



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME



MONTHLY REPORT

OCTOBER
2022

PROGRAMME OFFICER
Dr. Rita Jain

PRINCIPAL
Prof. Rakesh Kumar Gupta



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Vice President	Mr. Saksham Gupta
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INTER-COLLEGE CREATIVE WRITING COMPETITION

(Gandhi Jayanti)

02 October, 2022

The month of October got off to a tributary start on **2nd October, 2022** with the announcement of an **Inter-College Creative Writing Competition** held on the occasion of **Gandhi Jayanti**. Keeping '**Gandhi: The Beacon of Hope - A Tribute to Bapu, his Ideologies & Philosophy**' as its theme, the online competition remained open to anyone and everyone, and invited entries in the form of poems, articles, and short stories.

Ram Lal Anand College
University of Delhi
National Service Scheme

GANDHI JAYANTI
Inter College Competition

Theme :
Gandhi: The Beacon of Hope-A Tribute to Bapu-his ideologies & his philosophy

Events: Creative Writing Competition

DATE : 2nd OCTOBER
MODE : ONLINE

Deadline for submission : 4th October 11:59 pm

Events: Poems, Articles, Short Stories

- E-Certificates of appreciation to top 3 participants
- Entries can be in English & Hindi
- Plagiarism of any kind will lead to disqualification
- Open to all (including students of RLAC)

Scan Here To Register

Dr. Rita Jain Programme Officer, Jaya Pandey President, Prof. Rakesh Kumar Gupta Principal

Ram Lal Anand College
University of Delhi
National Service Scheme

GANDHI JAYANTI
Inter College Competition Winners

SACHIN YADAV
B.A. (H) Political Science
2nd year

JAYA PANDEY
BSc. (H) Computer Science
2nd year

NIKITA PATHANIA
BSc. (H) Computer Science
2nd year

Dr. Rita Jain Programme officer, Jaya Pandey President, Prof. Rakesh Kumar Gupta Principal

Both registrations and entries were accepted via Google forms, and **4th October, 2022** was kept the deadline for all submissions. Of the **22 participants**, the **top three (3)** were given **Certificates of Appreciation**. The articles received in this event were a culmination of intricate words meant to inspire and amaze the reader while paying a wonderful homage to the Father of the Nation.

Gandhian ideology is a set of religious and social ideas adopted and developed by Mahatma Gandhi. First during his period in South Africa from 1893 to 1914 and later in India.

Gandhian philosophy is not only simultaneously, political, moral and religious, it is also esoteric and modern, simple and complex. It embodies numerous Western influences to which Gandhiji was exposed but is rooted in ancient Indian culture harnessing universal moral and religious principles.

Gandhi..

Mohandas Karamchand Gandhi was born on 2nd October, 1869. He was the epitome of peace and non-violence. He always stressed on ahimsa and swaraj that can be achieved by Satyagraha. His notable works were My story of experiments with truth

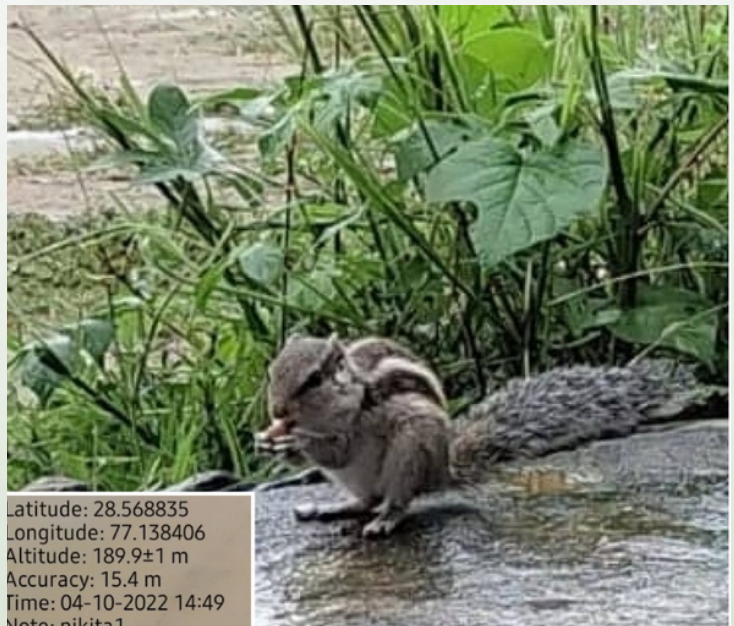
FEEDING STRAY ANIMALS AND BIRDS

(Animal Welfare Day)

04 October, 2022



What followed the heartfelt tribute to Gandhi was an activity meant to encourage heartfelt feelings of volunteerism towards stray animals, as NSS celebrated the **Animal Welfare Day on 4th October, 2022**, and volunteers were asked to feed at least two-to-three stray animals and/or birds around their locality.



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The activity was remote, and **32 volunteers - 18 female** - shared geo-tagged images of themselves feeding an array of stray animals including, but not limited to dogs, cats, and cows from cities such as Noida, Gurgaon, New Delhi, and more. These images offered a peek into their unyielding compassion, understanding, Jaya patience, and ability to take initiative to help anyone in need.



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MENTIMETER QUIZ COMPETITION

(Indian Air Force Day)

08 October, 2022

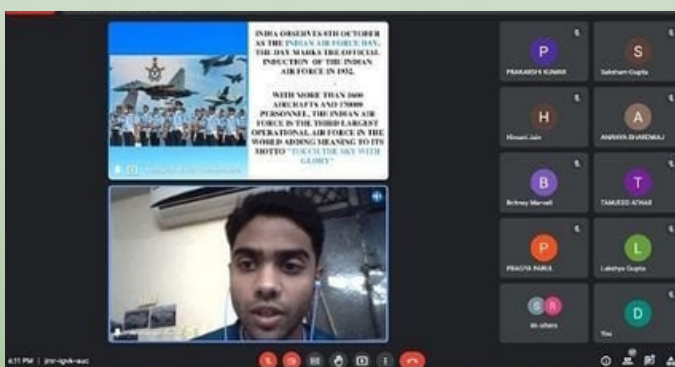


October's third event was underway with an online **Quiz on Indian Air Force** being conducted on **8th October, 2022, the Indian Air Force Day**, from **06:00 PM onwards**. The event was **held on Google Meet** and made use of Mentimeter, an interactive presentation software, as the means to ask the questions. The quiz was divided into **four rounds of five questions each**, and covered a number of details such as IAF's motto, headquarters, and more.



Close to 70 out of an overwhelming participation of over 90 volunteers were females. Three winners were announced on the basis of the number of answers that were correct and given quickly.

The enthusiastic performance and the number of fast, correct answers were a true reflection of the wit, intelligence and quick-thinking of the NSS volunteers.



PLOG RUN, PHYSICAL ACTIVITY, YOGA AND MORE!

(Fit India Freedom Run 3.0)

09 - 11 October, 2022

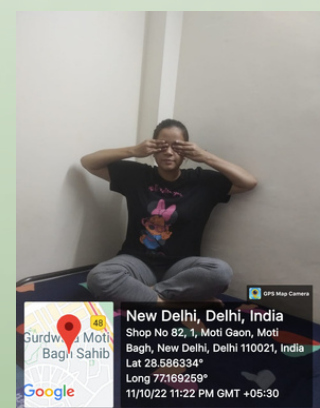


NSS RLAC organised 3-day event series under **Fit India Freedom Run 3.0, from 9th to 11th October, 2022.** Day 1 consisted of a **plog run**, wherein volunteers had to pick up trash while they jogged. **Close to 25 volunteers, 13 being female**, collectively covered a **distance of over 75km** and disposed **approximately 20kg of recyclable and non-recyclable waste.**



On Day 2, volunteers committed to be fit as they indulged in an array of **physical activities such as cycling, jumping, skipping, walking, and more!** **Over 40 volunteers, of whom 15 were female**, actively participated.

The final day of the series was meant to end with a bang, and instill the motto of 'Forever Fit, Forever Strong' in the volunteers. The activities consisted of **jogging and yoga**, and bore witness to the participation of **nearly 30 volunteers.**



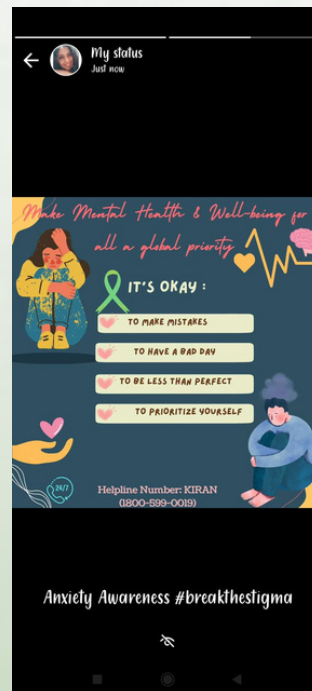
MENTAL HEALTH - TIME TO POST, NOT GHOST!

(World Mental Health Day)

10 October, 2022

The second week of October got its head-start with NSS observing **World Mental Health Day on 10th October, 2022**. Volunteers were asked to prepare **digital posts and/or stories** on the theme '**Make Mental Health for All a Global Priority**' and generate a chain of positive attitude towards the notion of mental health at its core.

The participation in the event crossed 80, with nearly half being female as volunteers spread awareness about the concept of mental health and the need to prioritize it globally across their social media platforms such as **WhatsApp, Instagram, Facebook, Twitter** and more.



The posts were not just informative, but their content itself was well-informed and covered a range of areas such as symptoms and causes of poor mental health along with precautions and measures to prevent such cases, or ways to make them better if they were already underway.

A WORKSHOP ON SELF DEFENCE

(In Association with Delhi Police)

10 - 14 October, 2022



The poster is for a self-defence workshop. At the top, it features logos of Ram Lal Anand College, University of Delhi, Women Welfare Advisory Committee, and National Service Scheme. The text reads: 'RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI WOMEN WELFARE ADVISORY COMMITTEE AND NATIONAL SERVICE SCHEME IN ASSOCIATION WITH DELHI POLICE PRESENTS SELF DEFENCE WORKSHOP'. It specifies 'ONLY FOR RLAC GIRLS', 'DATE - 10th to 14th October', 'TIME - 2pm onwards', and 'VENUE - Front Lawn'. It also states 'Certificates will be provided on the completion of workshop'. A registration link is provided with a QR code. Contact information for Bhavi (WWAC President) and Jaya (NSS President) is listed. At the bottom, it names the programme officer, convener, and principal, along with other WWAC members.

A self-defence workshop was organized by the NSS unit in collaboration with “Women Welfare Advisory Committee” which lasted from 10th to 14th October 2022. The workshop was conducted in the front lawn of the college and was open for all the female students in the college, this workshop was also hosted in association with Delhi Police. The assigned trainers were able to teach the students about various forms of defence, such as blocks, punches, and more, and helped the students in case of any problem.



Nearly 30 NSS volunteers participated and received their respective certification for joining this workshop and learning how to defend themselves with Upper block, Middle block, Down punch, Upper punch, and more! This event turned out to be a success as the volunteers were able to give their part in this noble act of women empowerment.

CLEANLINESS DRIVES, MARCHES, AND SLOGANS

(Swachhata 2.0)

12 - 15 October, 2022



The first of the four sub-events was the first phase of Swachhata Drive, conducted on **12th October, 2022** from **03:30 PM** onwards in **Basant Gaon**. The cleanliness drive was carried out in parks, bus stops and around the temple areas in Basant Gaon. 33 volunteers, 15 male and 18 female, took it to themselves to make the Clean India Mission a reality.

NSS Unit organized a **four-day Swachhata 2.0** from **12th to 15th October, 2022**. Each day marked a separate sub-event under its main theme; a **Swachhata Drive in two phases, Swachhata Awareness March, and Slogan Writing** were conducted in the second week of October, with three of the four beginning at **03:30 PM**.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

SWACHHATA 2.0

EVENTS	DATES
DAY 1: Swachhata Drive Phase 1 at Basant Gaon, parks, bus stops, temple areas	– 12th October, 2022
DAY 2: Swachhata Drive Phase 2 at bus stops, over bridge, cleanliness drive	– 13th October, 2022
DAY 3: Swachhata Awareness March	– 14th October, 2022
DAY 4: Slogan Writing	– 15th October, 2022

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Dr. Rita Jain Programme Officer Jaya Pandey President Prof. Rakesh Kumar Gupta Principal



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The story of NSS' aim to promote a clean environment didn't end on day one, as the **second phase** of Swachhata Drive was conducted the next day, on **13th October, 2022** from **03:30 PM** onwards in the **South Campus of University of Delhi**. About **28 volunteers**, of which **13 were female**, continued the ardent drive to make India clean in whichever way possible.



To educate and increase public awareness about the need for a clean, green India, the NSS volunteers conducted a **Swachhata Awareness March** on **14th October, 2022** from **03:30 PM onwards**. This march stretched on for nearly a kilometre, **starting at Ram Lal Anand College and ending at Delhi University South Campus**. A total of close to **45 volunteers, 25 being female**, marched in the warm afternoon.



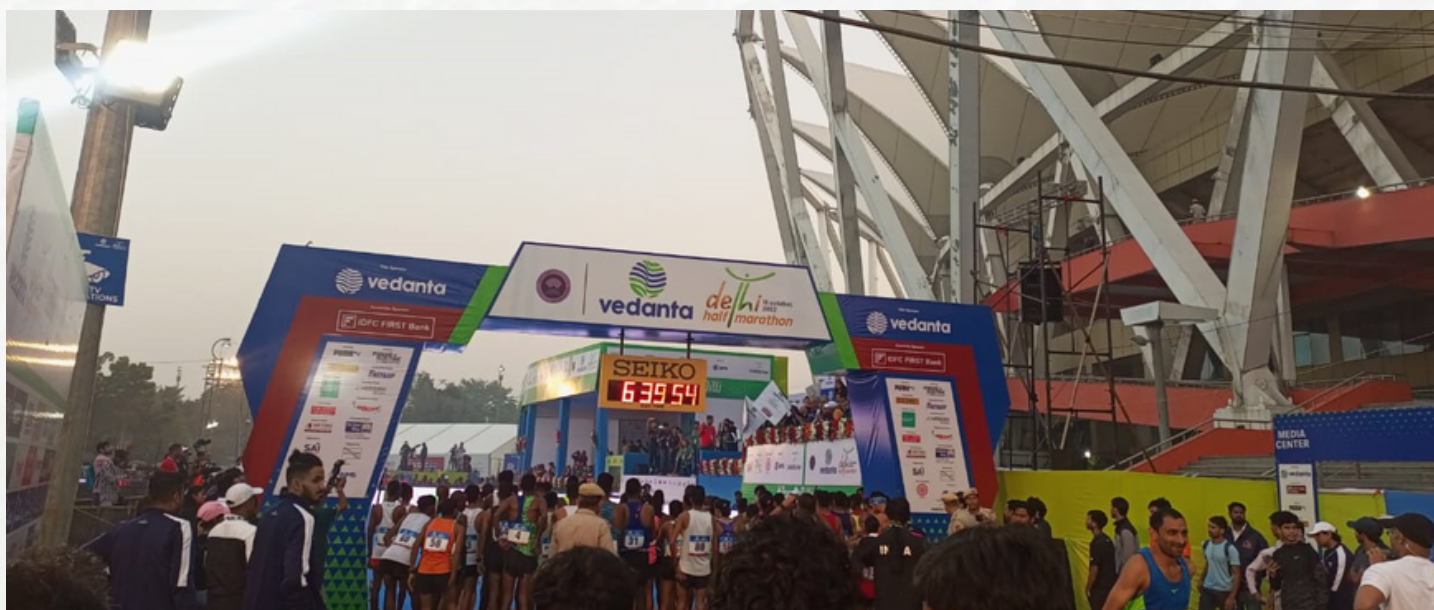
Swachhata 2.0 came to a flourishing end on **14th October, 2022** when NSS organized **Slogan Writing** on Clean India Campaign 2.0. Nearly **80 volunteers** took it to their WhatsApp, Instagram, Facebook, Twitter, and other social media to share these slogans and disseminate information and awareness regarding the Clean India Campaign 2.0.



A HALF MARATHON AT JLN STADIUM

(Run for Zero Hunger)

14 October, 2022



On behalf of the NSS unit of Ram Lal Anand College **three volunteers Utkarsh, Shubham and Ravi** participated in this honorable campaign. The **reporting time** was **8 am** and the selected volunteers fulfilled their duty and helped in building the event into a successful one. The volunteers had their due of **dinner around 10 pm** along with **waking up at 4 am** to get going for their further journey.

The event had came to it's conclusion **around 12 noon** and the volunteers were glad to be a part of an auspicious event

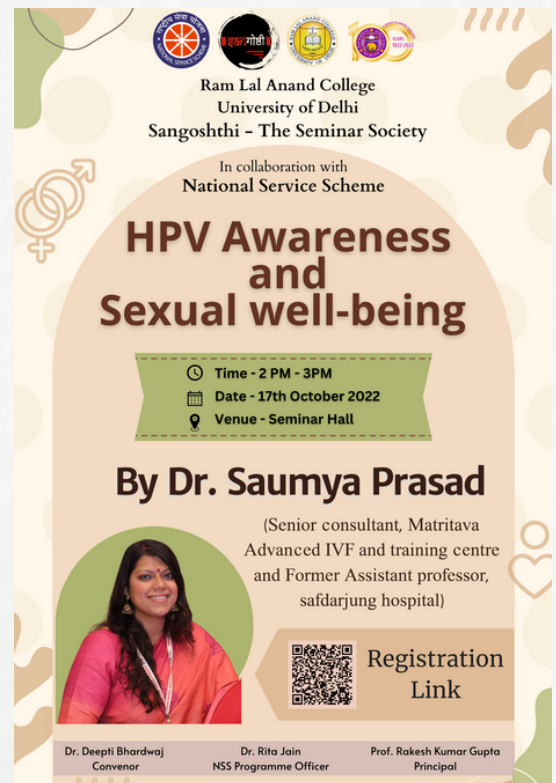


HPV AWARENESS, AND SEXUAL WELL-BEING

(Seminar by Dr. Saumya Prasad)

17 October, 2022

On **October 17th 2022**, a webinar was conducted in the **seminar hall** of Ram Lal Anand College, which was **organized by “Sangoshthi - the seminar society”** in collaboration with the “NSS unit” of RLA.



Taking forward the objective of 'considering our body as a scapegoat of societal expectations', **Dr. Saumya Prasad- a senior consultant and obstetrician at safdarjung hospital was the speaker** who handled the seminar which was an attempt to foreground the need to start a conversation about HPV and sex education in general- the topics which are not frequently touched on. Dr. Saumya made this session an interactive one through a **Q&A session of “what’s wrong with me?”**.

The session lasted from 2-3 pm with the participations of enthusiastic students and insightful information was shared among them helping the students to come out of their shell and express their feelings.



COLLECT AND SEPARATE, LITTER AND WASTE

(Mega Swachhata Drive

19 October, 2022



Ram Lal Anand College
University of Delhi
National Service Scheme

Mega Swachhata Drive
19th OCTOBER, 2022

OATH TAKING

- At Front Stage
- From 7.30 am

CLEANLINESS DRIVE

- From College Campus till South Campus
- From 8am to 9am

[f](#) NSS Ram Lal Anand College [@NSS_RLAC](#) [@NSSRLAC](#)

Dr.Rita Jain
Programme Officer

Jaya Pandey
President

Prof.Rakesh Kumar Gupta
Principal



A Mega Swachhata Drive was carried out to collect litter and separate the waste in the nearby college places like Satya Niketan, JJ Colony, Basant Gaon, Anand Niketan, bus stops, near temples and nearby places. **70+ volunteers** took part in the drive of which **32 were females** and cleaned the surroundings with dedication and enjoyment.

A total of approximately **25kgs** of waste was collected and disposed off safely by the volunteers.

The zealous participation was a reflection of their determination and revolve towards the well-being of their environment.



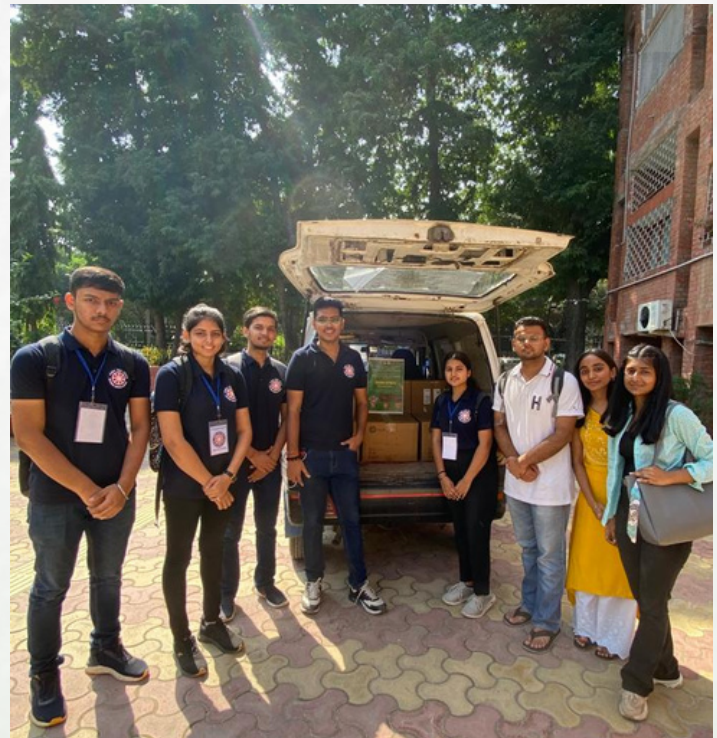
DIL KI SUNO, KUCH KARO - LET'S DONATE

(Daan Utsav)

17 - 21 October, 2022

The NSS Unit of Ram Lal Anand College, the University of Delhi in collaboration with Goonj, a non-profit organization, hosted a 5 day voluntary material donation drive. The donation drive was alluded to as Daan Utsav or the festival of giving alongwith the theme Dil ki suno, kuch karo. With this event, Million Jhola Campaigns were also conducted and we received 45 cloth bags.

This donation drive invited all the students, teaching and non-teaching staff and it took place in offline mode at main stage from 17th October to 21st October. It began at 9AM and extended till 5PM for all the five days.



Nearly 65 volunteers participated in this selfless act and felt a sense of duty to give back to society, using their good fortune to help others. In total, 110+ donations were made, 75 summer clothes, 35 winter apparels, plus some literary tools (books and note copies). The event was a huge success overall.

RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

IN COLLABORATION WITH
GOONJ..A VOICE, AN EFFORT
PRESENTS

DAAN UTSAV

Dil ki suno , kuch karo

" Any wearable clothes, woollen garments, cloth bags, stationery kits can be donated "

Venue - Ram Lal Anand College Main Stage
17th October 2022 - 20th October 2022
Timings - 9 AM - 5 PM

Dr. Rita jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



HAR DIN, HAR GHAR, AYURVEDA

(National Ayurveda Day)

23 October, 2022

On 23rd October 2022, the NSS unit of Ram Lal Anand College came forward to commemorate the National Ayurveda Day with the theme of “har din har ghar Ayurveda”.

The volunteers were encouraged to create posts on any Ayurvedic herb of their choice and spread it across all their social media handles.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

NATIONAL AYURVEDA DAY
23rd October, 2022

Theme: HAR DIN HAR GHAR AYURVEDA

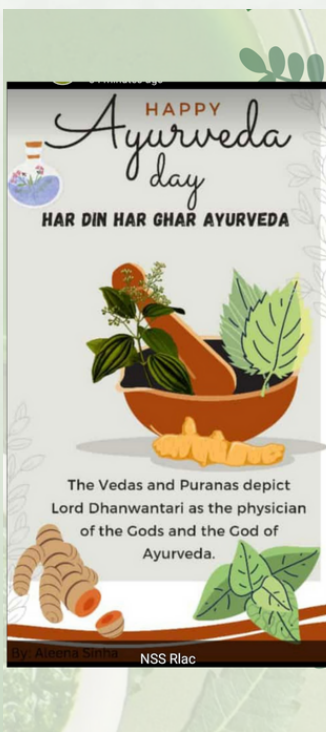
Prepare a story/post, making people aware of Ayurveda through social media platforms.
(Facebook/WhatsApp/Instagram/Twitter)

TAG NSS RLAC SOCIAL MEDIA HANDLES.

SUBMIT YOUR POST SCREENSHOTS TO
nssrla.du@gmail.com

f NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr.Rita Jain Programme Officer Jaya Pandey President Prof.Rakesh Kumar Gupta Principal



The volunteers emailed the screenshot of their posts to official NSS Gmail ID, and more than 85 volunteers took part in this post making event and shed light on the importance of ayurveda as a way of healthcare instead of chemicals for health treatments which has a tremendous potential to reach at the mainstream.

GANDHI AND THE INDIA OF TODAY

(Lecture at Vice Regal Lodge)

27 October, 2022

On **27th October 2022**, six **volunteers** from the NSS Unit of Ram Lal Anand College participated in a lecture organised on the auspicious occasion of **International Non-Violence Day**. To commemorate this day, and to honor Mahatma Gandhi and his contribution to India, an event was held in the **Convention Hall, Vice Regal Lodge, University of Delhi**, with the **chief guest being the Hon'ble HE Lt. Gen. (Retd.) Shri Gurmit Singh, the Governor of Uttarakhand**.



The volunteers were advised to be present before the starting of the lecture, which **commenced at 3 pm and ended at 6pm**.

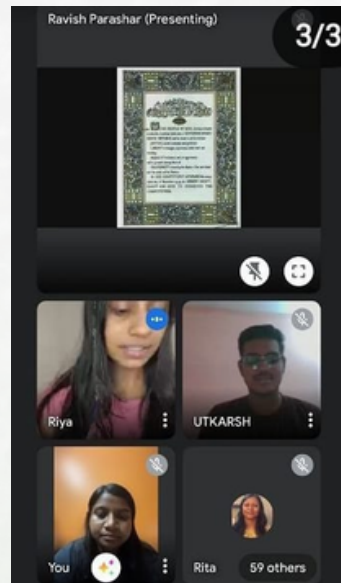


With the theme of '**Gandhi aur Aaj ka Bharat/Gandhi and Today's India**', the main motive of the lecture was to hear about Gandhi from an army man's point of view. The examples of non-cooperation and Dandi march were given in order to signify Gandhi's non-violence methodology, and how this ideology consisting of his principles spread peace and harmony without the commencement of violent or aggressive measures. The lecture proved to be a very fruitful one and provided the volunteers an incredible opportunity to gain insightful knowledge and different perspectives on Gandhi's impact on India.

PLEDGE TAKING & DOCUMENTARY SCREENING

(National Unity Day)

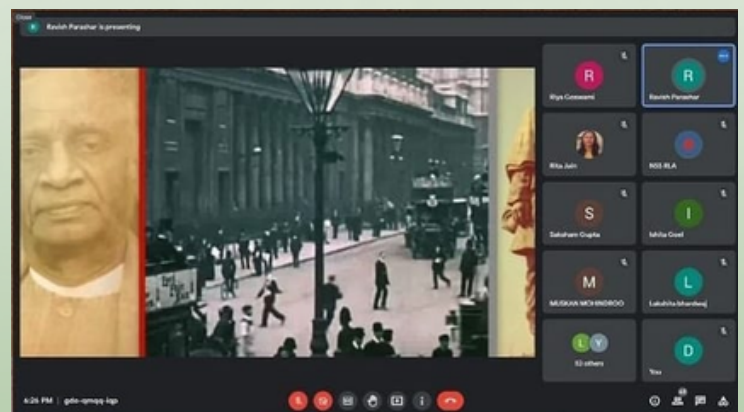
28 October, 2022



Two events were held as a part of, but prior to the National Unity Day on **28th October, 2022 from 06:00 PM onwards over Google Meet**. The first of the two was **pledge-taking** as a demonstration of the unity among volunteers. With cameras turned on, those who attended the meeting **recited the Preamble** to the Constitution of India together.

What followed was a **virtual documentary screening**, emphasizing the life and principles of Sardar Vallabhbhai Patel. **Over 80 volunteers** joined the Google Meet and participated in the event, with nearly **35 female volunteers** comprising the total count.

The event was a reminder of the strength unity encompasses, and the zealous participation served as the hallmark of the volunteers' enthusiasm and teamwork.



KARO NA FIGHT, IT IS TIME WE UNITE

(National Unity Day)

31 October, 2022

The month ended came to an exalting end when an **Essay Writing or Handmade Poster Making** event was conducted online on **31st October, 2022**, in light of **National Unity Day**. Volunteers were encouraged to put on their creative hats and work with the theme '**Ek Bharat, Shresth Bharat**'. The theme motivated the volunteers to come up with inspirational visions of a united, successful nation and present it through textual or visual medium.



Over 65 volunteers - 30 females - sent in impressive posters and essays, colouring their canvases with a spread of either hues or words.

The array of overwhelming submissions were as inspiring as they were a sight to behold.

With the event being a success, the NSS volunteers stepped their understanding of secularism, heritage, and the cultures brimming the diversified yet united India up a notch.



"EK BHARAT, SHRESTH BHARAT"

There is no country like India, quite as diverse, multi-lingual and multi-cultural, yet bound together by the ancient bonds of shared traditions, culture and values. Such bonds need to be strengthened through enhanced and continuous mutual interaction between people of varied regions and ways of life so that it encourages reciprocity and secures an enriched value system of unity amongst people of different States in culturally special country like INDIA. Ek Bharat Shresth Bharat was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. Subsequently, the Finance Minister announced the initiative in his Budget speech for 2016-17. Through this innovative measure, the knowledge of the culture, traditions and practices of different states & UTs will lead to an enhanced understanding and bonding between the states, thereby strengthening the unity and integrity of India.