



NATIONAL SERVICE SCHEME

ANNUAL REPORT 2020-21

**RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI**

OFFICE BEARERS

PRESIDENT
SECRETARY

MR.PARVEEN KUMAR
MS.SAIJAL BAJAJ

EXECUTIVE MEMBERS

MS. NANDANI KASHYAP
MR. MUDIT ARORA
MR. LOKESH
MR. SHIVAM CHOUDHARY
MR. SNEHA GUPTA
MS. DIMPLE KUMARI
MR. SARTHAK MEHTA
MR. KANAV KUKREJA

CAMPUS AMBASSADORS

MS. YAMINI
MS. DIYA



Orientation program for Session: 2020-21

10th October, 2020

Orientation program was conducted on 10th October for the session 2020-2021. It was online meeting attended by 27 members continuing their second year in NSS to get acquainted with things.

Awareness program on mental health

10th October, 2020

Mental health awareness increases the chances for early intervention, which can result in a fast recovery. The best way to spread awareness about a topic is to, have open discussions about it so NSS unit of RLA organized a program on, mental health awareness on 10th of October which was attended by 30 volunteers.

Slogan / poster making on mental Health.

10th October, 2020

Awareness reduces negative adjectives that have been set to describe our people with a metal illness. On 10th of October NSS unit of RLA invited all volunteers to a slogan/poster making competition with the theme of mental health awareness. 19 submissions were made by the volunteer.

Article-writing on 'Significance of Population Control'

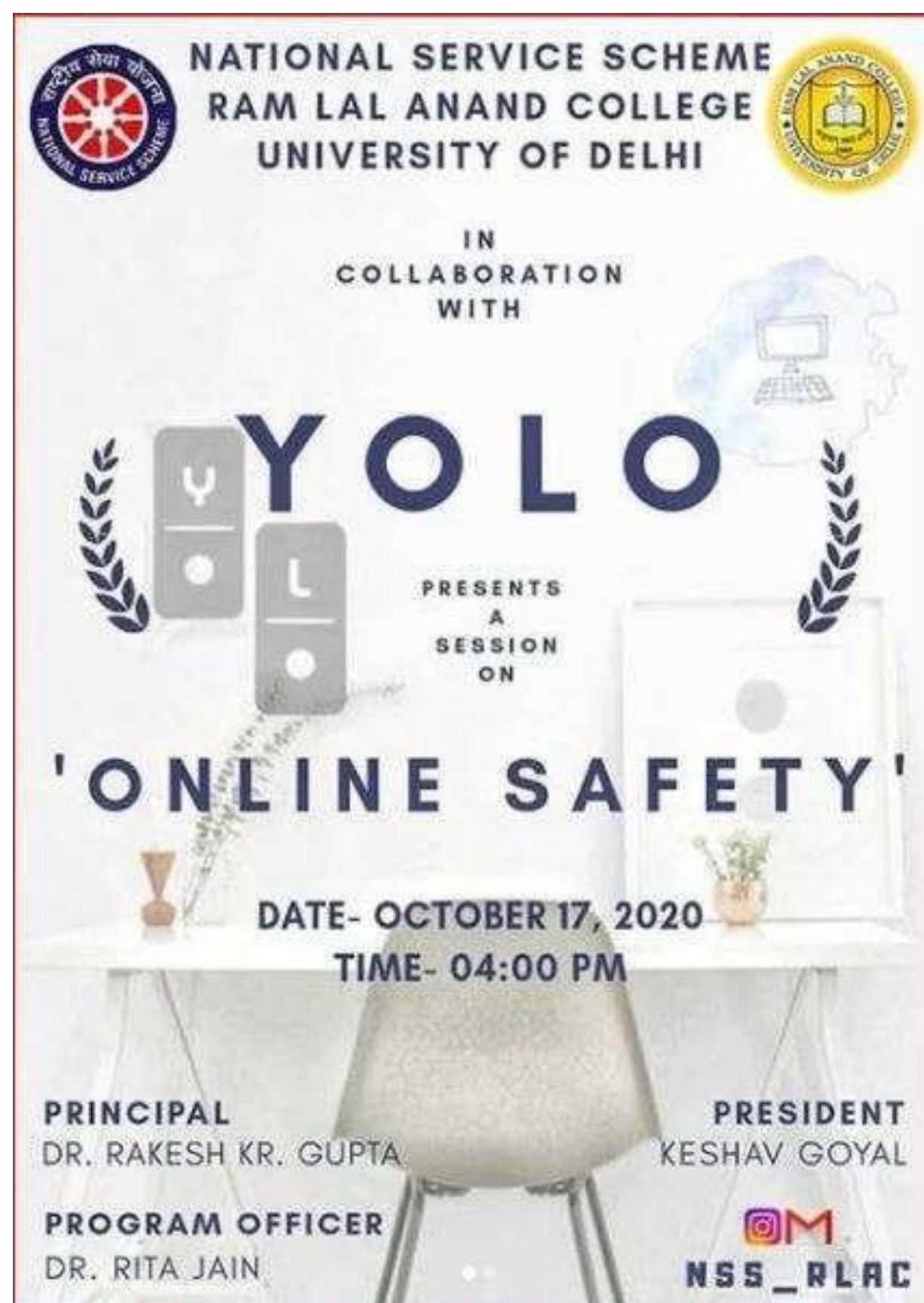
10th October, 2020

After the informative presentation session on 'Significance of Population Control' the volunteers were encouraged to express their leanings and views on the topic. On 10th of October 24 volunteers wrote articles stating their views on the need and methods of population control.

Session on 'Online Safety'

17th October, 2020

On 17th October, 2020 NSS unit of Ram Lal Anand College organized a session on "Online Safety" in collaboration with "Youth Online Learning Organization" better known as YOLO. The session covered various aspects of privacy on different social media platforms. On the lines of four pillars of democracy, volunteers of NSS were introduced to the pillars of the virtual world and how to bust frauds of varying nature. **23 participants** attended the event.



Pledge To Fight Covid-19

17th October, 2020

On 17th October 2020, the NSS unit of Ram Lal Anand College conducted a pledge taking ceremony to fight against coronavirus. All the volunteers pledged to take necessary precautions to wear masks at all times, to wash their hands regularly with soap and water. Together we will win this fight against Covid-19! **21 participants** attended the event.



Vigilance Awareness Week

27th October - 1st November, 2020

The awareness week campaign affirms our commitment to the promotion of integrity and probity in public life through citizen participation. Highlights: Integrity pledge Article - writing Slogan - writing Poetry writing / poster making A talk by Dr. George Quiz on "Satark Bharat, Samriddh Bharat" Theme: 'Satark Bharat, Samriddh Bharat'. 50 participants attended the event throughout the week.

Presentation on youth against drink and drive

29th October, 2020

drunk driving is one of the most frequent causes of death among teens. Alcohol impairs most of the skills that young drivers need the most, such as their reaction time, their vision, and their judgment. To spread awareness on the subject NSS RLA on 29th of October invited its volunteers to a presentation session on youth against drink and drive which was attended by 22 volunteers.



Slogan-writing on youth against drink and drive

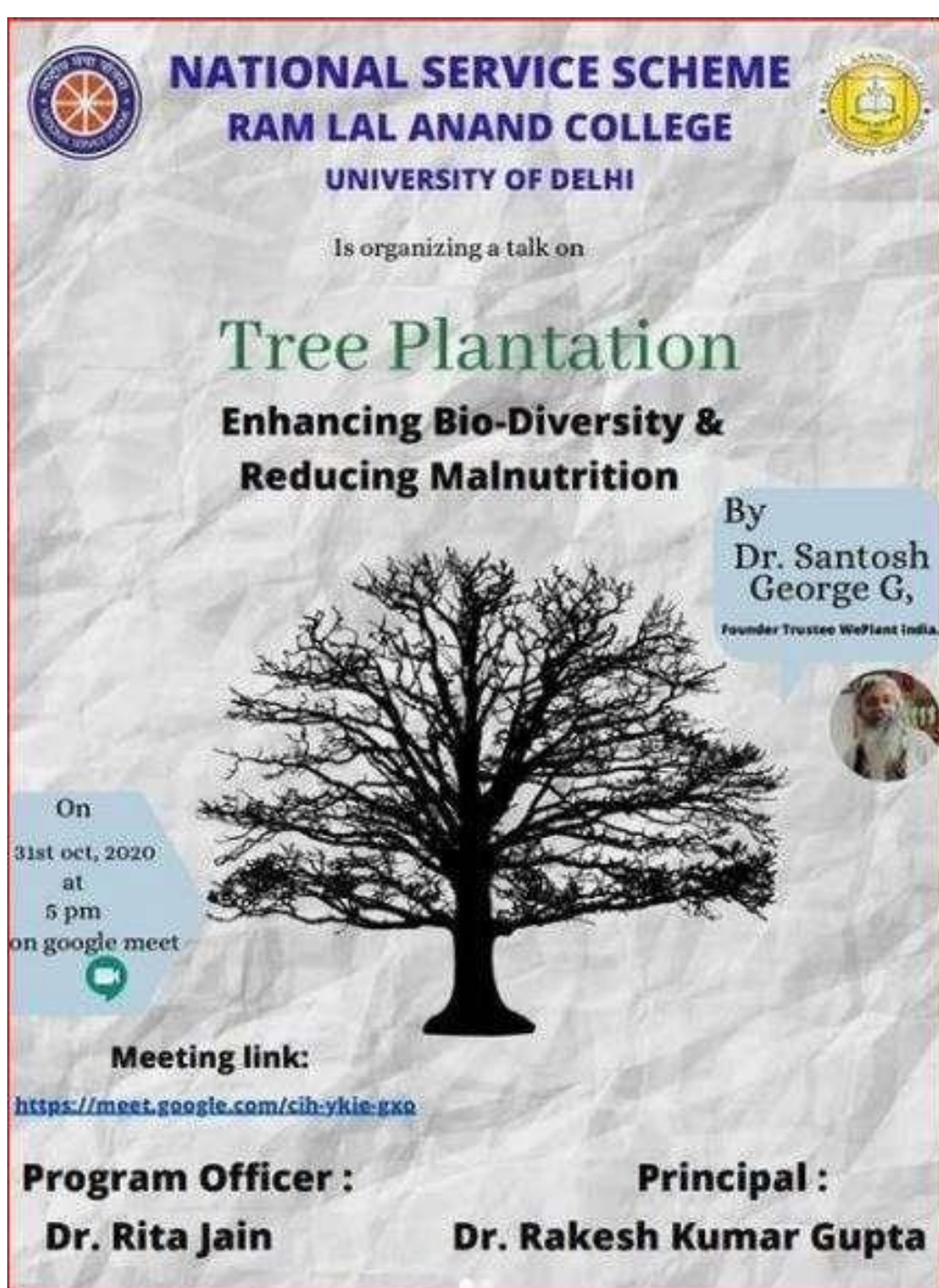
29th October, 2020

Alcohol isn't just illegal for teenagers to consume—it can be deadly if they drink and drive. To spread the word against drink and drive NSS unit of RLA on 29th of October appealed to all its volunteers to write slogans. 15 volunteers wrote slogans to aware the youth against the consequences of drunk driving.

Poetry writing and poster making on SATARK BHARAT, SAMRIDDH BHARAT

30th October, 2020

The Central Vigilance Commission (CVC) observes the Vigilance Awareness Week from 27 October to 2 November 2020. The Vigilance Awareness Week was being observed with the theme, Satark Bharat, Samriddh Bharat. On this occasion NSS unit of RLA invited its volunteers to a poetry writing/ poster making competition. 8 volunteers submitted their entries on 30th October.



Tree Plantation

31st October, 2020

On 31st October, 2020 to mark National Unity Day on occasion of Sardar Vallabhbhai Patel's birthday and to continue with the ongoing Vigilance Awareness Week, NSS unit of Ram Lal Anand College organized a talk on Tree 'Plantation and Enhancing Biodiversity by Dr. Santosh George G, founder of *We Plant India. * Dr George delivered a heartfelt talk which made its

Vigilance Awareness Week (Concludes): Quiz on SATARK BHARAT, SAMRIDDH BHARAT.

1st November, 2020

**On 1st November NSS unit
of RLA concluded the vigilance
week with a quiz competition
for all its volunteers on the
theme of Satark Bharat,
Samriddh Bhartat. 25 volunteers
took part in the competition.**

Best Out Of Waste

12th November, 2020

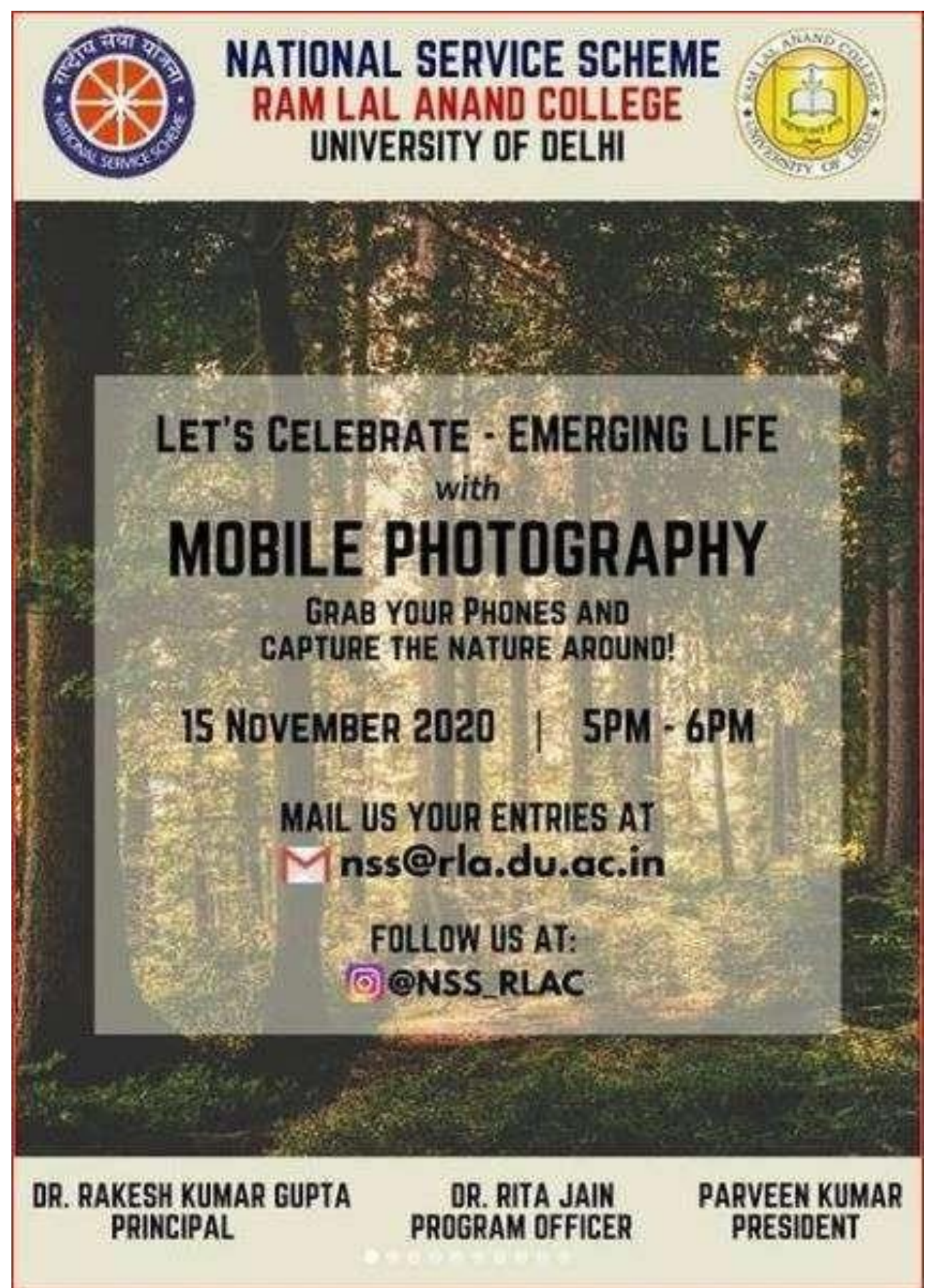
When the cleanliness drive for Diwali is at full pace, NSS found it as an opportunity to make its volunteers aware about the possibility of the "waste" coming out of our homes to be the "best" product for some. With this thought in mind, "Best Out of Waste" event was organized. **36 participants** took part in the event enthusiastically, with some outstanding creative works submitted.



Mobile Photography

15th November, 2020

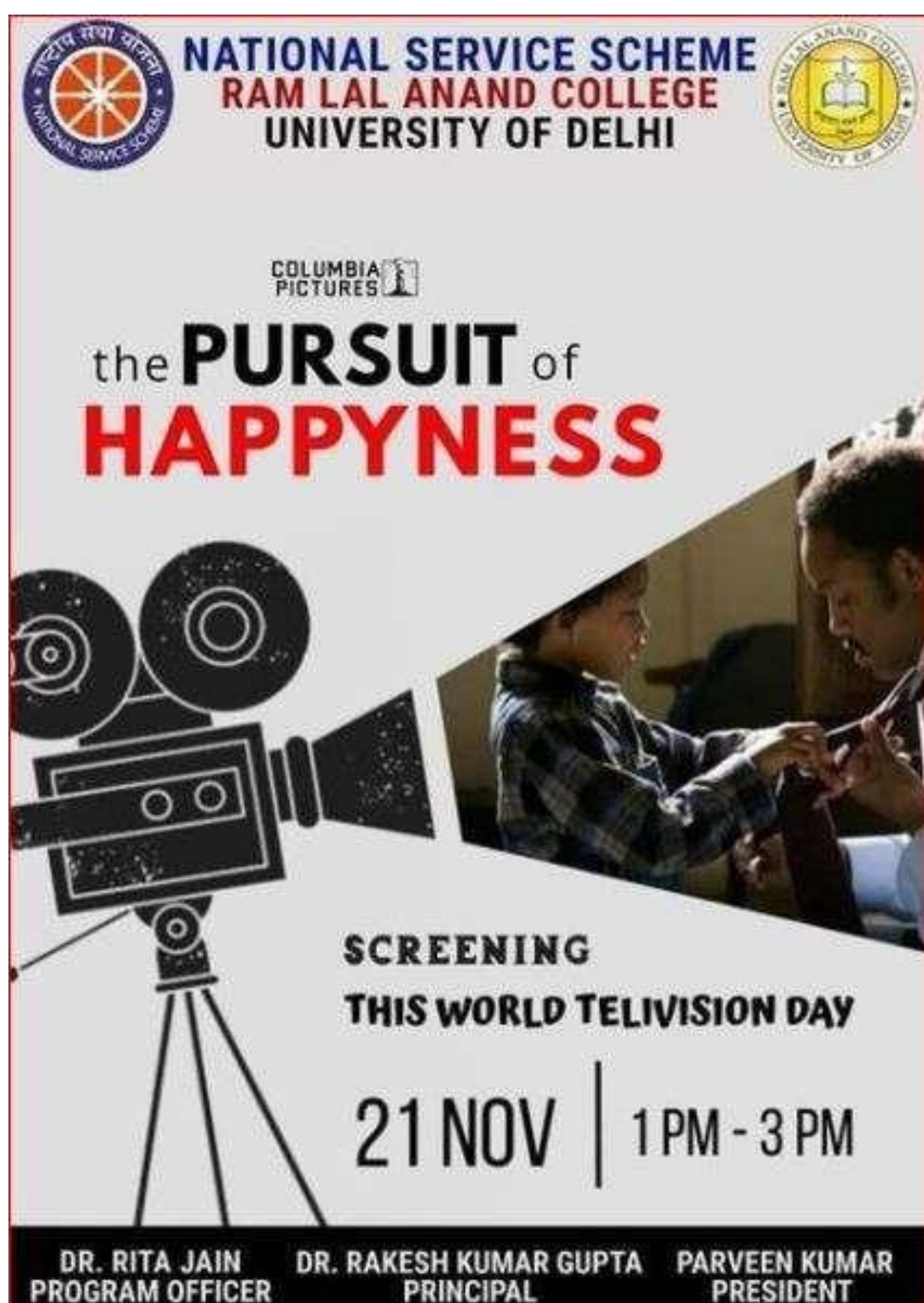
The more you examine and study the workings of nature, the more amazed you become. The NSS unit of RLAC organized a Mobile Photography event with the theme of "Emerging Life". The event witnessed overwhelming participation from **31 participants**, with images being submitted of different landscapes. It was very difficult to choose the best ones.



World Television Day

21st November, 2020

To mark the World Television Day 2020, NSS organized a movie screening for its volunteers on 21 November 2020. 'The Pursuit Of Happiness' traces the journey of real life Chris Gardner. The movie had all various aspects of drama, acting, inspiration which of course is justified by its Oscar and Golden Globes Nominations back in 2006. This Movie Screening turned out to be a fun learning experience. Approximately **32 participants** attended the event.



Anti-Drug Campaign

22nd November, 2020

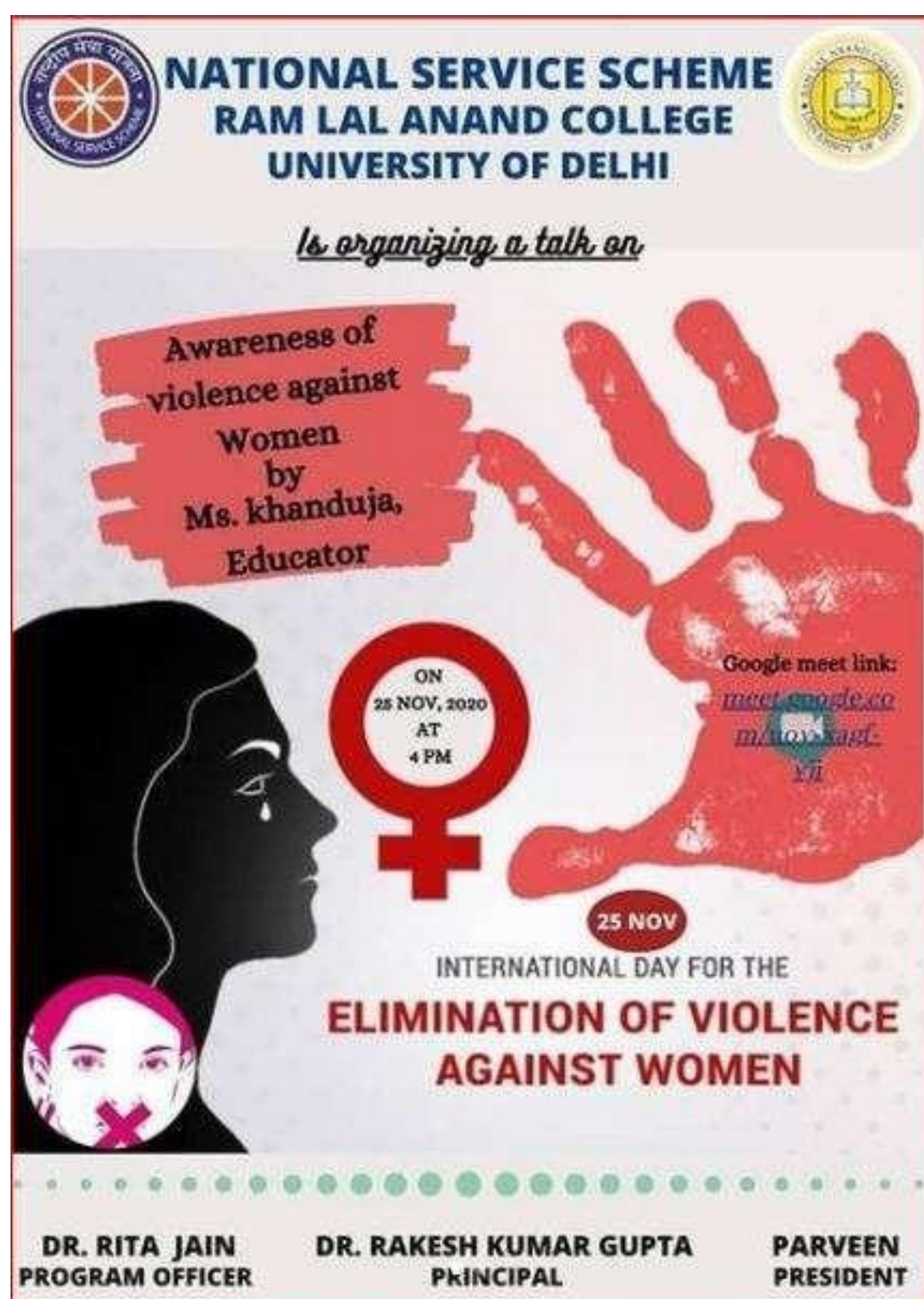
NSS Unit of RLAC organized an Anti Drug Campaign with the theme “Don’t drug yourself down”. It witnessed an informative talk session by Dr. Rajiv. Dr. Rajiv is credited with helping hundreds of children return to a normal life. He talked about various reasons, consequences and ways to lead a normal life in detail. The session was very engaging and saw enthusiastic participation from approximately **28 participants**.



Awareness Session on Violence Against Women

25th November, 2020

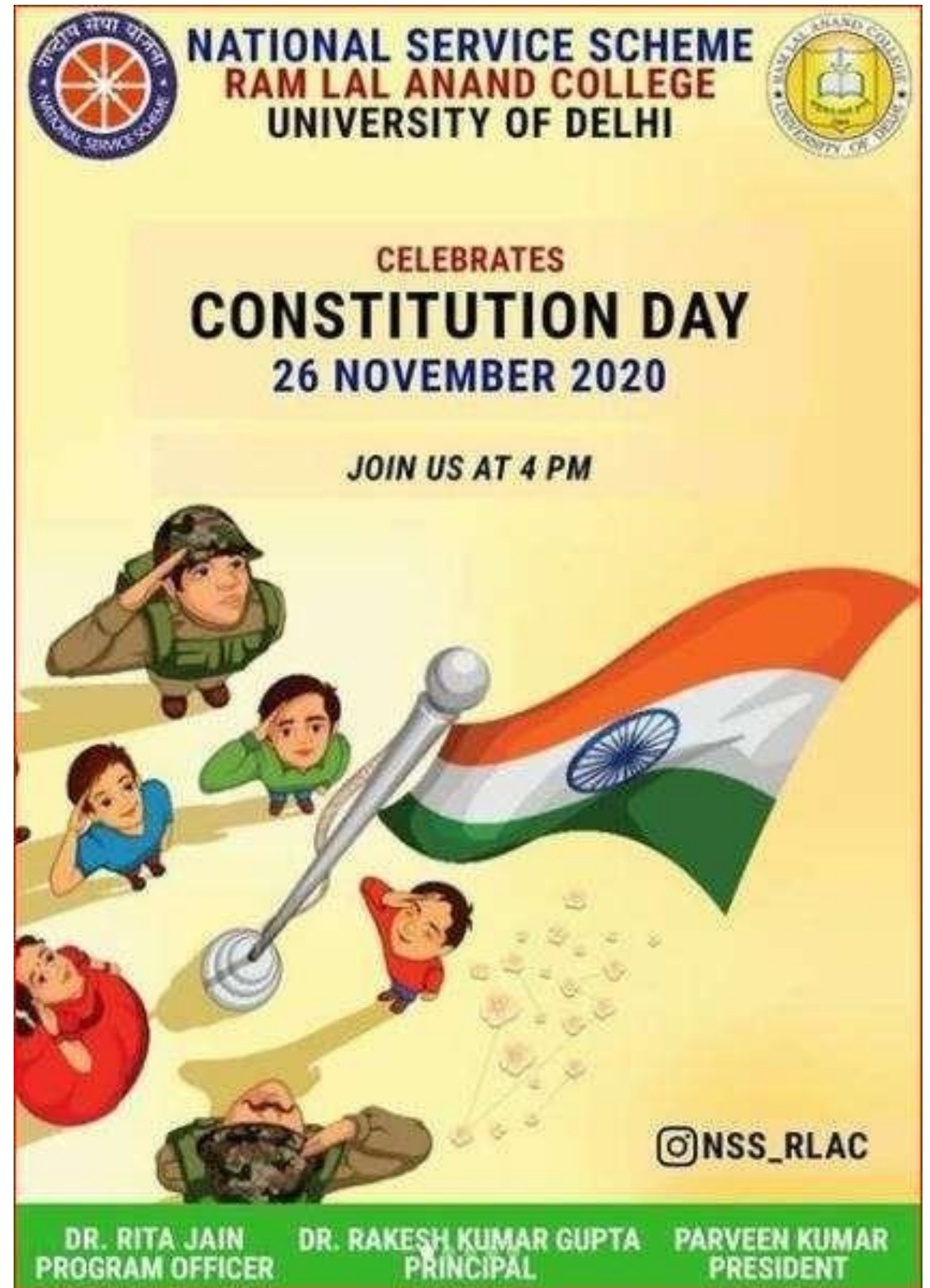
To raise awareness of the fact that women around the world are subject to rape, domestic violence and other forms of violence, NSS RLA organized a talk on "Awareness of Violence Against Women" by a professional educator "Ms. Chandni Khanduja" on 25th November, 2020 which is designated as International Day for the Elimination of Violence Against Women. Approximately **29 participants** attended the event.



Constitution Day

26th November, 2020

The NSS Unit of RLAC organized an Awareness Program about our Constitution on the occasion of CONSTITUTION DAY also known as NATIONAL LAW DAY, 26th November 2020. The event saw presentations from volunteers on various chapters/provisions in the constitution, varying from Fundamental Rights, Articles, Directive Principles of State Policy among others. The event was informative and enlightened all about their basic rights and duties as citizens of India. Approximately **29 participants** attended the event.



VOLUNTEERS DAY

5th December, 2020

On the occasion of International volunteers day celebrated every year on 5th of December. **55 volunteers** from NSS RLA attended a zoom session with Dr. Devendra Kumar Gupta founder of Ladli foundation. In the 2 hour online session Dr. Gupta inspired the audience with his journey from an orphan to a founder and what drives him to serve others.



RAM LAL ANAND COLLEGE
INTERNAL QUALITY ASSESSMENT CELL
NATIONAL SERVICE SCHEME



ON INTERNATIONAL VOLUNTEERS DAY

invites you for a ZOOM SESSION with,

DR. DEVENDRA KUMAR GUPTA
FOUNDER - LADLI FOUNDATION

MEETING ID : 999 4779 8988

PASSWORD: 127081

5 DECEMBER 2020 | 3PM - 5PM

ORIENTATION PROGRAM

30th December, 2020

On 30th December 2020, NSS Unit of RLAC formally welcomed **85 new volunteers** for Session 2020-21 through an Orientation Program. The Program aimed to make volunteers familiar with the work culture at NSS RLAC. We hope that the experiences gained in the coming year help you become a better person for the society.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

invites all at
ORIENTATION PROGRAM
for
SESSION 2020-21

JOIN US AT
3 PM | 30 DECEMBER 2020

YYN-HPNV-HWP
 @NSS_RLAC

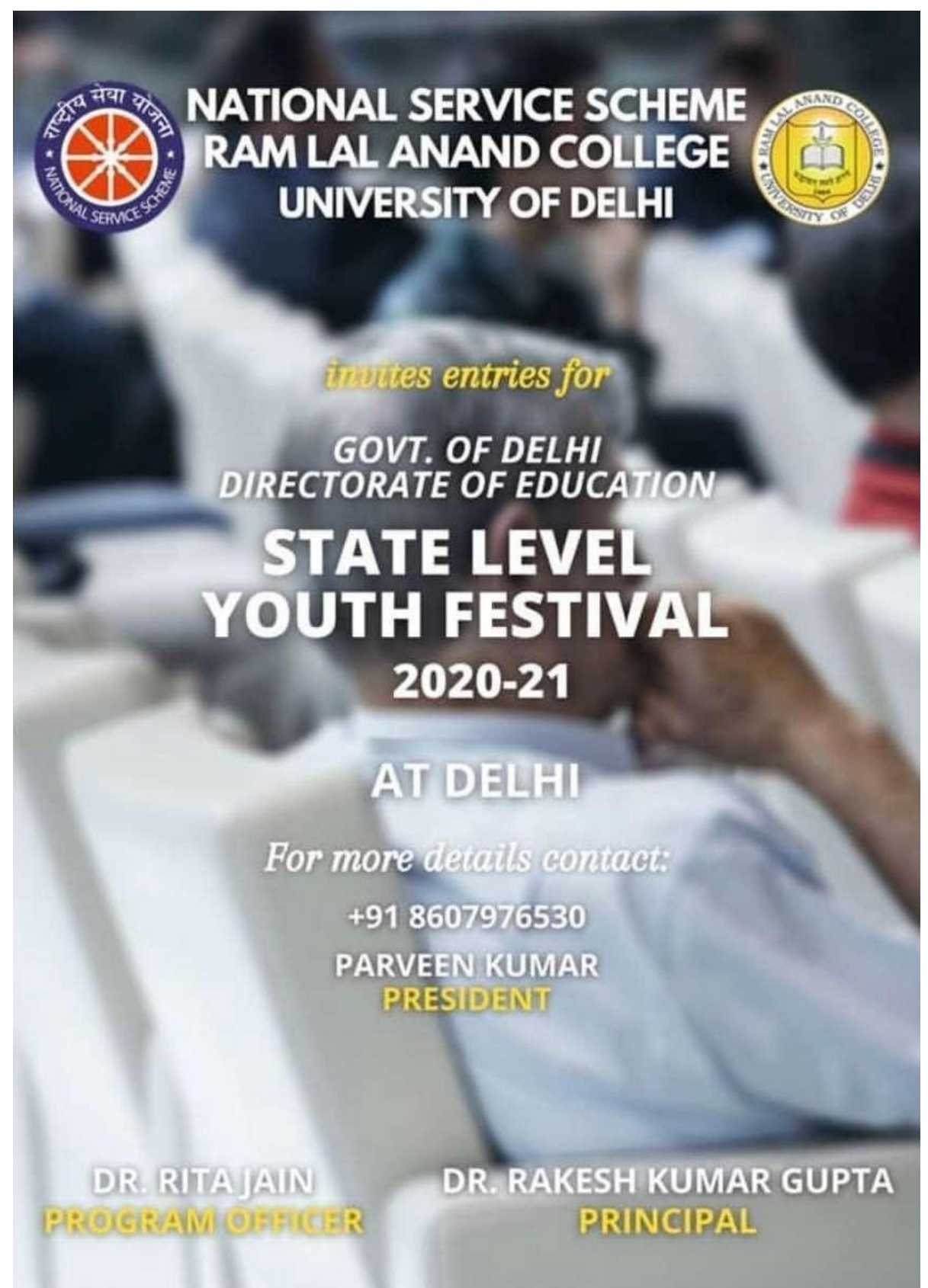
DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT

STATE LEVEL YOUTH FESTIVAL

1st January, 2021

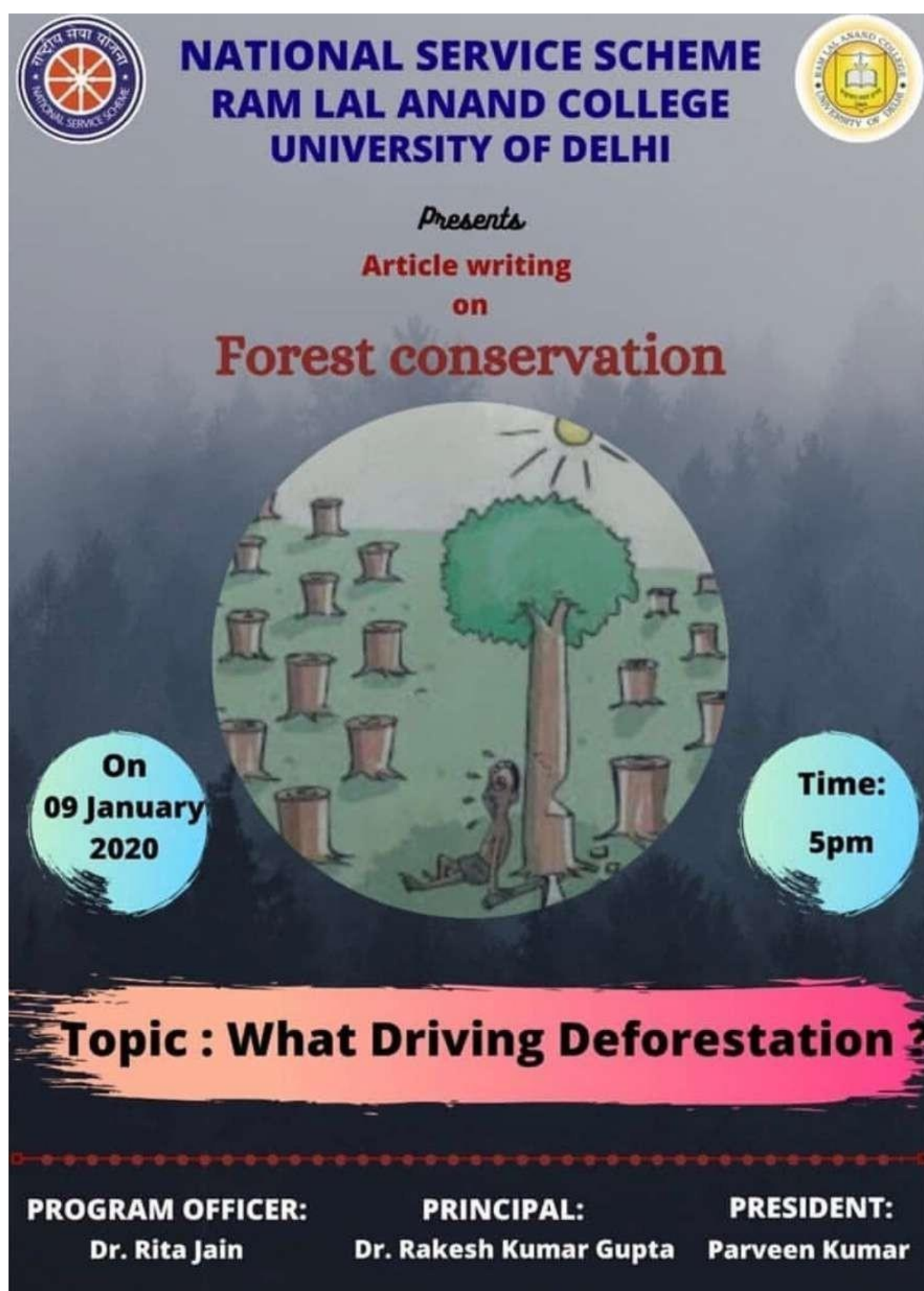
A state-level youth festival was organized by the Directorate of Education, Government of National Capital Territory of Delhi. **Lokesh** and **Gaurav** from the NSS unit of RLAC took active participation in the event, which comprised a host of competitions ranging from narrative poetry to creative writing. The event aimed to provide a platform for the country's youth to showcase their skills and talents.



FOREST CONSERVATION

9th January, 2021

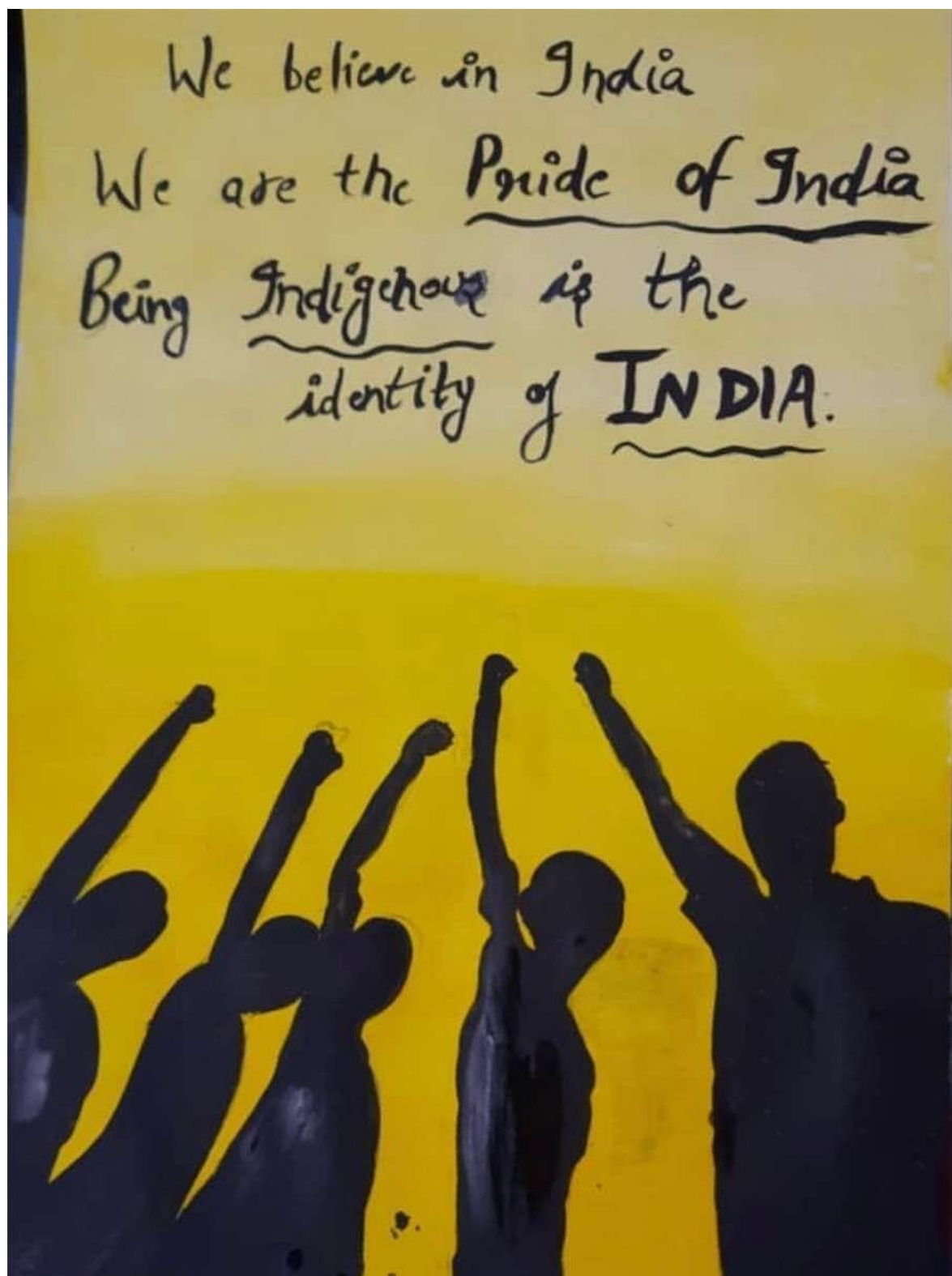
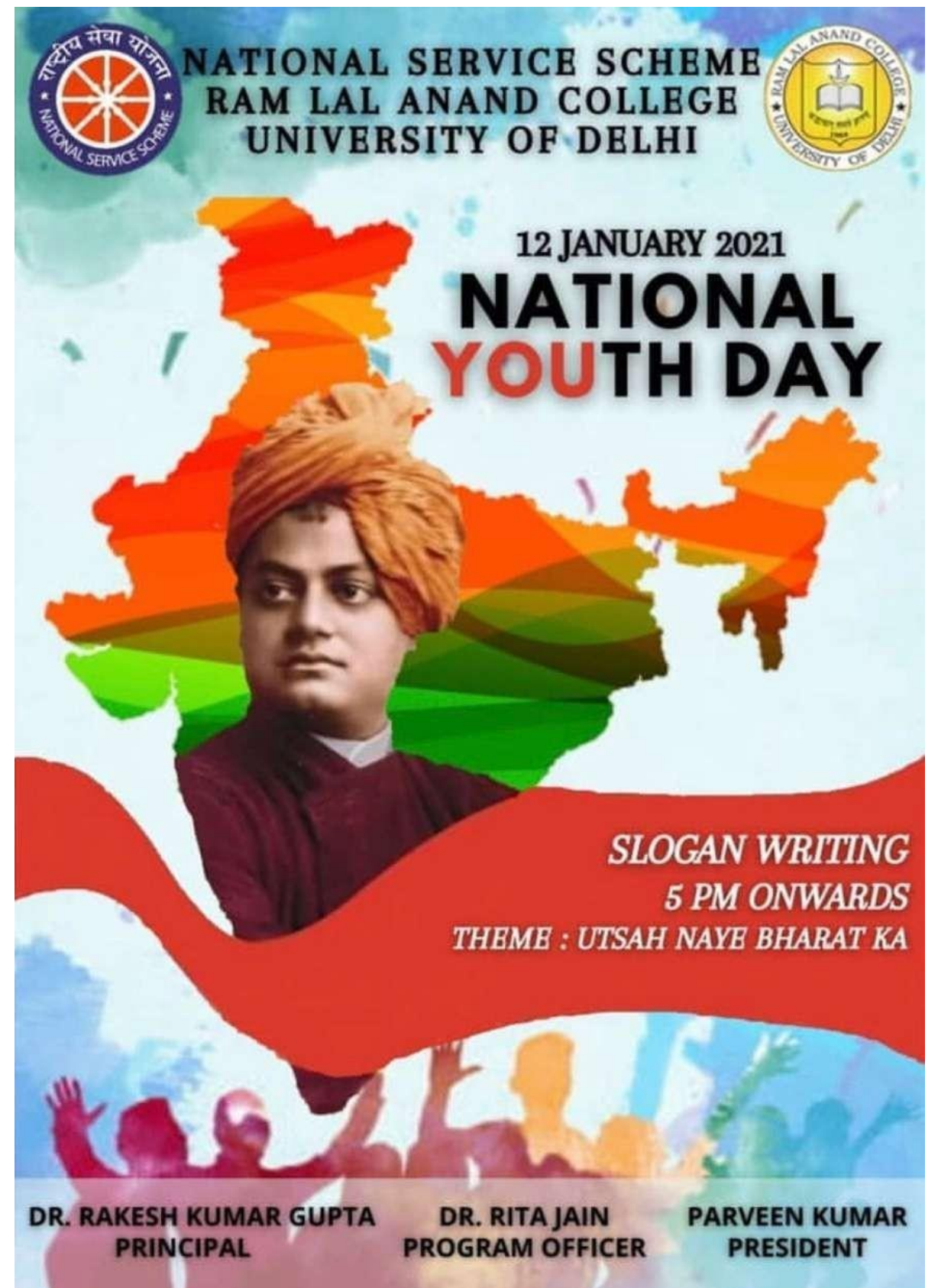
With the aim to make the volunteers aware of deforestation during these times of growing environment-related problems, NSS RLAC organized an article writing event on the 9th of January. The **70 participating volunteers** had some amazing insights and facts related to environmental degradation and certainly show the potential to make the earth a better place to live.



NATIONAL YOUTH DAY

12th January, 2021

National Youth Day is celebrated every year on 12th of January to honor Swami Vivekanand on his birthday. This year, NSS RLAC organized a slogan writing event on the theme, "Utsah Naye Bharat Ka" as India's youth stands for innovation and energy. All the **104 volunteers came up with extremely creative slogans**



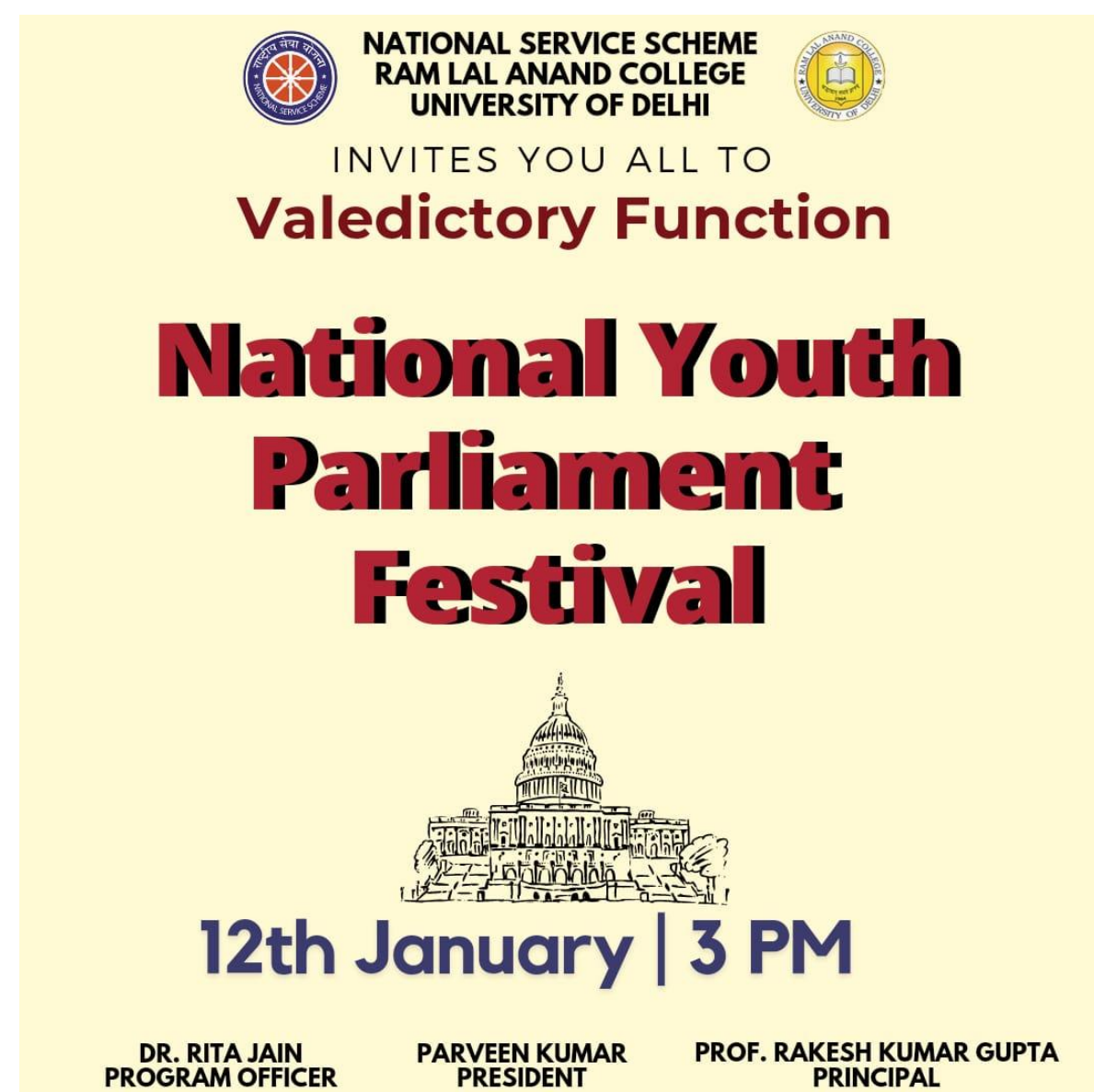
उत्साह नए भारत का

तिरंगा हमारा है शान-ए-ज़िंदगी
वतन परस्ती है वफ़ा-ए-जमीन
देश के लिये मर मिटना कबूल है हमें
नये भारत के उत्साह का जुनून है ज़िंदगी

Valedictory Function of National Youth Parliament Festival

12th January, 2021

Valedictory Function of National Youth Parliament Festival - 2021 was organized on 12th January 2021 by the ministry of youth affairs and sports, government of India. It will be conducted in the Central Hall of Parliament. 104 Volunteers of NSS unit of RLA joined the function.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

INVITES YOU ALL TO
Valedictory Function

**National Youth
Parliament
Festival**

12th January | 3 PM

DR. RITA JAIN
PROGRAM OFFICER

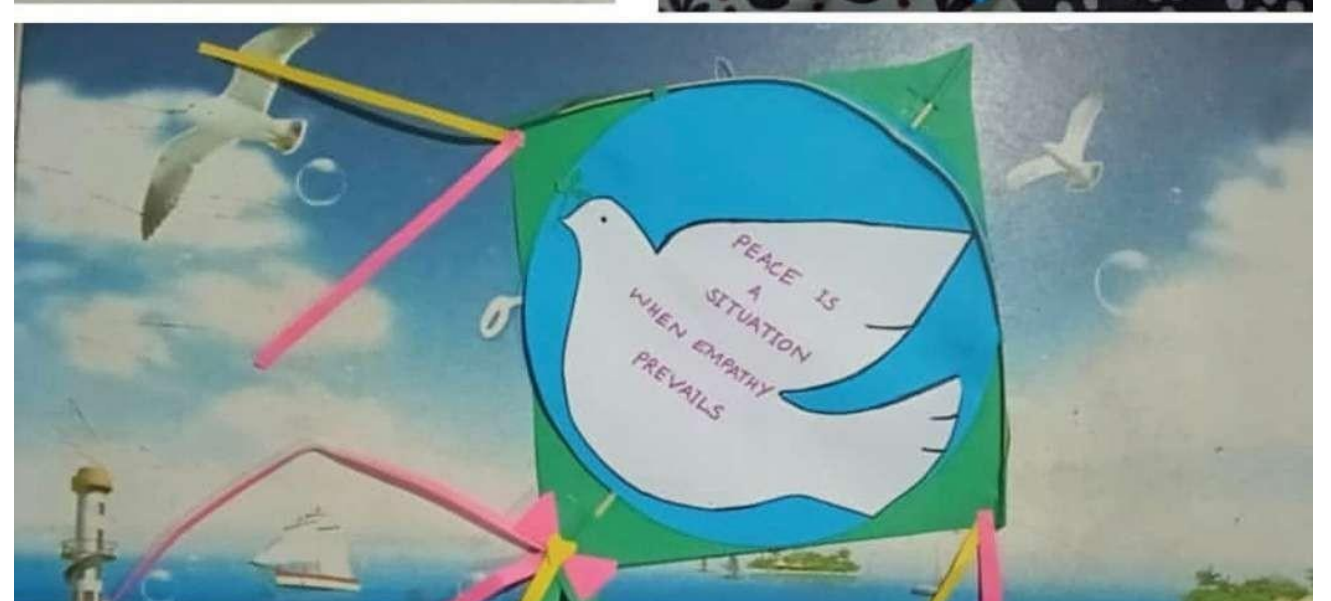
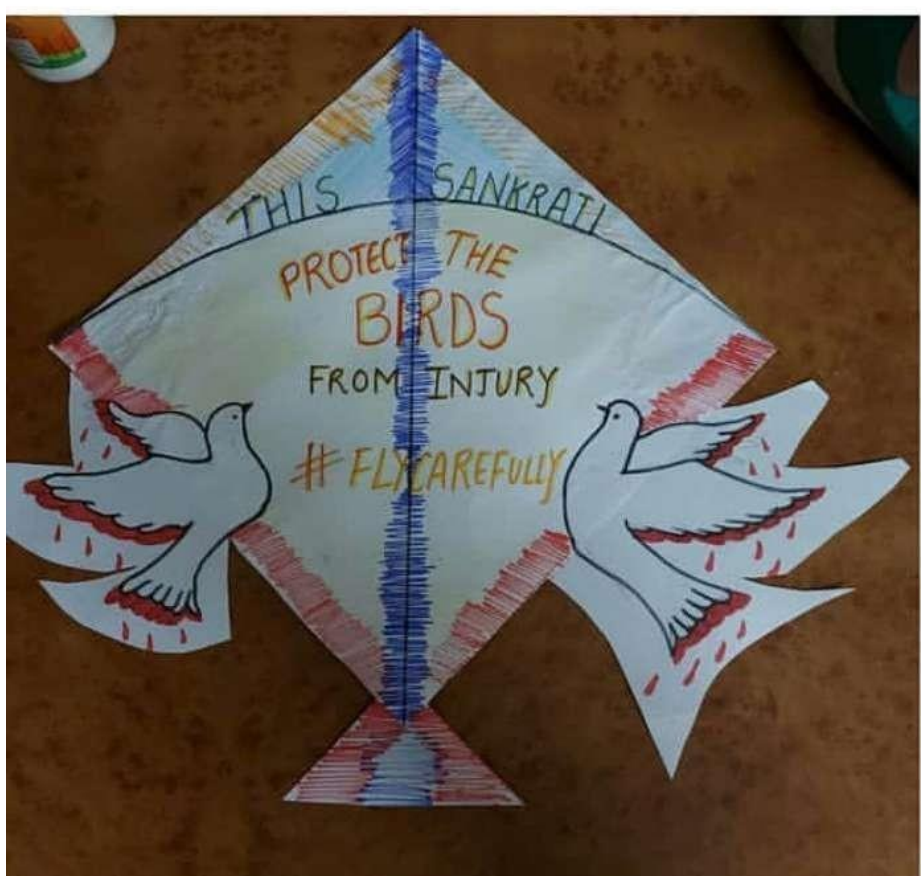
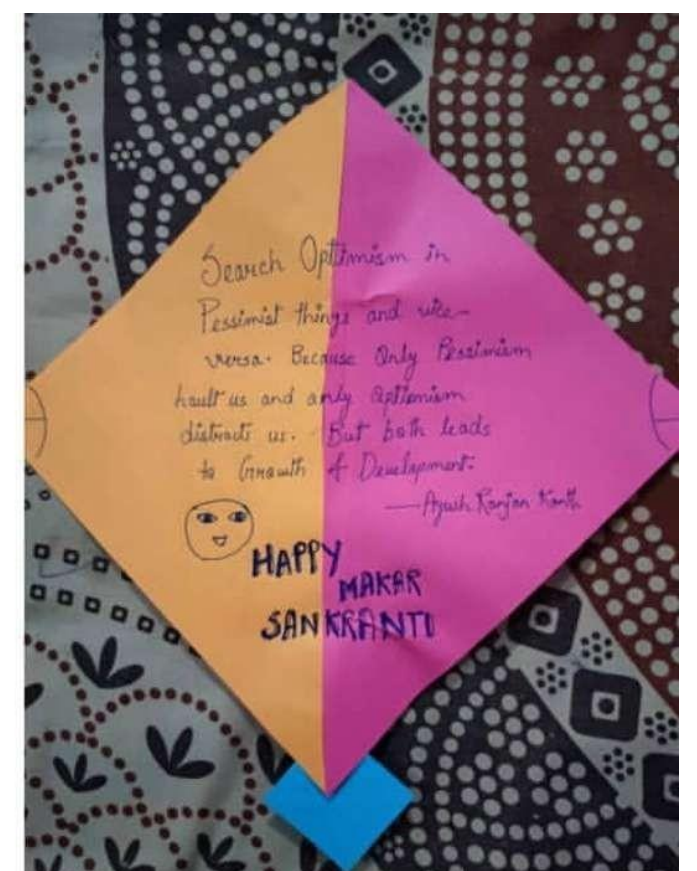
PARVEEN KUMAR
PRESIDENT

PROF. RAKESH KUMAR GUPTA
PRINCIPAL

KITE-MAKING EVENT

14th January, 2021

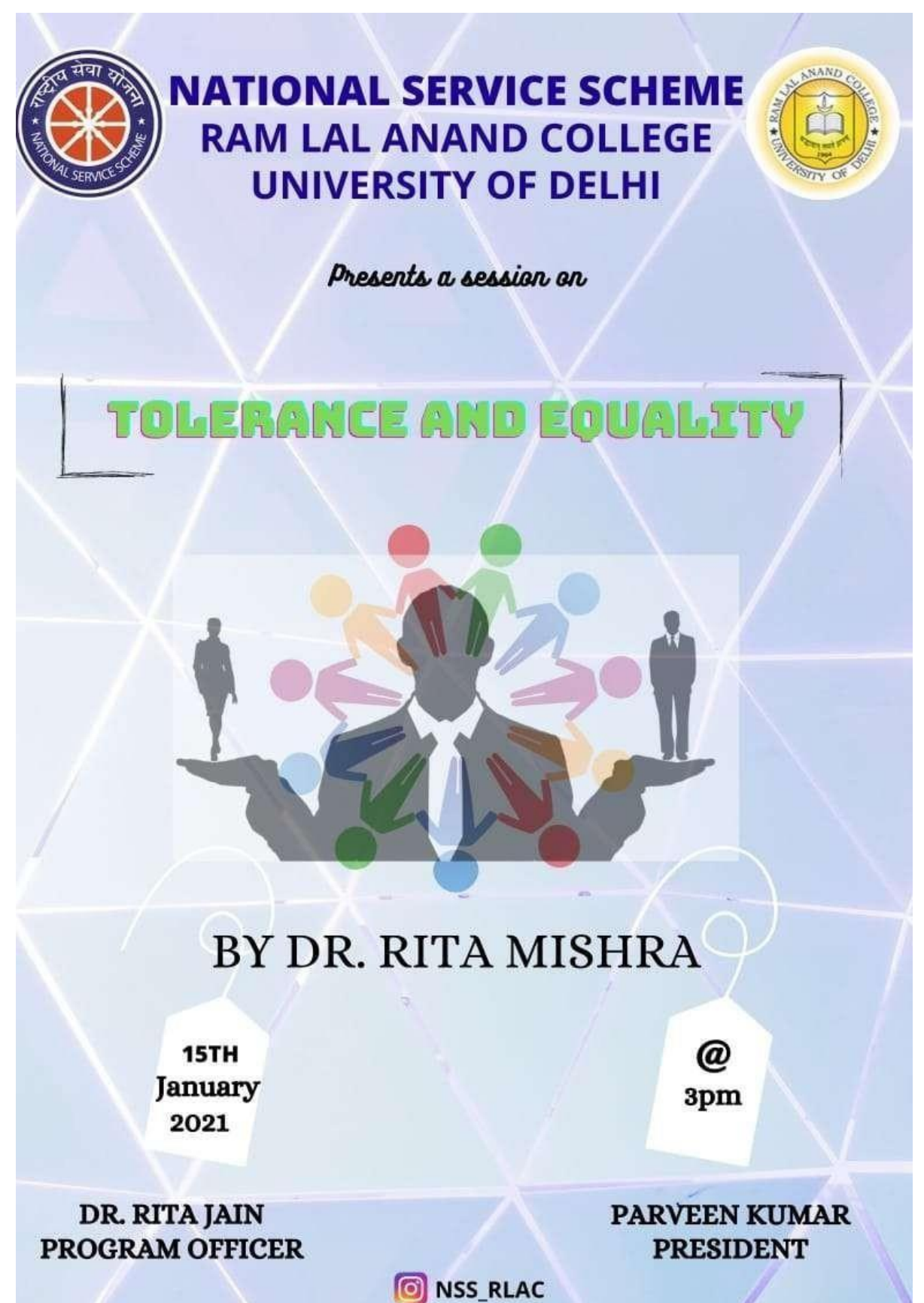
The festival of Makar Sankranti marks the beginning of the harvest season when new crops are worshipped and shared with delight. NSS RLAC celebrated Makar Sankranti by organizing a kite-making event with a social message. **43 volunteers** unleashed their creative sides and came up with some beautiful entries.



TOLERANCE AND EQUALITY

15th January, 2021

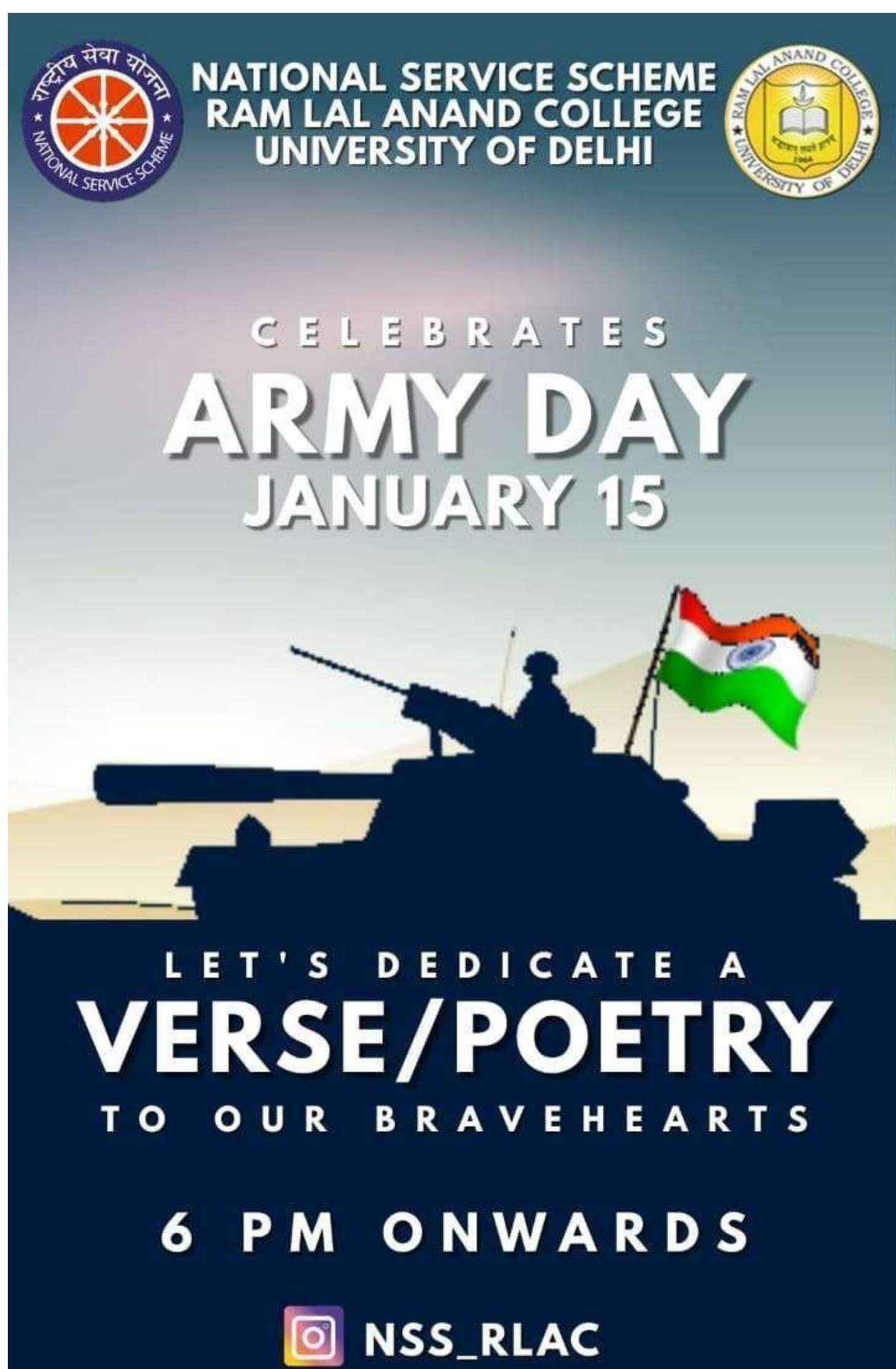
Making our volunteers strong in ethics always tops the checklist of NSS RLA. To work in the direction, a HVELS lecture was taken by Dr. Rita Mishra on 15th January 2021 where a total of **83 volunteers** participated. The event focused on equality amongst gender. The origin of gender to learning to differentiate between Gender and Sex. The event saw fruitful discussions between students of various departments.



ARMY DAY

15th January, 2021

On 15th January, Army Day! NSS Unit Of RLAC asked it's **54 volunteers** to dedicate a poetry to our bravehearts who despite any condition are ready to protect our borders from enemy and other threats. Army Day is celebrated on 15 January every year in recognition of Field Marshal Kodandera M. Cariappa taking over as the first Commander-in-Chief of the Indian Army from General Fransis Bucher, the last British Commander-in-Chief of India, on 15 January 1949.



DONATION DRIVE

18th-25th January, 2021

NSS RLAC organized a donation drive including approx. **9 volunteers** from 18th to 23rd January, 2021. The drive successfully collected generous donations including cloths, stationary, food items etc. which were dispensed in slums recognized by NSS. We as a community get a sense of satisfaction when we know that all our donations will improve the lives of young minds who deserve these contributions.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

DONATION DRIVE !!

DONATE SOME STATIONARY, BOOKS, CLOTHES, PACKED FOOD.
SHAPE A LIFE.

Date: 18th January to 23rd January, 2021
Time: 11am to 2pm
Venue: Staff room, Ram lal anand college

DR. RITA JAIN
PROGRAM OFFICER

DR. RAKESH KUMAR GUPTA
PRINCIPAL

PARVEEN KUMAR
PRESIDENT
8607976530

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

FIT INDIA MOVEMENT

21 JANUARY, 2021
@8AM

EXCEED YOURSELF!!

Remember that New Year's resolution you made?
STRIKE A POSE!!

DR. RITA JAIN
PROGRAM OFFICER

DR. RAKESH KUMAR GUPTA
PRINCIPAL

PARVEEN KUMAR
PRESIDENT

FIT INDIA MOVEMENT

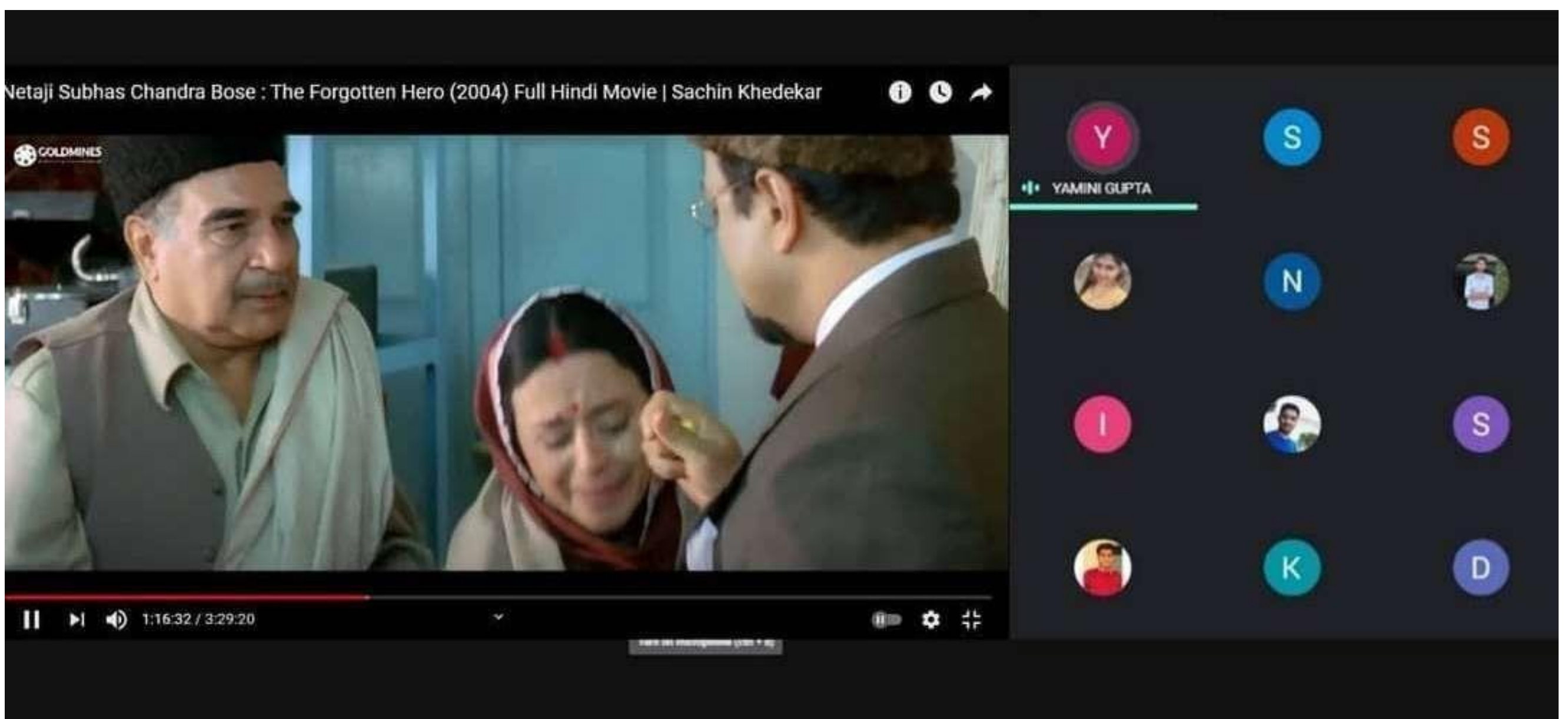
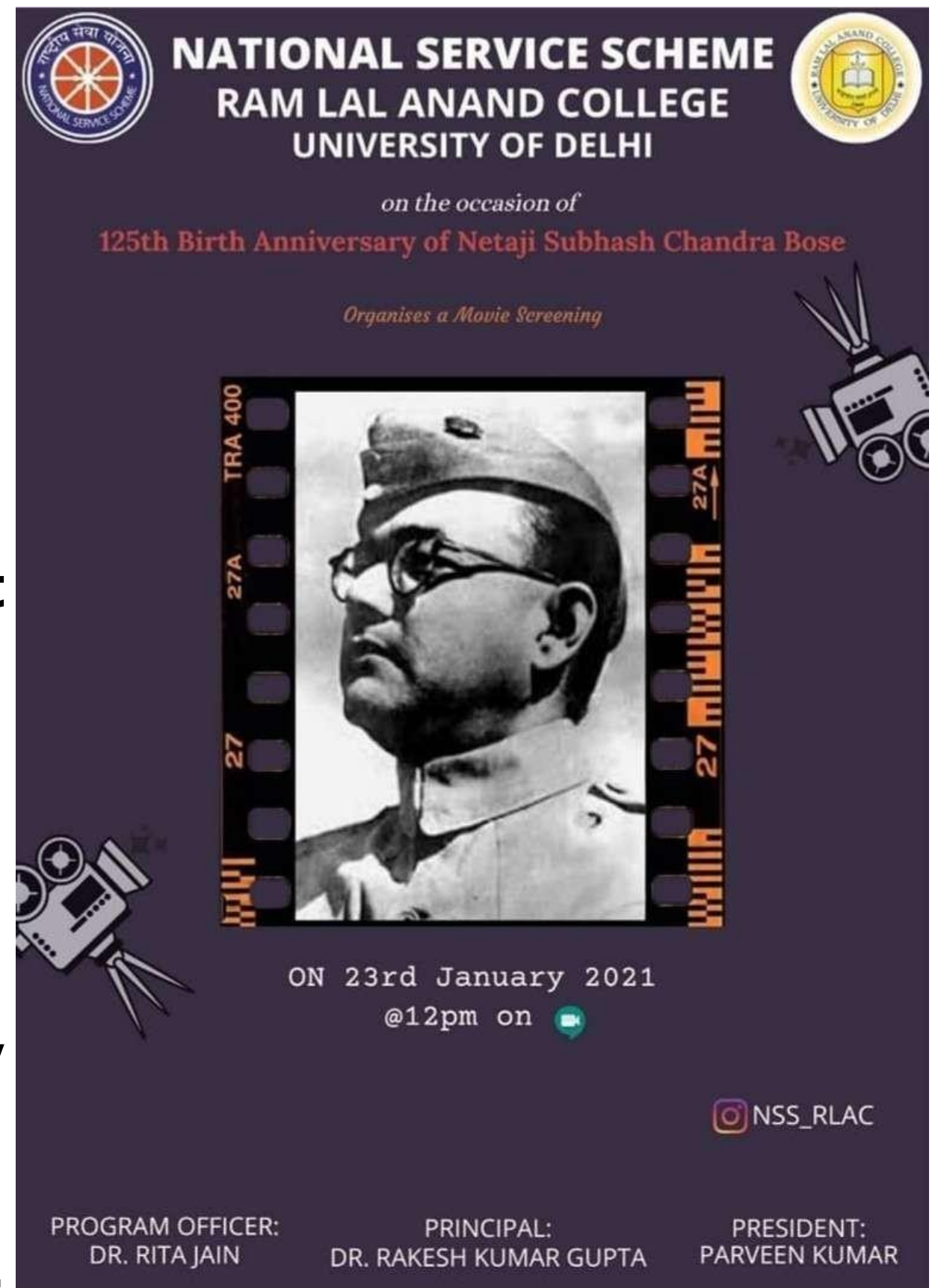
21th January, 2021

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. So, NSS UNIT RLA's **52 volunteers** were a part of this movement by sending short videos and pictures of themselves doing yoga pose or physical activity.

125th BIRTH ANNIVERSARY OF NETAJI

23rd January, 2021

The NSS Unit of RLAC organized a movie screening of "Netaji Subhash Chandra Bose: The Forgotten Hero" where approximately **128 volunteers** marked their presence to celebrate 125th Birth Anniversary of Netaji Subhash Chandra Bose. It is seen that Shyam Benegal's film on Subhash Chandra Bose is characterized as much by the patriotism that brought young men in hundreds to join their hero, as by its documentation of history. The movie was appreciated by all and pumped the youth with emotions of patriotism. We can never thank enough all the freedom fighters who sacrificed their lives for our very own way of life.



PROTECTION OF CHILD LABOUR

23rd January, 2021

On 23rd January 2021, the NSS Unit of Ram Lal Anand College was invited to a webinar organized by the NSS Unit of Atma Ram Sanatan Dharma College on the topic "PROTECTION OF CHILD LABOUR DURING COVID 19" with Mr. Gautam Manan, Dist. and Session judge and Special Secretary DALSA being the chief guest and Dr. Rajendra Dhar, Advisor, Labour Ministry, Govt. of India and Sh. Rakesh Gaur, President, Odisha, NGO being the Guest of Honor. The session suggested not to put these children to work rather encourage them to work hard on their studies so that they could have a bright future.

88 participants joined hands together to fight this social evil and help the society to grow.

BHAGIDARI JAN SAHYOG SAMITI
NATIONAL SERVICE SCHEME
ATMA RAM SANATAN DHARMA COLLEGE
(UNIVERSITY OF DELHI)
Accredited Grade 'A' By NAAC
All India 13th Rank in NIRF (MHRD)
IN COLLABORATION WITH INTERNAL QUALITY ASSURANCE CELL

JOINTLY ORGANIZE
WEBINAR ON
"PROTECTION OF CHILD LABOUR DURING COVID 19"

GUEST SPEAKERS

CHIEF GUEST
SH. GAUTAM MANAN
ADDL. DISTRICT & SESSIONS JUDGE

CHAIRPERSON
DR. RASHMI SINGH IAS
DIRECTOR (WCD)
GOVT. OF DELHI

GUEST OF HONOR
DR. RAJENDER DHAR
ADVISOR,
MINISTRY OF LABOUR
GOVT. OF INDIA

GUEST OF HONOR
SH. RAKESH GAUR
FOUNDER PRESIDENT
UDISHA

MODERATOR
SH. VIJAY GAUR
SECY. GENERAL
BHAGIDARI JSS

DATE: 23RD JANUARY 2021
TIME: 4:30 PM
PLATFORM: ZOOM

SCAN TO REGISTER :- **MEDIA PARTNER :-**

PATRON: Dr. GYANTOSH JHA
(Principal)

Dr. VINITA TULI
(Convener, Webinar Committee)

Dr. ANJANI SINGH
(NSS Program Officer)

@NssArscdcollege @nss_arsd_du @Arscd_Nss National Service Scheme, ARSD

STORY TELLING AND READING

23rd January, 2021

On 23rd January 2021, NSS Unit of RLAC organized a session on Story Telling and Reading Habits by Indu Punj attended by approximately 87 volunteers. While focusing on the basics of storytelling to every minute detail, the event covered all minute details with an audience of more than 200. Overall, with positive reviews from the students and our speaker Indu Punj, the event turned out to be a success.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

PRESENTS
A SESSION ON
STORY TELLING
&
READING HABITS
- BY INDU PUNJ

23 JANUARY, 2021 AT 3PM

"THERE IS NO GREATER AGONY THEN BEARING AN UNTOLD STORY" ,,,,

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

PROMPT WRITING

30th January, 2021

If you want to change the world, pick up your pen and write. NSS Unit of Ram Lal Anand College organized a prompt writing competition. With the given prompt as a start, stories woven during the event highlighted the need for social change. The event was successful with registration from more than 30 students. The entries under this event covered various genres and the words of participants reflected an ocean of thoughts whose waves hold the caliber to brew a Tsunami.



The poster is for a 'Prompt Writing' competition. It features a dark blue background with white and yellow text. At the top left is the National Service Scheme logo, and at the top right is the Ram Lal Anand College logo. The main title 'PROMPT WRITING' is in large, bold, white letters. To the right, a circular graphic says 'EXCITING CASH PRIZES FOR TOP 3'. Below the title, it states 'OPEN TO ALL RLAC STUDENTS HINDI/ENGLISH' and '30 JANUARY 2021 3:00-6:00 PM'. A box on the right says 'E-CERTIFICATES FOR ALL'. The registration deadline is 'REGISTER BEFORE: 28 JANUARY 2021 MIDNIGHT'. Contact information for Parveen Kumar, President, is provided: 'CONTACT: 8607976530'. At the bottom, the names of the Principal and Program Officer are listed: 'DR. RAKESH KUMAR GUPTA PRINCIPAL' and 'DR. RITA JAIN PROGRAM OFFICER'. An illustration of a student sitting at a desk with a lamp and a cup of tea is on the right side.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

PROMPT WRITING

EXCITING CASH PRIZES FOR TOP 3

OPEN TO ALL RLAC STUDENTS
HINDI/ENGLISH

30 JANUARY 2021
3:00-6:00 PM

E-CERTIFICATES FOR ALL

REGISTER BEFORE:
28 JANUARY 2021
MIDNIGHT

CONTACT:
8607976530
PARVEEN KUMAR
PRESIDENT

DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

NATIONAL VOTER'S DAY

25th January, 2021

NSS Unit of RLAC celebrated the National Voters' Day by organizing a pledge taking ceremony involving **58 volunteers** followed by a Digital Poster Making Event comprising 40 volunteers. National Voters' Day is observed annually on 25 January in order to encourage more young voters to take part in the polling process. The day is observed to spread awareness about the importance of voting in a democracy and it also educates people about their voting rights.

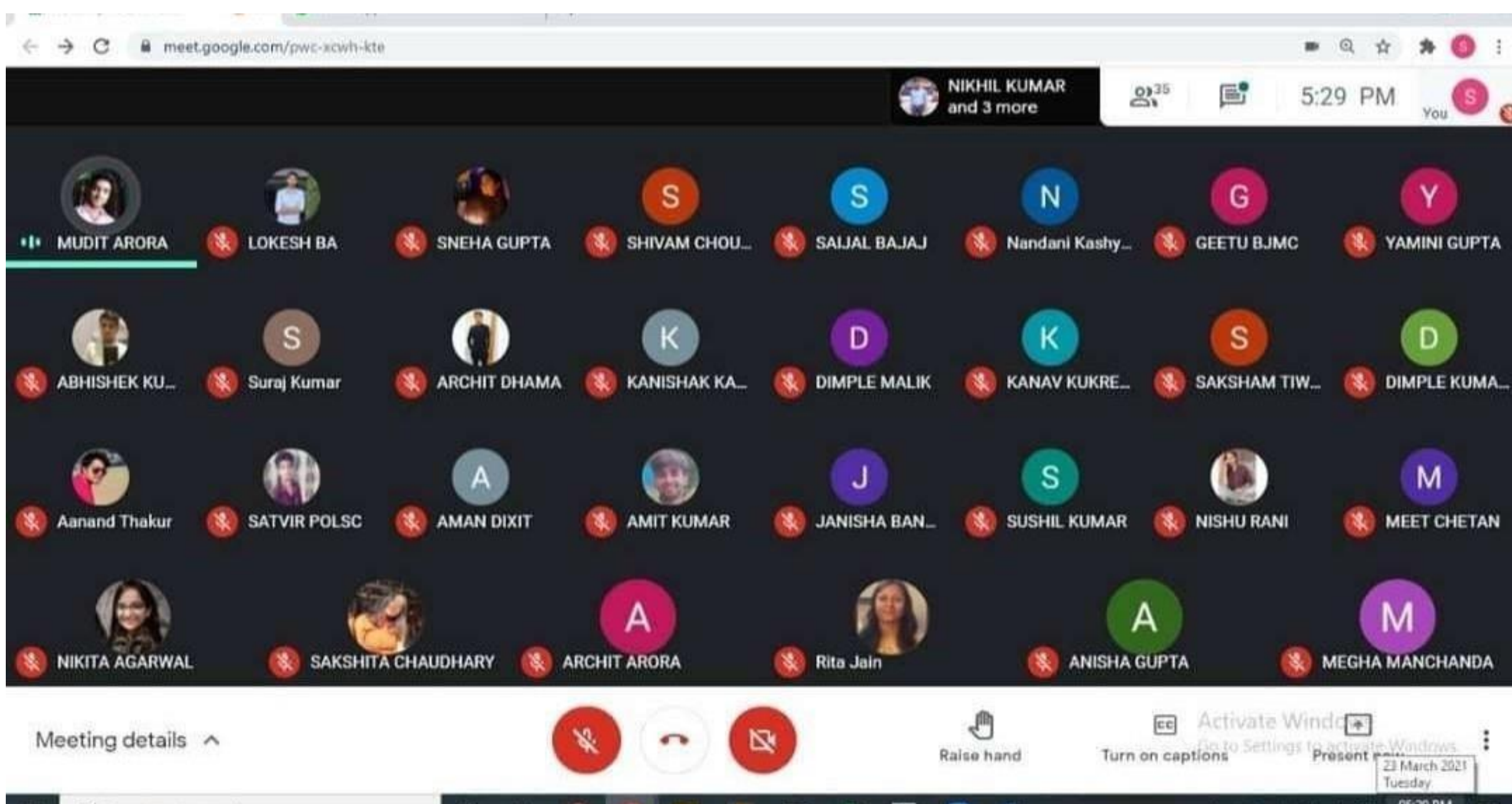
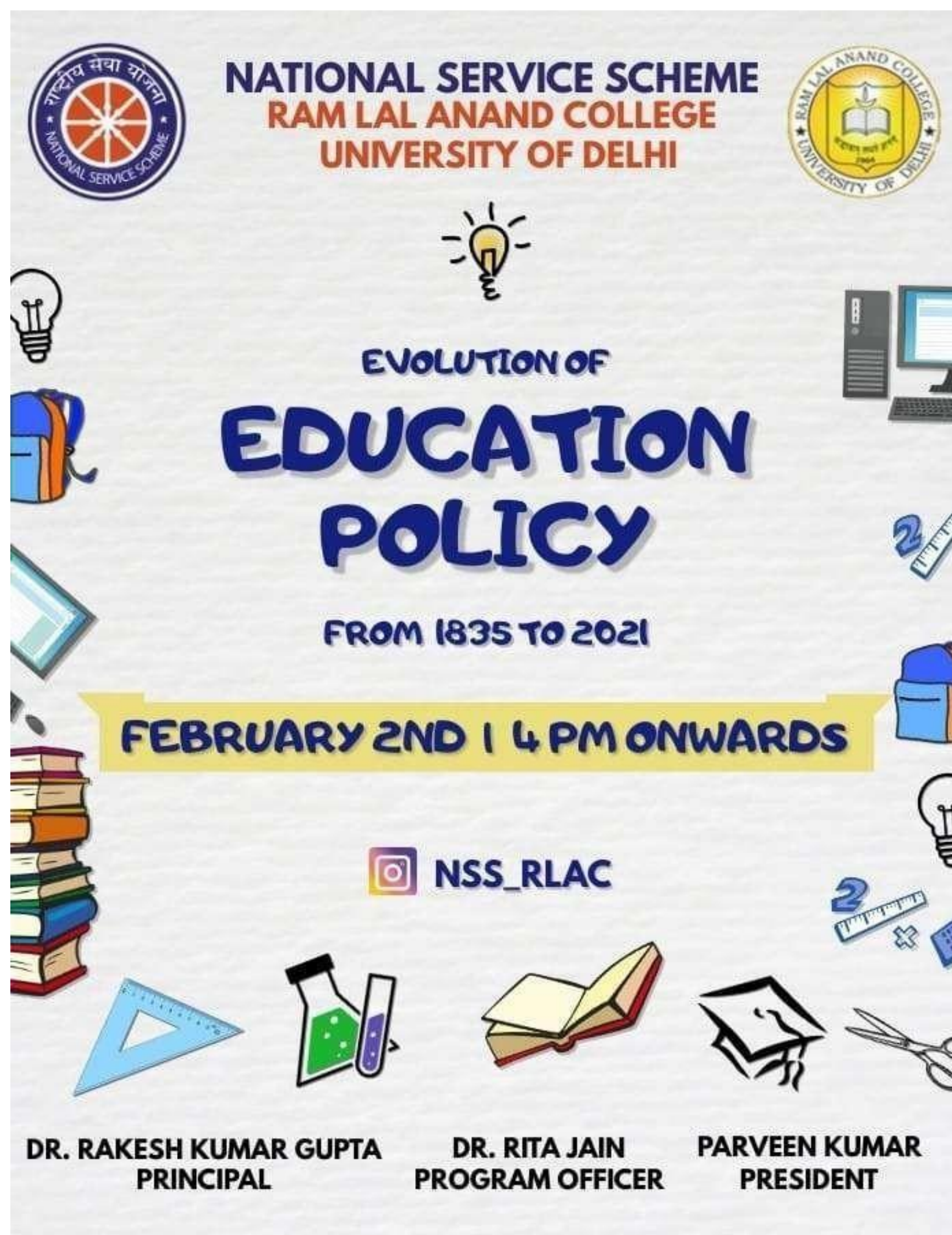


The day has been observed on January 25 every year since 2011 to mark the foundation day of the Election Commission of India. However, the main objective of the day is to educate and encourage young voters to vote during elections.

National Education Policy 2020

2nd February, 2021

On 2nd February, 2021 NSS Unit of Ram Lal Anand college conducted an interactive session on NEP 2020 to brief the students about the changes made in the education system by the policy. PowerPoint Presentations were presented covering the salient features of the policy such as 5+3+3+4 curriculum structure amongst others. Around **88 participants** attended the event.

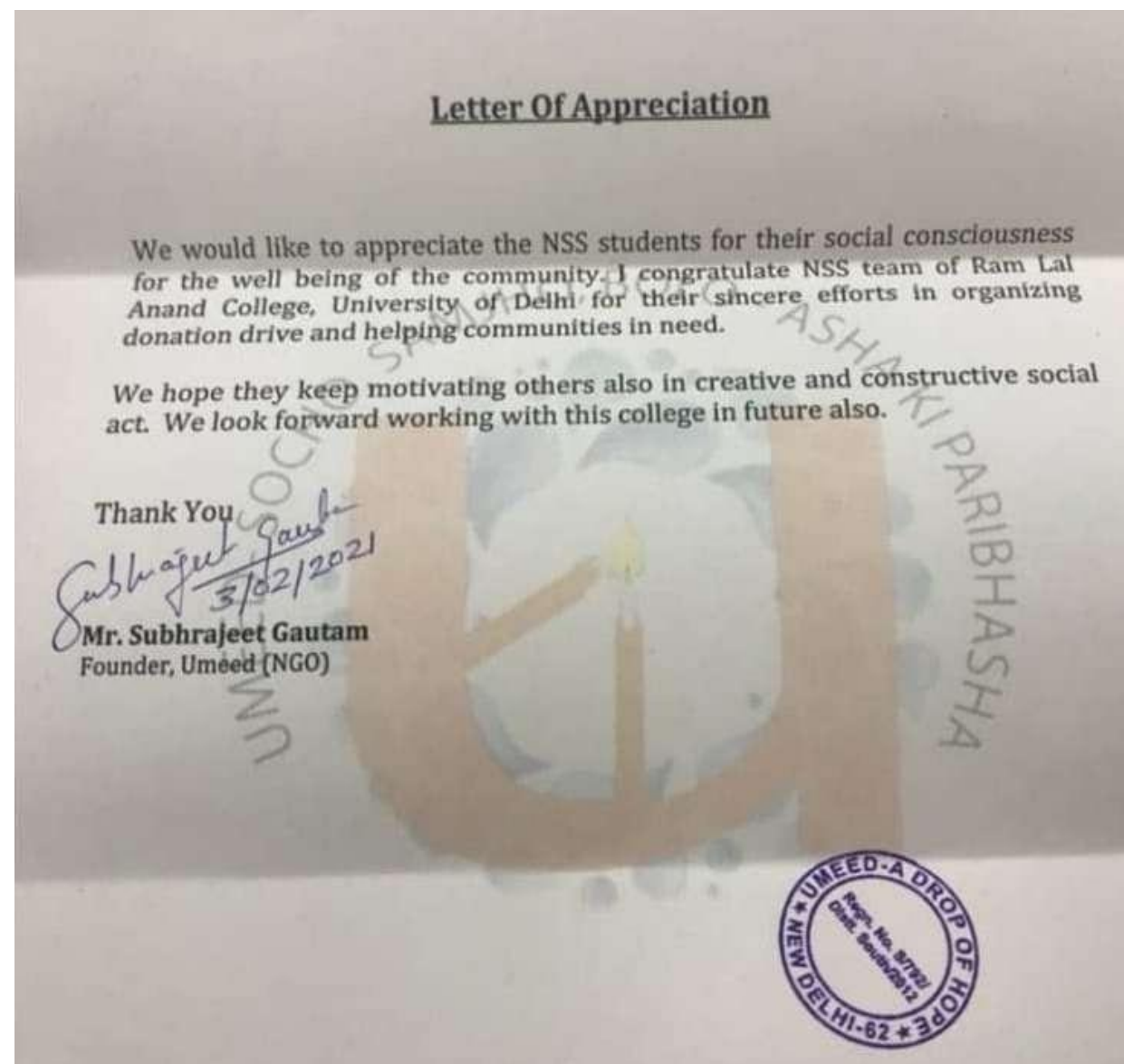


Donation

Drive

2nd Febraury, 2021

All the generous donations received under Donation Drive organized by NSS Unit of RLAC were handed over to UMEED (NGO) for their distribution to needy people. The exchange took place in the presence of UMEED Founder Mr. Subhrajeet Gautam on 3rd February 2021. The donations were handed over by **Dr. Rita Jain** (Program Officer) and Parveen Kumar (President).



Word Cancer Day 4th February, 2021

NSS unit of Ram Lal Anand college organized a handmade poster making event with the theme "Together we can beat cancer" to raise awareness in our community to end the unjust and preventable suffering of cancer. Cancer might just be one of the most feared and dreaded diseases hence it was celebrated to raise awareness and to encourage its prevention, detection, and treatment. Around **40 participants** attended the event.

National Road Safety Month, 2021

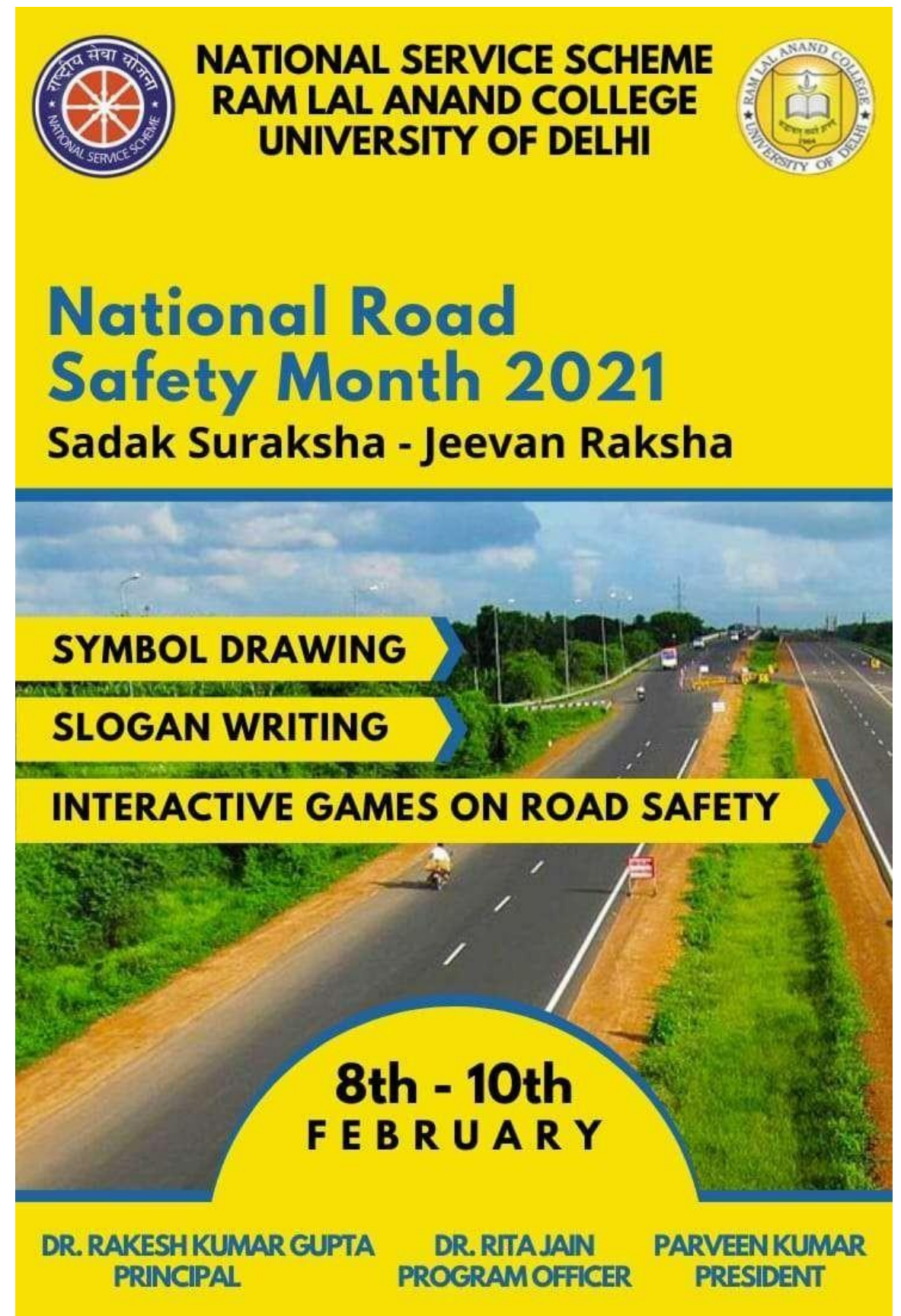
8th Feb, 2021 to 10th Feb, 2021

National Service Scheme Unit observed 'National Road Safety Month, 2021'

Highlights:

- Symbol Making (on any road safety signs)- **45 participants**
- Slogan Writing-**37 participants**
- Interactive Quiz-**92 participants**

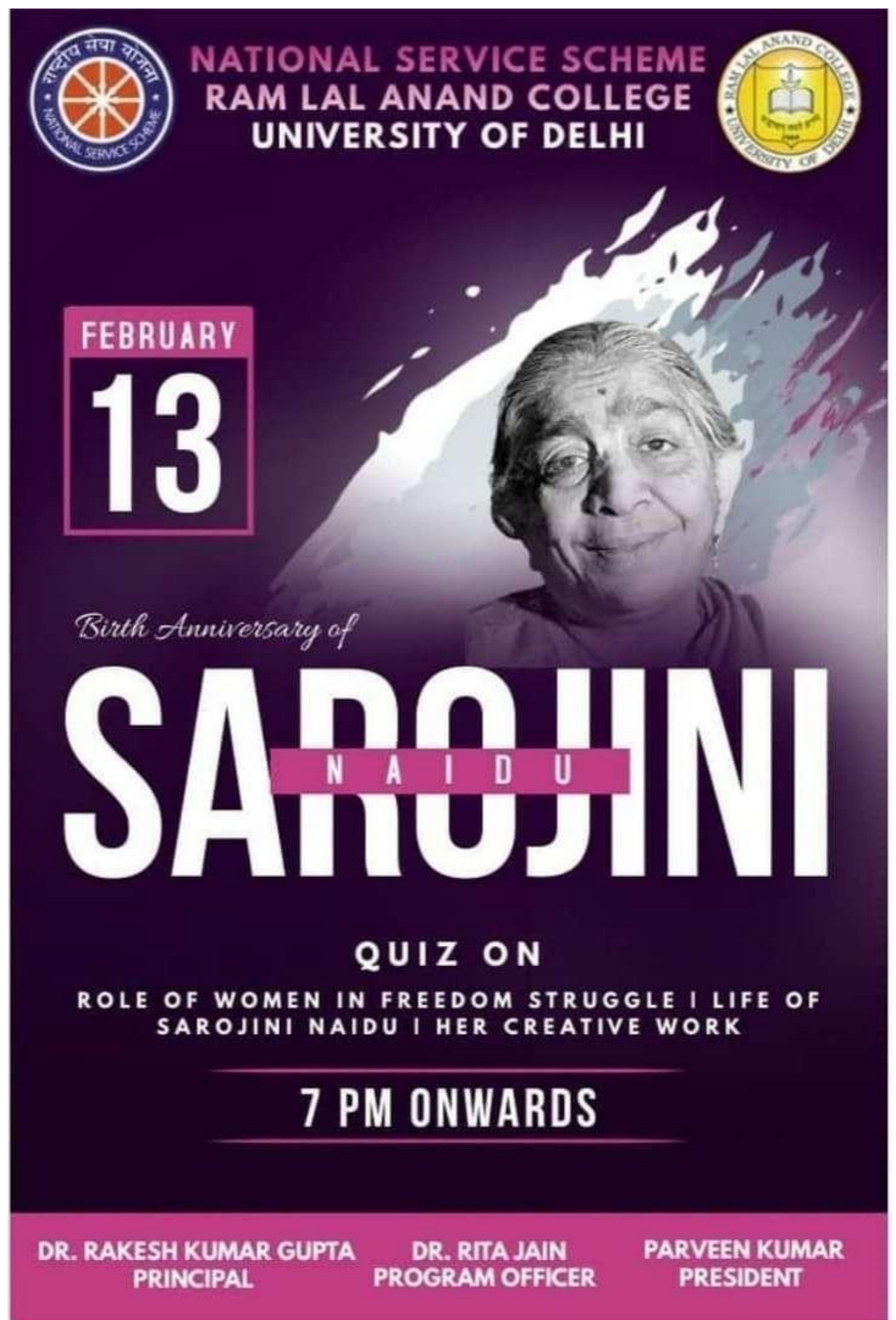
This series of events affirms our commitment to spread awareness about how to avoid accidents and injuries while on the road.



National Women's Day

13th February, 2021

The "Nightingale Of India", Sarojini Naidu was one of the most prominent faces of Indian freedom Struggle. She became the first woman to hold the position of Governor of a state in the country and also happened to be the first Indian woman President of Congress. On her birth anniversary, an interactive quiz on the role of women in freedom struggle, her life, her poems and stories. Around **89 participants** attended the event.



The poster is for a quiz event. At the top left is the National Service Scheme (NSS) logo with the motto 'सर्वोपेयं सर्वोपार्जना' and 'NATIONAL SERVICE SCHEME'. At the top right is the logo of Ram Lal Anand College, University of Delhi. The main text reads 'NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI'. Below this, it says 'FEBRUARY 13' in a pink box. A portrait of Sarojini Naidu is shown against a map of India. The text 'Birth Anniversary of SAROJINI NAIDU' is prominently displayed. Below that, it says 'QUIZ ON ROLE OF WOMEN IN FREEDOM STRUGGLE | LIFE OF SAROJINI NAIDU | HER CREATIVE WORK'. The time '7 PM ONWARDS' is listed. 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).

Basant Panchami

16th February, 2021

Vasant Panchami is an auspicious festival celebrated in honor of Goddess Saraswati who is the goddess of knowledge, language, music and all arts.

NSS RLAC invited all of its volunteers to exhibit any skill they expertise in via Stage of Proficiency, a platform for poetry, hand made poster and story telling. Around **26 participants** attended the event.



DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

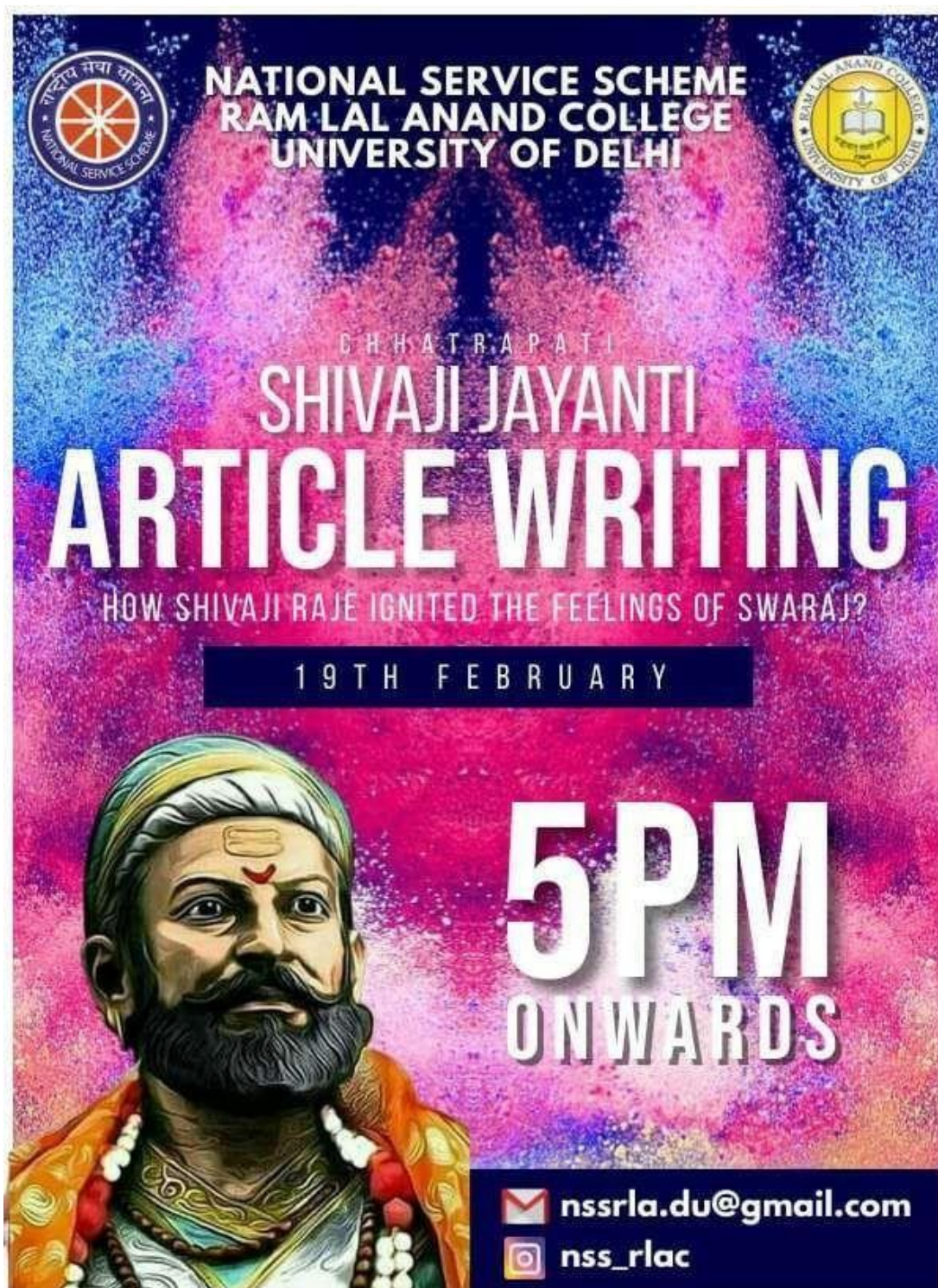
PARVEEN KUMAR
PRESIDENT

Chatrapati Shivaji jayanti

19 February, 2021

NSS Unit of RLAC celebrated Chatrapati Shivaji jayanti by organizing an article writing event on 'How Shivaji Maharaj ignited the feelings of Swarajya'. According to Shivaji, Swaraj is the birthright of every human. He wanted people to know that without freedom we cannot do anything we want to and what we aspire to.

MEN LIKE SHIVAJI NEVER DIE AND ALWAYS LIVE IN THE HEARTS OF PEOPLE THEY INSPIRE! Around **40 participants** attended the event.



DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT

Mother Language Day

21 February, 2021

International Mother Language Day recognizes that languages and multilingualism can advance inclusion, and the Sustainable Development Goals' focus on leaving no one behind. This year's observance was a call on policymakers, educators and teachers, parents and families to scale up their commitment to multilingual education. NSS RLAC organized a Group activity on 21 February 2021 where volunteers recited poems in their mother language. Around **70 participants** attended the event.

The poster features the logos of the National Service Scheme, Ram Lal Anand College, and the University of Delhi at the top. The main title is 'INTERNATIONAL MOTHER LANGUAGE DAY' with the date '21 FEBRUARY 2021'. The central graphic is a word cloud of the word 'PEACE' in various languages and scripts, including Hindi (शांति), English (PEACE), and many others. Below the word cloud, it says 'GROUP ACTIVITY : POEM RECITATION' and '5 PM ONWARDS'. 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).

The poster features the logos of the National Service Scheme, Ram Lal Anand College, and the University of Delhi at the top. The central illustration shows a person in a red shirt and a gas mask sitting on the ground, looking distressed, with a factory in the background emitting smoke. A circular badge indicates the date and time: '27 FEBRUARY 3 PM'. Below the illustration, the text reads 'CLIMATE CHANGE AND EXTREMES' and 'TALK BY DR. SHIPRA JAIN'.

Climate Change and Extremes

27th February, 2021

NSS RLAC organized a talk session titled- "Climate Change and Extremes" which was conducted by our guest speaker Dr. Shipra Jain. Dr. Jain is a Post-Doctoral Research associate and Guest Lecturer at School of Geosciences, University of Edinburgh, UK. She has been closely associated in various roles with Young Earth Systems Scientists (YESS) community from the past 4 years. Around **80 participants** attended the event.

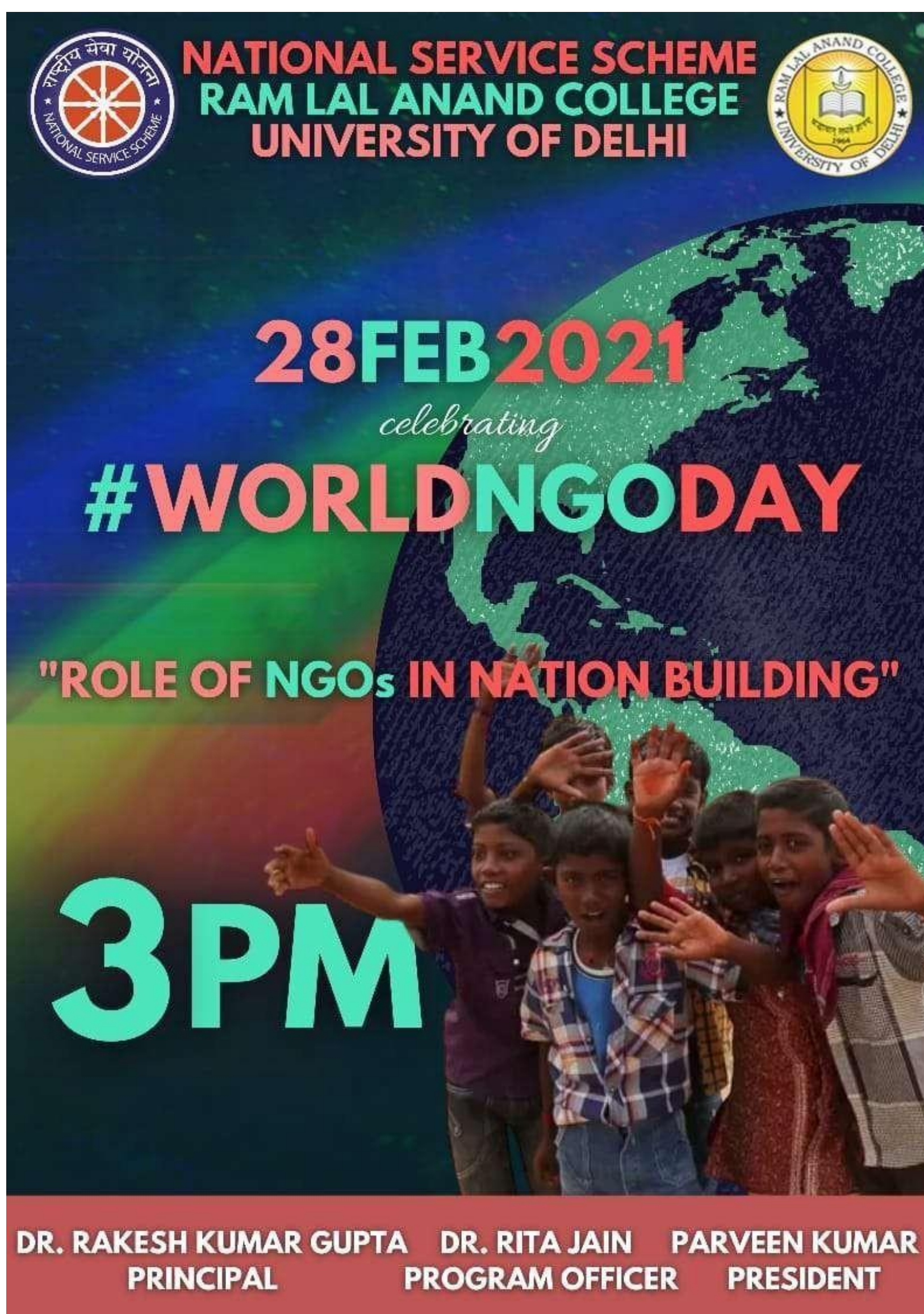
CLIMATE CHANGE AND EXTREMES TALK BY DR. SHIPRA JAIN

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

World NGO Day

28 February, 2021

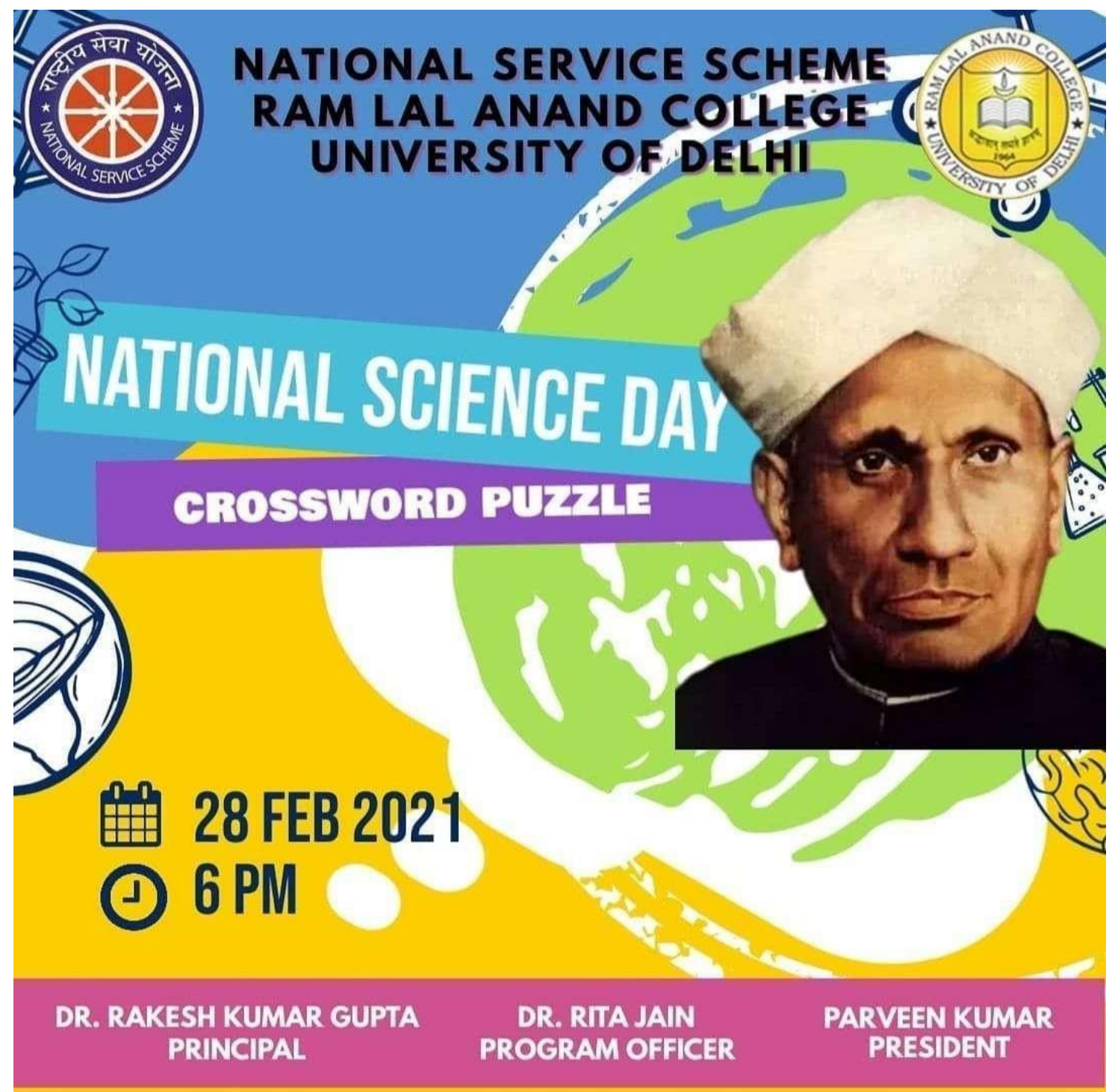
NSS Unit of Ram Lal Anand College organised a vivid and interactive session to introduce volunteers to the kind spirit and the efforts involved in building a feasible world and a promising future with focus on how it all started and the integrated functioning and execution. It was held on 28 February 2021 at 3:00 pm with theme- Role of NGO's in Nation Building. Thus, students presented presentations on various topics related to NGOs mentioning their initiation, their implementation, works of major national and international NGOs, etc. Around **62 participants** attended the event.



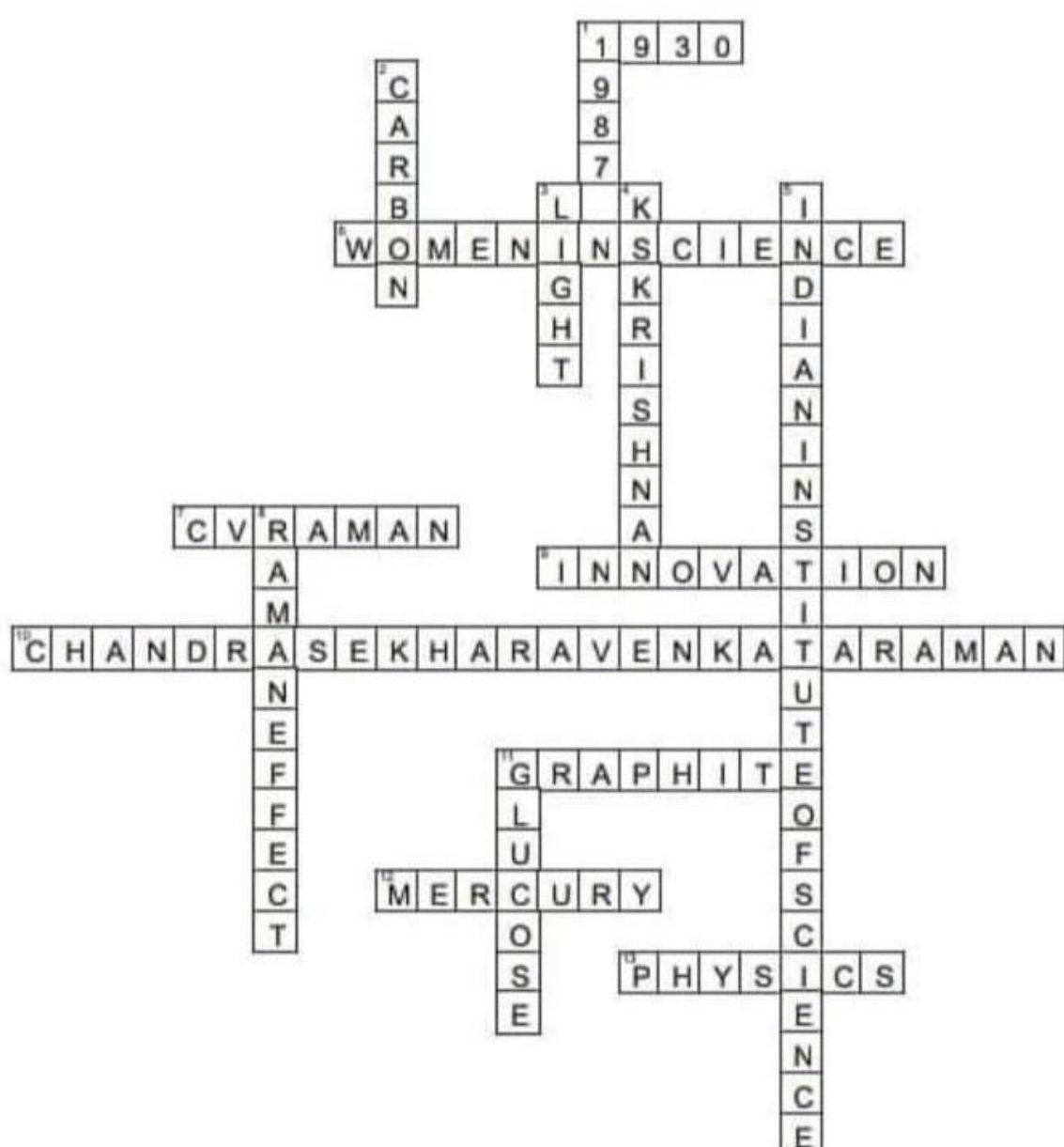
National Science Day

28 February, 2021

Every year National Science Day is celebrated in India to mark the discovery of the Raman effect by Indian physicist Sir C.V Raman. It is celebrated to spread the message about importance of science used in the daily life of the people.



C.V. RAMAN - NATIONAL SCIENCE DAY



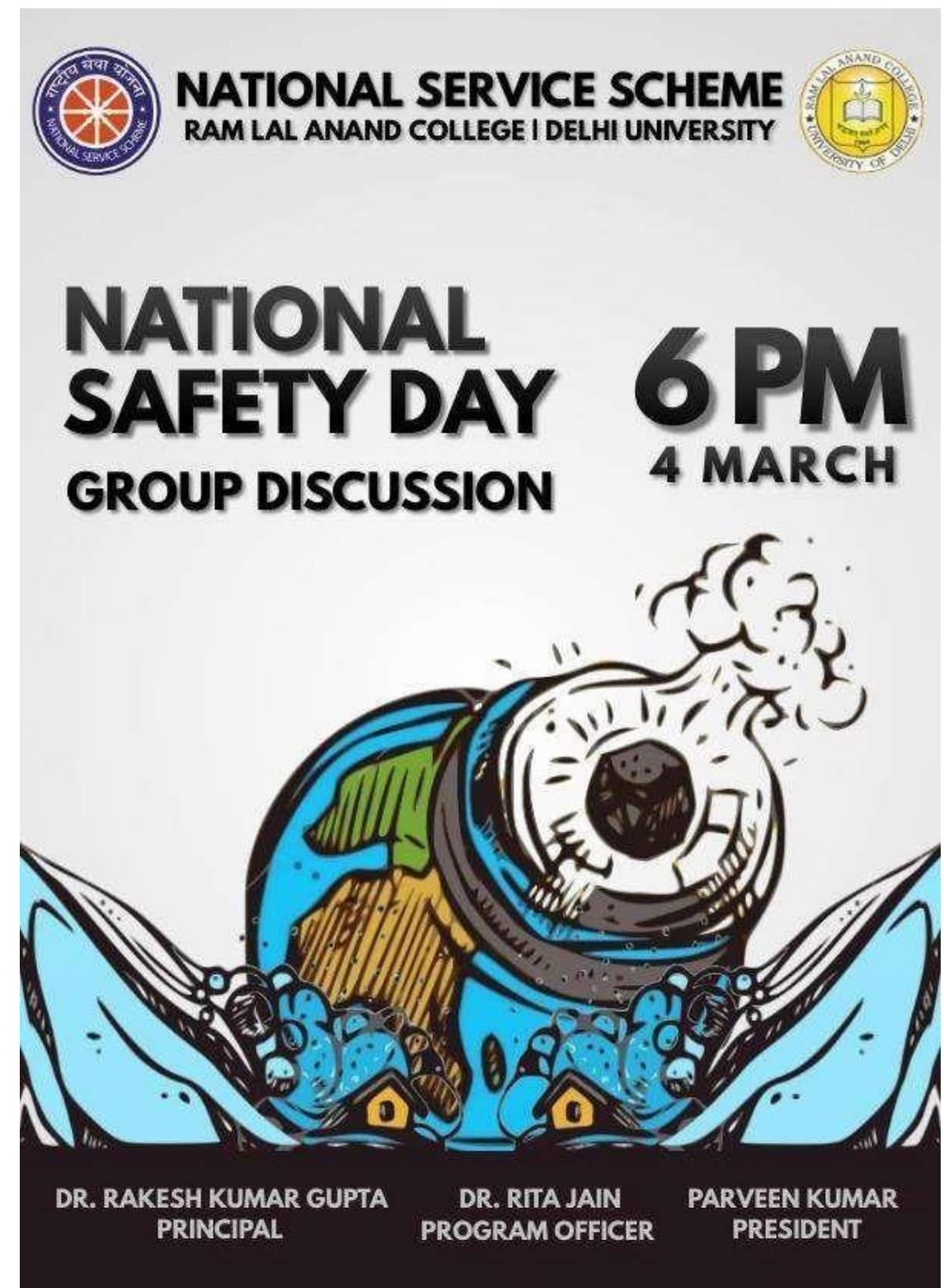
NSS Unit of RLAC in the spirit of the day organized a crossword puzzle event for all of it's volunteers with the theme "Future of STI: Impact on Education Skills and Work". Around **59 participants** attended the event.

NATIONAL SAFETY DAY

4th March, 2021

"Teaching the world to be careful is a constructive service worthily of god's great gift of life to man."

NSS RLAC organized a group discussion on 4th march to spread awareness about the safety measures to prevent misadventures and accidents due to lack of awareness and promotes overall occupational safety and health. Around **67 participants** attended the event.



FEEDING STRAY DOGS

6th March, 2021

Though they cannot voice their feelings out, animals need love too, like humans do.

To help these speechless creatures, NSS Unit of Ram Lal Anand College organized an event aimed at spreading awareness about a cause of which animal lovers, activists and even celebrities have been a part. The event aimed at bringing out animal lovers and show their love and affection by feeding them. Around **23 participants** attended the event.



INTERNATIONAL WOMEN'S DAY

8th March, 2021

Stop ignoring, stop 'let it be' mentality, Break the societal norms, stand upon your feet and Choose to Challenge.

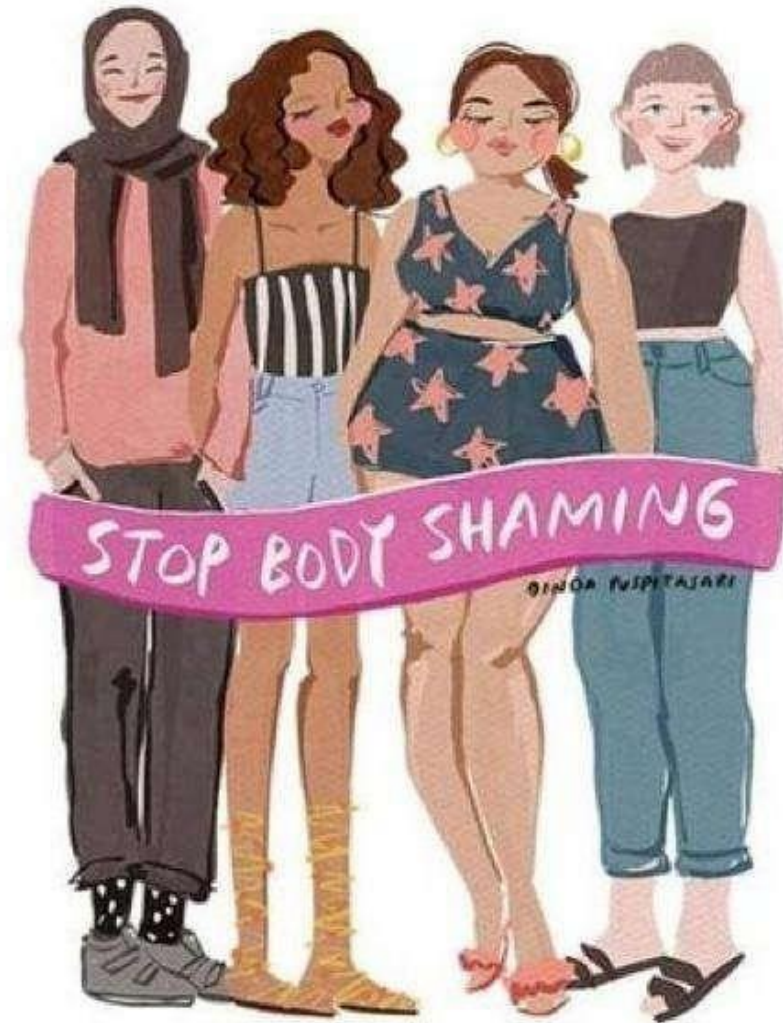
This International Women's Day, let hit out at gender-based stereotypes through the medium of writing. With this view in mind, NSS unit of Ram Lal Anand College organized an Essay/Article writing event to know the perspective of volunteers with the theme "CHOOSE TO CHALLENGE."

20 participants

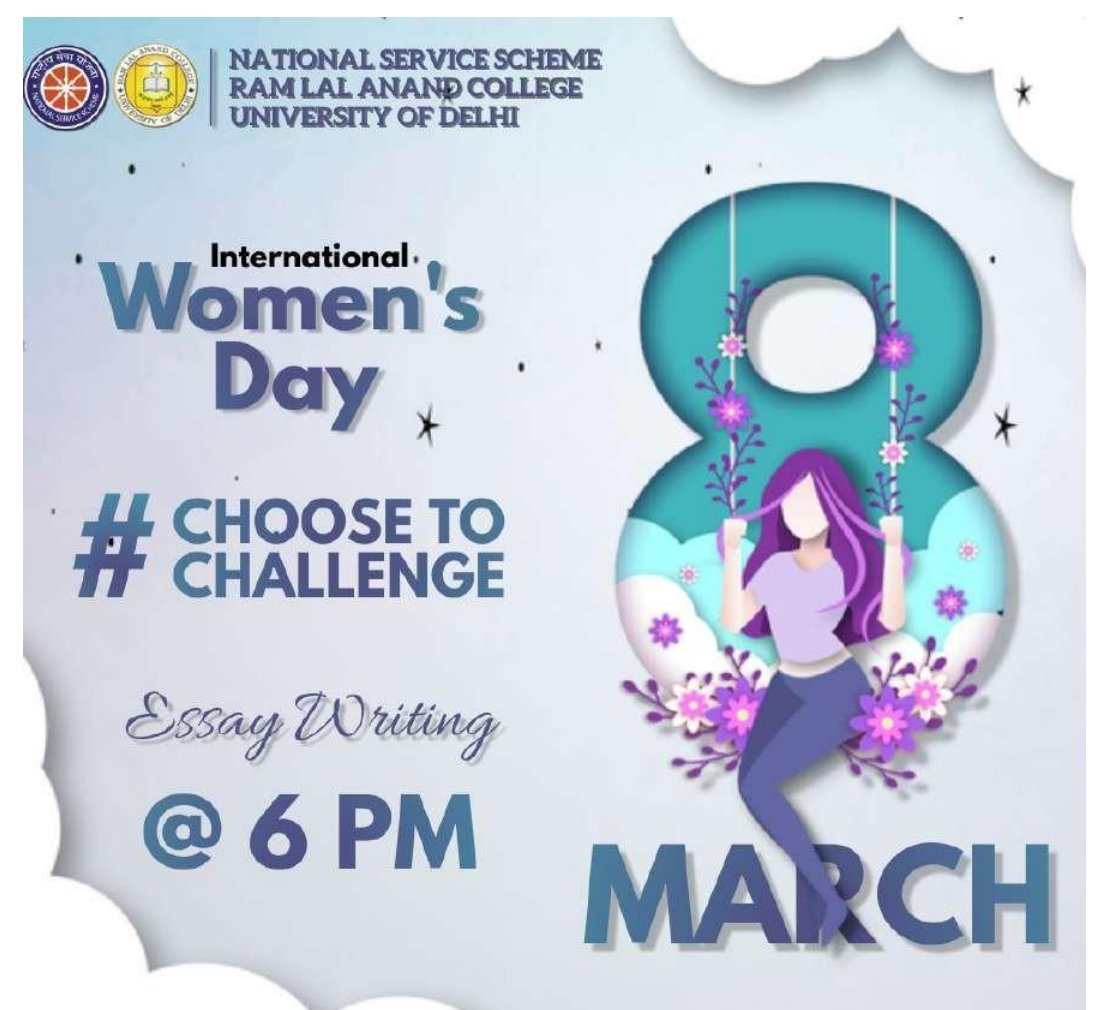
attended the event.

THEME : CHOOSE TO CHALLENGE

TOPIC: IN WHICH FIELD YOU WANT TO CHALLENGE STEREOTYPES?



On the occasion of women's day I would like to challenge the the stereotype of body shaming . Has anyone ever wondered why women are expected to have perfect bodies or what is the need to? Messages from social media and from each other often imply that we should want to change, that we should care



DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT

NO SMOKING DAY

10th March, 2021



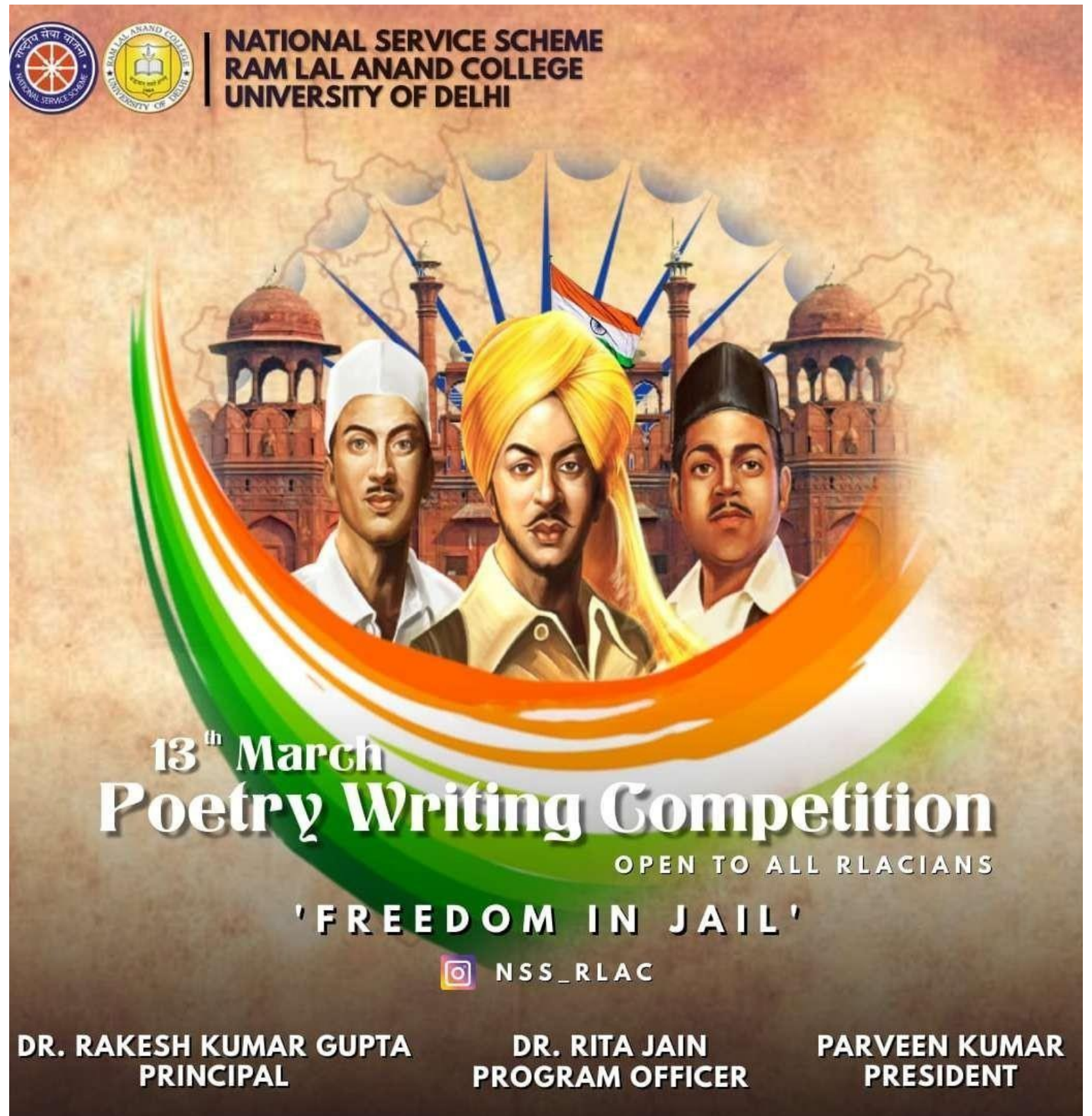
This program invited all the NSS volunteers of RLAC to take out their face mask scribble down their artistic skills through painting, creative art, embroidery etc. on it. **4 participants** attended the event.



POETRY WRITING COMPETITION

13th March, 2021

To mark the 90th SHAHEED DIWAS, NSS Unit of Ram Lal Anand College organized a Poetry writing competition exclusively for all college students on 13th march 2021. The theme for the event was **FREEDOM IN JAIL**. Around **25 participants** attended the event.



MINISTRY OF EDUCATION
GOVERNMENT OF INDIA

myGov
मेरी सरकार



PARIKSHA
PE
(HARCHA 2021)

Participate & Get an Opportunity to Interact with
Hon'ble Prime Minister Shri Narendra Modi

Send In Your Questions At:

<https://we.tl/t-KpDuiXDZSt>

Till 14 March 2021

Issued by:
National Service Scheme
Ram Lal Anand College
University of Delhi

#PPC2021 | #Exam Warriors

PARIKSHA PE CHARCHA

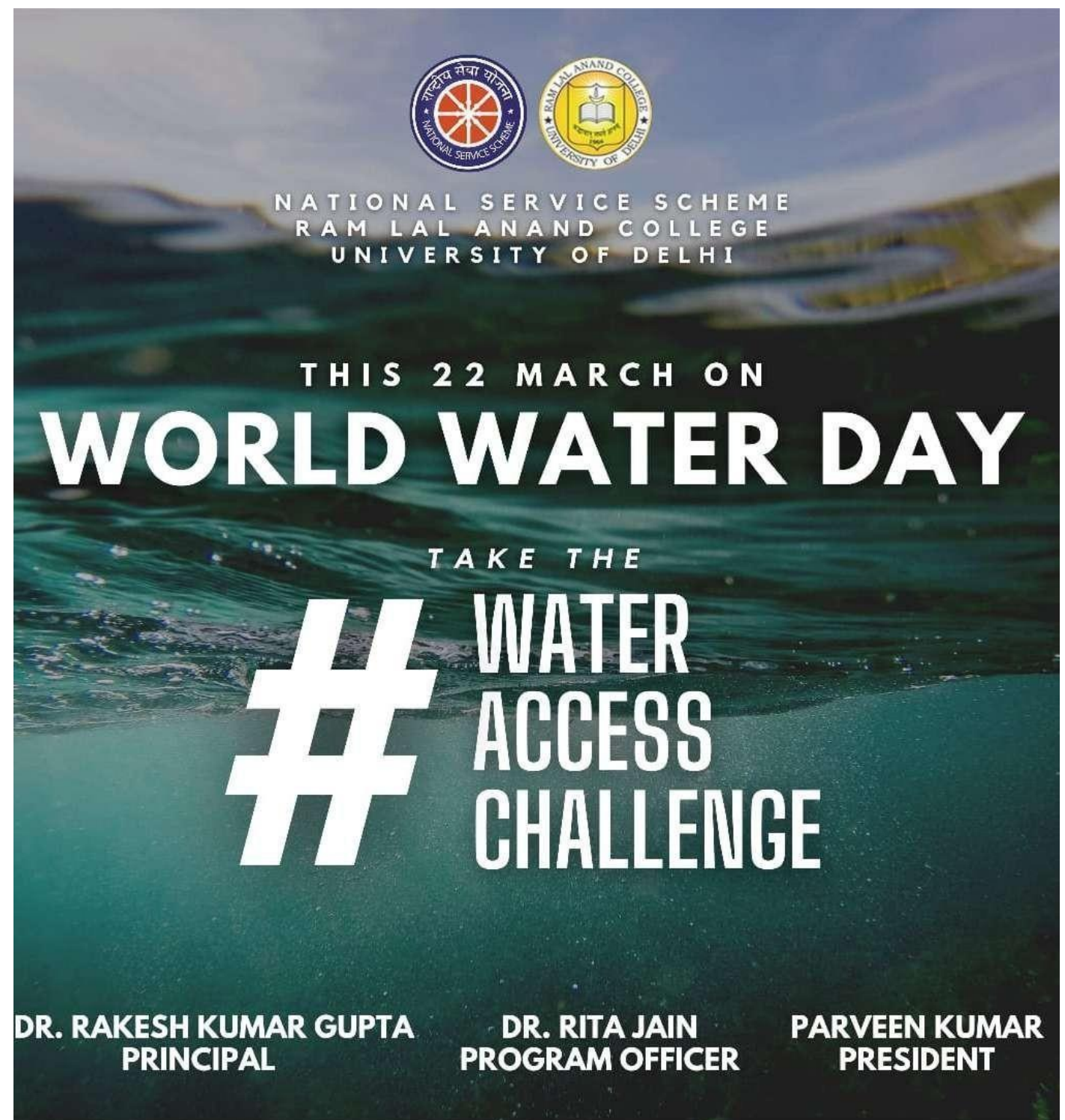
14th March, 2021

This was an initiative by PM Shri. Narendra Modi was held on 14th march 2021. In the same matter, volunteers from NSS RLAC asked questions from PM by logging into mygov portal and submitting their questions. Around **25 participants** attended the event.

WORLD WATER DAY

22th March, 2021

The NSS unit of RLAC organized a **WATER ACCESS CHALLENGE** on the occasion of World Water Day, 1st of March 2021 to make a small step towards conserving water. Volunteers were asked to monitor their water consumption limits and take a pledge to maintain a Water consumption diary our most precious resource. **29 participants** attended the event.

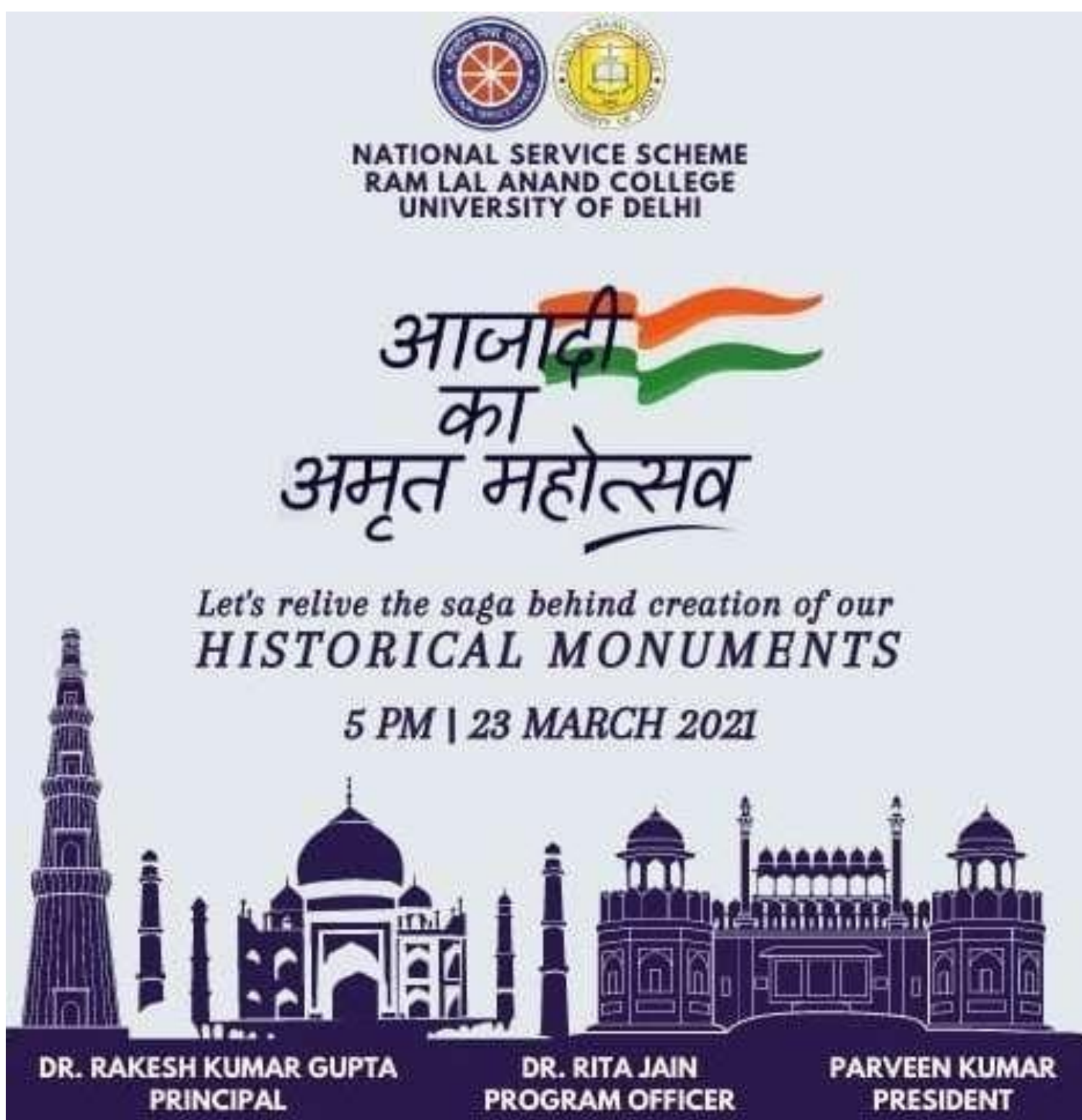


AZADI KA AMRIT MAHOTSAV

22th March, 2021

To make 75th Independence day more memorable PM Narendra Modi has launched the program.

Keeping this joyous event in mind NSS unit of RLAC organized an event on online platform, where volunteers narrated the historical saga behind monuments and also inspiring stories related to them. **42 participants** attended the event.



#5 DAY CHALLENGE

GARDENING:

29th March, 2021 (DAY 1)

NSS unit of RLAC organised an event on the occasion of holi, where volunteers were asked to share photos of any activity which involves taking care of garden. **21 participants** attended the event



DOODLING:

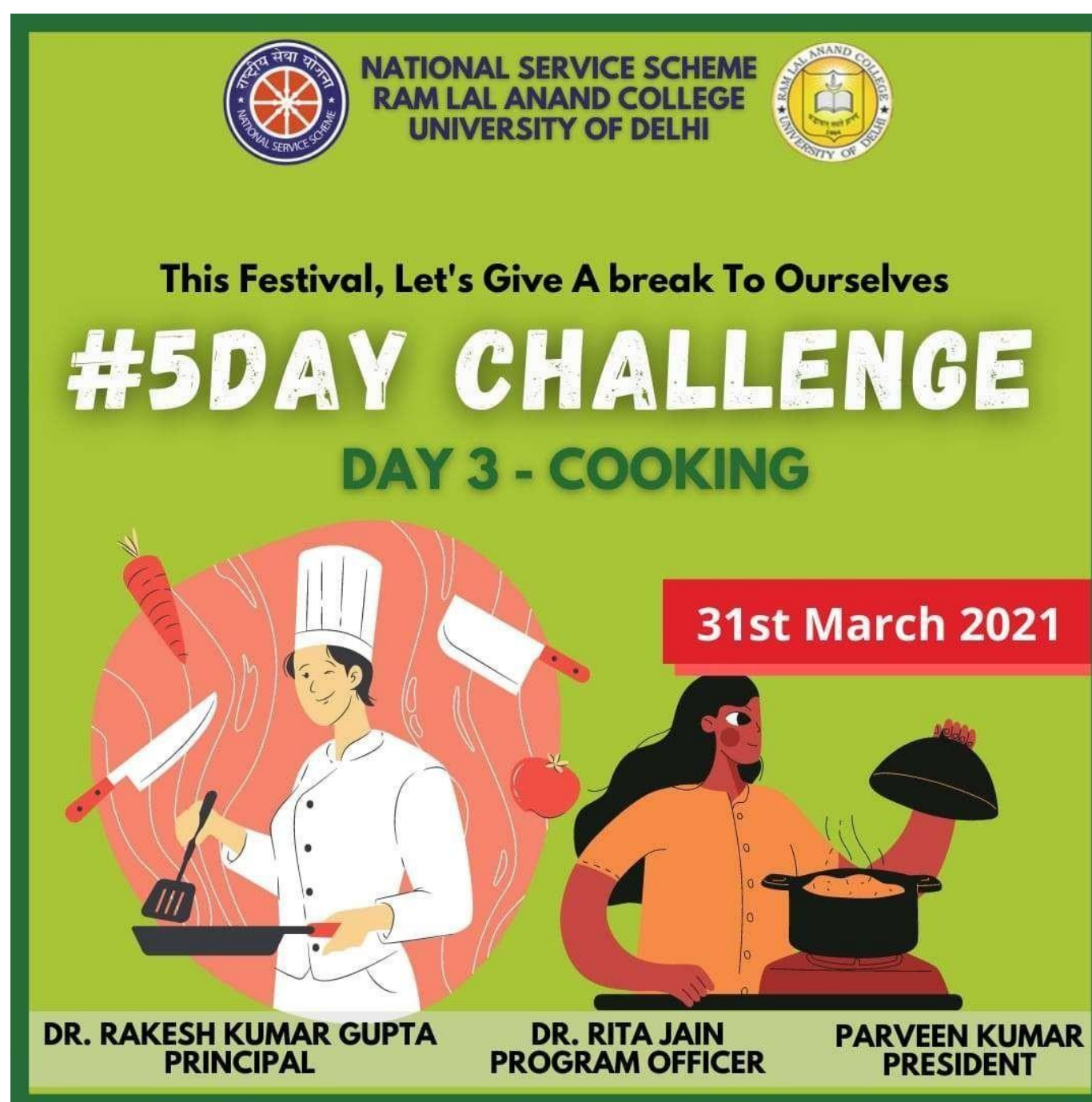
30th March, 2021 (DAY 2)

The NSS Unit organised a doodling challenge as a part of 5 day challenge. Volunteers were asked to bring out an artist from within themselves and share their art. **28 participants** attended the event.

COOKING:

31st March, 2021 (DAY 3)

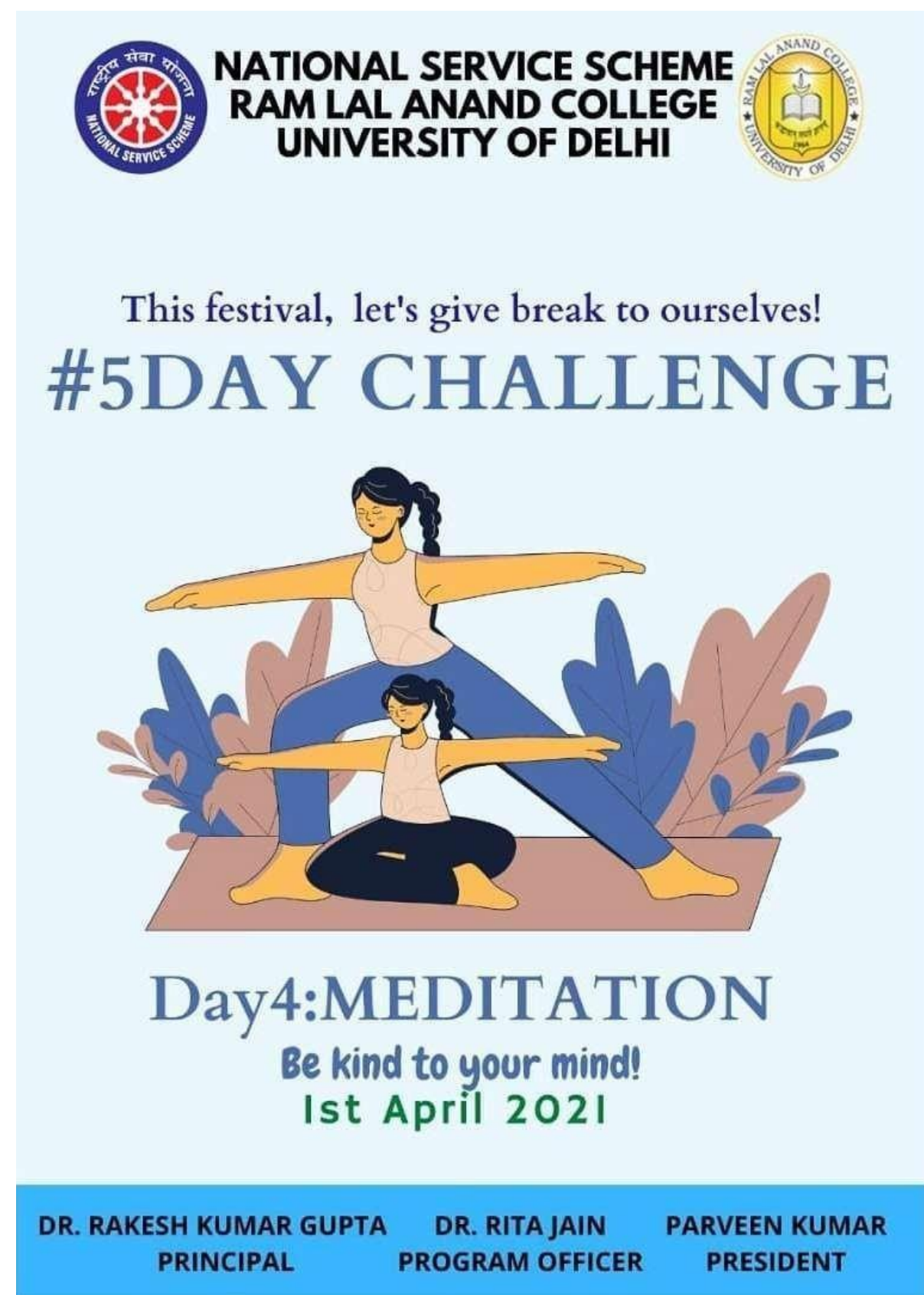
NSS unit of Ram Lal Anand College encouraged the volunteers to bring out the chef inside them by doing a cooking challenge. **28 participants** attended the event.



MEDITATION

1st APRIL, 2021

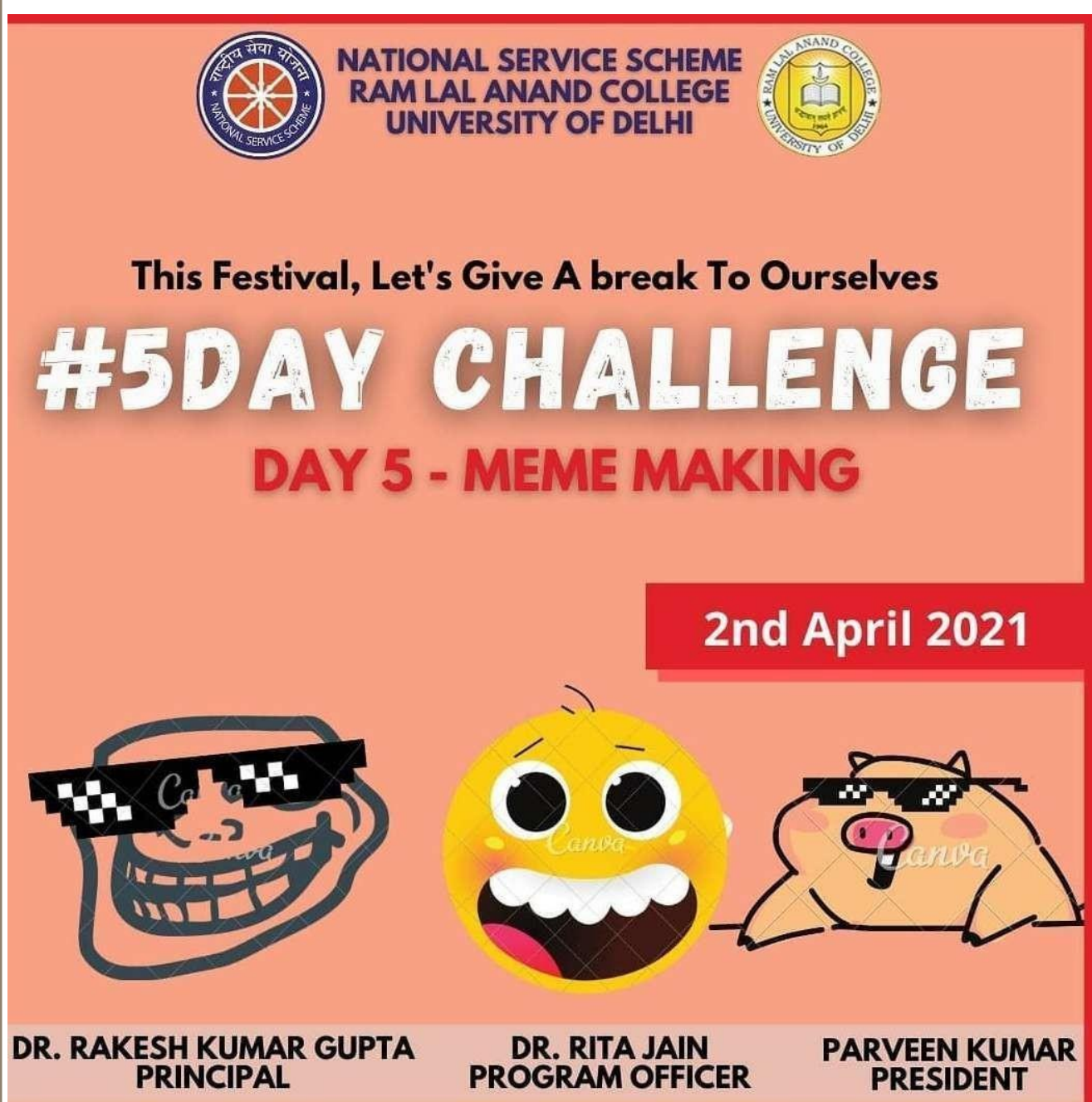
Meditation was the fourth day's challenge. Our stressful schedules leave us not only physically but also mentally fatigued. Meditation is the finest way to relax our minds and allow our brains to function properly. The volunteers took part enthusiastically and had their pictures taken to encourage others to do the same. **23 participants** attended the event.



MEME MAKING

2nd APRIL, 2021

Mememes now have their own fan base. Volunteers came up with such great pieces of work thanks to their creative thoughts. The goal of this #5daysChallenge was met with great success. These hobbies provided a welcome break from the daily routine, allowing oneself to discover hidden traits inside ourselves and, most importantly, derive pleasure from them. **31 participants** attended the event.



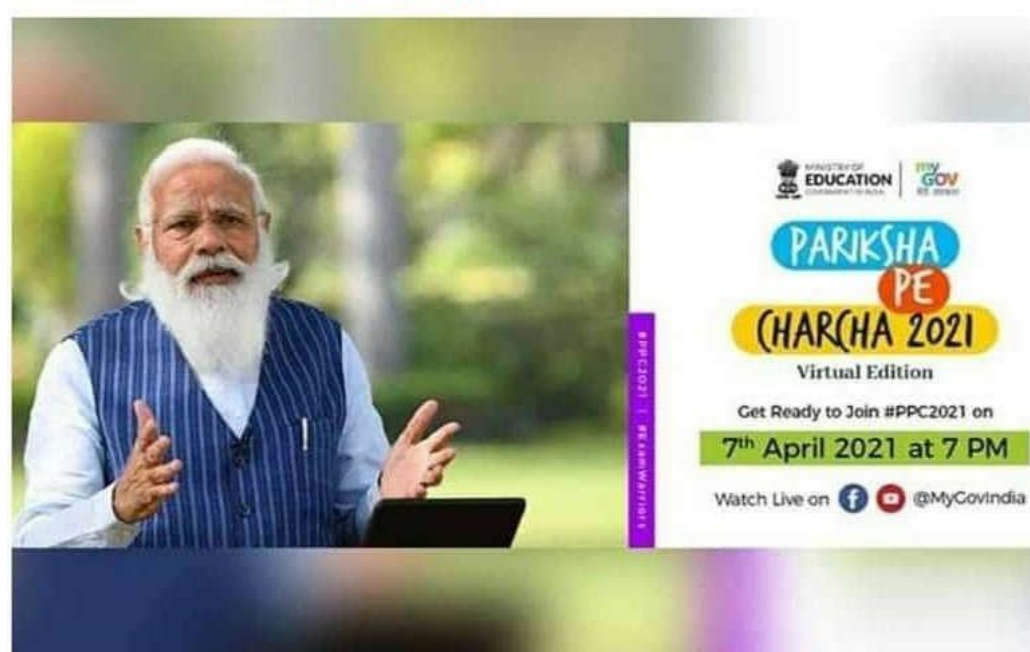
WORLD HEALTH DAY

7th APRIL, 2021

On the occasion of World Health Day on April 7th, 2021, the RLAC NSS unit hosted a three-day event in which volunteers were asked to download any health and fitness tracker app and upload screenshots of the app indicating daily exercise from April 5th to April 7th. **42 participants** attended the event.



परीक्षा पे चर्चा 2021 : प्रधानमंत्री मोदी 7 अप्रैल को शाम
7 बजे छात्रों से बातचीत करेंगे
India Today अप्रैल 6th, 2021



प्रधानमंत्री मोदी ने घोषणा की कि छात्रों के साथ "परीक्षा पे चर्चा" कार्यक्रम पर उनकी वार्षिक बातचीत 7 अप्रैल को एक नए प्रारूप में होगी। पीएम मोदी ने यह भी कहा कि इस वर्ष इस आयोजन का एक नया प्रारूप होगा, जिसमें कई विषयों को शामिल किया जाएगा। स्टूडेंट्स प्रधानमंत्री के साथ आगामी परीक्षाओं के संबंध में अपने प्रश्न साझा कर सकेंगे।

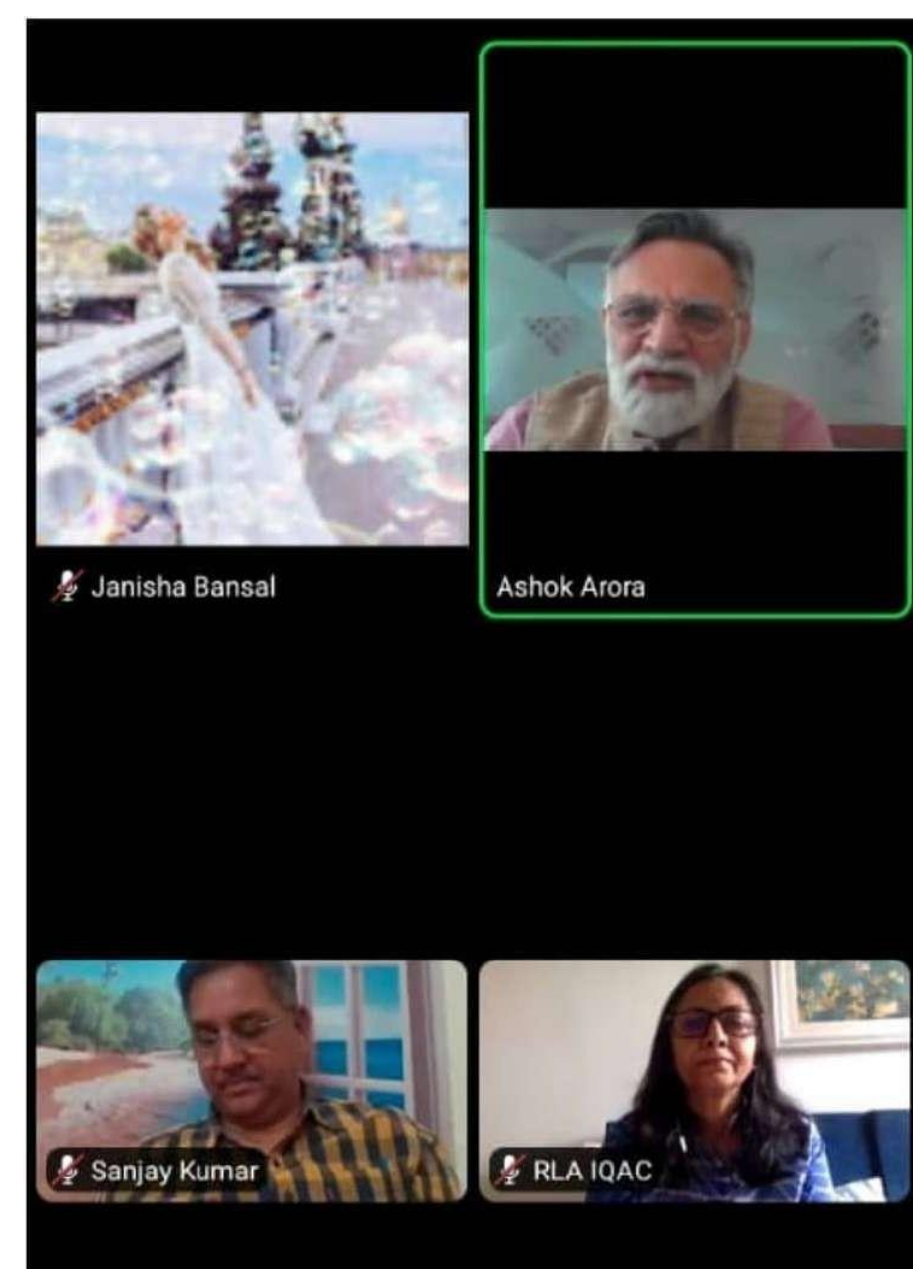
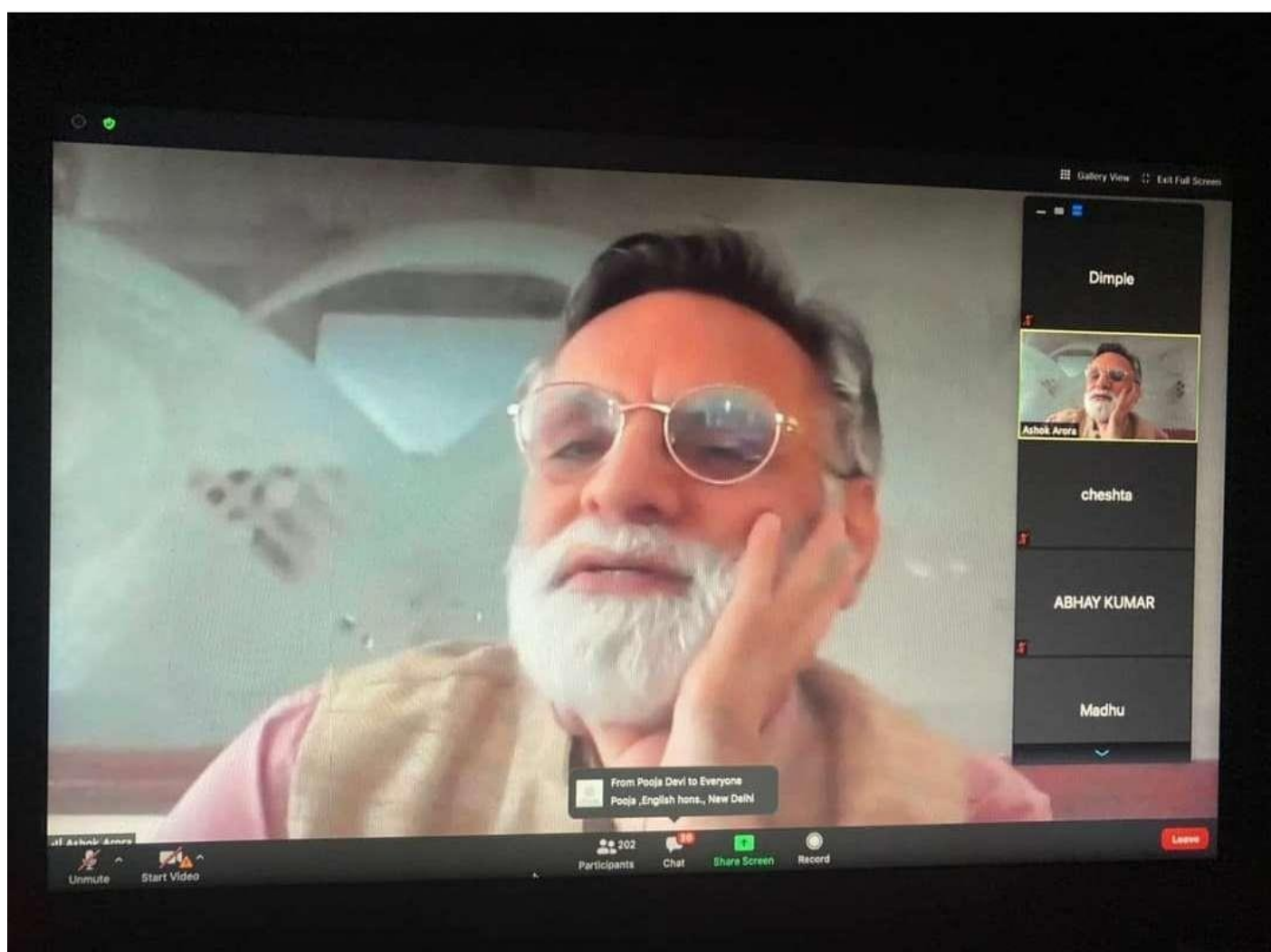
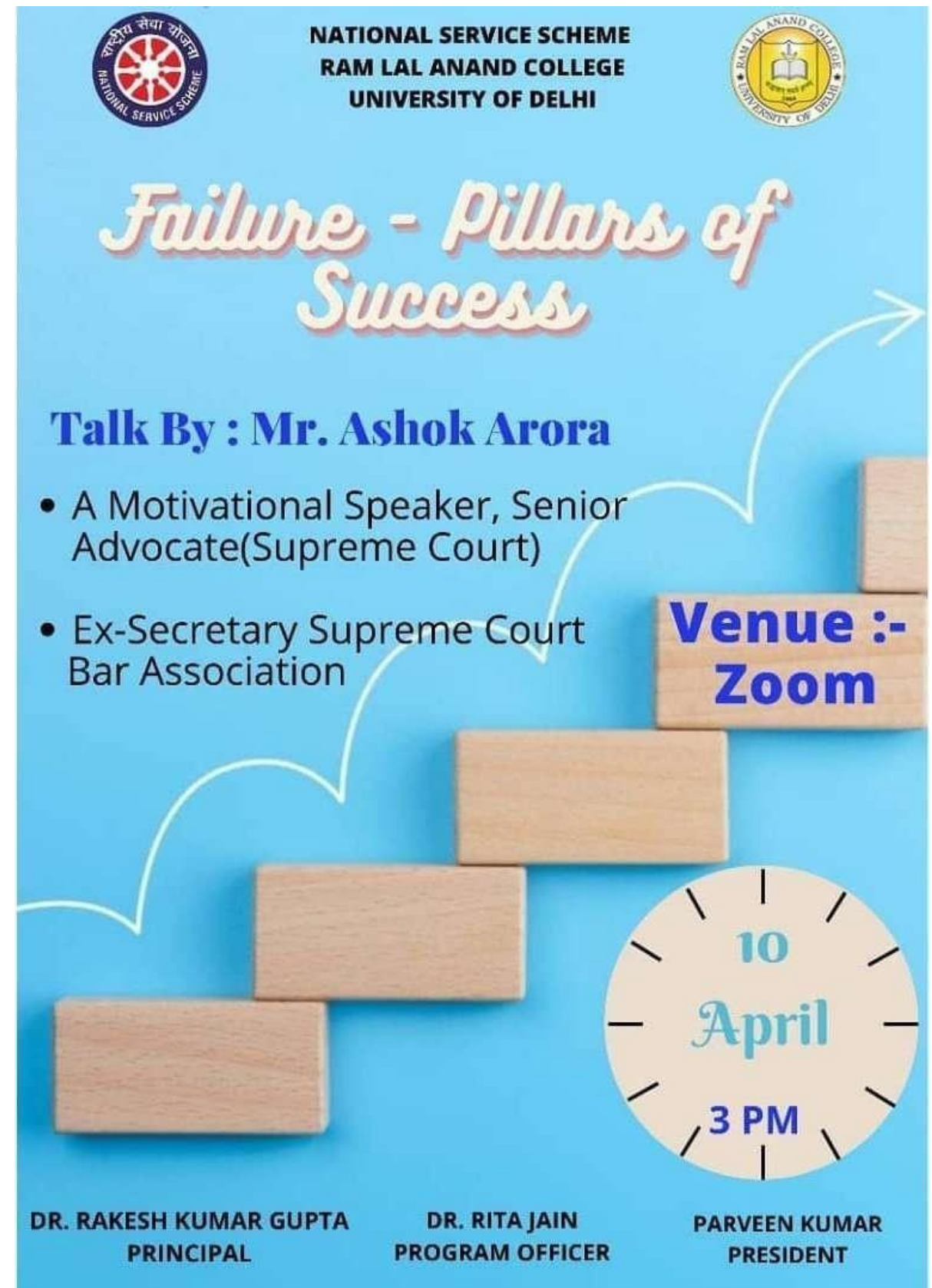
PARIKSHA PE CHARCHA 7th APRIL, 2021

NSS RLAC volunteers participated in Hon'ble Prime Minister Shri Narendra Modi Ji's annual 'Pariksha Pe Charcha' initiative on April 7, 2021. While the leaders' concentration on the students is a source of great pride, it was also a learning opportunity for all of the volunteers. **83 participants** attended the event.

SESSION ON FAILURES - PILLARS OF SUCCESS

10th APRIL, 2021

On 10th April 2021, NSS Unit of RLAC organized a session on Failures - Pillars of Success by Mr. Ashok Arora (Senior Advocate Supreme Court and Ex-Secretary Supreme Court Bar Association). The focus of the seminar was on how to deal with failures and learn from them. Our volunteers learned a lot about dedication, patience, and endurance as a result of the event, which led to a successful outcome. Overall, the event was a big success, with positive feedback from students and speakers. **80 participants** attended the event.



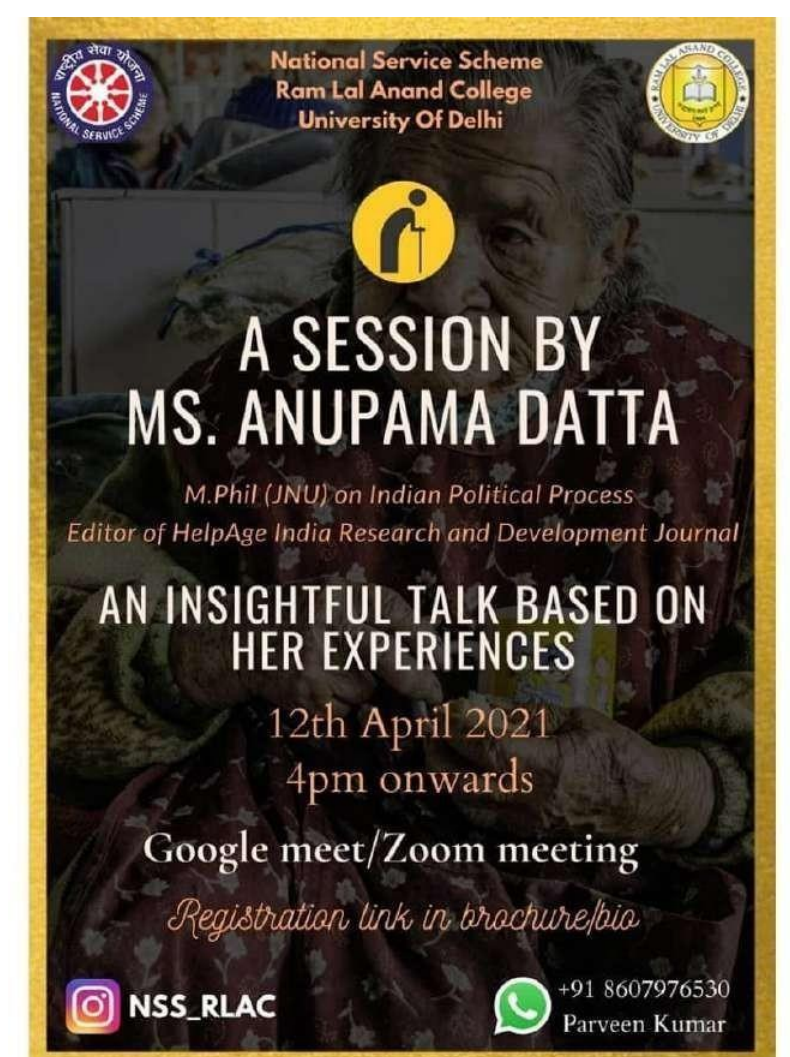
NSS ANNUAL FESTIVAL

SANKALP'21

11-12th APRIL, 2021

On the 11th and 12th of April, the Ram Lal Anand College NSS unit organized its annual fest, "Sankalp" 2021, in an online format. The Festival was open to any undergraduate student all over India where the unit received participation of **78 students**. This creative cultural exposition was garnished with 3 events:-

1. "SANRACHNA" - The Storytelling Competition.
2. "Treasureopedia" - The Quiz based on Social and Historical figures of prominence of India.
3. Talk Session by Ms. Anupama Datta (Editor - HelpAge India Research and Development Journal)



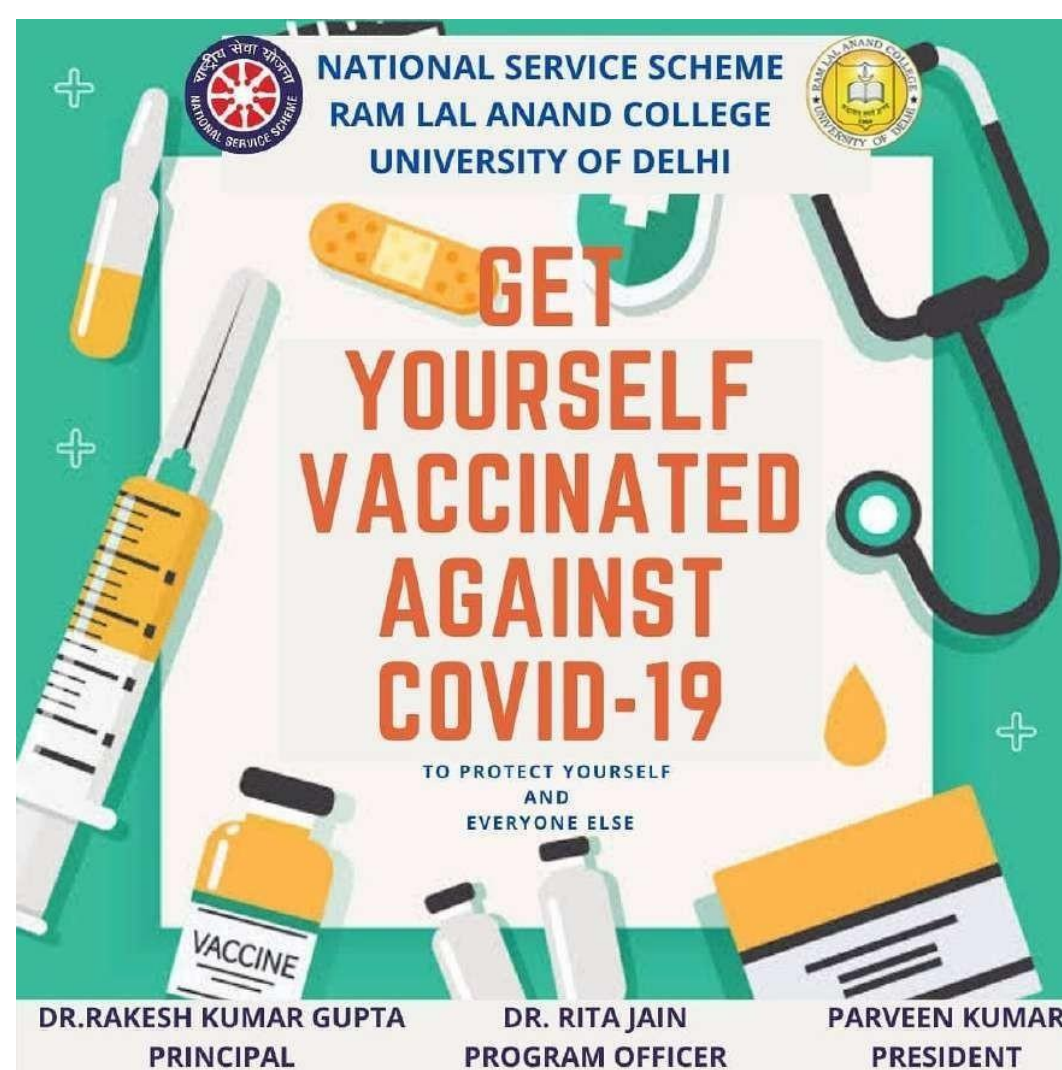
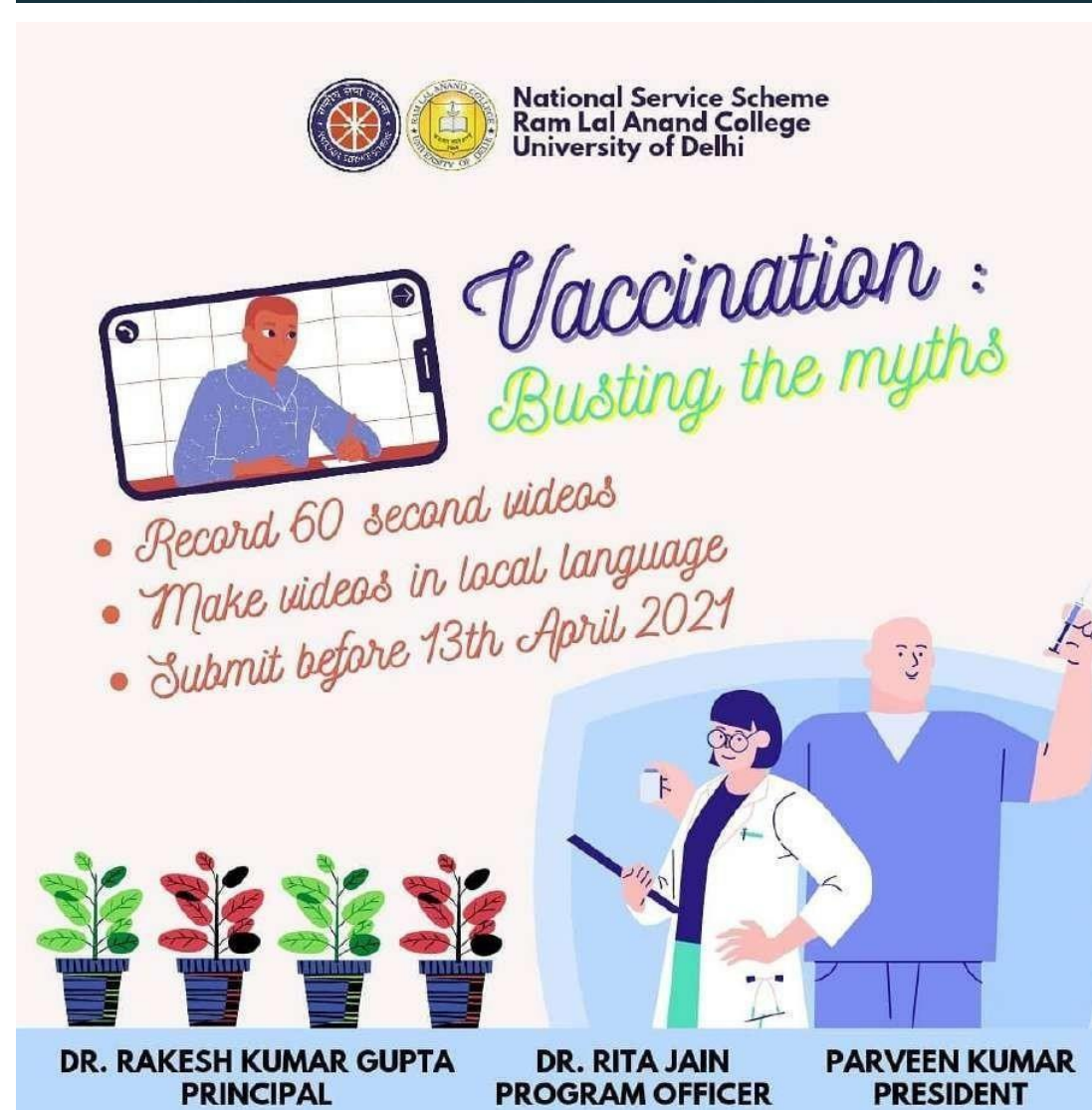
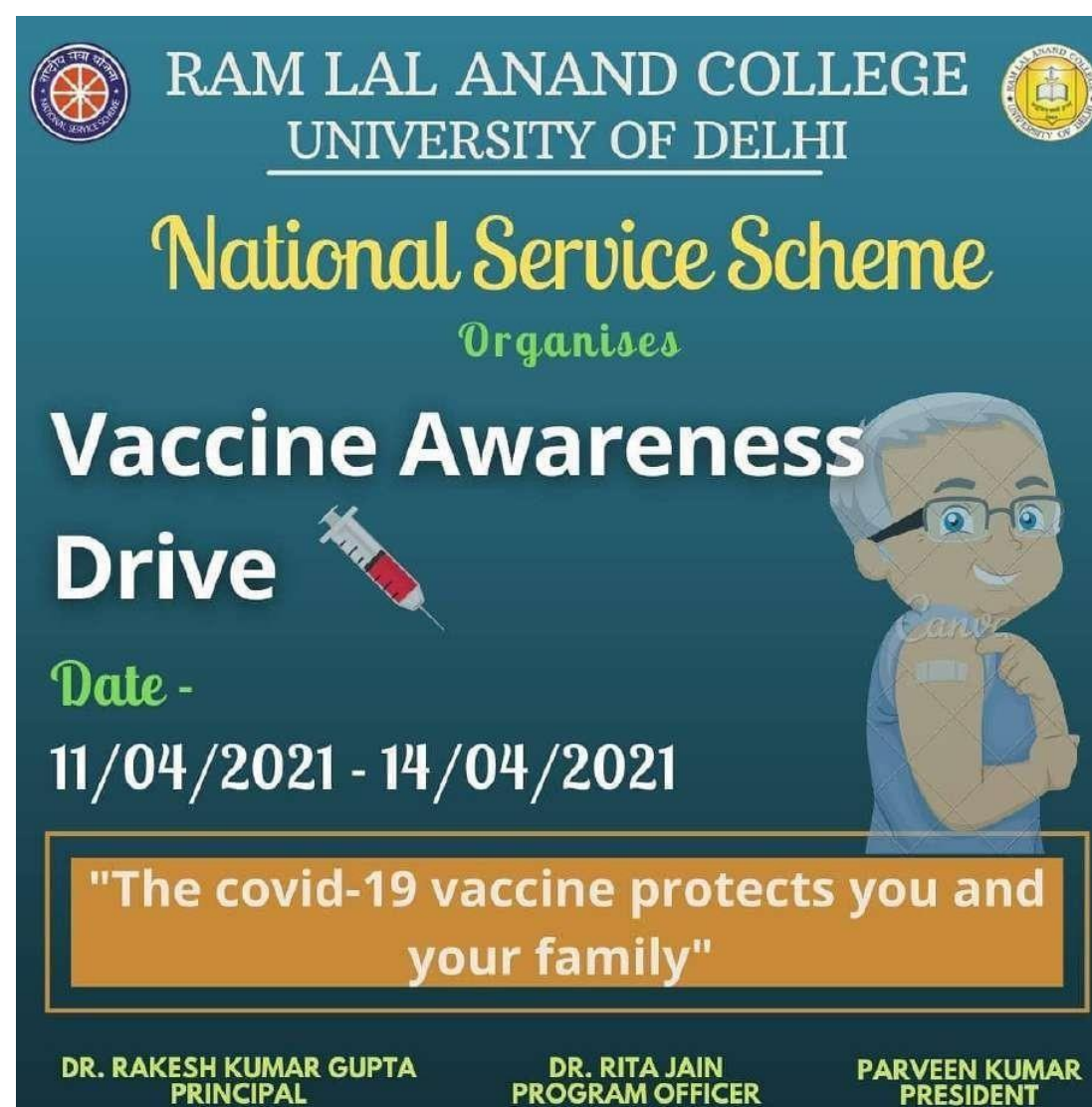
VACCINE AWARENESS DRIVE

11-14th April 2021

As part of the COVID Awareness Drive, on 11th April a PPT was shown to the volunteers of NSS unit of Ram Lal Anand College. This busted several myths related to vaccination, importance of wearing mask, proper sanitization, and other Government guidelines and encouraged every volunteer to spread this message in their surroundings. **All volunteers** attended the event.

On the 12th and 13th of April, the Ram Lal Anand College NSS unit conducted a short video making session as part of the Covid Awareness Drive, in which **23 volunteers** participated enthusiastically.

On April 14th, as part of Covid Awareness Week, volunteers from Ram Lal Anand College's NSS Unit created digital posters and distributed them throughout the college and NSS Unit. participants attended the event.

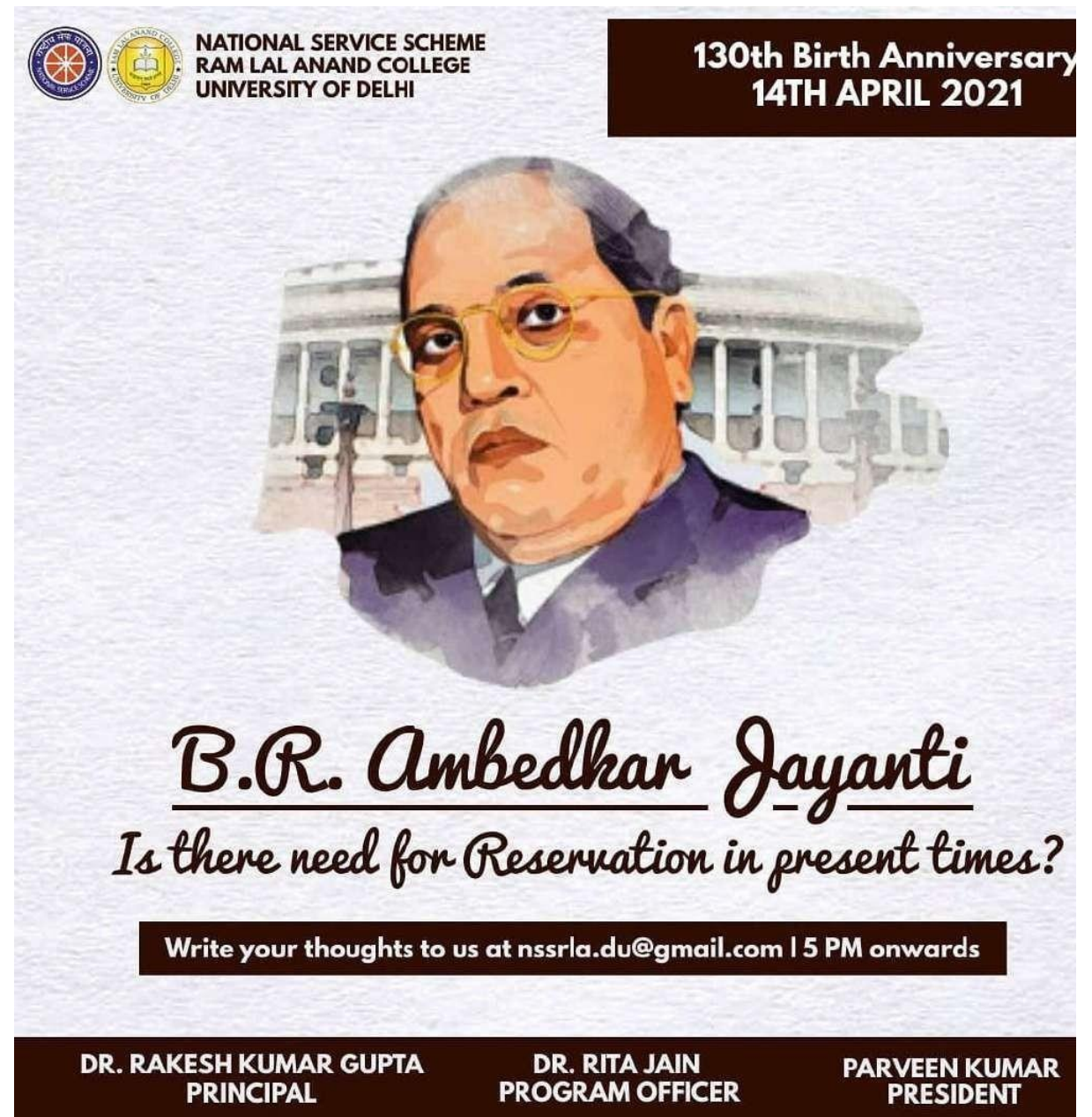


B.R. AMBEDKAR

JAYANTI

14th APRIL, 2021

On the occasion of Dr. Bhimrao Ambedkar's birth anniversary, the RLAC NSS unit hosted a debate writing event on the theme of 'the need for reservation in present India' on April 14, 2021. Every student used the NSS portal to submit their entries. **35 participants** attended the event.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

130th Birth Anniversary
14TH APRIL 2021

B.R. Ambedkar Jayanti
Is there need for Reservation in present times?

Write your thoughts to us at nssrla.du@gmail.com | 5 PM onwards

DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT

WORLD

HERITAGE DAY

18th APRIL, 2021

On the occasion of World Heritage Day about April 18, 2021, the NSS UNIT OF RLAC held a quiz on world and Indian monuments. The quiz was attempted by more than 50 volunteers and was one of the most fun and exciting event organized. **46 participants** attended the event.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

World Heritage Day
Quiz on monuments of India and the world

3 PM 18TH APRIL 2021
on **KAHOOT.IT**

DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

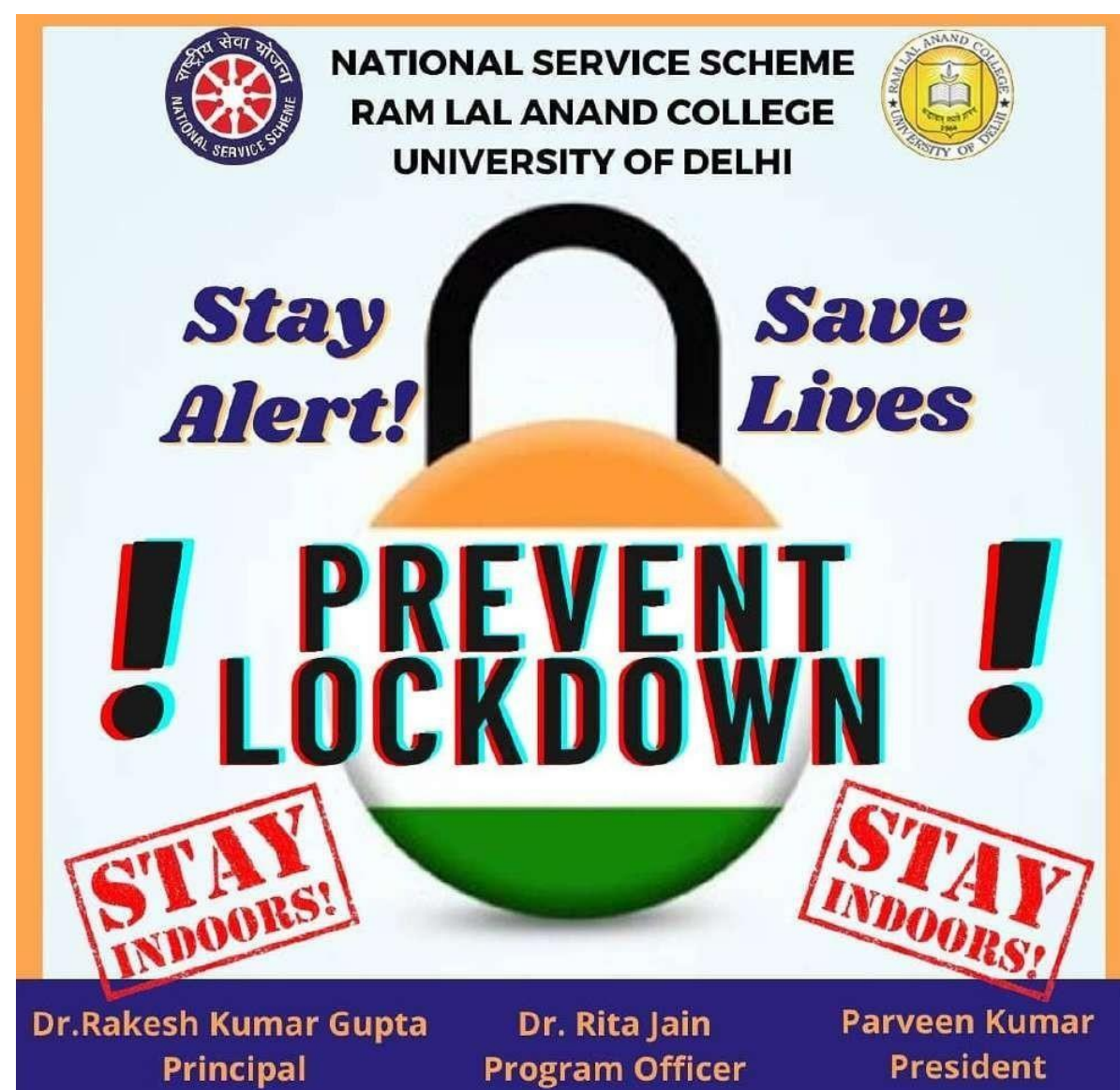
PARVEEN KUMAR
PRESIDENT

PLEDGE TAKING CEREMONY

20th APRIL, 2021

When the second deadly wave of Covid-19 hit, and the vaccination campaign was in full gear, the RLAC NSS unit recommended a variety of methods for students to become aware.

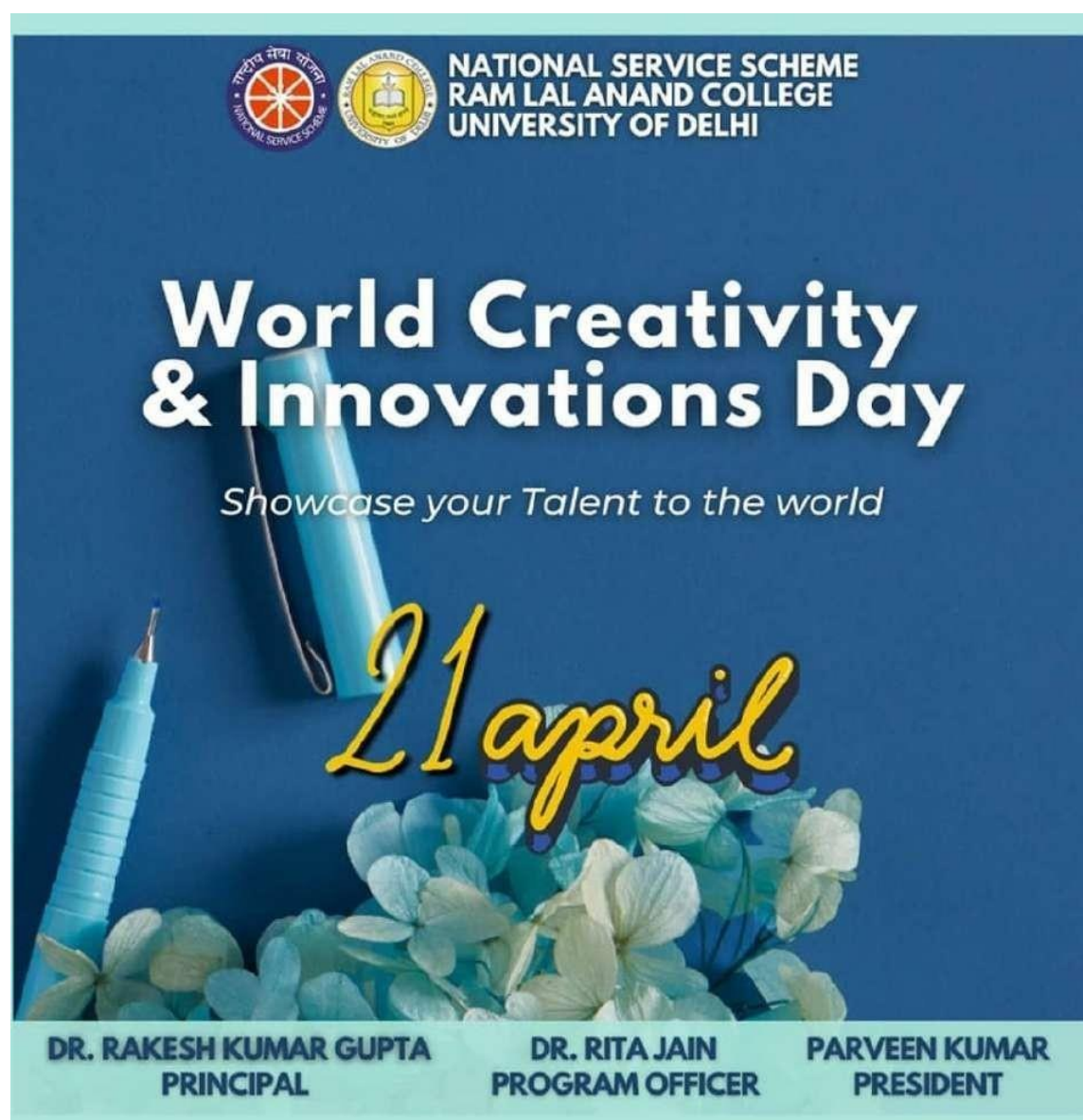
On April 20th, 2021, all of the **volunteers** took the initiative and pledged to follow all of the regulations and requirements. To make the most of the pandemic, all volunteers kept active and kept in touch with their families and friends.



WORLD CREATIVITY & INNOVATIONS DAY

21th APRIL, 2021

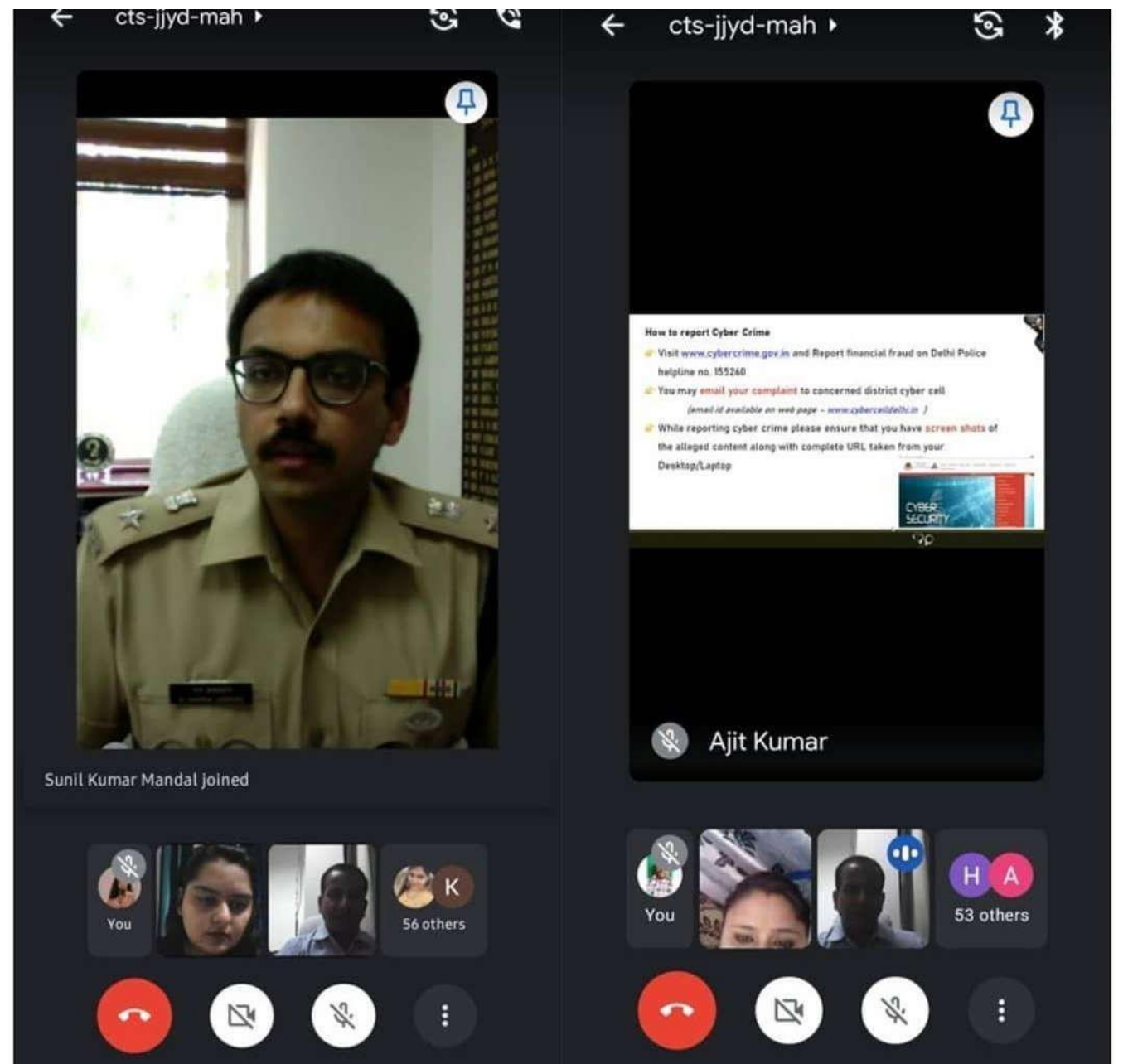
On the occasion of World Creativity and Innovation Day, NSS RLAC offered all the students a platform to showcase their creativity and creative ideas. Students created a variety of multimedia files on the theme of anything that demonstrates their creativity. The event was a huge success thanks to the **36 volunteers** who actively took part.



CYBER AWARENESS SESSION

22nd APRIL, 2021

The NSS unit of RLAC welcomed all of its volunteers to a seminar on cyber awareness for women and girl protection on April 22, 2021. They learned about the complexities of cyber security and supported it by raising awareness in their community. It was a highly engaging event in which everyone took part enthusiastically. **74 participants** attended the event.



EARTH DAY

23rd APRIL, 2021

On the occasion of Earth Day, Ram Lal Anand College's NSS unit offered its volunteers the opportunity to help save the environment by planting trees. The event was a success because to the participants' active engagement, who took some lovely photos of planting plants. **29 participants** attended the event.

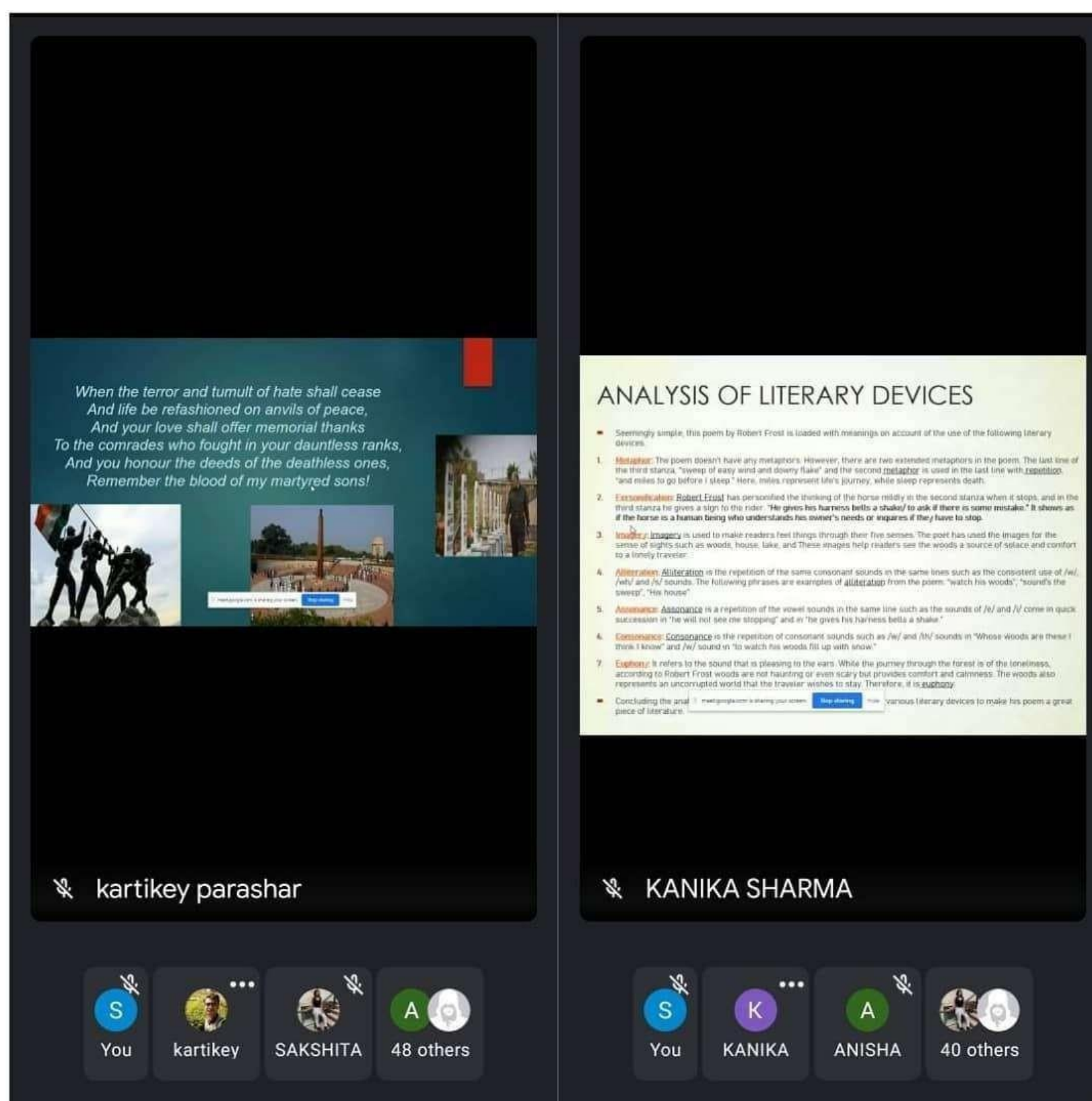


WORLD ENGLISH LANGUAGE

DAY

23rd APRIL, 2021

On the occasion of English Language Day on April 23, 2021, the NSS UNIT of RLAC hosted a poetry session in which various groups presented and described the works of our renowned English poets. The theme for the day was "English Language Day," and students were encouraged to participate in order to better comprehend and appreciate the magnificent works of our legendary English poets. **72 participants** attended the event.



Vaccination drive "social media awareness"

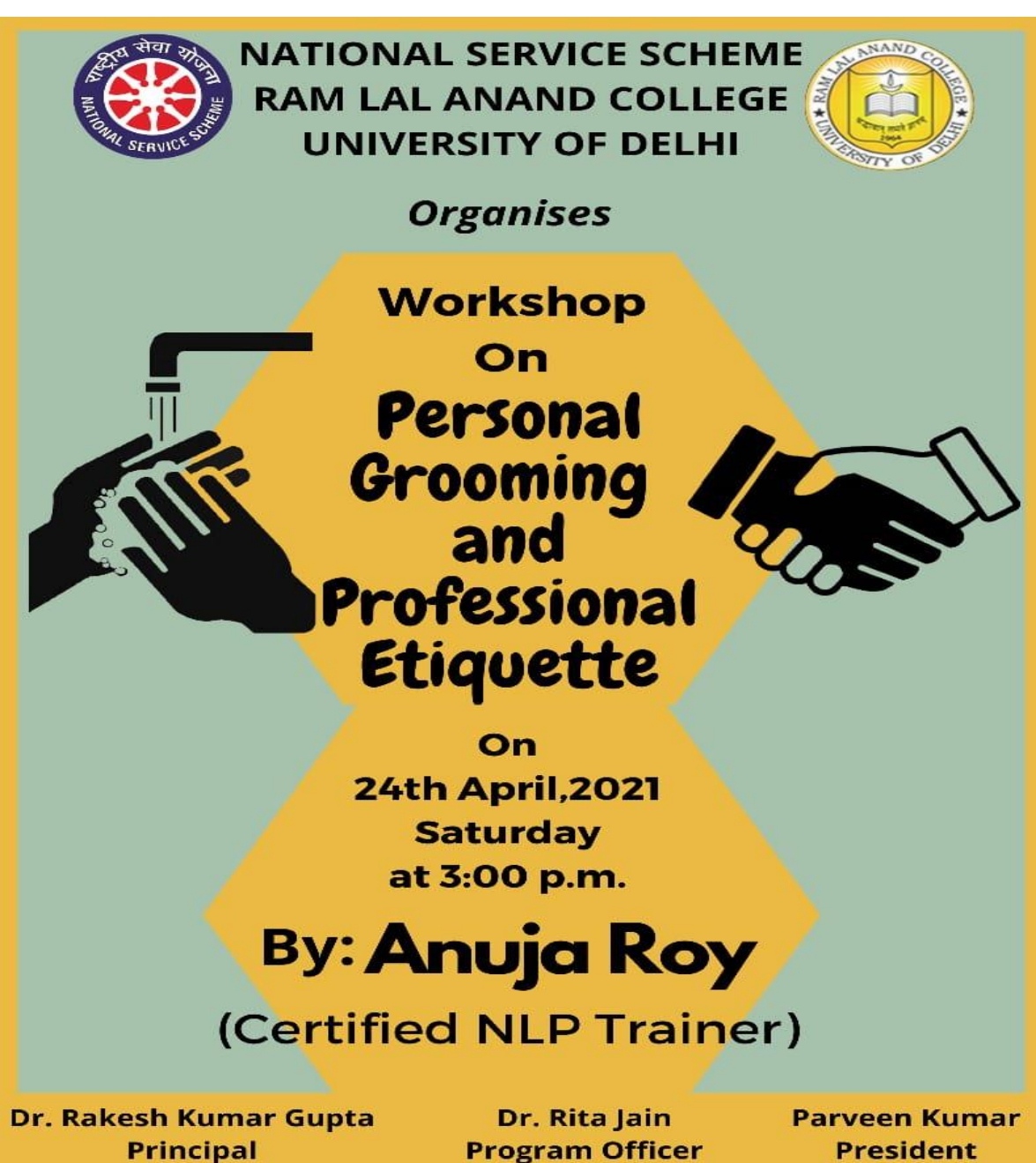
23rd APRIL,2021

"We can defeat COVID only if we work together" with this motive NSS Unit of RLAC conducted a vaccination drive on 23 April 2021 which included various events, and from those ones was "Social media awareness about vaccination" where volunteers were asked to send their photos holding a sheet of paper with some messages written on it to spread the awareness. 39 volunteers took part in the event actively and helped spreading the words.

Workshop on personal grooming and professional etiquette

24th APRIL,2021

Personal Grooming and Professional Etiquette are the two most important things that give you an edge over others in this competitive world. So to give insights into workplace etiquette NSS Unit of RLAC organized a webinar on "Personal Grooming and Professional Etiquette" on 24th April 2021 with Anuja Roy (A certified NLP trainer) being the guest speaker. 65 volunteers attended the session curiously and cleared all their doubts through the session



The poster features a central yellow hexagon with the text "Workshop On Personal Grooming and Professional Etiquette". To the left is an illustration of hands being washed under a faucet, and to the right is an illustration of two hands shaking. The text on the poster includes: "NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI", "Organises", "On 24th April,2021 Saturday at 3:00 p.m.", "By: Anuja Roy (Certified NLP Trainer)", and the names of the Principal, Program Officer, and President at the bottom.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

Organises

Workshop
On
Personal
Grooming
and
Professional
Etiquette

On
24th April,2021
Saturday
at 3:00 p.m.

By: Anuja Roy
(Certified NLP Trainer)

Dr. Rakesh Kumar Gupta
Principal

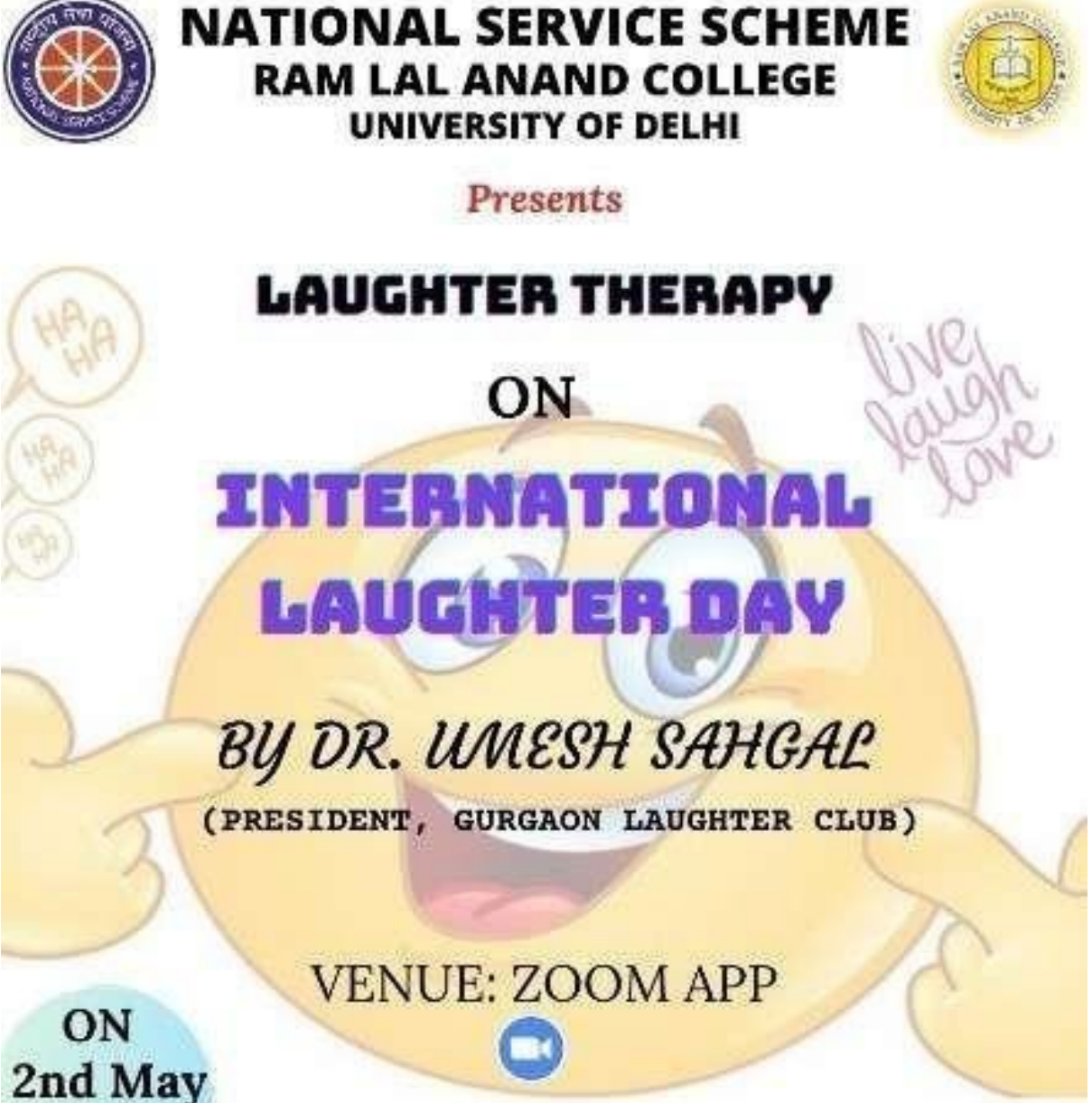
Dr. Rita Jain
Program Officer

Parveen Kumar
President

INTERNATIONAL LAUGHTER DAY

2nd MAY, 2021

NSS conducted a session on Laughter therapy the occasion of International Laughter Day on 2nd May 2021. This session was taken by Dr. Umesh Sahgal. It was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC. **70 participants** attended the event.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

Presents

LAUGHTER THERAPY
ON
INTERNATIONAL LAUGHTER DAY

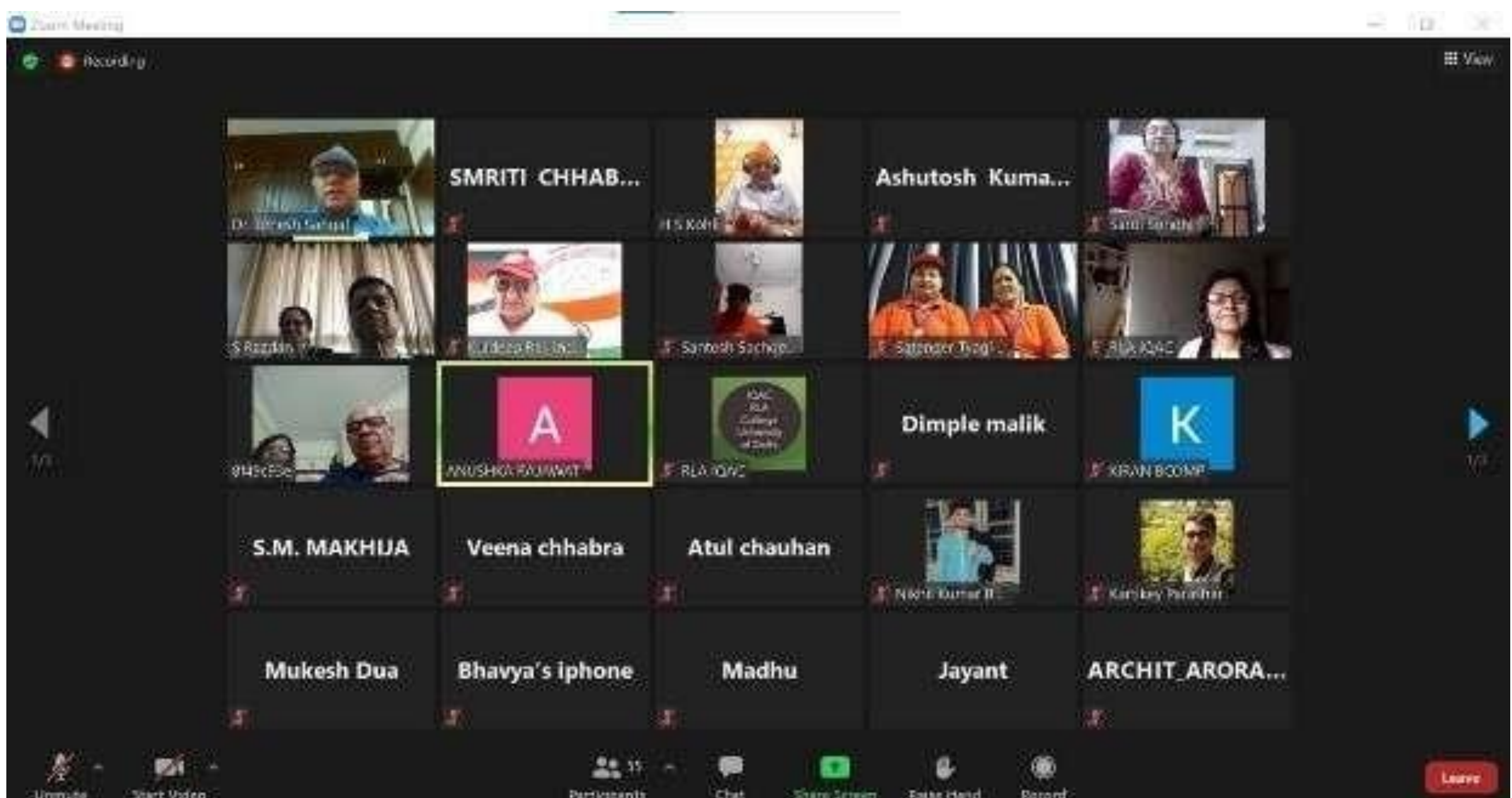
BY DR. UMESH SAHGAL
(PRESIDENT, GURGAON LAUGHTER CLUB)

VENUE: ZOOM APP

ON 2nd May 2021 @ 4pm

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

4th MAY, 2021

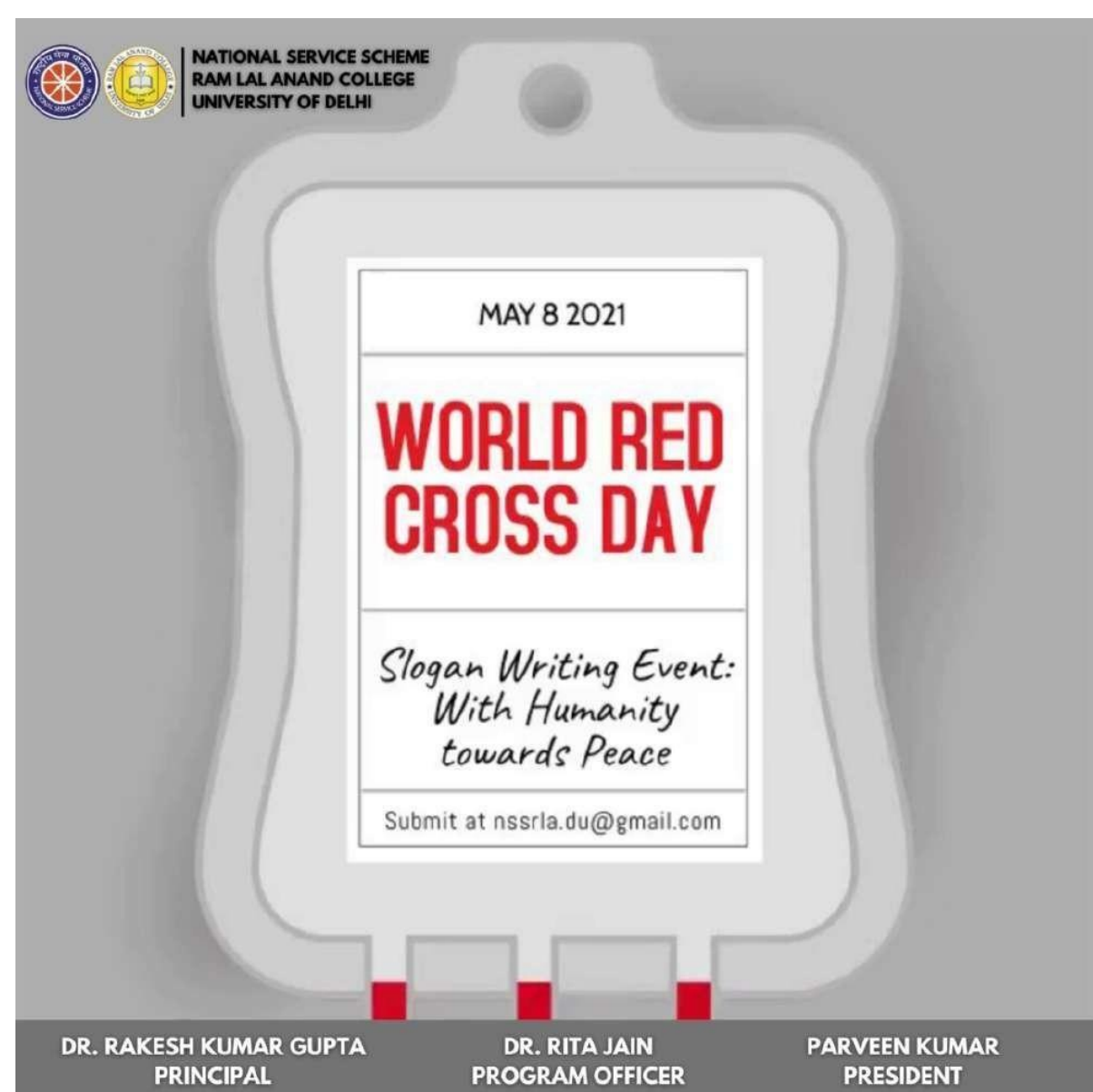
NSS UNIT celebrated "Teacher's Appreciation Day" on 4th May 2021 through a letter writing event. In this, the volunteers expressed their gratitude to teachers for their contribution in our lives. **25 volunteers** submitted their entries.



WORLD RED CROSS DAY

8th MAY, 2021

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 8th May 2021. NSS UNIT RLAC also organized a slogan writing event for volunteers for the same. The unit received participation of **41 volunteers**.



Webinar on role of YRC volunteers

8th May, 2021

On 8th May, 2021 NSS Unit of RLAC was invited to a webinar organized by the NSS Unit of Aggarwal College in collaboration with Red Cross India on the topic "Role of YRC Volunteers during COVID-19" with prof. M.P. Singh being the Resource Person. The pandemic would have been consumed more bodies if there were no volunteers to help us. The YRC volunteers have done an incredible job in saving people's lives not only by serving them but also by spreading awareness of how dangerous this pandemic could become if not taken proper precautions. 41 volunteers attended the session and appreciated the efforts of these people.

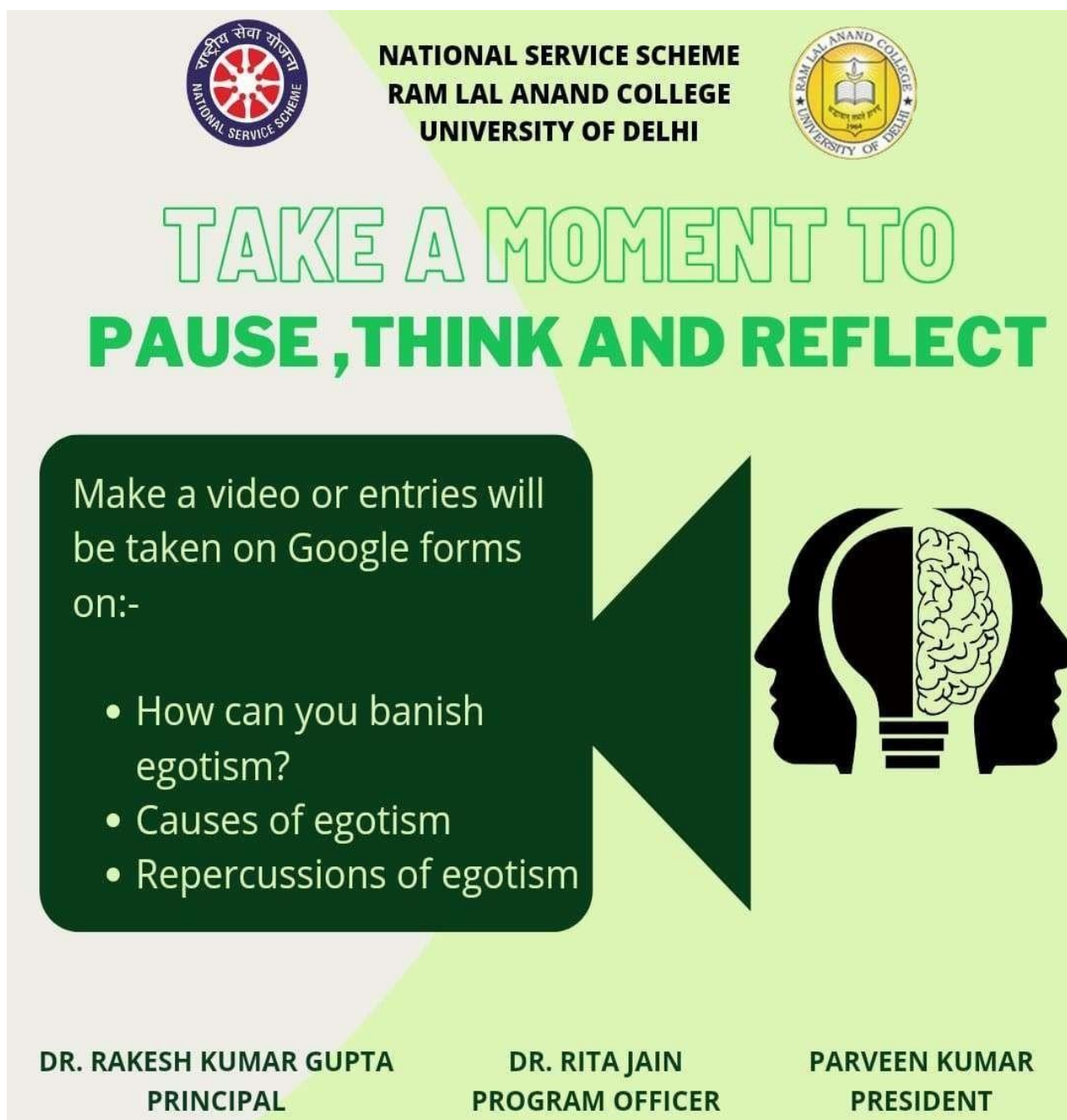


The poster is for a National Webinar titled "WORLD RED CROSS DAY" focusing on the "Role of YRC Volunteers during COVID-19". It is organized by Youth Red Cross on 8th May, 2021 at 11:00am. The event is hosted by Aggarwal College Ballabgarh, a Post Graduate Co-educational College with NAAC A++ accreditation (CGPA: 3.57) and ISO 9001:2015 & ISO 14001:2015 certification. The resource person is Prof. M.P. Singh. The patron is Dr. Krishan Kant, Principal. The coordinator is Dr. Jay Pal Singh, Head of the Department of History. The organizers are Sh. Subhash, YRC Counselor (+91 9468 135 554) and Sh. Lovekesh, YRC Counselor. A Zoom meeting link is provided: <https://us02web.zoom.us/j/82847624751?pwd=U1ZpTFcwUjdJa2VzNWpmRXd4UnRtZz09> with Meeting ID: 828 4762 4751 and Passcode: acb.

WORLD EGO AWARENESS DAY

11th MAY, 2021

NSS RLAC invited their volunteers to express their views on "Egotism" on 11th May 2021 in the form of videos or google forms. The unit received participation of **22 volunteers**.



The poster is for "World Ego Awareness Day" and features the National Service Scheme (NSS) logo and the University of Delhi logo. The text reads: "NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI TAKE A MOMENT TO PAUSE, THINK AND REFLECT". It includes a list of topics for video or form entries: "How can you banish egotism?", "Causes of egotism", and "Repercussions of egotism". A graphic of a head with a brain and a lightbulb is shown. The organizers listed are Dr. Rakesh Kumar Gupta (Principal), Dr. Rita Jain (Program Officer), and Parveen Kumar (President).

INTERNATIONAL NURSE DAY

12th MAY, 2021

On the occasion of "International Nurse Day", on 12th 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. The unit received participation of **20**



YOGA FOR UNITY

15th MAY, 2021 to 21st JUNE, 2021.

NSS UNIT of RLAC had joined hands with Heartfulness Institute to celebrate "Yoga for Unity and Well-being" from 14th May 2021 till 5th June 2021. The volunteers were asked to attend the yoga sessions from Monday to Saturday (6:30 AM-7:30 AM), and most of them successfully did so! **85 volunteers joined the session throughout.**



International Astronomy Day

15th MAY, 2021

On the occasion of "International Astronomy Day", on 15th 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! **41 volunteers** took part in quiz.

The poster features a dark blue background with a starry sky. At the top, it displays the logos of the National Service Scheme, Ram Lal Anand College, and the University of Delhi. The text reads: "National Service Scheme Ram Lal Anand College University Of Delhi." Below this, it says "INTERNATIONAL ASTRONOMY DAY" and "MAY 15, 2021". The main event is "Crossword Quiz on Kahoot!". A crossword puzzle grid is shown with the word "WORDS" filled in. 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).

Article writing against homophobia

17th May, 2021

The poster has a purple and blue grid background. It features a laptop with "EQUALITY FOR EVERYBODY" on the screen, a rainbow, and a person holding a flag that says "ARTICLE WRITING 17th MAY". A speech bubble says "NOT A PHASE". At the top, it lists the National Service Scheme, Ram Lal Anand College, and University of Delhi. 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).

"We should indeed keep calm in the face difference, and live our lives a state of inclusion and wonder at the diversity of humanity." To promote the equality between the genders NSS Unit of RLAC organized an Article writing event on the occasion International Day against Homophobia where volunteers were asked write an article specifying why homophobia shouldn't be a thing in society. 29 volunteers participated in the event enthusiastically and sent there writings on the official mail

CORONA SE DARONA

25-27th MAY, 2021

“International NSS RLAC along with AIIMS NYAFI and Ladli Foundation organized a session, “Corona se Daro Na” from 21st May to 27th May 2021 where the volunteers could ask any covid related query to have correct and authentic information about COVID. This session was taken by Dr. Santosh Kumar, an Associate Professor in AIIMS Rishikesh. It was supervised by Ms. Kamini Vaid, coordinator of Ladli Foundation. 42 participants joined the session.



WORLD MENSTRUAL HYGIENE DAY

28th MAY, 2021

On 28th 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. **57 volunteers** took part in quiz.



About how many periods will you have in your life? *

1 point

- 200
- 450
- 650
- 1000

What might help relieve PMS symptoms? *

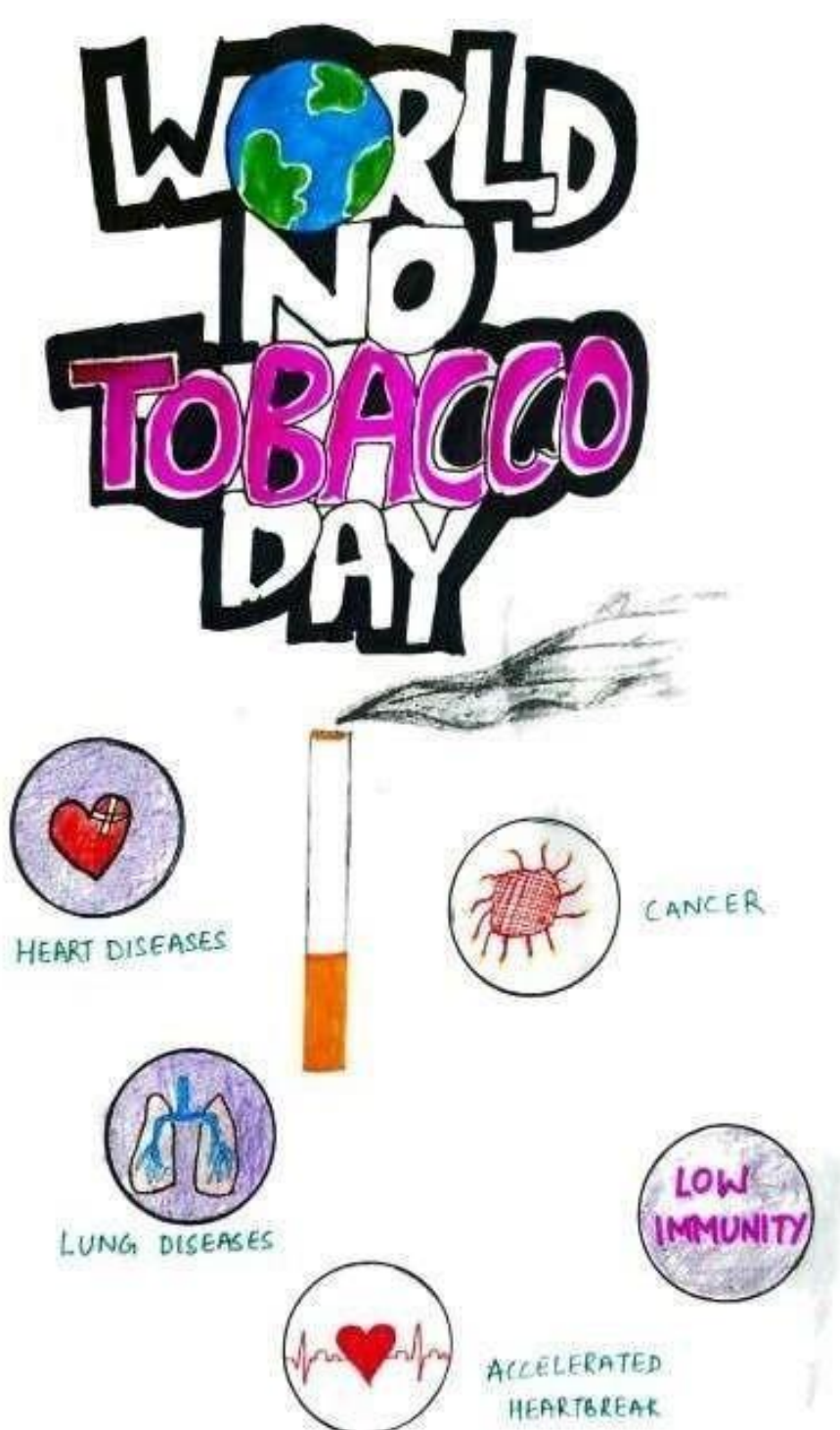
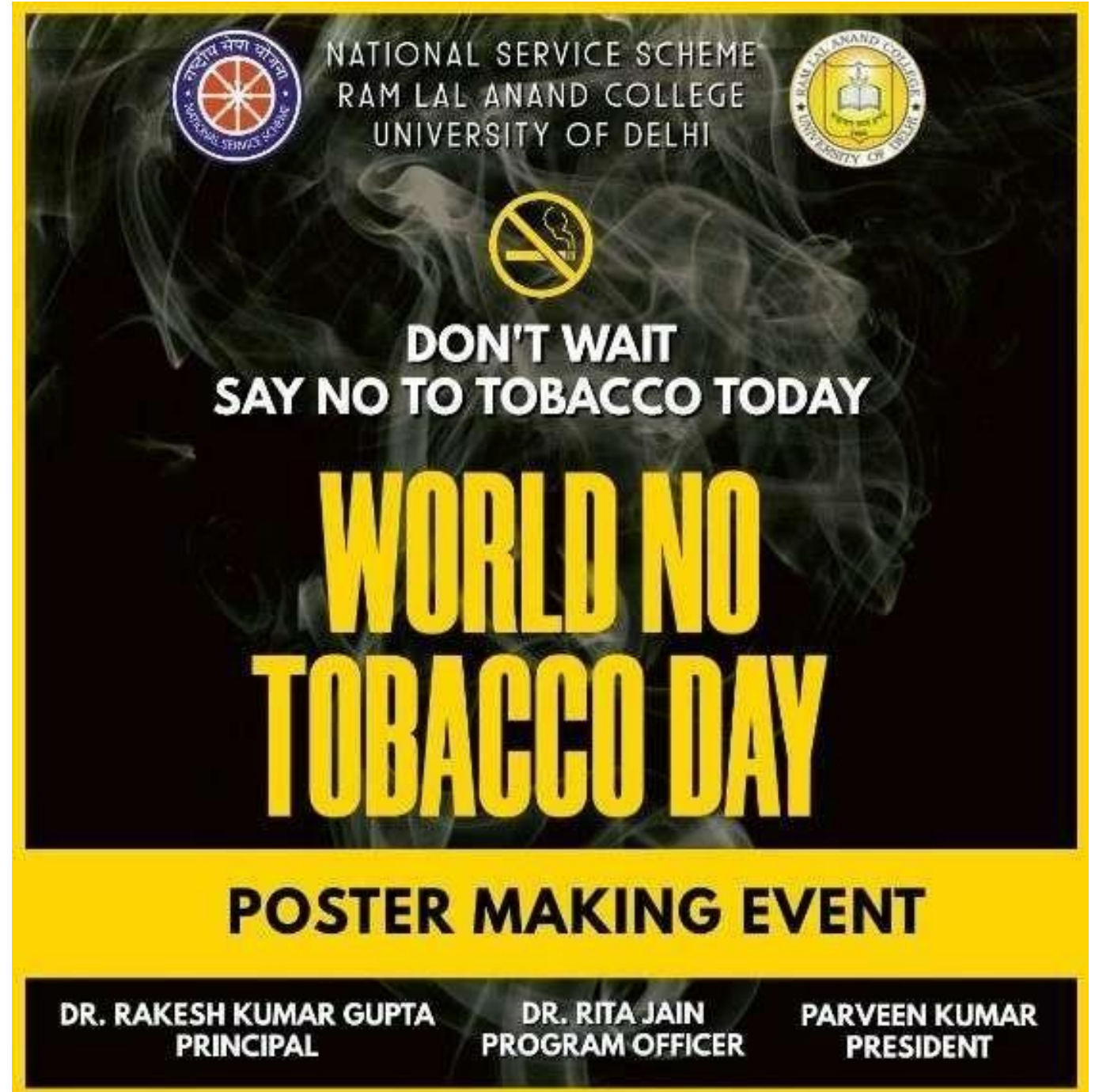
1 point

WORLD NO TOBACCO DAY

31st MAY, 2021

On 31st 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.

75 volunteers submitted their work of creativity. An pledge taking ceremony was also organized to make volunteers not to indulge in any type of smoking activity so that our nation should be filled with positive youth energy



WORLD PARENT'S DAY

1st June, 2021

National Service Scheme Unit observed 'World Parent's Day' on 1st June, 2021

Highlight:

-Card making

Around **29 volunteers** submitted their entries thus celebrating the special bond of love and care between parents and children .



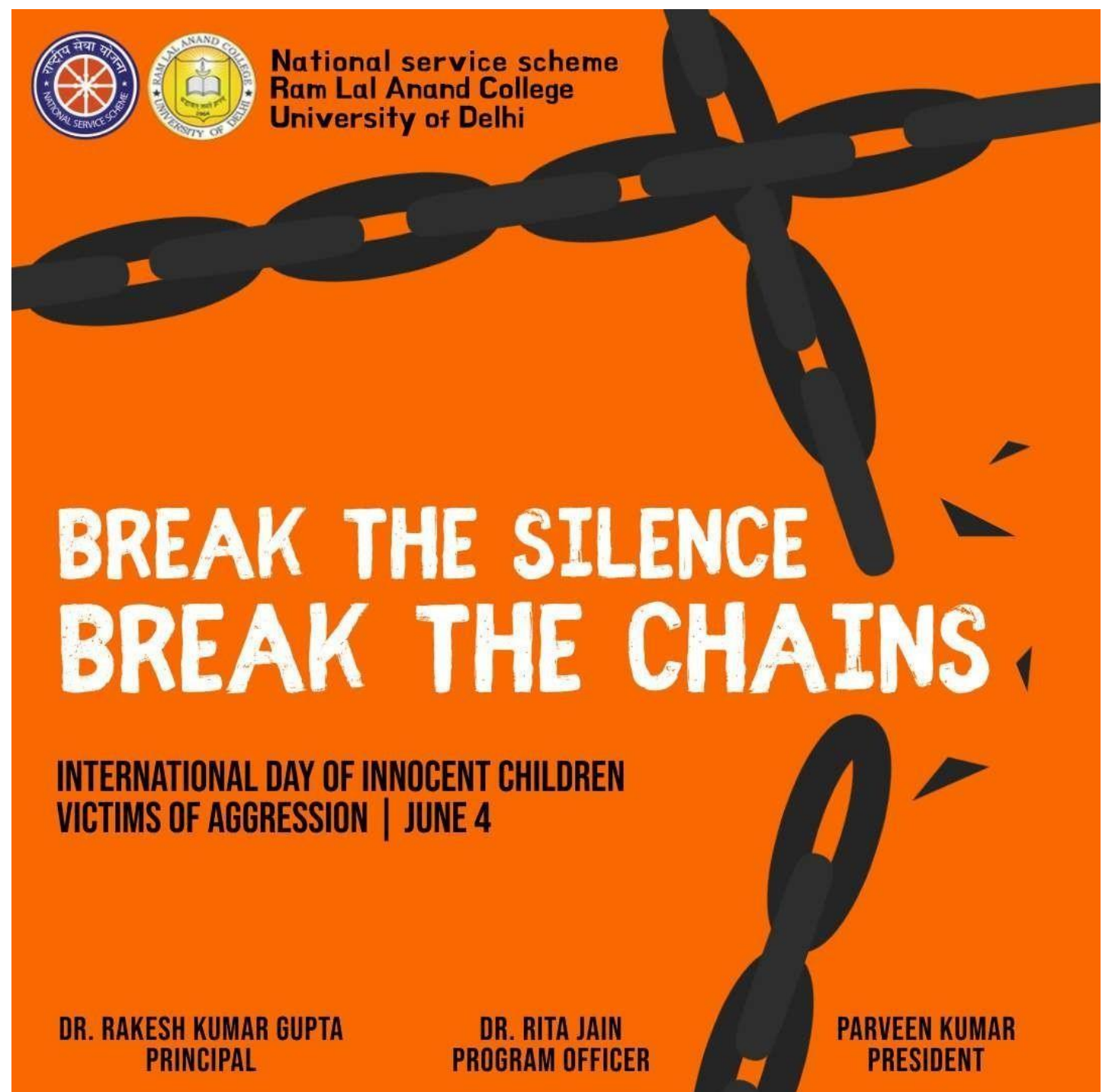
INTERNATIONAL DAY OF INNOCENT CHILDREN VICTIMS OF AGGRESSION

4th June, 2021

NSS Unit of RLAC celebrated international day of innocent children victims of aggression by organising an article writing event to drive home the need to protect and promote the rights of children .

Topic - The effect of war on children

To make people aware in the whole world about the impact of cruelty or abuse was done with children in all its forms, International Day of Innocent Children Victims of Aggression is celebrated on 4 June annually. Around **33** volunteers submitted their entries .



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 characterised 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 warfare.

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 **60 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 traumas significantly and persistently **burden** children's development.

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



Make best out of waste

5th June, 2021

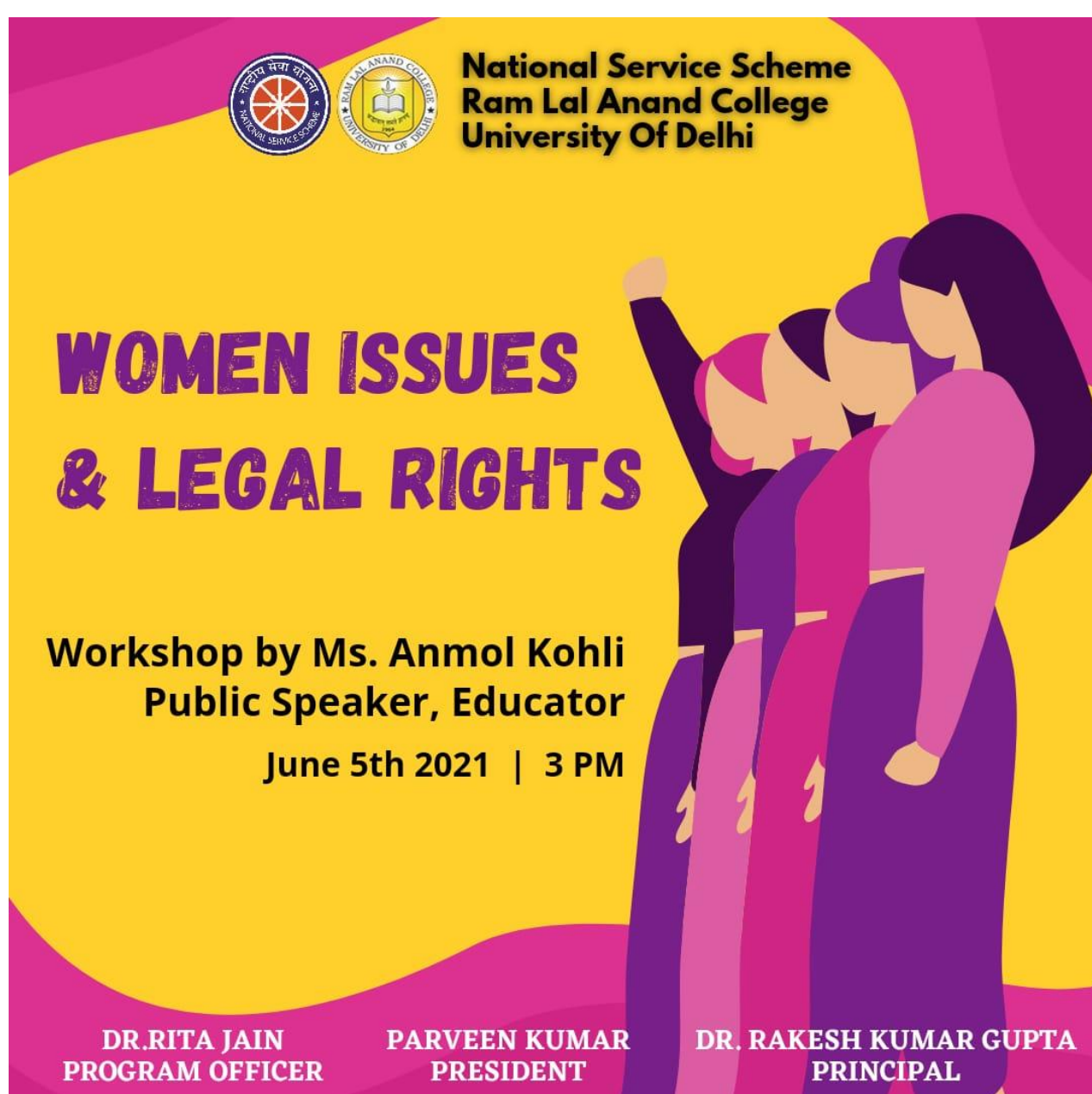
Environment plays a very important role in maintaining healthy lifestyle on planet Earth. Keeping this in mind NSS Unit RLAC organized an event called "Make best out of Waste" on the occasion of World environment day i.e. 5th June 2021 where volunteer made some in credible articles using waste substances in their houses even in their societies. 38 volunteers participated in this event actively.



WOMEN ISSUES AND LEGAL RIGHTS

5th June, 2021

Women are leading over men in every field but their rights remains unvalued. To promote awareness about women issues and their rights NSS Unit of RLAC conducted a webinar on "Women issues and legal rights" with Ms. Anmol Kholi being the guest speaker on 5th June 2021. This webinar suggested the volunteers various rights that they were not aware of also how women's safety could help our country grow. 57 participants attended the session actively.



FOOD SAFETY DAY

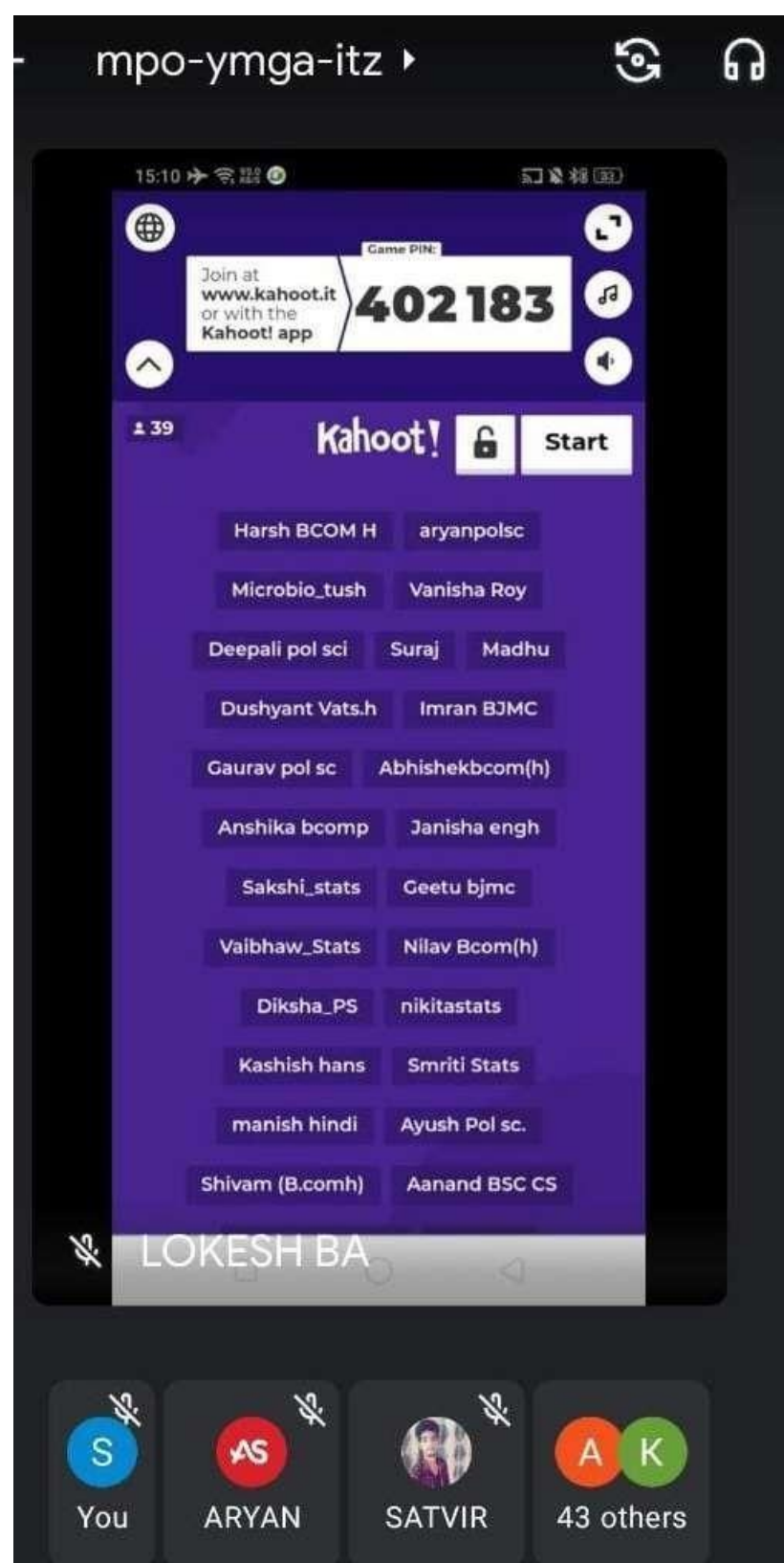
7th June, 2021

Eighty percent of the people in the world have no food safety net.

When disaster strikes - the economy gets blown, people loose a job, floods, wars, conflict, bad governance all of those things - there is nothing to fall back on.

So to mark the food safety day 2021 , NSS unit of RAM LAL ANAND COLLEGE organized a quiz on kahoot to spread awareness and enhance the knowledge about food safety among the volunteers . Volunteers actively participated in that quiz and it was fun too.

46 Volunteers participated in that quiz and showed their knowledge about food safety in various aspects.



YOGA MAHOTSAV

7th June, 2021 to 21 June, 2021

National Service Scheme Unit of Ram Lal Anand College with Yoga and Meditation Society organized 15 Day long Yoga Mahotsav from June 7 to 21 June 2021 to mark the 7th International Yoga Day.

The Covid-19 plight was not just a physical crisis, it also left lasting impacts on mental health, with many left in psychological suffering, depression, and anxiety dealing with the pandemic-necessitated restrictions and loss. Yoga can come to the help of people dealing with such crises, the United Nations explained on its website since the message of the practice is to promote both physical and mental health.

82 volunteers enthusiastically participated in Yoga Mahotsav.

National Service Scheme
Ram Lal Anand College
University Of Delhi
with
Yoga and Meditation Society
Ram Lal Anand College

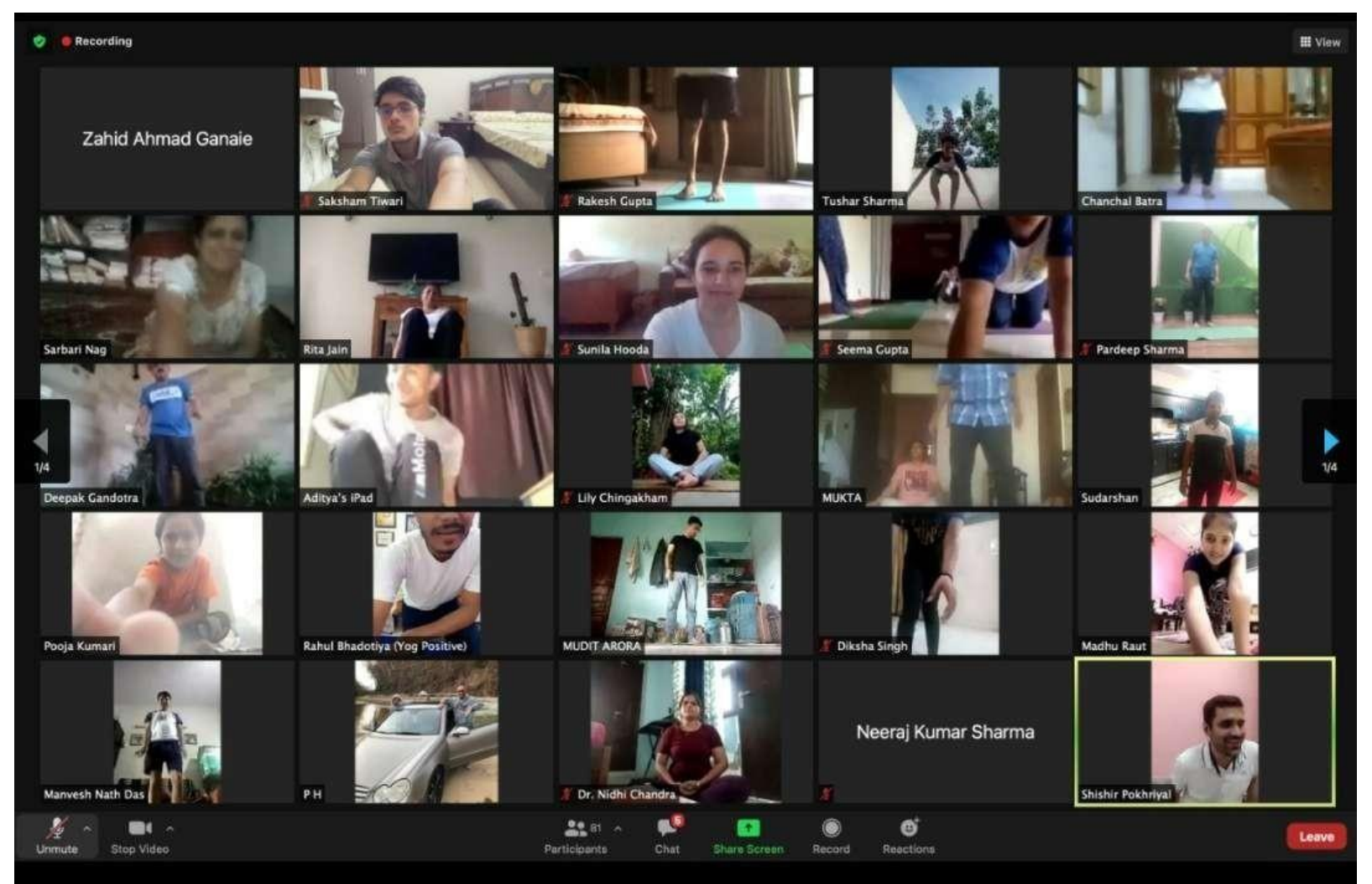
Yoga Mahotsav

15 days Yoga Program
June 7 - June 21

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

AT
zoom

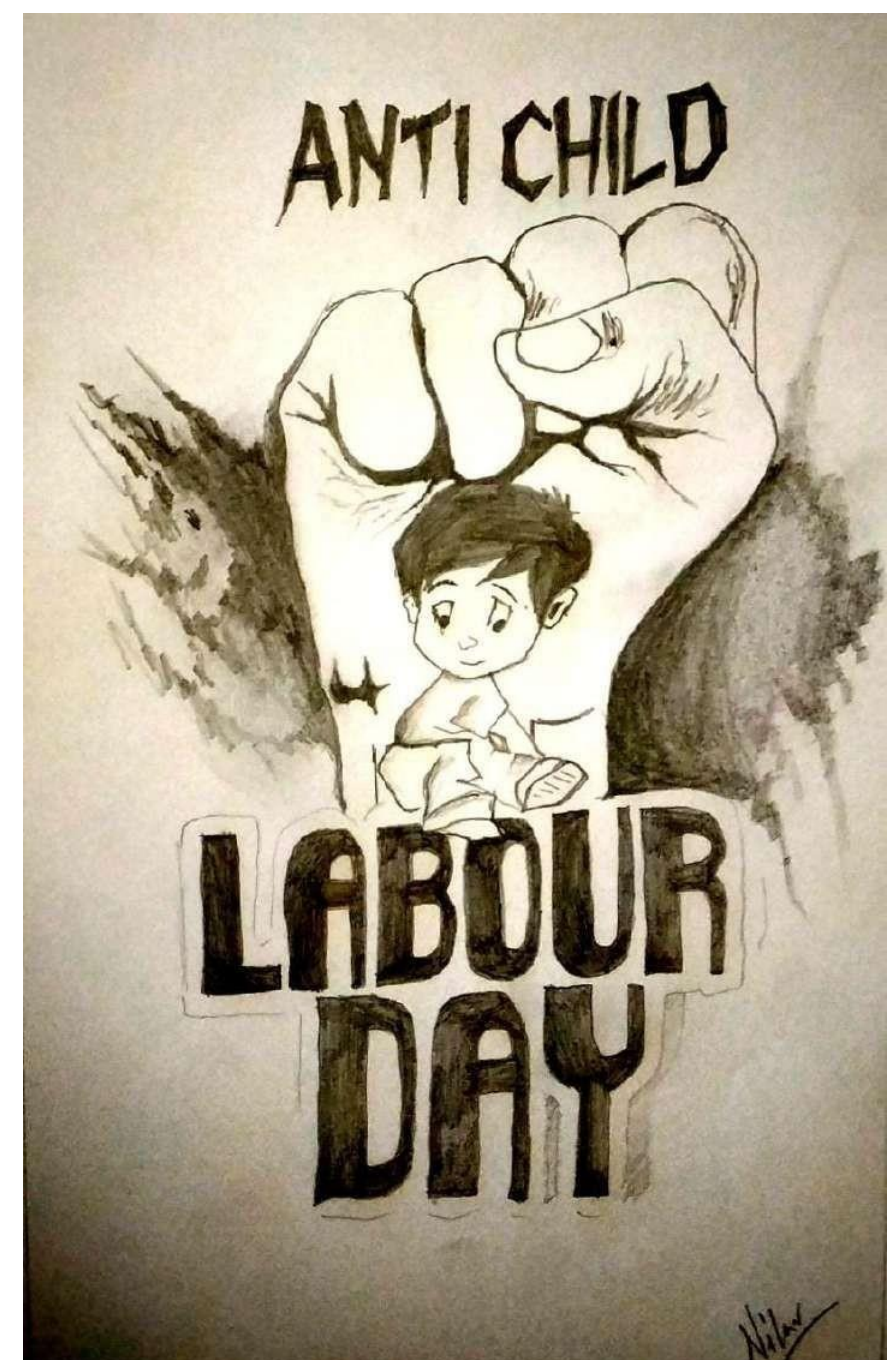
Dr. Rakesh Kumar Gupta
Principal
Dr. Rita Jain
Program Officer
Parveen Kumar
President



CHILD LABOUR DAY

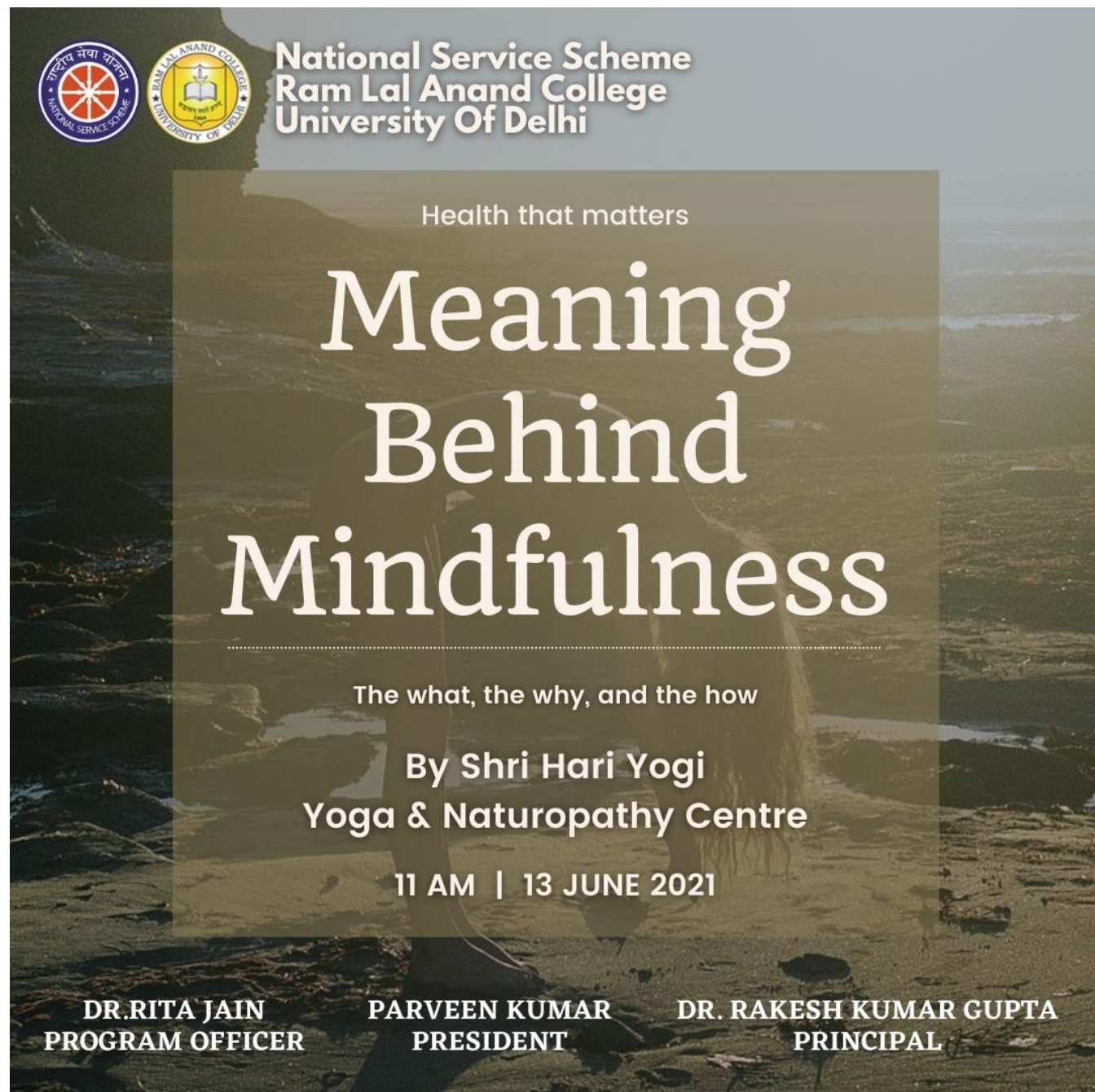
12th June, 2021

On the occasion of Anti child labour day the NSS unit of RAM LAL ANAND COLLEGE organised a poster making competition so that the volunteers should become aware about the bad practices taking place in the society. volunteers showed their views and feelings about these bad practices in the form of posters. we received very different different posters which showed the creativity of our volunteers and their grievances towards these practices. Around **23 volunteers** submitted their entries.



Webinar on "meaning of mindfulness"

13th June, 2021

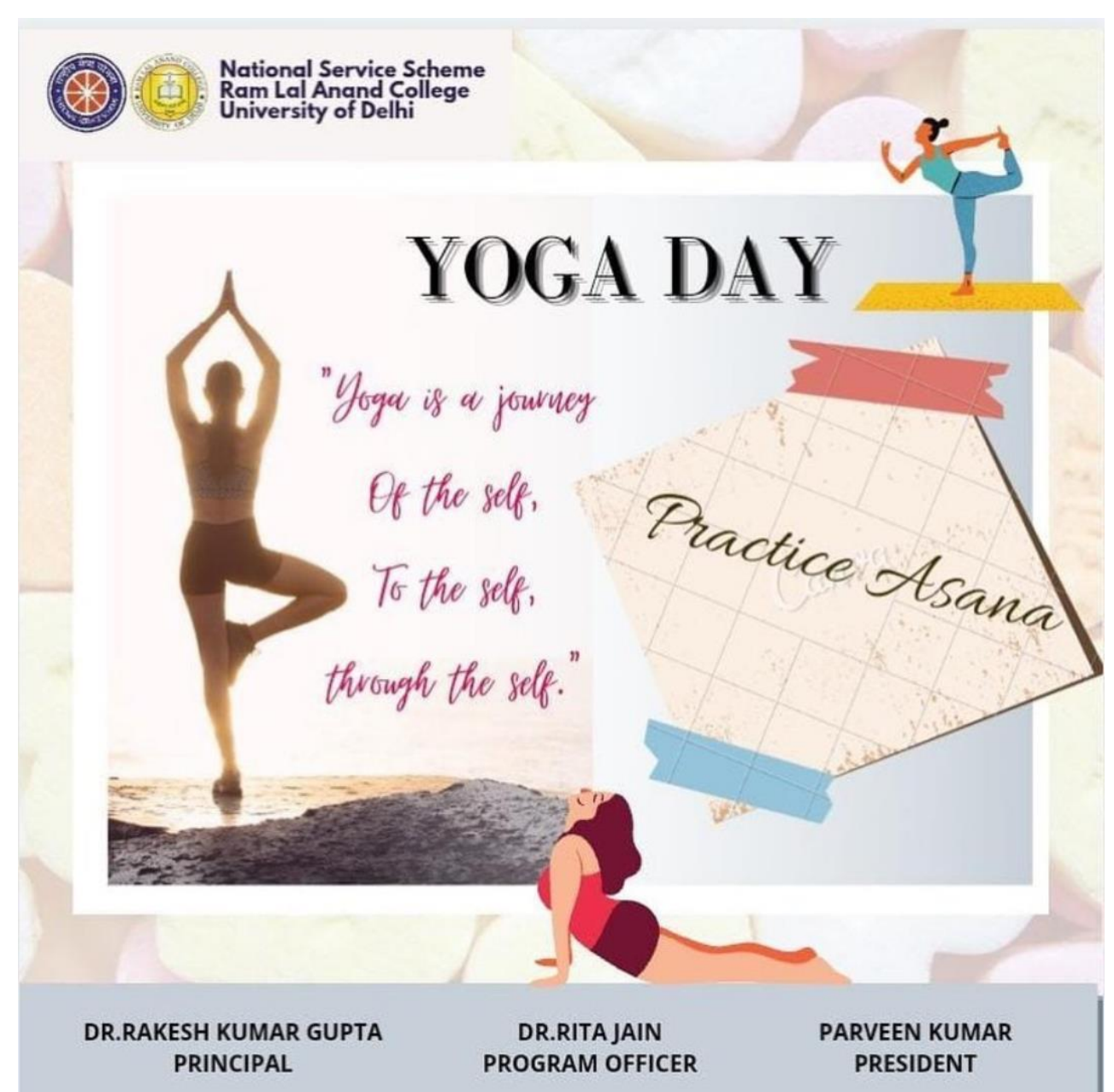


In a stressed, rushed, and exhaustion filled environment Yoga and Naturopathy took a different turn. Now people want to get healthy from within. To promote the concept of Yoga and Naturopathy NSS UNIT of Ram Lal Anand College organized a webinar to find out the Meaning of Mindfulness with Shri Hari Yogi Ji from Yoga and Naturopathy center being the guest speaker where he talked about different MUDRAS one should be aware of also he suggested different Asanas as well as ways to reduce stress and anxiety. 49 Volunteers attended the session sincerely.

Yoga practice on Yoga day

21st June 2021

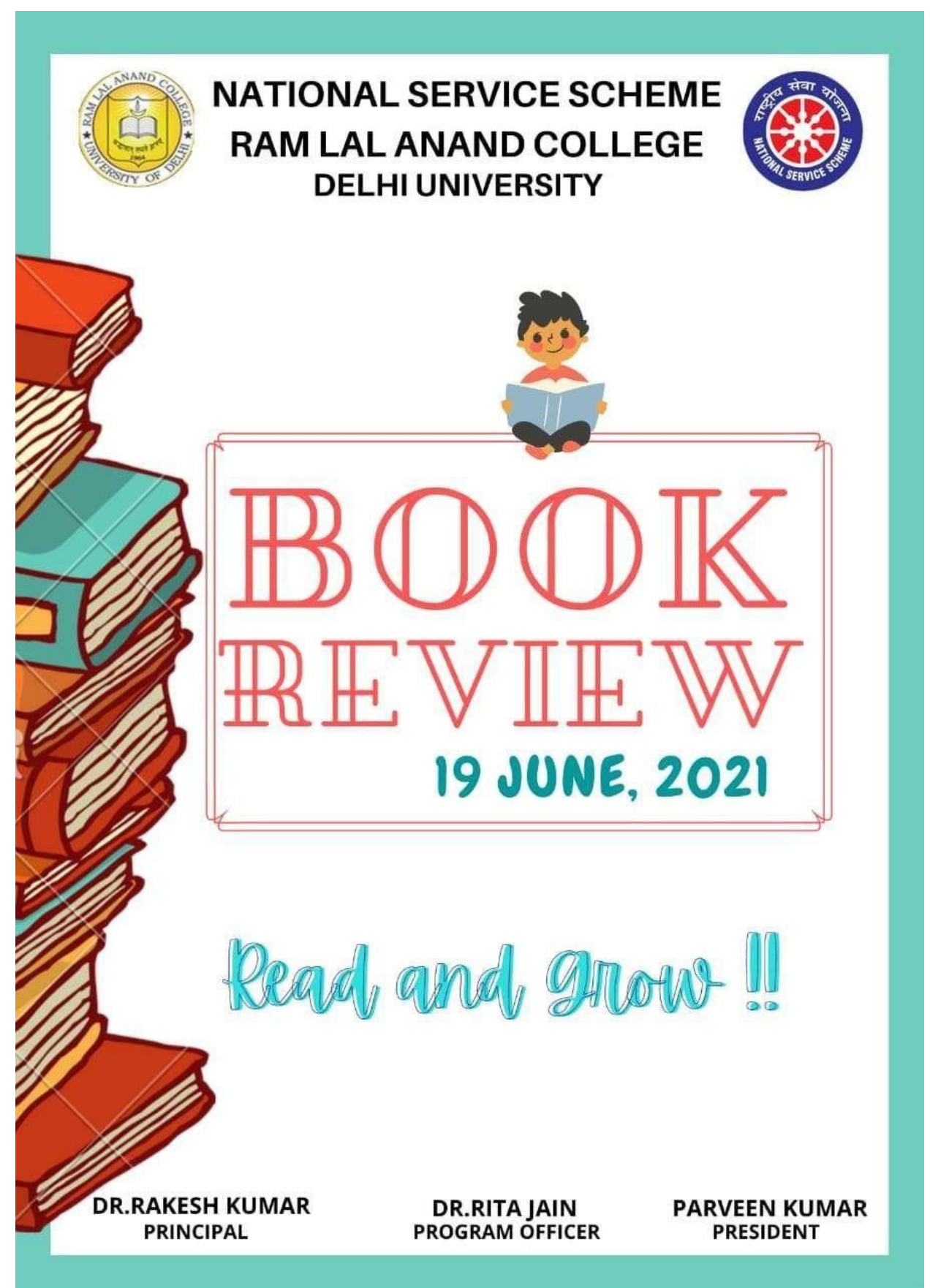
"Yoga means addition- the addition of energy, strength, and beauty to body, mind, and soul." On 21st June 2021 NSS Unit RLAC along with Yoga and Meditation society conducted a yoga session where volunteers performed various yoga asanas and mudras in way of celebrating The International Yoga Day. 68 participants attended the session actively.



BOOK REVIEW

19th June, 2021

A reader lives a Thousand lives before he diesA man who never read lives only one" keeping this in mind **NSS unit of RAM LAL ANAND COLLEGE** on the occasion of National reading day organized the review writing event in which **NSS volunteers participated with their full courage. 8 Volunteers sent their entries in the form of PDF. This event motivated the volunteersto pick up the book and enhanced their reading.**



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, chauraasi, 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

Tarang: Intra Unit Competition

26th -27th June 2021

Talents are a special often athletic,creative,or artistic aptitude, it can also be said as the general intelligence or the mental power of the individuals to analyse and interpret things.NSS unit of RLAC on 26-27th of June launched Tarang, an intra unit competition which included a total of 3 rounds for encouraging new talents. Participants were very enthusiastic as **33 volunteers** participated in the event.



BASICS OF DISASTER MANAGEMENT

2nd July, 2021

National service scheme, Ram Lal Anand college joins hands with with national institute of disaster management to conduct a webinar on the basics of the disaster management. A lot of such mishaps can be controlled if people are ready with enough preparedness as we all know that 'prevention is better than Cure'. **36 volunteers** joined the event.

Webinar on
BASICS OF DISASTER MANAGEMENT

02nd JULY 2021
11:30 AM - 01:00 PM

Organized by: National Institute of Disaster Management
Ministry of Home Affairs, Govt. of India
in collaboration with
NATIONAL SERVICE SCHEME, (Ram Lal Anand College)
University Of Delhi

PATRONS

Maj Gen M K Bindal
Executive Director,
NIDM, Delhi

Dr Rakesh Kumar Gupta
Principal, Ram Lal Anand
College, University Of Delhi

SPEAKERS

Dr Sushma Guleria
Assistant Professor,
NIDM, Delhi

Sh Shekher Chaturvedi
Assistant Professor,
NIDM, Delhi

(COORDINATOR)

Dr Rita Jain
NSS Program Officer

(MODERATOR)

Ms Aradhna Moktan
Young Professional
NIDM, Delhi

Registration: training.nidm.gov.in

Website: www.nidm.gov.in

WORLD POPULATION DAY

11th July, 2021

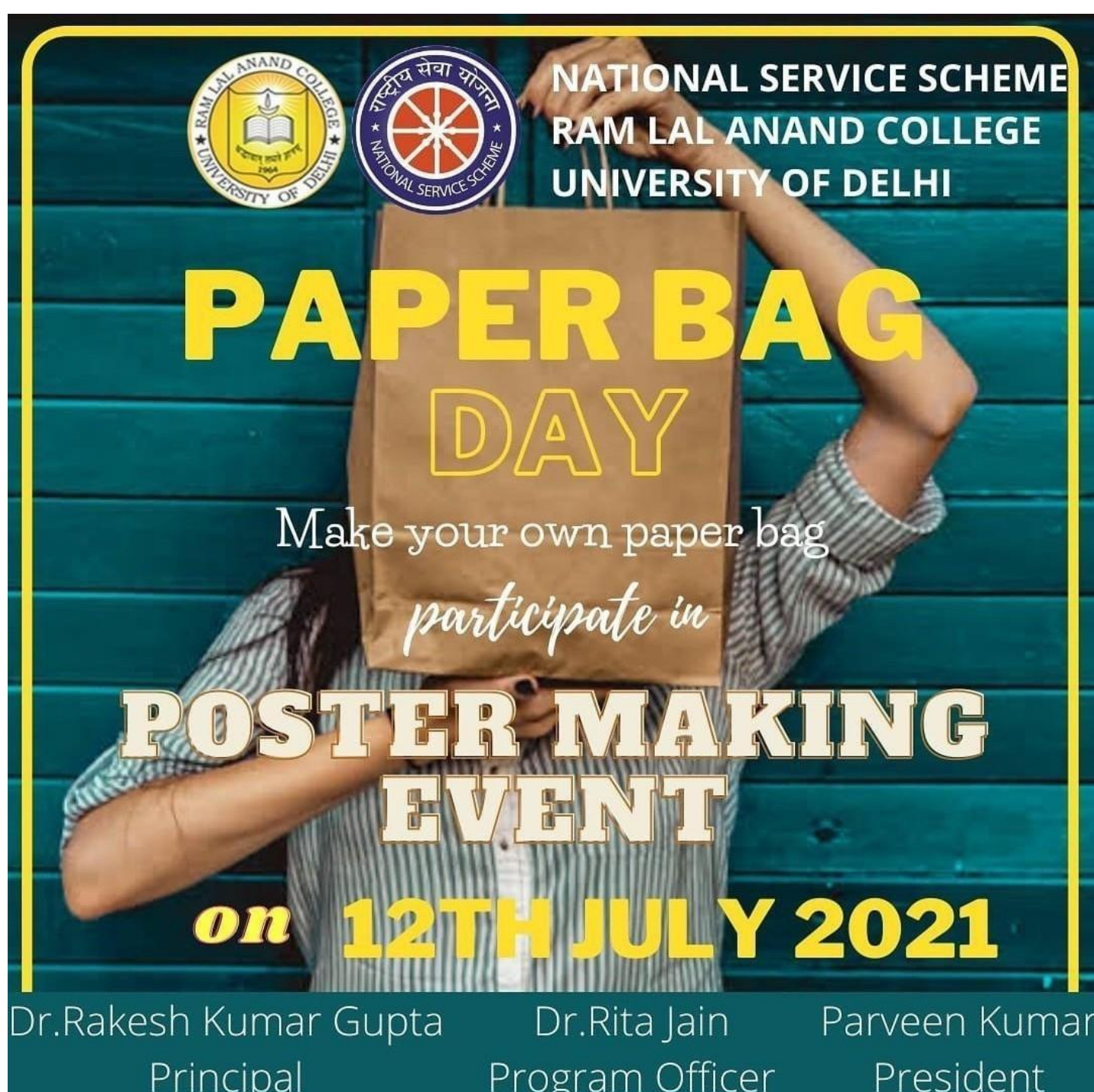
In the modern era, Population is the root cause of most of the problems be it scarcity of resources, exploitation of environment, unemployment and poverty. Therefore, On the Eve of World Population Day celebrated every year on 11th of July, NSS RLAC organised Group Presentation to increase the awareness among its volunteers regarding population related issues. It was really a detailed and informative session where all the groups expressed their concern. **43 volunteers** joined the event.



PAPER BAG DAY

12th July, 2021

Paper Bag Day is celebrated worldwide on July 12 to spread awareness about its advantages which contribute to eco-friendly environment. On this occasion, NSS RLAC invited its volunteers to show their creativity by making their own paper bag or through Poster making. **15 volunteers** submitted their work of creativity.



WORLD YOUTH SKILLS DAY

15th July, 2021

This World Youth Skills Day, NSS UNIT of Ram Lal Anand College conducted an open stage talent show where volunteers were asked to perform their talents be it dancing, singing, writing, stand up comedy or anything in front of their cameras.

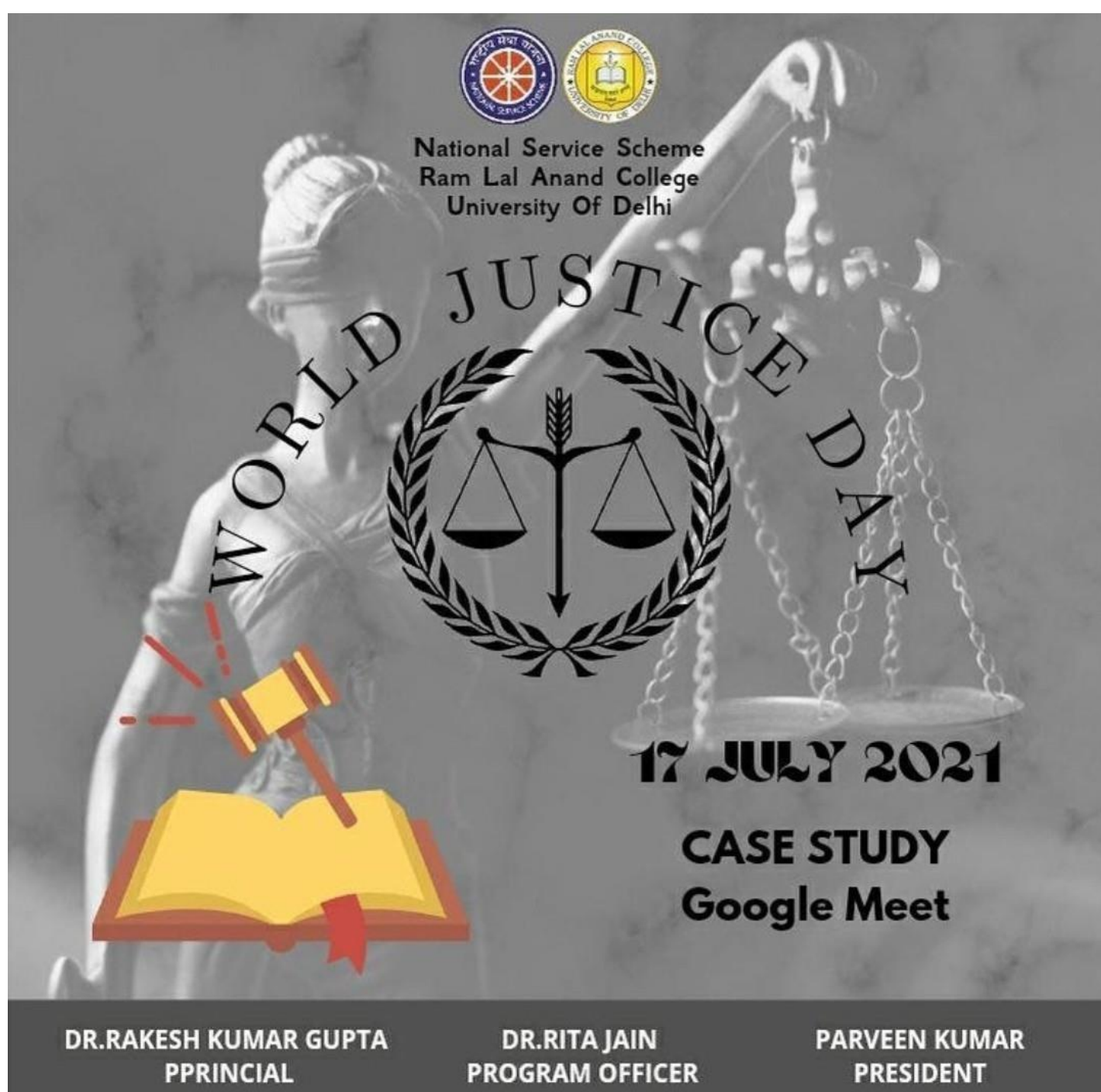
24 participants showed great enthusiasm contributing towards the success of the event.



WORLD JUSTICE DAY

17th July, 2021

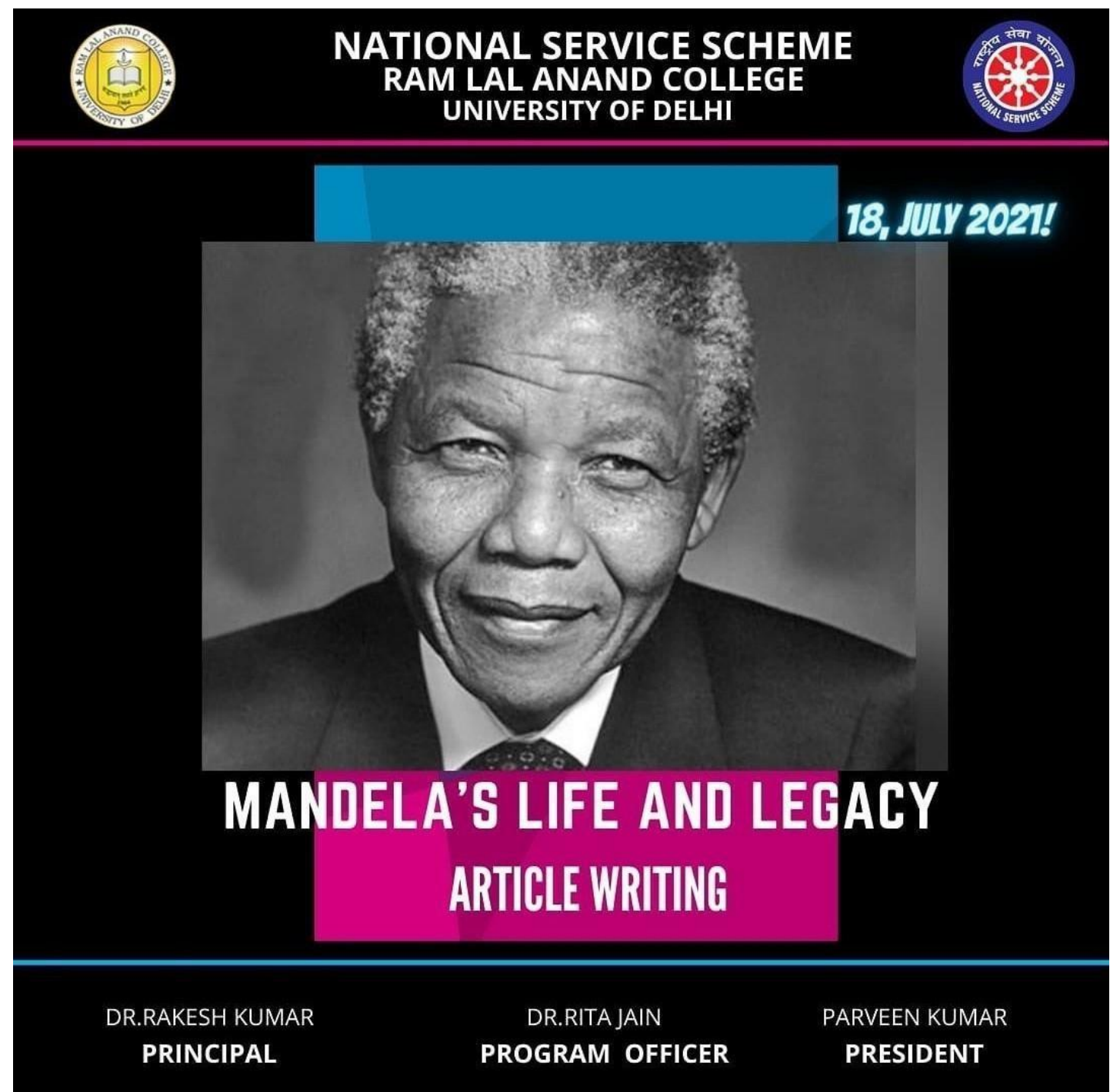
"Justice consists of doing no one injury, decency in giving no one offense." —Marcus Tullius Cicero. On the occasion of World Day of International Justice on 17 July 2021, the NSS unit of RAM LAL ANAND COLLEGE conducted an event for the narration of case studies. Narration should include authentic facts and figures about the case. Justice delayed or given was the plot for the narration. **25 volunteers** actively participated in the event.



ARTICLE WRITING EVENT

18th July, 2021

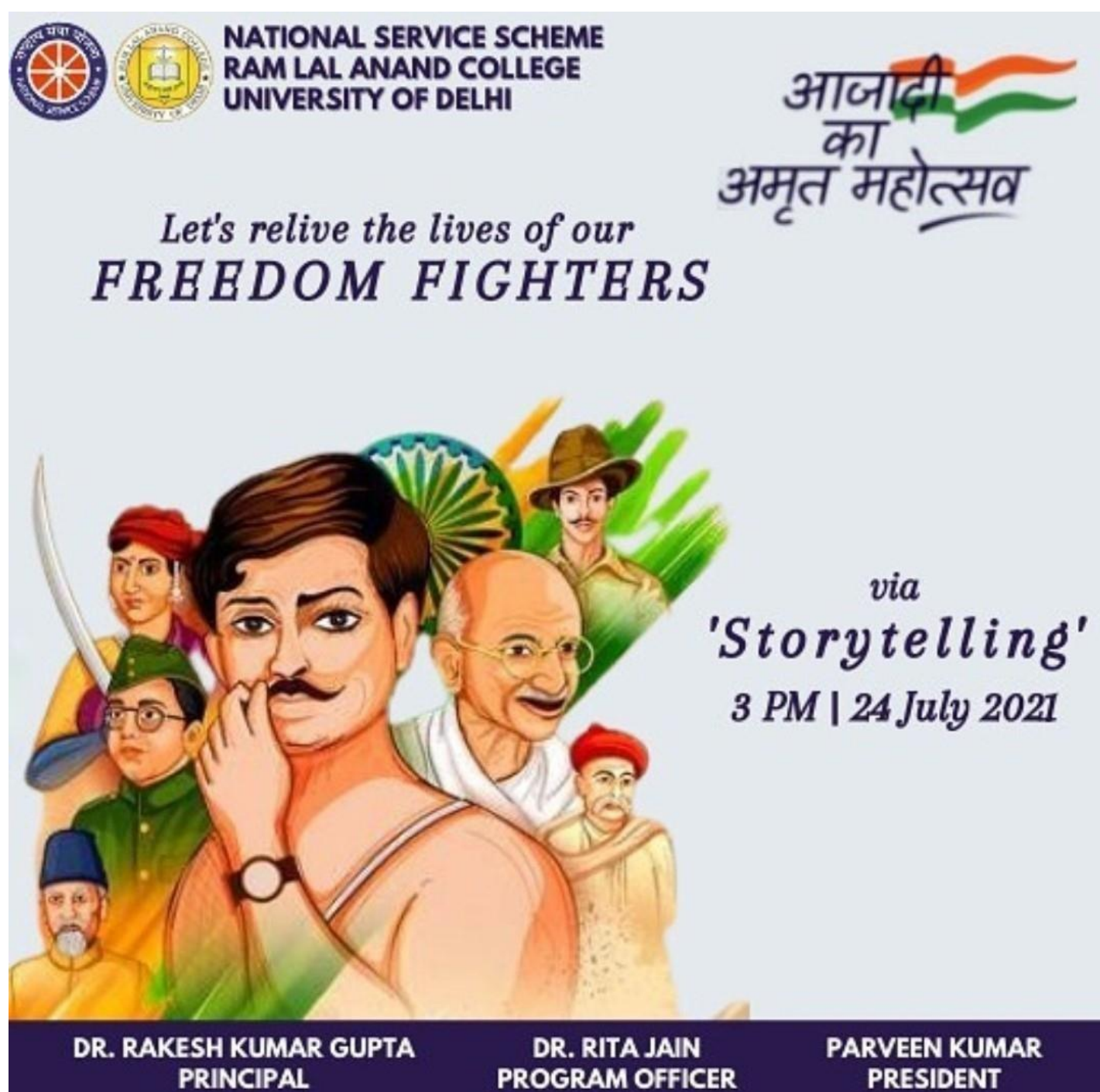
Apartheid the most inhumane act in South Africa, Nelson Mandela fought for equality toward off this curse. To celebrate the birthday of such an inspirational legend, the NSS unit of Ram Lal Anand college on 18th July, gave opportunity to the volunteers to know more about the life of Mandela and frame it in the form of an article. **17 volunteers** submitted their articles to the unit.



STORY TELLING EVENT

24th July, 2021

If yet your blood does not rage, then it is water that flows in your veins. For what is the flush of youth, if it is not of service to the motherland. To make youth aware about the great sacrifices of our freedom fighters the NSS Unit of Ram Lal Anand College organised a story telling event named under azadi ka amrit mahotsav on 24th July, where volunteers participated and recited different stories of great sacrifices. **30 volunteers** actively took part in the event.



KARGIL VIJAY DIWAS

26th July, 2021

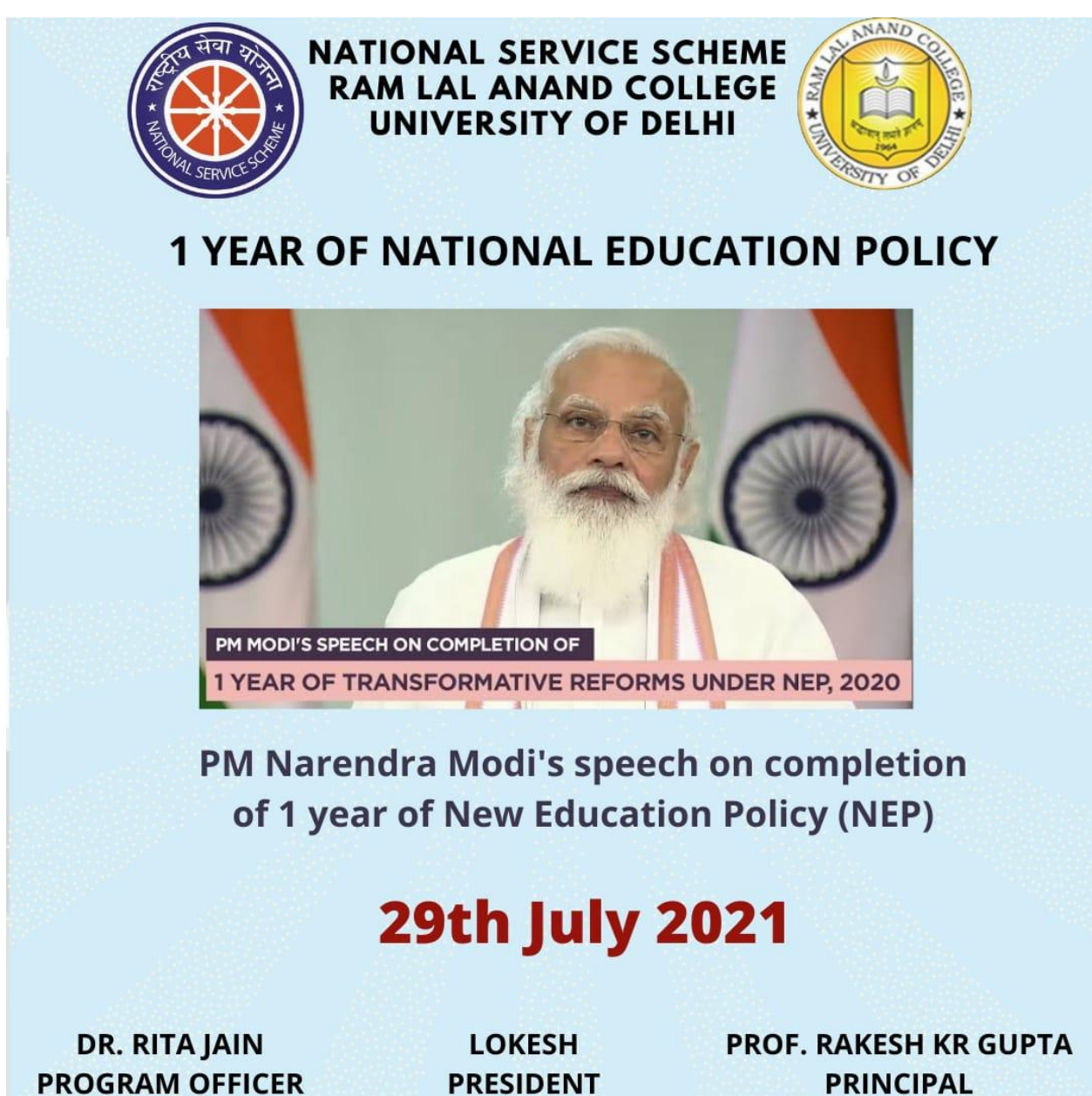
They say superheros are a myth but the martyrs of the Kargil War were no less than superheros. Therefore, to pay homage to those valorous spirits, the NSS unit of Ram Lal Anand College organized a Doodle Making Event with the theme 'Armed Forces' on the occasion of 'Kargil Vijay Diwas' to commemorate those who sacrificed their lives for the country. **7 volunteers** submitted their beautiful entries.



Prime minister's speech on the one year anniversary of NEP

29th July, 2021

On 29th July 2021 NSS Unit of RLAC was invited to attend our Honorable Prime Minister's speech on the completion of one year of NEP which was conducted by the Ministry of education of India. Here he addressed the nation about Indian Sign Language which will become part of the new syllabus and help the students with special needs to learn. **34 volunteers** attended the event actively.



TARANG: INDIA AT OLYMPICS



30th-31st July, 2021

Olympics, an ancient Panhellenic festival held every fourth year and made up of contests with the victor's prize a crown of wild olive. Hence it's a glorious festival for those aiming high to soar new heights and bring pride to their countries. NSS unit of RLAC on 31st of July launched Tarang an intra unit competition, with the theme of India at Olympics. Participants were full of energy and hence the main motive was to encourage them for all the sports. **20 volunteers** actively took part in the event.

What is Volunteerism ?

The practice of doing work for good causes, without being paid for it.

The policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community.

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.



Contribution of NSS during pandemic

Pandemic is hitting hard to all classes of the community but most affected once needed help, hence NSS RLAC promoted various programs to spread awareness and help to the society during COVID-19 Pandemic. We stand for and with people, no matter even if it is a pandemic, our motto allows us to help people in every possible manner.

Our major way to do so was through our social media platforms, the volunteers of NSS RLAC started multiple campaigns to educate, normalise and help different audience on social media platforms. NSS contributed to the society not as a team but also individually.

