



**NATIONAL SERVICE SCHEME**

**RAM LAL ANAND COLLEGE  
UNIVERSITY OF DELHI**



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

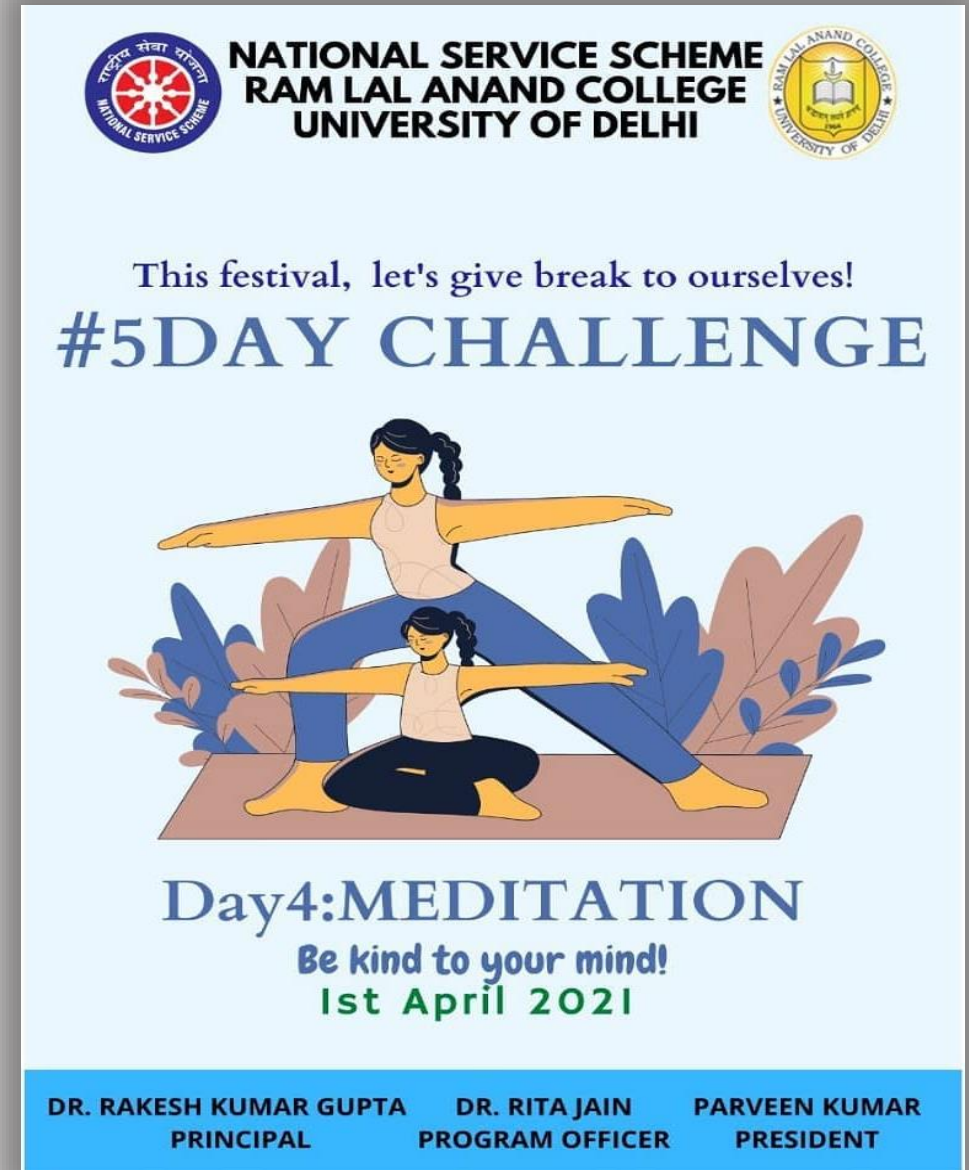




**PARVEEN KUMAR**  
**PRESIDENT**




# 5 Day Challenge- Meditation

- The fourth challenge of #5 Day Challenge was meditation. It took place on 1<sup>st</sup> April'21.
- To calm minds for an active functioning of brain, volunteers pledged to inculcate meditation in their daily routine.
- Volunteers were asked to send their pictures/videos of meditating.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



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This festival, let's give break to ourselves!  
**#5DAY CHALLENGE**



**Day4:MEDITATION**  
Be kind to your mind!  
1st April 2021

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



# 5 Day Challenge-Meme Making

- The fifth challenge of #5 Day Challenge was meme-making. It took place on 2<sup>nd</sup> April'21.
- The event was organized so that volunteers can share thought and feeling of a specific audience.
- Volunteers were asked to submit memes (digitally made or photos of memes in hard copy).
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.





School students to coronavirus ~



Coronavirus be like~



When My  
iphone at 95%



After 40 min.  
It dies



# World Health Day

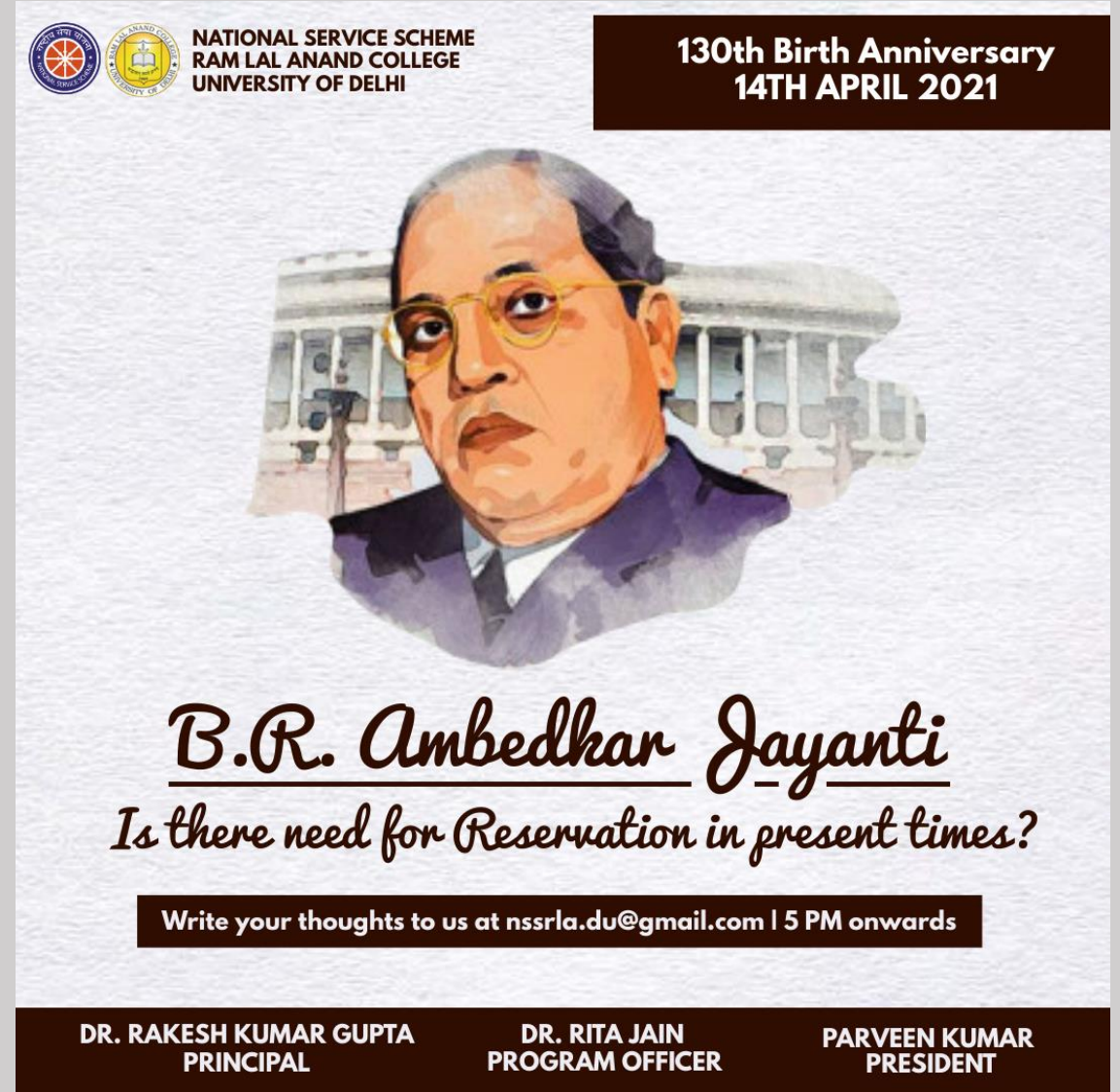
- From 5<sup>th</sup> to 7<sup>th</sup> April'21, NSS Unit of RLAC organised a Health and Fitness tracking Campaign.
- The event was organised on the occasion of “World Health Day”.
- Volunteers were asked to download any health and fitness tracker application in their mobile phone, submit screen shots of daily running, walking, cycling, etc. from 5th to 7th April.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.





# Ambedkar Jayanti

- **Dr Bhimrao Ambedkar** is a source of inspiration for many people and has numerous followers around the globe. He inspired the Dalit Buddhist movement and campaigned against social discrimination towards the Dalits.
- To commemorate the **birth anniversary** of **Dr. B.R. Ambedkar**, a great personality, **NSS RLAC** organised a **Debate Writing event**.
- Topic for the debate was “**Need of reservation in present India**” (either for or against the motion).
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC



The poster features a central illustration of Dr. B.R. Ambedkar wearing glasses and a purple jacket, set against a background of a building. At the top left are the logos of the University of Delhi and the National Service Scheme. To the right, a dark box contains the text '130th Birth Anniversary 14TH APRIL 2021'. Below the illustration, the title 'B.R. Ambedkar Jayanti' is written in a cursive font, followed by the question 'Is there need for Reservation in present times?'. A dark box at the bottom contains the contact information 'Write your thoughts to us at nssrla.du@gmail.com | 5 PM onwards'. At the very bottom, three names and titles are listed: 'DR. RAKESH KUMAR GUPTA PRINCIPAL', 'DR. RITA JAIN PROGRAM OFFICER', and 'PARVEEN KUMAR PRESIDENT'.

**NATIONAL SERVICE SCHEME  
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UNIVERSITY OF DELHI**

**130th Birth Anniversary  
14TH APRIL 2021**

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

**Write your thoughts to us at [nssrla.du@gmail.com](mailto:nssrla.du@gmail.com) | 5 PM onwards**

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



# Talk Session with Mr. Ashok Arora

- On 10<sup>th</sup> April, 2021, NSS organised an event under Human Values and Ethics Session.
- Mr. Ashok Arora (A Motivational Speaker, Senior Advocate of Supreme Court and Ex-Secretary of Supreme Court Bar Association) was invited for this session.
- Topic for this session was “Failure- Pillars of Success”.
- He encouraged students and volunteers and shown a path of success and guided them.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC

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**UNIVERSITY OF DELHI**

## *Failure - Pillars of Success*

**Talk By : Mr. Ashok Arora**

- A Motivational Speaker, Senior Advocate (Supreme Court)
- Ex-Secretary Supreme Court Bar Association

**Venue :- Zoom**

**10 April 3 PM**

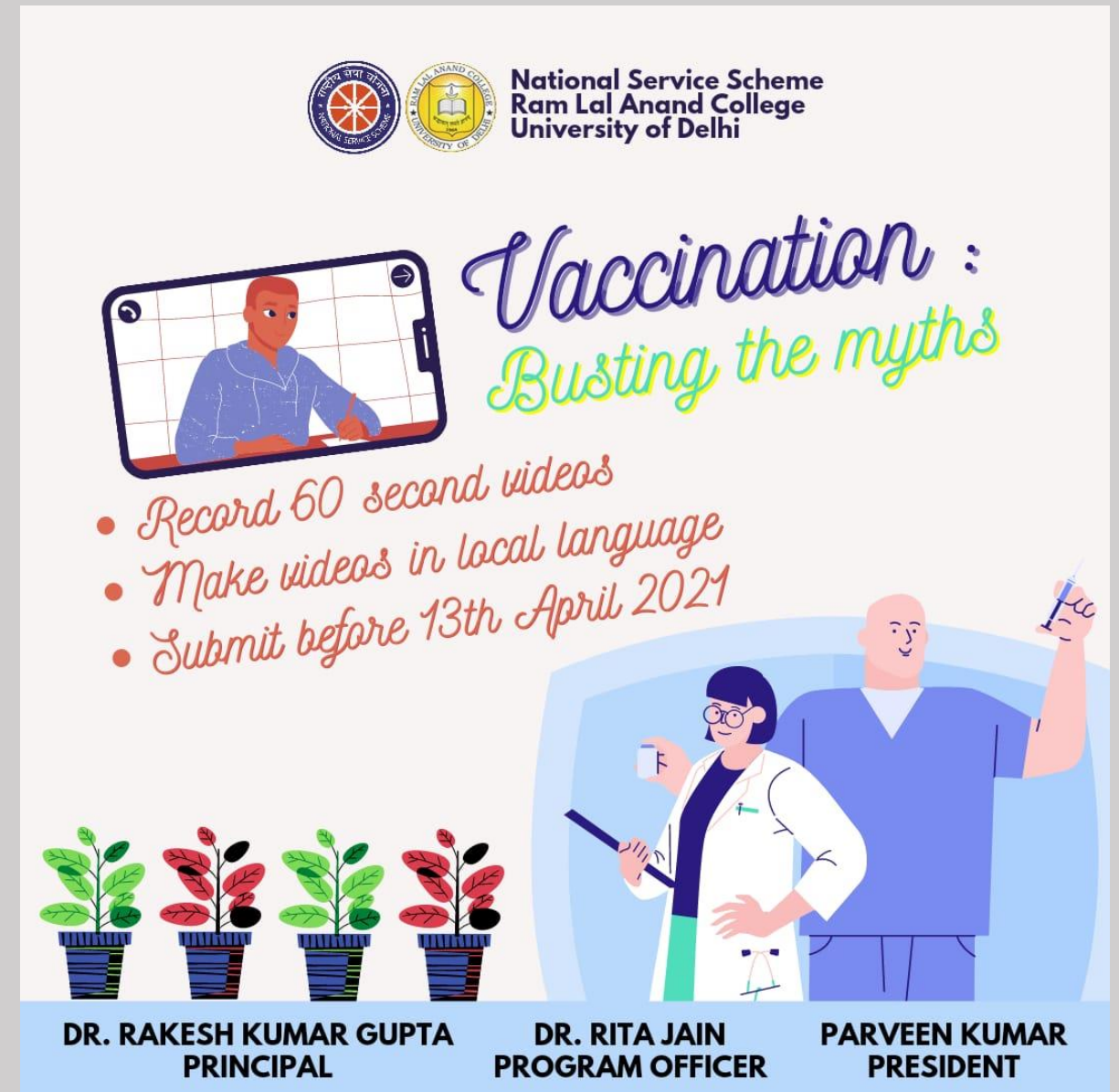
**DR. RAKESH KUMAR GUPTA**  
PRINCIPAL



**DR. RITA JAIN**  
PROGRAM OFFICER

**PARVEEN KUMAR**  
PRESIDENT

# Vaccination: Busting the myths




- On 13<sup>th</sup> April, 2021, NSS RLAC organized a campaign to bust the myths of COVID-19 Vaccination.
- Volunteers were asked to make a video of busting the myths in their local language.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC



  **National Service Scheme  
Ram Lal Anand College  
University of Delhi**

## Vaccination : Busting the myths

- Record 60 second videos
- Make videos in local language
- Submit before 13th April 2021

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



# World Heritage Day

- On 18<sup>th</sup> April 2021- **World Heritage Day, NSS RLAC** organized a quiz event to test knowledge of students and volunteers on World's Monuments..
- This quiz was hosted on Kahoot Platform.
- The event was highly informative and interesting.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



The poster features a red background with a decorative top-left corner containing colorful geometric shapes and white dots. At the top right, it displays the logos of the National Service Scheme (NSS) and Ram Lal Anand College, University of Delhi, along with the text 'NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI'. The main title 'World Heritage Day' is written in a large, glowing yellow cursive font. Below it, the subtitle 'Quiz on monuments of India and the world' is written in a smaller, pink and yellow cursive font. The event details '3 PM' and '18TH APRIL 2021 on KAHOOT.IT' are prominently displayed in white and yellow. The bottom section of the poster features a row of black and white line drawings of various world heritage monuments, including the Statue of Liberty, the Great Wall of China, the Taj Mahal, the Colosseum, and the Sphinx. At the very bottom, the names and titles of the organizers are listed in white text on a black background: DR. RAKESH KUMAR GUPTA (PRINCIPAL), DR. RITA JAIN (PROGRAM OFFICER), and PARVEEN KUMAR (PRESIDENT).

NATIONAL SERVICE SCHEME  
RAM LAL ANAND COLLEGE  
UNIVERSITY OF DELHI

*World Heritage Day*

*Quiz on monuments  
of India and the world*

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

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT

R RUCHIKA Stats is presenting

R RUCHIKA Stats and 39 more

45



4:00 PM

You

# World Heritage Day



- You
- Kriti Garg
- AANAND THAKUR
- TUSHITA BARUA

Meeting details ^



Raise hand

Turn on captions

RUCHIKA Stats is presenting

Type here to search

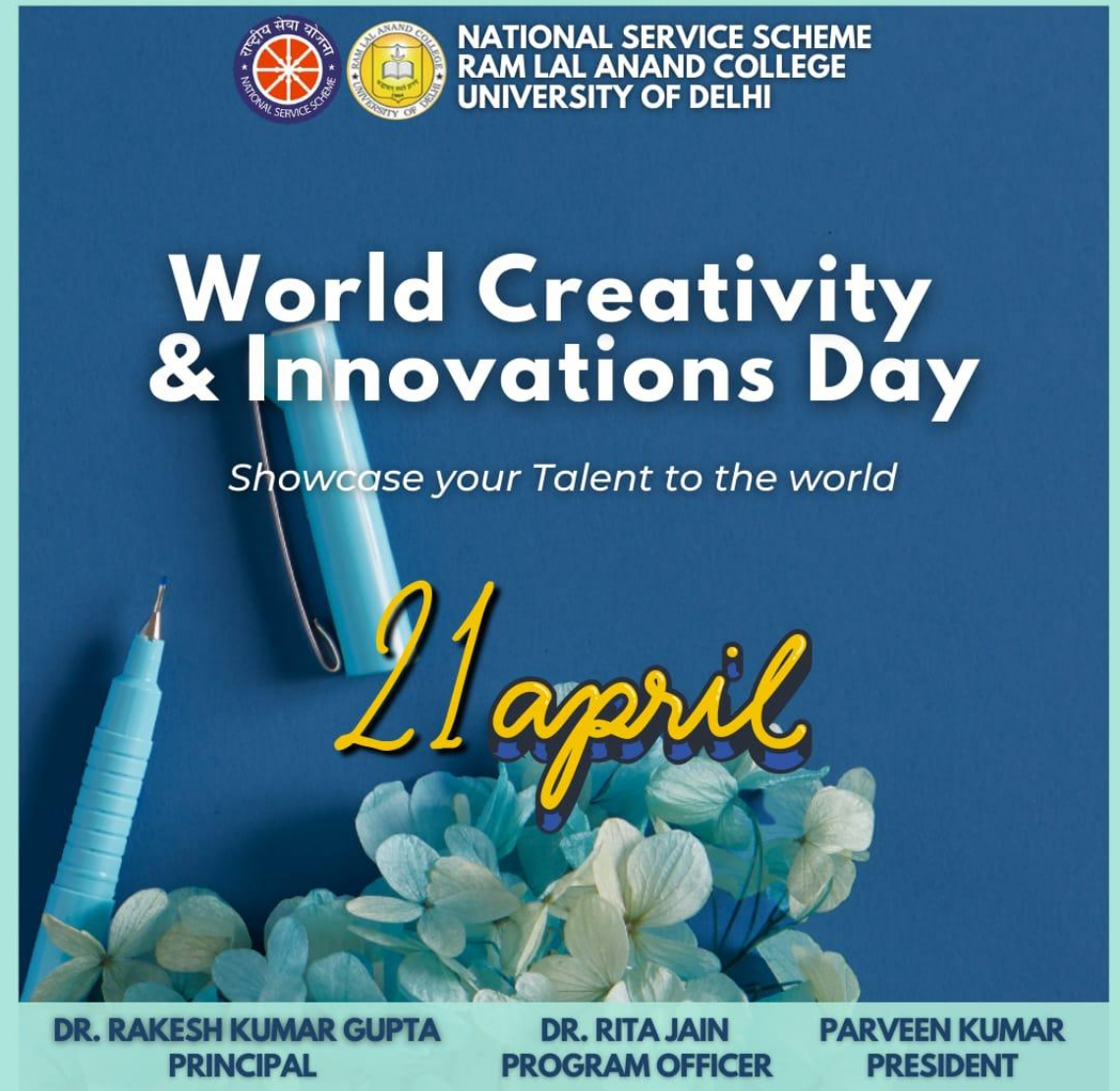


04:00 PM 18-04-2021



# World Creativity & Innovations Day

- On 21<sup>st</sup> April 2021, **NSS RLAC** provided a platform for all the students to show their different creativity and innovations ideas.
- Volunteers were asked to send any type of multimedia file (photos, videos, audios) showcasing their creativity, innovations, any skills, etc..
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



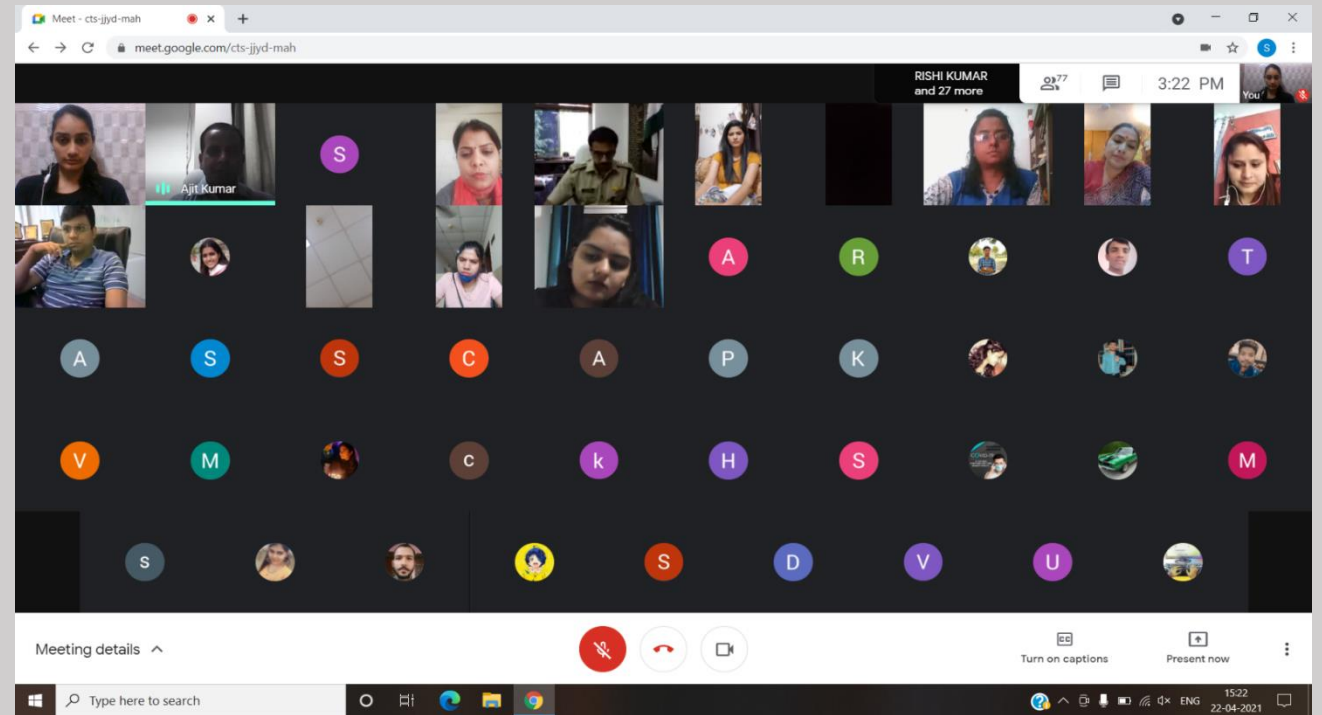







# Cyber Awareness Session by Delhi Police

- On 22<sup>nd</sup> April, 2021 NSS RLAC invited students to attend a cyber awareness session for women and girl safety.
- This session helped to understand the concept of cyber attack through social media and fraud while transactions.
- This event was conducted by Delhi Police.



# Earth Day

- Planting trees is the best way of spreading love, prosperity and Harmony.
- On 22<sup>nd</sup> and 23<sup>rd</sup> April, 2021- **Earth Day, NSS RLAC** organized an event of Planting Plants.
- Volunteers were asked for planting plants and to send pictures.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.


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

**HOW BEAUTIFUL IT CAN BE IF WE ALL WORKED HARD TO  
TAKE CARE OF OUR PLANET**

**EARTH DAY**

**23 APRIL**

*Submit photographs  
of planting  
plants to -  
[Nssrla.du@gmail.com](mailto:Nssrla.du@gmail.com)*



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





# World English Language Day

- On 23<sup>rd</sup> April, 2021- World English Language Day **NSS RLAC** organized a poetry session where groups 1, 3, 5 and 7 presented and explained the **works of our major English Poets**.
- Its aim was to entertain and inform people about the history, culture and achievements associated with the language.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



The poster features a white background with a decorative orange and grey border. At the top left is the National Service Scheme logo, and at the top right is the Ram Lal Anand College logo. The text is centered and reads: 'National Service Scheme Ram Lal Anand College University Of Delhi presents Works of Major English Poets celebrating WORLD ENGLISH LANGUAGE DAY 23rd April 2021 5pm'. At the bottom, three names are listed: Dr. Rakesh Gupta (Principal), Dr. Rita Jain (Program Officer), and Parveen Kumar (President).

 **National Service Scheme**  
**Ram Lal Anand College**  
**University Of Delhi** 

**presents**

**Works of Major English Poets**

**celebrating**

**WORLD ENGLISH LANGUAGE DAY**

**23rd April 2021**  
**5pm**

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




*Can ye measure the grief of the tears I weep  
Or compass the woe of the watch I keep?  
Or the pride that thrills thro' my heart's despair  
And the hope that comforts the anguish of prayer?  
And the far sad glorious vision I see  
Of the torn red banners of Victory?*



**Personification:**

Can ye measure the grief of the tears I weep  
Or compass the woe of the watch I keep?

meelgoogle.com is sharing your screen Stop sharing Hide

 kartikey parashar



You



kartikey



SAKSHITA




48 others



*When the terror and tumult of hate shall cease  
And life be refashioned on anvils of peace,  
And your love shall offer memorial thanks  
To the comrades who fought in your dauntless ranks,  
And you honour the deeds of the deathless ones,  
Remember the blood of my martyred sons!*



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 kartikey parashar



You



kartikey



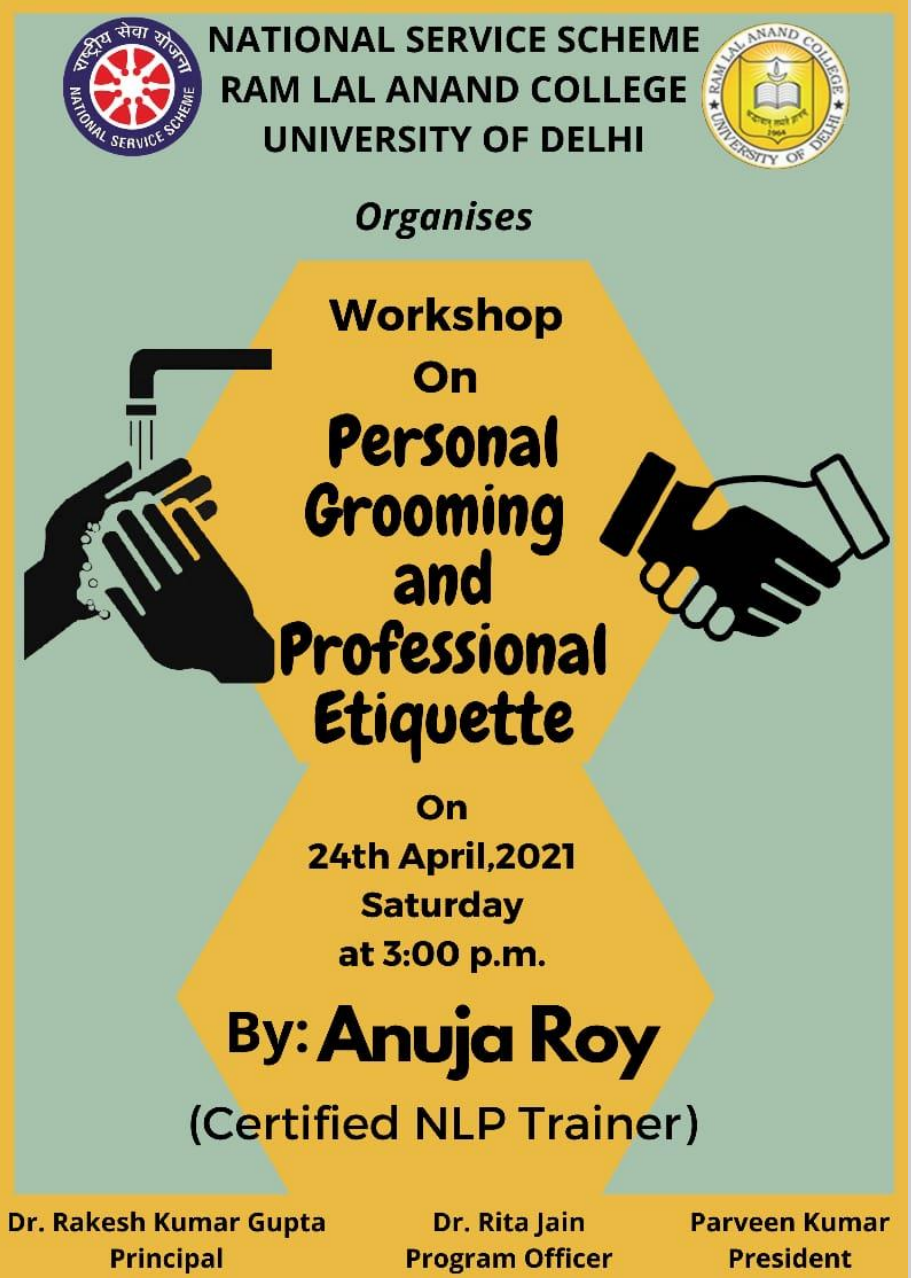
SAKSHITA



48 others

# Personal Grooming and Professional Etiquette

- On 10<sup>th</sup> April, 2021, NSS organised an event under Human Values and Ethics Session.
- Anuja Roy (A Certified NLP Trainer) was invited for this workshop.
- The event was highly informative.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



The poster features a central yellow hexagon with the text 'Workshop On Personal Grooming and Professional Etiquette'. To the left of the hexagon is an illustration of hands being washed under a faucet, and to the right is an illustration of two hands shaking. The background is light green. At the top, there are logos for the National Service Scheme (NSS) and Ram Lal Anand College, University of Delhi. Below the hexagon, the date and time of the workshop are listed, followed by the name of the trainer, Anuja Roy, and her credentials. At the bottom, the names and titles of the Principal, Program Officer, and President are listed.

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

*Organises*

**Workshop  
On  
Personal  
Grooming  
and  
Professional  
Etiquette**

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

**By: Anuja Roy**  
(Certified NLP Trainer)

**Dr. Rakesh Kumar Gupta**  
Principal

**Dr. Rita Jain**  
Program Officer

**Parveen Kumar**  
President



**NSS RLAC VACCINATION  
AWARENESS EFFORTS**



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#FactsAboutVaccines

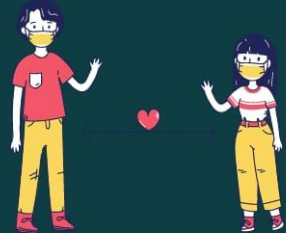
## COVID 19 : ARE VACCINES SAFE?



**MYTH** ~ COVID-19 Vaccine alters DNA.  
**FACT** ~ Vaccine does not enter a cell's nucleus hence can't change DNA.



**MYTH** ~ Immunocompromised, Food allergic or Pregnant people can't get vaccinated.  
**FACT** ~ These people can get vaccinated under certain conditions.



**MYTH** ~ No need for mask & social distancing after vaccination.  
**FACT** ~ You must still take precautions and protect yourself from the pandemic.

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT



NATIONAL SERVICE SCHEME  
RAM LAL ANAND COLLEGE  
UNIVERSITY OF DELHI



GET  
YOURSELF  
VACCINATED  
AGAINST  
COVID-19

TO PROTECT YOURSELF  
AND  
EVERYONE ELSE

DR. RAKESH KUMAR GUPTA  
PRINCIPAL

DR. RITA JAIN  
PROGRAM OFFICER

PARVEEN KUMAR  
PRESIDENT





**NATIONAL SERVICE SCHEME  
RAM LAL ANAND COLLEGE  
University of Delhi**



**#LARGEST  
VACCINE  
DRIVE**

*Citizens above 45 age can  
get vaccinated now!*

*Mom its your time  
to get vaccinated,  
for your and my  
safety*



**Dr. RAKESH KUMAR GUPTA  
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**PARVEEN KUMAR  
PRESIDENT**



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UNIVERSITY OF DELHI**



**Stay  
Alert!**

**Save  
Lives**

**! PREVENT  
LOCKDOWN !**

**STAY  
INDOORS!**

**STAY  
INDOORS!**

**Dr. Rakesh Kumar Gupta  
Principal**

**Dr. Rita Jain  
Program Officer**

**Parveen Kumar  
President**