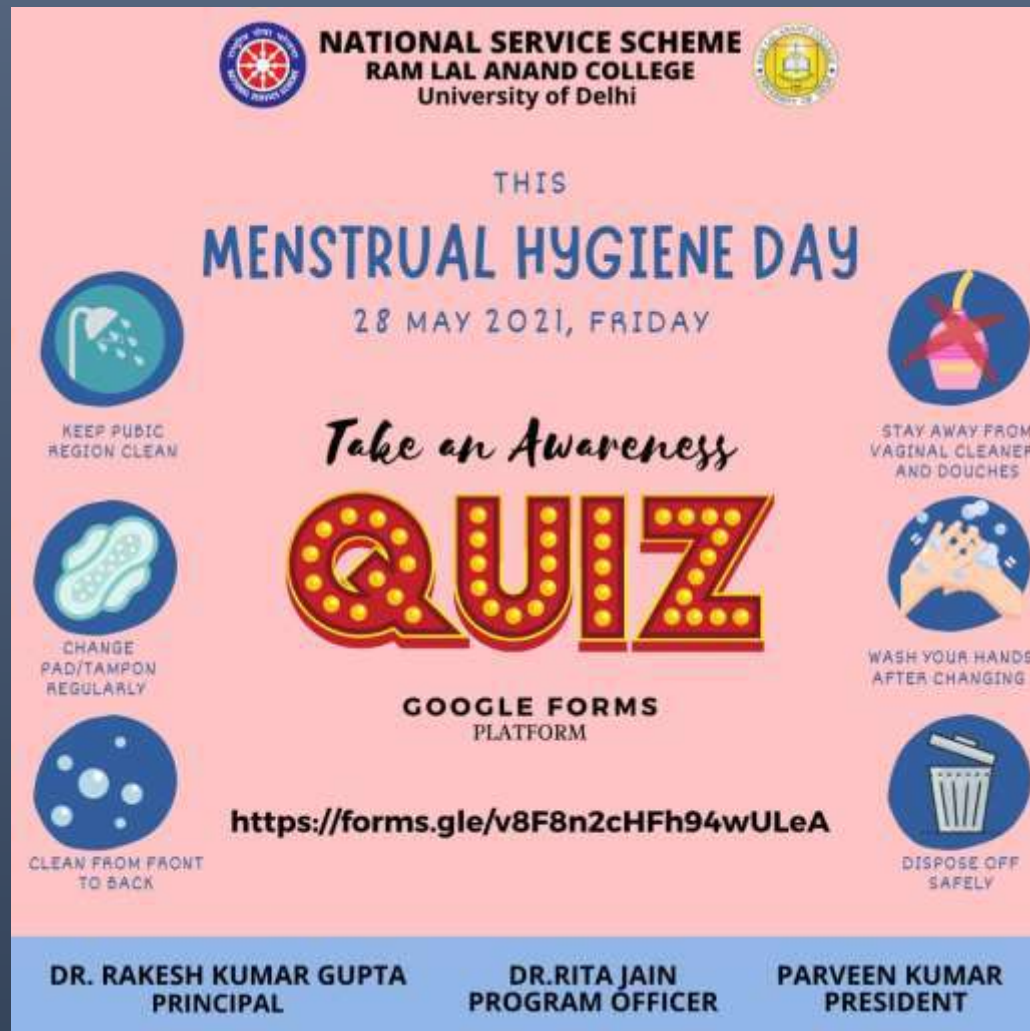
- A week
- 3 days
- 3-5 days

How much blood does an average woman lose during periods? \* 1 point

- About two spoonfuls
- A lot more than that
- About twice the volume of a small-sized cup

A woman's blood flow during periods is always heavy. \* 1 point

- True
- False



The poster is for a quiz on World Menstrual Hygiene Day. At the top, it features the logos of the National Service Scheme (NSS) and Ram Lal Anand College, University of Delhi. The text reads: "NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE University of Delhi". Below this, it says "THIS MENSTRUAL HYGIENE DAY 28 MAY 2021, FRIDAY". The central theme is "Take an Awareness QUIZ" where "QUIZ" is written in large, glowing letters. Below the title, it says "GOOGLE FORMS PLATFORM" and provides the URL "https://forms.gle/v8F8n2cHFh94wULeA". The poster is surrounded by six circular icons with text: 1. A shower head icon with "KEEP PUBIC REGION CLEAN". 2. A pad icon with "CHANGE PAD/TAMPON REGULARLY". 3. A hand washing icon with "WASH YOUR HANDS AFTER CHANGING". 4. A trash bin icon with "DISPOSE OFF SAFELY". 5. A hand holding a tampon icon with "STAY AWAY FROM VAGINAL CLEANERS AND DOUCHES". 6. A hand cleaning a pubic area icon with "CLEAN FROM FRONT TO BACK". At the bottom, the names and titles of the organizers are listed: "DR. RAKESH KUMAR GUPTA PRINCIPAL", "DR. RITA JAIN PROGRAM OFFICER", and "PARVEEN KUMAR PRESIDENT".

When your period starts, it's normal to feel pain in: \* 1 point

- Arms, legs or both
- Just belly
- Belly, back or both

If you miss a period, you're either pregnant or something's wrong. \* 1 point

- True
- False

How long is a normal menstrual cycle? \* 1 point

- 21 days
- 28 days
- 35 days
- All of the above

# WORLD NO TOBACCO DAY

- On 31<sup>st</sup> May, which was “World No Tobacco Day”, NSS RLAC organized a poster making event where volunteers encouraged people to quit tobacco through the means of attractive posters
- The volunteers also took pledge to never consume tobacco products in their life and discourage their known for the same.

