



NATIONAL SERVICE SCHEME

**RAM LAL ANAND COLLEGE
UNIVERSITY OF DELHI**



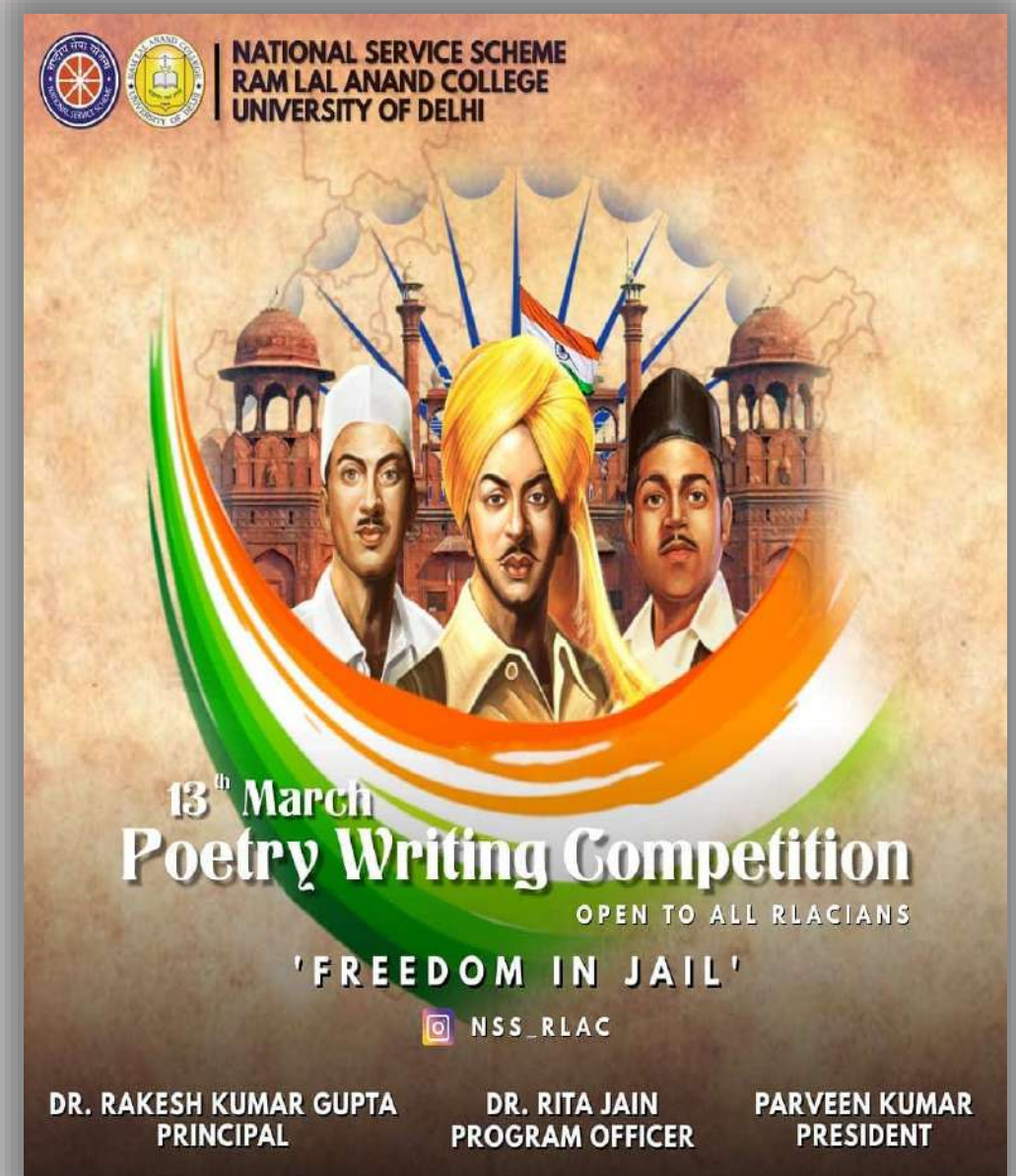
DR. RITA JAIN
PROGRAM OFFICER



PARVEEN KUMAR
PRESIDENT

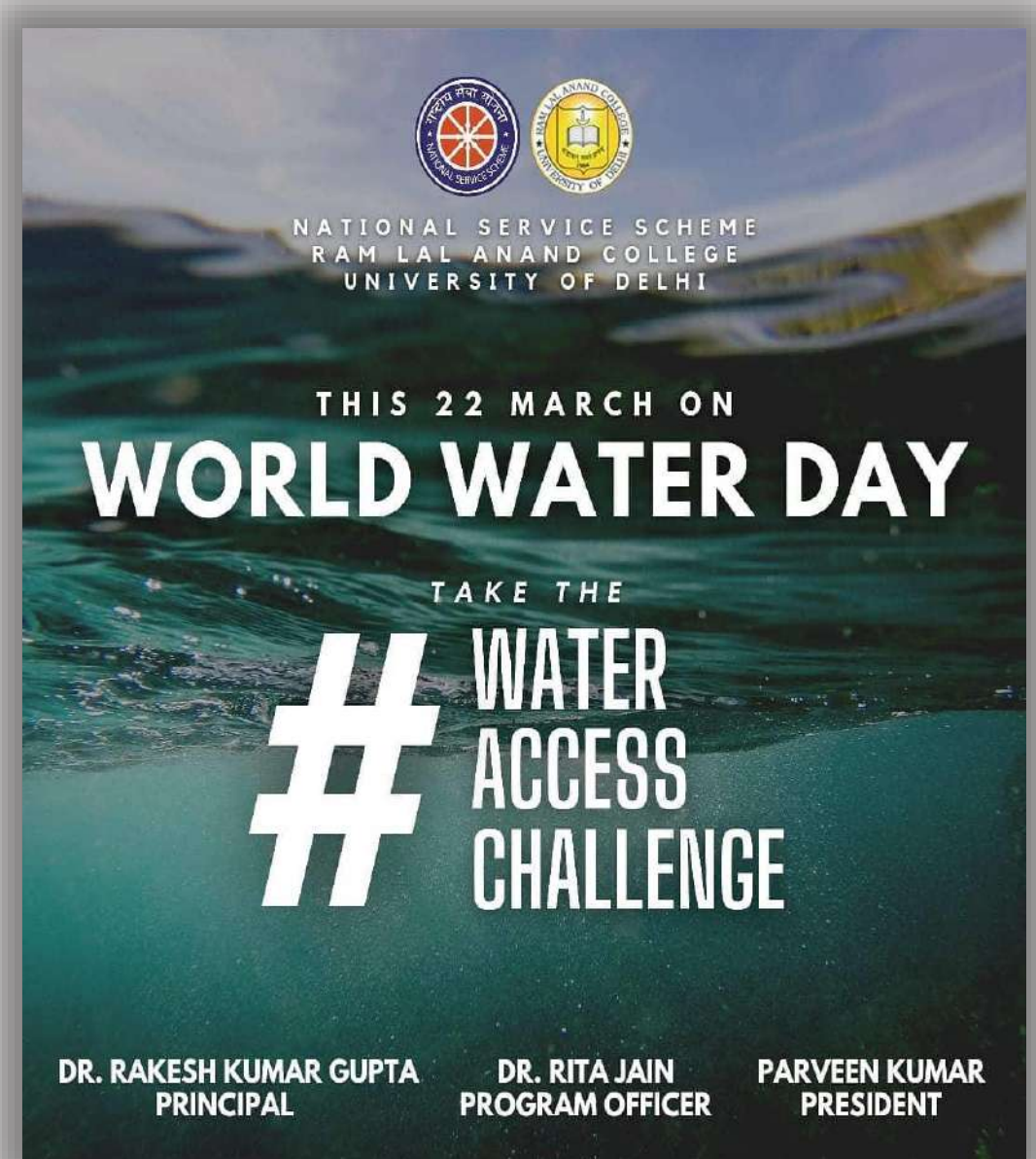
Poetry writing competition

- On 13th March'21, NSS Unit of RLAC organised a poetry writing competition.
- The event was organised to mark the 90th Shaheed Diwas.
- The topic for the event was “Freedom in Jail”.
- The event was open for all the RLACians.
- The event was organised to provide volunteers with a platform to express themselves through the medium of writing and to develop the feeling of patriotism among students.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.



World Water Day

- On 22nd March, 2021 – **World Water Day, NSS RLAC** organized a event on “Let’s take the **Water access Challenge**”.
- The day is observed every year as a means of focusing attention on the importance of freshwater and advocating for sustainable management of freshwater resources.
- Volunteers limited their water consumption to match the ideal consumption and pledged to stop excessive use of water.
- More than 60 volunteers participated in this activity.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC



CAUSES	CONSUMPTION
DRINKING	2L
BATHING	8L-10L
TOILET	10L-15L
WASH BASIN	1L-2L
OTHERS	10L-20L

22 MARCH 2021

USE	CONSUMPTION
1. Bath	75L
2. Toilet	20L
3. faucet	25L
4. Drinking	2.5L
Total	122.5



Activity	Rate of consumption	Water used per day
Drinking	4-5 glasses	0.75 litres
Handwashing	10 times	20 litres
Flushing	4 times	18 litres
Bathing	1-time	30 litres
Cooking	3 times	6 litres
Washing vegetables, fruits & utensils	2-3 times	36 litres
Brushing	2 times	2 litres

Water Access Challenge

112.75 litres



National Service Scheme

Shaheed Diwas

- On 22nd March, 2021 – **Shaheed Diwas, NSS RLAC** organized a event to relive the saga behind creation of our historical Monuments.
- The event was organized under the program “**AZADI KA AMRIT MAHOTSAV**” launched by our honourable Prime Minister Shri Narendra Modi.
- The history and facts were discussed behind many monuments including Red Fort, Qutub Minar, Sun temple konark, Amer fort, India Gate, Golden Temple, Gateway of India, etc.
- 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 the logos of the National Service Scheme (NSS) and Ram Lal Anand College, University of Delhi at the top. Below them is the title 'आजादी का अमृत महोत्सव' in Hindi, with the Indian tricolor (saffron, white, green) integrated into the word 'आजादी'. Underneath the title is the English text 'Let's relive the saga behind creation of our HISTORICAL MONUMENTS' and the date '5 PM | 23 MARCH 2021'. At the bottom, there is a silhouette of various Indian historical monuments. Below the silhouette, the names and titles of the event organizers are listed: DR. RAKESH KUMAR GUPTA (PRINCIPAL), DR. RITA JAIN (PROGRAM OFFICER), and PARVEEN KUMAR (PRESIDENT).

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आजादी
का
अमृत महोत्सव

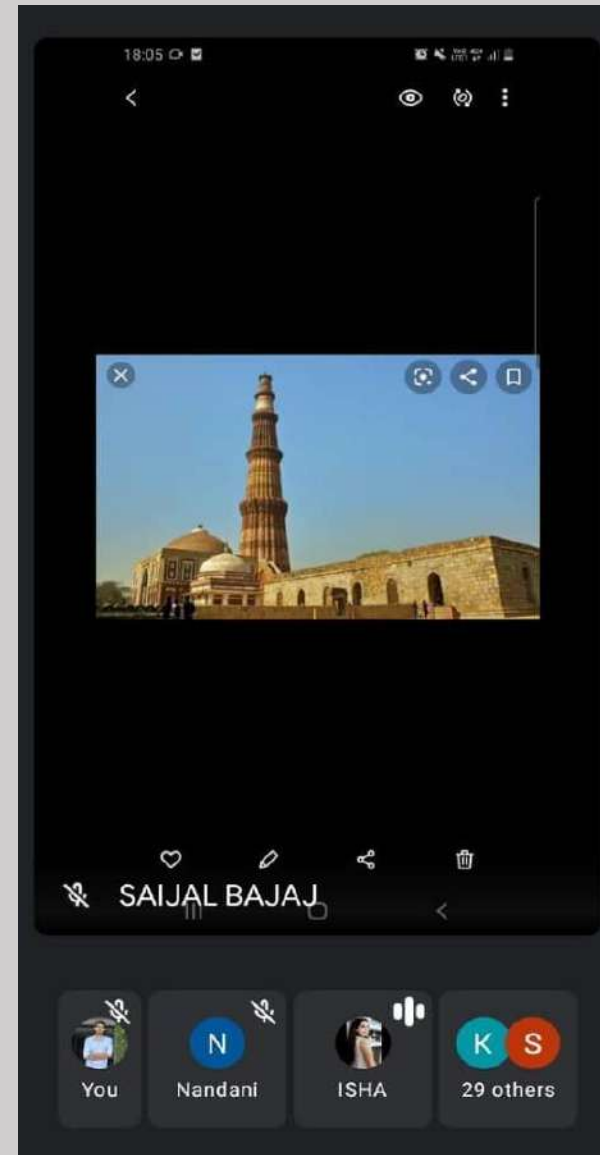
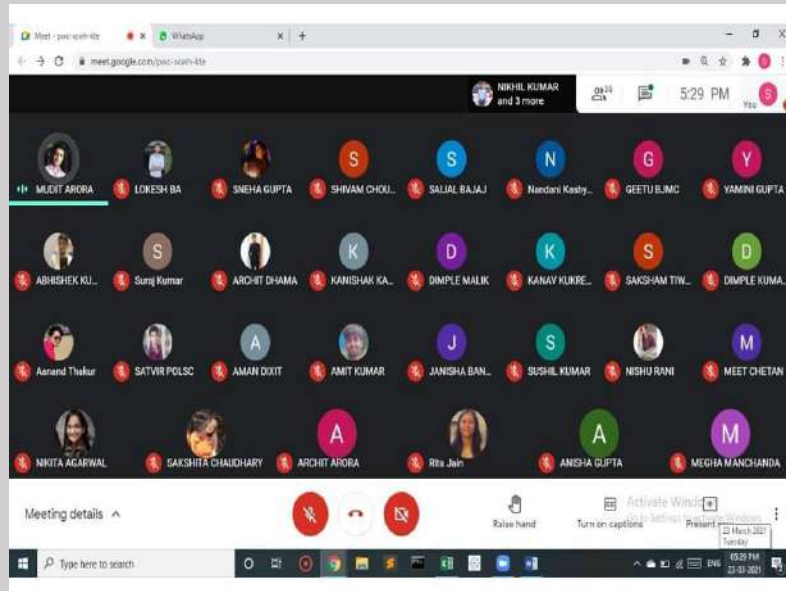
Let's relive the saga behind creation of our
HISTORICAL MONUMENTS

5 PM | 23 MARCH 2021

DR. RAKESH KUMAR GUPTA
PRINCIPAL

DR. RITA JAIN
PROGRAM OFFICER

PARVEEN KUMAR
PRESIDENT



5 Day Challenge- Gardening

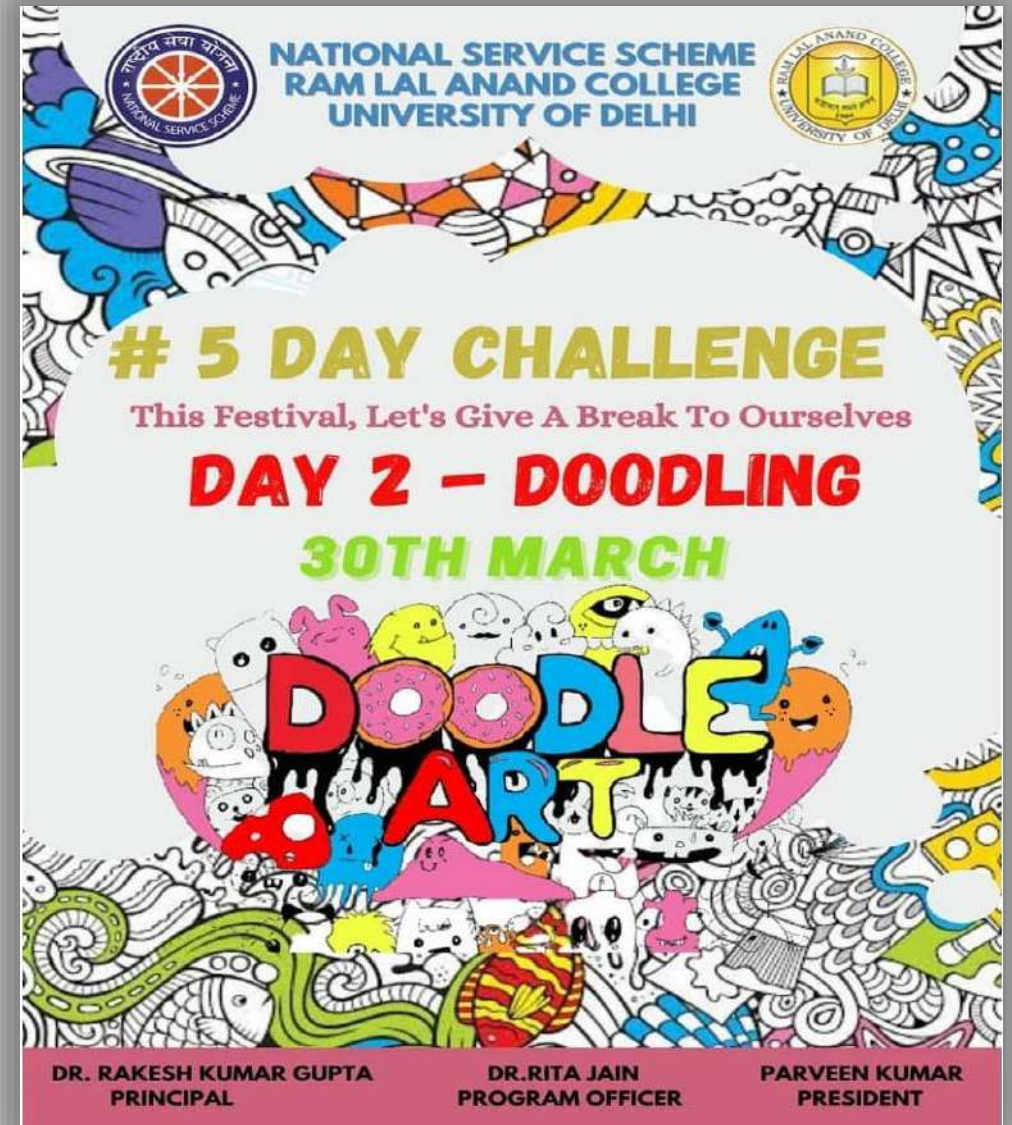
- From 29th March, 2021 to 2nd April, 2021, **NSS RLAC** organized a 5 day event with the words “this festival, let’s give a break to ourselves”.
- On 1st Day, i.e. 29th March’21, NSS RLAC organized an activity which involves taking care of garden.
- Volunteers were asked to send pictures/videos of them doing gardening work.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.

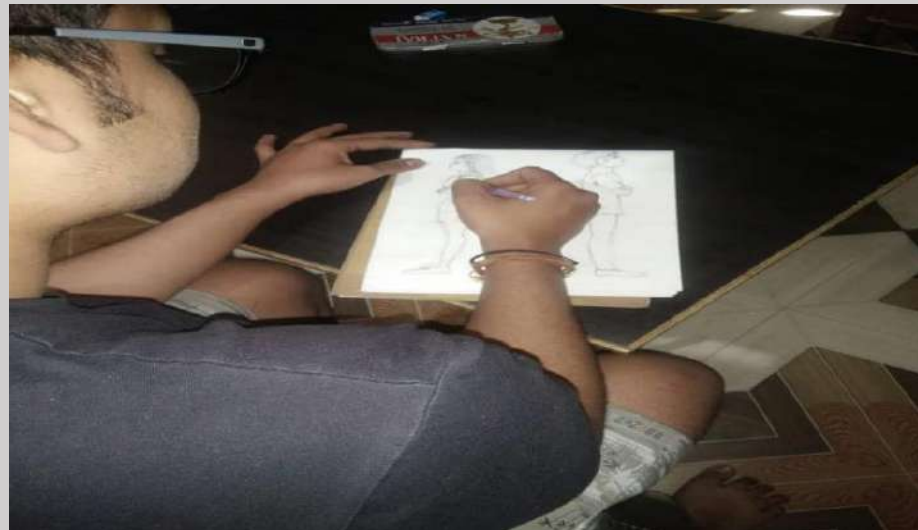




5 Day Challenge- Doodling

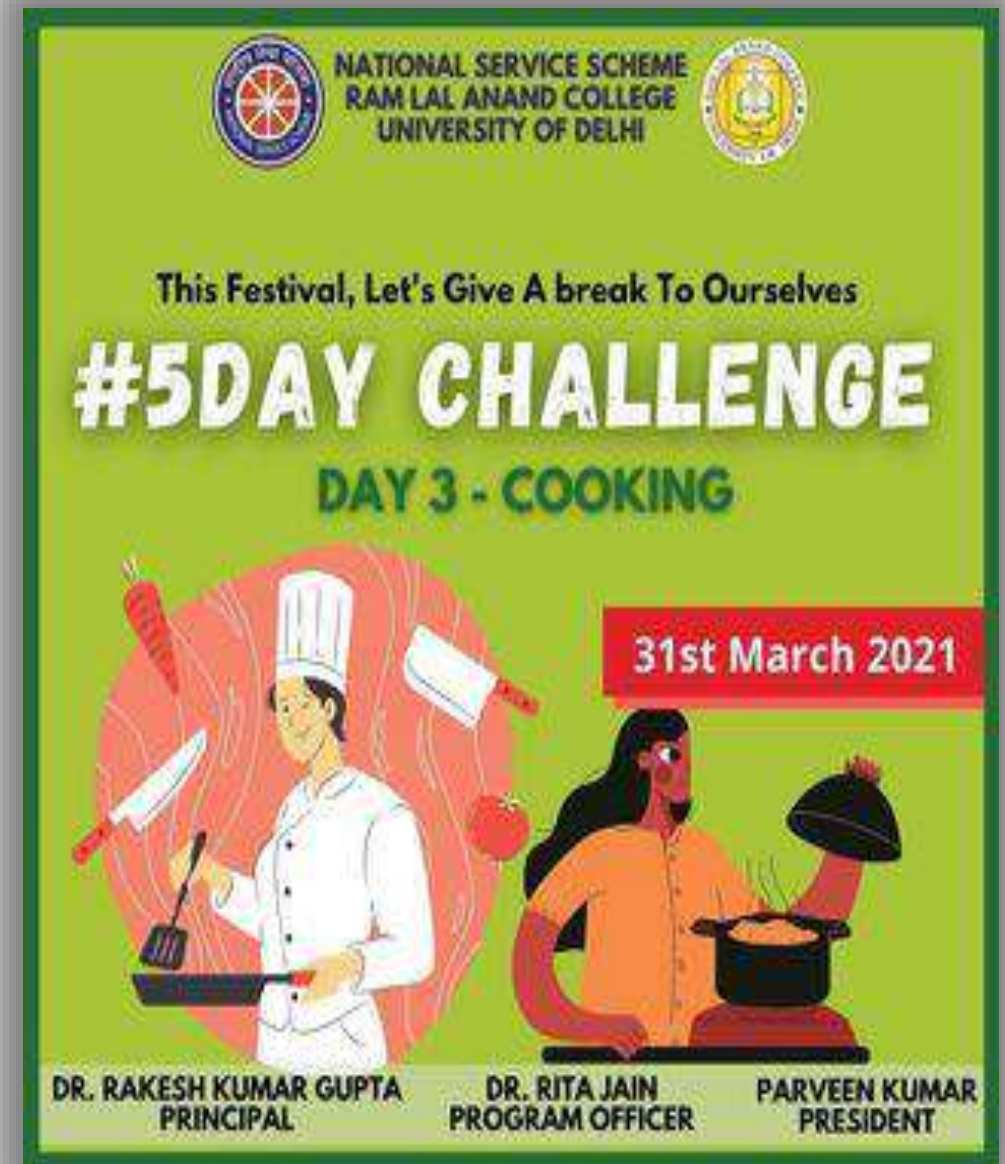
- On 2nd day of #5 Day Challenge, i.e. on 30th March'21, **NSS RLAC** organized doodle challenge.
- To give a break to monotonous life, volunteers were asked to draw whatever they want and let their creative minds out on the canvas.
- Volunteers were asked to send their pictures/videos of doodling.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.





5 Day Challenge- Cooking

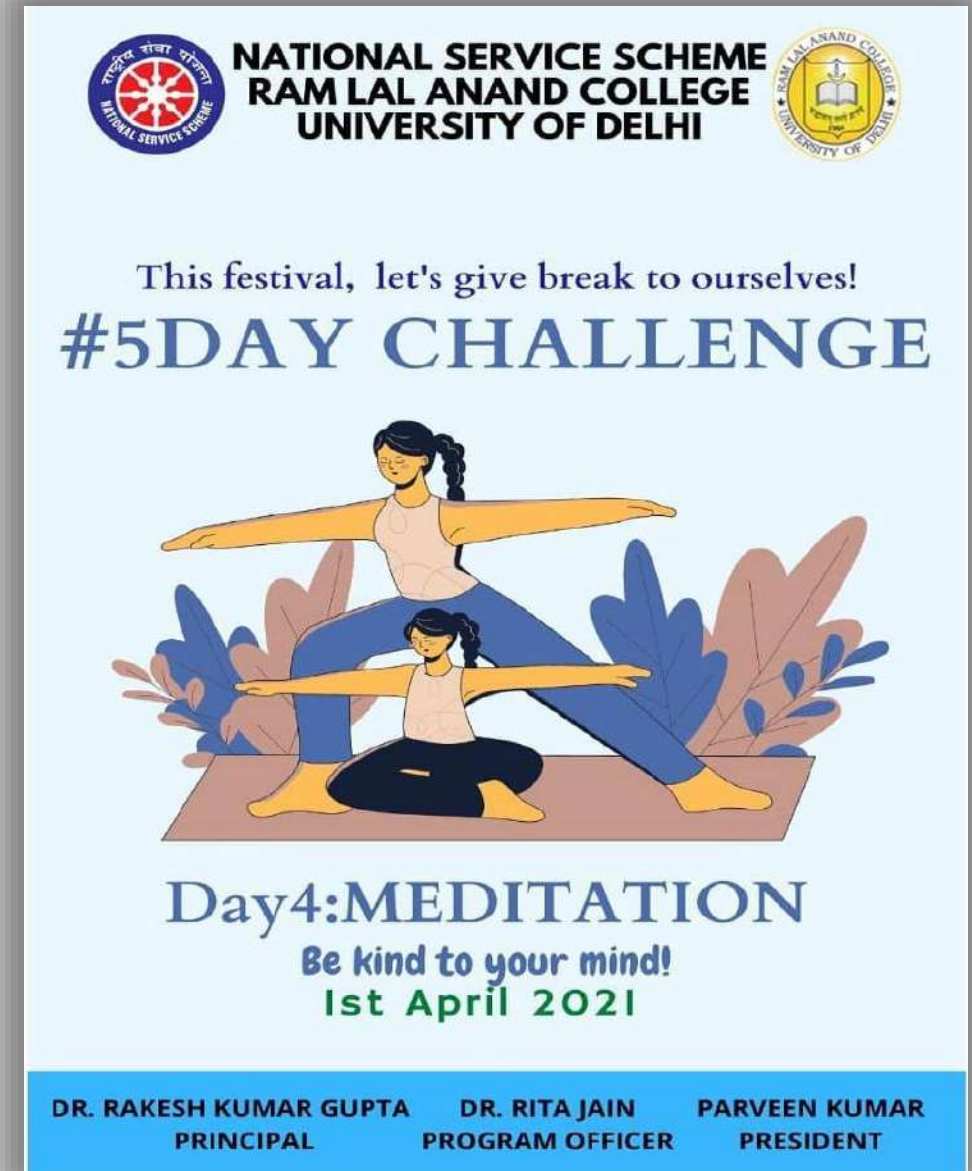
- On 3rd day of #5 Day Challenge, i.e. on 31st March'21, **NSS RLAC** organized cooking challenge.
- To give a break to monotonous life, volunteers were asked to cook anything they want and let the chef inside them unroll.
- Volunteers were asked to send their pictures/videos of cooking any Indian dish.
- The event was supervised by Dr. Rita Jain, Program Officer for NSS UNIT of RLAC.





5 Day Challenge- Meditation

- The fourth challenge of #5 Day Challenge was meditation. It took place on 1st 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.



The poster features the National Service Scheme logo on the left and the Ram Lal Anand College logo on the right. The text reads: 'NATIONAL SERVICE SCHEME RAM LAL ANAND COLLEGE UNIVERSITY OF DELHI'. Below this, it says 'This festival, let's give break to ourselves!' followed by '#5DAY CHALLENGE'. The central illustration shows two women in yoga poses on a mat with stylized leaves. At the bottom, it says 'Day4:MEDITATION Be kind to your mind! 1st April 2021'. The footer lists: 'DR. RAKESH KUMAR GUPTA PRINCIPAL', 'DR. RITA JAIN PROGRAM OFFICER', and 'PARVEEN KUMAR PRESIDENT'.

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

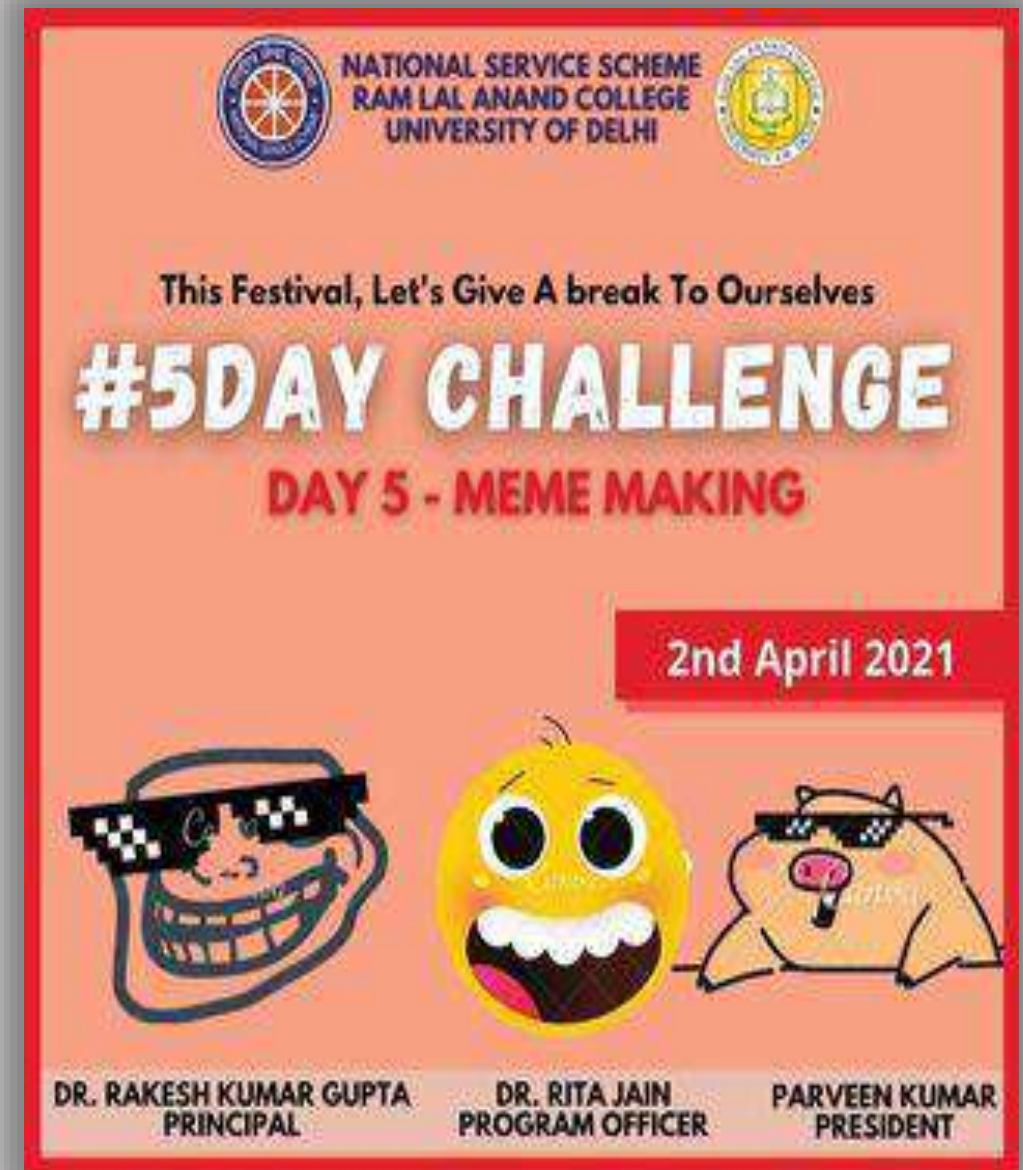
Day4:MEDITATION
Be kind to your mind!
1st April 2021

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 2nd 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

