



ANNUAL REPORT 2022



NATIONAL SERVICE SCHEME

"NOT ME BUT YOU"



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Lokesh

(President)

Prof. Rakesh Kumar Gupta

(Principal)

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DEPARTMENT HEADS

GRAPHIC DESIGNING

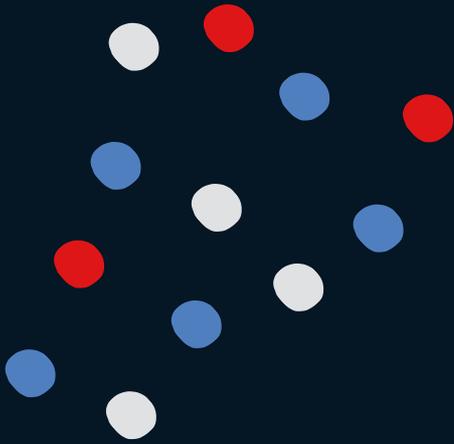
MR. ABHISHEK KUMAR

CONTENT WRITING

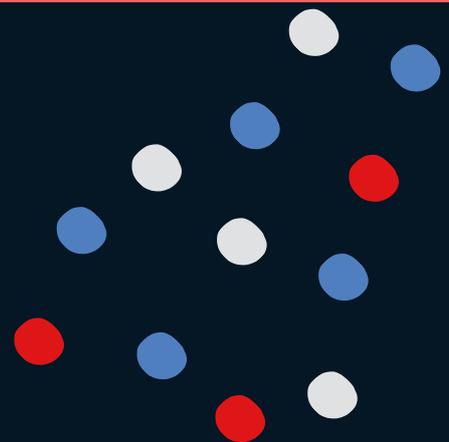
MR. AYUSH RANJAN

EVENT PLANNING

MS. KASHISH HANS



EVENTS AND ACTIVITIES (2021-22)



HOME OLYMPIC GAMES

August 03, 2021

To bring sportsmanship in ourselves and to make Tokyo olympics memorable, NSS unit of Ram Lal Anand college on 3rd august 2021 organised home olympic event.

Volunteers participated actively and shared their pictures and videos while playing different kind of sports and physical activity where they gave some of their best shots.

7 volunteers actively participated in the event out of which **3 were female volunteers.**



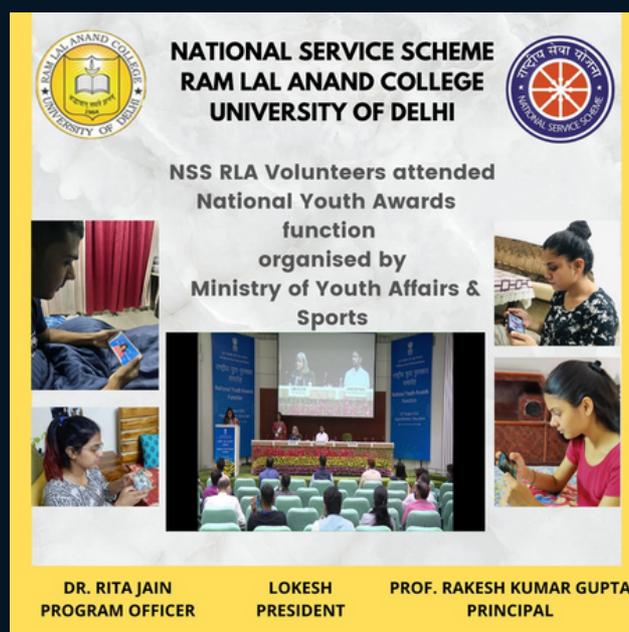
NATIONAL YOUTH AWARDS

August 12, 2021

The NSS Team of Ram Lal Anand attended the prestigious award ceremony organized by the Ministry

Youth Sports. The main objective of the award ceremony was to encourage young people to develop a sense of responsibility to the community in the field of national

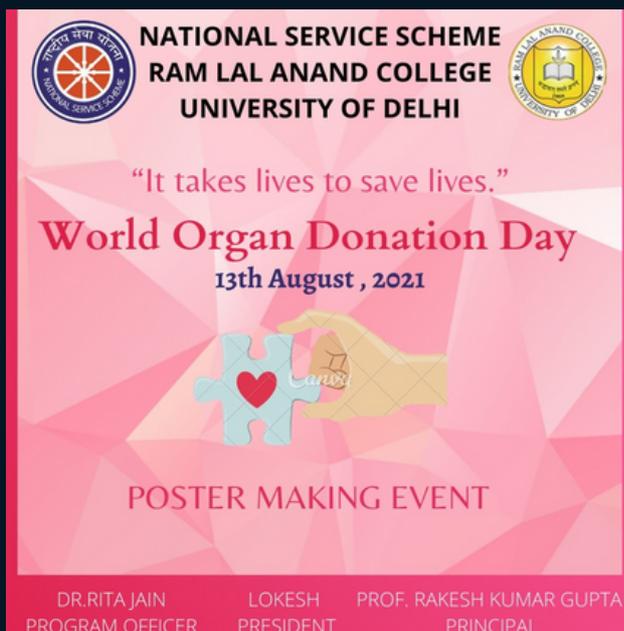
development and social service. **35 volunteers** actively participated in the event out of which **22 were female volunteers.**



WORLD ORGAN DONATION DAY

August 13, 2021

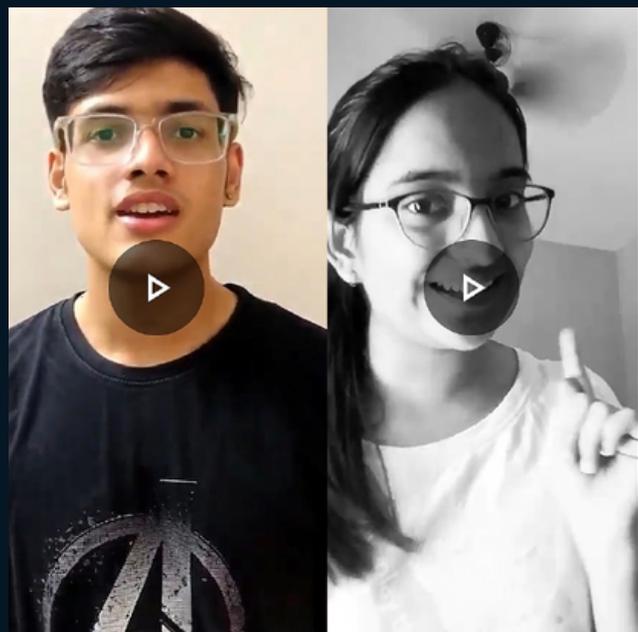
Why only recycle paper and not organs? By donating organs, not only do we recycle them but also help save many lives. On the occasion of world organ donation day the the NSS unit of Ram Lal Anand College appealed to its volunteers to motivate themselves and others on the importance of organ donation by organising poster making competition where volunteers participated and portrayed their creative minds. **12 volunteers** actively participated in the event out of which **9 were female volunteers.**



INDEPENDENCE DAY

August 15, 2021

Remembering our past is extremely important. But we also have to think about building our future. Let's do everything to keep our freedom and carry it through the years. To mark the occasion of 75th Independence Day, the NSS unit of Ram Lal Anand College asked it's volunteers to share short videos with slogans of their favourite freedom fighters. Students showed up great enthusiasm and remembered their freedom fighters with love and respect. **10 volunteers** actively participated in the event out of which **6 were female volunteers**.



AZADI KA AMRIT MAHOTSAV

August 15, 2021

The Govt. of India remarked this occasion as Rashtra Gaan Mahotsav where Citizens participated in huge numbers through videos of singing national anthem. NSS RLAC appealed its volunteers to join this initiative. After selecting their preferred language and filling a basic form, volunteers uploaded their video to participate in the competition.

24 participants participated in the event out of which **15 were female participants**. All the participants got a certificate on completion of the process.



TREE PLANTATION DRIVE

August 15, 2021

"Someone sitting in the shade today because someone planted a tree a long time ago" - Warren Buffett To bring out the meaning of this quote into reality the NSS unit of RLAC conducted a tree plantation drive where the volunteers were asked to plant a tree on 15th August 2021 and share a picture of doing the same. Also, volunteers will send the picture of the tree they have planted by 5th of every month starting from the month of September. **10 volunteers** actively participated in the event out of which **5 were female volunteers.**



COVID-19 VACCINATION AWARENESS DRIVE

August 15, 2021 (at J.J. Camp, South Moti Bagh)

"On the occasion of Azadi Ka Amrit Mahotsav the 75th Independence Day, 9 NSS volunteers of Ram Lal Anand College conducted a survey on the covid-19 vaccinations out of which 6 were female volunteers. Informative posters were displayed and a survey was conducted through google forms. Precautions were taken by wearing masks and gloves and using sanitizer by each volunteer. NSS Volunteers showed the posters to the local people and pasted them as well at visible points to make them aware of the social distancing and current covid-19 vaccination drive with the help of filmy dialogues. Apart from this, a total of 200 masks were distributed among the needful ones present in the slums and nearby areas. In order to identify the situation at the local level, a survey was conducted with the help of Google Forms wherein the volunteers interacted with local people and asked them the relevant questions and requested the public to get vaccinated. A total of 83 responses were collected where we observed that those who were affected by the virus wanted to get proper treatment but couldn't get due to the financial problems and lack of employment.



WORLD PHOTOGRAPHY DAY

August 19, 2021 (Ek Bharat Shreshtha Bharat)

World Photography Day celebrated on 19th August is an annual, worldwide celebration of the art, craft, science and history of photography. On this occasion the NSS unit of Ram Lal Anand College appealed to its volunteers to promote the indigenous culture and capture their beautiful moments in traditional dress. **12 volunteers** actively participated in the event out of which **9 were female volunteers.**



TRADITIONAL DANCE PRESENTATION

August 24, 2021 (Ek Bharat Shreshtha Bharat)

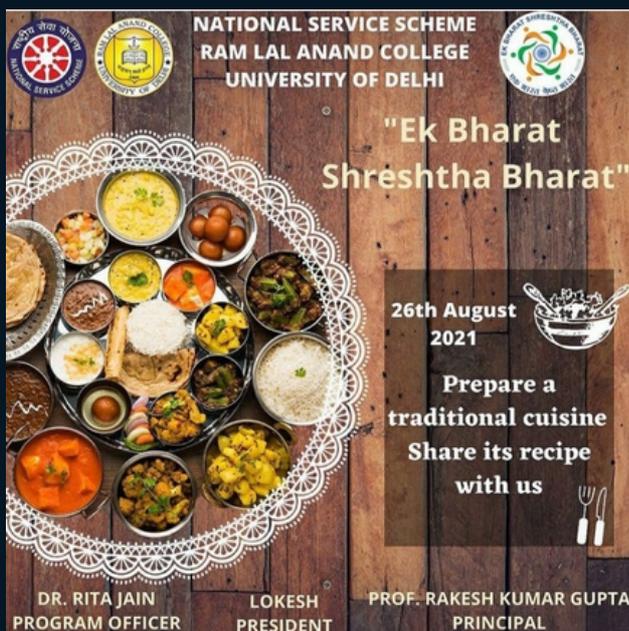
Tradition is something very special and has a great influence for the upcoming generations. NSS unit of Ram Lal Anand College organised a programme where students were asked to share a clip of their traditional dance moves themed: Ek Bharat Shreshtha Bharat on 24 August 2021. The volunteers were full of enthusiasm. **3 female volunteers** actively participated in the event.



TRADITIONAL CUISINE

August 26, 2021 (Ek Bharat Shreshtha Bharat)

We Indians proudly say, Ek Bharat Shreshtha Bharat which means we are ONE and we are proud of it. NSS unit of Ram Lal Anand College appealed to its volunteers to prepare traditional cuisines and share its recipes with us on 26th August 2021 based on Ek Bharat Shreshth Bharat. The volunteers with great enthusiasm shared photographs and recipes of the cuisines their dishes. Among them there were Chole Bhature, a special cuisine of Punjab, khanvi – a Gujarati cuisine, usoi kangsu a Manipuri dish and many others. **19 volunteers** actively participated in the event out of which **14 were female volunteers.**



WORLD SPORTS DAY

August 29, 2021

On the occasion of World sports day on 29 August the NSS unit of Ram Lal Anand College invited all the volunteers to draft a letter to their favourite sports star expressing the impact of him or her in their life. **9 volunteers** submitted their some of the best letters. **7 female volunteers** participated in the event.



TARANG – AUG'21

August 29-30, 2021 (Monthly Intra-Unit Comp.)

"There are no secrets to success. It is the result of preparation, hard work, and learning from failures" - Colin Powell.

22 volunteers actively participated in the event out of which **13 were female volunteers.**

The competition was conducted in three rounds of which details are as follows:

- ★ ROUND 1: Doodling with the Topic- Anything theme related (75th year of India's Independence “Azadi Ka Amrit Mahotsav”)
- ★ ROUND 2: Upakhyan Hour (Storytelling Competition) Topic- From the Raj to Swaraj: Known and the Lesser Known and their contributions
- ★ ROUND 3: Kahoot Quiz Topic-One Nation One Ration Card Plan: The Policies That Shaped India



E POSTER MAKING (SCI)

September 1, 2021

NSS Volunteers of Ram Lal Anand College actively participated in the E-poster making competition organised by Indian Spinal Injury Centre on the occasion of World Spinal Cord Injury Day', with the intention of increasing awareness for persons with a spinal cord injury (SCI). This year's theme was 'Covid-19 and SCI: Staying healthy with the help of Telecommunication and Telehealth'. Competition was held on 3rd September where **20 volunteers actively participated in this event out of which 10 were female volunteers.**



The poster is for an e-Poster Competition. At the top, it features logos for the National Service Scheme (NSS) at Ram Lal Anand College, University of Delhi, SCI Day, and the Indian Spinal Injuries Centre. The main title is 'ePOSTER COMPETITION' in large, colorful letters, with 'THEME' written below it. The theme is 'Covid 19 and SCI: Staying Healthy with the help of Telecommunication and Telehealth'. Below the theme, there are silhouettes of two people, one standing and one in a wheelchair, with their arms raised in celebration. The poster lists rules: Size of Artwork (A4 / smaller), Format of Artwork (Jag / pdf), and No copyrighted images or characters. It also states that 3 posters will get attractive prizes. The submission link is <https://forms.gle/283yFG1dHVFxBTjWA>. The deadline is 3rd September 2021 at 5 PM. At the bottom, the names and titles of the organizers are listed: DR. RITA JAIN (PROGRAM OFFICER), LOKESH (PRESIDENT), and PROF. RAKESH KUMAR GUPTA (PRINCIPAL).

TEACHERS' DAY

September 5, 2021

A teacher is an exceptional educator and there's no other profession that's greater, they'll always be the reason behind your win, their teachings will pull us back from committing any sin.

So on the occasion of Teachers day NSS unit of RLAC invited its volunteer for 'Card Making celebration' and shower on them all their affection by their creativity.

19 participants actively participated in this event out of which 15 were female volunteers.



SOCIAL NETWORKING AMBASSADOR

September 5-19, 2021 (Nutrition Awareness)

NSS Volunteers of Ram Lal Anand College actively participated in the E-poster making competition organised by Indian Spinal Injury Centre on the occasion of World Spinal Cord Injury Day', with the intention of increasing awareness for persons with a spinal cord injury (SCI). Competition was held on 3rd September where **34 volunteers** actively participated in this event out of which **19 were female volunteers**.

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

invites you all to become

**SOCIAL NETWORK
AMBASSADORS**
For Nutrition

**Promote Nutrition using Social Media Networks during
National Nutrition Month, 2021.**

Prospective Activities

1. Social network posts (Facebook, Instagram, Twitter & LinkedIn)
2. Creative posts - Memes, Videos, Pics, Drawings
3. Use hashtags - **#nmpgimer2021**, **#suposhan** & **#millets2023**
with each post

5th - 18th SEPTEMBER 2021

Duration: Two weeks
Mode: Online

- Prizes for best performers
- Certificate for all participants

DR. RITA JAIN
PROGRAM OFFICER

LOKESH
PRESIDENT

PROF. RAKESH KR GUPTA
PRINCIPAL

RUN4UNITY

September 7, 2021

To break the barriers, NSS Unit of RLAC organized 'Run for Unity' on 7th September 2021.

Despite the pandemic, spirit of our volunteers couldn't be restricted and **12 volunteers out of which 7 were female volunteers** ran one kilometer together at 7 AM. The volunteers also took geo-tagged photographs.

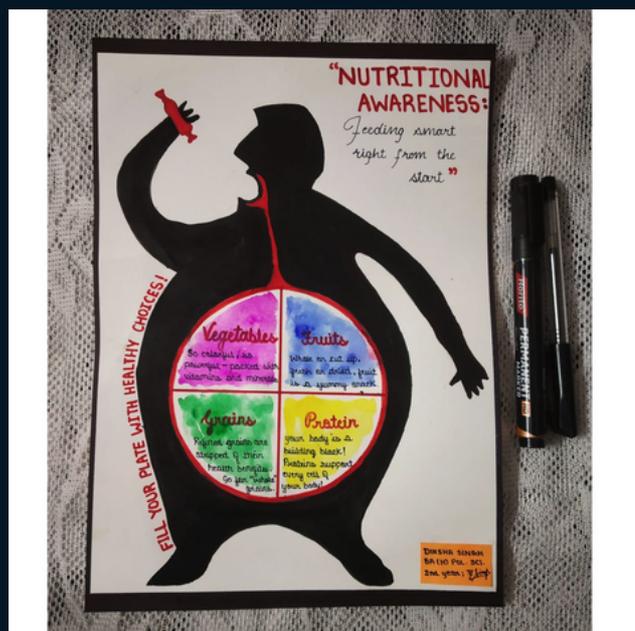


POSTER MAKING

September 8, 2021 (Nutrition Awareness)

Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise. National Nutrition Month celebrated in India every year during September to spread awareness about nutritional needs, deficiencies and malnutrition. Hence, NSS unit of RLAC collaborated with PGIMER, Chandigarh to contribute for the cause.

On this occasion, all volunteers were invited to participate in "Poster Making Competition" based on the theme- Nutritional Awareness: Feeding smart right from the start. **11 volunteers participated** in this event out of which **8 were female volunteers**.



AMERICAN INVASION OF AFGHANISTAN

September 11, 2021

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford.

To discuss the afghan crisis and to delve upon its effect on India and rest of the world the NSS Unit of RLAC is conducted a group discussion on the American invasion of Afghanistan.

21 volunteers participated very actively in this discussion out of which 11 were female volunteers, and they put forward their ideas and viewpoint.



POEM RECITATION

September 13, 2021

Recitation is a way of reinventing a piece of literature. It is one of the most important and effective modes of learning a language and appreciating the work of a writer.

Therefore, NSS unit of RLAC in collaboration with PGIMER Chandigarh has organised a “Poem Recitation” event for all the volunteers on a theme of their choice and **5 candidates** had performed very well out of which **4 were female volunteers**.



SWACHH BHARAT ABHIYAN

September 13, 2021

Sachhta Pakhwada 2021 intends to connect students to nature and enhance those actions that make our country a better place. On 13sept 2021, the NSS unit of Ram Lal Anand College appeals its volunteers to to take an online pledge and a certificate was provided for the same. **47 volunteers participated** in this event with great enthusiasm including **26 were female volunteers.**



HINDI DIWAS

September 14, 2021

Unity Is Strength But Mother Tongue Is Pride.

The emergence of western culture in our country has promoted the use of foreign languages due to which Hindi is losing its importance. Therefore, it becomes necessary to encourage our youth towards the National Language and inculcate them with beauty of the language. To achieve this aim NSS unit of RLAC invited all its volunteers to participate in "Slogan Writing Competition". We received some fantabulous entries from our **21 volunteers out of which 13 were female volunteers.**

राष्ट्रीय सेवा योजना
राम लाल आनंद कॉलेज
दिल्ली विश्वविद्यालय

हिन्दी दिवस
14 सितंबर 2021

नारा लेखन
SLOGAN WRITING EVENT

डॉ. रीता जैन
कार्यक्रम अधिकारी

लोकेश
अध्यक्ष

प्रो. राकेश कुमार गुप्ता
प्रधानाचार्य

हिन्दी से हिन्दुस्तान है,
यह भारत देश की जान है

Ruchika, second year
BSc. Statistics

INTERNATIONAL DAY OF DEMOCRACY

September 15, 2021

“People's capacity for justice, make democracy possible but people's inclination to justice, makes democracy necessary.”

On the occasion of International Day Of Democracy, the NSS unit of RLAC organised an ARTICLE WRITING event on Indian Democracy on 15th of September, 2021 on the theme Democracy . **9 volunteers actively participated** in it out of which **4 were female volunteers.**



HEALTHY RECIPE COMPETITION

September 17, 2021 (Nutrition Awareness)

In this era of pandemic, building immunity is very important and having healthy food is most important to have good immunity.

Keeping this in mind the NSS unit of RLAC organised “Healthy Food Recipe Competition” on 17th September, 2021 based on the theme "Healthy Food". **18 volunteers** out of which **11 were female volunteers** sent some of the prepared cuisine and its recipe to us and it was commendable.



Recipe: I toss all the veggies, olives, and feta cheese in an easy homemade dressing . With just 5 ingredients + salt and pepper, it's super simple to whisk together. It's a simple mix of olive oil, red wine vinegar, mustard oil, garlic, and dried oregano. In addition to using them in the dressing, I like to sprinkle my salad with generous pinches of oregano and black pepper for a fresh, peppery garnish. I like to serve the salad with cheese of choice.

WEBINAR ON PARYAVARAN NIPUNTA

September 18, 2021 (By Ms. Neeta Jain)

If it can't be reduced, reused, repaired, rebuilt, refurbished, refinished, resold, recycled or compost; then it should be restricted, resigned or removed from production. - Pete Seeger.

To get the information about the techniques of bio composting and bio enzymes the NSS unit of RLAC organised a webinar on PARYAVARAN NIPUNTA: Techniques of Bio Composting by Ms. Neeta Jain on 18th September 2021 at 4 PM, All the active **40 volunteers** attended the webinar out of which **25 were female volunteers**.



COVID-19 VACCINATION AWARENESS DRIVE

September 19, 2021 (at J.J. Camp, South Moti Bagh)

On 19th September, 2021 12 NSS volunteers out of which 9 were female volunteers conducted a vaccination awareness drive. Informative posters were displayed and a survey was conducted through google forms. Precautions were taken by wearing masks and gloves and using sanitizer by each volunteer. NSS volunteers showed the posters to the local people and pasted them as well at visible points to make them aware of the social distancing. In order to identify the situation at the local level, a survey was conducted with the help of Google Forms wherein the volunteers interacted and asked the relevant questions from the local people and requested the public to get vaccinated and wear masks.

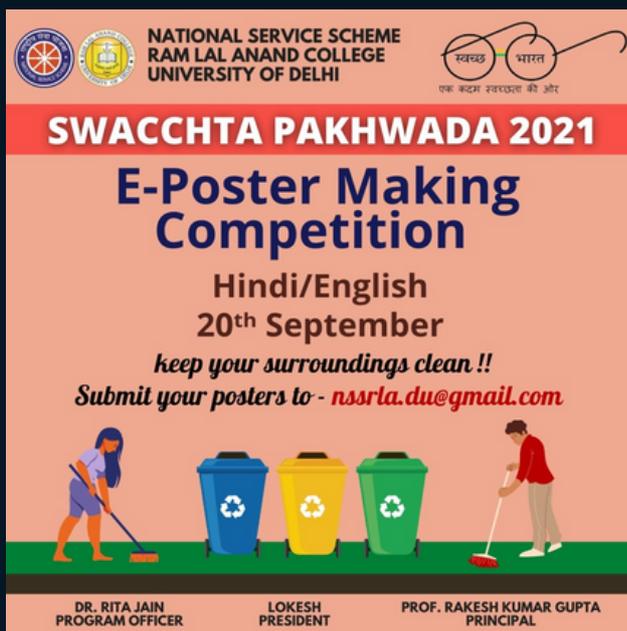


SWACCHTA PAKHWADA

September 20, 2021

Cleanliness brings happiness, but dirt makes us hurt. Let's go green to make this globe very clean. Don't make your life bitter, and do not be a litter. Clean and green earth should be our aim worth.

Under the banner of Swachhta Pakhwada 2021, the NSS unit of RLAC organised an E-poster Making Competition on 20th of September. It was a successful event and **15 volunteers** participated in it out of which **9 were female volunteers**.



WORLD RHINO DAY

September 22, 2021

World Rhino Day is celebrated on September 22 every year. This special day provides the opportunity for cause-related organisations, NGOs, zoos, and members of the public to celebrate rhinos day in their own unique ways. NSS unit of RLAC honoured the day through a MOVIE SCREENING. There was a movie screened by the unit, shot beautifully in the abundant forests of Assam in the year 1987. **31 volunteers** participated in it out of which **19 were female volunteers** and each and every volunteer enjoyed the day through this screening.



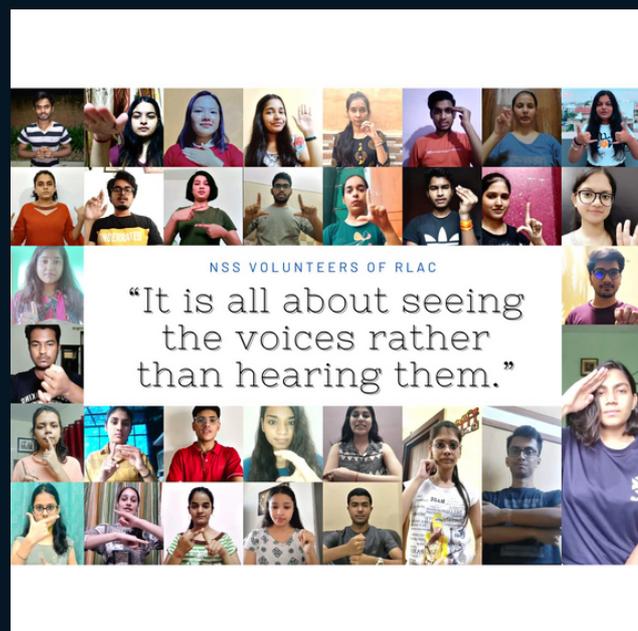
INTERNATIONAL DAY OF SIGN LANGUAGES

September 23, 2021

The International Day of Sign Languages is an unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.

The theme for this year is “We Sign For Human Rights,” that highlights how deaf and hearing people around the world—can work together hand in hand to promote the recognition of our right to use sign languages in all areas of life.

Therefore on this occasion, the NSS unit of RLAC wished everyone “International Day of Sign Language” through videos; glimpses . **32 volunteers** took actively part in it out of which **20 were female volunteers**.

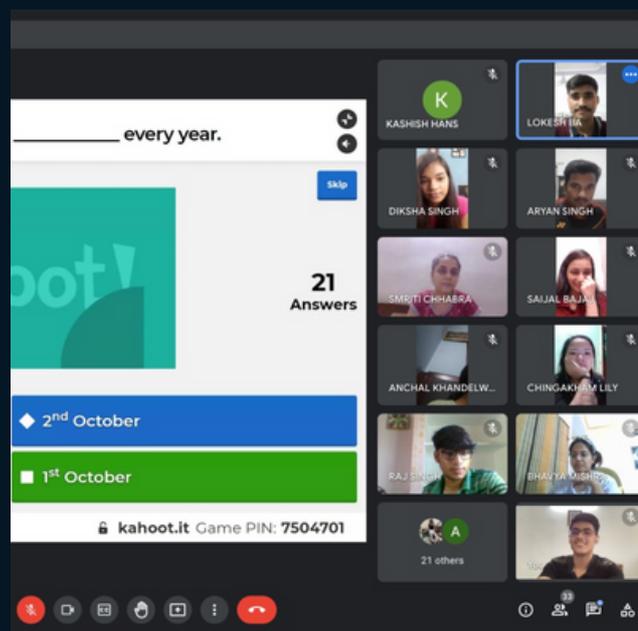
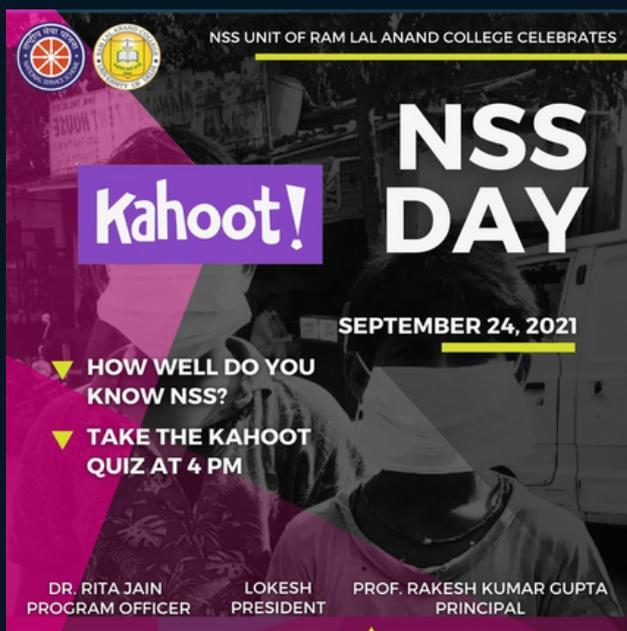


NSS DAY

September 24, 2021

It was on 24th September 1969 that India's largest student organization was formally launched in the birth ceterinary year of the Father of the Nation. But the question arises, how well do our NSS Volunteers know their own organization?

So to test their knowledge, a quiz was organized on NSS Day- 24th September, 2021 at 4 PM via Google meet. All **26 Volunteers** had participated actively out of which **14 were female volunteers** and they gave a real tough competition to each other.

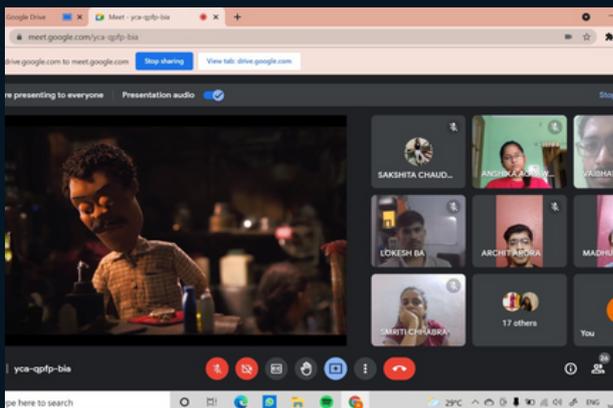


TARANG – SEPT'21

September 26, 2021

"If no one thinks you can, then you HAVE to.

Tarang- Monthly Intra Unit Competition for the month of September was conducted to nurture new talents and skills. We were up with Tarang September'21. The Fourth edition of Tarang was a one day event conducted on 26th September, 2021; Sunday. The Competition will be conducted in one round, that was BRAINWRITING, A video (short movie) was displayed. Volunteers had to watch the video. After that, time was given to write, what they had understood and what values are they carrying after watching the movie; and also to title it was a task. **21 volunteers** participated out of which **11 were female volunteers** and many of them submitted some of the beautiful write ups.



The screenshot shows a Google Meet interface. The main video player displays a scene from a movie. The grid of participants includes Sakshita Chauhan, Anshika, Lokesh, Archita, Madhu, and Smriti Chhabra. Below the video, there is a text document titled "Tokri: A Basket full of empathy".

Tokri: A Basket full of empathy

While the corporate world drives in their brand-new sedans, they seem to deny the presence of millions of stories that the same road has to offer. For the stories on the road? these cars offer them their livelihood, a romantic drive down the road for a couple is a luxury, but for a roadside vendor, it presents an opportunity to earn their share of bread.

Isn't it funny? Amongst all the extremities of a poverty-stricken environment that exists, the dirt, the waste, the utter hardship, what the residents lack in material and



TARANG SEPTEMBER'21
CHAMPION
LOKESH
 BA PROGRAMME | III YEAR



TARANG SEPTEMBER'21

1ST RUNNER UP
SMRITI CHHABRA
 BSC (H) STATISTICS | II YEAR

2ND RUNNER UP
SAKSHAM TIWARI
 BSC (H) STATISTICS | II YEAR

3RD RUNNER UP
ARYAN SINGH
 BA (H) POLITICAL SCIENCE | II YEAR

GANDHI JAYANTI

October 2, 2021

"The weak can never forgive . Forgiveness is an attribute of the strong." - M.K. Gandhi

Nss unit of RLAC on the occasion of Gandhi Jayanti organised an event in which volunteers had to send their photos and/or videos cleaning their areas and localities . **7 volunteers** actively participated in the event out of which **5 were female volunteers**.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

CELEBRATES
GANDHI JAYANTI
2ND OCTOBER, 2021

SWACHH BHARAT

CLEANLINESS IS NEXT TO GODLINESS

SEND PHOTOS/VIDEOS OF YOU
CLEANING YOUR AREA

DR. RITA JAIN
PROGRAM OFFICER

LOKESH
PRESIDENT

PROF. RAKESH KUMAR GUPTA
PRINCIPAL



BLOOD DONATION AWARENESS

October 6, 2021 (Webinar by Ms. Siddharti Sharma)

The BloodConnect Team, in collaboration with The NSS, Ram Lal Anand College, University of Delhi conducted a Session on Blood Donation Awareness.

Through this awareness session, we understood the need for blood donation, there is an acute shortage of blood units in India, busting myths related to blood donation but most importantly inculcation in the youth of this country healthy blood donation habits . **46 volunteers** actively participated in the event out of which **31 were female volunteers**.

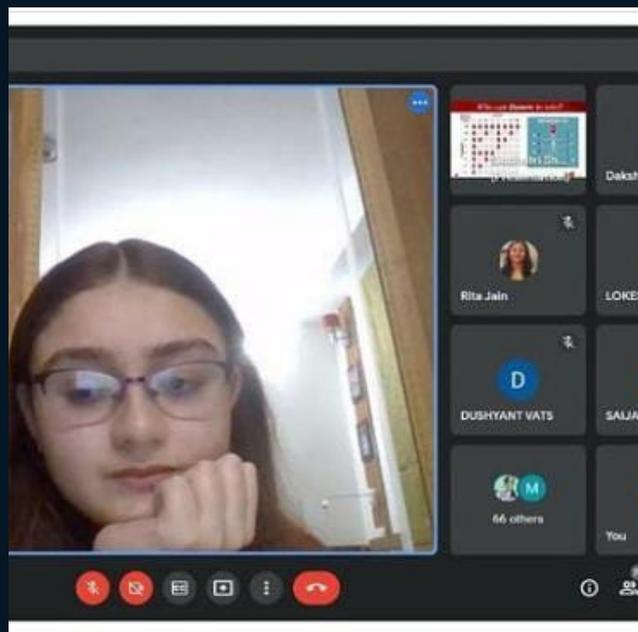
LET'S BE AWARE

BloodConnect Foundation in collaboration with NSS, Ram Lal Anand College, Delhi University presents an awareness session on Blood Donation

Platform : Google Meet
Date : October 6, 2021
Time : 06:00 PM

SPEAKER
SIDDHARTI SHARMA

For Queries, Contact: Lokesh - +91 98779 93876
Dikshant - +91 88900 36960



WORLD MENTAL HEALTH DAY

October 10, 2021 (Webinar by Dr. Jyotsana Mittal)

To promote the importance of mental health NSS Unit of Ram Lal Anand College conducted a webinar on same topic with Dr. Jyotsana Mittal (college counselor) being the guest speaker, where she suggested students the ways to cope from stress, anxiety and depression kind of issues and told everyone to reach out to her or any other counselor if they need any kind of help or someone to talk to. The session ended with sorting out audience's queries. **47 volunteers** actively participated in this event out of which **28 were female volunteers**.



ANIMAL WELFARE DAY

October 14, 2021

" The greatness of a nation and its moral progress can be judged by the way it's animals are treated ."

Keeping this in mind, on the occasion of "Animal Welfare Day" the NSS unit of RLAC asked all its volunteers to take a step ahead and feed/help the stray animals.

12 Volunteers actively participated in this event out of which 7 were female volunteers.



WORLD STUDENTS' DAY

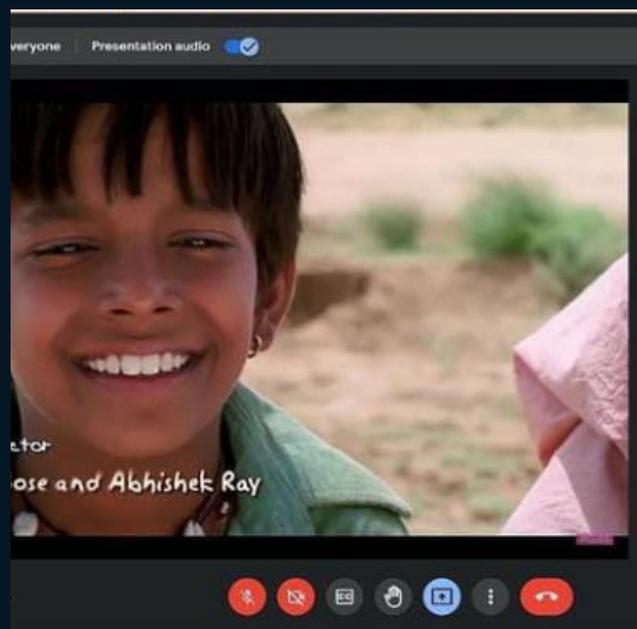
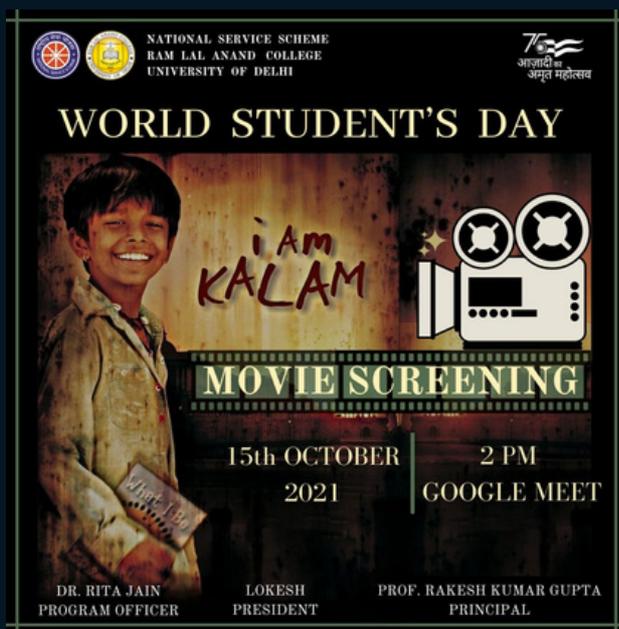
October 15, 2021

If you want to shine like a sun, first burn like a sun.- Dr. APJ Abdul Kalam.

World Student's Day is celebrated every year on October 15. NSS Ram Lal Anand college arranged a movie screening to honor the birth anniversary of the former president of India, Late Dr. APJ Abdul Kalam.

I AM KALAM - Chotu, a poor boy (Harsh Mayar) derives inspiration from the former President of India, A. P. J. Abdul Kalam. He then decides to change his name to Kalam and harbours a dream of meeting the visionary.

35 Volunteers actively participated in the event Out of which **24 were female volunteers.**

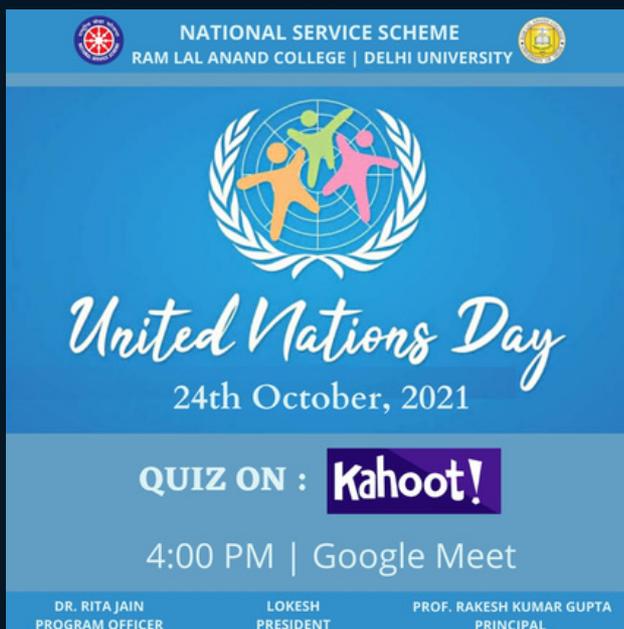


UNITED NATIONS DAY

October 24, 2021

United Nations Day is an annual commemorative day, reflecting the official creation of the United Nations on 24 October 1945. The NSS unit of RLAC organised a Kahoot quiz to test their volunteers knowledge about the UN.

Total **25 Volunteers** actively participated in the event out of which **15 were female volunteers**.



VIGILANCE AWARENESS WEEK

October 26 - November 1, 2021

Vigilance Awareness Week (VAW) is being celebrated every year and coincides with the birthday of Sardar Vallabhbhai Patel, known to be a man of high integrity. Vigilance Awareness Week was observed from 26.10.2021 till 01.11.2021 with the theme: "Independent India @ 75: Self Reliance with Integrity". Its purpose was to generate awareness in the public at large about the ill effects of corruption. So to make volunteers aware of the same, the NSS unit of Ram Lal Anand College decided to celebrate Vigilance Awareness. 13 volunteers actively participated in the event out of which 10 were female volunteers.

Week by organizing the following events:

1. 27th oct, 2021: Slogan Writing Event (हिंदी /English)
2. 28th oct, 2021: Documentary: Sardar Vallabhbhai Patel's Biography
3. 29th oct, 2021: Poetry Writing on Corruption
4. 30th oct, 2021: Quiz on Vigilance Awareness Week
5. 31st oct, 2021: Online Pledge Taking Ceremony
6. 1st nov, 2021: Meme Making Event

SLOGAN WRITING EVENT

October 27, 2021

“Let the eye of vigilance never be closed” - Thomas Jefferson.

To achieve this point NSS unit of RLAC on 27th October invited all of its volunteers to participate in the "Slogan Writing Competition" with the theme "Independent India @75 : Self Reliance with Integrity".

13 Volunteers out of which 10 were female volunteers wrote beautiful slogans and it was a decent event.



NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE | UNIVERSITY OF DELHI

celebrates

VIGILANCE AWARENESS WEEK

Slogan Writing Event (हिंदी/English)

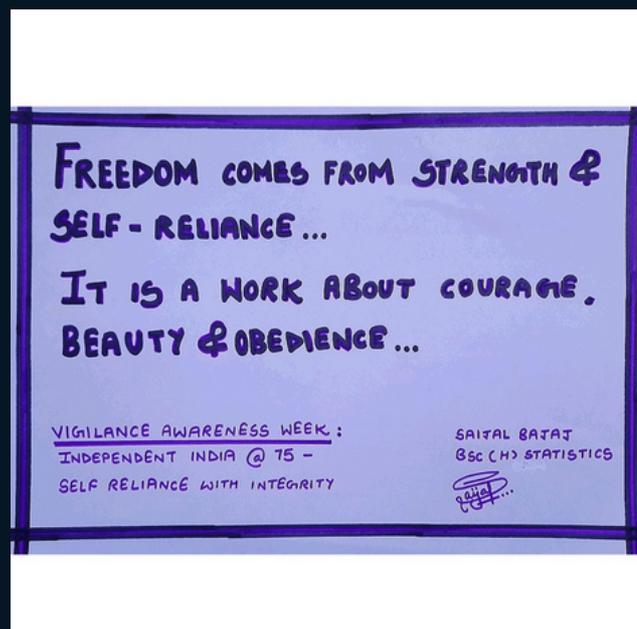
27th October, 2021

Topic:
INDEPENDENT INDIA @75: SELF RELIANCE WITH INTEGRITY

Dr. Rita Jain
Program Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal



FREEDOM COMES FROM STRENGTH & SELF - RELIANCE ...

IT IS A WORK ABOUT COURAGE, BEAUTY & OBEDIENCE ...

VIGILANCE AWARENESS WEEK :
INDEPENDENT INDIA @ 75 -
SELF RELIANCE WITH INTEGRITY

SAITAL BATAT
BSc (H) STATISTICS

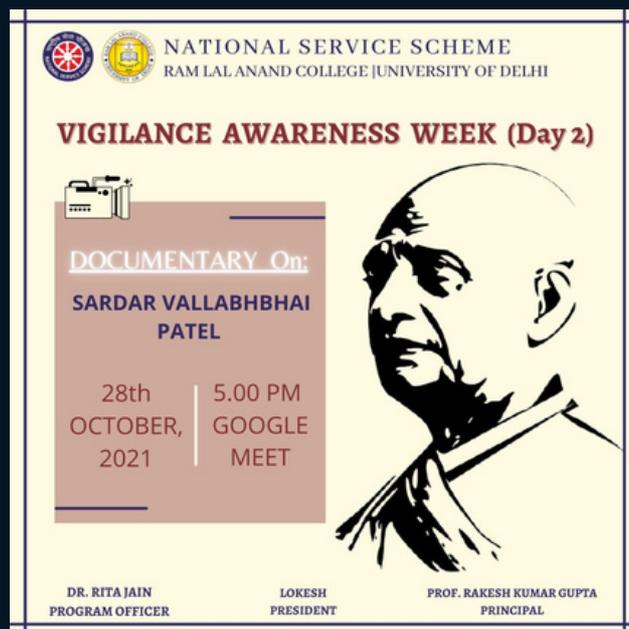
SARDAR VALLABHBHAI PATEL'S BIOGRAPHY

October 28, 2021

Under the banner of Vigilance Awareness Week on Day 2, the NSS unit of RLAC organised a Documentary presentation on Sardar Vallabhbhai Patel's life.

A sheer amount of volunteers joined the session.

39 Volunteers actively participated in the event out of which **25 were female volunteers**.



CORRUPTION – TARANG ROUND 1

October 29, 2021

TARANG OCTOBER'21:

NSS RLA organised poetry writing event under Tarang 5.0 under the vigilance Awareness week (Day 3), in which we received many entries that were fun, motivational and inspired others to discover the connections between poetry and the theme, Vigilance Awareness Week Corruption.

13 Volunteers actively participated in the event out of which 7 were female volunteers.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

Tarang 5.0

Vigilance Awareness Week (Day 3)
Round 1

Poetry Writing

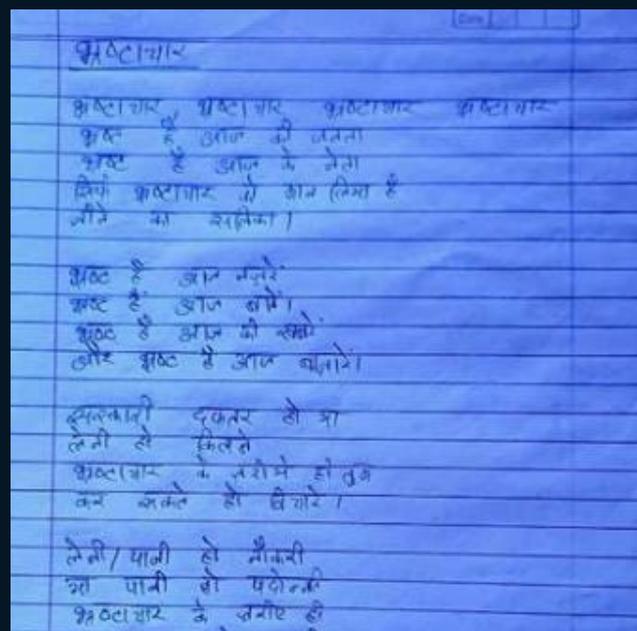
"Topic: Corruption"

हिंदी / English
29th October, 2021

DR. RITA JAIN
PROGRAM OFFICER

LOKESH
PRESIDENT

PROF. RAKESH KUMAR GUPTA
PRINCIPAL

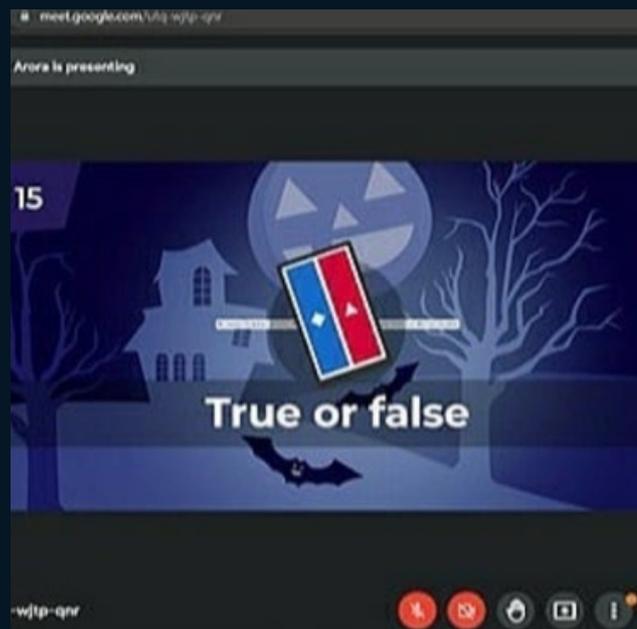


KAHOOT QUIZ – TARANG ROUND 2

October 30, 2021

On 30th October, 2021, the NSS unit of RLAC held a quiz on the theme of ‘Vigilance Awareness Week’ to examine the knowledge of volunteers regarding Vigilance Awareness. Volunteers learned a lot more about the theme.

Volunteers remembered their freedom fighters with love and respect. **15 Volunteers** actively participated in the event out of which **8 were female volunteers**.

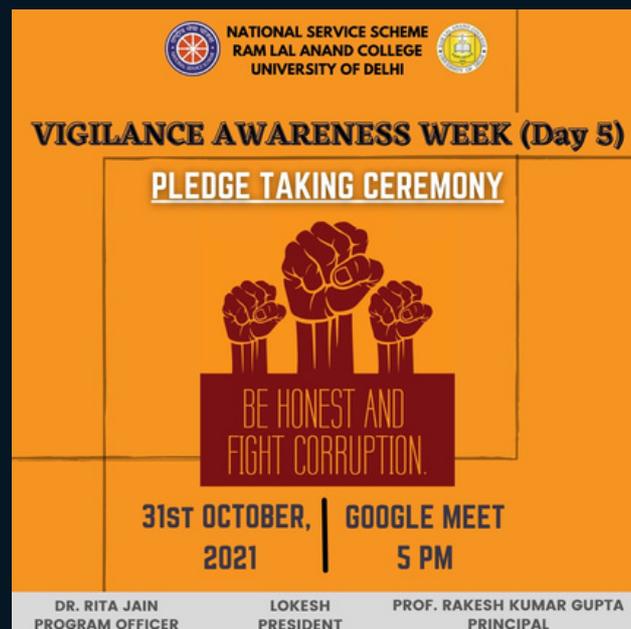


PLEDGE TAKING

October 31, 2021

The main reasons for the growth and institutionalization of corruption are a culture of secrecy with a lack of transparency, and weak institutions for securing the accountability of public servants, such as the Vigilance bodies, the criminal investigative agencies, and the judiciary. As a part of Vigilance Awareness Week, the NSS unit of RLAC on 31st October, 2021 organized an “Online Pledge Taking Ceremony”.

48 Volunteers participated in the event out of which **31 were female volunteers.**



INTRA-COLLEGE DIGITAL POSTER MAKING COMPETITION

October 31, 2021 (Anti-Tobacco Awareness Campaign)

Under the Anti-Tobacco Campaign, the NSS unit of RLAC organised an “Intra-college Digital Poster Making Competition” on the theme, “Say No To Tobacco/Tobacco Awareness.” pledge.

18 Volunteers participated in the event out of which 15 were female volunteers.



MEME MAKING

November 1, 2021

Awareness must be like the rays of the sun; extending everywhere, illuminating all. Under Vigilance Awareness Week (Day 6), The NSS unit of RLAC was spreading awareness among individuals on Vigilance through “Meme Making Event”. The theme was raising public awareness regarding the existence, causes and gravity of and the threat posed by corruption.

20 participants took actively part in it out of which 13 were female volunteers.



DIWALI

November 4, 2021

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

This Diwali, NSS unit of RLAC asked all its volunteers to share pictures of their rangolis .

To our surprise, we received so many beautiful pictures of rangolis.

Have a look at them! We are sure you are going to love the creative work of our NSS RLAC volunteers!

19 volunteers participated out of which 13 were female volunteers.

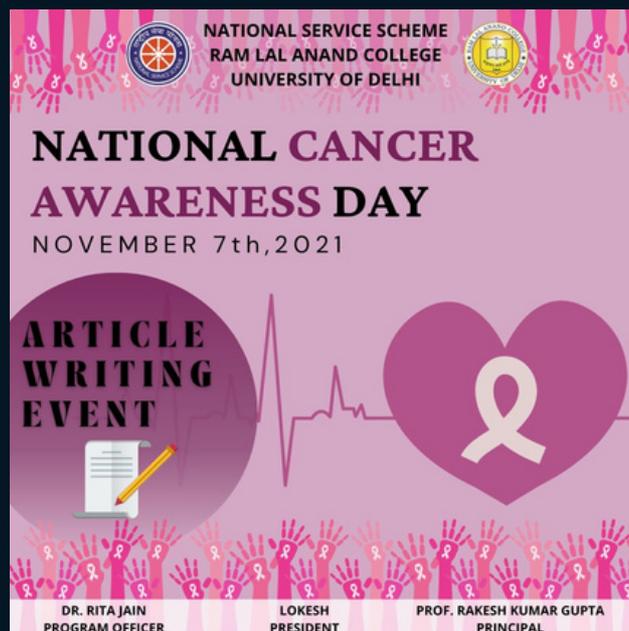


NATIONAL CANCER AWARENESS DAY

November 7, 2021

‘November 7’ is observed annually as “National Cancer Awareness Day” in India to raise awareness about cancer, of which 1.1 million cases are reported in the country each year. Therefore, to spread cancer awareness, the NSS unit of RLAC organised an Article Writing event.

17 volunteers participated in it out of which **12 were female volunteers**.

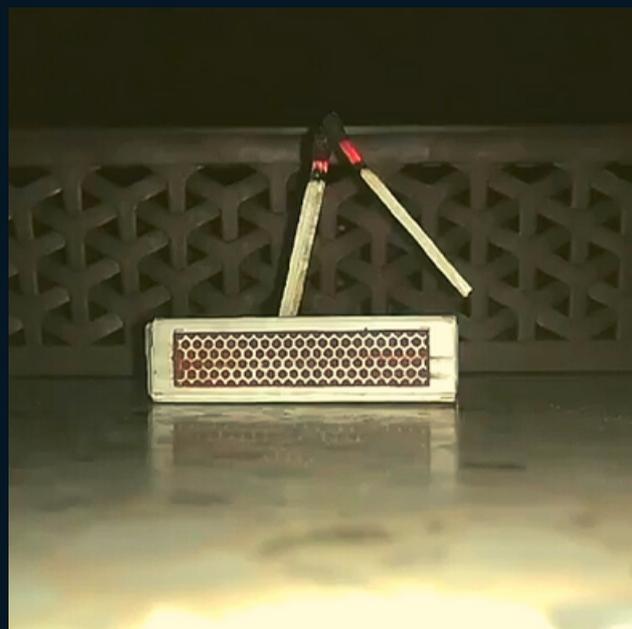


WORLD SCIENCE DAY FOR PEACE AND DEVELOPMENT

November 10, 2021

On the occasion of World Science Day for Peace and Development, NSS RLA organised a fun event in which all the volunteers have to do some easy science experiments at home with everyday items and share a photo/video of that.

13 participants took actively part in it out of which 9 were female volunteers.



ANTI-TOBBACO AWARENESS CAMPAIGN

November 10, 2021 (J. J. Colony Survey)

12 NSS volunteers out of which 8 were female volunteers of Ram Lal Anand College conducted an anti-tobacco awareness campaign in order to raise attention to the widespread prevalence of tobacco use and its negative health effects. Around 30-35 people gathered where everyone took a pledge to never consume tobacco in their life and also advice the same to their friends and family. A tetra pack of Frooti and a pack of biscuits was also given to the people. Volunteers also pasted posters in different parts of the colony for a continuous persuasion to stop tobacco consumption.

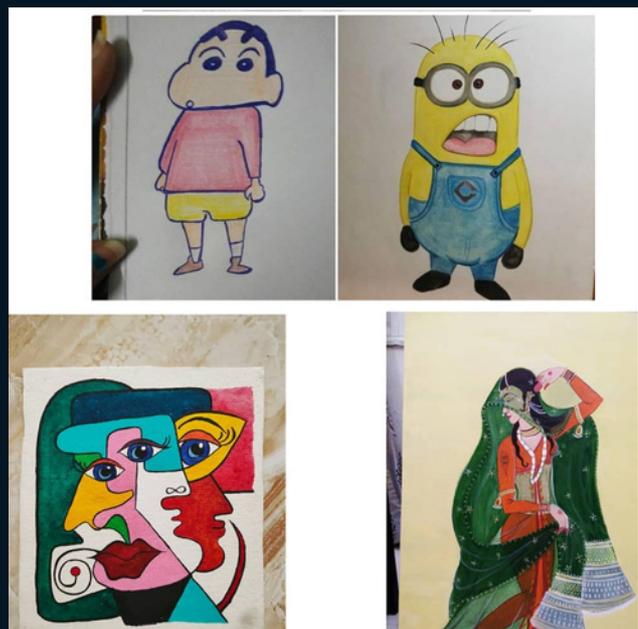


CHILDREN'S DAY

November 14, 2021

On the occasion of Children's Day, NSS RLAC organized an event in which volunteers were asked to share pictures/videos of doing their favourite hobbies like painting, singing, acting, dancing, cooking, calligraphy, sports or anything they like doing.

19 participants participated out of which 12 were female volunteers and, we received yet again mesmerising entries!



WEBINAR ON ORGAN DONATION

November 19, 2021 (By Mr. Sujay Goswami)

Donating organs become a great opportunity to help these people to recover and live a life they always wanted to live. To inculcate the importance of organ donation, National Service Scheme unit of Ram Lal Anand College, Delhi University organised “OUTREACH: Webinar on Organ Donation” on 19th November, 2021 with Mr. Sujay Goswami (Founder and Chairman Delhi Association of Voluntary Blood Donors) being the guest speaker.

This session was open for all. Around **40 participants** were their in this webinar out of which **26 were female volunteers**.

NATIONAL SERVICE SCHEME
Ram Lal Anand College | University of Delhi

ORGANISES

OUTREACH
awareness session on
ORGAN DONATION

PROF. RAKESH KUMAR GUPTA
Principal, Ram Lal Anand College, DU

DR. RITA JAIN
Program Officer
NSS, RLAC

MR. SUJAY GOSWAMI
Founder and Chairman
Delhi Association of
Voluntary Blood Donors
(www.davbd.org)

(Open for all.)
NOVEMBER 19, 2021 | 12:00 PM | GOOGLE MEET

For any queries contact:
Lokesh - 9877993876
Diksha Singh - 9953150345
Ruchika - 8708182773

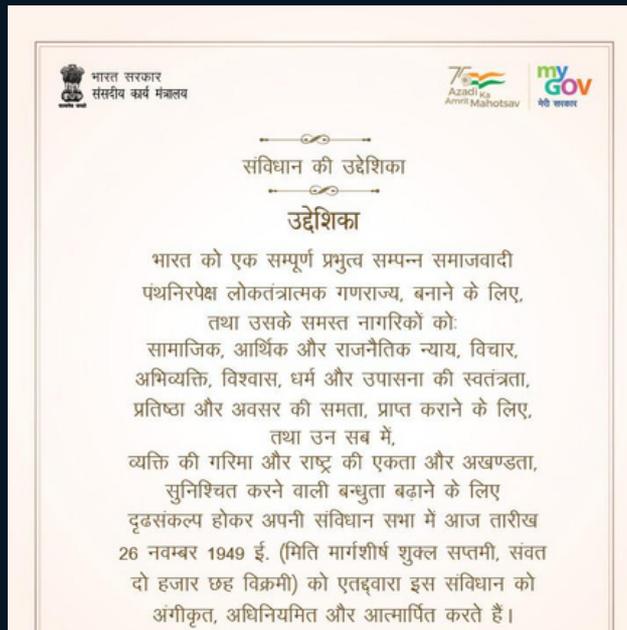
f Rlac Nss
@nss_rlac
@NSSRLAC

PREAMBLE READING

November 26, 2021 (The Constitution Day)

India celebrated the Constitution Day on 26 November by reading the preamble of India at mpa.gov.in/constitution-day and also received a certificate for the same. NSS RLAC appealed its volunteers to join this initiative.

After selecting your preferred language and filling a basic form, volunteers participated. **42 participants** participated out of which **27 were female volunteers** and got a certificate on completion.



QUIZ

November 26, 2021 (The Constitution Day)

India celebrated the Constitution Day on 26 November by attempting a quiz on India at mpa.gov.in/constitution-day and also received a certificate for the same. NSS RLAC appealed its volunteers to join this initiative. After selecting your preferred language and filling a basic form, volunteers participated by playing a quiz.

36 participants participated out of which **21 were female volunteers** and got a certificate on completion.



TARANG NOV'21

November 27, 2021 (The Constitution Day)

For the month of Tarang November'21, NSS unit of RLAC celebrated the beauty of creative writing skills and took the volunteers down to memory lane with the most pondered question of their childhood. After closely examining all the wonderful entries submitted by our **15 volunteers** out of which **8 were female volunteers**. They were the well deserved winners of TARANG NOVEMBER.

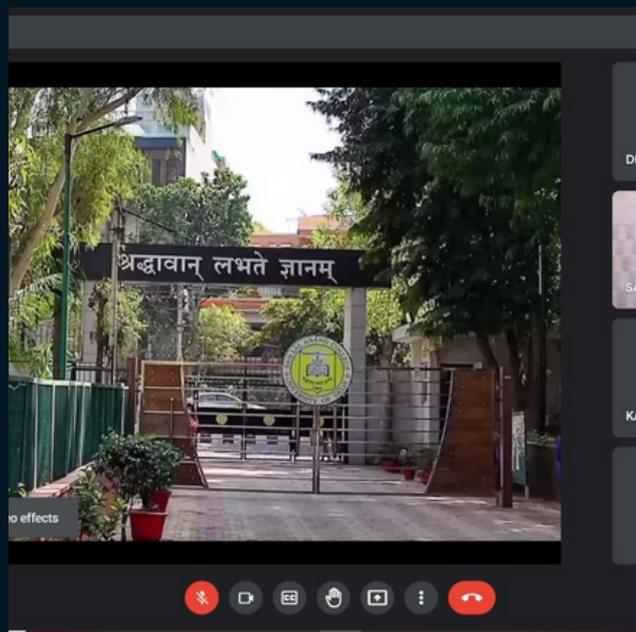
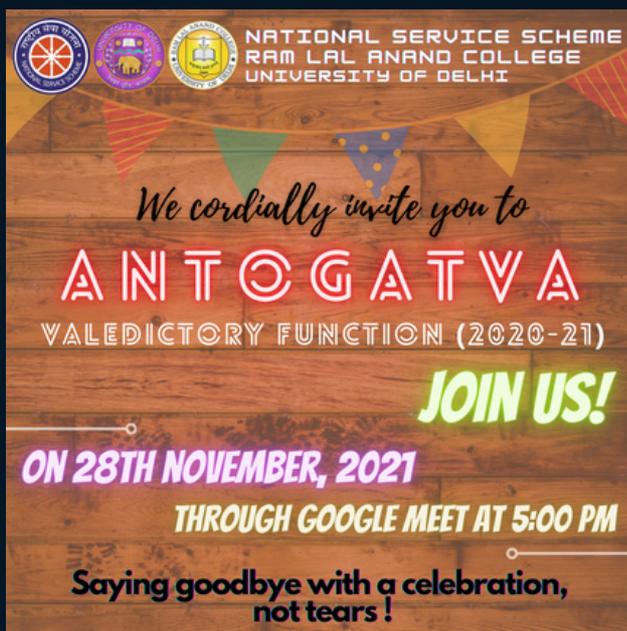


ANTOGATVA

November 28, 2021 (Farewell function 2020-21)

Goodbyes are not forever. Goodbyes are not the end. They simply mean we'll miss you. Until we meet again! ✨ The session (2020-2021) of NSS RLAC came to an end with mixed feelings of emotions bidding farewell to our seniors. Farewell Session was organized on 28th November on Google Meet at 5 pm which was attended by **39 volunteers** out of which **24 were female volunteers**. The session started with power-packed performances of singing, dancing and showcase of memories shared together followed up by fun filled games where seniors participated with great enthusiasm.

The Meeting concluded with short address of Program Officer Dr. Rita Jain for the bright future and full of best wishes for their future endeavours.



INTERNATIONAL VOLUNTEER DAY

December 5, 2021

NSS RLA successfully conducted International Volunteer Day on 5th December, 2021 by engaging volunteers in volunteering in any activity based on their choice.

18 volunteers participated out of which 13 were female volunteers.



The poster features the logos of the National Service Scheme and Ram Lal Anand College at the top. The central text reads 'INTERNATIONAL Volunteer Day' with a graphic of two hands holding a heart. Below this, it states '5th December 2021' and asks for pictures of volunteerism. At the bottom, it lists the names of the Program Officer, President, and Principal.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE | UNIVERSITY OF DELHI

INTERNATIONAL
Volunteer Day

5th December 2021

Send us your pictures
of volunteerism (past
or present) at -
nssrla.du@gmail.com

DR. RITA JAIN
PROGRAM OFFICER

LOKESH
PRESIDENT

PROF. RAKESH KUMAR GUPTA
PRINCIPAL



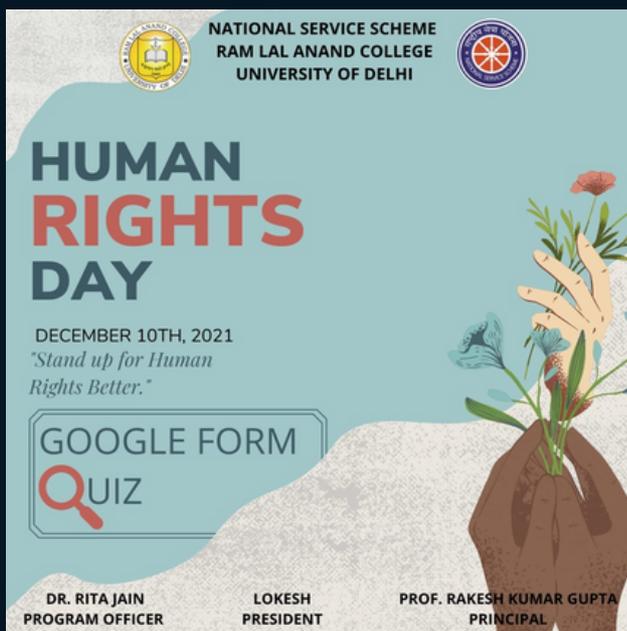
HUMAN RIGHTS DAY

December 11, 2021

"The rights of every man are diminished when the rights of one man are threatened." -John F. Kennedy

Human Rights Day is observed every year on 10th December and NSS unit of RLA to acknowledge the advocates and defenders of human rights around the world conducted a QUIZ for all its volunteers.

Total **24 volunteers along with 12 females participants** were there in this event. Heartiest congratulations to the winners and great attempt, everyone!



YOUTH AIRNxt

December 12, 2021

On the 9th of December, **two volunteers** from our NSS RLAC unit- Anchal Khandelwal and Aryan Singh from BA (H) Political Science, II Year visited the All India Radio Office at Akashwani Bhawan, Sansad Marg, New Delhi. It was indeed an unforgettable and proud moment for both of them and the unit. On the 12th of December, 2021 their show AIRNxt was broadcasted on Akashwani FM Rainbow at frequency 102.6 MHz where four students of Ram Lal Anand College expressed their opinions on 'Women Empowerment in India' under the theme आजादी का अमृत महोत्सव. They had RJ Sujata on AIR with them as their host for the day.




#AIRNxt
 Your vision your voice
 ON 12TH DECEMBER 2021, 07:30PM
RAMLAL ANAND COLLEGE
TEAM
 WITH
SUJATA RATH 
 PRODUCER – SPARSHITA SRIVASTAVA

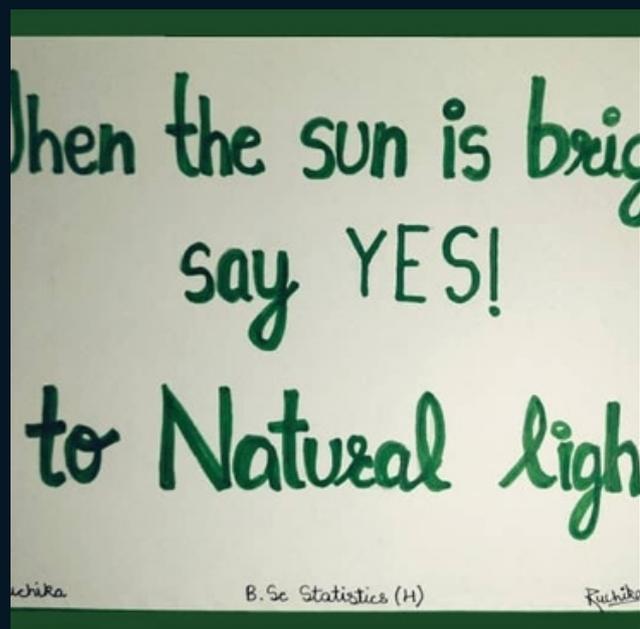
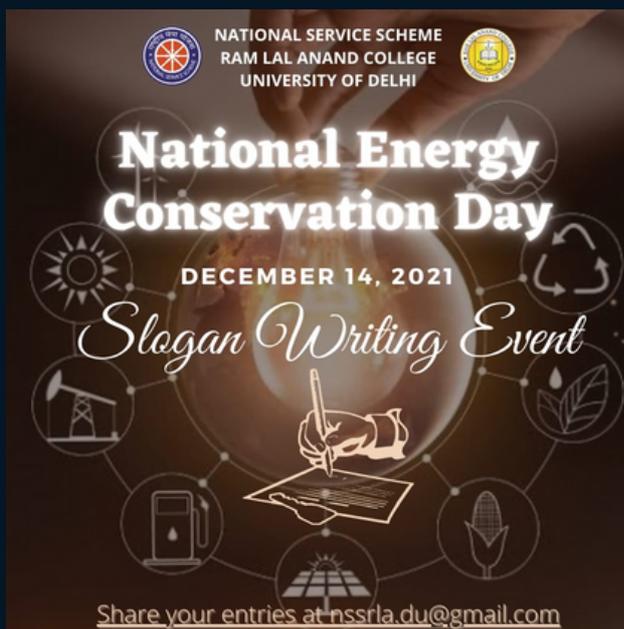
Or type RAIN<SPACE> your name and location, followed by your message and send it to 53010 for queries. Also, you can give

NATIONAL ENERGY CONSERVATION DAY

December 14, 2021

NSS RLAC volunteers celebrated “National Energy Conservation Day” on 14th December, 2021 by organizing ‘Slogan Writing’ event. The volunteers showed their concern and gratitude towards the nature and made this event successful with their warm devotion and creativity.

24 volunteers participated out of which 17 were female volunteers.

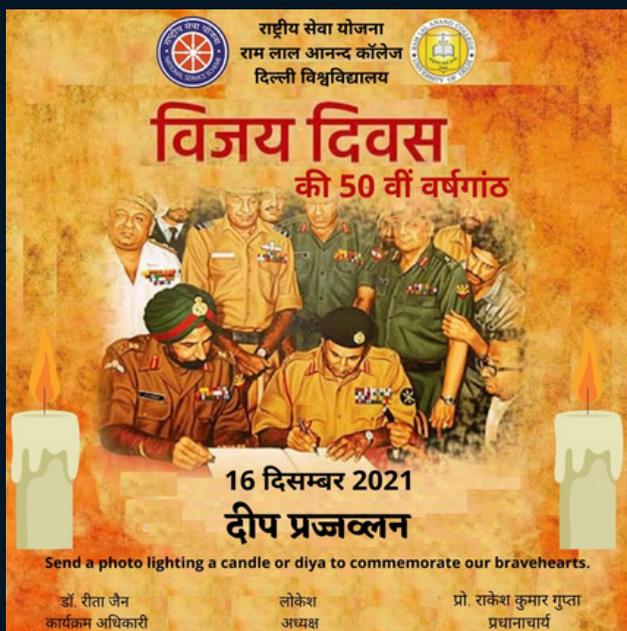


VIJAY DIWAS

December 16, 2021

To commemorate the brave hearts who made India & Bangladesh victorious against Pakistan in the Bangladesh Liberation War of 1971, the NSS unit of RLAC organized a 'Diya/Candle Lighting Activity' on 16th December, 2021 on the occasion of Bijoy Diwas/Vijay Diwas.

26 Volunteers actively participated out of **which 18 were female volunteers** in this activity and the event turned out to be an overall success. Glimpses of the event are in the slides.

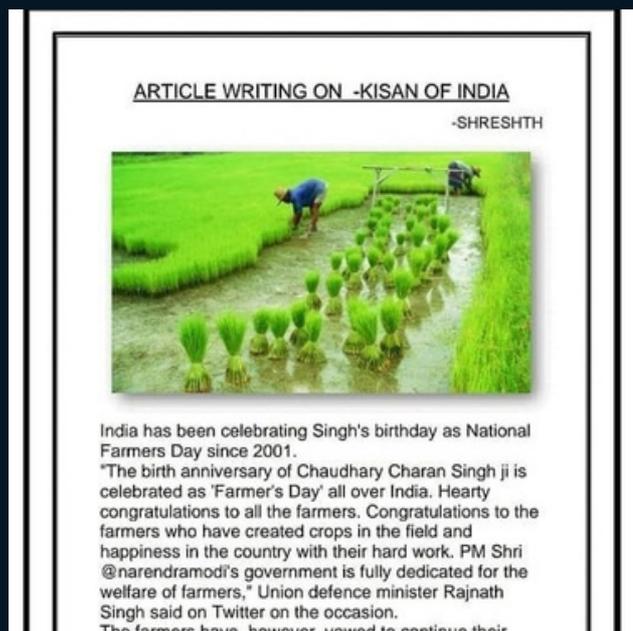
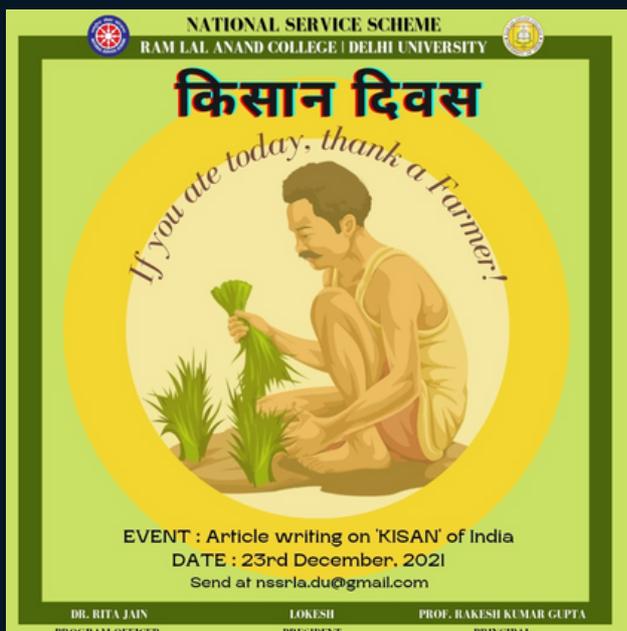


NATIONAL KISAN DIWAS

December 23, 2021

The life of a farmer is very tough as he works very hard day and night in all the seasons for us. Thus, NSS unit of RLAC on 23rd December, 2021 i.e. NATIONAL KISAN DIWAS, organised an 'Article Writing' event on the topic- "Kisan of India".

25 volunteers participated actively out of which **15 were female volunteers** and shared great articles!



CHRISTMAS

December 25, 2021

Christmas this year came with many challenges and opportunities in these turbulent times. The NSS unit of RLAC attempted to spread happiness and joy among its volunteers by organising a very fun activity named “Secret Santa Message”.

The motive was overwhelmingly achieved.

Total **13 participants** participated out of which **6 were female vounteers**.



TARANG DEC'21

December 31, 2021

NSS unit of RLAC on 31st December, 2021 organised seventh edition of TARANG, which was a 'Kahoot Quiz' on the theme- "Good Governance Day" in the remembrance of Atal Bihari Vajpayee ji.

26 participate out of which 15 were female volunteers, showed great enthusiasm and enjoyed the quiz. The background music of the quiz was enhancing the overall theme. The host was making all the participants laugh at certain moments. Later, the winners also shared their experiences and the overall feedback was brilliant.



WORLD BRAILLE DAY

January 4, 2022

World Braille Day has been celebrated on 4th January since 2019, it's observed to raise awareness of the importance of Braille as a means of communication in the full realization of the human rights for blind and partially sighted people. The NSS unit of RLAC to mark this day, organized an event where volunteers were asked to make sentences in Braille using Pulses as an element.

The event ended with unit receiving entries from **103 volunteers, 71 of them being female**, which symbolises how passionate the volunteers were in expressing their admiration of the people born without sight.



YUVAAH: UNRAVELING YOUTH

January 11 - 12, 2022

On the occasion of National Youth Day, to celebrate the spirit of youth and to honour the ideals and thoughts of Swami Vivekananda on his 159th Birth Anniversary, the NSS unit of RLAC organised “YUVAAH: Unraveling Youth”, a two-day Intra-college Speech Competition on 11th-12th January. The topic for the same was 'Post Pandemic Education: Opportunities and Challenges'.

The competition was conducted in two rounds: Round 1 Position Paper which acted as a screening round and Round 2: Declamation Round. A combined total of **144 volunteers** participated on on both the days, of which **93 were female**. 13 students qualified for the final round and 5 of the well-deserving participants emerged as the winners.

The event was a great success, graced by the presence of Dr. Rita Jain and Dr. Alankar, esteemed judges of the event. The response was overwhelming indeed!

National Service Scheme
Ram Lal Anand College
University of Delhi

YUVAAH
UNRAVELING YOUTH
AN INTRA - COLLEGE SPEECH COMPETITION

11-12 JANUARY 2022

"Post Pandemic Education:
Opportunities & Challenges"

Round 1 Position Paper
Round 2 Speech

*E-certificates to top 3 winners

NSS RAM LAL ANAND COLLEGE | @NSS_RLAC | @NSSRLAC

DR. RITA JAIN
PROGRAM OFFICER

LOKESH
PRESIDENT

PROF. RAKESH KUMAR GUPTA
PRINCIPAL

National Service Scheme
Ram Lal Anand College | University of Delhi

YUVAAH
UNRAVELING YOUTH
INTRA - COLLEGE SPEECH COMPETITION

2nd
Pranav Khosla
BA (H) Political Science
1 Year

1st
Akshit Katoch
B.Sc. (H) Mathematics
1 Year

3rd
Anjali Yashwini Chandra
BA Programme, II Year

Mansvi Bangarh
BA (H) Political Science, 1 Year

11-12th
January
2022

@NSS_RLAC
NSS RAM LAL ANAND COLLEGE

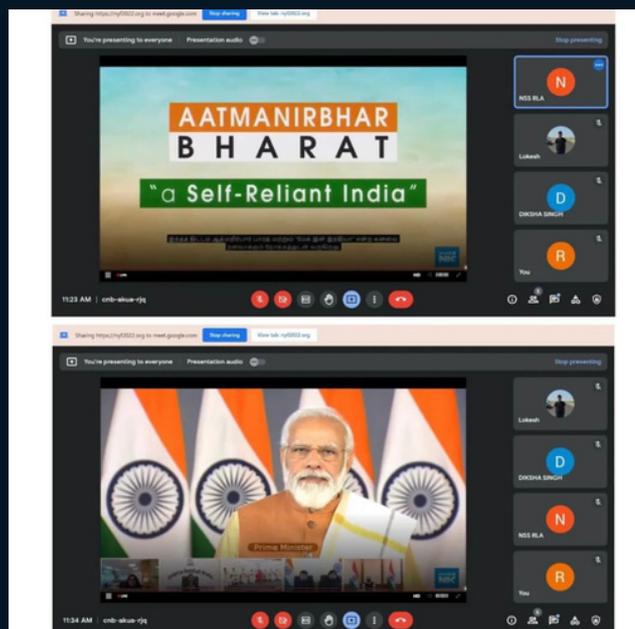
@NSSRLAC
NSS RAM LAL ANAND COLLEGE

NATIONAL YOUTH FESTIVAL

January 12, 2022

The 25th National Youth Festival was co-hosted by Pondicherry govt. & MOYS and the Hon. PM Shri Narendra Modi Ji virtually inaugurated the ceremony on January 12th, 2022. The theme of the event was "Saksham Yuva-Shashakt Yuva". Though restricted to a virtual mode, the event assumed added significance as it coincided with the 75th anniversary of Independence, the birth anniversary of Swami Vivekananda, the 150th birth anniversary of Sri Aurobindo and the centennial death anniversary of Subramania Bharathi.

The volunteers of the NSS unit of RLAC was also connected with the event virtually and got inspired by the significant speeches, presentations, yogasanas, music, and essay writing of youth from all over the country in various competitions. **121 volunteers** attended the session, of which **77 were female**.



MAKAR SANKRANTI

January 14, 2022

Makar Sankranti, the harvest festival of India is a religious and seasonal celebration that honors Lord Surya, the Sun God. To adore the lord sun, NSS LAC conducted the Surya namaskar event on 14th January, 2022 followed by the 21 days Surya namaskar challenge initiated by the Ministry of Ayush, Government of India.

The event got a plethora of responses from **211 participants**, of which **120 were female volunteers**. We cherish the zeal and devotion of all our volunteers.



ORIENTATION PROGRAM ON 75TH ARMY DAY

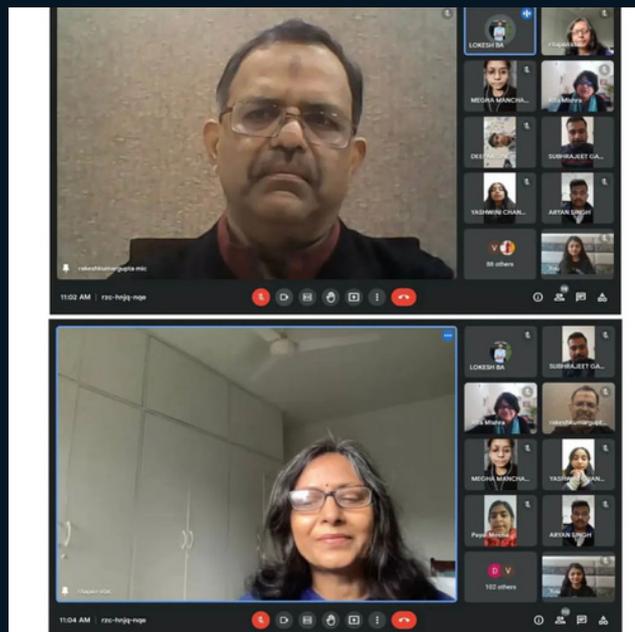
January 15, 2022

"You have never lived until you have almost died, and for those who choose to fight, Life has a special flavour, the protected will never know"- Capt. R. Subramaniam, Kirti Chakra (Posthumously)

On 15 January, 2022 at 11 AM, the NSS unit of RLAC had conducted an Orientation Program on the occasion of the 75th Army Day for the volunteers of the batch 2021-22. For giving exposure to the volunteers, two NGOs head were also called as guest speakers. Dr. Rita Mishra, founder trustee for PATANG, and a social entrepreneur and Mr. Subhrajeeet Gautam, founder of UMEED NGO and a TEDx keynote speaker. **183 volunteers, of which 108 were female**, actively participated in the event.

NATIONAL SERVICE SCHEME
 RAM LAL ANAND COLLEGE | UNIVERSITY OF DELHI
 organises
ORIENTATION PROGRAM
 for the volunteers of batch 2021-22
GUESTS

Prof. Rakesh K. Gupta Principal, Ram Lal Anand College
Dr. Rita Jain Program Officer, NSS, RLAC
Dr. Rita Mishra Founder-Trustee Patang, Social Entrepreneur
Mr. Subhrajeeet Gautam Founder Umeed NGO, TEDx Keynote speaker
15TH JANUARY, 2022 | 11:00 AM
 On Zoom platform:
 Meeting ID: 83832586038
 Password: 868264
 NSS RAM LAL ANAND COLLEGE @NSS_RLAC
 NSS RAM LAL ANAND COLLEGE @NSSRLAC



CLOTH DONATION DRIVE

January 21 - 31, 2022

In the ten days spread over 21st-31st January 2022, the NSS unit of Ram Lal Anand College conducted a Winter Cloth Donation Drive in partnership with Umeed - A Drop of Hope, a non-governmental organisation.

The donation desk was set up in the college premises from 11 AM to 5PM every day, with the exception of weekends and Republic Day. Volunteers themselves donated and encouraged others to donate any useful winter clothes and blankets which were in a good condition including, but not limited to, gloves, sweaters, trousers, and the like.

50 volunteers actively participated in this event, and **28 of them were female**. All the collected items were handed over to the aforementioned NGO to distribute to the needy.



ROLE OF BENGAL IN INDIAN FREEDOM MOVEMENT

January 22, 2022

To celebrate 'Azadi ka Amrit Mahotsav' Ministry of Tourism and the Association of Indian Universities brings you the 6th episode 'Role of Bengal in the Freedom Movement of India' from the 12 episode webinar series. Mr. Manabendra Nag and Mrs. Malini Basu, Regional Level Guides, were the esteemed speaker for the webinar, which was attended by 163 volunteers - 98 being female. They shared some significant insights on the role of revered Freedom Fighters and notable thinkers from Bengal in the Freedom Movement of India.

This episode was live on 22nd January 2022 at 11.00 hrs and was followed by a quiz. **165 volunteers, of which 101 were female** participated actively and got e-certificates.

The poster is for a webinar titled "ROLE OF BENGAL IN THE FREEDOM MOVEMENT OF INDIA". It features logos for "अद्भुत भारत Incredible India", "Ministry of Tourism Government of India", and "75 Azadi Ka Amrit Mahotsav". Below the title, there are six small portraits of freedom fighters. In the center, there are two larger portraits of the speakers: Mr. Manabendra Nag, Regional Level Guide, and Mrs. Malini Basu, Regional Level Guide. The text below the portraits reads "DEKHO APNA DESH" and "Watch the webinar, participate in quiz & win exciting prizes". The date and time are "22nd JANUARY'22 | 1100-1200 hrs IST". Registration links are provided: "To join the webinar, please register at : <https://bit.ly/BengalDAD>" and "To participate in the quiz, please visit : <https://bit.ly/DADQuiz>". At the bottom, it says "WATCH LIVE AT :" followed by three social media links: YouTube (<https://youtube.com/c/incredibleindia>), another YouTube channel (<https://www.youtube.com/AIUIINDIAD>), and Twitter (<https://twitter.com/AIUIndia>).

NETAJI SUBHAS CHANDRA BOSE'S JAYANTI

January 23, 2022

“Life loses half its interest if there is no struggle, if there are no risks to be taken.” -Netaji Subhas Chandra Bose.

A defiant hero who led the Indian National Army & was a forerunner of Indian Freedom Struggle, Netaji Subhas Chandra Bose was a hero who no one can forget not only because he was one of the greatest leaders history ever saw but because his slogan of 'Tum Mujhe Khoon Do, Mai Tumhe Aazadi Dunga' was a great instiller of patriotism in the masses.

Thereby, to celebrate such an exuberant personality, the NSS unit of RLAC organised a Quiz on 23rd January, 2022 the occasion of 'Parakram Diwas', Netaji Subhash Chandra Bose's Jayanti. **144 volunteers** participated actively in the quiz, and **81 of them were female**.



NATIONAL GIRL CHILD DAY

January 24, 2022

"This National Girl Child Day, be proud of a girl child. They are the ones who are made up of courage, determination, sacrifice, commitment, talent and love."

"National Girl Child Day" is observed on 24th of January every year since 2008. It was started with the aim of spreading awareness about the gender inequality faced by girls in society. So in order to celebrate this day in a memorable way, NSS unit of LAC organised an event enucleating two different activities for its volunteers. where female volunteers sent their selfies with their mother/father and male volunteers made attractive posters with the theme 'National Girl Child Day'.

117 volunteers - 82 female - participated actively in the event.



REPUBLIC DAY CELEBRATION & NATIONAL VOTER'S DAY PLEDGE

January 26, 2022

In celebration of India's 73rd Republic Day on 25th January 2022, the National Service Scheme unit of Ram Lal Anand College organised a ceremony in the college campus. The programme, which was graced by the presence of the esteemed chief guest, Shri Balram Pani, DSW of University of Delhi, commenced at 10:30 AM.

A pledge-taking ceremony in light of National Voter's Day was also part of the event, which was attended by **28 volunteers, 18 of which were female.**

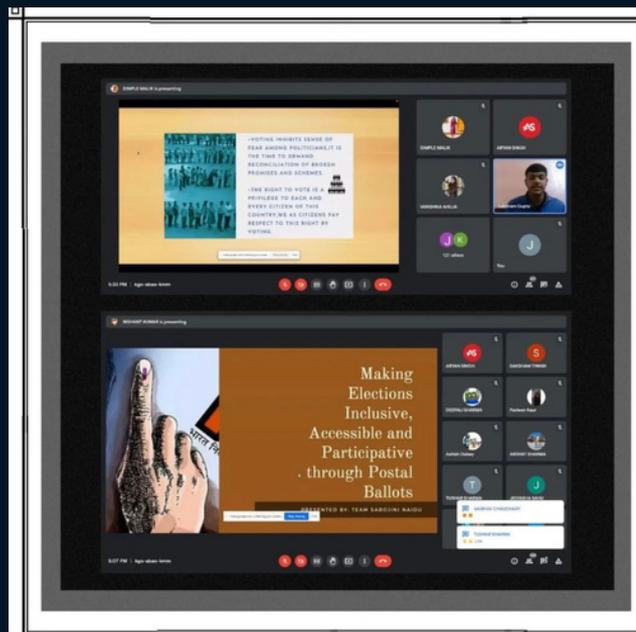
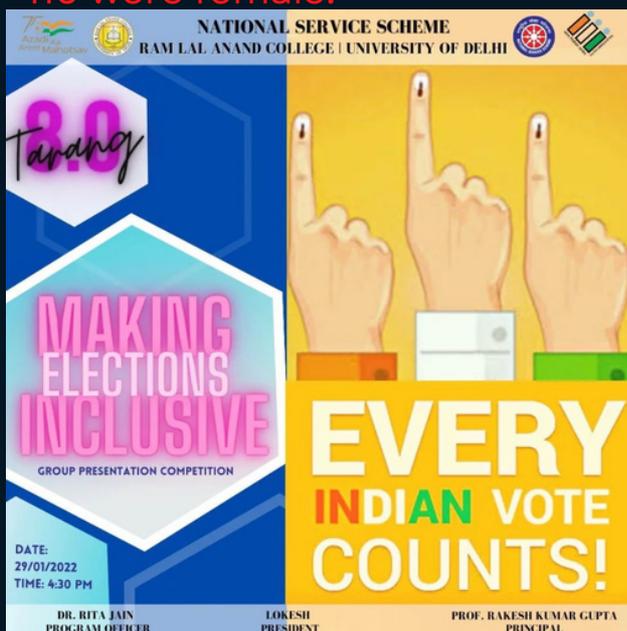


TARANG JAN'22

January 29, 2022 (National Voters' Day)

National Voters' Day has been celebrated on 25th January every year since 2011 to encourage the youth to participate in the electoral process and to focus on the fact that the right to vote is a basic right of every citizen. On the eve of 12th National Voters' Day, NSS unit of LAC on 29th January 2022 organised the eighth edition of "TARANG" which was an Inter-group presentation competition on the theme - "Making Elections Inclusive, Accessible and Participative".

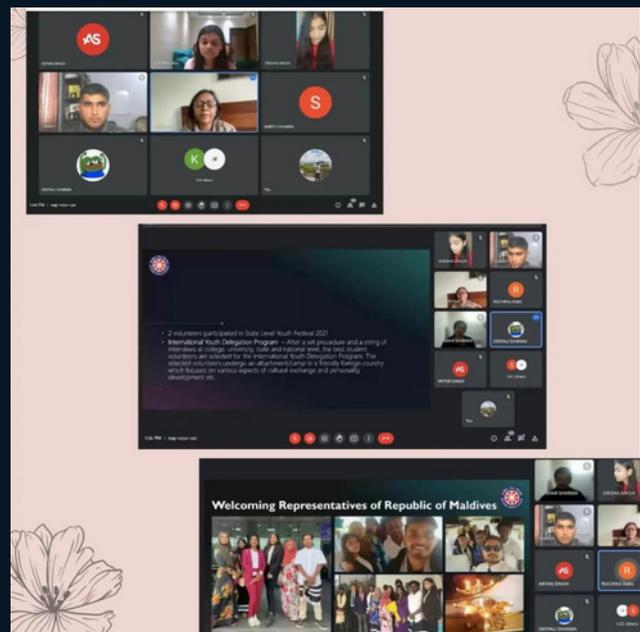
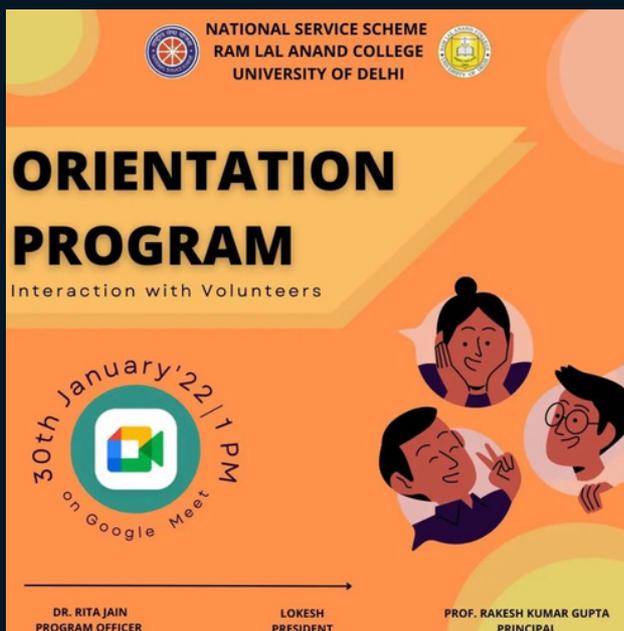
A total of 8 groups participated in this event making it a successful one. The enlightening presentations presented by the groups were surely giving a tough competition there. Overall the event was enjoyed by each one of us by filling our hearts with great enthusiasm and a sense of responsibility as a voter. **189 volunteers** participated actively in the event, of which **110 were female**.



ORIENTATION PROGRAM

January 29, 2022 (Interaction with volunteers of batch 2021-22)

An Orientation Programme for the new batch of volunteers on January 30th, 2022 in the guiding presence of our Program Officer, Dr. Rita Jain Ma'am. The aim of this event was to welcome the new volunteers to the NSS family and make them aware of how things work at the NSS. We, at the NSS, strive to work for the betterment of the society, upholding our motto "Not Me But You". This event conveyed to the volunteers info about different campaigns and drives that NSS regularly undertakes in order to achieve this motto. Overall **178 volunteers**, **106 being female**, attended the quiz.

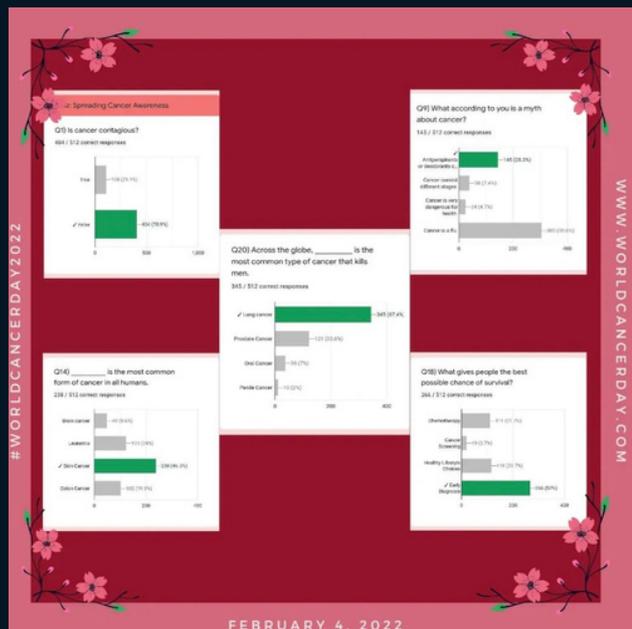
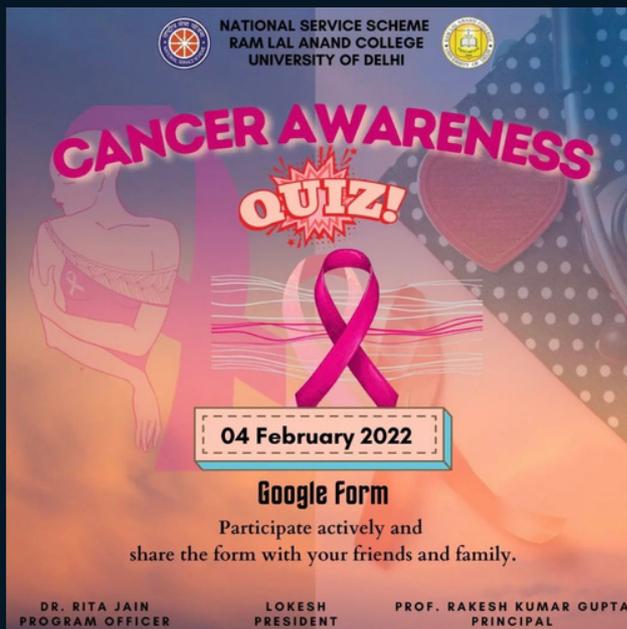


WORLD CANCER AWARENESS DAY

February 4, 2022

On February 4th, the NSS unit of RLAC held a quiz on World Cancer Awareness Day to raise knowledge, create awareness, and bust cancer stereotypes. We encouraged volunteers to distribute quiz forms to their peers and loved ones to help spread awareness, and we also invited volunteers to participate. The response and engagement of volunteers and others were overwhelming and commendable. It was a wonderful time for our unit to be a part of such a great cause and aid the people that needed it at our level, which is what the NSS stands for.

All **212 volunteers** participated actively, out of which **122 were female volunteers** in the quiz.



WASTE SEGREGATION AWARENESS DRIVE

February 8, 2022 (At Harijan Camp, Lodhi Colony)

On 8 February 2022, The National Service Scheme of Ram Lal Anand College, University of Delhi, in collaboration with ITC's WOW Initiative organized an offline awareness drive on segregation of waste at source and inculcate the habit of waste segregation at Harijan Camp, a slum in the Central Delhi to make it a Model Basti via a two month program.

Overall, the event was a success with all the **33 volunteers** out of which **20 were female volunteers**. The day was full of new experiences, knowledge and interaction. People of Harijaan camp were very co-operative, not only the adults but the children there were a lot more engaging, active and helpful throughout the whole event. The Importance of Waste Segregation in Households was promoted very effectively. And it was indeed a great opportunity for NSS to be a part of this prime initiative under the collaboration of ITC-WOW.

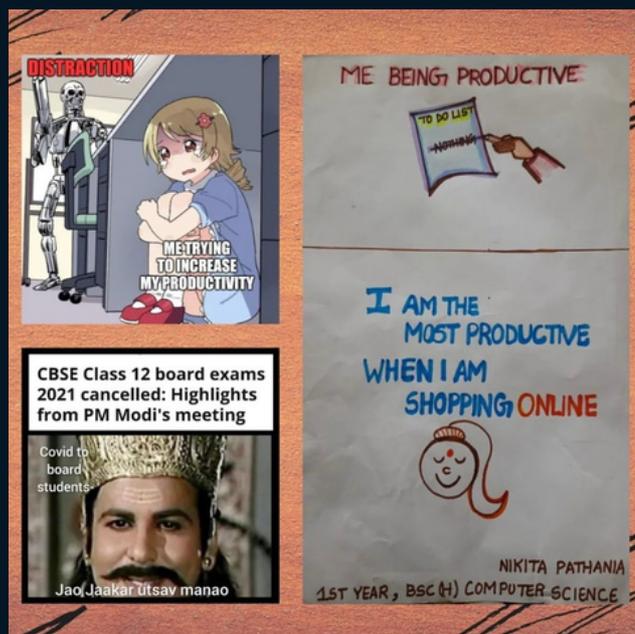


NATIONAL PRODUCTIVITY DAY

February 12, 2022

National Productivity Day is observed every year in India on February 12. The main objective of celebrating this day is to promote productivity and quality consciousness across all sectors of the country.

To mark this day, the NSS unit of RLA organised an event where volunteers made some of the most beautiful and funniest memes. The main objective of this event is to spread awareness about this day in society. **61 volunteers** participated actively, out of which **36 were female volunteers**.



SAROJINI NAIDU'S 143RD BIRTH ANNIVERSARY

February 13, 2022

"We want deeper sincerity of motive, a greater courage in speech and earnestness in action." - Sarojini Naidu. In India, 13th February of each year is dedicated to the National Women's Day to commemorate the birth anniversary of Sarojini Naidu, who was a key figure in India's struggle for independence.

To mark the occasion, the National Service Scheme Unit of Ram Lal Anand College screened a documentary about the freedom fighter on 13th February, 2022 at 1PM. The event was held on Google Meet, **145 volunteers** joined in to become a part of it, out of which **82 were female volunteers**. The documentary threw light on her versatile personality with the motive to instill and inspire the values of integrity, honest, patriotism and courage in the volunteers.



CLOTH DONATION DRIVE HANDOVER

February 14, 2022

Giving is not just about making a donation it is about making a difference. The clothes must have brought smiles to people's faces and a sense of fulfilment in our hearts. Due to the efforts taken by the NSS volunteers of RLAC in collaboration with Umeed NGO, a total of 771 pieces were received during the donation drive including sweaters, jackets, T-shirts, lowers, caps, shoes and gloves etc. Mr. Shubhrajeeet Gautam, Founder of Umeed NGO, paid a visit to the campus.

On 14th January, all the donated clothes were handed over to the UMEED NGO who ultimately distributed them among the needy people. A legal document was also signed stating that the drive was completed successfully. **14 volunteers**, out of which **8 were female** volunteers helped hand over the clothes.



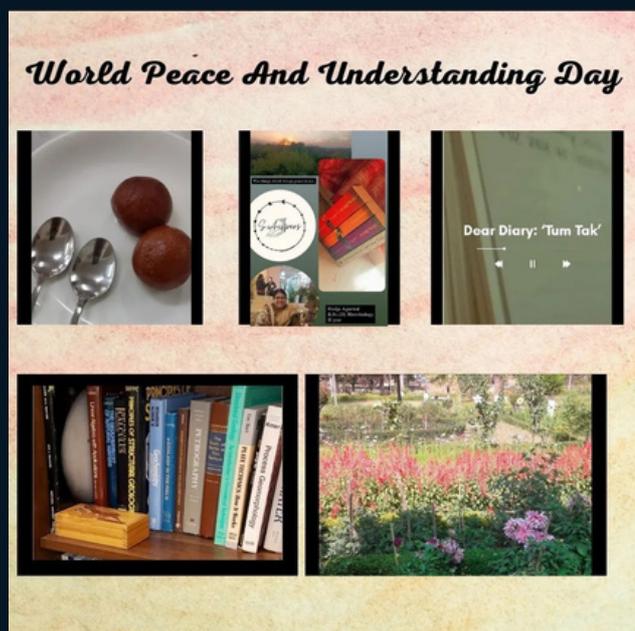
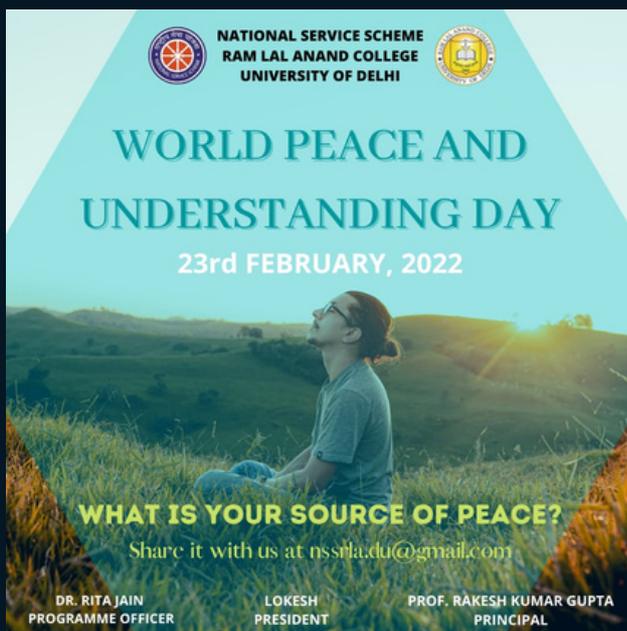
WORLD PEACE AND UNDERSTANDING DAY

February 23, 2022

"Peace is not something you wish for, It's something you make, something you do, something you are, and something you give away."

Celebrated on February 23, World Peace and Understanding Day. With the motto to spread peace. World Peace and Understanding Day has a motto that stands for "Service above Self". The day is celebrated across the world with the thought of understanding amongst people and sharing life values to maintain peace and harmony.

NSS unit of RLAC to mark this day organized an event in which **69 volunteers** took part, out of which **42 were female volunteers**. Where volunteers were asked to share a picture of their source of peace. The event ended with unit receiving more than 100 pictures. We are spreading awareness to educate the public on issues of concern, to remember that it is our world, and we collectively can make it a peaceful place to live and to celebrate and reinforce achievements of humanity.



THE FIRST OFFLINE MEET AFTER LOCKDOWN

February 24, 2022

Owing to COVID-19 almost every work had been done in virtual mode but soon after the reopening of the college, the much diligent team of volunteers of the NSS unit of RLAC organized its first physical orientation on 24th February 2022 at 3pm. A total of **147 volunteers** out of which **90 were female volunteers** of NSS unit of RLAC attended its first physical orientation, after almost 2 years of online working, with great enthusiasm which led to more unity among all the volunteers. The event became lively and vibrant with the chorus of NSS claps in unison, directed by our President. This really boosted zeal in volunteers and invoked energy on a hot and blistering day.



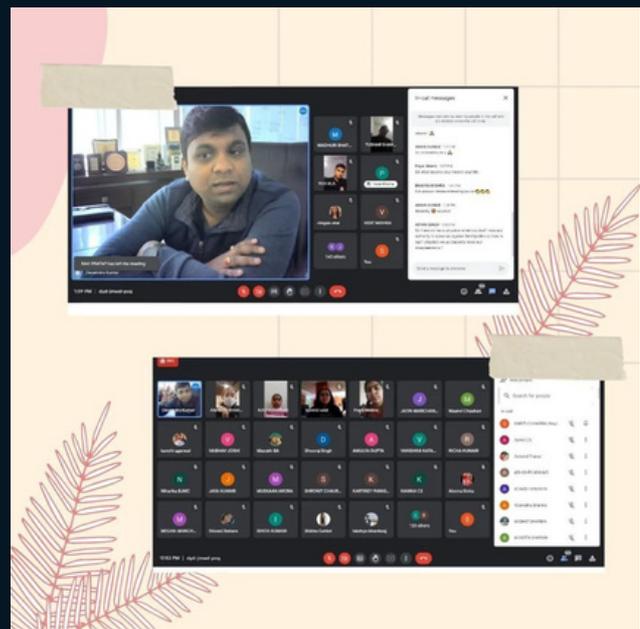
ORIENTATION PROGRAM

February 26, 2022 (Ladli Foundation Trust)

"Society is like a canvas; we need to paint it beautifully" - Devendra Kumar Gupta (Founder, Ladli Foundation)

On February 26th, 2022, the NSS unit of RLAC organised a virtual orientation programme in collaboration with the Ladli foundation. The event was adorned with the presence of our programme officer, Dr. Rita Jain, and our guest, Mr. Devendra Kumar, Founder & CEO of Ladli Foundation. This session kicked off with a thorough explanation of the Ladli Foundation's work and an insight into their achievements. His words motivated all the volunteers to work for the betterment of society. Volunteers also engaged with the speaker in an interactive Q & A round.

The event got a zealous reception from students as **194 volunteers** attended it, out of which **111 were female volunteers**. It was a captivating and elucidating session. We aim to gain more experience and knowledge with the help of such collaboration.



WORLD RARE DISEASE DAY

February 28, 2022

NSS RLAC organised an webinar on February 28th, sharp 6:00 pm onwards with the motto to raise "Awareness of Rare diseases and their impact on patients' lives."

On this occasion, a webinar on "DIABETES" was organised in which various aspects of diabetes were discussed.

The Event was enlightened by the following guest speakers: Jazz Sethi, Founder and Director of the Diabesties Foundation, and Deeksha Dev, Community Director at the Diabetes Foundation. **171 volunteers** actively participated on this occasion, out of which **99 were female volunteers**.

On this day, we resolve to encourage people with rare diseases in society and create awareness among the people.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
 UNIVERSITY OF DELHI

Organises
WORLD RARE DISEASE DAY
WEBINAR ON DIABETES

Speaker
Deeksha Dev
 Counselling Psychologist I
 Mental health & Director of
 Community at Diabesties

28/02/2022
 6 PM
 Google Meet

Speaker
Jazz Sethi
 Counselling Psychologist I
 Mental health & Director of
 Community at Diabesties

DR. RITA JAIN
 Programme Officer

LOKESH
 President

PROF. RAKESH KUMAR GUPTA
 Principal

How Insulin works
 Glucose is the bodies source of fuel. We get glucose from the carbs we eat in food. Glucose enters the Blood stream and has to enter the cells and tissues to be utilised.
 Insulin is the KEY that unlocks the cells doors.

Understanding Insulin
 Insulin, the hormone made by the pancreas, helps the glucose in your blood to be used for energy.
 Type 1 Diabetes: Insulin Deficient
 Type 2 Diabetes: Insulin Resistance

WEBINAR ON ROAD SAFETY

March 3, 2022

NSS RLAC organised a webinar on Road Safety on 3 March at 3 pm . Total **134 volunteers** have attended the session , out of which **78 were female volunteers**.

It was super interactive session with our Guest Speakers Mr. Ravi Sharma and M.N Joshi whose presence made aware our participants regarding all kind of important traffic rules.

The poster features logos for Hero, National Service Scheme, Ram Lal Anand College, and University of Delhi. It includes the text 'ORGANISES WEBINAR ON ROAD SAFETY AWARENESS' and '3RD MARCH, 2022 3 PM'. It lists two guest speakers: Mr. Ravi Sharma, Sr. Officer Road Safety, Hero MotoCorp Ltd., and Mr. Kaustuba Nand Joshi, Sr. Officer Road Safety, Hero MotoCorp Ltd. At the bottom, it identifies the staff: DR. RITA JAIN, PROGRAMME OFFICER; LOKESH, PRESIDENT; and PROF. RAKESH KUMAR GUPTA, PRINCIPAL. A Google Meet logo is also present.

The top screenshot shows a slide titled 'Road Safety Awareness' with the subtitle 'Know the Road'. It displays various traffic signs and symbols, including a traffic light and a 'Language of the Road' banner. The bottom screenshot shows a slide titled 'Welcome from Hero MotoCorp' with the subtitle 'WORLD'S ONE'. It features a circular diagram with icons representing different aspects of road safety. Both screenshots include a Google Meet interface with participant avatars.

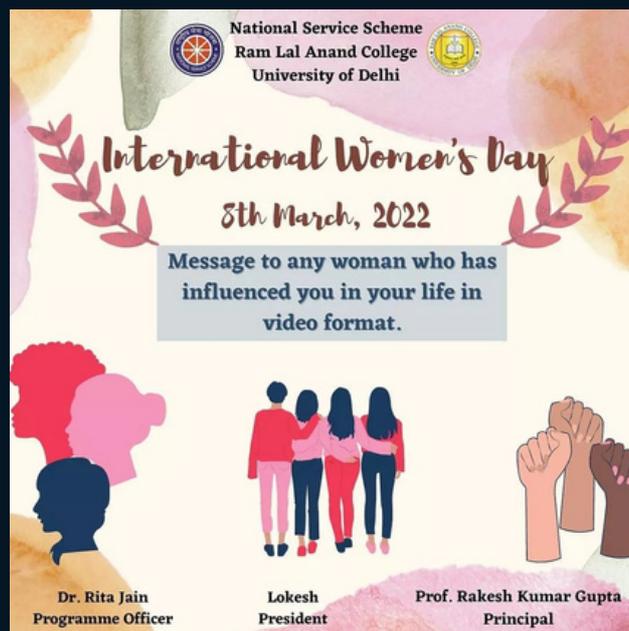
INTERNATIONAL WOMEN'S DAY

March 8, 2022

8th March is considered international women's day. This day brings many things for a women-of course for celebration, a reason to pause and reevaluate a remembrance, inspiration and a time to honour, love and admired.

To honour womanhood, The National service Scheme of Ram Lal Anand College conducted an activity in which volunteers were asked to prepare a short message in video format for the women who inspired them in their life.

We were happy to see such an overwhelming response from NSS Volunteers, total **12 volunteers** participated in the event out of which **6 were female volunteers**. Each video showed us some inspiring stories filled with love care and respect for womanhood!



SEMINAR WITH DR. SANTOSH

March 9, 2022

Swami Vivekananda had once rightly said that 'If the poor boy cannot come to education, education must go to him.'

The NSS unit of Ram Lal Anand College had organised a seminar with Dr. Santosh George, who is the director of Cure International India Trust and has been educating the less fortunate for more than a decade along with doing other philanthropic work. Dr. Santosh shared with the volunteers his experience of educating the young minds of the country and encouraged all the volunteers to do the same.

Total **60 volunteers** attended the seminar and **32 of those were female volunteers** which shows how passionate the volunteers were in expressing their admiration of what sir was doing and wished to themselves contribute to the noble cause of educating the underprivileged.

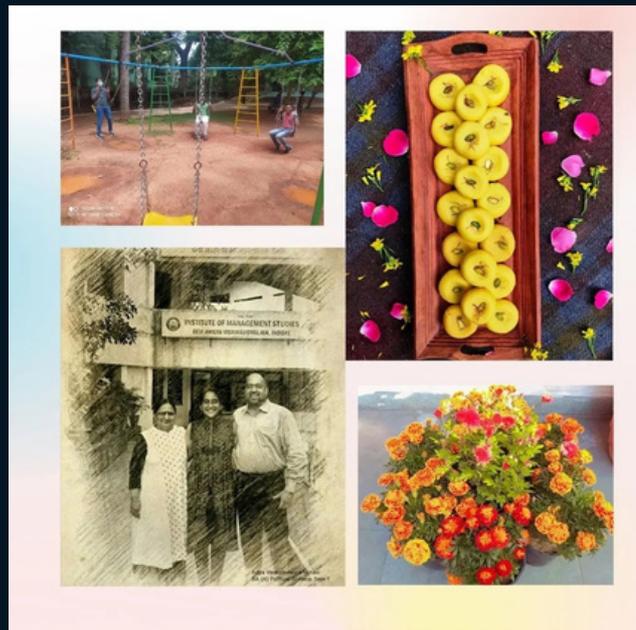


INTERNATIONAL DAY FOR HAPPINESS

March 20, 2022

The pandemic's last few years have shaken all our lives from the roots. But our one smile and little hope give us courage to face even the worst. To live life in its fullest way, it is mandatory to be happy. So the whole world celebrated March 20th as International Happiness Day.

To make things special NSS RLAC, organised a event where volunteers were asked to share their moment of happiness through videos and pictures Event got a huge success with a participation of total **62 volunteers and 42 female volunteers.**

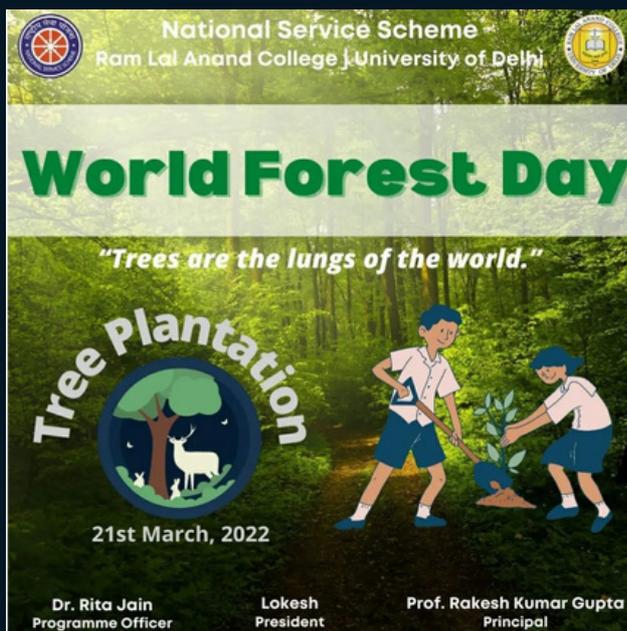


WORLD FOREST DAY

March 21, 2022

NSS RLAC organised a webinar on Road Safety on 3 March at 3 pm . It was super interactive session with our Guest Speakers Mr. Ravi Sharma and M.N Joshi whose presence made aware our participants regarding all kind of important traffic rules.

The Session witnessed participation of more than **134 volunteers, out of which 78 were female** volunteers who all joined the meeting and made it a very successful one .

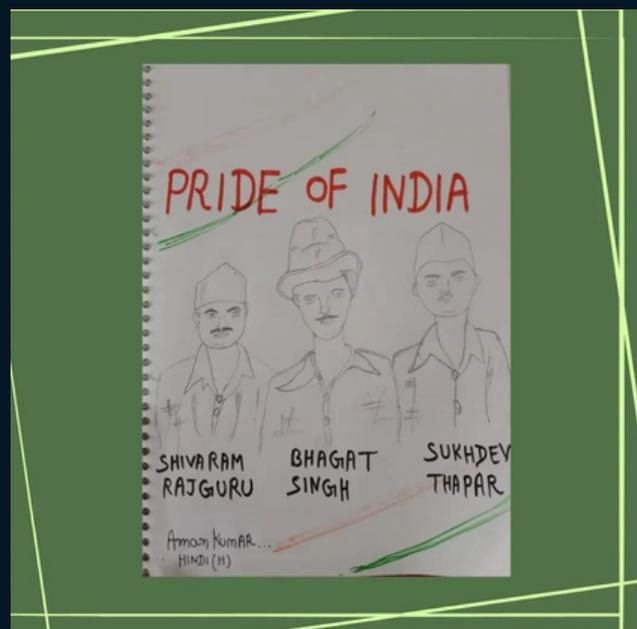
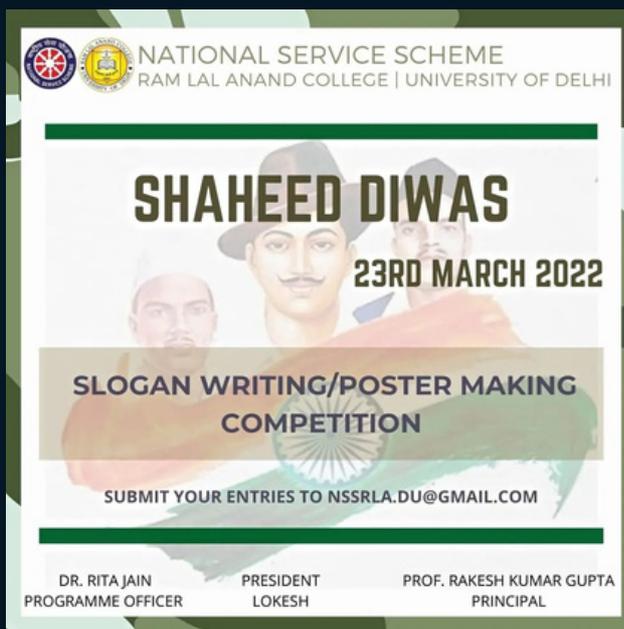


SHAHEED DIWAS

March 23, 2022

On the special occasion of Shaheed Diwas, or Martyr's Day, celebrated all over the country on March 23rd every year, the NSS unit of RLA encouraged volunteers to make this day remarkable by their effort to pay tribute to the death anniversary of our freedom fighters. We organised a slogan-writing and poster-making competition and received 30+ overwhelming entries.

A total of **88 volunteers** participated in the event, out of which **47 were female volunteers**.



SHAHEED DIWAS

March 24, 2022

IDEA (Inclusive Divyangjan Entrepreneur Association) had organised “Swalambhan Yatra” to showcase the empowerment of Persons with Disability. **33 volunteers** have participated in the event out of which **22 were female volunteers**.

This Yatra aims to present the strength of Persons with Disability by giving a message that “not only they can get employment but they can also generate employment for others too and if we try to accept everyone, we can make India Inclusive Capital of the World”.



24th March, 2022: Swalambhan Yatra



PARIKSHA PE CHARCHA

April 1, 2022

Every year since 2018 our honourable prime minister Narendra Modi has started a program named Pariksha pe charcha wherein he talks to students, parents and teachers to help them out with different strategies to curb exam stress and give their best. The NSS RLAC team efficiently joined this strong movement on 1st April, 2022 at 11:00 am. Nearly **50 volunteers** watched live telecast in seminar room of our college and the rest **30 volunteers** joined through online meeting links, out of which we cherish the zeal of volunteers.

This along with mental preparation provided us the students to face offline exams after a huge gap confidently!

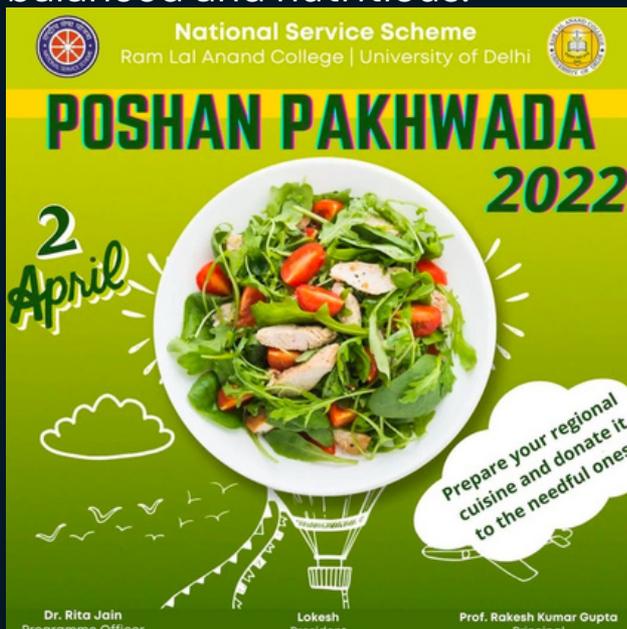


POSHAN PAKHWADA

April 2, 2022

"Your diet is a bank account. Good food choices are good investments."

The NSS unit of Ram Lal Anand College on 2 April 2022 organised a cooking contest to celebrate Poshan Pakhwada. The day is being celebrated by the Ministry Of Women & Child Development to promote traditional and modern practices for a healthy, fit and a nutritious India. The volunteers were asked to prepare a regional dish using any ingredient and cooking method. The volunteers were also requested to donate the food that they prepared to a needy individual. The event ended with the unit receiving entries of **13 volunteers (both online and offline) out of which 7 were female** volunteers. We pledge to continuously spread awareness about this day in the society in order to ensure that each and every person moves away from an unhealthy diet to a diet that is balanced and nutritious.

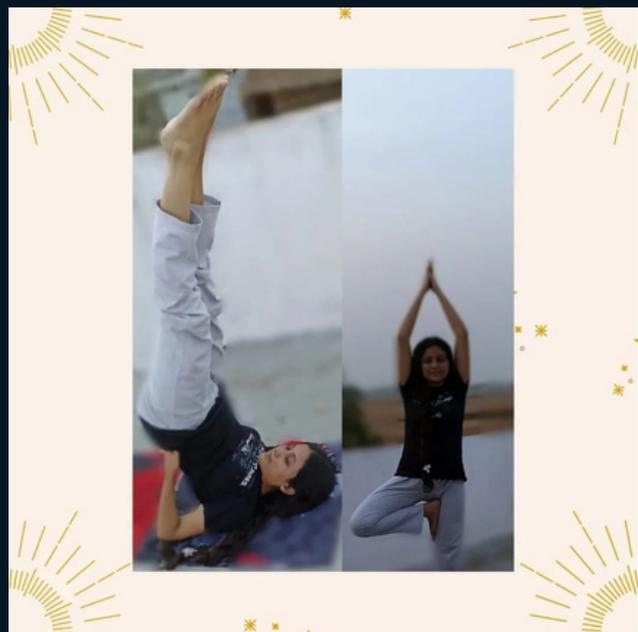
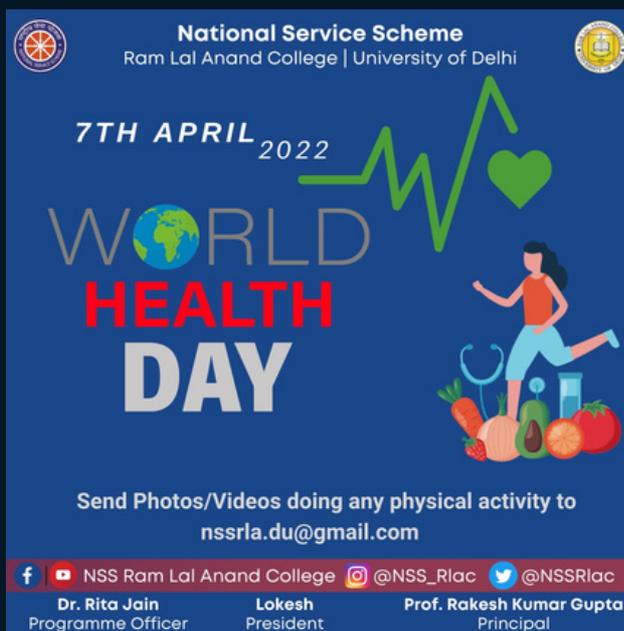


WORLD HEALTH DAY

April 7, 2022

A healthy body is the guest chamber of the soul; a sick, its prison. -Francis Bacon ☆

On 7th April, World Health Day was celebrated with the theme “Our Planet, Our Health”. It aimed to focus on the connection between our planet and our health. To honor the celebration of this day, the NSS unit of RLAC organized an event that encouraged the volunteers to share a photo or video of them while performing physical activity. **27 volunteers** actively participated on this occasion, **out of which 16 were female volunteers**. This day was greatly used to spread awareness about the overall health and well-being of people.



BLOOD DONATION CAMP

April 11, 2022

The National Service Scheme unit of Ram Lal Anand College has organized a “**Blood Donation Camp**” on the event of annual fest Sankalp'22 in collaboration with ‘The Indian Red Cross Society’ a voluntary humanitarian organization.

Blood donation is indeed a highly noble activity as your effort can give others a second chance in life and you'll be giving the gift of life to others by donating your blood. The registration desk was set up on the college campus on the 11th April 2022 from 9 AM onwards.

42 volunteers actively participated in this camp, out of which **18 were female volunteers**.



WORLD CREATIVITY AND INNOVATION DAY

April 21, 2022

"Creativity is seeing what everyone else has seen, and thinking what no one else has thought." Albert Einstein.

The NSS unit of Ram Lal Anand College on April 21st, organised a Best Out of Waste* event, to celebrate World Creativity and Innovation Day. It's a day recognised by the United Nations to raise mindfulness around the significance of creativity and innovation in problem solving in order for the world to grow sustainably. The event required volunteers to create something useful out of the waste materials, providing them an excuse to open that imaginative center in their minds, and eventually take a small step towards making the planet a better place. The active participation by the volunteers made this event a success. By this activity, the concept of 3-R's will surely be embedded into the minds of all, as sustainability alone can just save the planet, but creativity and innovation will make it bloom.

26 volunteers actively participated in this out of which **19 were female**.

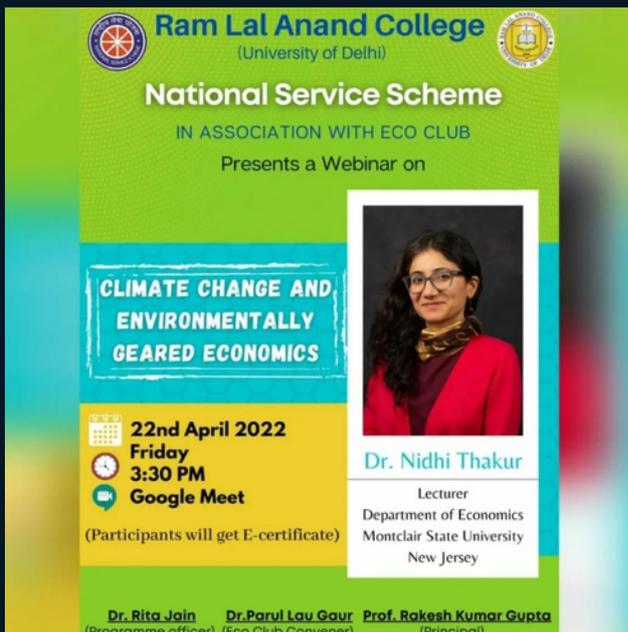


CLIMATE CHANGE & ENVIRONMENTALLY GEARED ECONOMICS

April 22, 2022

The present world is cocooning the concept of "climate change" And nourishes the "choice mechanism" of the economic bench. The connection between ecosystem losses and livelihood is like an "unprofitable barter exchange", And contributes in the direction of an "Uncertain Economical Maze". The concept of "climate change" is enveloping the present world. Extreme climate change has the potential to bring a "detrimental choice" in the zone of human or labour productivity. This 'detrimental choice' is an element behind the weakening of economic growth. The connection between climate change and economic growth is being observed through an e-certified webinar. The NSS unit of RLAC, in collaboration with the Eco Club of RLAC, facilitated this observation on April 22nd, 2022 with the support of Guest Speaker-Dr. Nidhi Thakur, Lecturer at the Department of Economics, Montclair State University, New Jersey, and Convener - Dr. Parul Lau Gaur, Eco Club Faculty, Ram Lal Anand College, University of Delhi.

The webinar received a response of **80 participants**.



Ram Lal Anand College
(University of Delhi)

National Service Scheme
IN ASSOCIATION WITH ECO CLUB
Presents a Webinar on

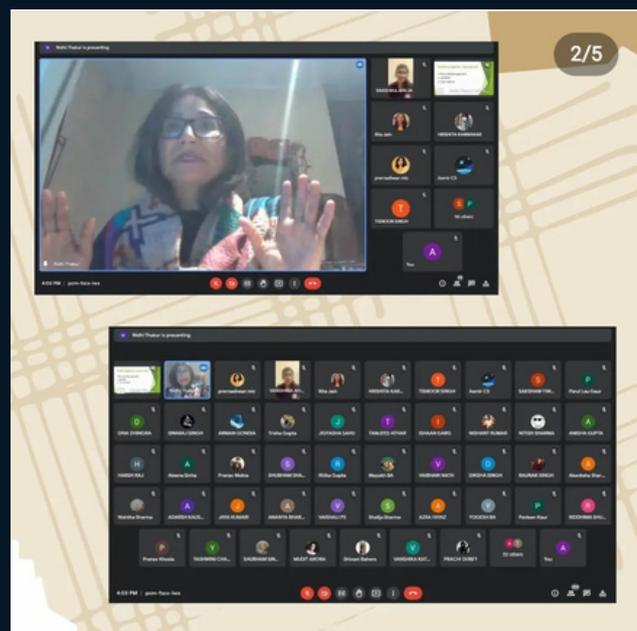
CLIMATE CHANGE AND ENVIRONMENTALLY GEARED ECONOMICS

22nd April 2022
Friday
3:30 PM
Google Meet

(Participants will get E-certificate)

Dr. Nidhi Thakur
Lecturer
Department of Economics
Montclair State University
New Jersey

Dr. Rita Jain (Programme officer) **Dr. Parul Lau Gaur** (Eco Club Convener) **Prof. Rakesh Kumar Gupta** (Principal)



EMOTIONAL WELL BEING: KEY TO SUCCESS

April 26, 2022

On 26th April, 2022, the NSS Unit of Ram Lal Anand College organised a workshop on Emotional Well Being: KEY TO SUCCESS where Dr Sanjeev Siddharth, the chief of staff and Head of Department of Psychiatry at Miramichi Regional Hospital, Miramichi, Canada and Air Marshal Naresh Verma delivered insightful lecture on the significant yet seldom addressed issue of mental health.

The session was attended by **85 volunteers** including **44 female volunteers**.



WORLD LAUGHTER DAY

May 2, 2022

World laughter day is celebrated on the very first Sunday of the month May. The celebration of the World Laughter day is a positive manifestation for the world peace and it is a movement towards bringing people together through the sole purpose of laughing. This day is intended to build up a worldwide awareness of companionship, fraternity and love through laughter.

The NSS unit of RLAC celebrated this day, with its volunteer making short Stand ups and memes. The participation was immense making the count up to more than **50 responses, out of which 25 respondents were female volunteers**. The Memes and the jokes made by our volunteers in the following event were amusing, making our day more funnier and more sparkling. As we laughed together, we commended the sole purpose of this day!! Now enjoy some of the snippets from the event and laugh your heart out!!



AIDS VACCINE DAY

May 18, 2022

Every year on May 18, World AIDS Vaccine Day (also known as HIV Vaccine Awareness Day) is observed to promote awareness about the value of HIV immunizations in preventing HIV infection and AIDS. This day is an opportunity to express gratitude to the volunteers, community people, health professionals, and scientists who are all working to develop a safe and effective HIV vaccine.

As a result, the NSS Unit of RLAC organized an Article Writing Event to raise awareness about this critical day and to educate communities about the necessity of preventive HIV vaccine research.

The interest and participation of volunteers and others was astounding and admirable. There were **31 entries, out of which 18 entries were received from female volunteers.** They added value to our effort with their valuable participation. It was a fantastic opportunity for our unit to be a part of such a great cause and help those that needed it at our level, which is exactly what the NSS stands for.



THE NATIONAL ENDANGERED SPECIES DAY

May 21, 2022

“Living wild species are like a library of books still unread. Our heedless destruction of them is akin to burning that library without ever having read its books.” - John Dingell”.

In a bid to celebrate, learn, and take action to protect these endangered species, David Robinson, author, and the Endangered Species Coalition 2006 established the third Friday in May as the National Endangered Species Day. This year, the Endangered Species Day was observed on May 20. To celebrate this special day, the NSS unit of RLAC organised a Face painting/Painting on white T-shirt Event. It was our small effort to join hands in raising awareness and protect them!

The event received entries from **11 volunteers out of which 6 were female volunteers.**



WORLD MENSTRUAL HYGIENE DAY

May 28, 2022

World Menstrual Hygiene Day is celebrated on May 28 all over the world every year to create awareness about menstruation, provide safe and hygienic practices to girls, and burst the bubble of taboo. Menstruation is the most natural, biological process of a women's life. In our culture, society continues to categorize it as unholy. They think that if we talk about menstruation, there'll be a meteor strike at our houses.

So, to contribute towards this significant day and to change the scenario which has been dominating women for ages, The NSS UNIT of RLAC organized an event in which volunteers were asked to share a photo of a red dot on hand and a message regarding breaking the taboos against it.

We received a fantastic response of **51 volunteers** and out this **38 were female volunteers**. We were happy to see such an overwhelming response from our NSS Volunteers and this was a step towards breaking the taboo.



NATIONAL SERVICE SCHEME
Ram Lal Anand College | University Of Delhi

MENSTRUAL HYGIENE DAY
28 MAY 2022

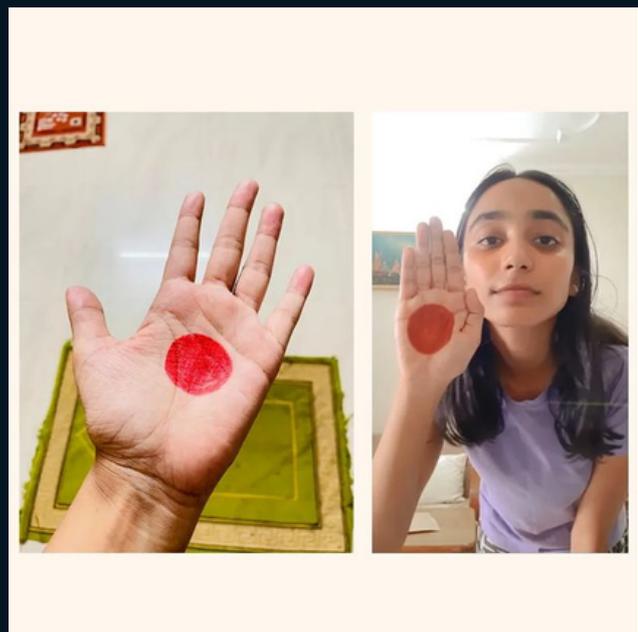
Send photos of red dot on hand
and a message regarding
Breaking the taboos against
Menstruation

Send your entries to nssrla.du@gmail.com

Dr. Rita Jain
Programme Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal



CYBER JAGRUKTA DIWAS

June 1, 2022

The global connection between the entire world through the internet has also given rise to new forms of illicit activities in cyberspace known as Cybercrimes. To aware the users of digital space of the various threats in the cyber world, NSS RLAC, on the advice of UGC observed Cyber Jagrukta Diwas on the first Wednesday of June i.e 1st June 2022. The volunteers were instructed to create stories/posts on the theme of Cybersafety and share them on social media. **30 volunteers including 19 female** volunteers took charge to spread the word about how to be safe in this digital world.



INTERNATIONAL YOGA DAY

June 22, 2022

"Yoga is the journey of the self, through the self, to the self."- The Bhagavad Gita.

Yoga is an art and science of healthy living .To mark its importance, the International Day of Yoga is celebrated worldwide on June 21 every year. On June 22 ,the NSS Unit of RLAC participated in the yoga session organised by Delhi University to celebrate it's centenary year and the international day of Yoga.

More than 500 students participated including **30 volunteers from RLAC** out of which **18 were female volunteers**. Each of them received a yoga T-shirt. The Event was graced by well known yog guru, Swami Ramdev and Union Minister of State for Culture and Parliamentary Affairs Shri Arjun Ram Meghwal. It ended with a vote of thanks and a message to spread the significance of Yoga among the youth.



INTERNATIONAL OLYMPIC DAY

June 23, 2022

International Olympic Day observed on 23 June every year is a day to celebrate the foundation of the Modern Olympic Games. It also marks the day when the International Olympic Committee (IOC), which is responsible for the conduct of the Olympic Games was formed. The broad aim is to commemorate the benefits of sporting activities on Health and each year the day is celebrated according to a different theme released by the International Olympic Committee. Along the lines of this year's theme, "Together for a peaceful world.", NSS RLAC organized an Article writing event to encourage creativity among volunteers. Numerous articles on topics such as the economic impact of hosting the Olympics, the importance of the Olympics, Ancient Olympic Games and Modern Day Olympics, Healthy Lifestyle Concepts, and the Influence of the Olympic Games on the Development of Asian Cities were submitted by the volunteers and their active participation made the event a successful one.

39 Volunteers including **23 female volunteers** participated and their enthusiasm helped in spreading awareness about the importance of the Olympics.

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE | UNIVERSITY OF DELHI

INTERNATIONAL OLYMPIC DAY
23RD JUNE 2022

Article writing event

Send your entries to nssrla.du@gmail.com

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

Dr. Ritu Jain Lokesh Prof. Rakesh Kumar Gupta
 Programme Officer President Principal

Economic Impact Of
Hosting The Olympics

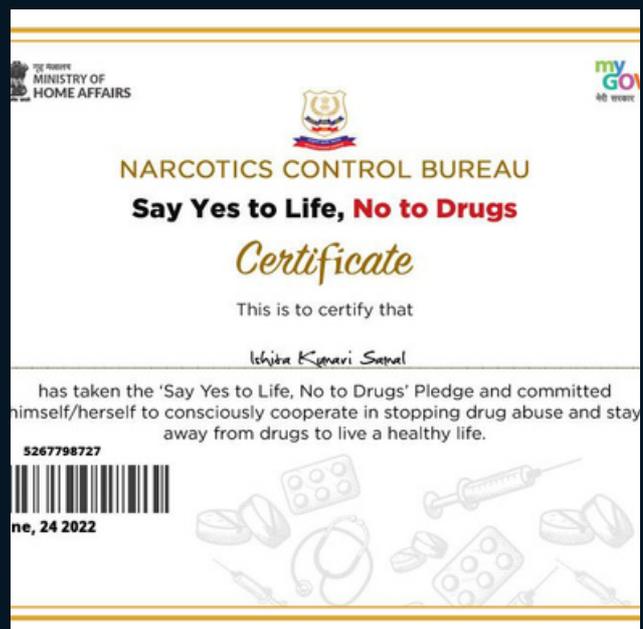
The Olympics leaves a mark in history whenever it's conducted, but many don't know the amount of Economic and Financial Impact it has on the society. Many countries and the cities within them bid tens of millions of dollars for the chance to host the Olympics and the economic impact of hosting the Olympics tends to be less positive than anticipated, because most cities have ended up falling massively in debt after hosting the games. Many believe that the level of tourism and foreign investment that result from hosting the games can be an economic boon. Submitting a bid to the International Olympic Committee (IOC) to host the Olympics costs a million of dollars itself, as cities typically spend \$500 - \$100 million on fees for consultants, event organizers, and travel related to hosting.

NASHE SE AZADI

June 24, 2022

"Nasha" or intoxication due to consumption of foreign substances like drugs, alcohol, alcohol, etc has been a problem in India since a long time. In an attempt to make the youth au courant with the ill effects of such substances on their mental and physical health, NSS RLAC organized an event titled "Nashe se Azadi" on the 24th of June, 2022. The awareness campaign was carried out by encouraging volunteers to pledge against the use of drugs and in favour of a drug free life.

The event was a resounding success as it witnessed **188 volunteers** pledging against the use of drugs. Out of these 188, **104 were female volunteers.**



INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING

June 26, 2022

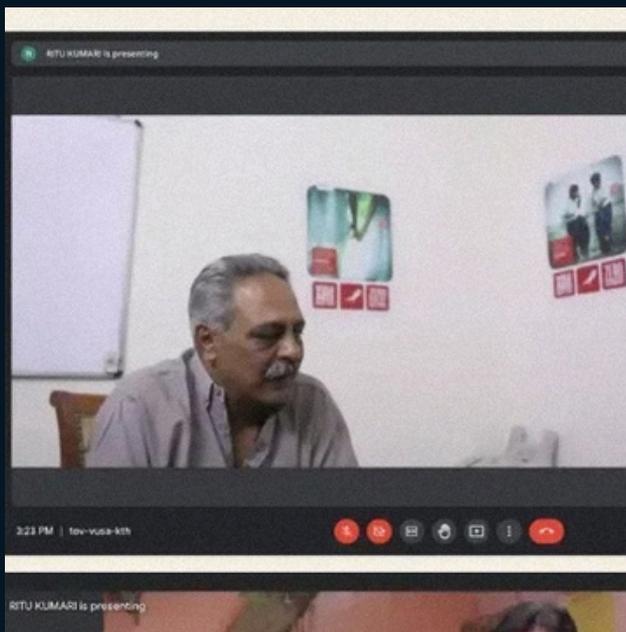
International day against drug abuse and illicit trafficking in 2021 is on the Saturday 26th of June. This day is celebrated to spread awareness against drug abuse and illicit trafficking which are important issue of current times.

Drug abuse means the use or consumption of drug like alcohol, cocaine, marijuana and Percocet etc.

Illicit trafficking refers to the smuggling or trafficking of small arms, explosives and light weapon. The UN office on drug and crime UNODC claims that around 200 million around the world are drug addicts.

This day is used as a day to stimulate a sense of responsibility among people around the world specially youngsters and teenagers.

Events are organised in schools, colleges, workplace, public places around the world to make people aware of the world issues and the dangers of drug and their use. "Share facts on drugs, save lives" is theme of this day.



SEED COLLECTION DRIVE

July 6 - 19, 2022

"The true meaning of life is to plant trees, under whose shade you do not expect to sit."

The NSS unit of Ram Lal Anand College, in collaboration with Dr. Santosh George organized an event based on seed collection which lasted from 6th-19th July, 2022. Each participating volunteers collected at least 10-15 seeds of two fruits out of Mango, Jamun and Peach. The seeds were collected on the college premises on 19th and 20th July, 2022. A huge number of volunteers participated in the event and played a small part in making the earth a better place to live.



YUVA SAMELAN

July 9, 2022

With the motivation to build an ecosystem of nationhood among the promising youth of our nation, under the banner of Rashtrawaad par Manthan, My Home India a social organization hosted the Yuva Sammelan Event at Vigyan Bhawan on July 9, 2022. Hon'ble President of India, Shri Ram Nath Kovind graced this enlightening occasion with his inspiring demeanor.

Commemorating the celebration of 75 years of Indian Independence, the NGO eyes to achieve the goals of 'New India' and 'Atmanirbhar Bharat' whilst harnessing the potentials of the youth of the country.

15 volunteers of National Service Scheme Unit of Ram Lal Anand College, University of Delhi grabbed this golden-opportunity to witness the sagacious presence of Hon'ble President of India.

This wonderful learning platform broadened the horizons of our young volunteers, educated them through the wise words of our Hon'ble President, inspired them through the social initiatives undertaken by the NGO.



LADLI FOUNDATION : SHAGUN & KANYA PUJAN

July 9, 2022

On the 9th of July 2022, the NSS Unit of RLAC volunteered in a mega event organized by the Ladli Foundation. The event was the mass wedding of 51 daughters and the social adoption of 101 girls to give them health and education, who lost their parents in the Covid-19 pandemic. It was a secular event filled with love, commitment, and passion. It was also blessed by the Chief of Juna Akhara and International Saint - Acharya Swami Avaneeshanand Guri Ji.

The event was a huge success due to the dedication and engagement of our volunteers with the Ladli team. The respective Coordinators lead their team accordingly, which resulted in the smooth functioning of the whole program. The whole unit of volunteers was conveyed by Mr. Devendra Kumar, who with his magnificent words filled the volunteers' hearts with more dedication and emotion for this great social cause.

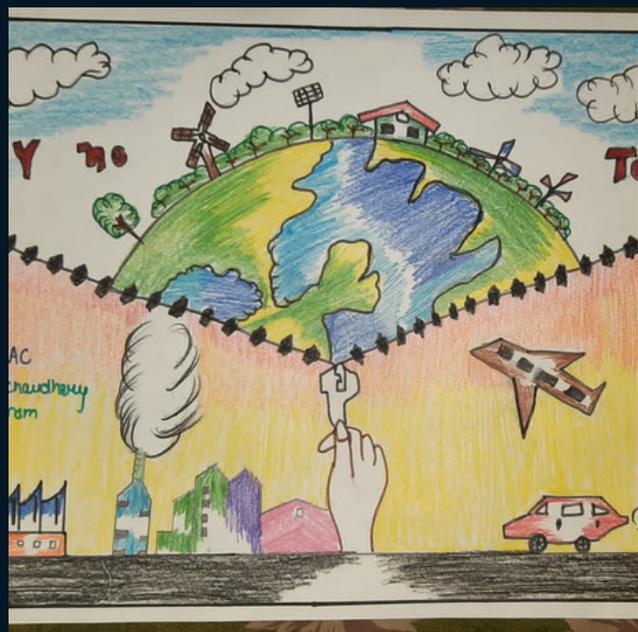
More than 100 students became a part of this benevolent Cause. The unit was teamed up with Ladli volunteers too, who were cooperative and friendly at the same time. All of the units gave their best in this social movement and the whole unit is very gracious about this opportunity too!!



PLASTIC AWARENESS DRIVE DAY 1 – POSTER MAKING

July 12, 2022

To create awareness about the adverse effects of plastic and in the light of the recent Govt ban on the Single-Use-Plastic, the NSS Unit of RLAC organised a 5-day Plastic Awareness Event. On the 1st Day of PLASTIC AWARENESS, volunteers were asked to create posters spreading awareness about the toll plastics take on the environment and humans. These posters were carried further during the awareness drives in/outside the campus. The active participation by the volunteers made this event a success.



PLASTIC AWARENESS DRIVE DAY 2 – INSIDE COLLEGES

July 13, 2022

"Plastic pollution-free world is not a choice but a commitment to life - a commitment to the next generation." - Amit Ray

The NSS Unit of Rama Lal Anand College conducted an Awareness Drive on 13th July, 2022 in and around the college premises in light of its 5-Day Plastic Awareness Event. Each volunteer spread awareness to a minimum of 5 persons in 3 colleges- Ram Lal Anand College, Aryabhata College and Motilal Nehru College. Moreover, a desk was set up in RLAC Campus for spreading awareness. This day was greatly used to spread awareness about the harms of using plastic.

National Service Scheme
Ram Lal Anand College | University of Delhi

**PLASTIC AWARENESS
5-DAY EVENT**
(12TH - 16TH JULY 2022)

DAY 2 **13th JULY**
Awareness Drive in
Ram Lal Anand College
Motilal Nehru College
& Aryabhata College

f NSS Ram Lal Anand College @NSS_RLAC @NSSRLAC

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



PLASTIC AWARENESS DRIVE DAY 3 – OUTSIDE COLLEGE

July 14, 2022

"Each one of us has it in us to keep our environment clean. It is just about getting across to people. Everyone can devote two hours towards the environment." -Afroz Shah

Following through on the words of Afroz Shah, the man behind the *world's largest beach cleaning project at Versova, the National Service Scheme Unit of Ram Lal Anand College had conducted a "Plastic Awareness Drive" in Vasant Gaon and Anand Niketan to spread the word about Plastic and its waste management!

National Service Scheme
Ram Lal Anand College | University of Delhi

**PLASTIC AWARENESS
5-DAY EVENT**
(12TH - 16TH JULY 2022)

DAY 3 **14th JULY**
Awareness Drive in
Vasant Gaon & Anand Niketan

Dr. Rita Jain
Programme Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC



PLASTIC AWARENESS DRIVE DAY 4 – OUTSIDE COLLEGE

July 15, 2022

"Awareness is the greatest agent for change." -Eckhart Tolle.

Every single piece of plastic ever created still exists and will continue to exist for at least 500 years. We need to make small active changes in our behaviours to mitigate this man-made disaster we are facing on a global scale.

To make this happen, the NSS unit of Ram Lal Anand College organized an Awareness Drive in JJ Colony, Moti Bagh and Satya Niketan under its Plastic Awareness 5-day Event. The volunteers talked to the shopkeepers and people around and informed and urged them about the harms and the alternatives of the plastic.

National Service Scheme
Ram Lal Anand College | University of Delhi

**PLASTIC AWARENESS
5-DAY EVENT**
(12TH - 16TH JULY 2022)

DAY 4 **15th JULY**
**Awareness Drive in JJ Colony,
Moti Bagh & Satya Niketan**

SAY NO TO PLASTIC **NO PLASTIC** **SAY NO TO PLASTIC**

f NSS Ram Lal Anand College @NSS_RLAC @NSSRLAC

Dr. Rita Jain
Programme Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal

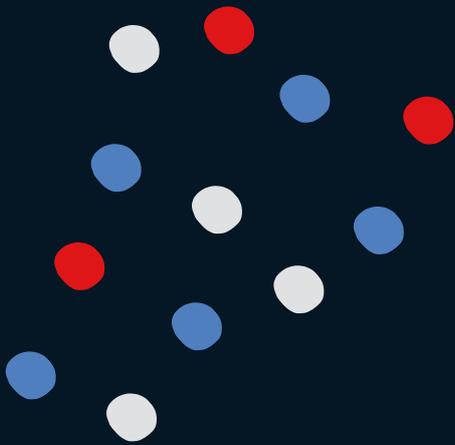


PLASTIC AWARENESS DRIVE DAY 5 – IN LOCALITY

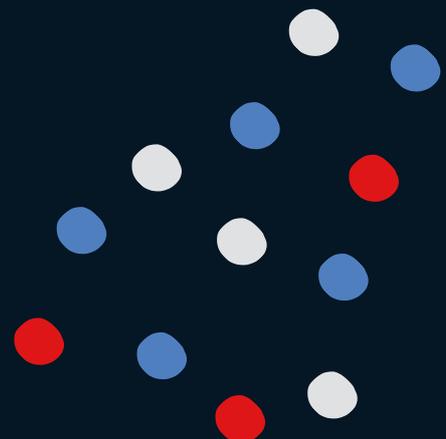
July 16, 2022

To celebrate PLASTIC FREE JULY, and to spread awareness against hazardous effects of plastic, the NSS unit of RLAC conducted "PLASTIC AWARENESS DRIVE" on the last day of 5-Day Plastic Awareness Event, with the aim to spread awareness in nearby localities and neighbouring areas. The volunteers spread awareness in their localities by asking questions about how vendors and local shopkeepers are doing after the plastic ban and questions like this. All the volunteers took part actively and this remarked the end of 5 day event.





ACHIEVEMENTS (2021-22)



NORTH ZONE PRD PARADE CAMP 2022

October 18 - 27, 2021

2 volunteers of National Service Scheme Unit of Ram Lal Anand College, Lokesh and Ravi Kushwaha were selected for the North Zone Pre-Republic Day Parade camp through a screening process which consisted of running 1.5 kilometers under 10 minutes, drill/marching and cultural activities. From 18th to 27th October 2021, they represented the Delhi directorate at the North Zone Pre-RD Parade Camp held at Kalwar, Jaipur. This was one of the only 5 camps being held in India for selecting volunteers for Republic Day Parade Camp 2022.



The volunteers did physical activities like running, PT and hours of drill practice daily. Apart from this the camp offered opportunities for holistic development of volunteers through various sports and cultural activities. In the last 3 days of camp, selection for Republic Day Parade Camp 2022 were held which consisted of personal interview, drill test and cultural activity. The selection committee was chaired by Dr. M Ramakrishnan, Regional Director, Hyderabad Directorate. We as a unit feel proud of our volunteers Lokesh and Ravi.

NORTH ZONE PRD PARADE CAMP 2022

October 18 - 27, 2021

"The Pre Republic day Parade Camp presents to the volunteers once in a lifetime opportunity to be a part of something bigger than themselves. For some, taking part in the parade is fulfilling their parents' dream and for others, the Rajpath march has been their goal since day one. The Pre RD camp presents the opportunity to 40 volunteers to live that dream out of 200 volunteers selected from various States and Union Territories of India. The day begins as early as 5 AM and comes to a gruelling end at 10 PM comprising of PT, running, sports activities, cultural activities, academic sessions, and yes! Parade. The parade sessions on a typical day total up to 6 hours and to put a cherry on the cake, Ragada is handed out every other minute to the whole squad. Some bonds are made for a lifetime in simple acts of pushing your buddy to run one more lap, or not letting your buddy report late alone (we all will go late!), or mimicking the 'Ustaad' and of course, the late-night dance sessions. Apart from this, the camp provides an opportunity to interact with 'Mini-India' and learn about different cultures and values. When you come out of the camp, the tiring Parade sessions you hated, are the ones you miss the most but the slightest ray of hope to walk on Rajpath keeps you going."

- Lokesh, B. A. Programme, Year III

NORTH ZONE PRD PARADE CAMP 2022

October 18 - 27, 2021



WELCOMING MALDIVES CONTINGENT

November 17, 2021

Success is where preparation and opportunity meets. On , 17th November one volunteer **Diksha Singh of NSS RLA unit** welcomed the Maldives contingent on behalf of Ministry of Youth Affairs and Sports (MYAS).

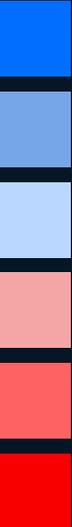
These two days are unforgettable for the whole unit as the NSS Directorate, Delhi needed two volunteers to interact with the Maldives delegates, at 9am our Volunteer reported at the conference hall of Shivaji Stadium.



Only two volunteers were given this opportunity from Delhi. Everything was organised so beautifully and formally and all the interactions and photo sessions were there, after that exchange of cultures, traditions and ofcourse thoughts mesmerised our volunteers which established a lifelong connection with them. Lastly they were greeted by the taj mahal keyrings by the volunteers. It was a great experience for the whole unit.

WELCOMING MALDIVES CONTINGENT

November 17, 2021



YOUTH AIRNxt

December 9, 2021

On the 9th of December, two volunteers from our NSS RLAC unit- Anchal Khandelwal and Aryan Singh from BA (H) Political Science, II Year visited the All India Radio Office at Akashwani Bhawan, Sansad Marg, New Delhi. It was indeed an unforgettable and proud moment for both of them and the unit.

On the 12th of December, 2021 their show AIRNxt was broadcasted on Akashwani FM Rainbow at frequency 102.6 MHz where four students of Ram Lal Anand College expressed their opinions on 'Women Empowerment in India' under the theme आजादी का अमृत महोत्सव. They had RJ Sujata on AIR with them as their host for the day.



NATIONAL INTEGRATION CAMP

December 14 - 20, 2021

"Wholeness is not achieved by cutting off a portion of one's own being but by INTEGRATING of the contraries."

Nine volunteers represented Delhi contingent at National Integration Camp (NIC) held at Sri Ramakrishna College of Arts and Science, Coimbatore from 14-12-2021 to 20-12-2021. Lokesh, a volunteer of NSS unit of Ram Lal Anand College, University of Delhi was one of them.

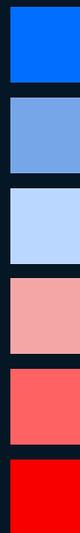


"There were around 250 volunteers from almost all states of India at the camp but language was never a barrier to us." A typical day at the camp started at 5 AM and officially came to an end at 10 PM. Meanwhile, at night the volunteers either prepared for the next day activities or exchanged cultural talks among themselves. So, for them it came to an end around 12 AM.

NATIONAL INTEGRATION CAMP

December 14 - 20, 2021

Routine yet enriching activities included Academic sessions featuring distinguished speakers from different NGOs, Prayers, PT sessions, FIT India Activities, Cultural sessions. Each day was handled by two teams representing their culture in prayer. To make it exciting, each day there was a different activity, for instance, yoga, aerobics, physical training etc. Delhi along with Kerala team handled Day 4. They made Ranglam (Pookalam + Rangoli) in morning prayer depicting integration of our teams. They visited Bharathiar University, Coimbatore. Our volunteer Lokesh was felicitated by the Vice Chancellor & Registrar of the Bharathiar University in the presence of Regional Director of NSS, Chennai for his active participation in the camp. They visited Isha Yoga Foundation on Day 4 and Anaikatti village on Day 5. Each day presented them an opportunity to get out from our comfort zone. From borrowing costumes from other states to the last minute unplanned cultural performances, the south indian food, unforgettable hospitality of college team, lifetime friends, bunking sessions or to prepare our own performance, this camp was indeed a roller coaster ride of emotions which lead them to the ultimate aim of the camp, INTEGRATION!



NATIONAL INTEGRATION CAMP

December 14 - 20, 2021



WORLD BICYCLE DAY

June 3, 2022

Life is like riding a bicycle. To keep your balance you must keep moving. - Albert Einstein

World Bicycle Day is celebrated annually on the 3rd of June to pedal for an eco-friendly and sustainable future. To celebrate and cherish this Day, MoYAS organized a cycle rally for the students at National Stadium, India Gate, New Delhi. This rally was 7.5 km long, inaugurated by famous personalities like Anurag Thakur, Ramesh Pokhriyal, Kiren Rijiju, and Manoj Tiwari. The rally was conducted to promote Fit India Movement, Khelo India movement, Clean India movement, and Healthy India movement. It'll also cut down the pollution and obesity levels in the country.

Two NSS volunteers from our college participated enthusiastically in the bicycle rally.



CONFERENCE WITH AMIT SHAH

June, 2022



CENTENARY CELEBRATIONS – DELHI UNIVERSITY

May 1, 2022



THE

END