



ANNUAL REPORT 2022-23



**NATIONAL
SERVICE SCHEME**

"NOT ME BUT YOU"

Dr. Rita Jain
(Programme Officer)

Prof. Rakesh Kumar Gupta
(Principal)

Our Team

OFFICE BEARERS

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VICE-PRESIDENT	MR. SAKSHAM GUPTA
SECRETARY	MR. UTKARSH AMRIT

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MS. MAANVI CHAUHAN	MR. PRANAV KHOSLA
MS. RICHA JHA	MS. SANYA SHARMA
MS. TISNOOR SINGH CHADDHA	

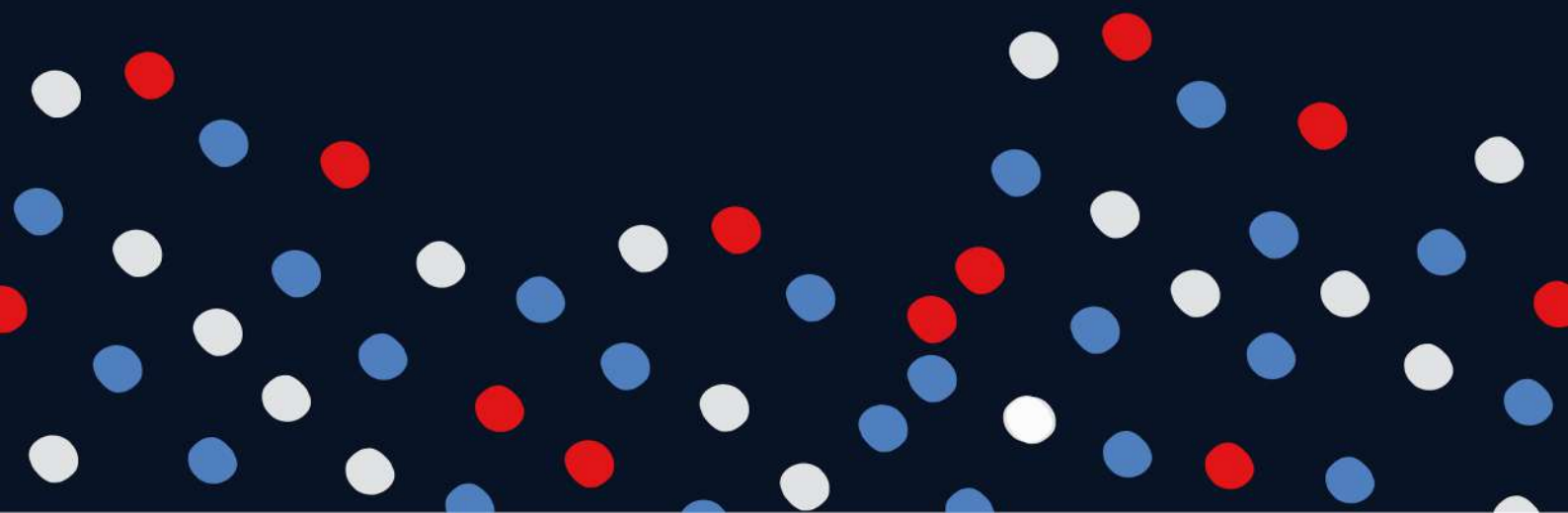
DEPARTMENT HEADS

ANCHORING	MR. RAUNAK SINGH
CONTENT WRITING	MR. HARSH RAJ
EVENT MANAGEMENT	MR. SONU CHOUDHARY MS. YASHWINI CHANDRA
GRAPHIC DESIGNING	MR. DEEPAK RAWAT, MR. TAMJEED ATHAR
PARADE	MR. ANSHUMAN KUMAR SINGH
REPORT WRITING	ADYA VENKATESWARA MINAXI
RESEARCH & PLANNING	MS. TISNOOR SINGH CHADDHA, MR. DEEPAK RAWAT, MR. RAUNAK SINGH.
SOCIAL MEDIA	MR. DHRUV BHADOURIA, MS. ISHITA GOEL

2022 - 23



EVENTS & ACTIVITIES



HAR GHAR TIRANGA

August 1-10, 2022

To commemorate India's 76th year of independence the government launched the campaign "Har Ghar Tiranga" in order to invoke the many sacrifices made for the independence of our country. The NSS Unit of Ram Lal Anand College, University of Delhi, encouraged their volunteers to take part in 3 projects lasting from 1st to 10th August 2022.

Project 1 : the volunteers were required to pin an Indian flag in their home/area and click a selfie with it.

Project 2 : they were encouraged to visit 10 households in their local area and spread awareness regarding this campaign.

Project 3 : the volunteers were directed to collect data about the unsung heroes of the freedom struggle at the local level.

These projects were successful in inspiring and motivating the volunteers to take pride in our nation and give their service to it as **over 30 volunteers** participated in this campaign.



National Service Scheme
Ram Lal Anand College
University of Delhi

"HAR GHAR TIRANGA"
(1st - 10th August, 2022)

- Pin an Indian flag at your home/area.
- Visit at least 10 houses in your local area to provide information about this program.
- Collect data regarding unsung heroes of freedom struggle at the local level.

 NSS Ram Lal Anand College
  @NSS_RLAC
  @NSSRLAC

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



Har Ghar Tiranga

Pin an Indian flag at your home/area and get a picture/selfie clicked with an Indian flag.

Project 1

2/4

The collage shows six photos of students and staff members holding Indian flags in various settings, including their homes and the college premises.

COLLEGE DECORATION

August 6, 2022

The Government of India (GOI) launched 'Har Ghar Tiranga' in its celebration of India completing 75 years of independence. The NSS unit of RLAC laid its own tribute to the campaign by decorating the college walls in bright oranges, greens, blues and whites.

On 6 August 2022, **close to 15 volunteers** spent over 5 hours - from 10:00 AM to 05:00 PM - in the college premises, decking the college up in their creative streak. Of these, 5 were female. Their hard work was reflected in the beautifully crafted 'Tiranga Selfie Point', dusted with Tirangas on all sides.



NORTH CAMPUS RALLY

August 10, 2022

In light of Independence Day approaching soon, the University of Delhi celebrated 'Azadi ka Amrit Mahotsav' by hosting a Tiranga Yatra at its North Campus on 10 August 2022.

Approximately 500 volunteers, in all, gathered at Gate No. 1, Gandhi Statue, University of Delhi at 08:00 AM.

The NSS unit of RLAC sent its contingent of 20 volunteers who reported to the venue at 07:30 AM. The Yatra, accentuated by waves of volunteers carrying the national flag and spreading the patriotic spirit was truly a sight to behold.



FLAG MAKING

August 12, 2022

The Government of India (GOI) launched 'Har Ghar Tiranga' in its celebration of India completing 75 years of independence. The NSS unit of RLAC encouraged its volunteers to celebrate the same by organising a 'Flag Making Competition - Best out of Waste'.

Held on 12 August 2022 in honour of the campaign, the competition required volunteers to put on their thinking cap and come up with innovative ways to create the national flag out of materials usually considered 'waste'.

Over 50 volunteers showed that it was a dynamic activity in making them recycle waste materials and put them to better use. Top three entries received a shoutout in NSS RLAC's official instagram handle.



TIRANGA YATRA

August 12, 2022

The second event of the campaign was a Tiranga Yatra conducted by the NSS Unit of RLAC around the college campus on 13th and 14th August 2022.

More than 70 volunteers participated in this Yatra where the chanting of slogans with regards to Indian independence took place with immense pride and honor, and the Indian flag held up in the hands of the enthusiastic volunteers ignited feelings of honor and integrity in their hearts.

The volunteers rallied till the south campus and commemorated our nation with dignity.



NATIONAL SERVICE SCHEME & NATIONAL CADET CORPS
 RAM LAL ANAND COLLEGE | UNIVERSITY OF DELHI
 INVITING YOU ALL FOR
TIRANGA YATRA
 13th August, 2022 | 12 PM Onwards
 Venue : College Campus
 Dr. Rita Jain, Programme Officer | Prof. Rakesh Kumar Gupta, Principal | Major Sanjay Kr. Sharma, Prof. Dept of Hindi & Associate NCC Officer



INDEPENDENCE DAY

August 15, 2022

With the celebration of 76th independence day on 15th August 2022, conducted through a drill of RLAC NCC cadets in the presence of the event's chief guest, honorable professor S.C. Garkoti.

The celebration began with the flag hoisting by our hon'ble principal Dr. Rakesh Kumar Gupta followed by a speech from him, captain Sanjay sir and the chief guest.

Along with this ceremony, volunteers were set up to paint fists with the Indian flag which sparked the interests of various students. Finally to honor the day, the NSS Unit organized a "Campus plantation drive" facilitated by various students, teaching and non-teaching staffs.

The event was successful in igniting a spirit of patriotism among the people present, which **crossed over 70**.

75
आज़ादी का
अमृत महोत्सव

National Service Scheme
Ram Lal Anand College
University of Delhi

**INDEPENDENCE DAY
CELEBRATION**

Flag Hoisting Ceremony with
Painting of Flag on Fist &
Campus Plantation Drive

**VENUE- FRONT LAWN
TIME- 10:30 AM ONWARDS**

Dr. Rita Jain
Programme Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal



DECLAMATION

August 17, 2022

The final event under the "Har Ghar Tiranga campaign" took place on 17th August 2022, this declamation round was meant to invoke the inner patriotism among the volunteers.

The winner was also able to get a shoutout from the official Instagram handle of NSS. "Chand Alfaaz : Desh Ke Naam" was able to provide a thought provoking conclusion to this campaign.

Through **more than 35 volunteers'** exemplary and stellar display of diction and articulation, this event further helped in emanating patriotic fervor.



NATIONAL SERVICE SCHEME
Ram Lal Anand College
University of Delhi

**INTRA-COLLEGE
DECLAMATION ROUND**
"CHAND ALFAAZ : देश के नाम"

- Open to all students of the Ram Lal Anand College.
- Time limit is 1.5 to 2 minutes.
- Prizes for the top two rank holders.
- Certificates to all the participants.

DATE: 17th August, 2022
VENUE: Seminar Room
TIME: 11:30 AM Onwards

*Registrations open for two days:
14th and 15th August, 2022.*

Dr. Rita Jain
Programme Officer

Lokesh
President

Prof. Rakesh Kumar Gupta
Principal



WORLD WATER WEEK

August 27, 2022

On 27th August 2022, the NSS Unit of Ram Lal Anand College organized an online "Slogan Writing" event with the theme of changing the world.

As without water life is not possible on earth the continuation contamination of this life giving source is a matter of great concern, this slogan writing was an initiative to create a form of awareness among the volunteers and the people around them to understand the value of water.

The active participation of **more than 80 volunteers** made this initiative a success.



HANDMADE POSTER MAKING

September 11, 2022

The NSS unit of Ram Lal Anand College launched a cleanliness drive in the form of a "5-day Swachhata Pakhwada" lasting from 11th to 15th September 2022, to embed the importance of cleanliness among the people.

On 11th September, the first day of the drive the students were enthusiastic in creating a poster with regards to the theme of "Clean city, my dream city".

It was conducted on online mode which enabled the students to create posters with ease and efficiency. **29 female volunteers and 16 male volunteers** participated in this activity with enthusiasm and a spirit to contribute to the society.



CLEANLINESS OATH + DRIVE

September 12, 2022

The NSS unit of Ram Lal Anand College launched a cleanliness drive in the form of a "5-day Swachhata Pakhwada" lasting from 11th to 15th September 2022, to embed the importance of cleanliness among the people.

12th September, the second day of the drive included a swachhata – shapath, an oath taking event on the front stage of the college premises at 2:30 pm where the students actively participated with commitment and responsibility.

The oath taking was followed by a cleanliness drive where the volunteers were divided into teams and required to collect litter and separate wastes on nearby areas of Satya Niketan, Basant Gao, JJ Colony and Anand Niketan from 3pm to 5pm.

The enthusiasm of the drive was shown through the participation of **86 volunteers where 43 volunteers were female**. The drive was a success as the volunteers were able to generate awareness about having a clean environment.



Ram Lal Anand College
University of Delhi
National Service Scheme

Swachhata Pakhwada

- ▶ Handmade Poster Making 11th September 2022
- ▶ Oath Taking + Cleanliness Drive 12th September 2022
- ▶ Online Quiz Competition 13th September 2022
- ▶ Post Making 14th September 2022
- ▶ Online Debate Competition 15th September 2022

Dr. Rita Jain
PROGRAMME OFFICER

Jaya Pandey
PRESIDENT

Prof. Rakesh Kumar Gupta
PRINCIPAL



ONLINE QUIZ COMPETITION

September 13, 2022

The NSS unit of Ram Lal Anand College launched a cleanliness drive in the form of a "5-day Swachhata Pakhwada" lasting from 11th to 15th September 2022, to embed the importance of cleanliness among the people.

On 13th September an online Quiz was organized with the theme of "know your environment" where question based on Mahatma Gandhi, swachhata campaigns, forests and awards were given.

The motivation of the students was visible through their tactful answering of questions, the quiz was shared through Google form where **28 female and 31 male volunteers** enthusiastically participated.



Ram Lal Anand College
University of Delhi
National Service Scheme

SWACHHATA PAKHWADA

Online Quiz Competition
Know your environment

Questions will be based on:

1. Major swachhata campaigns
2. Gandhi ji
3. Awards
4. Forests

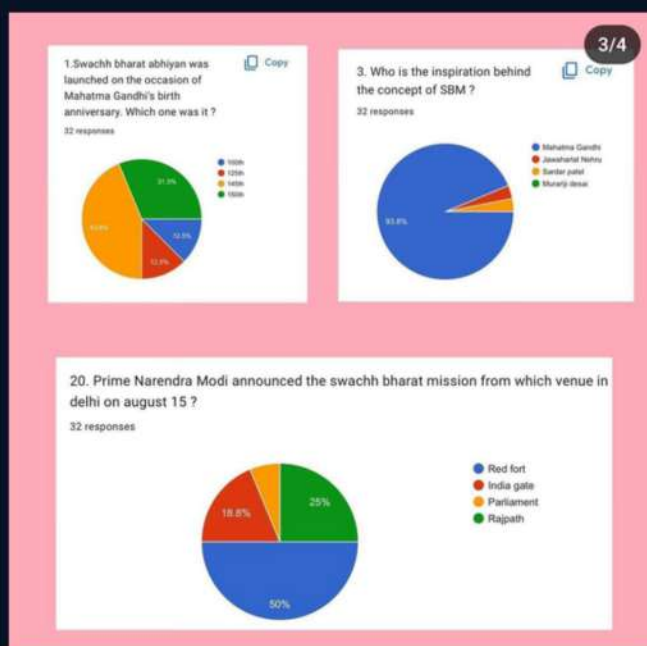
13th September, 2022

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC

Dr. Rita Jain
Programme officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



POST MAKING

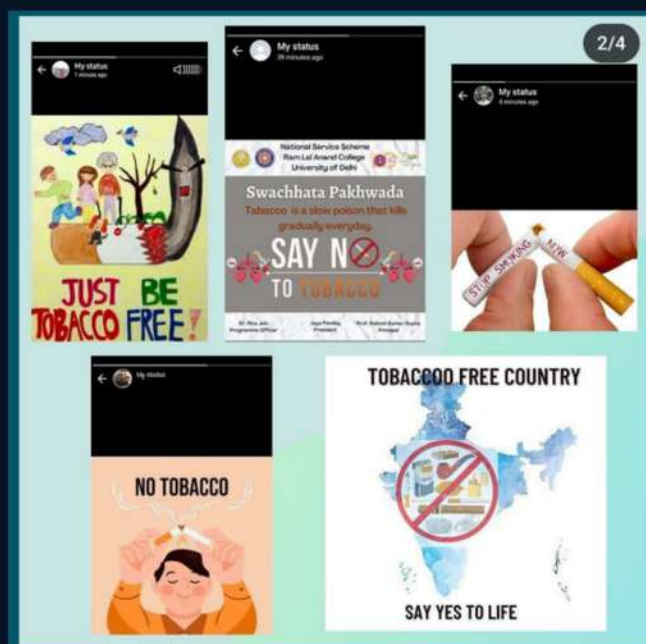
September 14, 2022

The NSS unit of Ram Lal Anand College launched a cleanliness drive in the form of a "5-day Swachhata Pakhwada" lasting from 11th to 15th September 2022, to embed the importance of cleanliness among the people.

The NSS unit launched a post making contest on 14th September with the theme of "Tobacco free country".

Volunteers created enlightening posts on various social media handles such as WhatsApp, Instagram and Facebook and were able to generate awareness among the people to discourage the use of tobacco.

38 female and 30 male volunteers participated with the aim to bring a change in the environment.



DEBATE COMPETITION

September 15, 2022

The NSS unit of Ram Lal Anand College launched a cleanliness drive in the form of a "5-day Swachhata Pakhwada" lasting from 11th to 15th September 2022, to embed the importance of cleanliness among the people.

To commemorate the last day of the Swachhata Pakhwada, the NSS unit organized an online debate competition on 15th September on the topics, (a) Swachh Bharat Abhiyaan : How impactful has it been? (b) Cleanliness of the cities is the sole responsibility of the government.

The volunteers performed the debate either for or against on one of these topics, it took place in Google meet from 6:30 to 8:30 pm with the participation of **41 female and 31 male volunteers**. The participants also received a certificate of appreciation and a shout out at the official NSS Instagram handle for their valuable insight and knowledge.

Throughout the Swachhata Pakhwada the unit witnessed a remarkable drive for a cleaner and greener environment by the volunteers.

Ram Lal Anand College
University of Delhi
National Service Scheme

75
Azadi Ka
Amrit Mahotsav

1/4

Swachhata Pakhwada

Debate Competition

15th September 2022

Topics

Cleanliness of the cities is the sole responsibility of the government.

Swachh Bharat Abhiyan : How impactful has it been?

Language: Bilingual
Time: 6:30-8:30pm
Venue: Google Meet

- Certificates to the top three participants
- Shoutout on Instagram

Dr.Rita Jain
Programme Officer

Jaya Pandey
President

Prof.Rakesh Kumar Gupta
Principal

4/4

SACHIN Pratik

Jyeshth Ankit Manish

Rishu SATHISH

You ADVA 38 others

Glimpses.....

TARANG

September 18, 2022

The state launched a campaign of nasha mukt Bharat abhiyaan in order to create a drug free India, boosting this campaign the NSS Unit of Ram Lal Anand College introduced a 2-day event of producing awareness on the use of drugs in our country.

On 18th September 2022, the NSS unit organized a group poster presentation competition on the theme of Nasha Mukta Bharat Abhiyaan/ Drug Abuse among the various sub-units present in NSS.

The competition took place in Google meet where the groups presented various data, graphs, statistics representing age wise, country wise and gender wise drug abuse, and the negative impact of it's usage. The presentation was bilingual and the participants showed a form of healthy competition. There was an enthusiastic performance of **55 female and 40 male volunteers** who depicted creativity and unity in the event.

Ram Lal Anand College
(University of Delhi)

NATIONAL SERVICE SCHEME

NASHA MUKTI

BHARAT ABHIYAAN

GROUP POSTER-PRESENTATION
COMPETITION

Time - 5:30 PM
Date - 18th September 2022
Venue - Google Meet

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



NUKKAD NATAK

September 19, 2022

The state launched a campaign of nasha mukt bharat abhiyaan in order to create a drug free India, boosting this campaign the NSS Unit of Ram Lal Anand College introduced a 2-day event of producing awareness on the use of drugs in our country.

The NSS unit on 19th September 2022 introduced a nukkad natak on the theme of “drug-de-addiction” under the “nasha mukt bharat abhiyaan” campaign in college premises.

The volunteers, **over 10** exhibited various scenarios of negative aspects of drug abuse such as domestic violence, peer pressure, sexual abuse, poor anger/stress management, etc., and with the chanting of “Hosh mai aao, Hosh mai aao” they didn’t fail to capture the undivided attention of the audience.



MOBILE BOOK EXHIBITION

September 22, 2022

To mark the celebration of "Azadi ka amrit mahotsav", the completion of 100 years of the university of Delhi and the 150th birth anniversary of Shri Aurobindo, the NSS Unit of Ram Lal Anand College in collaboration with the college library committee facilitated a mobile book exhibition organized by the NBT India on 22nd September 2022.

The exhibition lasted from 10am to 5pm where it attracted **275+ visitors** including all the students, teaching and non-teaching staff with our honorable principal sir Dr. Rakesh Kumar Gupta inaugurating the event through being the first to purchase a book. Over 190 wide ranging books were sold depicting the exhibition's success.

Ram Lal Anand College
University of Delhi

LIBRARY COMMITTEE & NATIONAL SERVICE SCHEME
FACILITATES

MOBILE BOOK EXHIBITION
BY NBT INDIA

On 22nd September, 10-5 pm
Venue : Front Lawn

Teaching/Non Teaching Staff and Students are cordially invited

Dr. Rita Jain
Programme Officer (NSS)

Prof. Purno Diwan
Convener (Library Committee)

Mr. Tuk Narayan
S.P.A. (Library Committee)

Prof. Rakesh Kumar Gupta
Principal



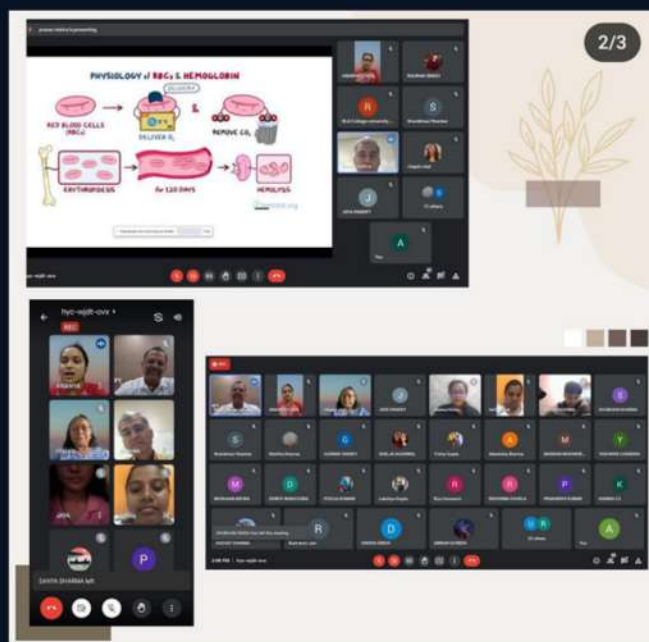
NSS DAY

September 24, 2022

On 24th September 2022 the NSS Unit of Ram Lal Anand College celebrated the "53rd NSS Day" by organizing two events through Google meet.

First was a virtual address by our honorable principal Dr. Rakesh Kumar Gupta who gave the volunteers insightful knowledge on the history of NSS and their role in the society. The second event was a webinar on "Thalassemia" given by the speaker of the event Dr. Pravas Mishra, a Hemato-oncologist, he was able to enlighten the volunteers on this underrated disease and gave us valuable knowledge on it's proper management and encouraged the volunteers to receive proper vaccination and take care of ourselves along with the people around us.

The event lasted from 2pm to 4pm and witnessed the participation of **100+ volunteers** who were enthusiastic and high in spirit to serve the society.



GANDHI JAYANTI

October 2, 2022

Marking the start of the October month was the Inter-College Creative Writing Competition on the occasion of Gandhi Jayanti.

The theme for the event was 'Gandhi: The Beacon of Hope - A Tribute to Bapu, his Ideologies and Philosophy'. In the event, a total of **22 volunteers** participated and submitted their entries by 4th of October.

Besides being unique, expressive and creative, each write-up was a reflection of Mahatma Gandhi's teachings. The best three entries were awarded the Certificate of Appreciation.



Ram Lal Anand College
University of Delhi
National Service Scheme

GANDHI JAYANTI

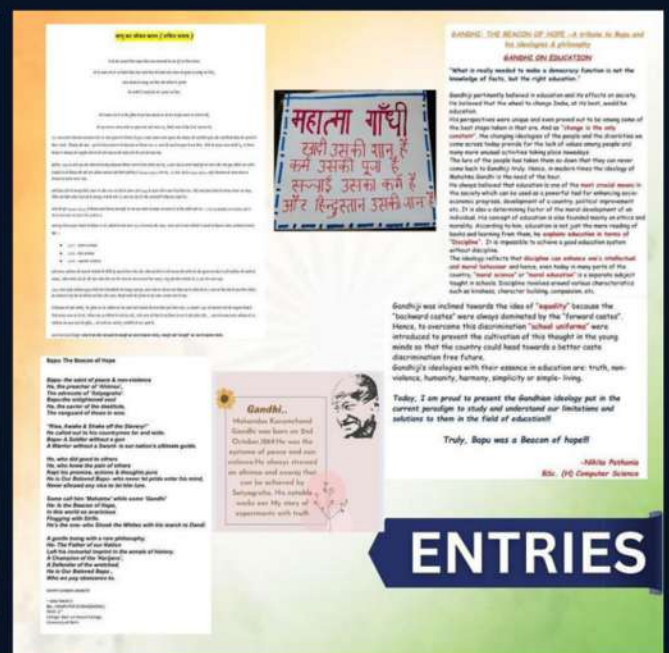
Inter College Competition Winners

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

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

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

NSS Ram Lal Anand College | @NSS_RLAC | @NSSRLAC
Dr. Rita Jain Programme officer | Jaya Pandey President | Prof. Rakesh Kumar Gupta Principal



GANDHI: THE BEACON OF HOPE - A Tribute to Bapu and his Ideologies & Philosophy

GANDHI ON EDUCATION

"What is really needed to make a democracy function is not the knowledge of facts, but the right education."

Gandhi particularly believed in education and its effects on society. He believed that the wheel to change India, or to be exact, would be education. His perceptions were simple and were proved not to be wrong later on. His last message to us is that we should change to the only constant - the changing ideologies of the people and the world. We can never expect today's people for the sake of what others people and many more should not have today's knowledge.

The fact of the matter has been that we have that they can never come back to Gandhi's only message, to educate them the change of education, Gandhi is the head of the state.

We always believed that education is one of the most crucial issues in the society which can be used as a general tool for achieving socio-economic progress. Development of a country, political improvement etc. It is also an important factor in the mental development of an individual. The concept of education is also founded heavily on ethics and morality. According to him, education is not just the mere teaching of books and learning from them, he explains education is based on 'truth', it is responsible to give a good education to every person without discrimination.

The change reflects that despite our advanced and sophisticated and modern behaviour and habits, we have in many parts of the country, "backward areas" or "backward education" in a narrow, selfish, taught in schools. Despite our modern world, we have not been able to give the "backward areas" the "backward education" in a narrow, selfish, taught in schools. Despite our modern world, we have not been able to give the "backward areas" the "backward education" in a narrow, selfish, taught in schools.

Gandhi was inclined towards the idea of "equality" between the "backward castes" were always dominated by the "forward castes". Hence, to overcome this discrimination "khadi uniforms" were introduced to present the uniformity of his thought in the young minds so that the country could head towards a better caste discrimination free future.

Gandhi's ideologies with their essence in education are: truth, non-violence, humanity, harmony, simplicity or simple living.

Today, I am proud to present the Gandhi ideology put in the current paradigm to study and understand our limitations and solutions to them in the field of education!

Truly, Bapu was a Beacon of Hope!

Nikhil Anshika
BSc. (H) Computer Science

ENTRIES

ANIMAL WELFARE DAY

October 4, 2022

The second event of the month was Feeding Stray Animals and Birds under the umbrella of Animal Welfare Day, celebrated on the 4th of October.

The volunteers were urged to feed at least 2 stray birds and/or animals and send us their geo-tagged pictures.

Our empathetic and tender-hearted volunteers fed many animals and birds across Delhi-NCR. There were a total of **32 participants out of which 18 were female.**

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

75
Azadi Ka
Amrit Mahotsav

100

Animal Welfare Day

4th October 2022

Feeding stray animals
and birds

Send your entries at
nssrla.du@gmail.com

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



INDIAN AIR FORCE DAY

October 8, 2022

The Mentimeter Quiz Competition was held on 8th October. It was an online quiz competition about the Indian Air Force. It contained all kinds of general questions about IAF.

The event was conducted via Google Meet and Mentimeter software where **over 90 students participated**. An overwhelming number of **about 70 were female participants**.

Spanning over 4 rounds, there were 20 questions in total and the winners were concluded based on their accurate yet fast answers. The competition was not just a reflection of knowledge but also quick thinking abilities of our volunteers.



PLOG RUN (D1)

October 9, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 3-day series of events under the banner of 'Fit India Freedom Run 3.0'.

Under FIT INDIA FREEDOM RUN 3.0, the event of Plog Run was organised on the Day 1. Herein, the volunteers were required to cover a distance by jogging and meanwhile, collect the trash they encountered.

Covering a total of 75 kms, a total of about 20 kgs of waste was collected and suitably disposed upon segregation into biodegradable and non-biodegradable waste. Hence, the aim of the event, 'keeping the environment clean and maintaining great health', was achieved. **25 volunteers** participated in the event, **13 of them being female**.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

Fit India Freedom Run 3.0

DAY-1 (9th OCTOBER)
Plog Run

DAY-2 (10th OCTOBER)
Physical Activities, Cycling
Jumping, Skipping, Walking

DAY-3 (11th OCTOBER)
Yogic Exercises, Jogging

NSS RAM LAL ANAND COLLEGE | @NSS_RLAC | NSSRLA

DAY-1 (9th OCTOBER)
Plog Run

6501

Delhi, Uttar Pradesh, India
Block A, Yoga Vihar, Anand Vihar, Delhi,
Uttar Pradesh 110092, India
Lat 28.961867°
Long 77.31582°
09/10/22 03:18 PM GMT +05:30

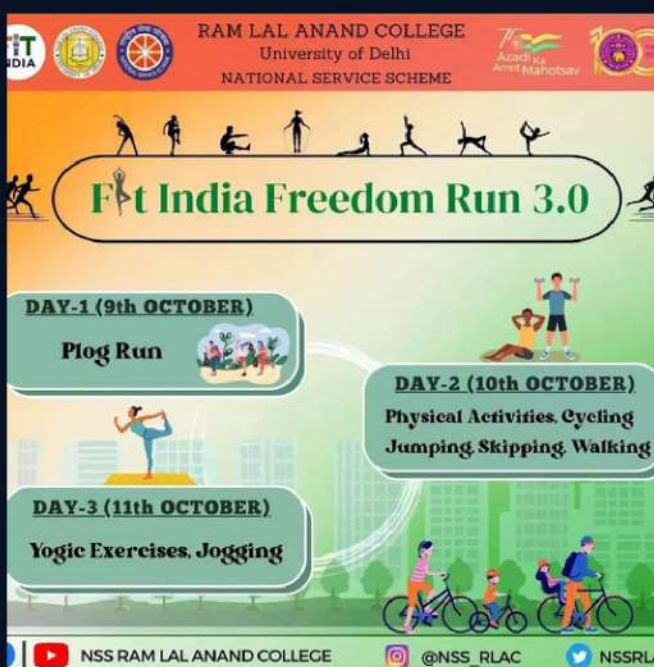
PHYSICAL ACTIVITY (D2)

October 10, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 3-day series of events under the banner of 'Fit India Freedom Run 3.0'.

Commit to be Fit was the second event under FIT INDIA FREEDOM RUN 3.0. In this event, the volunteers had to showcase their physical fitness through a series of activities like running, rope skipping, jumping, cycling, etc.

The event focussed on the fact that inside a healthy body, dwells a healthy mind. Physical activities, as we all know, provide health benefits like stress relieving, preventing lifestyle diseases, etc. A total of **33 volunteers, 15 being female**, participated in these activities.



YOGA & JOGGING (D3)

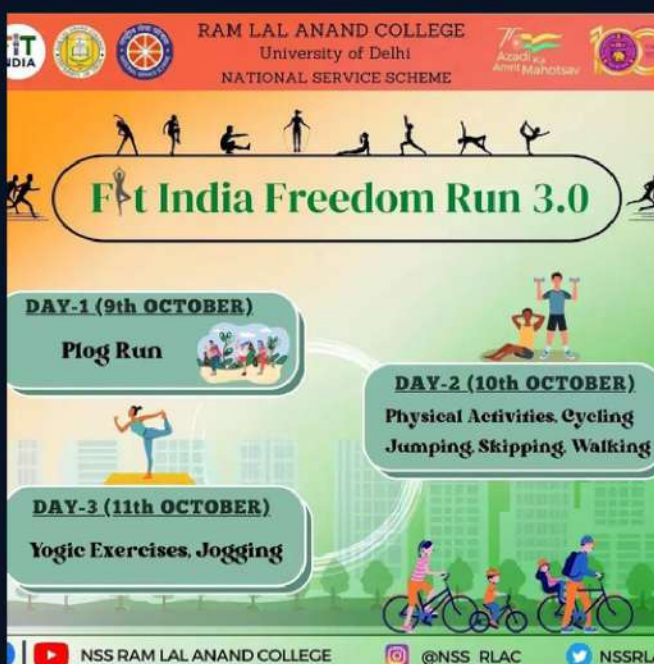
October 11, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 3-day series of events under the banner of 'Fit India Freedom Run 3.0'.

The third and final event of the FIT INDIA FREEDOM RUN 3.0 was Forever Fit, Forever Strong.

The main activities for the final day were jogging and yogic asanas. Yogic asanas, a detox to the body, were performed by the volunteers with utmost precision and great enthusiasm.

Providing lots of physical, mental and spiritual benefits, a total of **30 volunteers** became a part of the event.



SELF DEFENCE WORKSHOP

October 10-14, 2022

A 5-days long Self Defence Workshop was organised for the female students of the college in collaboration with the Women Welfare Advisory Committee (WWAC) and the Delhi Police.

Protecting ourselves is the survival skill everyone must be well equipped with, so was what the students learnt. Professional trainers were allotted by the Delhi Police to train the students in various forms of self-defence, such as blocks, punches, kicks and strikes.

The students and trainers dedicated their time in learning and improving the defence moves and techniques. The event turned out to be a success with **30 students** enrolling for the workshop and successfully completing it.


RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
WOMEN WELFARE ADVISORY COMMITTEE
AND NATIONAL SERVICE SCHEME
 IN ASSOCIATION WITH
DELHI POLICE
 PRESENTS
SELF DEFENCE WORKSHOP
ONLY FOR RLAC GIRLS
 DATE - 10th to 14th October
 TIME - 2pm onwards
 VENUE - Front Lawn
 Certificates will be provided on the completion of workshop.
 REGISTRATION LINK 
 For queries contact:
 Bhavi - (WWAC President) Jaya - (NSS President)
 Dr. Rita Jain, Programme Officer (NSS) Dr. Vandana Gupta, Convener (WWAC) Dr. Rakesh Kumar Gupta, Principal
 WWAC members- Dr. Sudha Chaudhary, Dr. Seema Joshi, Dr. Taha, Dr. Pragya Shankar



WORLD MENTAL HEALTH DAY

October 10, 2022

Under the Digital Dissemination on World Mental Health Day volunteers prepared social media posts on the theme - 'Make Mental Health for All a Global Priority'.

This promoted a positive mentality towards mental health and seeking help amongst the social media followers. The need to prioritise mental health was understood by the volunteers and they put it out for others to understand on applications like WhatsApp, Twitter, Instagram, Facebook, etc.

About **40 female volunteers** and a total of **more than 80 volunteers** spread the message globally through creative ways.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

World Mental Health Day
10th October 2022

THEME: Make mental health for all a global priority.

“
Prepare a story/post, making people aware of mental health through social media platforms.
(Facebook/WhatsApp/Instagram/Twitter)
•Tag NSS RLAC social media handles
”

Submit your Post Screenshots to
nssrla.du@gmail.com

NSS RAM LAL ANAND COLLEGE
 Dr. Rita Jain
Programme Officer
 @NSS_RLAC
 NSSRLAC
 Jaya Pandey
President
 Prof. Rakesh Kumar Gupta
Principal

The image shows three mobile phone screens displaying creative social media posts for World Mental Health Day. The first screen shows a red post with the text 'TIPS REALLY NOT A BIG DEAL' and an illustration of a person sitting on the floor. The second screen shows a white post with the text '5 TIPS TO HAVE GOOD MENTAL HEALTH' and an illustration of a person holding their head. The third screen shows a green post with the text 'WORLD MENTAL HEALTH DAY' and an illustration of a person holding their head, with a helpline number '1800-599-0019'.

SWACHHATA DRIVE, PHASE - 1

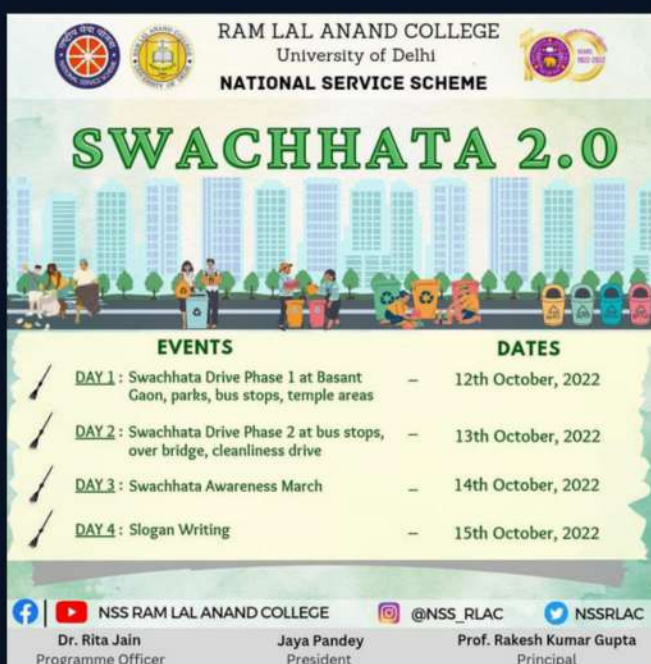
October 12, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 4-day series of events under the banner of 'Swachhata 2.0'.

The four-day long drive began with a cleanliness drive at Basant Gaon. The volunteers were to collect garbage from various sites in the area.

Not just the roads but the temple, bus stop and parks too were cleaned by a total of **33 volunteers**.

Four out of the eight course-based groups were assigned locations for the Phase 1 of the drive.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

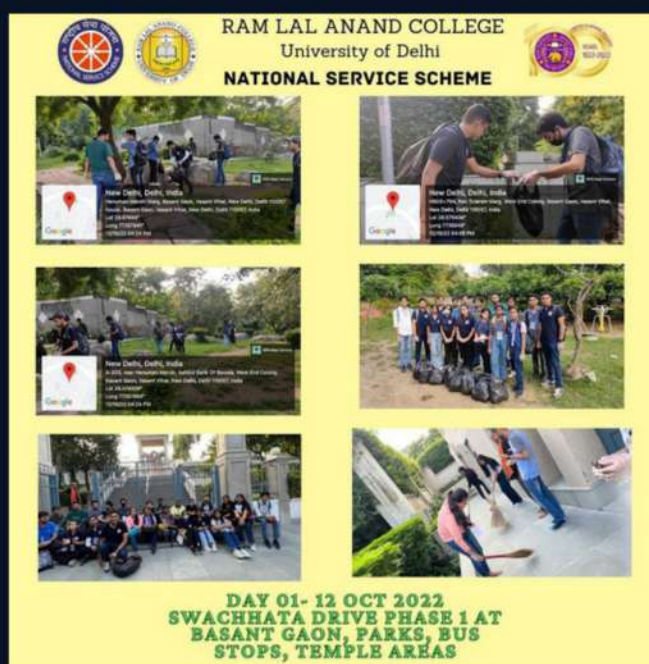
SWACHHATA 2.0

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

[f](#) NSS RAM LAL ANAND COLLEGE
 Dr. Rita Jain
Programme Officer

[i](#) @NSS_RLAC
 Jaya Pandey
President

[t](#) NSSRLAC
 Prof. Rakesh Kumar Gupta
Principal



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

DAY 01- 12 OCT 2022
SWACHHATA DRIVE PHASE 1 AT
BASANT GAON, PARKS, BUS
STOPS, TEMPLE AREAS

SWACHHATA DRIVE, PHASE - 2

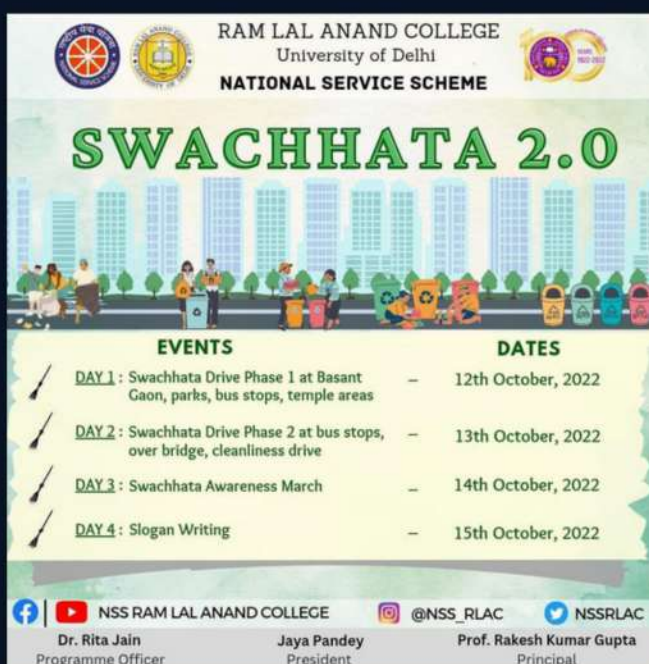
October 13, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 4-day series of events under the banner of 'Swachhata 2.0'.

Believing in the fact that every act of selfless service, however small, matters.

On the second day, **28 volunteers - 13 being female** volunteers, extended the drive to South Campus, bus stands, foot-over bridge and the roadsides.






The volunteers cleaned the areas stated above and contributed towards a successful Swachhata Drive.

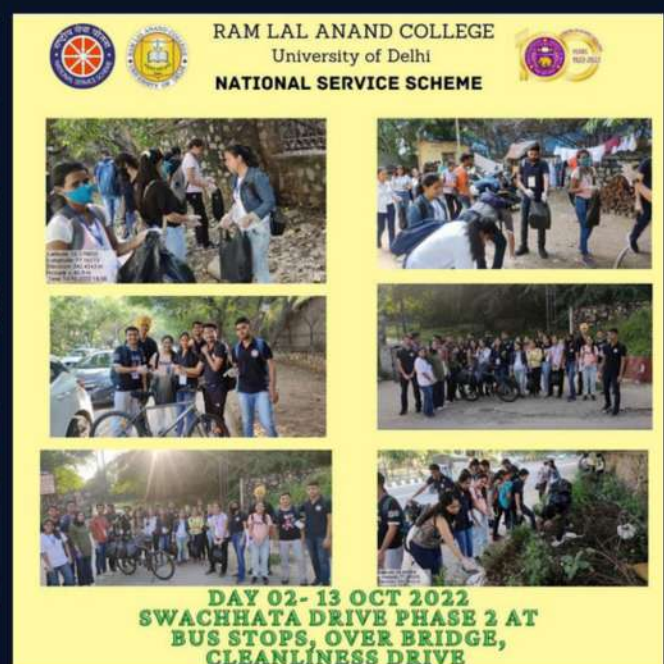


RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

SWACHHATA 2.0

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Principal



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University of Delhi
NATIONAL SERVICE SCHEME

DAY 02- 13 OCT 2022
SWACHHATA DRIVE PHASE 2 AT
BUS STOPS, OVER BRIDGE,
CLEANLINESS DRIVE

SWACHHATA AWARENESS MARCH

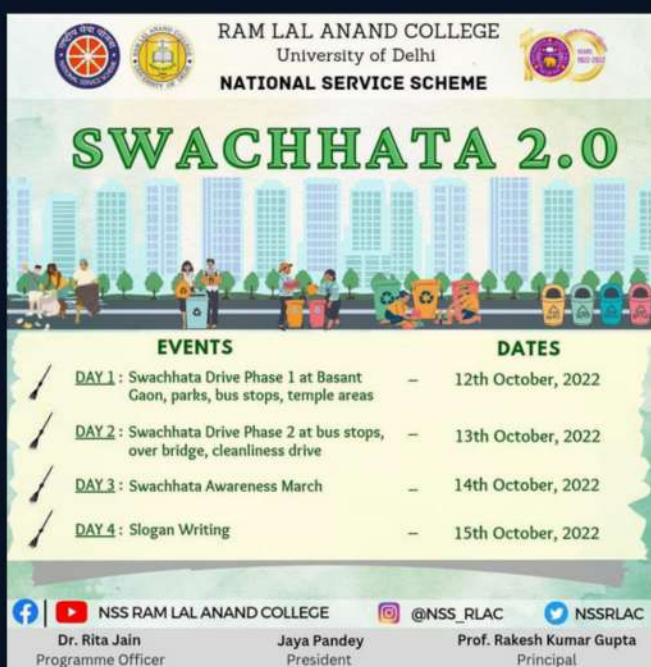
October 14, 2022

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 4-day series of events under the banner of 'Swachhata 2.0'.

A step of utmost importance towards change is public awareness.

45 members of the unit went ahead and marched from the college campus to University of Delhi, South Campus.







On the way, they spread their word through catchy and impactful slogans, posters prepared during Swachhata Pakhwada in September.

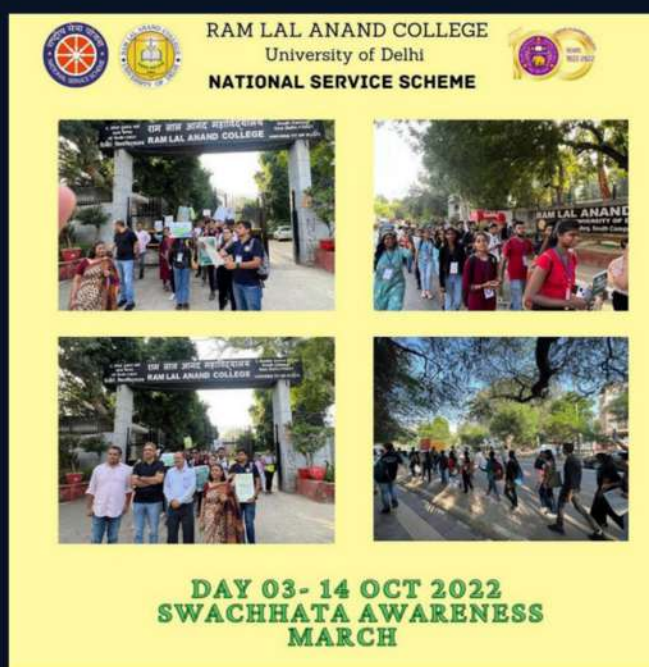


RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

SWACHHATA 2.0

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 NSS RAM LAL ANAND COLLEGE
 Dr. Rita Jain
Programme Officer
 @NSS_RLAC
 NSSLAC
 Jaya Pandey
President
 Prof. Rakesh Kumar Gupta
Principal



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

DAY 03- 14 OCT 2022
SWACHHATA AWARENESS
MARCH

SLOGAN WRITING

October 15, 2022

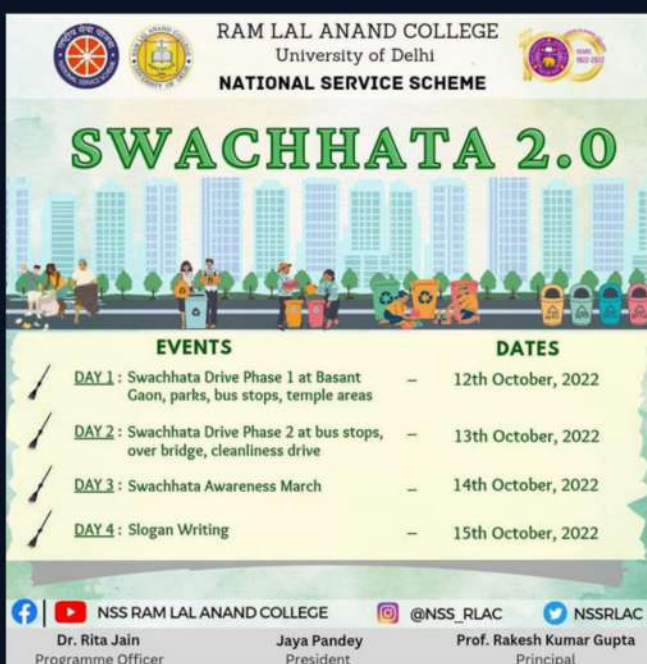
The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 4-day series of events under the banner of 'Swachhata 2.0'.

The last event for Swachhata 2.0 was slogan writing, an online event unlike the rest.

The posters of both kinds, digital and handmade, were appreciated and nearly **77 volunteers** submitted their entries.

The posters also had to be posted on their respective social media handles.

With the vision of a cleaner India, the whole 4-day long event turned out to be a success.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

SWACHHATA 2.0

EVENTS	DATES
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NSS RAM LAL ANAND COLLEGE
Dr. Rita Jain
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Jaya Pandey
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Prof. Rakesh Kumar Gupta
Principal



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

स्वच्छ हमारा देश हो
हम स्वच्छ देश के वासी
स्वच्छता से ही सेहत है
ना हो दिक्कत ज़रा सी।

साफ-सुथरा मेरा
मन, देश मेरा सुन्दर
हो,
प्यार फैले सड़कों
पर, कचरा डिब्बे के
अन्दर
हो।
#NSS_RLAC

DAY 04- 15 OCT 2022
SLOGAN WRITING

SEMINAR ON HPV AWARENESS

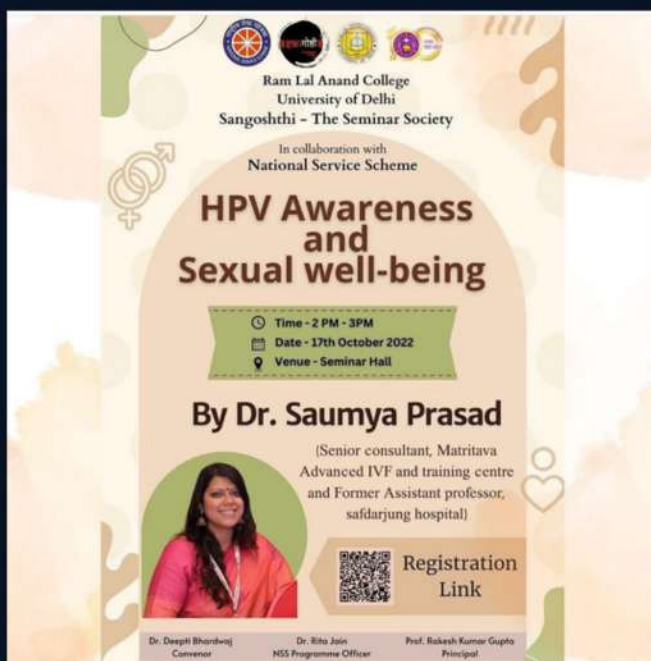
October 17, 2022

A seminar was organised by the NSS unit of Ram Lal Anand College and Sangoshthi - the Seminar Society.

It was on the topic - 'HPV Awareness and Sexual Well-being'. The speaker for the day was Dr. Saumya Prasad - a senior consultant and obstetrician at Safdarjung hospital.

Hers was an honest and fruitful attempt to foreground the need to start a conversation about HPV and sex education, the topics associated with a lot of misinformation and taboo.

A total of **over 40 volunteers, with 25 being female**, attended this fruitful seminar and honed their knowledge a step further.



DAAN UTSAV

October 17-20, 2022

In collaboration with Goonj - an NGO, the unit organised a 4-day long material donation drive.

The tagline for the event, as thoughtfully framed, says - 'Dil ki Suno, Kuch Karo'. The drive lasted 4 days in the college hours and saw donations from all - students, teachers and non-teaching staff.

A total of **110+ people donated**, more than 110 clothes were received alongside many books and stationery items.

It is rightly said that the things not in your use could be blessings for someone else.



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

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

DAAN UTSAV
Dil ki suno , kuch karo

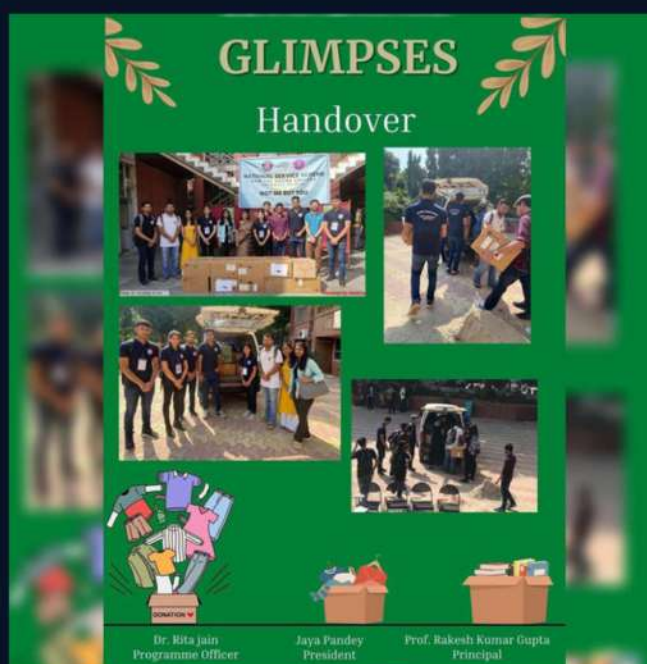
* Any wearable clothes, woollen garments, cloth bags, stationery kits can be donated *

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

Dr. Rita jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



GLIMPSES
Handover

Dr. Rita jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal

MEGA SWACHHATA DRIVE

October 19, 2022

The motive to conduct this drive was to simply clean the surroundings because in a clean surrounding dwells a happy mind.

Satya Niketan, Anand Niketan, Basant Gaon, JJ Colony, bus stands, temples and parks were the areas under impact of the drive.

A total of about 25 kgs of waste was collected and carefully segregated before safe disposing of it. **70+ volunteers** contributed towards the success of this mega drive.



Ram Lal Anand College
University of Delhi
National Service Scheme

Mega Swachhata Drive
19th OCTOBER, 2022

OATH TAKING

- At Front Stage
- From 7.30 am

CLEANLINESS DRIVE

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

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 [@NSSRLAC](#)

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



NATIONAL AYURVEDA DAY

October 23, 2022

Ayurveda has been around for thousands of years to treat almost every ailment.

On the occasion of National Ayurveda Day, the NSS unit asked the volunteers to prepare posters on any Ayurvedic herb/plant of their choice. The theme of the event was 'Har Din Har Ghar Ayurveda'.

The posters were to spread a word about Ayurvedic medicinal plants and were shared by the volunteers on their social media handles. **Over 85 students** sent their posters and spread awareness about choosing Ayurvedic medicines instead of chemicals that may have a huge impact on our health in the longer term.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

NATIONAL AYURVEDA DAY
23rd October, 2022

Theme: HAR DIN HAR GHAR AYURVEDA

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

TAG NSS RLAC SOCIAL MEDIA HANDLES.

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

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

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

National Ayurveda Day
Giloy
Did You Know?
Giloy is a strong immunity booster, anti-toxic, antipyretic (that reduces fever), anti-inflammatory, antioxidant. This classical medicine is the ultimate answer to all health anomalies.

Ishita Goel
Bcom H
II nd year

"Har Din Har Ghar Ayurveda"
National Ayurveda Day 2022
TULSI (BASIL) : *Ocimum sanctum*
The 'Queen of Herbs' helps in the treatment of bronchitis, bronchial asthma, malaria, diabetes, skin diseases, dysentery etc.
It is significantly worshipped in many parts of India.

Name: Jaya Pandey
Course: BSc. CBZ

GLIMPSES

Goals of Ayurveda
Swasthyas swasthya rakshanam
Aturasya vikar prashamanamcha

To keep the health of a healthy person by the qualitative and quantitative promotion of life
Preventive Ayurveda

To address and eradicate the disease and dysfunctions of the mind and body.
Therapeutic Ayurveda

Sunshine Ayurveda | www.sunshineayurveda.com.au

Har Din Har Ghar Ayurveda
National Ayurveda Day
23rd October 2022
HOLY BASIL
(*Ocimum Basilicum*)

- Supports the body's response to stress.
- Fights common cold.
- Moisturizes the skin.
- Promotes oral health.
- Reduces inflammation.
- Protects the heart.
- Alkalinizes the body.

@nss_rlac

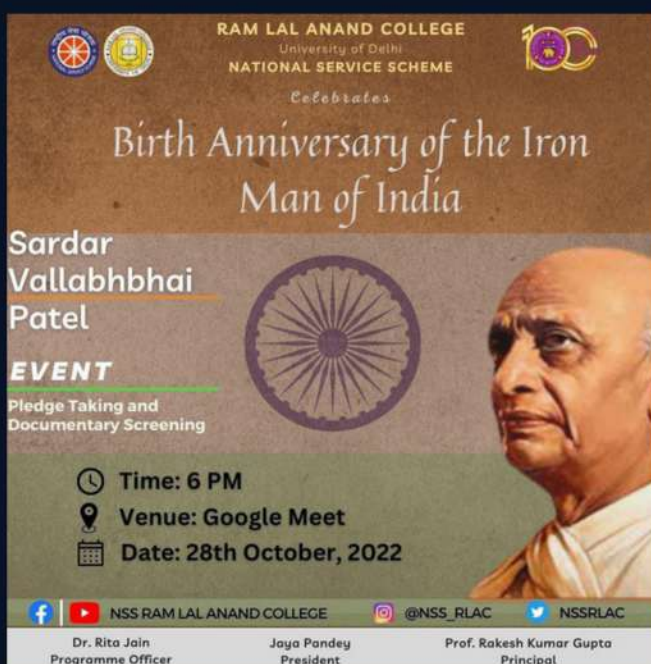
PLEDGE + DOCUMENTARY

October 28, 2022

As a part of the pre-celebration of the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, the NSS unit of Ram Lal Anand College organised virtual events.

Although the events took place three days before the occasion, it was still as zealous as any other time. The first event was Pledge Taking, the pledge being the Preamble of the Indian Constitution itself.

After this, a documentary was screened showcasing the life and principles of Sardar Patel. **Nearly 80 students** joined the meeting and participated in both the activities.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME
Celebrates

Birth Anniversary of the Iron Man of India

Sardar Vallabhbhai Patel

EVENT
Pledge Taking and Documentary Screening

Time: 6 PM
Venue: Google Meet
Date: 28th October, 2022

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Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



ESSAY / HANDMADE POSTER

October 31, 2022

On the National Unity Day, the unit organised another set of events - Essay Writing and Handmade Poster Making.

The volunteers were given the theme of 'Ek Bharat, Shresth Bharat' and a commendable number of 65 volunteers participated in this. Out of those 65, 30 were female volunteers.

The posters were not just artistically impressive but also wisely made. The essays were well-sought and had a lot of information that is lost somewhere between the pages of textbooks.

"EK BHARAT, SHRESTH BHARAT"

There is no country like India, quite as diverse, multi-lingual and multi-cultural, yet bound together by the ancient bonds of shared traditions, culture and values. Such bonds need to be strengthened through enhanced and continuous mutual interaction between people of varied regions and ways of life so that the **diversities** reciprocity and secure an enriched value system of unity among people of different states in a culturally special history like India. Ek Bharat Shresth Bharat was announced by Hon'ble Prime Minister on 1st October, 2015 on the occasion of the 100th birth anniversary of Sardar Vallabhbhai Patel. Subsequently, the Finance Minister announced the initiative in his Budget Speech for 2016-17. Through this innovative measure, the knowledge of the culture, traditions and practices of different states of India will lead to an enhanced understanding and bonding between the states, thereby strengthening the unity and integrity of India.

OBJECTIVES:

- To celebrate the unity in diversity of our nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country;
- To promote the spirit of national integration through a deep and structured engagement between all states and Union Territories through a year-long planned engagement between states;
- To align with the rich heritage and cultural traditions and legacies of either state for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity;
- To establish long term engagements; and
- To create an environment that promotes learning between states by sharing best practices and experiences.

Name: Jaya Pandey
Course: BSc. (H)
Year: 2nd

एक भारत श्रेष्ठ भारत

वर्षों से हमारे देश में 15 भाषाएँ हैं, हमारे अलग-अलग क्षेत्रों में रहने वाले लोगों के बीच हमारे बीच अलग-अलग प्रकार के अंतर हैं, हमारे देश में अलग-अलग संस्कृतियों, परंपराओं और मूल्यों का अंतर है। हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है। हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है। हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है।

व्यक्तिगत रूप से, हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है। हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है। हमें एक-दूसरे के साथ जुड़ने और एक-दूसरे को समझने की आवश्यकता है।

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Sachin Yadav
B.A. Honours Political Science
3rd Year

E-POSTER MAKING COMPETITION

November 4, 2022

Vigilance Awareness Week was observed from October 31st, 2022, to November 6th, 2022, with the theme "भ्रष्टाचार मुक्त भारत - विकसित भारत". The NSS unit of Ram Lal Anand College came up with the idea to host an E-poster making competition based on the theme "Corruption-free India 🇮🇳 for a developed nation" on November 4, 2022.

Around **70 volunteers** participated in the competition, including **32 female volunteers**. The posters submitted by our volunteers evenly depicted the strategies to identify and implement effective preventive measures to fight against corruption and to enhance transparency and accountability in their functioning.



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

VIGILANCE AWARENESS WEEK-2022
4TH NOVEMBER 2022

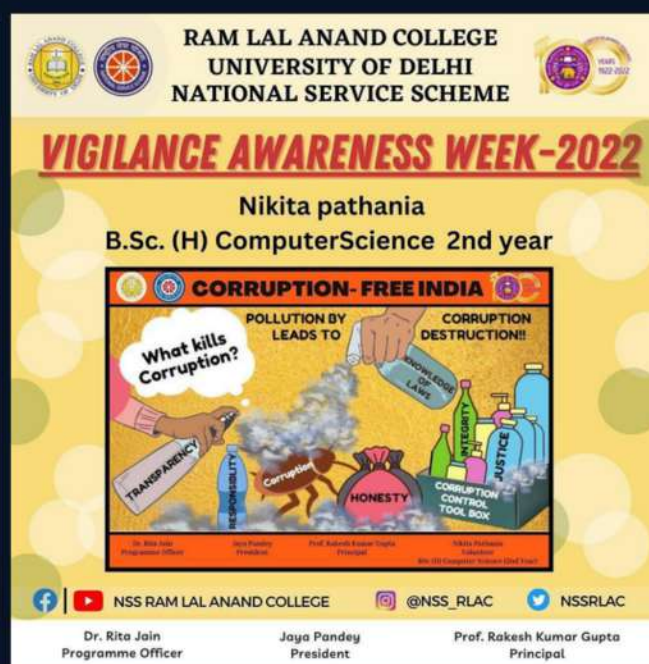
E-POSTER MAKING COMPETITION

Prepare a poster on the theme of
"Corruption free India for a developed nation"
Send your entries to nssrla.du@gmail.com

SHOUT OUT TO TOP-5 WINNERS AND WILL BE DISPLAYED IN COLLEGE CAMPUS

[f](#) [y](#) [i](#) [t](#)
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Dr. Rita Jain Programme Officer
 Jaya Pandey President
 Prof. Rakesh Kumar Gupta Principal



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

VIGILANCE AWARENESS WEEK-2022

Nikita pathania
B.Sc. (H) ComputerScience 2nd year

CORRUPTION-FREE INDIA

What kills Corruption?
POLLUTION BY LEADS TO CORRUPTION DESTRUCTION!!

TRANSPARENCY HONESTY CORRUPTION CONTROL TOOL BOX

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

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 Jaya Pandey President
 Prof. Rakesh Kumar Gupta Principal

NATIONAL CANCER AWARENESS DAY

November 7, 2022

On the 9th national cancer awareness day on 7th November 2022, we organized a handmade poster making competition under the theme "close the care gap" to contribute to this fight against cancer and strengthen cancer victims. The event focused on bridging the gap for care of cancer patients in terms of education, income, sexual orientation and several other areas.

In total there were **90+ registrations** where **52** showed up for the event in the seminar hall including **26 female volunteers** from within college. Results were also declared for the first 3 winners on our social media handles.



WEBINAR ON POSCO ACT

November 12, 2022

An online webinar on 'sexual abuse' was organised on 12 th november 2022 in collaboration with Sakshi NGO under the theme "POSCO ACT - Sexual Abuse towards Children : how can we protect them'.

The webinar was graced with the presence of Dr. Sumbul Dawood, a researcher and educationist. She enlightened volunteers on different aspects of sexual abuse towards children and discussed ways through which it can be most effectively prevented. She suggested various ways of approaching children as they are sensitive, and developing a sense of comfort for things to be shared. The videos and polls during the webinar encouraged the volunteers to build a better practical understanding on the subject.

About **110+ volunteers** participated in the webinar, **52 being females**.

Ram Lal Anand College
University of Delhi
National Service Scheme

in Collaboration with "SAKSHI" (NGO)
Organises Webinar on

Pocso Act - Sexual Abuse Towards Children
(How can we protect them)

Time - 5PM Onwards
 Date - 12th November 2022
 Venue - Zoom

By Dr. Sumbul Dawood

Dr. Sumbul Dawood is an educationist & researcher. She holds a Ph.D. from Jamia Millia Islamia, New Delhi.

NSS RAM LAL ANAND COLLEGE
 Dr. Rita Join
 Programme Officer

@NSS_RLAC
 NSSRLAC
 Jaya Pandey
 President

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Glimpses

NSS RAM LAL ANAND COLLEGE
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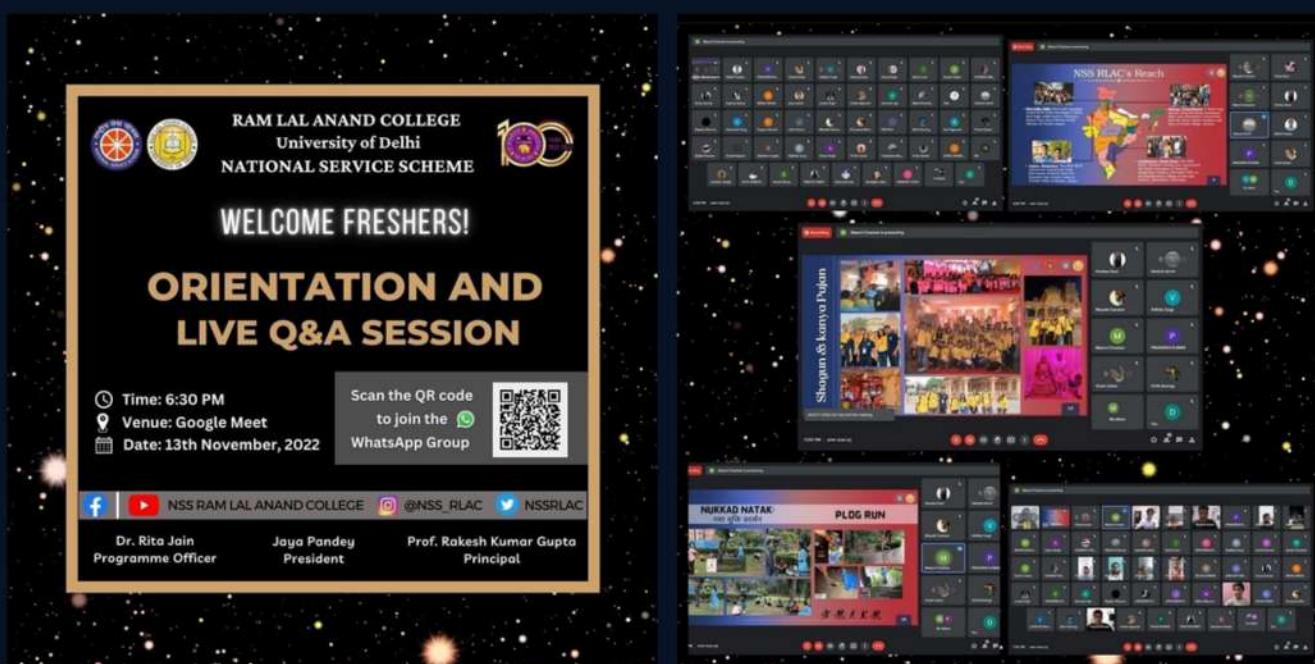
ORIENTATION PROGRAM

November 13, 2022

The National Service Scheme (NSS) Unit of Ram Lal Anand College, University of Delhi, held its Orientation Program 2022-'23 on November 13, 2022, at 6:30 p.m. on an online platform. The major goal of orientation was to persuade first-year students to join our unit by explaining how NSS can enhance their personal development and instill a sense of teamwork and camaraderie in them.

This orientation also assisted them in understanding the NSS Unit's motto, "Not Me But You", which encouraged them to join and have the chance to lend a helping hand to others.

The students were guided by our programme officer Dr. Rita Jain and our honorable Principal Sir Prof. Rakesh Kumar Gupta. More than 125 first year students attended the event, which we were thrilled to host. The orientation was highly engaging and instructive, and we learned about many zealous people who want to join our team to make a positive contribution in society.



NASHA MUKTI BHARAT ABHIYAAN

November 14, 2022

This came under the campaign of "Nasha mukt bharat abhiyan" launched by the government of India. The nukkad natak was conducted at the JJ colony among more than 65 young children.

The enthusiastic volunteers had a very lively participation and were able to provide awareness to the children who were in the form of storytelling, by the end on the eve of children's day, delicious eatables were given to them, the happiness on the children's faces re-emphasised our faith in volunteerism. About **22 volunteers including 10 female volunteers** participated in the campaign against drug abuse and performed remarkably well.



STATIONARY KIT DISTRIBUTION

November 14, 2022

On the occasion of Children's Day on 14th November 2022, the NSS unit of Ram Lal Anand College organized a donation drive including stationary items consisting of Notebooks, pencils, erasers, rulers, drawing kits, etc. at JJ colony South Moti Bagh.

The donation proved to be a success as we were able to give children who were deprived of these commodities.

Over 70 volunteers participated in the distribution drive including 32 female volunteers.



EDUCATION CAMP

November 15 - December 8, 2022

With the spirit of teamwork and motivation, the NSS unit of Ram Lal Anand College organized an education camp at JJ colony, Moti Bagh, an adopted slum.

From November 28th to December 8th, all the volunteers participated actively and put great efforts into making the campaign a success. They adopted different strategies to teach kids in the slum. Awareness related to the importance of education, health, hygiene, foundational knowledge, etc. They organized exciting games to encourage children to activate their motor abilities and willingness to learn new things and provide a farsighted vision that could be achievable even with less facilities.

We tried our best to motivate them and instill a sense of purpose in life, and we taught them that enrollment in school and education are musts.

Around **100 NSS volunteers** participated in the camp, including **65 female volunteers**.



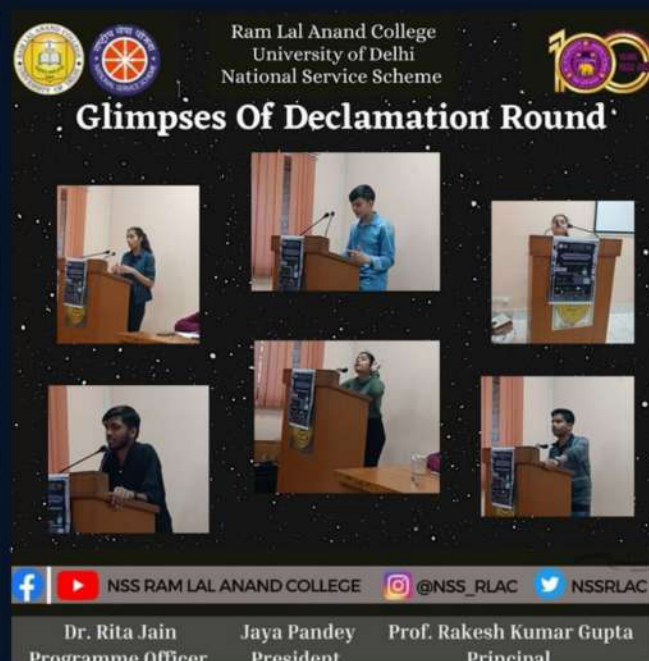
NATIONAL PRESS DAY

November 16, 2022

To honor the founding day of the Press Council of India on National Press Day on 16 th November 2022, Our NSS unit organized an inter-college declamation/ speech competition on the subject of " Journalism under digital siege".

The goal was to make sure that the press not only upheld the high standards required of such a powerful medium, but that it was also free from outside influences or dangers and acts as the fourth pillar of the Indian constitution.

To mark the ending of the event, out of the **17 participants** 2 of them were announced as winners with cash prizes and certificates as a token of appreciation.



WORLD TOILET DAY

November 19, 2022

NSS unit of RLAC conducted a Slogan writing competition on 19 november 2022 under the theme "tackling the Global Sanitation Crisis". The main aim is to motivate people for better sanitation facilities and prioritize public toilets cleanliness and hygiene.

Nearly 75 volunteers, of which 32 were female, shared their posters along with strikingly thoughtful views across their social media platforms such as Instagram, WhatsApp, Facebook, and more. Their informed performance was a true reflection of the values NSS strives to imbibe - awareness, articulation, and selfless, well-versed dissemination.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

WORLD TOILET DAY
19th November, 2022

Theme:
Tackling the Global Sanitation Crisis

Prepare a slogan post/story, making people aware of the sanitation crisis through social media platforms

Submit your posts screenshots to nssrla.du@gmail.com

Tag NSS RLAC social media handles

NSS Ram Lal Anand College
Dr. Rita Jain
Programme Officer

@NSS_RLAC
Jaya Pandey
President

@NSSRLAC
Prof. Rakesh Kumar Gupta
Principal

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

Sustainable Sanitation:
The next step of growing
India.

Ishita Goel
B.Com Hons,
2nd year

WORLD TOILET DAY

WASH IT GOOD!
Wash good!
Wash good!

NATIONAL SERVICE SCHEME
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
WORLD TOILET DAY
19TH NOVEMBER

HAVING A TOILET IS NOT A LUXURY,
IT IS A NECESSITY.

The journey to sanitization begins
with constructing a toilet!!
You are your own safeguard!!

SWETA PATHANIA
B.Sc. COMPUTER SCIENCE
2ND YEAR

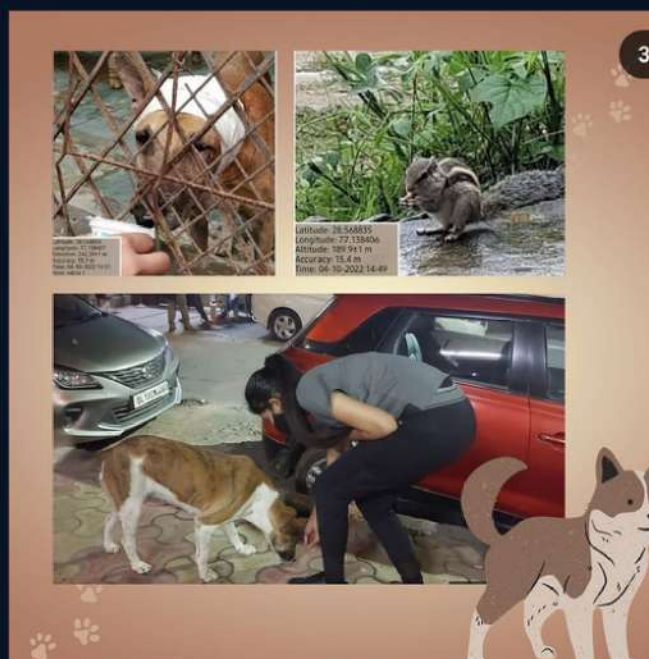
FEEDING ANIMALS

November 26, 2022

Volunteers observed the stray dogs being neglected often and mostly scavenging over garbage dumps to get mouthful. To ensure the animals around us are protected and cared upon, we organized a voluntary event 'Feeding stray dogs and Animals' on 26th november 2022.

Volunteers were asked to send geo tagged photos of feeding at least three stray animals and birds.

Nearly 45 volunteers participated out of which 27 were female volunteers who made a difference.



CONSTITUTION DAY

November 26, 2022

"Constitution isn't a symbol that requires empty celebrations. It requires adherence to constitutionalism."

The Constitution of India was adopted by the Constituent Assembly of India on 26 November 1949. In order to commemorate the day and rekindle its importance, the volunteers of NSS RLAC united their elevated spirits virtually.

On the occasion of Constitution Day, **57 volunteers - 39 female** - joined a virtual meet and took a pledge together, as a symbol of their unity in diversity and seamless fraternity.



OFFICIAL ORIENTATION

November 27, 2022

On the occasion of Constitution Day or Samvidhan Divas on 26 th November every year, our nation commemorates the promulgation of the Indian Constitution. The day aims to spread awareness on the importance of the Indian constitution and its architect Dr Ambedkar among the general public.

To contribute our gratitude towards the Indian constitution makers, the unit organized a pledge taking ceremony in which there was a recitation of the preamble of India.

Nearly 180 volunteers took part in the pledge out of which 88 were female volunteers.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

organises

ORIENTATION PROGRAM

— for the volunteers of batch 2022-23 —

GUEST

DR. RITA JAIN
(NSS RLAC PROGRAMME OFFICER)

SUNDAY
27 NOV 2022

TIME
6.00 PM

GOOGLE MEET

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

ORIENTATION PROGRAM

GLIMPSES

Meet the Team - Office Bearers

JAYA K. PANDEY
President

SAURABH GUPTA
Vice President

STANLEY SINGH
Secretary

PRANAV KHORLA
Treasurer

Meet the Team - EXECUTIVE HEADS

PAVLEEN KALR
Head of Training

ANANYA BHARDWAJ
Head of Sports

TONOOR SINGH
Head of Cultural

PRANAV KHORLA
Head of NCC

MAANVI CHAUHAN
Head of NSS

SANYA SHARMA
Head of NSS

AVISHI SHARMA
Head of NSS

ARSHITH GUPTA
Head of NSS

DR. RITA JAIN
(NSS RLAC PROGRAMME OFFICER)

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal

WORLD AIDS DAY

December 1, 2022

World AIDS Day has been organised since 1988 across the globe to spread awareness about HIV and its spreading mechanisms. Still, even till date, there lie a lot of myths around it.

So as to make people aware or check their awareness, the NSS unit of Ram Lal Anand College kicked off the month of December with an online quiz about AIDS. The form was to be filled by not just the volunteers but also at least 5 people by each of the volunteers.

At the end of the day, the total responses were over 250 and 120 of those were female respondents.

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD AIDS DAY
DECEMBER 1, 2022

ONLINE QUIZ | THEME: EQUALIZE

TIME: QUIZ IS OPEN TILL 11:59 PM
VENUE: GOOGLE FORM

Participate actively and share the form with your friends and family

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Insights

Average: 7.12 / 10 points
Median: 7 / 10 points
Range: 2 - 10 points

Total points distribution

What does HIV stand for? 228 / 250 correct responses

Heavily Infectious Virus	5 (2%)
✓ Human Immunodeficiency Virus	228 (91.2%)
Harmful Infectious Verruca	6 (2.4%)
Human Immunity Virus	11 (4.4%)

What does AIDS stand for??? 241 / 250 correct responses

✓ Acquired Immune Deficiency Syndrome	241 (96.4%)
Actual Infectious Disease System	3 (1.2%)
Alter Immunity Deficiency Syndrome	2 (0.8%)
Altered Immunodeficiency	4 (1.6%)

NATIONAL POLLUTION CONTROL DAY

December 2, 2022

'Protect your Earth, protect the greenery. Help the birds build a nest, plant a tree.' To commemorate the people who died in the Bhopal Gas Tragedy, the National Pollution Control Day is observed each year.

To contribute a bit towards the control of pollution, the unit organised a small scale plantation drive wherein the volunteers had to plant saplings at their own houses, etc. The objective of the activity was to minimise the impact of pollution from industrial and other anthropogenic sources.

The geo-tagged images of the plantation being done were received on the official email address and a total of **over 130 entries**, and thus saplings, were there.



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

1/4

National Pollution Control Day

DECEMBER 2, 2022

Plant a Sapling

Send Your Geo-tagged photos at nssrla.du@gmail.com

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC



INDIAN NAVY DAY

December 4, 2022

We are having a sound sleep each night because the armed forces work for our safety. One such contribution is of the Indian Navy as well.

On the occasion of Indian Navy Day, the NSS unit organised a Note-Writing event wherein the volunteers thanked the Navy personnel or the Navy as a whole for their hard work for our well-being.

These notes of gratitude were posted on the social media handles of the respective volunteers and were also shared by the Official Instagram Handle of NSS RLAC. A total of **185 volunteers** expressed gratitude, out of which **84 were female**.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

INDIAN NAVY DAY
4 DECEMBER

Write a note of thanks to the Navy Personnel for safeguarding the national waters and share it on social media handles tagging NSS RLAC and Indian Navy...

Submit your Post screenshot to nssrla.du@gmail.com before 11:59 pm

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

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

Glimpses

Happy INDIAN NAVY DAY

INDIAN NAVY DAY

We are grateful to the fact that we have our Navy keeping us ensured every single minute. Salute to our Navy. Give us a chance to observe Indian Navy Day by saluting all the navy men for their vision, commitment, and energy. Happy Indian Navy Day.

Shriya Goel Bcom Hons 2 Year

@indianavy @nss_rlac

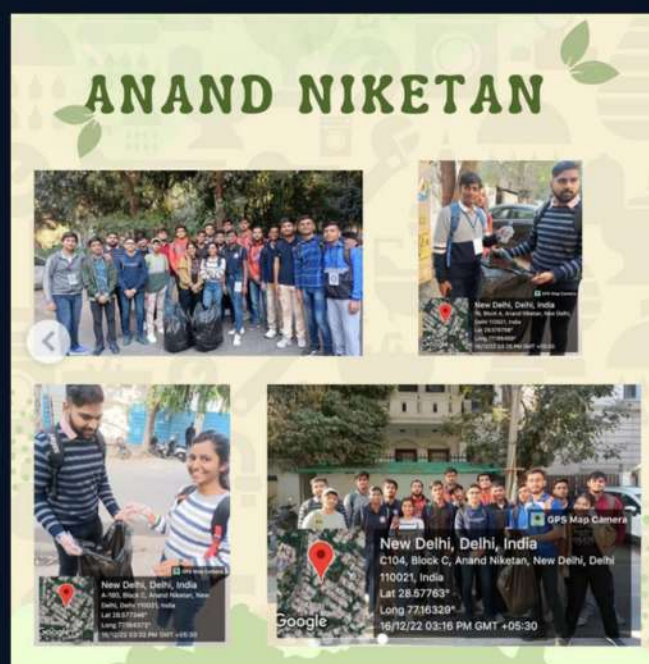
SWACHHATA 3.0

December 12-16, 2022

A 5-days long Cleanliness Drive was organised under Swachhata 3.0 with two hours of cleaning a specified area, each day.

Over 150 volunteers, with half of them being females, joined hands and togetherly picked up trash from various locations. The volunteers covered - the college campus, South Campus, Anand Niketan, JJ Colony and Basant Gaon.

After the collection of garbage, trash bags were aptly disposed of. The message behind the drive was clear - the objective of cleaning is not just to clean but to feel happiness living within that clean environment.



NATIONAL ENERGY CONSERVATION DAY

December 14, 2022

With the increasing population and demands, the energy usage increases and moreover, is wastage. To promote energy conservation as a part of National Energy Conservation Day, the unit held a Digital Slogan Writing event.

The volunteers had to send their entries via email with all their details and had to also post these slogans on social media platforms. The event saw a participation of **190 people with 90 female volunteers**.

Some slogans, apart from being catchy, were also like a mirror to the people who use energy in a careless manner be it fuels or electricity.

Ram Lal Anand College
University of Delhi
National Service Scheme

NATIONAL ENERGY CONSERVATION DAY
DECEMBER 14, 2022

Prepare a slogan post/story, making people aware of the energy conservation through social media platforms

Send Your Entries at nssrla.du@gmail.com

LIFE IS BETTER WITH TREES
ENVIRONMENT
THERE IS NO PLANET B

Send Your Entries at nssrla.du@gmail.com

Dr. Rita Jain
Programme Officer

Jay Pradeep
President

Prof. Rakesh Kumar Gupta
Principal

GLIMPSES

Save Energy Today
Survive Tomorrow

It's Time To Harness
Wind, Water & Sun

14 DECEMBER 2022

NATIONAL ENERGY CONSERVATION DAY

"Save Energy is to Save Future"

NATIONAL ENERGY CONSERVATION DAY
(14 December 2022)

BURN CALORIES, NOT FOSSIL FUELS

Save Energy Today Survive Tomorrow
@nss_rlac

NATIONAL ENERGY CONSERVATION DAY

Biofuels are the future of energy in this nation and around the world.

VIJAY DIWAS

December 16, 2022

On the occasion of Vijay Diwas, the day when India freed Bangladesh from the oppression of Pakistan through the 'Operation Vijay', the NSS unit of Ram Lal Anand College organised a handmade poster making event.

The event was open to all students of the college and the sheets were provided to the participants on the spot in the Seminar Hall of the college.

Through the posters, the participants paid their homage to their motherland India and the soldiers who fought for the well-being of others.

Upon the completion of the event, the **55 participants (23 female participants)** were provided the e-certificates.



KISAN DIWAS

December 23, 2022

Agriculture to man has always been of utmost importance and in an agricultural country like ours, the farmers definitely deserve our gratitude and respect.

So as to spread knowledge about the Kisan Diwas and the farmers, the unit organised an online quiz for the volunteers. Consisting of around 15 questions, the quiz covered a lot of information about this day, biotechnological advances in farming and farming in general.

51 volunteers participated in the quiz and showcased their awareness and intellect through their answers.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

KISAN DIWAS
DECEMBER 23, 2022

ONLINE QUIZ

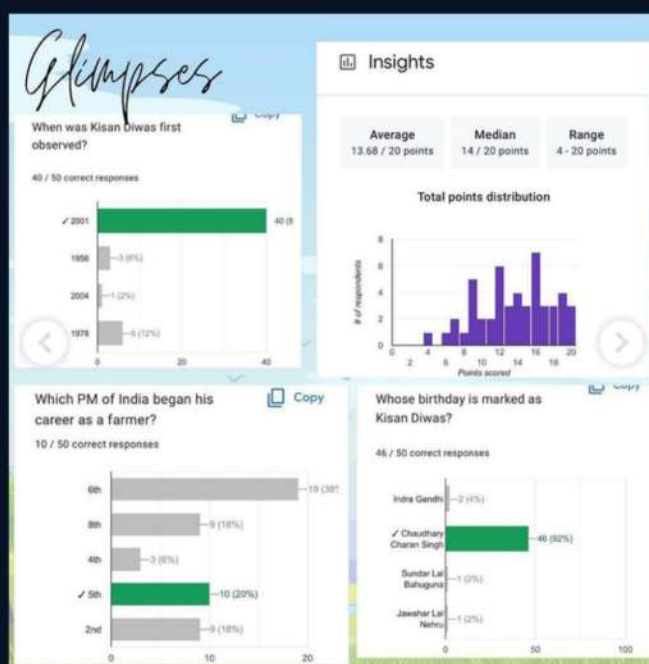
THEME: PROVIDING NUTRITIONAL SECURITY

TIME: QUIZ IS OPEN TILL 11:59 PM

VENUE: GOOGLE FORM

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

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



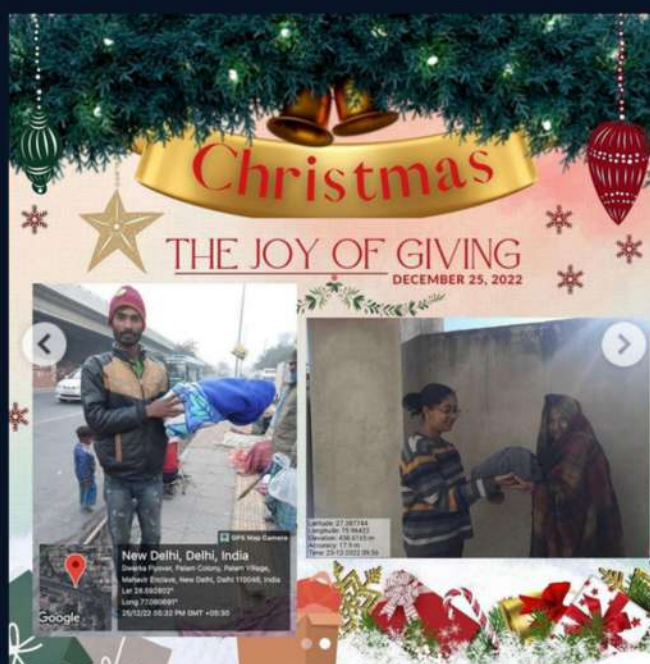
CHRISTMAS

December 25, 2022

To end the year on a good and noble note, the NSS unit of Ram Lal Anand College organised a donation drive on Christmas.

Christmas, as believed, is a day of joy and sharing with the ones who need things that we already possess. The volunteers were requested to provide freshly cooked/baked food to the poor and needy, along with warm clothes and other items.

Each volunteer had to go on their own and show their act of kindness towards another fellow human being. **About 130 volunteers** sent their geo-tagged pictures of the donation drive with **54 of them being female volunteers.**

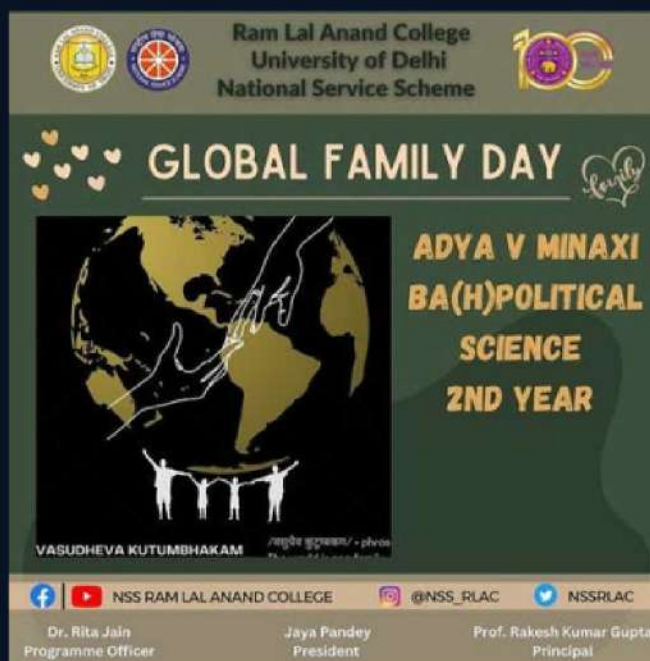


GLOBAL FAMILY DAY

January 1, 2023

With the theme of “Vasudheva Kutumbakam” meaning the world is one family, the NSS Unit of Ram Lal Anand College conducted an “E-poster making” competition on 1st January 2023, where the top 3 winners were able to get a shout out from the official Instagram handle of NSS.

The competition was a great success as **over 110 entries were received with 42 of them being female volunteers**. This success was able to induce a spirit of harmony among the multicultural and diverse population.



CUP DISTRIBUTION

January 3, 2023

With the notion of helping others the NSS Unit of Ram Lal Anand College conducted a cup distribution drive on 3rd January 2023, where the volunteers of the unit gave cups and chocolates to more than 60 underprivileged children in an attempt to spread cheer on the occasion of Christmas and New Year. **22 volunteers out of which 12 female volunteers** participated in this drive who extended a helping hand to others and bought a smile on the children's faces.



WORLD BRAILLE DAY

January 4, 2023

To commemorate the birth of Louis Braille and spread awareness about the Braille system of reading and writing the NSS Unit of Ram Lal Anand College organized an event on 4th January 2023 in the college premises from 11am.

The volunteers participating were required to write a message/quote for the blind in Braille language using beads or lentils.

A total of **42 students** participated in this event out of which **21 were female volunteers**, they were able to successfully gain insight on the importance of Braille literacy and provide sweet messages for the visually impaired.

Ram Lal Anand College
University of Delhi
National Service Scheme

WORLD BRAILLE DAY

4 January, 2023

- Time : 11am onwards
- Venue : Front Lawn

Event : Write a message/quote for the blind in Braille language using Daal/ beads.

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



WORLD DAY OF WAR ORPHANS

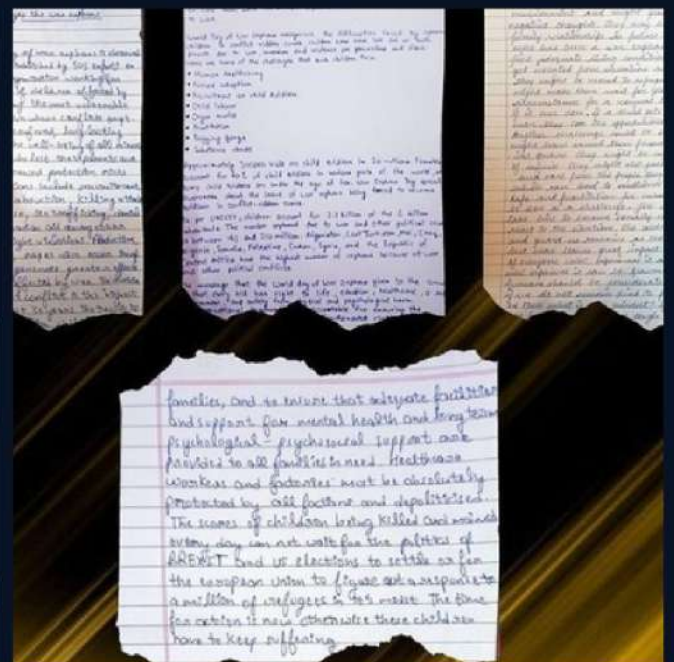
January 6, 2023

On 6th January 2023 the National Service Scheme of RLAC organized an online article writing competition to observe the world day of war orphans with the theme "the array of challenges the war Orphans are exposed to".

Globally millions of children are orphaned due to war resulting in a life of hardship, emotional and physical neglect.

In order to provide them a form of comfort this initiative was taken up where around **200 entries** were recorded including **98 female volunteers**. This flaunted the spirit of service among the volunteers.

The poster features the logos of Ram Lal Anand College, University of Delhi, and the National Service Scheme (NSS). It includes the text: "WORLD DAY OF WAR ORPHANS JANUARY 6, 2023 Article Writing Competition". The theme is "THEME: THE ARRAY OF CHALLENGES THE WAR ORPHANS ARE EXPOSED TO". It provides contact information: "Send Your Entries at nssrla.du@gmail.com by 11:59pm". At the bottom, it lists the staff: Dr. Rita Jain (Programme Officer), Jaya Pandey (President), and Prof. Rakesh Kumar Gupta (Principal).



BLOOD DONATION CAMP

January 9, 2023

With the initiative of saving lives the National Service Scheme of RLAC conducted a blood donation drive in collaboration with the "Indian red cross" on 9th January 2023 from 10am to 4pm in the college premises. The registration and medical check up was set up in the seminar hall and the medical room of the college while the blood donation took place in the red cross society's van parked near the front stage. The drive was conducted under the able watch of experienced and designated medical officers ensuring safety of the donors.

Refreshment were provided for the donors and the NSS unit received a registration of more than 150 volunteers where **70** donated their blood. This camp served as a symbol of unity and acted as a proof of how each volunteer of the unit is full of servitude.



RAKTVEER CONFERENCE

January 11, 2023

On 11th January 2023, two volunteers of the NSS Unit of Ram Lal Anand College Anshal Krishna and Shronit Chaurasia attended the conference hosted by the NSS volunteers of the Rajdhani College. The conference took place in the Rajdhani College's seminar hall where they discussed "Project Raktveer" which is a part of the mother project FARISHTE, an initiative under NSS Rajdhani where volunteers from various NSS groups were registered as Raktveer and would be responsible for donating blood when needed in their local hospitals.

Nukkad natak and videos would be created to generate funds for this cause and also recognize the Raktveers with badges and certificates. The volunteers present were able to gain insight and encouraged to provide their service through the message "A single pint can save three lives, A single gesture can create a million smiles".

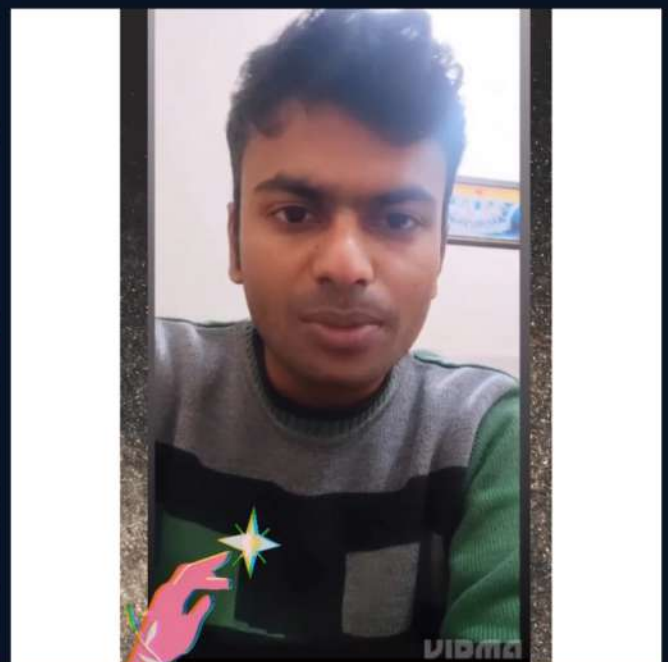
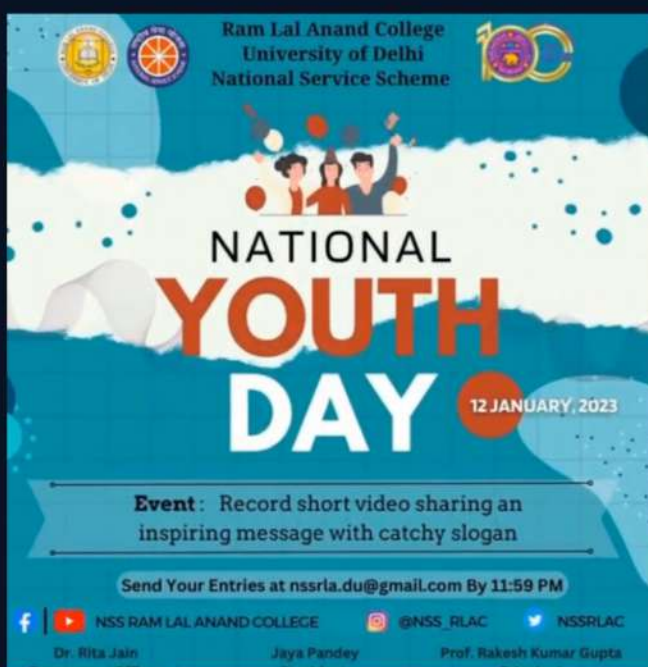


NATIONAL YOUTH DAY

January 12, 2023

On the birth anniversary of "Swami Vivekananda" the national service scheme of RLAC organized an event where volunteers were required to provide video with an "inspiring message" to honor Vivekananda's contribution for the youths of the country. **Over 48 volunteers participated with 17 being female volunteers.**

Along with this Udit Nandwana, a volunteer from B.A history (honors) of our college was selected to represent the NSS Unit of RLAC in the 26th National Youth Festival held between 12th to 16th January 2023 in Hubli, Karnataka. The volunteers depicted their gratitude and displayed their enthusiasm through their participation.



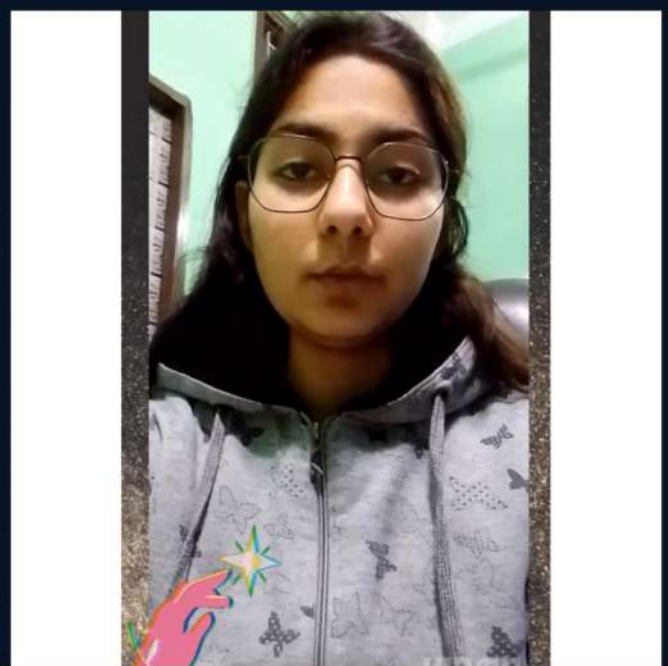
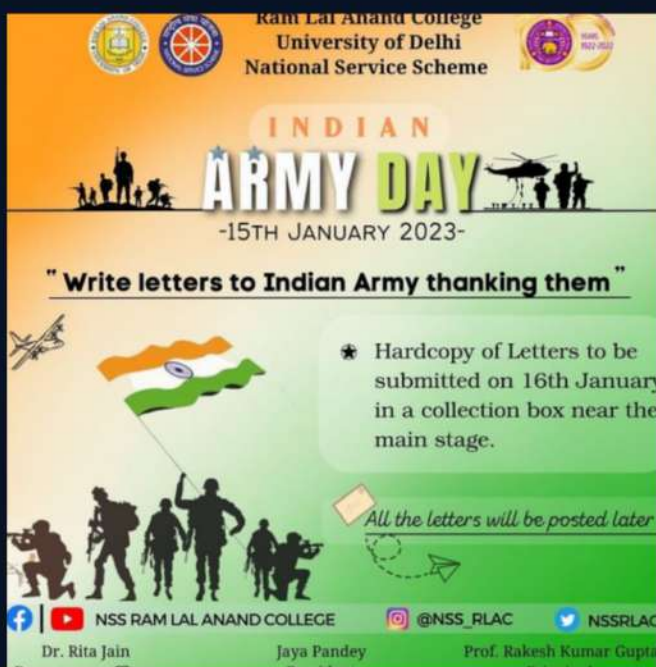
INDIAN ARMY DAY

January 15, 2023

On 15th January 2023, the NSS Unit of Ram Lal Anand College organized a "letter writing event" to honor the army men of our nation and pay tribute to our late field Marshal "K.M. Cariappa".

The volunteers of our unit gave a heartfelt hand-written letters for the soldiers of our country expressing their immense gratitude and prayers.

A total of **more than 130** letters were received out of which **54 were from the female volunteers**. The volunteers thanked the veterans for their bravery, sacrifice and strength for the country.



PLANT A SAPLING

January 17, 2023

To bring individual behaviors at the forefront of the global climate action narrative, the prime minister of India Shri Narendra Modi launched "Mission LiFE".

And under this mission the NSS Unit of RLAC organized "planting saplings" drive on 17th January 2023, where a total of **202 volunteers participated which has 87 female count**, they were able to fulfill their responsibility in their local area evident by their provision of geo tagged picture of them planting a sapling.

With the message of "planting a tree is an enormous expression of love" the volunteers tried to inch closer to a greener and healthier planet.



MISSION LIFE QUIZ

January 18, 2023

Under the Mission LiFE programme launched by the government of India the NSS Unit of Ram Lal Anand College in order to spread awareness about the depleting environment and it's conservation, conducted a Mentimeter Quiz Competition on 18th January 2023.

With the theme of "Renewable energy and arresting the effects of air pollution " the quiz took place at 6pm in Google Meet.

This competition received an overwhelming participation of **170 volunteers out of which 85 were female**. And the top 3 winners were able to get a shout out from the official NSS RLAC's Instagram handle. The quiz served it's purpose of imbining knowledge among the volunteers.

Ram Lal Anand College
University of Delhi
National Service Scheme

MENTIMETER QUIZ! COMPETITION
JANUARY 18, 2023

Theme : Renewable Energy and Arresting the effects of Air Pollution

TIME: 6 PM
VENUE: GOOGLE MEET

SHOUT OUT TO TOP 3 WINNERS

NSS Ram Lal Anand College @NSS_RLAC @NSSRLAC

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

GLIMPSES

8. Which is one of the fastest growing renewable energy sources in the United States?

Wind Solar Hydro

Leaderboard

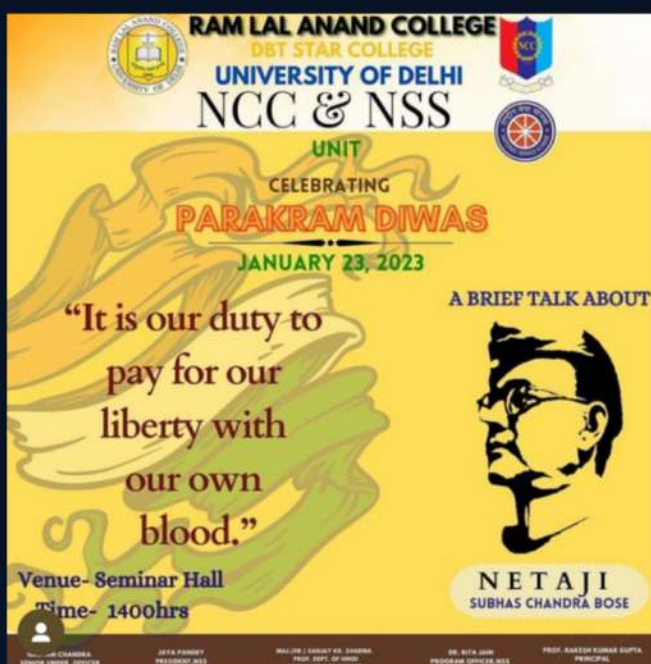
10000	Anshuman Singh
10000	Jyoti CS
10000	Tanay (8888)
8888	Anshuman PG
8888	Anshuman Singh
8888	Anshuman Singh
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PARAKRAM DIWAS

January 23, 2023

"It is our duty to pay for our liberty with our own blood" stated by 'Netaji Subhash Chandra Bose' who's 126th birth anniversary we celebrated on 23rd January 2023 through conducting a "brief talk" about Netaji Bose in the seminar hall of Ram Lal Anand College hosted by the NSS Unit at 2pm.

The event included a briefing by the Vice Principal 'Dr. Subhash Chander Dabas' and Professor Sanjay Kumar who shared their insight on this auspicious occasion. The event was attended by 45 volunteers of the unit where 18 were female volunteers. The occasion served as a symbol of unity and depicted the patriotism of the volunteers.



NATIONAL GIRL CHILD DAY

January 24, 2023

On the occasion of "National Girl child Day" the National service scheme of RLAC organized a Sanitary Napkin Distribution Drive on 24th January 2023 at JJ Colony South Moti Bagh. This was done in order to reduce the percentage and of women using clothes for menstrual protection.

The collection of sanitary napkins was done through settings up of desk and slots in the college premises which resulted in the collection of over 100 packets of sanitary napkins. These were further distributed among the underprivileged and the volunteers were able to generate awareness among them regarding menstrual hygiene and protection.

Nearly **72 volunteers** participated enthusiastically in this pivotal event of whom **32 were female volunteers**.



NATIONAL VOTER'S DAY

January 25, 2023

On the occasion of national voters day the NSS unit of Ram Lal Anand college organized online poster making competition and pledge taking event on 25th January 2023 in college premises.

The oath taking ceremony was undertaken by more than **200 volunteers including 97 female volunteers**. On the other hand the digital poster making competition which was based on the theme "Nothing like voting, I vote for s received more than **125 digital poster where 64 entries were by the female volunteers**. The main objective behind this celebration is to facilitate, Encourage, and maximize voting enrollment especially among the new voters, this initiative has raised acknowledgement by the youth and new voters to access the significance of voting in the electoral process.



The poster features the logos of the University of Delhi and the National Service Scheme (NSS) at the top. The text reads: "Ram Lal Anand College, University of Delhi, National Service Scheme. Is organising OATH TAKING CEREMONY On the occasion of NATIONAL VOTER'S DAY". Below this, it specifies: "Date :- 25/01/2023, Timing :- 12:45Pm, Venue:- Front Lawn". The central illustration shows a woman in a blue shirt and red pants sitting in a red chair, while another woman in a pink shirt and black pants stands next to her holding a sign that says "Vote!". At the bottom, there are social media handles for NSS Ram Lal Anand College (@NSS_RLAC) and @NSSRLAC, along with the names and titles of the organizing staff: Dr. Rita Jain (Programme Officer), Jaya K Pandey (President), and Prof. Rakesh Kumar Gupta (Principal).



REPUBLIC DAY

January 26, 2023

"We are Indians, firstly and lastly". The celebration of Republic day commemorates the time on 26th January 1950, when India became a sovereign democratic and a Republic state.

On 25th January 2023, the National service scheme of Ram Lal Anand college indulged in the celebration of Republic day through the singing of the national anthem followed by flag hoisting by the Principal of RLAC "Dr. Rakesh Kumar Gupta", who gave a speech along with the chief guest of the event "Prof. S.C. Garkoti", Honorable Chairman of the governing body of school of environmental science JNU, to instill the importance of this day among the students. The event was also graced by an NCC parade.

The conclusion was done magnificently by a pledge recited by the NSS president which was taken up by all the students and faculty present there. A fist painting desk was set up hosted by the NSS volunteers which sparked the interests of many students. Over **300 students and faculty members** where invested in this celebration giving a sense of nationality and unity to the day.



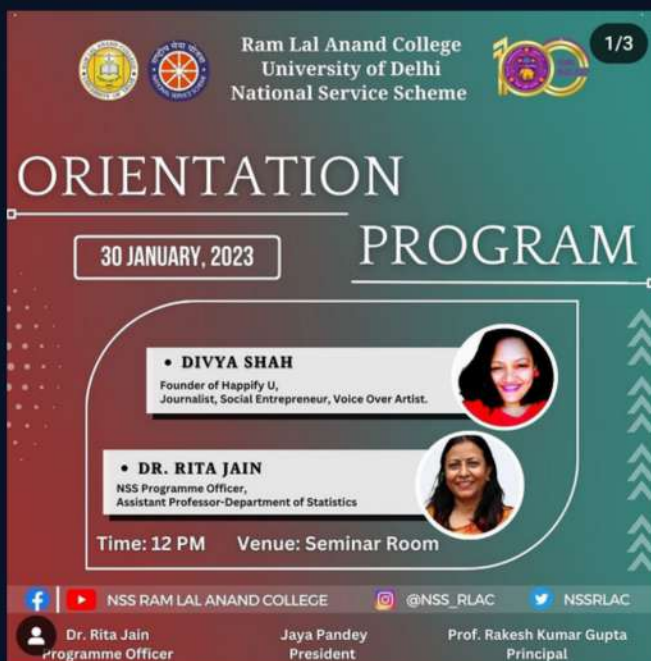
ORIENTATION PROGRAM

January 30, 2023

To introduce the newly recruited volunteers of the NSS unit with the team layout and the purpose of NSS, the unit organized an official orientation Programme for the session 2022-23 on 30th January 2023 in the college seminar hall from 12pm.

With the motto of "Not me but You" which reflects the essence of democratic living and upholds the need for selfless services, the event was graced by the esteemed presence of our programme officer Dr. Rita Jain Ma'am and our special chief guest Ms. Divya Shah, the founder of Happify U, a journalist, social entrepreneur, influencer and a voiceover artist who delivered her learnings and knowledge with ease for the audience.

Precisely around **80 first year NSS volunteers and 43 second year volunteers participated which included 67 female volunteers**. The event resulted in creating a spirit of hard work and servitude among the recruits. "the best way to find yourself is by losing yourself in the service of others".



Ram Lal Anand College
University of Delhi
National Service Scheme

ORIENTATION PROGRAM

30 JANUARY, 2023

- DIVYA SHAH**
Founder of Happify U,
Journalist, Social Entrepreneur, Voice Over Artist.
- DR. RITA JAIN**
NSS Programme Officer,
Assistant Professor-Department of Statistics

Time: 12 PM Venue: Seminar Room

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

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



ANTI-TOBACCO AWARENESS CAMPAIGN

February 2, 2023

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 2-day event on the occasion of World Cancer Awareness Day.

The first of these was the Anti Tobacco Awareness Campaign, consisting of two activities.

These were the Handmade Poster making and Slogan Writing.

Volunteers mailed their posters and slogans on official email-id of NSS RLAC before 11.59 pm on 2nd of February and shared their posters on their social media platform tagging NSS RLAC. **About 139 - 71 female - volunteers** actively participated in it.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

WORLD CANCER AWARENESS DAY
Theme: *Uniting our Voices & Taking Action*

ANTI TOBACCO CAMPAIGN
02 FEBRUARY 2023

- ONLINE HANDMADE POSTER MAKING
- SLOGAN WRITING

AWARENESS DRIVE

- 03 February 2023
- Locations : JJ Colony, Satya Niketan, Anand Niketan, Vasant Gaon.

Submit your entries at nssrla.du@gmail.com

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

NSS-RLAC, DU

ANTI-TOBACCO AWARENESS

YOUR LIFE IS IN YOUR HANDS, BUT SMOKER'S LIFE IN TOBACCO HAND.

ANTI TOBACCO CAMPAIGN
Leave it, we don't need it.

WORLD CANCER AWARENESS DAY DRIVE

February 3, 2023

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a 2-day event on the occasion of World Cancer Awareness Day.

The second of these was the Awareness Drive. On 3rd February, volunteers went to different locations in order to spread awareness with their posters. All the volunteers were divided into 4 groups and these groups went to JJ colony, Basant Gaon, Satya Niketan, Anand Niketan and other areas outside the college to spread awareness. Volunteers talked to the people who smoked and told them about the harmful impact of tobacco and smoking.

Around **164 - 93 female - volunteers** participated in the drive and made it a successful event. This event showed the enthusiasm and determination of the volunteers and made it a huge success.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

WORLD CANCER AWARENESS DAY
Theme: *Uniting our Voices & Taking Action*

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Dr. Rita Jain
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HANDMADE POSTER MAKING

February 5, 2023

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a week-long Plastic Awareness Drive with two main events. The first of these was Handmade Poster Making, held on 5 February 2023.

It was held on the topic of Plastic Awareness. The event received a total of **222 entries**, with **119 being from female volunteers**. Enthusiasm sparked in the posters received from volunteers.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

PLASTIC AWARENESS DRIVE

05 FEBRUARY 2023

• ONLINE HANDMADE POSTER MAKING

**Submit your entries at nssrta.du@gmail.com by 11:59 p.m.

6-10 FEBRUARY, 2023
OFFLINE AWARENESS DRIVE

• LOCATIONS : JJ COLONY , SATYA NIKETAN , BASANT GAON , ANAND NIKETAN , SOUTH CAMPUS , COLLEGE CAMPUS.

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



National Service Scheme
RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI

PLASTIC DESTROYS ENVIRONMENT

Say No Plastic

PLASTIC DESTROYS ENVIRONMENT

PLASTIC AWARENESS DRIVE

February 6-10, 2023

The National Service Scheme (NSS) unit of Ram Lal Anand College organised a week-long Plastic Awareness Drive with two main events. The second of these was the offline plastic awareness drive.

The unit organized Plastic Awareness Drives in following locations - Ram Lal Anand College and nearby areas in South Campus, Basant Gaon, Satya Niketan, JJ Colony and Anand Niketan.

200 volunteers, 93 female, enthusiastically participated in the event. Slogans were recited, people were enlightened and the drive turned to be a huge success.



RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

PLASTIC AWARENESS DRIVE

05 FEBRUARY 2023

- ONLINE HANDMADE POSTER MAKING

**Submit your entries at nssrla.du@gmail.com by 11:59 p.m.

6-10 FEBRUARY, 2023
OFFLINE AWARENESS DRIVE

- LOCATIONS : JJ COLONY , SATYA NIKETAN , BASANT GAON , ANAND NIKETAN , SOUTH CAMPUS , COLLEGE CAMPUS.

Dr. Rita Jain
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Principal

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC



TREE PLANTATION

February 17, 2023

NSS, RLAC organised a Tree Plantation drive under the name "Plant a Sapling" on the 17th of February, 2023. In this event, the volunteers were asked to plant saplings in and around their residence and then nurture them.

As a proof of completion, they were required to send the images of them planting the trees on the official email id of the unit. The participation of the volunteers in the event was overwhelming with a total of **202 (87) volunteers** planting a sapling.

With such an event, NSS RLAC took a step forward in the direction of a greener and healthier planet.



HANDMADE POSTER MAKING

February 19, 2023

Under Mission LiFE, the National Service Scheme (NSS) unit of Ram Lal Anand College organised Handmade Poster Making on 19 February 2023.

The theme revolved around waste segregation.

Over **150 (80) volunteers**, shared their handmade posters across their social media platforms and disseminated waste segregation awareness.

RAM LAL ANAND COLLEGE
University of Delhi
NATIONAL SERVICE SCHEME

**WASTE SEGREGATION AWARENESS
&
CLEANLINESS DRIVE**

19th February 2023
**Online Handmade
Poster Making**
Submit your entries at:
nssrla.du@gmail.com

20-22nd February 2023
Awareness Drive
Locations: JJ Colony,
Basant Gaon, Satya
Niketan, and South
Campus

REDUCE REUSE RECYCLE

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain
Programme Officer

Jaya Pandey
President

Prof. Rakesh Kumar Gupta
Principal



WASTE SEGREGATION AWARENESS DRIVE

February 20-22, 2023

The second activity was an offline awareness and cleanliness drive from 20th to 22nd February 2023, spread over areas such as JJ Colony, Basant Gaon, Satya Niketan and South Campus with volunteers divided into groups for each.

Over **200 (105) volunteers** - carried their posters and not only cleaned these areas, but also actively segregated the litter and waste into their designated categories. They talked to shopkeepers and passers-by about the significance of segregation of waste.

They got fruitful results and truly served the purpose of being an NSS volunteer.



FEEDING STRAY ANIMALS AND BIRDS

March 2, 2023

The NSS Unit of Ram Lal Anand College organized a voluntary event of feeding the stray dogs and animals on 2nd March 2023, as they are very prone to be constantly hungry and thirsty the volunteers were made to feed at least two different types of animals and birds.

The volunteers sent pictures and videos of them feeding cats, dogs, cows, etc., resulting in creating a safe and secure environment for the street animals. Over **150 (75) volunteers** participated actively.

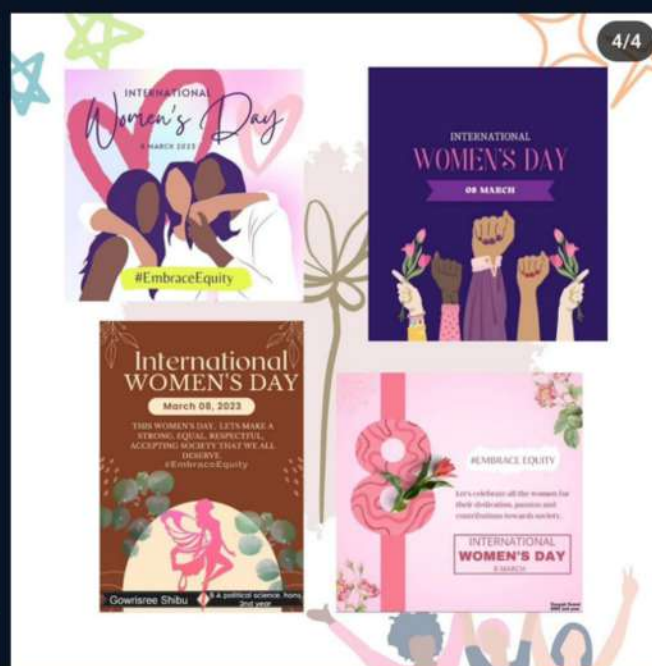


INTERNATIONAL WOMEN'S DAY

March 8, 2023

On 8th March 2023 the NSS Unit of Ram Lal Anand College in order to commemorate the International Women's Day organized a poster making event which can be both digital and handmade.

This enabled the volunteers to let their creativity flow with ease. With the theme of "#embraceEquity IWD'23" the 175 (100) volunteers shared their posters on various social media platforms and were able to give their part in establishing gender equity.



SANKALP - THE ANNUAL CULTURAL FESTIVAL

March 20-21, 2023

The NSS Unit of Ram Lal Anand College successfully organized their annual fest "SANKALP'23 : Celebrating hands that serve" on 20th and 21st March 2023. The opening ceremony started at 10 am on 20th March where the chief guests **Shri Jang Ji Long, regional director and directorate of NSS Delhi** and **Mr. Devendra Kumar, founder of Ladli Foundation Trust** lightened the ceremonial lamp and addressed the volunteers.

The first day included various activities such as "Health check-up camp", "Umang" a material donation drive and "Khelaton" a collection of fun and interesting games. The second day did have it's own charm through conduction of various challenging and exciting activities like "Tarang" where the sub units of the NSS unit conducted fun game stalls such as "Cross the coaster", "bottle flip", amongst the array of other games.



Other ventures included, pot making, Quizardry, a quiz competition with the theme of "Sustainable development", Shark Tank, Treasure Hunt, Dance competition, Open mic and the closing ceremony where the winners of various contest were presented with exciting vouchers and prizes.

With a footfall of **over 1000** and the **participation of volunteers from 15 different colleges**, SANKALP'23 was able to induce team spirit, healthy competition, sharing of ideas, displaying of talent and creativity and most of all create unity among the volunteers from all walks of life to serve the NSS motto of "not me but you".

TREE PLANTATION

March 26, 2023

On 26th March 2023 the NSS Unit of Ram Lal Anand College organized a planting saplings drive to give their service to the "Mission LiFE" programme, an initiative to combat climate change.

The **75 (50) volunteers** gave their enthusiastic participation as the drive nudged the them and the people around them to undertake simple acts in their daily lives which would contribute significantly to climate change and make the environment around us clean and green.

Ram Lal Anand College
University of Delhi
National Service Scheme

1/4

TREE PLANTATION

26 March 2023

Mail your geo-tagged photos to
nssrla.du@gmail.com by 11:59 p.m.

Dr. Rita Jain
Programme Officer

Utkarsh Amrit
Secretary

Prof. Rakesh Kumar Gupta
Principal



MATERIAL DONATION DRIVE

March 20-31, 2023

In collaboration with "Goonj : A voice, an effort" the NSS Unit of Ram Lal Anand College coordinated a material donation drive which was organized under the banner of the annual festival "SANKALP'23".

It was conducted from 20th to 31st March 2023 from 10 am onwards where the attendees were required to donate any item in usable and proper conditions such as wearable clothes, stationary items, cloth bags, etc., many volunteers, as many as **50 (35)** came forward to donate their belongings which were further distributed to people in need and social welfare organizations.



WORLD AUTISM ACCEPTANCE DAY

April 2, 2023

To show solidarity with people with autism, NSS unit of Ram Lal Anand College initiated an online digital poster making competition on World Autism Acceptance Day observed on 2nd April annually.

It directed volunteers to wear blue to raise awareness and promote acceptance of people with autism spectrum disorder (ASD). It was organized under the theme "light it up blue" in which **120 volunteers took part**, of which **65 were females**. They were encouraged to post their pictures and posters on different social media platforms.



HIV & AIDS AWARENESS SESSION

April 3, 2023

To uplift the stigma towards the HIV & AIDS patients across the country, there has been certain prevalent notions that needs to be eradicated to ensure more involvement and knowledge about the safe practices for HIV AIDS.

In order to promote awareness on HIV and AIDS, the NSS unit of Ram Lal Anand college in collaboration with the Red Ribbon Club supported by Delhi State AIDS Control Society organized a seminar on 3rd April in the seminar hall of the college.

It was graced by the speaker Ms. Sujita Gahlaut, who is Assistant Director of Youth Affairs and nodal officer for all HIV/AIDS program activities in DAPCU at district level with over 13 years of experience. The session was attended by young enthusiasts and **75 (40) volunteers**.



RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI
NATIONAL SERVICE SCHEME

IN COLLABORATION WITH

RED RIBBON CLUB
SUPPORTED BY
DELHI STATE AIDS CONTROL SOCIETY

ORGANIZES

HIV AND AIDS AWARENESS SESSION

With: **Ms. Sujita Gahlaut**

- Assistant Director
- Youth Affairs and Nodal Officer DAPCU

Monday
3 April, 2023
11:30am Onwards

Venue:
Seminar Hall

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC

Dr. Rita Jain
Programme Officer

Utkarsh Amrit
Secretary

Prof. Rakesh Kumar Gupta
Principal



CONSTANT EDUCATION CAMP

April 3-30, 2023

A month long project was launched by the NSS Unit of Ram Lal Anand College, lasting from 3rd to 30th April 2023.

The volunteers reached out to the underprivileged children of J.J . Colony from 3pm to 5pm each day of the camp and gave them insights on basic language & communication skills along with moral values.

Necessary stationary items like pencils, notebooks, etc., were brought by the volunteers, this initiative enabled them in covering the gap between literate and illiterate children and helped the children to add value and gain new perspectives in their lives.

Over **150 (76) volunteers** participated in this fulfilling endeavour.



Ram Lal Anand College
University of Delhi
National Service Scheme
Education Camp '23

Time:- 3PM - 5PM
Venue:- J.J. Colony
Date:- 03.04.23 - 30.04.23

Dr. Rita Jain
Programme Officer

Utkarsh Amrit
Secretary

Prof. Rakesh Kumar Gupta
Principal



HEALTH TALK ON STRESS MANAGEMENT

April 19, 2023

On the 19th April, 2023 in order to provide support and solace to the students going through mental health problems and to furthermore provide awareness regarding the same, the NSS Unit of Ram Lal Anand college organised a health talk on stress management.

This was in collaboration with Amaha, a holistic mental health organization. The session was held in the college premises 11 AM onwards. The honorable speaker of the session was "Ms. Samridhi Pahalwan", M. Phil, M. Sc., S

Senior consultant psychologist with over 6 years of experience, she helped create a comfortable atmosphere among the students and provided her wise insight regarding stress management which helped the students participating leave with faith.

Over **82 (44) volunteers** attended this insightful session.



Ram Lal Anand College
University of Delhi
National Service Scheme
In collaboration with
AMAHA - A MENTAL HEALTH ORGANISATION
Health Talk on Stress management
19 April, 2023

Ms. Samridhi Pahawaiyan
Senior consultant psychologist

Dr. Rita Jain
Programme officer

Utkarsh Amrit
Secretary

Prof. Rakesh Kumar Gupta
Principal

NSS RAM LAL ANAND COLLEGE @NSS_RLAC NSSRLAC



NATIONAL ENDANGERED SPECIES DAY

May 19, 2023

The National Service Scheme (NSS) unit of Ram Lal Anand College successfully organized an activity on 19th May 2023, Friday, to commemorate National Endangered Species Day and raise awareness about the preservation of endangered species.

135 (66) volunteers created posters that garnered widespread visibility as they were shared across various social media platforms with the tag NSS RLAC. The NSS team emphasized the crucial role its volunteers play in spreading awareness and promoting responsibility towards endangered species.

The event's theme, "Save the Tiger, be the Fighter!" served as a reminder of the importance of protecting these magnificent creatures.

The NSS team at RLAC expressed their gratitude to the volunteers for their enthusiastic participation, and they are confident that this initiative will make a significant contribution to the conservation of endangered species.



INTERNATIONAL YOGA DAY CAMP

June 12-21, 2023

The 9th International Yoga Day was celebrated with great enthusiasm as the National Service Scheme (NSS) Unit of RLAC, in collaboration with Ram Lal Anand College, University of Delhi, organized a 10-day Yoga Camp. From 12th to 21st June 2023, participants gathered at the premises of Ram Lal Anand College to immerse themselves in the practice of yoga.

The camp, held under the theme of "Humanity," aimed to promote the physical, mental, and spiritual benefits of yoga and encourage its integration into daily life. The sessions were conducted from 08:00 AM to 09:00 AM, allowing participants to start their day with rejuvenation and mindfulness. The Yoga Camp served as a reminder of the power of yoga in fostering holistic health and promoting a sense of harmony within oneself and with others.

15 (7) volunteers attended this camp.



INTERNATIONAL YOGA DAY

DAY

June 21, 2023

The National Service Scheme (NSS) unit of RLAC organized the "Do Yoga with Family" activity to celebrate International Yoga Day. On 21st June 2023, Wednesday, volunteers enthusiastically participated in practicing yoga with their families at home.

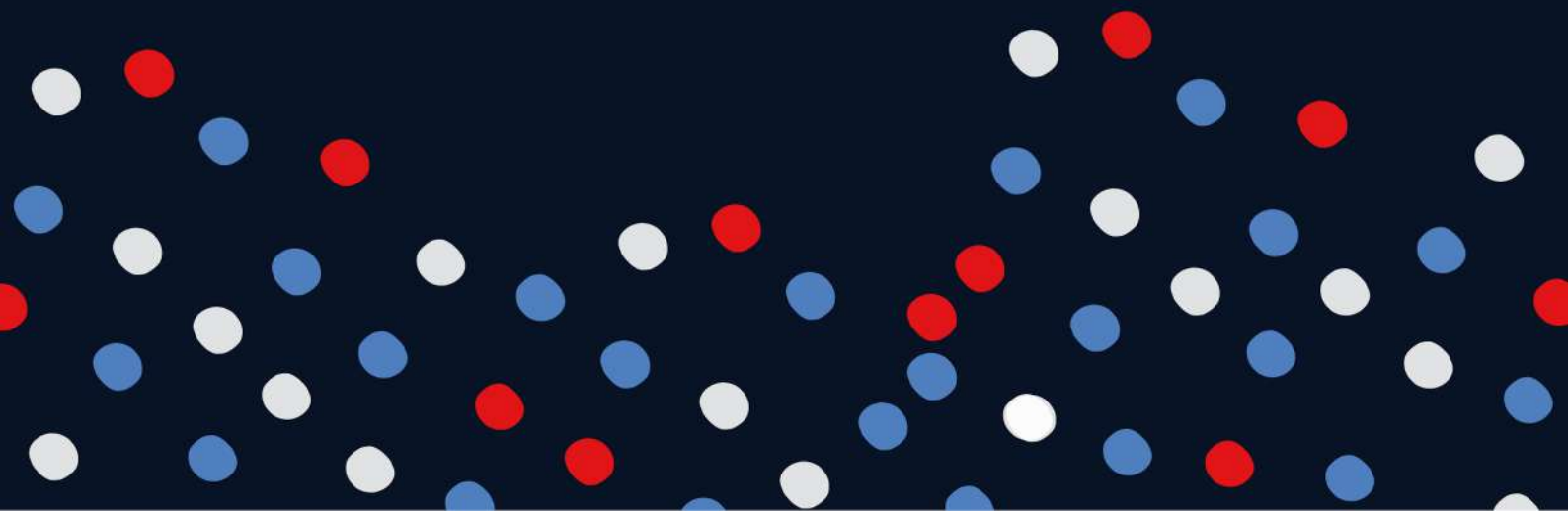
The event aimed to foster togetherness and well-being within the volunteer community while promoting the physical and mental benefits of yoga. The NSS team expressed gratitude to the volunteers for their active involvement, recognizing their collective effort in making International Yoga Day a success.

By embracing yoga as a family, **87 (33) volunteers** contributed to personal fitness and the overall betterment of the community.



2022 - 23

ACHIEVE MENTS



GANDHIJI & AAJ KA BHARAT

October 27, 2022

On the International Non-violence Day, 6 members of the unit attended a lecture at the **Convention Hall, Vice Regal Lodge, University of Delhi**. The event was to commemorate Mahatma Gandhi and his contribution towards India through non-violent ways.

The chief guest of this event was the Hon'ble Governor of Uttarakhand, HE Lt. Gen. (Retd.) Shri Gurmit Singh. He focused on how Gandhi's principles and ideology spread peace and harmony. Lasting 3 hours, the students saw an army man speak about the man of non-violence.. something most of the people would be astonished of.



NASHA MUKT BHARAT CONFERENCE

September 20, 2022

"Let's take a stand, for a drug free land."

The state was conducting Nasha Mukti Bharat Abhiyan and in the same episode, youth in schools, colleges and social institutions of Delhi were being made aware of making drug free India.

Boosting this campaign, District Magistrate of New Delhi hosted the Nasha Mukti Bharat Abhiyan (NMBA) at JNU on 20th September, 2022 where Union Minister Smt. Meenakshi Lekhi was invited as a chief guest.

NSS RLAC was invited for the same and a total of 9 students out of which 7 were female reached there to be a part of this programme.

Events organised under this programme by our NSS team were also displayed there and people were made aware to stay away from intoxications through Nukkad Natak.



UoD's INAUGURAL CENTENARY RUN

November 7, 2022

In commemoration of its centenary, the University of Delhi held its inaugural Centenary Run on 7th November 2022.

The event's function was chaired by Mr. Yogesh Singh, the Vice Chancellor of UoD. Mr. Neeraj Chopra, the Olympic gold medalist in Men's Javelin throw, Mr. Arjun Munda, Union Minister of Tribal Affairs, and Mr. Vivek Thakur, Chairman of the Parliamentary Standing Committee on Education, graced the occasion as the Chief Guests and Guest of Honour respectively.

Over 15 NSS volunteers took part from NSS (RLAC), of whom nearly 5 were female, along with the 4 PwD students who were assisted by them.

After T-shirt distribution, speeches by Mr. Yogesh Singh, Mr. Neeraj Chopra and more, and a booklet launch in celebration of DU's centenary, the volunteers were handed green flags. They ran a distance of 4.5 km while assisting the PwD students, and came back to the sports complex for the post-run food distribution. The event came to a successful end by noon.

UoD's INAUGURAL CENTENARY RUN

November 7, 2022



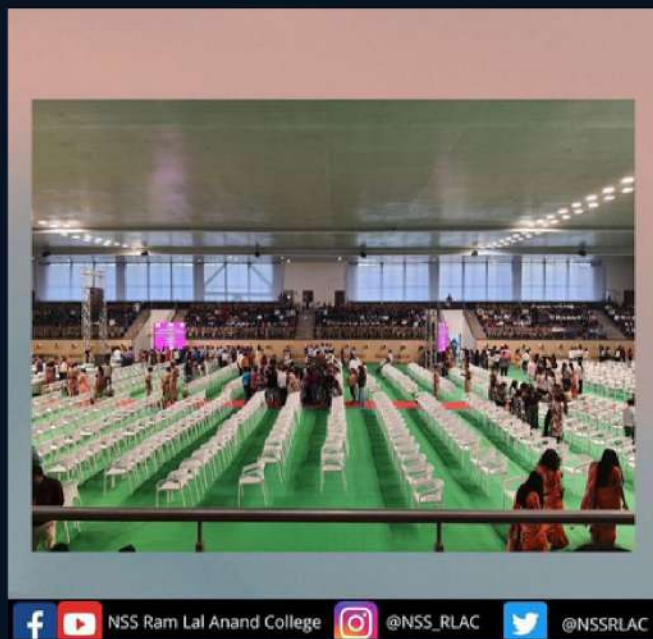
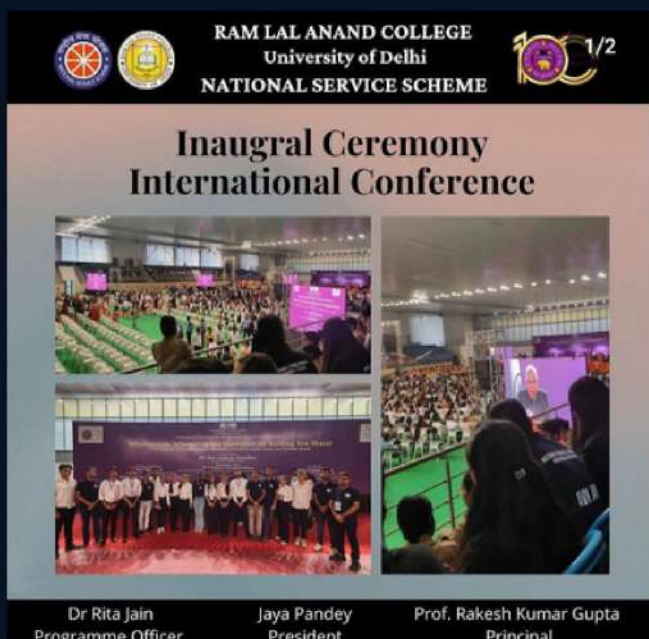
INAUGURATION OF INTERNATIONAL CONFERENCE

November 10, 2022

On the inaugural ceremony of the **International Conference on the Infrastructure, Information and Innovation for Building New Bharat**, organized under centenary celebrations of Delhi University, **22 volunteers** from the **NSS** unit of Ram Lal Anand College attended the ceremony and had the chance to gain an insightful experience.

The ceremony was graced by the presence of the honorable **Vice President of India Jagdeep Dhankar**, and the "Minister of state for skill development, entrepreneurship, electronics and information Ministry" **Rajiv Chandrashekar** and Vice President of Gandhi Smriti & Darshan Samiti **Vijay Goel** were the Special Guests of the event.

The dignitaries pointed out the importance of the united strength of the nation, and its potential in bringing transformation in the world and praising the triumphs of Indians.



CHANAKYA - A PLAY DIRECTED BY MANOJ JOSHI

November 30, 2022

In this installment of University of Delhi's Centenary celebrations, its **Culture Council** organized a play, 'Chanakya' on 30th November, 2022, from 05:00 PM onwards at UoD's Rugby Stadium, Sports Complex. The play was **directed by renowned actor Mr. Manoj Joshi**, and enacted by the **Dharmajan Team**.

The National Service Scheme (NSS) unit of RLAC also stepped up to help with the execution of the event. **Five (5) male volunteers** reached the venue at the designated time and were assigned duties at the gates reserved for University officials and guest audiences, and also assisted with audience management, food stalls, and help desks. **3 volunteers among them also got the opportunity to meet the Vice Chancellor of UoD** during the intermission of the play. It was indeed a bliss for them to contribute to the university.



NORTH ZONE PRE- REPUBLIC DAY CAMP

November 26 - December 5, 2022

Rudrakshi Jain, a second year student of B. A. (H) English, was the first female volunteer of NSS Ram Lal Anand College to be selected to represent the college at the state-level screening-process of the North Zone Pre-Republic Day Parade Camp 2022-2023 held between 26th November to 5th December, 2022. The screening took place at Daulat Ram College, University of Delhi. Following this, she went on to represent the Delhi Directorate at the second round of the selection process in Punjab, where the Selection Committee was chaired by Smt. Harinder Kaur, Regional Director, Chandigarh Directorate, and Dr. Kamal Kumar Kar, Assistant Programme Advisor, NSS.

Rudrakshi recalled her life at camp, saying it was one of “hard work, discipline and dedication along with some great moments of fun.” Looking back at her learnings, and forward to an enlightened future, Jain commented, “Irrespective of whether or not I go forward, I consider this a win because of this wave of strength and empowerment which is already visible in the eyes of my fellow female volunteers; and the fact that I have played a part in bringing about this change, is all the appreciation and motivation I need to continue working with dedication and determination.”



NATIONAL YOUTH FESTIVAL

January 12-16, 2023

Udit Nandwana, a second year student of B. A. (H) History, is a volunteer who was selected to represent NSS, Ram Lal Anand College at the 26th National Youth Festival held between 12th January to 16th January, 2023 in Hubli, Karnataka. He was one among over 7,500 youth delegates selected to represent the Indian states, UTs, the NYKS and NSS, and showcase their talents and exclusive culture. The volunteers reached Dharwad, the primary venue, early at 5AM on 12th January, where the Hon'ble Prime Minister, Mr. Narendra Modi inaugurated the festival at Railway Sports Ground. The day came to an end with a cultural evening.

Recalling his vibrant experience, Nandwana termed the journey 'unique', and shared how "dancing, singing, playing instruments took place in the coach itself, which was booked for only the NSS volunteers of Delhi." He said, "4,05,255 people, including me, simultaneously entered the Guinness Record in Yogathon. NYF 2023 provided me with a golden opportunity to interact with people from a diverse culture, to witness leaders like Narendra Modi, Anurag Thakur, Thawar Chand Gehlot, and more. The exposure and experience will definitely help me grow."



NATIONAL INTEGRATION CAMP (NIC)

2023

The National Integration Camp (NIC) is organized every year and the duration of each camp is of 7 days with day-night boarding & lodging. These camps are held in different parts of the country. Each camp involves 200 NSS volunteers to undertake the scheduled activities. This camp makes volunteers aware about rich heritage and culture of India. It also develops a sense of National pride through knowledge about India.

This time, **Mr. Vaibhav Joshi**, a third-year student from B.Com. Program was selected to represent NSS RLAC and Ram Lal Anand College at the National Integration Camp, held at Chaudhary Charan Singh Haryana Agriculture University, Hisar, Haryana from February 26 to March 4, 2023. He was selected as one out of four volunteers selected from University of Delhi.



MILITARY TATTOO & TRIBAL DANCE

January 23-24, 2023

On 23rd and 24th January 2023, the Ministry of tribal affairs in conjunction with the ministry of defense organized "Aadi Shaurya- Parv Parakram Ka", a military Tattoo and Tribal dance festival on the special occasion of Amrit mahotsav and to mark the 126th birth anniversary of Netaji Subhash Chandra Bose at the Jawahar Lal Nehru stadium in New Delhi.

The festival was set to exhibit the prowess of the armed forces in a military Tattoo and feature various power packed dance performances of various tribal communities across India showcasing the beauty of diverse tribal culture present in our country. Over 1200 Performers refined their art forms And were set to enthrall the city with their mesmerizing performances. The grand finale showcased a performance by the famous playback singer Shri Kailash Kher. A footfall of over 40,000 people was observed in the venue while the NSS volunteers were able to give their energetic and enthusiastic participation in this event while also gaining huge insight on the significance of this occasion.



AMRITPEX-2023

February 3, 2023

The Department of Posts and the Ministry of Communication hosted the National Philatelic Exhibition (AMRITPEX - 2023) in cooperation with the University of Delhi to mark and memorialize the country's 75th anniversary (Azadi ka Amrit Mahotsav). The office of the dean of students welfare preceded an event called **AMRITPEX-23: DU chapter on February 3, 2023**, at the Arts faculty and Miranda House.

Pursuant to this, two of our NSS volunteers, Prateek Panigrahi, a first-year student of BA program, and Animesh Verma, a second-year student of B.Sc. (Hons) Computer Science participated in the event.

Events that took place at Miranda House and the Arts Faculty included a calligraphy workshop, letter writing, flash-mob, nukkad natak, and a rapid fire. Among the list of events held specifically at Miranda House, these made the cut: letter writing wall, postcard design workshop, philately exhibition and a presentation.

Overall, the experience was overwhelming for both of our volunteers. and they gained valuable knowledge of our antiquated yet always effective communication techniques.



NATIONAL TRIBAL FESTIVAL

February 16, 2023

The National Tribal Festival was organised at New Delhi by the Ministry of Tribal Affairs and Tribal Cooperative Marketing Development Federation of India to celebrate, cherish and promote the spirit of tribal craft, culture, cuisine and commerce. The Mahotsav was scheduled from 16th to 27th February 2023 at Major Dhyan Chand Stadium, New Delhi.

The inaugural function for the same was held on 16 February 2023 at Major Dhyan Chand Stadium, New Delhi, and was attended by Hon'ble Prime Minister, Shri Narendra Modi.

Nine of our volunteers, of whom five were female, were nominated to attend event and be a part of the 200 NSS volunteers attending this magestic event. Volunteers reached Gate Number 3 at 8:30 AM, where they received their invitations.

The event was a rainbow of cultural performances, tribal works, and colourful speeches by the invited guests.



INAUGURATION OF DELHI POLICE'S SELF DEFENCE WORKSHOP

February 18, 2023

"The principles of warfare are: Do not depend on the enemy not coming, but depend on our readiness against him. Do not depend on the enemy not attacking, but depend on our position that cannot be attacked." -Sun Tzu

Self-defense refers to the training and techniques necessary to defend oneself when targeted by crime or violence.

To show their support for self defence and stand in solidarity with Delhi Police, NSS RLAC became a part of the **inaugural session of Delhi Police's Self Defence workshops.**

Six female volunteers marked their presence at the **Police Headquarters, Sansad Marg, New Delhi on 18th February from 04:00 PM to 06:00 PM.**



WALK FOR LIFE - WORLD CANCER DAY

February 19, 2023

"Cancer cannot cripple love, cannot shatter hope, cannot conquer the spirit."

CANSUPPORT organised its annual "Walk for Life" - a stride against cancer, an event to commemorate World Cancer Day, at Kartavya Path, New Delhi on 19 February 2023 from 9AM onwards. In this pivotal event, the volunteers from National Service Scheme (NSS) unit RLAC played their role and became a part of the organising team!

12 NSS RLAC volunteers reported at 05:30AM on Saturday and Sunday - first for a mock drill, and then the main event. On Saturday, they were informed about the event and allocated duties and on Sunday, they reported to the venue on the ascertained time in Blue T-shirts with 'Walk for Life' glowing across the fabric. The volunteers helped with refreshments, registration, and some even walked on the Kartavya Path with Chief Guests and other participating organisations.





Thank You