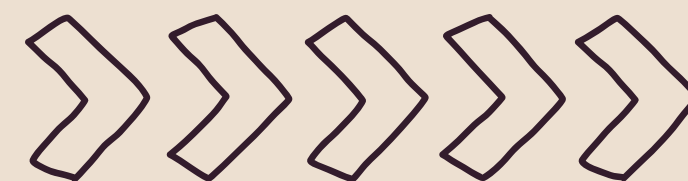




NOT ME BUT YOU

MONTHLY NOVEMBER REPORT



CANCER AWARENESS DRIVE



On **November 7th**, the **NSS unit of Ram Lal Anand College** organized a **Cancer Awareness Run** from the college campus to Satya Niketan. The event aimed to raise awareness about cancer prevention, early detection, and treatment.

Approximately **35 volunteers** actively participated, carrying handmade posters and charts that provided information on cancer's causes, symptoms, and risk factors. They also interacted with the public, emphasizing the importance of regular health check-ups and healthy lifestyle choices, such as a balanced diet, exercise, and avoiding tobacco and alcohol.

The initiative effectively highlighted the significance of early detection and timely treatment while encouraging individuals to adopt preventive measures. By spreading awareness, the event empowered participants and the public to take proactive steps toward better health.



TREE PLANTATION DRIVE

On **November 11**, the **National Service Scheme Unit** of **Ram Lal Anand College** organized a **Plantation Drive** in the college's front lawn to promote environmental consciousness. The event, focusing on the critical role of trees in tackling climate change and preserving biodiversity, saw enthusiastic participation from **20 volunteers**. Volunteers planted saplings and discussed the alarming loss of 2.33 million hectares of tree cover in India since 2000, underscoring the urgency of action. The drive emphasized the benefits of trees in improving air quality, restoring ecosystems, and addressing environmental challenges.

This initiative enriched the campus greenery and inspired participants to embrace sustainability. It marked a meaningful step towards fostering environmental responsibility and driving positive change.



BLOOD DONATION CAMP



The **NSS unit** of the college, in collaboration with the **Indian Red Cross Society**, organized a **Blood Donation Camp** on **November 14, 2024** at the front stage area. The event, held from 10 AM to 2 PM, aimed to promote voluntary blood donation and raise awareness about its importance.

The process was facilitated in a medical ambulance van by seven medical experts. Of **63 enthusiastic participants**, 20 were eligible to donate, resulting in **58 units** of blood collected, including rare blood types. The donors as well as encouraged participants were briefed on eligibility and benefits. Informational posters and brochures encouraged the participation among students. The event saw greater participation than the previous year, marking a successful step in saving lives and fostering awareness.



New Delhi, Delhi, India
Study Centre, Aryabhata College, Ria Rd, South
Campus, South Moti Bagh, New Delhi, Delhi 110021, India
Lat 28.577974° Long 77.161432°
14/11/24 11:24 AM GMT +05:30

Before donating blood, participants underwent a health screening to check haemoglobin levels, blood pressure, and overall health, including questions about medical conditions and smoking habits. Only those meeting the eligibility criteria proceeded to donate, with certified professionals ensuring strict hygiene standards and the use of sterile equipment.

After donating, participants received refreshments and rested briefly to ensure their well-being, with volunteers monitoring for any discomfort. Each donor was awarded a certificate of appreciation, allowing them to access blood from the organization for a year if needed.

The event met the local healthcare system's need for blood while fostering social service and civic responsibility among students and faculty. The NSS team plans to organize more such impactful initiatives.



SANITARY PAD DISTRIBUTION



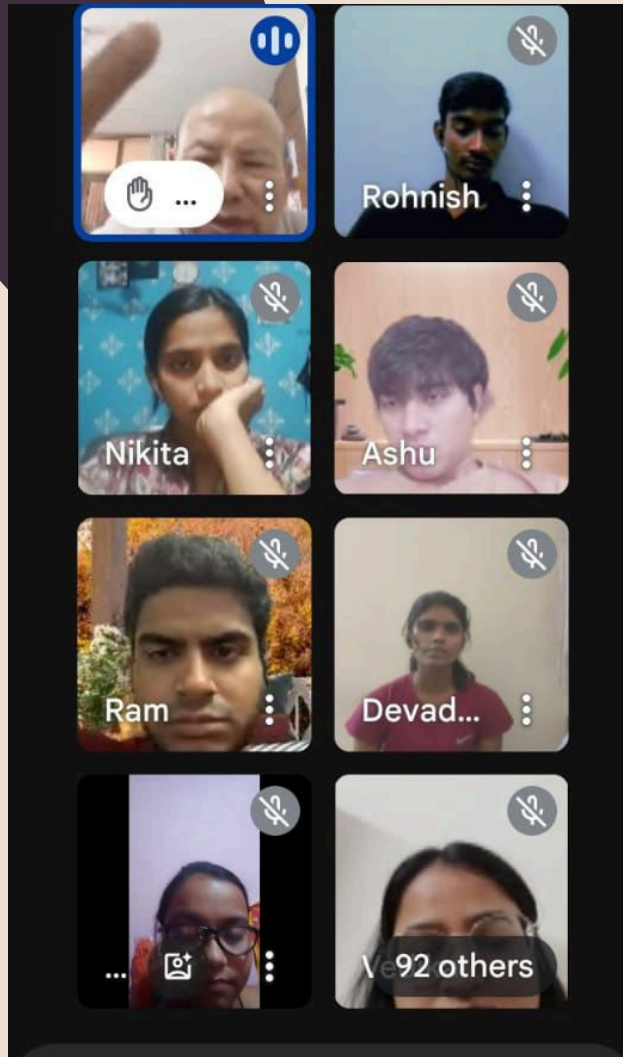
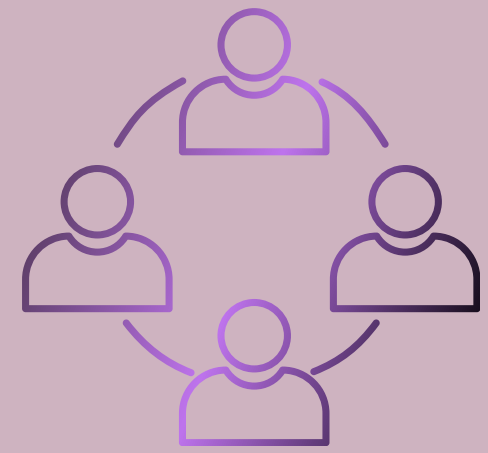
On **November 14, 2024**, the **NSS unit of Ram Lal Anand College** organized a **Sanitary Pad Distribution Drive** in JJ Colony to promote menstrual hygiene and support women from economically weaker backgrounds.

Around **35 volunteers**, mostly female students, distributed sanitary pads and other essentials while raising awareness about menstrual health and breaking stigmas around menstruation. The pads were distributed to around 40 women

The drive was warmly welcomed by the community, with women expressing gratitude for the support. Volunteers also engaged with residents, sharing information on hygiene practices and fostering open discussions about health. This initiative highlighted NSS's commitment to empowering women, promoting gender equality, and improving access to basic health resources in underserved areas, leaving a positive impact on the community.

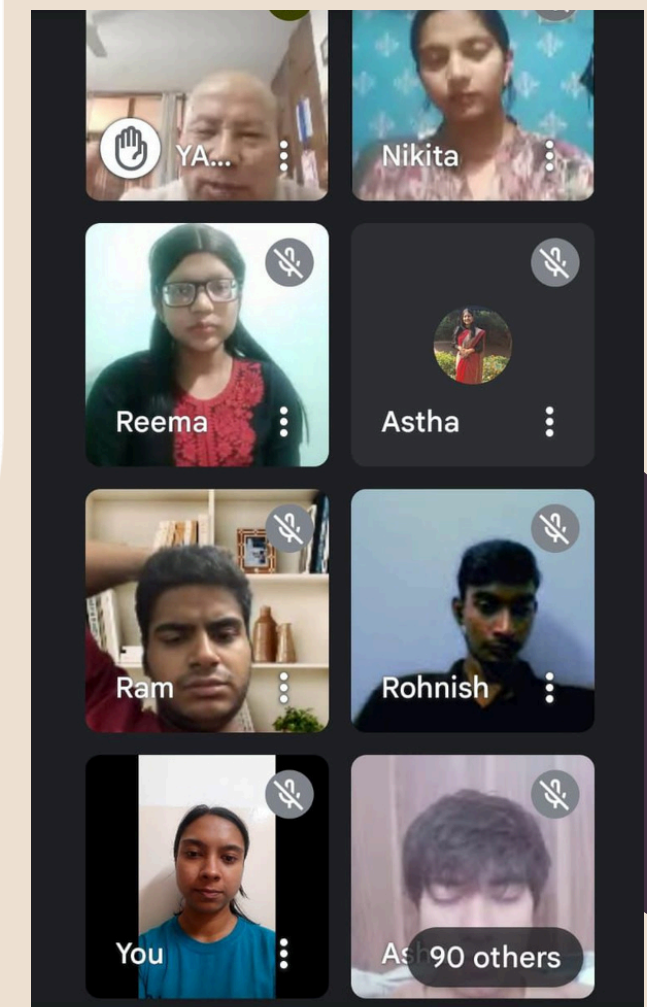


WEBINAR



On **16th November 2024**, **NSS unit** organized a webinar on The value of *Culture Diversity and It's Convergence* from 5:00 p.m onwards on Google meet. On this insightful webinar Dr. Anurag Sharma joined who is a programme officer. Around **80 volunteers** were joined on this webinar.

The speaker shared the importance of culture diversity. The objective of this webinar was to aware people about the variety of cultural identities, languages, traditions, and practices within a society. The webinar encouraged to understand the different cultures and celebrating your own culture while appreciating others.



CONSTITUTION DAY



On the occasion of **Constitution Day**,
25th November 2024,
the **National Service Scheme (NSS)**
unit of **Ram Lal Anand College** actively
participated in the Padyatra organized by
the Ministry of Youth Affairs and Sports.
The Padyatra was flagged off by
the Hon'ble Minister of Youth Affairs & Sports and
Labour & Employment, along with other dignitaries.



The Padyatra commenced from
Major Dhyan Chand National Stadium and followed
a route that included **Akbar Road, Motilal Nehru Road,**
Vijay Chowk, and Kartavya Path, culminating at India Gate.
The total distance covered was approximately **6.6 kilometers**,
and the duration of the Padyatra was around
1 hour and 50 minutes.

The event, which included four halts and an inaugural function,
concluded with the solemn **reading of**
the Preamble to the Constitution at
the iconic **Amar Jawan Jyoti, India Gate.**





The NSS unit of **Ram Lal Anand College** contributed significantly to the success of the Padyatra.

The active participation of **45 enthusiastic** students showcased their commitment to the nation and its democratic principles.

This event not only honored the Constitution but also fostered a sense of civic responsibility among the youth.

The college's unwavering support for such initiatives reaffirms its dedication to holistic student development and societal progress.

